



# MAR THOMA COLLEGE FOR WOMEN PERUMBAVOOR

5.1.2 Capacity building and skills enhancement initiatives taken by the institution during the five years



## **CRITERION-5**

**STUDENT SUPPORT AND PROGRESSION**

**2017-2018**

**REPORTS OF SOFT SKILLS, LANGUAGE &  
COMMUNICATION SKILLS AND LIFE SKILL  
ENHANCEMENT ACTIVITIES**



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## GROUP DISCUSSION AND INTERVIEW SKILLS

<b>Programme</b>	Group Discussion and Interview Skills
<b>Organizer</b>	Department of Commerce Computer Application
<b>No. of students enrolled</b>	75 students
<b>Date</b>	16 August 2017
<b>Resource Person</b>	Dr. Manjula. R. Associate Professor and Head, Bharath Matha College, Thrikkakara
<b>Course in charge</b>	Ms. Saritha.N, Assistant Professor, Department of Commerce, Computer Application
<b>Objective</b>	To make the students more self-confident and to boost their interpersonal skills
<b>Outcome</b>	Helped to boost the self-confidence of students

The Department of Commerce (Computer Application) conducted Group a Discussion and Interview Skills Programme on 16th August 2017. Group Discussion is a skill required to every student to express her in an effective way. In this programme various activities were conducted along with discussion, demos were conducted and the entire Do's and Don'ts of the GD were discussed and demonstrated. Dr. Manjula. R. Iyer, Associate Professor and Head, Bharath Matha College, Thrikkakara, served as resource person for this programme Ms. Saritha.N, Assistant Professor Department of Commerce, Computer Application worked as Coordinator for the above program.





**Mar Thoma College for Women,  
Perumbavoor**

**"Soft Skill Development Programme"**

**GROUP DISCUSSION AND INTERVIEW SKILLS**

*Organized by*

**Department of Commerce  
Computer Application**

Resource Person: Dr. Manjula R.  
Asst. Professor and Head,  
Bharath Matha College, Thrikkara

**Date: 16/08/2017**

**Venue: College Conference hall**

**Time: 10 am**

Dr. Lisy Cherian  
Principal

Dr. Anupama.P  
IQAC coordinator

Teacher in charge  
Ms. Saritha.N

**List of Students**

Sl. No.	Name	Class
1	Amalu .D. John	III.B.Com CA
2	Amrutha .M. Balan	III.B.Com CA
3	Anjaly Prakash	III.B.Com CA
4	Archana Shaji	III.B.Com CA
5	Aswathy Jayaram	III.B.Com CA
6	Aswini K.P	III.B.Com CA
7	Basima M.B	III.B.Com CA
8	Chaithra Sreevalsan	III.B.Com CA
9	Christy .K.Stanly	III.B.Com CA
10	Devika Jayan	III.B.Com CA
11	Fathima N.J	III.B.Com CA
12	Greeshma T.A	III.B.Com CA
13	Haripriya N	III.B.Com CA



14	Jeena Jose	III.B.Com CA
15	Kafila Ali	III.B.Com CA
16	Rilba Merin Paul	III.B.Com CA
17	Sanju Vijayakumar	III.B.Com CA
18	Shalu S	III.B.Com CA
19	Shilpa Babu	III.B.Com CA
20	Surumi E.S	III.B.Com CA
21	Susan Prasad	III.B.Com CA
22	T.J Vishnupriya	III.B.Com CA
23	Ann Merin Baby	III.B.Com CA
24	Annam A.D	III.B.Com CA
25	Anuradha K	III.B.Com CA
26	Athira R	III.B.Com CA
27	Dhanusree Vijai	III.B.Com CA
28	Krishna Raj M.S	III.B.Com CA
29	Meenu Thomas	III.B.Com CA
30	Nebha Afsal	III.B.Com CA
31	Nimisha Tittus	III.B.Com CA
32	Revathy .P. Rajan	III.B.Com CA
33	Riya Mathew	III.B.Com CA
34	Rosemol .K.Paul	III.B.Com CA
35	Salhath E.A	III.B.Com CA
36	Shilpa B.U	III.B.Com CA
37	Simi Sebastian	III.B.Com CA
38	Soorya P. Shaji	III.B.Com CA
39	Soumya Balakrishnan	III.B.Com CA
40	Sreelakshmi Mohanachandran	III.B.Com CA
41	Unnimaya Santhosh	III.B.Com CA
42	Varsha Thyagarajan	III.B.Com CA
43	Abhirami K.Babu	II.B.Com CA
44	Amrutha S.Babu	II.B.Com CA
45	Anakha Murali	II.B.Com CA
46	Arathy Rajan	II.B.Com CA
47	Aswani Thankachan	II.B.Com CA
48	Dhifila Sadigh	II.B.Com CA
49	Divya Das	II.B.Com CA
50	Evelin M.Varghese	II.B.Com CA



51	Farsana Ismayil	II.B.Com CA
52	Fasna Yousaf	II.B.Com CA
53	Martha Joy	II.B.Com CA
54	Midhuna Baby	II.B.Com CA
55	Mubeena Ibrahim	II.B.Com CA
56	Nusrath Shaji	II.B.Com CA
57	Prathibha Pradeepkumar	II.B.Com CA
58	Sneha Babu	II.B.Com CA
59	Anjali A.R	II.B.Com CA
60	Anjaly Eldhose	II.B.Com CA
61	Anjana C.A	II.B.Com CA
62	Anjitha Sasi	II.B.Com CA
63	Anumol P.M	II.B.Com CA
64	Arathy Shaji	II.B.Com CA
65	Arishma K.R	II.B.Com CA
66	Asni A.A	II.B.Com CA
67	Balasundari K.S	II.B.Com CA
68	Haritha Shaji	II.B.Com CA
69	Hasna Asia	II.B.Com CA
70	Lakshmi P Suresh	II.B.Com CA
71	Lakshmi Priya Manoj	II.B.Com CA
72	Sandra Suresh	II.B.Com CA
73	Sisira Rajan	II.B.Com CA
74	Sukanya V.S	II.B.Com CA
75	Thasleema Nazrin	II.B.Com CA

*Sybil Vay*

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**Perumbavoor - 683 542**



## INTRODUCTION TO SPANISH

<b>Program</b>	Introduction to Spanish
<b>Organizer</b>	Department of English, Mar Thoma College for Women, Perumbavoor.
<b>Beneficiary</b>	5 students
<b>Date &amp; Year</b>	08.01.2018 to 11.01.2018
<b>Resource Person</b>	Dr. Minu Susan Koshy, Assistant Professor (English), Mar Thoma College for Women, Perumbavoor
<b>Coordinator</b>	Ms. Preethi Sara Joseph, Head and Assistant professor, Department of English, Mar Thoma College for Women, Perumbavoor.
<b>Duration</b>	4 Sessions of 1 hour each
<b>Objective</b>	The objective of the course is to introduce learners to the fundamentals of the Spanish language. This course aims to develop basic conversational skills, comprehension of simple texts, and familiarity with essential grammar structures. Additionally, it provides cultural insights to foster cultural understanding and communication in Spanish-speaking contexts.
<b>Outcome</b>	<ul style="list-style-type: none"> <li>• Develop basic conversational skills in Spanish</li> <li>• Acquire comprehension skills to understand and interpret basic written and spoken Spanish, including short texts, dialogues, and simple instructions.</li> <li>• Gain familiarity with essential grammar structures and vocabulary</li> <li>• Develop cultural awareness and understanding of Spanish-speaking communities</li> </ul>



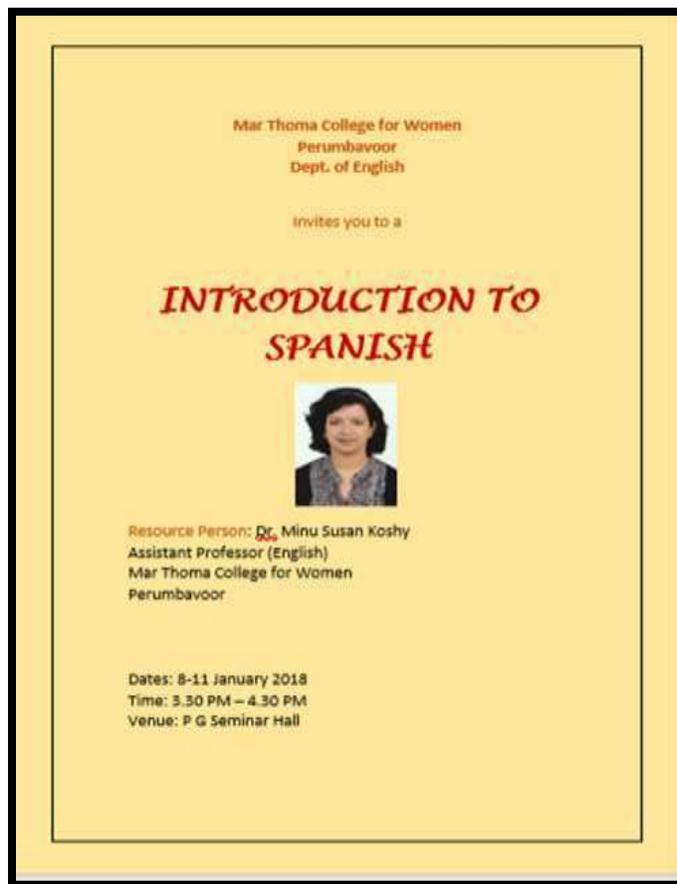
The "Introduction to Spanish" course was conducted over four sessions, each lasting one hour. The course aimed to provide learners with a foundational understanding of the Spanish language, including basic speaking, listening, reading, and writing skills. The resource person for the course was Dr. Minu Susan Koshy, Assistant Professor of English, Mar Thoma College for Women, while the course was coordinated by Mrs. Preethi Sara Joseph, Head, Dept. of English, Mar Thoma College for Women.

In the first session, Dr. Minu Susan Koshy introduced the participants to the basics of the Spanish language. She began by explaining the importance of learning Spanish in today's globalized world and its relevance in various industries. The participants were given an overview of the Spanish alphabet, pronunciation rules, and basic greetings. They engaged in interactive activities to practice greetings and introducing themselves in Spanish. The second session focused on building vocabulary and sentence formation in Spanish. A list of commonly used words and phrases was provided and their usage was explained. The participants practiced forming simple sentences and engaging in short conversations using the vocabulary learned. Drills and role-play activities were conducted to enhance their conversational skills. The third session concentrated on developing listening and reading comprehension skills. Dr. Minu Susan Koshy presented audio recordings and short texts in Spanish, and the participants listened to them carefully, identifying keywords and phrases. They were encouraged to answer questions based on the recordings and texts to reinforce their understanding. Dr. Minu also introduced basic grammar concepts such as gender agreement and verb conjugation.

The final session of the course focused on cultural aspects of the Spanish-speaking world. Dr. Minu Susan Koshy discussed various Spanish-speaking countries, their traditions, and cultural practices. The participants learned about major festivals, cuisines, and cultural etiquettes. They engaged in group discussions to share their knowledge and experiences related to Spanish-speaking cultures. Additionally, they practiced writing simple paragraphs in Spanish, applying the vocabulary and grammar concepts learned throughout the course.



The "Introduction to Spanish" course proved to be highly beneficial for the participants. The course provided a solid foundation for further learning and exploration of the Spanish language. The participants expressed their satisfaction with the course content, delivery, and organization. They appreciated the interactive nature of the sessions, which facilitated active participation and practical application of the concepts learned. Many participants expressed their enthusiasm to continue learning Spanish and explore more advanced courses in the future. Overall, the "Introduction to Spanish" course successfully achieved its objectives of providing a basic introduction to the Spanish language and developing foundational skills.



**List of Students**

Sl. No.	Name
1	Meera Dileep
2	Payal Kumari
3	Swetha S Kumar
4	Aswathy Rajan
5	Jinu Thampi

*Syo/ka/Vay*

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## HEALTH AWARENESS PROGRAM ON COMMUNICABLE DISEASES

<b>Program Name</b>	Seminar and campaign on ‘Communicable Diseases’
<b>Organizer</b>	National Service Scheme (NSS) unit in association with Perumbavoor Municipality and Taluk Hospital Perumbavoor
<b>Coordinator</b>	Ms. Chaithanya Elsa Achenkunju and Mr. Gismon Thomas, NSS Coordinators, MTCW
<b>Beneficiaries</b>	80 volunteers students enrolled in NSS
<b>Date and Year</b>	28 February 2018
<b>Duration</b>	3 hours
<b>Objective</b>	<ul style="list-style-type: none"> <li>• To reduce or prevent the incidence of illness among children and adults in our community</li> <li>• To encourage good hand hygiene, to follow safe food habits, and to promote environmental sanitation</li> </ul>
<b>Outcome</b>	Trained to maintain good hygiene and environment sanitization

NSS unit of our college organized a seminar and campaign on awareness on communicable diseases on 28 February 2018 at our college. The class was taken by health workers from Taluk hospital, Perumbavoor. As NSS volunteers should have to be aware of environmental protection to manage the spread of communicable diseases in society, the class was really beneficial for them. Hygiene is also a key point while doing activities in the society. Through this class volunteers understood various tips to maintain personal hygiene and to keep our environment clean. They are also trained to follow good food habits avoiding junk to reduce the chance of cancer like diseases.





Class by team from Taluk Hospital, Perumbavoor.





Awareness campaign by students, 28/02/2018

**List of participants**

Sl no.	Name of student
1	Aarya . H Kartha
2	Akshaya Sundaran
3	Aleeshya Abraham
4	Akshara Baiju
5	Amala Jose
6	Amitha Rose Joy
7	Amalu C Shaji
8	Ammu Babu
9	Ameera Rasheed
10	Anasooya Krishnan
11	Anagha Anil
12	Anu C Gopi
13	Ann Mariya Philip
14	Anitta Saju
15	Anaha Biji
16	Anna Paul



17	Anuja Thankachan
18	Anjana T.K
19	Anusree P.S
20	Anjitha Ravi
21	Anjitha A V
22	Aparna Babu
23	Asna A U
24	Anjana Raveendran
25	Asni A A
26	Aparna Sasi
27	Ashitha Kareem
28	Asha S Kumar
29	Athira K T
30	Fabisha K P
31	Arya Sivan
32	Axa Maria Joy
33	Binitha Baby
34	Bini Eldhose
35	Bijimol Mathew
36	Bintu Maria Paul
37	Binisha K B
38	Binitta B Arackal
39	Dona Mariam Roy
40	Dona Maiya Joy
41	Maria Thomas
42	Midhu Varghese
43	Muhsina M.M
44	Neethu T.V
45	Neha Grace Sajan
46	Nishna E.K
47	Neeraja Krishnankutty
48	Navjath V.M
49	Ruth santhosh
50	Revathi M.A
51	Rajana A.R
52	Rathna. M
53	Reshma Sasi
54	Rahmath T.A
55	Remya Santhosh
56	R.Meenakshi
57	Rosme John



58	Rosemol M Sunny
59	Saira Abraham
60	Salima P.S
61	Sandhya M.S
62	Sandra Suresh
63	Shilpa K Sasi
64	Silpa Paily
65	Soja Mathai
66	Sisira Rajan
67	Sreelakshmi Ravi
68	Sherin K Raju
69	Surya K.R
70	Shahabanath AN
71	P. M Muhsina
72	Thanzeera K.K P
73	Thayyiba Jinana M K
74	Varsha M vijay
75	Vismaya M.A
76	Varsha P. V
77	Haritha N.K
78	Jomol Joy
79	Nayana Asokan
80	Shoncy Santhosh

*Syo/ka/Vay*

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## WELLNESS THROUGH YOGA-YOGA TRAINING 2017

<b>Program Name</b>	<b>Wellness Through Yoga-Yoga Training 2017</b>
<b>Organizer</b>	Physical Education Department
<b>Resource Person</b>	Dr. Vineed Kumar K, Department of Physical Education Mar Thoma College For Women ,Perumbavoor
<b>Beneficiaries</b>	7 students
<b>Date and Year</b>	27 October 2017
<b>Duration</b>	12 Sessions
<b>Objectives</b>	<ul style="list-style-type: none"> <li>● To enable the faculty and students to have good health</li> <li>● To practice mental hygiene and emotional stability</li> <li>● To attain a higher level of consciousness.</li> </ul>
<b>Outcome</b>	Relaxation which gives calm mind, good concentration and rejuvenation of the body and mind

Yoga is an ancient practice that builds strength and awareness and brings together the mind and body. It includes breathing exercises, meditation and asanas or poses that stretch and flex various muscle groups. These asanas are designed to encourage relaxation and reduce stress. The importance of yoga cannot be stressed enough. There are different kinds of yoga practices. There are beginner classes in every style, and the modifications in every yoga pose make it possible for anyone to start. So whether you have a sedentary lifestyle or you're a professional athlete, size and fitness levels do not matter. There are many advantages of yoga. Practising yoga is said to come with many physical and psychological wellness benefits.



Our college initiated a yoga training programme in association with the physical education department on 27 October 2017 under the guidance of Dr. Vineed Kumar K. 12 sessions were arranged, and 7 students participated in the academic year 2017–18. He had explained everything about the history, importance of Yoga in human life and also gave practical performance to all participants about the same. Every session concluded with an interactive session between the instructor and the students. In the present day when students face stress, tension, fear, etc., simple ‘asanas’ can help dispel these.

A few minutes of Yoga during the day can be a great way to get rid of stress that accumulates daily-in both the body and mind. Yoga postures and meditation are effective techniques to release stress.. Particularly students, Yoga is a great remedy to remove our tensions which definitely affects our health. All enthusiastically participated & looked keen to learn various techniques. Every session was a successful one which displayed a great spirit of learning by staff members and students alike also celebrate International Yoga Day on June 21<sup>st</sup>.





**MAR THOMA COLLEGE FOR  
WOMEN, PERUMBAVOOR**

***YOGA TRAINING PROGRAMME***

ORGANIZED BY

***Department Of Physical Education***

**27 OCTOBER 2017**

Resource Person

**DR VINEEDKUMAR K**

**9447892891**



Venue:  
College Auditorium





**Yoga Training session**

**List of students**

Sl.No	Name of Students	Programme
1	Merlin Mary	B.Com Tax
2	Praveena P.S	Mathematics
3	Anjaly Sivadasan	Mathematics
4	Athulya Sudhakar	English
5	Binitha Baby	Physics
6	Prasthutha Pavitharan	Physics
7	Aswani Subramanyan	Physics

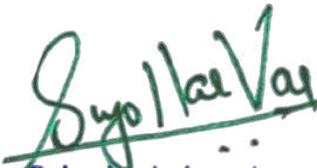


Attendance Register

**ATTENDANCE OF YOGA CLASS**

2017-18

Sl. NO	NAME	CLASS	27/10/17	10/11/17	3/11/17	10/11/17	14/11/17	15/11/17
1	Meslin Mary	Bcom	Present	Present	Present	Present	Present	Present
2	Praveena P.S	Bcom	Present	Present	Present	Present	Present	Present
3	Anjali Sivadason	Bcom	Present	Present	Present	Present	Present	Present
4	Athulya Sudhakar	Bcom	Present	Present	Present	Present	Present	Present
5	Binita Babu	Bcom	Present	Present	Present	Present	Present	Present
6	Prasanthia Pavithran	Bcom	Present	Present	Present	Present	Present	Present
7	Aswari Subramanyam	Bcom	Present	Present	Present	Present	Present	Present
8	Binita Babu	Bcom	Present	Present	Present	Present	Present	Present
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 Perumbavoor - 683 642



## FOOD PROCESSING

<b>Title</b>	Food Processing
<b>Date</b>	23/08/2017
<b>Venue</b>	College Auditorium
<b>Objective</b>	To develop practical knowledge on making culinary foods.
<b>Resource Person</b>	Smt. Sindhu Regi, Perumbavoor
<b>Organizing Department</b>	B.Com Computer Application
<b>Number of Participants</b>	115 students

Department of Commerce Computer Application organized the second series of Food Processing class on 23 rd August 2017 at College auditorium. The session was handled by Smt. Sindhu Regi. She made culinary foods like Chicken burger, Cookies and carrot cake. Students are actively involved in the preparation of burger by cutting the bread, applying mayonnaise and wrapping the burger as well as in the baking of cookies.





Session handled by Smt. Sindhu Regi  
23/08/2017

**List of Students**

Sl No	Name
1	Amalu .D. John
2	Amrutha .M. Balan
3	Anjaly Prakash
4	Archana Shaji
5	Aswathy Jayaram
6	Aswini K.P
7	Basima M.B
8	Chaithra Sreevalsan
9	Christy .K.Stanly
10	Devika Jayan
11	Fathima N.J
12	Greeshma T.A
13	Haripriya N



14	Jeena Jose
15	Kafila Ali
16	Rilba Merin Paul
17	Sanju Vijayakumar
18	Shalu S
19	Shilpa Babu
21	Susan Prasad
22	T.J Vishnupriya
23	Ann Merin Baby
24	Annam A.D
25	Anuradha K
26	Athira R
27	Dhanusree Vijai
28	Krishna Raj M.S
29	Meenu Thomas
30	Nebha Afsal
31	Nimisha Tittus
32	Revathy .P. Rajan
33	Riya Mathew
34	Rosemol .K.Paul
35	Salhath E.A
36	Shilpa B.U
37	Simi Sebastian
38	Soorya P. Shaji
39	Soumya Balakrishnan
40	Sreelakshmi Mohanachandran
41	Unnimaya Santhosh
42	Varsha Thyagarajan
43	Abhirami K.Babu
44	Amrutha S.Babu
45	Anakha Murali
46	Arathy Rajan
47	Aswani Thankachan
48	Dhifila Sadigh
49	Divya Das
50	Evelin M.Varghese
51	Farsana Ismayil
52	Fasna Yousaf
53	Martha Joy
54	Midhuna Baby
55	Mubeena Ibrahim



56	Nusrath Shaji
57	Prathibha Pradeepkumar
58	Sneha Babu
59	Anjali A.R
60	Anjaly Eldhose
61	Anjana C.A
62	Anjitha Sasi
63	Anumol P.M
64	Arathy Shaji
65	Arishma K.R
66	Asni A.A
67	Balasundari K.S
68	Haritha Shaji
69	Hasna Asia
70	Jeethu P.R
71	Lakshmi P Suresh
72	Lakshmi Priya Manoj
73	Meera Varghese
74	Priya Bhaskaran
75	Sandra Suresh
76	Sisira Rajan
77	Sukanya V.S
78	Thasleema Nazrin
79	Thayyiba Jinana M.K
80	AARYA. M. RAJU
81	AISHA. K. ALI
82	AKHILA BENNY
83	AKHILA PREMAN
84	AMITHA ELSA JACOB
85	AMITHA JOHN
86	AMMU BABY
87	AMRITHANJALY.M.N
88	AMURTHESWARI .T.K
89	ANJALY MOHANAN
90	ANJANA NAIR
92	ANJANA SURESH
93	ANJITHA ASHOKAN
94	APARNA BIJUMON
95	APARNA .S. NAIR
96	ARCHANA RAJU
97	ASWATHY SIVAN



98	BINSYMOL WILSON
99	FATHIMA LULU .P.K
100	GOPIKA SATHYAN
101	HANNATH BEEVI P.A
102	JISNA ANTONY
103	Josmin Joseph
104	KEERTHI SAJEEVAN
105	KRISHNAPRIYA .M.K
106	MEENA THOMAS
107	MERLIN MARY BASIL
108	MIYA JOHNY
109	MUHSINA .M.A
110	NAZIYA NIZAR
111	NEENA M.S
112	NOORA AFSAL
113	PRIYA JOSEPH
114	RESHMA RADHAKRISHNAN
115	VISHNUPRIYA VENUGOPAL

*Syo/ka/Vay*

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Perumbavoor - 683 542



## HUMAN VALUE DEVELOPMENT PROGRAMME

<b>Program Name</b>	<b>Human Value Development Programme</b>
<b>Organizer</b>	Ms. Amy Maria Paul, Assistant Professor, Department of Commerce, Computer Applications
<b>Resource Person</b>	Teachers From Different Departments, Mar Thoma College for Women, Perumbavoor
<b>Beneficiaries</b>	All students (771)
<b>Date and Year</b>	20 November 2017 ( first Wednesday of every month )
<b>Objectives</b>	<ul style="list-style-type: none"> <li>• Total enhancement of students' personality in its mental, emotional and social aspects</li> <li>• Helping students to develop an independent way of thinking and living</li> <li>• Inducing a spirit of love for the nation and its integration</li> </ul>
<b>Outcome</b>	Enhancement of students' personality, critical thinking, social skills, cooperation and inducing a spirit of love for the nation and its integration.

Values are the belief about what is right, what is wrong and what is important in life. These values are gained from different sources. Value Education is important to give for any individual. A capacity building programme on Human Value Development programme that was initiated by our college on 20th November 2017 is continuing till now on the first Wednesday of every month 9:00 am to 9:30 am. Programme conducted under the guidance of Ms.Amy Maria Paul. Teachers from various departments who talk in their classes about various topics related to human values. Discussion and interactive sessions are also conducted during this time.



Human value education is the process by which people give moral values to each other. It is the aggregate of all the processes by which a person develops abilities and other forms of behavior of the positive values in the society in which he lives'. Some use the concept values education as an umbrella of concepts that includes moral education and social education. Themes that value education can address to varying degrees are character, moral development, citizenship education, personal development, social development and cultural development. So the value of education is "learning about self and wisdom of life" in a self exploratory, systematic and scientific way through formal education.

This programme explored the understanding of values at the Individual Level, Interpersonal Level, Community Level, National Level, and Global Level. At the same time, colleges and classrooms should be spaces for discussing the process of decision making, questioning the basis of their decisions and for making informed choices. This programme was conducted in an interactive manner where each student was encouraged to share the viewpoint/opinion pertaining to a particular value, their experience of integrating certain core values in their respective subjects in a classroom situation.



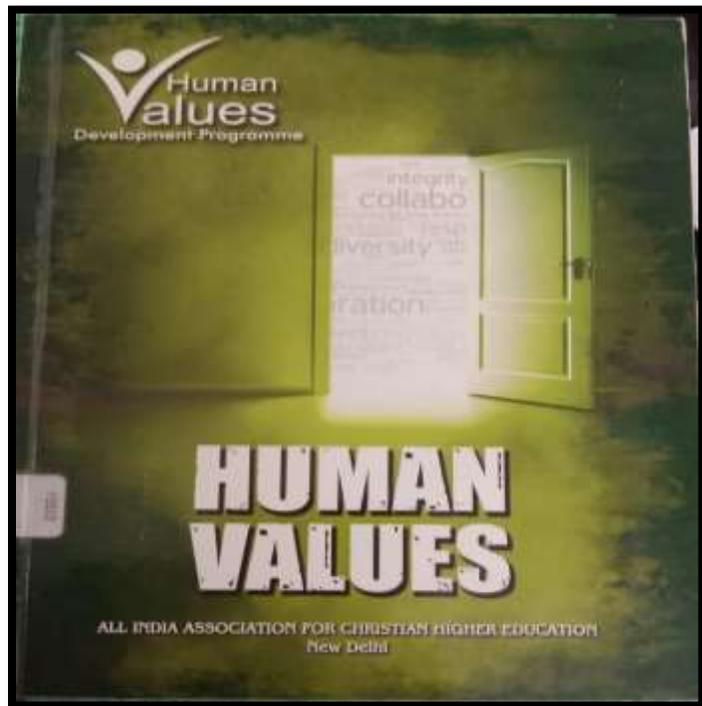


**MAR THOMA COLLEGE FOR WOMEN**  
Perumbavoor, Ernakulam, Kerala.  
Affiliated to MG University & Accredited "B+" by NAAC

**YOUR MESSAGE MATTERS**

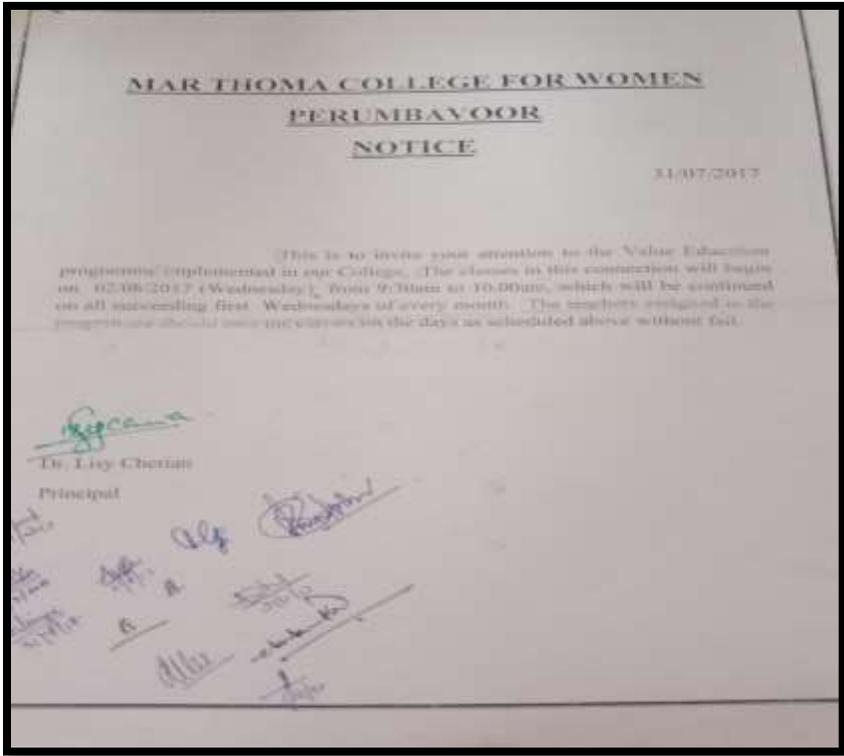
# HUMAN VALUE DEVELOPMENT PROGRAM

First Wednesdays of each month  
Time: 9:00am-9:30am



Reference Text





Notice for Human Value Development Program  
2017-2018



**MAR THOMA COLLEGE FOR WOMEN  
VALUE EDUCATION (TEACHER - IN - CHARGE)**

DEPARTMENT	CLASS	TEACHER IN CHARGE	SIGNATURE
ENGLISH	II DC	Dr. PRIYA KURISH	<i>[Signature]</i>
	III DC	MRS. SHERIN T. ABRAHAM	<i>[Signature]</i>
	I DC	MRS. SIBI P. K.	<i>[Signature]</i>
HISTORY	II DC	Dr. ANBIL KURIAN K.	<i>[Signature]</i>
	III DC	Mrs. CHANDIMAYA ELISA ATHANASIOU	<i>[Signature]</i>
	I DC	Mrs. MARY VARGHESE	<i>[Signature]</i>
COMMERCE (TAXATION)	III DC	Dr. BILU JACOB THOMAS	<i>[Signature]</i>
	II DC	Mrs. DEEPTI SARA MATHAI	<i>[Signature]</i>
	I DC	Mrs. AMY MARIA PAUL	<i>[Signature]</i>
ZOOLOGY	III DC	Dr. ANUPAMA F.	<i>[Signature]</i>
	II DC	Mrs. SIMON THOMAS	<i>[Signature]</i>
	I DC	Mrs. ANITHA BASI	<i>[Signature]</i>
PHYSICS	III DC	Dr. GIGY GEORGE	<i>[Signature]</i>
	II DC	Mrs. SUMAYYA P. A.	<i>[Signature]</i>
	I DC	Mrs. SILVIA THOMAS	<i>[Signature]</i>
MATHEMATICS	III DC	Mrs. PREETHY SARA JOSEPH	<i>[Signature]</i>
	II DC	Dr. VINOD K. V.	<i>[Signature]</i>
	I DC	Mrs. SARDHA N.	<i>[Signature]</i>
CHEMISTRY	III DC	Dr. BILU THOMAS MATHEW	<i>[Signature]</i>
	II DC	Dr. RUBIN KUBIAKOSE	<i>[Signature]</i>
	I DC	Mrs. ALKA MARIA GEORGE	<i>[Signature]</i>
COMMERCE (COMPUTER APPLICATION)	III DC	Dr. VINEED KUMAR	<i>[Signature]</i>
	II DC	Mrs. BINDU R.	<i>[Signature]</i>
	I DC	Mrs. BLESSY LUKOSE	<i>[Signature]</i>

*[Signature]*  
31-7-14

Teachers List 2017-18

*Syo/ke/Vay*  
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## PAPER BAG MAKING

<b>Program Name</b>	Life Skill Enhancement Program – Paper Bag Making
<b>Organizer</b>	Department of Chemistry
<b>Coordinator</b>	Mrs. Summaya P.A, Guest Lecturer, Department of Chemistry, Mar Thoma College For Women Perumbavoor
<b>Beneficiaries</b>	41 Students of III B.Sc. Chemistry
<b>Date and Year</b>	18 July 2017
<b>Duration</b>	2 Sessions
<b>Objectives</b>	<ul style="list-style-type: none"><li>● To popularize the use of paper bags</li><li>● To reduce the usage plastic bags</li></ul>
<b>Outcome</b>	Students learnt the technique of making paper bags cost effectively

Students of the Department of Chemistry have made 50 paper bags and distributed them among the teachers to make them aware of the disadvantages of the usage of plastic bags and plastic products. Students of III B.Sc. Chemistry actively participated in this program, conducted on 18 July 2017, under the guidance of Mrs. Sumaya P.A. She divided the students into groups of five and demonstrated the making of paper bags. First paper bag was given to Dr. Lisy Cherian, Principal of the college. This drive is quite useful as well as encouraging. It was a great success with positive remarks from both students and teachers.

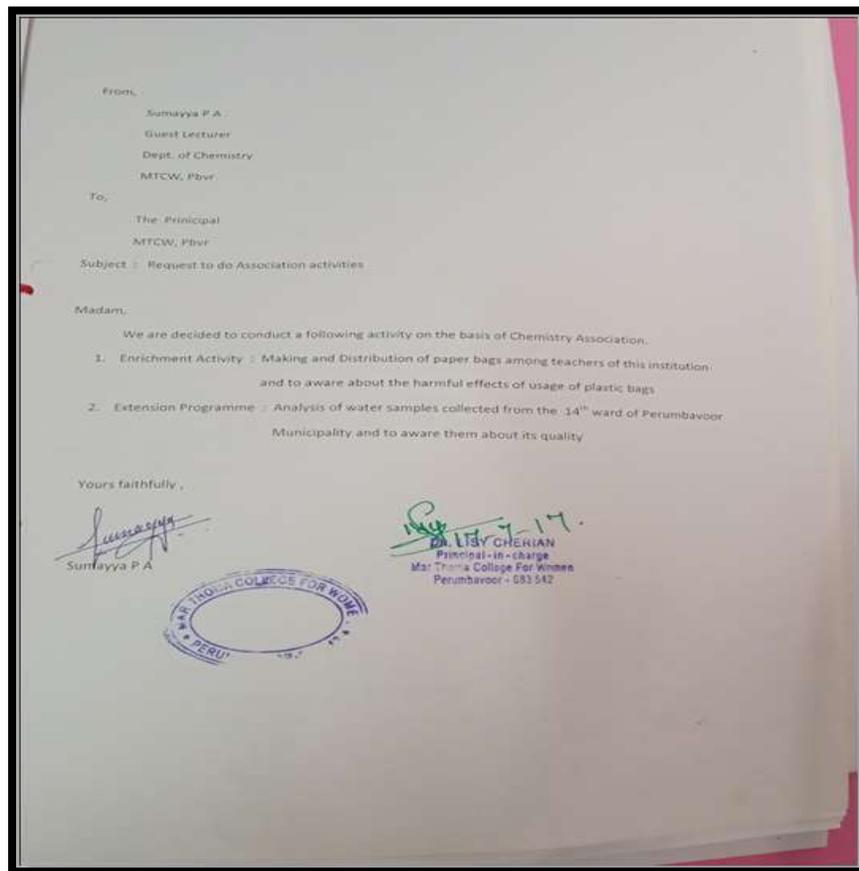




Paper bag handed over to Principal Dr. Lisy Cherian



## Notice



## List of Students

Sl.No:	Name	Class
1	Aathila M M	III B.Sc. Chemistry
2	Ainu Balan	III B.Sc. Chemistry
3	Alfina Habeeb	III B.Sc. Chemistry
4	Aneetta Varghese	III B.Sc. Chemistry
5	Anjana Krishnan	III B.Sc. Chemistry
6	Anju M Paul	III B.Sc. Chemistry
7	Ansamol M K	III B.Sc. Chemistry
8	Anupama C S	III B.Sc. Chemistry
9	Ashly K V	III B.Sc. Chemistry



10	Aswathy Anex	III B.Sc. Chemistry
11	Athira K R	III B.Sc. Chemistry
12	Binu Baby	III B.Sc. Chemistry
13	Divya T S	III B.Sc. Chemistry
14	Diya Joy	III B.Sc. Chemistry
15	Elsa George	III B.Sc. Chemistry
16	Gowri Santhosh	III B.Sc. Chemistry
17	Harsha K S	III B.Sc. Chemistry
18	Kareeshma Arjunan	III B.Sc. Chemistry
19	Malavika C R	III B.Sc. Chemistry
20	Neeraja M C	III B.Sc. Chemistry
21	Nima Sara Benny	III B.Sc. Chemistry
22	Nivitha Avarachan	III B.Sc. Chemistry
23	Reshma Michel	III B.Sc. Chemistry
24	Riyamol Sidik	III B.Sc. Chemistry
25	Sara Varghese	III B.Sc. Chemistry
26	Sreelakshmi M H	III B.Sc. Chemistry
27	Anagha Radhakrishnan	III B.Sc. Chemistry
28	Ani Varghese	III B.Sc. Chemistry
29	Archana K S	III B.Sc. Chemistry
30	Arya N Nair	III B.Sc. Chemistry
31	Aryalakshmi N Pillai	III B.Sc. Chemistry
32	Beenu P Biju	III B.Sc. Chemistry
33	Elsa Eldhose	III B.Sc. Chemistry
34	Jesleena P K	III B.Sc. Chemistry
35	Jishitha Thankappan	III B.Sc. Chemistry
36	Mehar Jezia T	III B.Sc. Chemistry
37	Mereena George	III B.Sc. Chemistry
38	Reshma N S	III B.Sc. Chemistry
39	Shiminidha Salim	III B.Sc. Chemistry
40	Sreelakshmi Ravindran	III B.Sc. Chemistry
41	Sruthi Sasi	III B.Sc. Chemistry



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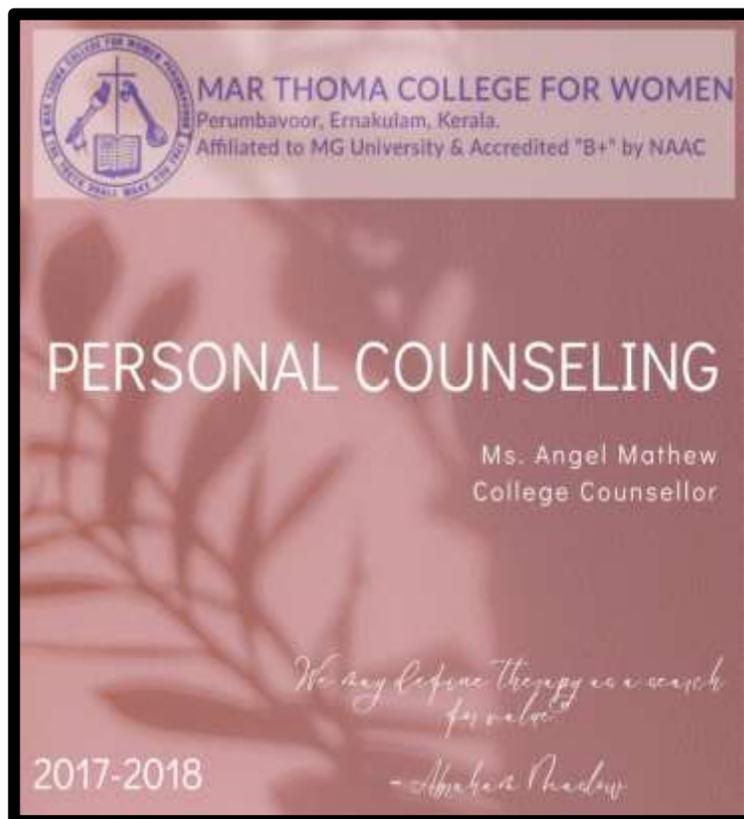
## PERSONAL COUNSELLING

<b>Program Name</b>	<b>Personal Counseling</b>
<b>Resource Person</b>	Ms. Angel Mathew, Student Counselor
<b>Beneficiaries</b>	42 students
<b>Date</b>	01/06/2017
<b>Objective</b>	<ul style="list-style-type: none"> <li>• To help students deal with emotional, psychological and educational problems</li> <li>• To provide special assistance to students who display behaviour detrimental to their progress</li> <li>• To create awareness regarding mental health issues, behavioural problems etc.</li> </ul>
<b>Outcome</b>	<ul style="list-style-type: none"> <li>· Cope with personal, emotional and psychological problems in a mature way</li> <li>· Deal with challenges and evolve into healthier human beings</li> <li>· Demonstrate awareness of mental health issues and assist people suffering from such concerns</li> </ul>

The Personal Counselling system in the college is quite strong and has helped many students overcome personal and emotional challenges. There is a well-qualified, dedicated clinical counsellor in the College and she offers both personal and group counselling sessions. At the beginning of each academic year, the Counsellor visits classes and makes students aware of the availability of psychological counselling support in the institution and provides them general counselling. The students are then encouraged to meet the counsellor personally and discuss matters of concern. Teachers and peers direct students facing severe emotional and psychological problems to seek help from the counsellor. Where necessary, teachers and counsellors meet parents and guardians in order to provide support in handling their wards sensitively. Utmost confidentiality is maintained in all cases.



The Counselling system has been successful in helping students cope with challenges and crisis. Set in a semi-rural area, the College is second home to a majority of students hailing from socially and financially backward families who would not be able to afford paid counselling services. The facilities provided by the College serve as a much-needed respite to both parents and wards. In the case of students facing severe psychological and mental-health related issues, frequent sessions are held with the ward and guardians. Personalized counselling sessions held regularly have helped several students overcome depression and personality problems. The system functions very effectively in making mental health services accessible to our students who are confronted with various crises.



## Profile

Ms. Angel Mathew is a clinical psychologist with over 15 years of experience helping people overcome a variety of mental health issues. She holds an M.Sc. and M.Phil. in counselling psychology, which has given people a unique perspective on the intersection of psychology and social issues. Over the years, she has worked with a diverse range of clients in various settings, including schools, colleges, hospitals, and clinics. She is passionate about helping people live their best lives, and she believes that therapy can be a powerful tool for growth and healing.



Ms. Angel Mathew, Student Counselor, M.Sc., M.Phil. in counselling psychology





Couselling room

**List of Students**

Sl.No:	Name of Student	Class
1	Naufira	III B.Sc. Zoology
2	Bhagyalakshmi Unnikrishnan	III B.Sc. Physics
3	Farsana	III B.Sc. Zoology
4	Jainu Paul	I B.A. History
5	Faisana	III B.Sc. Zoology
6	Athira K R	III B.Sc. Chemistry
7	Ani Varghese	III B.Sc. Chemistry
8	Jomol	II B.Com
9	Jeena Johnson	I B.A. History
10	Sulakshmi	III B.A. English
11	Fathima Thasni	I B.Sc. Maths
12	Mehr	III B.Sc. Chemistry
13	Anumol Mani	I B.A. History
14	Neenu Benny	III B.Com



15	Shilpa Bright	II B.A. English
16	Anagha Anil	II B.Sc. Chemistry
17	Ashna Naseer	III B. Com
18	Fathimath Jasni	I B.Sc. Maths
19	Binnett	III B.A. History
20	Haritha P B	M.Sc Maths
21	Shakeela Nasir	M.Sc Maths
22	Ashna Z Nazrin	III B.Sc.Maths
23	Fathima Beevi	II B.Sc. Zoology
24	Shabana	II B.Sc. Zoology
25	Merin Paul	III B.A. History
26	Keerthi	I B.A. History
27	Anila Joshy	II B.Sc. Maths
28	Amala C Shaju	II B.A. History
29	Aniliyana U M	II B.Sc. Maths
30	Ruksana	III B.A. History
31	Aleesha	III B.A. History
32	Rameesa	III B.A. History
33	Sreelakshmi	III B.A. English
34	Sunitha Varkey	III B.Com
35	Sonia	II B.Sc. Maths
36	Lakshmi K S	II B.A. History
37	Merina George	III B.Sc. Chemistry
38	Sreelakha E V	II B.A. History
39	M Annie	II B.A. History
40	Sethulakshmi	II B.Sc. Maths
41	Sreelekha	II B.A. History
42	Jasna	I B.A. History

*Sreelekha*

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