



# 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**

**2018-2019**

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



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## GROUP DISCUSSION AND HABITS FOR SUCCESS

<b>Program Name</b>	Group Discussion and Habits for success
<b>Coordinator</b>	Dr. Rajani Jacob, Assistant Professor, Dept. of Physics & Co-ordinator Walk With a Scholar (WWS) Programme, MTCW
<b>Resource Person</b>	Dr. P. V. Joseph, Rtd. Professor and H R Trainer
<b>Beneficiaries</b>	13 Students
<b>Date and Year</b>	04-02-2019
<b>Duration</b>	9.30 a.m. to 3.30 p.m.
<b>Objective</b>	To create good habits for achieving success. To train students to perform well in group discussion.
<b>Outcome</b>	Students performed group discussion. Students set well defined aims.

Dr. P. V. Joseph trained the students to perform in a group discussion. He explained that the three "Cs" which rank you high on this parameter are clarity (the main points to be discussed), content (the vertical depth in each point) and confidence. During the second half of the session he asked students to 'be a Self-Motivator, Set Daily Goals, be a Lifelong Learner and Minimize Distractions'. These are some of the habits to be followed for Success. The sessions were really motivating and the students were very much satisfied with the session.





MAR THOMA COLLEGE FOR WOMEN, PERUMBAVOOR

WALK WITH A SCHOLAR PROGRAM 2018-19

# GROUP DISCUSSION AND HABITS FOR SUCCESS

Resource Person: Dr. P.V Joseph

P.G SEMINAR HALL  
**FEBRUARY 4TH, 2019**  
9.30 AM

Dr. Rajani Jacob, WWS Coordinator



Dr. P. V. Joseph interacting with students 04-02-2019



### List of Students

Sl. No.	Name of Student	Program
1	Karthika Rajan	B.Sc. (Zoology)
2	Kallyani Surendran	B.Sc. (Zoology)
3	Siya Mary Sunny	B.Sc. (Chemistry)
4	Mubeena Basheer	B.Sc. (Chemistry)
5	Renjitha R	B.Sc. (Chemistry)
6	Manumitha S.	B.Sc. (Chemistry)
7	Ashitha Kareem	B.Sc. (Mathematics)
8	Arsha S. Kumar	B.Sc. (Physics)
9	Jinu John	B.Sc. (Physics)
10	Dona Mariam Roy	B.Sc. (Physics)
11	Varsha M. Vijay	B.Sc. (Physics)
12	Aneeja George	B.Sc. (Physics)
13	Haritha P. Kumar	B.Com (Tax)



**Attendance Register**

2018-19

EXTERNAL MENTORING CLASSES - II YEAR

Sl. No.	Name of the Mentee	Date & Time 22-12-18 9.30-3.30	Date & Time 19-1-19 9.30-3.30	Date & Time 26-1-19 9.30-3.30	Date & Time 2-2-19 9.30-3.30	Date & Time 9-2-19 9.30-3.30
1	Aneefa George	Aneefa	Aneefa	Aneefa	Aneefa	Aneefa
2	Dora Maniam Roy	Dora	Dora	Dora	Dora	Dora
3	Arsha S. Kumara	Arsha	Arsha	Arsha	Arsha	Arsha
4	Varsha M. Vijay	Varsha	Varsha	Varsha	Varsha	Varsha
5	Ranjitha Raveendran	Ranjitha	Ranjitha	Ranjitha	Ranjitha	Ranjitha
6	Mubeena Bashree	Mubeena	Mubeena	Mubeena	Mubeena	Mubeena
7	Kandhika Rajan	Kandhika	Kandhika	Kandhika	Kandhika	Kandhika
8	Shahina Bashree	Shahina	Shahina	Shahina	Shahina	Shahina
9	Soya Maki	Soya	Soya	Soya	Soya	Soya
10	Kalyani Sureshdram	Kalyani	Kalyani	Kalyani	Kalyani	Kalyani
11	Shree Shree	Shree	Shree	Shree	Shree	Shree
12	Fathima Nuhassim	Fathima	Fathima	Fathima	Fathima	Fathima
13	Soya Maceje Sunny	Soya	Soya	Soya	Soya	Soya
14	Manumitha S.	Manumitha	Manumitha	Manumitha	Manumitha	Manumitha
15	Mariya Jeby	Mariya	Mariya	Mariya	Mariya	Mariya
16	C. Ira Mathew	C. Ira	C. Ira	C. Ira	C. Ira	C. Ira
17	Fathima Usman	Fathima	Fathima	Fathima	Fathima	Fathima
18	K.N. Ansifa	K.N. Ansifa	K.N. Ansifa	K.N. Ansifa	K.N. Ansifa	K.N. Ansifa
19	Shalitha P. Kumar	Shalitha	Shalitha	Shalitha	Shalitha	Shalitha
20	Asmita Kareero	Asmita	Asmita	Asmita	Asmita	Asmita
21	Fushda V.A	Fushda	Fushda	Fushda	Fushda	Fushda
22	Ashna A.K	Ashna	Ashna	Ashna	Ashna	Ashna
23	Shahana C.K	Shahana	Shahana	Shahana	Shahana	Shahana
24	Anjitha Ravi	Anjitha	Anjitha	Anjitha	Anjitha	Anjitha
25	Pooja Kumari	Pooja	Pooja	Pooja	Pooja	Pooja
26	Fathima Nazily	Fathima	Fathima	Fathima	Fathima	Fathima
27	Thalayamol T.A	Thalayamol	Thalayamol	Thalayamol	Thalayamol	Thalayamol
28	Haritha P. Kumar	Haritha	Haritha	Haritha	Haritha	Haritha
29	Sweta S. Kumar	Sweta	Sweta	Sweta	Sweta	Sweta
30	Aysha Marwa	Aysha	Aysha	Aysha	Aysha	Aysha



*Sujatha Vay*  
Principal - in - charge  
Mar Thoma College For Women  
Perumbavoor - 683 642

## TIME, GOAL AND COMMUNICATION

<b>Program Name</b>	Time, Goal and communication
<b>Coordinator</b>	Dr. Rajani Jacob, Assistant Professor, Dept. of Physics, and Co-ordinator, Walk With a Scholar (WWS) Programme, MTCW
<b>Resource Person</b>	Ms. Sajitha Rasheed, Chief Mentor, Mind Mojo, Ernakulam
<b>Beneficiaries</b>	10 Students
<b>Date and Year</b>	02-02-2019
<b>Duration</b>	9.30 a.m. to 3.30 p.m.
<b>Objective</b>	To understand the importance of time, goal and communication.
<b>Outcome</b>	Students understood the importance of managing time, setting goals.

Goal setting and time management are important to every student. The resource person Ms. Sajitha Rasheed said that once goals are set, time management helps students to plan exactly how they are going to achieve their goals and stay on track with all their work. Ms. Sajitha talked to students very friendly and guided them to plan their short term and long term goals.



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

**WALK WITH A SCHOLAR PROGRAM**  
**2018-19**

**TIME, GOAL AND COMMUNICATION**  
Resource Person :

*Sajitha Rasheed*  
Trainer, Mind Mojo  
Ernakulam

*2nd February 2019*  
*Venus PG Seminar Hall*  
*Time 9:30 am - 3:30 pm*

*Dr. Rajani Jacob*  
WWS coordinator



Ms. Sajitha interacting with the students, 02-02-2019



### List of students

Sl. No.	Name	Program
1	Fathima Mariam	BA (History)
2	Asna Abbas	B.Sc. (Zoology)
3	Ashna P.S.	B.Sc. (Zoology)
4	Anjitha Devassy	BA (English)
5	Jolsana Sibi	BA (English)
6	Anjam Ameer	BA (English)
7	Mariya George	B.Com (Tax)
8	Ann Maria Jose	B.Sc. (Physics)
9	Namitha K.B.	B.Sc. (Physics)
10	Anitha Thomas	B.Sc. (Physics)



Attendance Register

2018-19  
EXTERNAL MENTORING CLASSES - I YEAR

Sl No.	Name of Mentee	Date & Time	Date & Time	Date & Time	Date & Time
		08-12-18 9.30-3.30	21-12-18 9.30-3.30	22-12-18 9.30-3.30	2-2-19 9.30-3.30
1.	Anjana Ancees	<i>[Signature]</i>	<i>[Signature]</i>		<i>[Signature]</i>
2.	Ajmya K. P.	<i>[Signature]</i>			
3.	Gopika Babu	<i>[Signature]</i>	<i>[Signature]</i>		
4.	Alina C Sunny	<i>[Signature]</i>			
5.	FEBA ELDHORE	<i>[Signature]</i>		<i>[Signature]</i>	
6.	Namitha K.B	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
7.	Sulfath.T.S	<i>[Signature]</i>			
8.	Alfa k. Karim	<i>[Signature]</i>			
9.	Aiwanya A.V	<i>[Signature]</i>	<i>[Signature]</i>		
10.	Anjitha Devassy	<i>[Signature]</i>		<i>[Signature]</i>	<i>[Signature]</i>
11.	Harshamol Gopi	<i>[Signature]</i>			
12.	Asna Abbas	<i>[Signature]</i>			<i>[Signature]</i>
13.	Preethi Babu	<i>[Signature]</i>			
14.	Ajmya C.S	<i>[Signature]</i>			
15.	Nelko Thomas	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	
16.	Jolina Sibi	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
17.	Anitha Thomas	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
18.	Ebba Eldhore	<i>[Signature]</i>		<i>[Signature]</i>	
19.	Fasana P.M	<i>[Signature]</i>			
20.	Gayathri Juth	<i>[Signature]</i>	<i>[Signature]</i>		
21.	Ashna P.S	<i>[Signature]</i>	<i>[Signature]</i>		<i>[Signature]</i>
22.	Marygeorge	<i>[Signature]</i>			<i>[Signature]</i>
23.	Ann Maria Jose	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
24.	Fousiya C.S	<i>[Signature]</i>			
25.	Apasna Nair	<i>[Signature]</i>	<i>[Signature]</i>		
26.	Gayathri J. Nair	<i>[Signature]</i>	<i>[Signature]</i>		
27.	Fathima Mariyam	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
28.	Nimmy Mohan	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>



*Syo/Kai/Vay*

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Mar Thoma College For Women  
Perumbavoor - 683 542

## PERSONAL EFFECTIVENESS

<b>Program Name</b>	Personal Effectiveness
<b>Coordinator</b>	Dr. Rajani Jacob, Assistant Professor, Dept. of Physics, & Co-ordinator, Walk With a Scholar (WWS) Programme, MTCW
<b>Resource Person</b>	Mr. Sandeep K., Chief Executive ,Glowmind Training Consultancy
<b>Beneficiaries</b>	26 Students
<b>Date and Year</b>	26-01-2019
<b>Duration</b>	9.30 a.m. to 3.30 p.m.
<b>Objective</b>	To make aware of the effectiveness of personality
<b>Outcome</b>	Students realized the aspects of personal effectiveness

As part of the WWS programme, a session was organised on the topic ‘Personal Effectiveness’ on 26 January 2019. The session helped the students to evaluate themselves and find a self-solution to become effective persons. Mr. Sandeep K led the class in a very interesting and interactive manner. Different traits of personally effective people, demonstrated were Determination, Self-confidence, Optimism, Managing stress, Persistence, Problem – solving, Time management, Planning. Mr. Sandeep demonstrated all these through thought provoking games. Students gave very good feedback.





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*Walk with a Scholar Program*  
2018-2019

## **Personal Effectiveness**

Resource Person :

**Mr. Sandeep PK**  
Chief Executive  
Glowmind Training Consultancy

26th January 2019

Venue : PG Seminar Hall

Time : 9:30 am - 3:30 pm

*Dr. Rajani Jacob*  
WWS coordinator



Session by Mr. Sandeep, 26-01-2019



### List of students

Sl. No.	Name of the student	Program
1	Payal Kumari	BA (History)
2	Anjitha Ravi	BA (History)
3	Aisha Marwa	BA (History)
4	Karthika Rajan	B.Sc. (Zoology)
5	Kallyani Surendran	B.Sc. (Zoology)
6	Shahina Basheer	B.Sc. (Zoology)
7	Soyamol	B.Sc. (Zoology)
8	Mariya Jebi	B.Sc. (Chemistry)
9	Siya Mary Sunny	B.Sc. (Chemistry)
10	Mubeena Basheer	B.Sc. (Chemistry)
11	Renjitha Raveendran	B.Sc. (Chemistry)
12	Ashna A.K.	B.Sc. (Mathematics)
13	Rushda V. A.	B.Sc. (Mathematics)
14	Thafciyamol T.A.	B.Sc. (Mathematics)
15	Ashitha Kareem	B.Sc. (Mathematics)
16	Fathima Nazily	BA (English)
17	Sweta S. Kumar	BA (English)
18	Arsha S. Kumar	B.Sc. (Physics)
19	Jinu John	B.Sc. (Physics)
20	Dona Mariam Roy	B.Sc. (Physics)
21	Varsha M. Vijay	B.Sc. (Physics)
22	Aneeja George	B.Sc. (Physics)
23	K. N. Ansifa	B.Com (Tax)
24	Fathima Usman	B.Com (Tax)
25	Cilva Mathew	B.Com (Tax)
26	Liya Vincent	B.Com (Tax)



**Attendance Register**

2018-19  
EXTERNAL MENTORING CLASSES - II YEAR

Sl. No.	Name of the Mentee	Date & Time 22-12-18 9.30-9.30	Date & Time 19-1-19 9.30-9.30	Date & Time 26-1-19 9.30-9.30	Date & Time 2-2-19 9.30-9.30	Date & Time 9-2-19 9.30-9.30
1	Aneeta George	Aneeta	Aneeta	Aneeta	Aneeta	Aneeta
2	Dora Maniam Roy	Dora	Dora	Dora	Dora	Dora
3	Neelha S. Kumar	Neelha	Neelha	Neelha	Neelha	Neelha
4	Varsha M. Vijay	Varsha	Varsha	Varsha	Varsha	Varsha
5	Ranjitha Raveendran	Ranjitha	Ranjitha	Ranjitha	Ranjitha	Ranjitha
6	Mubeena Bashoor	Mubeena	Mubeena	Mubeena	Mubeena	Mubeena
7	Karthika Rajan	Karthika	Karthika	Karthika	Karthika	Karthika
8	Shahana Bashoor	Shahana	Shahana	Shahana	Shahana	Shahana
9	Sanya Mait	Sanya	Sanya	Sanya	Sanya	Sanya
10	Kalyani Sundaram	Kalyani	Kalyani	Kalyani	Kalyani	Kalyani
11	Shreya Gokul	Shreya	Shreya	Shreya	Shreya	Shreya
12	Fathima Ibrahim	Fathima	Fathima	Fathima	Fathima	Fathima
13	Suya Maseya Sunny	Suya	Suya	Suya	Suya	Suya
14	Manumitha S.	Manumitha	Manumitha	Manumitha	Manumitha	Manumitha
15	Mariya Jeby	Mariya	Mariya	Mariya	Mariya	Mariya
16	Celia Mathew	Celia	Celia	Celia	Celia	Celia
17	Fathima Usman	Fathima	Fathima	Fathima	Fathima	Fathima
18	K.N. Ansifa	Ansifa	Ansifa	Ansifa	Ansifa	Ansifa
19	Shalitha P. Kumar	Shalitha	Shalitha	Shalitha	Shalitha	Shalitha
20	Asmita Kareera	Asmita	Asmita	Asmita	Asmita	Asmita
21	Fushda V.A	Fushda	Fushda	Fushda	Fushda	Fushda
22	Ashna A.K	Ashna	Ashna	Ashna	Ashna	Ashna
23	Shahana C.K	Shahana	Shahana	Shahana	Shahana	Shahana
24	Anjitha Ravi	Anjitha	Anjitha	Anjitha	Anjitha	Anjitha
25	Pujal Kumari	Pujal	Pujal	Pujal	Pujal	Pujal
26	Fathima Nazily	Fathima	Fathima	Fathima	Fathima	Fathima
27	Thalayamol T.A	Thalayamol	Thalayamol	Thalayamol	Thalayamol	Thalayamol
28	Haritha P. Kumar	Haritha	Haritha	Haritha	Haritha	Haritha
29	Sweta S. Kumar	Sweta	Sweta	Sweta	Sweta	Sweta
30	Aysha Narwa	Aysha	Aysha	Aysha	Aysha	Aysha

*Syo/ka/Vay*  
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## SELF ESTEEM AND DECISION MAKING

<b>Program Name</b>	Self Esteem and Decision Making
<b>Coordinator</b>	Dr. Rajani Jacob, Assistant Professor, Dept. of Physics, & Co-ordinator, Walk With a Scholar (WWS) Programme, MTCW
<b>Resource Person</b>	Mr. Jinse Paulose, Trainer , PP DVHSE, Kerala
<b>Beneficiaries</b>	19 Students
<b>Date and Year</b>	19-01-2019
<b>Duration</b>	9.30 a.m. to 3.30 p.m.
<b>Objective</b>	To train students to make good decisions at correct times.
<b>Outcome</b>	Students got the opportunity to discuss various real life problems.

As part of the WWS programme, a session was organised on the topic ‘Self Esteem and Decision Making’. Mr. Jinse Paulose served as the resource person. He suggested that individuals with low self-esteem may start doubting their own capabilities, hampering their decision-making process, which can prevent one from trying new activities or picking up new skills. Students were assigned with different real life problems and to make solutions/decisions. Students were divided into groups and tasks were given in each group. Students were very much motivated by this session.





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## WALK WITH A SCHOLAR PROGRAM 2018-2019

Self Esteem and Decision Making

*Resource Person :*



*Jinse Paulose*  
*PP DVHSE Kerala*

19<sup>th</sup> January 2019

*Venue : PG Seminar Hall*

*Time : 9:30 am - 3:30 pm*

*Dr. Rajani Jacob*  
*WWS coordinator*



Group activity during the session led by Mr. Jinse Paulose, 19-01-2019



### List of students

Sl. No.	Name	Program
1	Payal Kumari	BA (History)
2	Aisha Marwa	BA (History)
3	Siya Mary Sunny	B.Sc. (Chemistry)
4	Mubeena Basheer	B.Sc. (Chemistry)
5	Renjitha Raveendran	B.Sc. (Chemistry)
6	Ashna A.K.	B.Sc. (Mathematics)
7	Shahana C.K.	B.Sc. (Mathematics)
8	Rushda V. A.	B.Sc. (Mathematics)
9	Thafciyamol T.A.	B.Sc. (Mathematics)
10	Ashitha Kareem	B.Sc. (Mathematics)
11	Fathima Nazily	BA (English)
12	Fathima Thahasin A.P.	BA (English)
13	Arsha S. Kumar	B.Sc. (Physics)
14	Jinu John	B.Sc. (Physics)
15	Dona Mariam Roy	B.Sc. (Physics)
16	Varsha M. Vijay	B.Sc. (Physics)
17	Aneeja George	B.Sc. (Physics)
18	Liya Vincent	B.Com (Tax)
19	Haritha P. Kumar	B.Com (Tax)



**Attendance Register**

2018-19

EXTERNAL MENTORING CLASSES - II YEAR

Sl. No.	Name of the Mentee	Date & Time 22-12-18 9.30-10.30	Date & Time 19-1-19 9.30-10.30	Date & Time 26-1-19 9.30-10.30	Date & Time 2-2-19 9.30-10.30	Date & Time 9-2-19 9.30-10.30
1	Aneja George	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]
2	Dora Manam Roy	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]
3	Arsha S. Kumar	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]
4	Vansha M. Vijay	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]
5	Ranjitha Raveendran	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]
6	Mubeena Bashree	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]
7	Karthika Rajan	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]
8	Shahira Bashree	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]
9	Soya Mol	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]
10	Kalyani Sureshram	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]
11	Shru Gokul	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]
12	Fathima Natharain	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]
13	Sya Maseya Sunny	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]
14	Manumitha S.	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]
15	Masiya Jeby	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]
16	Clia Mathew	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]
17	Fathima Ummam	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]
18	K.N. Ansifa	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]
19	Alathia P. Kumar	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]
20	Asbilha Kareera	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]
21	Rushda V.A	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]
22	Ashna A.K	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]
23	Shahana C.K	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]
24	Anjitha Ravi	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]
25	Pujal Kumari	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]
26	Fathima Nazkiy	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]
27	Thalayamol A.A	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]
28	Haritha P. Kumar	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]
29	Sweta S. Kumar	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]
30	Aysha Nazma	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]

*Syo/ka/Vay*

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Perumbavoor - 683 542



## LEADERSHIP QUALITIES – INTERACTION WITH A CIVIL SERVANT

<b>Program Name</b>	Leadership Qualities-Interaction With a Civil Servant
<b>Coordinator</b>	Dr. Rajani Jacob, Assistant Professor, Dept. of Physics, & Co-ordinator, Walk With a Scholar (WWS) Programme, MTCW
<b>Resource Person</b>	Mr. Aneish P. Rajan IRS, Joint Commissioner, Customs, Cochin
<b>Beneficiaries</b>	30 Students
<b>Date and Year</b>	12-01-2019
<b>Duration</b>	9.30 a.m. to 11.30 a.m.
<b>Objective</b>	To motivate students to become civil servants To make aware about the civil service examination
<b>Outcome</b>	Students got a chance to interact with a civil servant. They got motivated to become civil servants

The orientation programme helped the students who were preparing for the exams for the first time but did not know about the pattern and syllabus of the exam. Notably, current affairs and its knowledge is one of the vital parts of the civil services examinations. Mr. Aneish P. Rajan IRS was the resource person. He shared his journey to civil services. Students asked many doubts regarding duties of civil servants. The programme was arranged as a part of a motivational camp for WWS students. The camp was inaugurated by Mr. Aneish P. Rajan IRS. It was a two day camp and this session was the starting session of the camp.



### About WWS

Walk With a Scholar (WWS) scheme proposes to arrange specialized mentoring programmes for students in Under Graduate Programmes of Arts, Science and Commerce and to provide guidelines for their future career. The Directorate of Collegiate Education is implementing the programme. The scheme introduces the idea of mentoring and builds on the concept of mentor as a "Guide and Friend". The scheme aims at giving necessary orientation to the students by giving them necessary guidance, motivation and necessary mental support to identify appropriate areas for higher study as well as employment.



*"Every great achiever is inspired by a great mentor"*

#### Our Resource Persons:

- Mr. Anesh P. Rajan IRS, Joint Commissioner, Customs, Cochin
- Dr. Honey Jacob, HOD, Department of Polymer Science and Rubber Technology, CUSAT and Former Associate Professor, IIST, Thiruvananthapuram
- Mr. Madhusudan Kartha N.V., Assistant Professor of Commerce in Parumpilly Memorial Government College, Chalakkudy
- Prof. Latha Premkumari B., Rtd Professor, Dept. of English, Mar Thoma College for Women, Perumbavoor

## WALK WITH A SCHOLAR PROGRAMME (WWS)

New Initiatives in Higher Education  
Directorate of Collegiate Education  
Government of Kerala

### MOTIVATIONAL CAMP 12 & 13 JANUARY 2019



Mar Thoma College for Women,  
Perumbavoor

### CAMP SCHEDULE

Venue: Mar Thoma College for Women, Perumbavoor

#### 12 January 2019 (Saturday) Inauguration (9.30 am – 10.00 am)

- Prayer : Ms. Siya Mariya Sunny  
Ms. Manumitha S.
- Welcome Address : Dr. Rajani Jacob  
(WWS Coordinator & Asst. Professor, Mar Thoma College for Women, Perumbavoor)
- Presidential Address : Dr. Lasy Cherian  
(Principal, Mar Thoma College for Women, Perumbavoor)

#### INAUGURAL CEREMONY

- Inaugural Address : Mr. Anesh P. Rajan IRS,  
Joint Commissioner  
(Customs, Cochin)
- Felicitation : Dr. Anupama P (IQAC  
Coordinator & HOD of  
Physics, Mar Thoma  
College for Women,  
Perumbavoor)
- Vote of Thanks : Ms. Arsha S. Kumar

#### TECHNICAL SESSIONS

10:00 A.M. - 11:00 A.M.	SESSION I
11:00 A.M. - 11:45 A.M.	TEA BREAK
11:45 A.M. - 01:15 P.M.	SESSION II
Chair (Sessions I & II) : Ms. Shero T. Abdoon, HOD, Dept. of Chemistry, MTUW	
01:15 P.M. - 01:45 P.M.	LUNCH
01:45 P.M. - 02:15 P.M.	SESSION III
02:15 P.M. - 02:45 P.M.	BREAK
02:45 P.M. - 04:00 P.M.	SESSION IV
Chair (Sessions III & IV) : Dr. Padma Thomas, Asst. Professor, Dept. of Physics, MTUW	
04:00 P.M. - 04:30 P.M.	TEA BREAK
04:30 P.M. - 05:00 P.M.	GAMES
05:00 P.M. - 05:30 P.M.	BREAK
05:30 P.M. - 07:00 P.M.	EVENING TALK
Chair : Ms. Chithirya E. Atharwanji, Asst. Professor, Dept. of English, MTUW	
07:00 P.M. - 08:00 P.M.	DINNER
08:00 P.M. - 10:00 P.M.	CULTURAL PROGRAMME LIGHTS OFF
10:00 P.M.	
<b>13 January 2019 (Sunday)</b>	
08:00 A.M.	WAKE UP
07:00 A.M. - 07:30 A.M.	EXERCISE
07:30 A.M. - 08:30 A.M.	BREAK-FAST
08:30 A.M. - 10:00 A.M.	COMMUNITY SERVICE
10:30 A.M. - 10:45 A.M.	TEA BREAK
10:45 A.M. - 12:15 P.M.	SESSION V
12:15 P.M. - 01:00 P.M.	LUNCH
01:00 P.M. - 02:30 P.M.	SESSION VI
Chair (Sessions V & VI) : Ms. Beery Sree Matha, HOD, Dept. of Zoology, MTUW	
02:30 P.M. - 03:00 P.M.	FEED BACK SESSION
03:00 P.M. - 03:30 P.M.	VALEDC TORY FUNCTION
CAMP CLOSES WITH TEA & SNACKS	

Dear Sir/ Madam,

We are organizing a two day Motivational Camp in connection with 'Walk With a Scholar Programme 2018-2019, New Initiatives in Higher Education, Directorate of Collegiate Education, Government of Kerala. Kindly extend your whole-hearted co-operation and participation in this event.

Thanking you

Dr. Lasy Cherian  
PRINCIPAL

Dr. Rajani Jacob WWS  
Coordinator

Dr. Anupama P.  
IQAC  
Coordinator





Inauguration of the motivational session



Q & A Session with Mr. Aneish P. Rajan IRS, 12-01-2019



### List of students

Sl. No.	Name	Programme
1	Payal Kumari	BA (History)
2	Anjitha Ravi	BA (History)
3	Aisha Marwa	BA (History)
4	Karthika Rajan	B.Sc. (Zoology)
5	Kallyani Surendran	B.Sc. (Zoology)
6	Shahina Basheer	B.Sc. (Zoology)
7	Soyamol	B.Sc. (Zoology)
8	Mariya Jebi	B.Sc. (Chemistry)
9	Siya Mary Sunny	B.Sc. (Chemistry)
10	Mubeena Basheer	B.Sc. (Chemistry)
11	Renjitha Raveendran	B.Sc. (Chemistry)
12	Manumitha S.	B.Sc. (Chemistry)
13	Ashna A.K.	B.Sc. (Mathematics)
14	Shahana C.K.	B.Sc. (Mathematics)
15	Rushda V. A.	B.Sc. (Mathematics)
16	Thafciyamol T.A.	B.Sc. (Mathematics)
17	Ashitha Kareem	B.Sc. (Mathematics)
18	Fathima Nazily	BA (English)
19	Sweta S. Kumar	BA (English)
20	Fathima Thahasin	BA (English)
21	Arsha S. Kumar	B.Sc. (Physics)
22	Jinu John	B.Sc. (Physics)
23	Dona Mariam Roy	B.Sc. (Physics)
24	Varsha M. Vijay	B.Sc. (Physics)
25	Aneeja George	B.Sc. (Physics)
26	K. N. Ansifa	B.Com (Tax)
27	Fathima Usman	B.Com (Tax)
28	Cilva Mathew	B.Com (Tax)
29	Liya Vincent	B.Com (Tax)
30	Haritha P. Kumar	B.Com (Tax)



*Syo/ka/Vay*

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## SOFT SKILL TRAINING

<b>Program Name</b>	Soft Skill Training
<b>Coordinator</b>	Dr. Rajani Jacob, Assistant Professor, Dept. of Physics, & Co-ordinator, Walk With a Scholar (WWS) Programme, MTCW
<b>Resource Person</b>	Mr. Aslam P.S. , NSS Resource Person, GVHSS Kadappuram
<b>Beneficiaries</b>	10 Students
<b>Date and Year</b>	22-12-2018
<b>Duration</b>	9.30 a.m. to 3.30 p.m.
<b>Objective</b>	To learn and acquire soft skills
<b>Outcome</b>	The activities helped the students to learn and acquire soft skills

Soft Skills is a very popular term used to indicate personal transversal competences such as social aptitudes, language and communication capability, friendliness and ability of working in a team and other personality traits that characterize relationships between people. Mr. Aslam P. S. introduced all these important soft skills to students. The session was interactive and students responded very actively.



 **MAR THOMA COLLEGE FOR WOMEN**  
Perumbavoor, Ernakulam, Kerala.  
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# WALK WITH A SCHOLAR 2018-2019

## *Soft Skills*

Resource Person :

*Aslam P S*  
NSS Resource Person  
GVHSS Kadappuram

22nd December 2018  
Venue PG Seminar Hall  
Time 9:30 am - 3:30 pm

*Dr. Rajani Jacob*  
WWS coordinator



Group discussion with the students, 22-12-2018



**List of students**

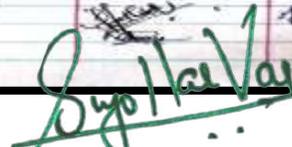
Sl. No.	Name	Programme
1	Fathima Mariam	BA (History)
2	Nimmy Mohan	B.Sc. (Mathematics)
3	Feba Eldhose	B.Sc. (Zoology)
4	Anjitha Devassy	BA (English)
5	Jolsana Sibi	BA (English)
6	Nelha Thomas	B.Com (Tax)
7	Ebisa Eldhose	B.Com (Tax)
8	Ann Maria Jose	B.Sc. (Physics)
9	Namitha K.B.	B.Sc. (Physics)
10	Anitha Thomas	B.Sc. (Physics)

**Attendance Register**

2018-19  
EXTERNAL MENTORING CLASSES - I YEAR

Sl. No.	Name of Mentee	Date & Time 08-12-18 7.30 - 8.30	Date & Time 21-12-18 7.30 - 8.30	Date & Time 22-12-18 7.30 - 8.30	Date & Time 23-12-18 7.30 - 8.30
1	Anjana Anand	[Signature]	[Signature]	[Signature]	[Signature]
2	Geopika Babu	[Signature]	[Signature]	[Signature]	[Signature]
3	Feba Eldhose	[Signature]	[Signature]	[Signature]	[Signature]
4	Namitha K.B.	[Signature]	[Signature]	[Signature]	[Signature]
5	Ann Maria Jose	[Signature]	[Signature]	[Signature]	[Signature]
6	Nelha Thomas	[Signature]	[Signature]	[Signature]	[Signature]
7	Ebisa Eldhose	[Signature]	[Signature]	[Signature]	[Signature]
8	Ann Maria Jose	[Signature]	[Signature]	[Signature]	[Signature]
9	Namitha K.B.	[Signature]	[Signature]	[Signature]	[Signature]
10	Anitha Thomas	[Signature]	[Signature]	[Signature]	[Signature]
11	[Name]	[Signature]	[Signature]	[Signature]	[Signature]
12	[Name]	[Signature]	[Signature]	[Signature]	[Signature]
13	[Name]	[Signature]	[Signature]	[Signature]	[Signature]
14	[Name]	[Signature]	[Signature]	[Signature]	[Signature]
15	[Name]	[Signature]	[Signature]	[Signature]	[Signature]
16	[Name]	[Signature]	[Signature]	[Signature]	[Signature]
17	[Name]	[Signature]	[Signature]	[Signature]	[Signature]
18	[Name]	[Signature]	[Signature]	[Signature]	[Signature]
19	[Name]	[Signature]	[Signature]	[Signature]	[Signature]
20	[Name]	[Signature]	[Signature]	[Signature]	[Signature]
21	[Name]	[Signature]	[Signature]	[Signature]	[Signature]
22	[Name]	[Signature]	[Signature]	[Signature]	[Signature]
23	[Name]	[Signature]	[Signature]	[Signature]	[Signature]
24	[Name]	[Signature]	[Signature]	[Signature]	[Signature]
25	[Name]	[Signature]	[Signature]	[Signature]	[Signature]
26	[Name]	[Signature]	[Signature]	[Signature]	[Signature]
27	[Name]	[Signature]	[Signature]	[Signature]	[Signature]
28	[Name]	[Signature]	[Signature]	[Signature]	[Signature]
29	[Name]	[Signature]	[Signature]	[Signature]	[Signature]



  
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 Perumbavoor - 683 542

## BEHAVIOURAL COMMUNICATION SKILLS

<b>Program Name</b>	Behavioural Communication Skills
<b>Coordinator</b>	Dr. Rajani Jacob, Assistant Professor, Dept. Of Physics & Co-ordinator, Walk With Scholar (WWS) Programme, MTCW
<b>Resource Person</b>	Dr. Mary Matilda, Special Grade Principal (Rtd), Maharajas College, Ernakulam
<b>Beneficiaries</b>	14 Students
<b>Date And Year</b>	21-12-2018
<b>Duration</b>	9.30 A.M. To 3.30 P.M.
<b>Objective</b>	To make the students aware about the importance of Behavioural Communication

Behavioural communication skill training was given to the students by Dr. Mary Matilda. The resource person explained the behavioral skills needed in interpersonal relationships, effective communication, engaging attitudes and productive emotions that will allow a person to perform well in work. Different components and traits in behavioral skills were well explained to students.





Session by Dr. Mary Matilda, 21-12-2018

**List of students**

Sl. No.	Name	Programme
1	Fathima Mariam	BA (History)
2	Gayathri Ajith	B.Sc. (Mathematics)
3	Gopika Babu	B.Sc. (Mathematics)
4	Nimmy Mohan	B.Sc. (Mathematics)
5	Ashna P.S.	B.Sc. (Zoology)
6	Gayathri J. Nair	B.Sc. (Zoology)
7	Aparna Nair	B.Sc. (Chemistry)
8	Aiswarya A.V.	B.Sc. (Chemistry)
9	Jolsana Sibi	BA (English)
10	Anjam Ameer	BA (English)
11	Nelha Thomas	B.Com (Tax)
12	Ann Maria Jose	B.Sc. (Physics)
13	Namitha K.B.	B.Sc. (Physics)
14	Anitha Thomas	B.Sc. (Physics)



# Attendance Register

2018-19  
EXTERNAL MENTORING CLASSES - I YEAR

Sl No.	Name of Mentee	Date & Time	Date & Time	Date & Time	Date & Time
		08-12-18 9.30-3.30	21-12-18 9.30-3.30	22-12-18 9.30-3.30	2-2-19 9.30-3.30
1	Anjara Anceer	<i>[Signature]</i>	<i>[Signature]</i>		<i>[Signature]</i>
2	Ashima K. D.	<i>[Signature]</i>			
3	Gopika Babu	<i>[Signature]</i>	<i>[Signature]</i>		
4	Ainul Sunny	<i>[Signature]</i>			
5	FEBE ELDOSE	<i>[Signature]</i>		<i>[Signature]</i>	
6	Namitha K.B	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
7	Sulfaath.T.S	<i>[Signature]</i>			
8	Alfia K. Karim	<i>[Signature]</i>			
9	Ashwanya A.V	<i>[Signature]</i>	<i>[Signature]</i>		
10	Anjitha Devassy	<i>[Signature]</i>		<i>[Signature]</i>	<i>[Signature]</i>
11	Harshamol Gopi	<i>[Signature]</i>			
12	Asna Abbas	<i>[Signature]</i>			<i>[Signature]</i>
13	Preethi Babu	<i>[Signature]</i>			
14	Ajmya C.S	<i>[Signature]</i>			
15	Nelko Thomas	<i>[Signature]</i>			
16	Jolina Sibi	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
17	Anitha Thomas	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
18	Ebba Eldhose	<i>[Signature]</i>		<i>[Signature]</i>	
19	Fasana P.M	<i>[Signature]</i>			
20	Gayathri Agut	<i>[Signature]</i>	<i>[Signature]</i>		
21	Ashna P.S	<i>[Signature]</i>	<i>[Signature]</i>		<i>[Signature]</i>
22	Mariyagorge	<i>[Signature]</i>			<i>[Signature]</i>
23	Ann Maria Jose	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
24	Fousiya C.S	<i>[Signature]</i>			
25	Apasna Nair	<i>[Signature]</i>	<i>[Signature]</i>		
26	Gayathri J. Nair	<i>[Signature]</i>	<i>[Signature]</i>		
27	Fathima Mariyam	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
28	Nimmy Mohan	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
29					

*Syo/ka/Vay*

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## DIMENSIONS OF LEADERSHIP

<b>Program Name</b>	Dimensions of leadership
<b>Coordinator</b>	Dr. Rajani Jacob, Assistant Professor, Dept. of Physics & Co-ordinator, Walk With a Scholar (WWS) Programme, MTCW
<b>Resource Person</b>	Mr. Alex Joseph, Assistant Professor, Rajagiri Business School, Kochi
<b>Beneficiaries</b>	27 Students
<b>Date and Year</b>	08-12-2018
<b>Duration</b>	9.30 a.m. to 3.30 p.m.
<b>Objective</b>	To motivate students to become leaders
<b>Outcome</b>	Students realized the different dimensions of leadership

“Walk With A Scholar” is a special program functioning under the “New Initiatives in Higher Education” of the Department of Collegiate Education, Government of Kerala. External training sessions were arranged according to the convenience of the students. Mr. Alex Joseph led a session on ‘Dimensions of Leadership’. It was an interactive session and the students were encouraged to talk about their ideas about a leader. The feedback from the students revealed that they were highly benefited from this external session.





**MAR THOMA COLLEGE FOR WOMEN**

Perumbavoor, Ernakulam, Kerala.  
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**WALK WITH A SCHOLAR PROGRAM  
2018-2019**  
**Dimensions of leadership**

**RESOURCE PERSON  
ALEX JOSEPH, ASSISTANT PROFESSOR  
RAJAGIRI BUSINESS SCHOOL, KOCHI**

*8th December 2018*

*Venue : P. G. Seminar Hall*

*Two sessions  
9:30 am - 3:30 pm*



*Dr. Rajani Jacob  
WWS coordinator*





Mr. Alex Joseph, Assistant Professor, Rajagiri Business School, Kochi 08-12-2018

**List of students**

Sl. No.	Name	Programme
1	Fathima Mariam	BA (History)
2	Gayathri Ajith	B.Sc. (Mathematics)
3	Alfiya K Karim	B.Sc. (Mathematics)
4	Gopika Babu	B.Sc. (Mathematics)
5	Farsana P.M.	B.Sc. (Mathematics)
6	Asna Abbas	B.Sc. (Zoology)
7	Feba Eldhose	B.Sc. (Zoology)
8	Ashna P.S.	B.Sc. (Zoology)
9	Gayathri J. Nair	B.Sc. (Zoology)
10	Aparna Nair	B.Sc. (Chemistry)
11	Harshamol Gopi	B.Sc. (Chemistry)
12	Ajmiya C.S.	B.Sc. (Chemistry)
13	Aiswarya A.V.	B.Sc. (Chemistry)
14	Anjitha Devassy	BA (English)
15	Fousiya C.S.	BA (English)



16	Jolsana Sibi	BA (English)
17	Anjam Ameer	BA (English)
18	Ainu C Sunny	B.Com (Tax)
19	Mariya George	B.Com (Tax)
20	Nelha Thomas	B.Com (Tax)
21	Preethi Babu	B.Com (Tax)
22	Ebisa Eldhose	B.Com (Tax)
23	Ann Maria Jose	B.Sc. (Physics)
24	Namitha K.B.	B.Sc. (Physics)
25	Anjima K.P.	B.Sc. (Physics)
26	Sulfath T. S.	B.Sc. (Physics)
27	Anitha Thomas	B.Sc. (Physics)

### Attendance Register

2018-19  
EXTERNAL MENTORING CLASSES - I YEAR

Sl No	Name of Mentee	Date & Time 08-12-18 9:30-3:30	Date & Time 21-12-18 9:30-3:30	Date & Time 22-12-18 9:30-3:30	Date & Time 29-12-18 9:30-3:30
1	Anjam Ameer	[Signature]	[Signature]		[Signature]
2	Abhina K P	[Signature]	[Signature]		[Signature]
3	Preethi Babu	[Signature]	[Signature]		[Signature]
4	Ainu C Sunny	[Signature]			
5	Ebisa Eldhose	[Signature]		[Signature]	
6	Namitha K.B.	[Signature]	[Signature]	[Signature]	[Signature]
7	Sulfath T. S.	[Signature]			
8	Alfa K Karim	[Signature]			
9	Anjima K.P.	[Signature]	[Signature]		
10	Preethi Babu	[Signature]		[Signature]	[Signature]
11	Haseeha Gopi	[Signature]			
12	Aina Abbas	[Signature]			[Signature]
13	Preethi Babu	[Signature]			
14	Anjima K.P.	[Signature]			
15	Nelha Thomas	[Signature]	[Signature]	[Signature]	[Signature]
16	Jolsana Sibi	[Signature]	[Signature]	[Signature]	[Signature]
17	Anitha Thomas	[Signature]	[Signature]	[Signature]	[Signature]
18	Ebisa Eldhose	[Signature]			
19	Fayyaz P.M.	[Signature]			
20	Gayathri J. Nair	[Signature]	[Signature]		
21	Ashna P.S	[Signature]	[Signature]		
22	Maryam George	[Signature]			[Signature]
23	Ann Maria Jose	[Signature]	[Signature]	[Signature]	[Signature]
24	Fayyaz P.M.	[Signature]			
25	Abhina K.P.	[Signature]	[Signature]		
26	Gayathri J. Nair	[Signature]	[Signature]	[Signature]	[Signature]
27	Fathima Maryam	[Signature]	[Signature]	[Signature]	[Signature]
28	Nimra Mohan	[Signature]	[Signature]	[Signature]	[Signature]

*Sybilka Vay*  
Principal-in-charge  
Mar Thoma College For Women  
Perumbavoor - 683 542

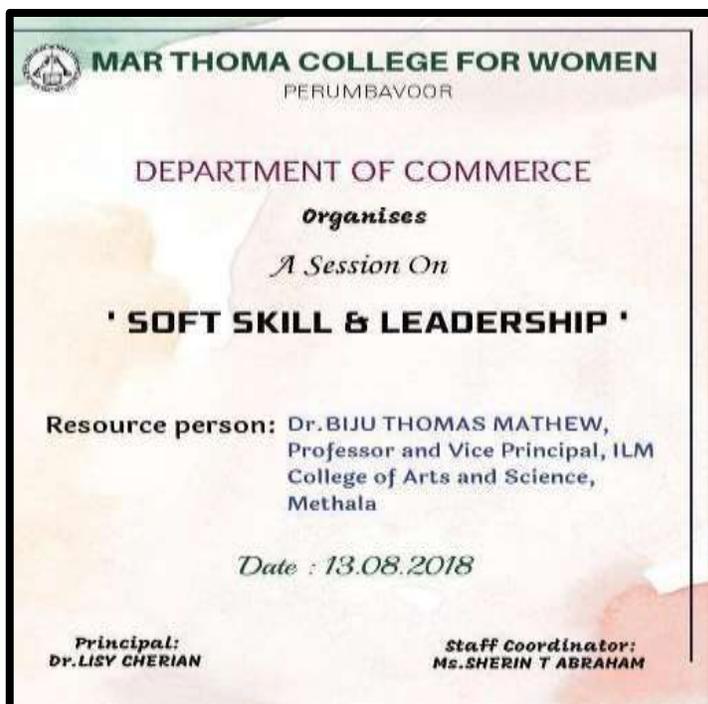


## SOFT SKILL AND LEADERSHIP TRAINING

<b>Title of the program</b>	Soft Skill and Leadership Training
<b>Organized by</b>	Department of Commerce
<b>Date</b>	13.08.2018
<b>Resource Person</b>	Dr. Biju Thomas Mathew, Professor & Vice Principal, ILM College of Arts and Science, Methala
<b>Coordinator</b>	Ms. Sherin T Abraham, Asst. Professor, Department of Commerce
<b>Beneficiaries</b>	69 students of Department of Commerce

A session on Soft skills and leadership skills was taken on 13 August 2018 by Dr. Biju Thomas Mathew, Professor and Vice Principal of ILM College of Arts and Science, Methala and former Head of the Department of Commerce, Mar Thoma College for Women, Perumbavoor. The students learned some techniques on how to improve their inter-personal, team management and leadership skills. They really appreciated the session and actively participated and also sought clarifications at the end by asking questions to the resource person.





Inaugural session of the programme, 13.08.2018



### List of students

Sl.No.	Name of student	Class
1.	Afna M S	III B.Com (F&T)
2.	Aiswarya Lalu	III B.Com (F&T)
3.	Anisha Jabbar	III B.Com (F&T)
4.	Aparna A S	III B.Com (F&T)
5.	Anita Francis	III B.Com (F&T)
6.	AthiraSasi	III B.Com (F&T)
7.	Hamalna Rafeeq	III B.Com (F&T)
8.	Rathna M	III B.Com (F&T)
9.	Parvathi M Karta	III B.Com (F&T)
10.	Reshma K S	III B.Com (F&T)
11.	Salini G	III B.Com (F&T)
12.	Seethal S George	III B.Com (F&T)
13.	Sneha S	III B.Com (F&T)
14.	Sreelakshmi C .S	III B.Com (F&T)
15.	Swathi K .P	III B.Com (F&T)
16.	Akshara Surendran	III B.Com (F&T)
17.	Aleena Augustine	III B.Com (F&T)
18.	Archana Prabhakaran	III B.Com (F&T)
19.	ArdraM.P	III B.Com (F&T)
20.	Aswathy N A	III B.Com (F&T)
21.	Aswathy P M	III B.Com (F&T)
22.	Athullya Vijay	III B.Com (F&T)
23.	Athulya Vijayan	III B.Com (F&T)
24.	Christy Mary Jose	III B.Com (F&T)
25.	EfrathZameena	III B.Com (F&T)



26.	JomolAchammaMammen	III B.Com (F&T)
27.	July Joy	III B.Com (F&T)
28.	Nandana Babu	III B.Com (F&T)
29.	Rahana Moithu	III B.Com (F&T)
30.	Roossin Peter	III B.Com (F&T)
31.	SethuV.K	III B.Com (F&T)
32.	Sumayya V K	III B.Com (F&T)
33.	Thasny Muhammed	III B.Com (F&T)
34.	Abhiramy Suresh	II B.Com (F&T)
35.	Akhila T .M	II B.Com (F&T)
36.	Akshara Baiju	II B.Com (F&T)
37.	Amala Jose	II B.Com (F&T)
38.	AmbilyAnilkumar	II B.Com (F&T)
39.	Ameerunnissa M. S	II B.Com (F&T)
40.	Anet Maria Joshy	II B.Com (F&T)
41.	Aparna Sasi	II B.Com (F&T)
42.	Arya Mathew	II B.Com (F&T)
43.	Arya Mohanan	II B.Com (F&T)
44.	Axa Maria Joy	II B.Com (F&T)
45.	BibiniyaK . S	II B.Com (F&T)
46.	Cilva Mathew	II B.Com (F&T)
47.	FarzinFussel	II B.Com (F&T)
48.	Fathima Nasreen M. N	II B.Com (F&T)
49.	Fathima Nowreen M. N	II B.Com (F&T)
50.	Fathima Usman	II B.Com (F&T)
51.	FiniyaEldhose	II B.Com (F&T)
52.	Haritha P. Kumar	II B.Com (F&T)
53.	Helen Thomas	II B.Com (F&T)



54.	Jiya Kuriakose	II B.Com (F&T)
55.	K. N .Ansifa	II B.Com (F&T)
56.	Kripa Rajan	II B.Com (F&T)
57.	Liya Vincent	II B.Com (F&T)
58.	Nandana Sreejith	II B.Com (F&T)
59.	RosmyJohny	II B.Com (F&T)
60.	Saranya M P	II B.Com (F&T)
61.	Sneha A U	II B.Com (F&T)
62.	Sona Shajan	II B.Com (F&T)
63.	Sona Varghese	II B.Com (F&T)
64.	Sreanu Suresh	II B.Com (F&T)
65.	Sreelakshmi Ravi	II B.Com (F&T)
66.	Surya K R	II B.Com (F&T)
67.	Vinu V Velayudhan	II B.Com (F&T)
68.	Vishnupriya Soman	II B.Com (F&T)
69.	Vismaya M A	II B.Com (F&T)

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## SOFT SKILL ENHANCEMENT PROGRAM

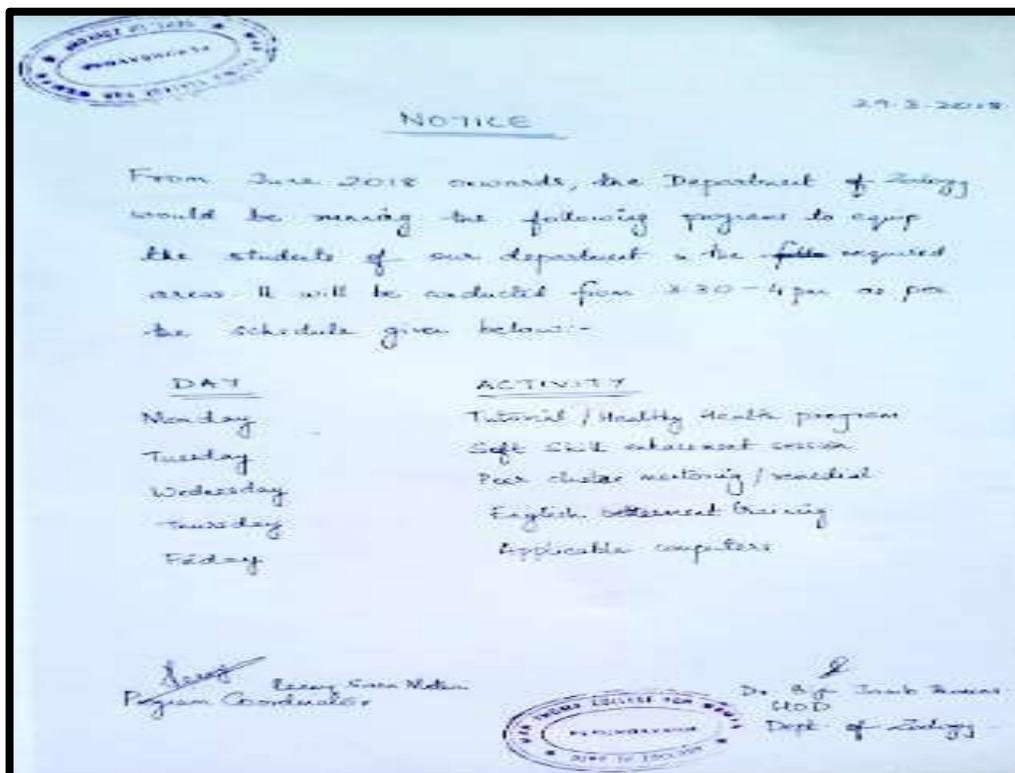
<b>Program Name</b>	Soft Skill Enhancement Program
<b>Organizer</b>	Department of Zoology
<b>Beneficiary</b>	59 Students of the Department of Zoology
<b>Year</b>	12/6/2018
<b>Scope</b>	Soft Skills
<b>Coordinator</b>	Ms. Reemy Sara Mathai, Assistant Professor, Mar Thoma College For Women, Perumbavoor
<b>Duration</b>	17 Sessions
<b>Venue</b>	Zoology Lab/ Garden
<b>Objective</b>	Up skilling Life Skills
<b>Outcome</b>	Participatory Learning Ensured Enhanced Learning

The program was initiated in June 2018 by the department of Zoology for the B.Sc. Zoology students. 59 students including the first, second and third year students participated in the program. The students of each batch were divided into five groups for effective content delivery. 2-3 groups of each batch were handled during each session. Mrs. Reemy Sara Mathai, Assistant Professor, department of Zoology, Mar Thoma College for Women, Perumbavoor served as the program coordinator and handled the sessions.

The sessions focused on enhancing their soft skills and mending them into productive graduates. Up skilling of communication and presentation abilities along with decision-making and problem solving capabilities were areas of prime focus. A total of 17 classes were handled during the academic year 2018-19.



## Notice



27.3.2018

NOTICE

From June 2018 onwards, the Department of Zoology would be running the following programs to equip the students of our department with the skills required. It will be conducted from 8:30 - 4 pm as per the schedule given below:-

<u>DAY</u>	<u>ACTIVITY</u>
Monday	Tutorial / Healthy Health program
Tuesday	Soft Skill enhancement session
Wednesday	Peer cluster mentoring / remedial
Thursday	English, placement training
Friday	Applicable computers

*[Signature]*  
Program Coordinator

*[Signature]*  
Dr. S. J. Jacob Thomas  
HOD  
Dept. of Zoology



Fitness Game 12/6/2018



**List of students:**

Sl.No	III B.Sc. Zoology	II B.Sc. Zoology	I B.Sc. Zoology
1	Anaswara Sajeev	Carolin Ann George	Ankitha Ayyappan
2	Aparna P.M	Aparna Anil	Ashna P.S.
3	Devika Viju	Deepthi K. Surendran	Asna Abbas
4	Farzana Abdul Kalam	Dona Joy	Aswathy Sajeevan
5	Ruksana K.A.	Elna Eldho	Athira C.M
6	Shabana Nazrin T.M.	Fathima Fairouz	Dona Eldhose
7	Amaya M.V.	Kallyani Surendran	Feba Eldhose
8	Anjana Anil	Karthika Rajan	Gayathry J. Nair
9	Anjana Ravindran	Karthika S.	Hridhya Surendran
10	Anju N. Mathew	Lakshmi Narayanan	Jinu James
11	Anu C. Gopi	Mariya Emima Babu	Jisha Susan Shaji
12	Anulakshmi K.S.	Neeraja Ponnu	Mahina P.M
13	Bijimol Mathew	Ponnu Dileep	Parvathy Salin Kumar
14	Fathimabeevi P.J.	Saranya Bhadran	Raihanath C.A
15	Haritha S.	Shahina Basheer	Renju K. Reji
16	Jeena A.J	Shilpa Kiran	Rizana A.J
17	Jomol Jose	Soya mol	Sulfeena T.K.
18	Howlath M.U	Thasni K.M	Susan Cheriyan
19	Rizvana Sakeer		Vismaya Raju
20	Sandra K.S.		
21	Sherin K. Raju		
22	Shilpa K. Sasi		



Attendance list

2018-19 SOFT SKILL ENHANCEMENT				
DATE	ACTIVITY	GROUP	CLASS	SIGN
12/6/18	Story narration	1,2	III	long
26/6/18	Frame a story	1,2,3	IV	long
10/7/18	Story narration	3,5	III	P
24/7/18	Idea chain	4,2	II	P
14/8/18	Powerpoint presentation - colour	3,4	IV	long
28/8/18	Ppt - water	4,5	II	long
18/9/18	Idea Chain	2,5	III	P
23/10/18	Story telling	1,2	I	P
6/11/18	Idea chain	3,4,5	I	P
20/11/18	Idea chain	1,3	III	long
18/12/18	Solve a situation - critical thinking activity	1,2,3	IV	long
8/1/19	Powerpoint presentation - smile	1,5	I	P
15/1/19	Solve a situation - critical thinking activity	2,4,5	III	long
29/1/19	Solve a situation - ch. activity	4,5	II	long
12/2/19	GD - Moral education, moral perspective	2,3,4	I	P
19/2/19	Idea chain	3,5	II	long
5/3/19	GD - Time management	1,3	III	P

Group list: 3rd year

Peer Grouping 2016-19 Batch

<u>I. Fatkhia Beera P.J</u>	<u>II Haritha S.</u>
U.A Fatkhia	Aparna M.
Anaswara Syeer	Sudha K.S
Shelva Sasi	Rishana Srees
Sherin K. Rajin	Devika Viji
<u>III Lakshana</u>	<u>IV Kharulath</u>
Farsana Abdul Kalam	Aranya M.V
Jamal Jose	Angira Raveendran
Shabana Nazrin	Angi N. Mathew
	Bijimol Mathew.
<u>V Jeena</u>	
Ajana Anil	
Ahu C Gopi	
Anubakshani	



Group list 2nd year

Peer Grouping 2017-20 Batch

I.	Shahina Bushra Karthika Rajan Aparna K. Anil Neeraja P.R	II.	Carolin Ann George Farhana Parveen Karthika S. Lakshmi Narayanan.
III.	Ponnu Dileep Dona Jay Sandra Sunil	IV.	Kalyani Suresh Shilpa Keran Deepthi Balas Sareya Bhadrar.
V.	Thara K.M Elaa Eldho Fathima Fawo02 C.M Maree Emma Baba.		

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## EFFECTIVE LEARNING SKILLS

Name of the programme	Effective Learning Skills
Name of the Co-ordinator	Ms. Chaithanya Elsa Achankunju, Assistant Professor, Department of English
Resource Person	Ms. Angel Mathew, Student Counselor
Organizing cell	Scholar Support Programme
Date	23 February 2019
Number of participants	03 students
Objective	To equip the students to be better learners
Outcome	Students will be able to <ol style="list-style-type: none"><li>1. Identify the learning disabilities</li><li>2. Master skills to be effective learners</li></ol>

Under the aegis of Scholar Support Programme, the initiative of the Department of Higher Education, Government of Kerala, an interactive session on Effective Learning Skills was arranged on 23 February 2019. Ms. Angel Mathew, served as the resource person. The programme focused on the general difficulties encountered in learning by students and the ways in which it can be reduced. Students might find difficulties in comprehending the lessons, concentrating on the lessons while trying to study, remembering the lessons learned, writing what they learned effectively. The resource person explained a few activities that would help the students to stay focused on their studies and also build their confidence to learn. The interactive session also helped the participants to identify and get rid of their limitations in effective learning.



**MAR THOMA COLLEGE FOR WOMEN  
PERUMBAVOOR**

**TALK ON TOPIC:-  
EFFECTIVE LEARNING SKILL**

**Resource Person:-  
ANGEL MATHEW**

Date:-23-02-2019  
Time:-10:00-3:00

**Venu:-PG SeminarHall**

Ms. Chaithanya Elsa Achankunj  
SSP COORDINATOR

Dr. Lisy Cheriyan  
PRINCIPAL

**List of students**

Sl. No.	Name
1	Anju Raju
2	Bijitha Babu
3	Dona Eldhose



**Attendance Register**

FORM: A

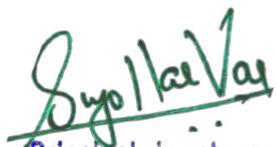
SCHOLAR SUPPORT PROGRAMME 2018-19  
Attendance of Students- External Mentoring

Name of the College: Mar Thoma College for Women, Perumbavoor  
 Name of the Coordinator: Chalthanya Elsa Achankunju  
 Name of the Faculty Member (Resource Person): Angel Mathew  
 Semester: One  
 Topic: Learning Skills

Sl. No.	Name of Student	Date: <u>22/2/2019</u>
		Time: <u>10 am - 3 pm (1 hr)</u>
		Signature of Students
1.	Anju Raju	<u>[Signature]</u>
0.	Byisha Babu	<u>[Signature]</u>
2.	Leena	<u>[Signature]</u>
Signature of Resource Person		<u>Angel Mathew</u>
Coordinator's Signature		<u>[Signature]</u>



  
 Dr. L. S. CHERIAN  
 Principal - in - charge  
 Mar Thoma College for Women  
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 Principal - in - charge  
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## CONTEMPORARY ENGLISH COMMUNICATION AND CAREERS

<b>Program Name</b>	Contemporary English Communication and Careers
<b>Coordinator</b>	Dr. Rajani Jacob, Co-ordinator, Walk With a Scholar Programme, & Assistant Professor, Dept. of Physics, MTCW
<b>Resource Person</b>	Dr. Rangarajan, Professor, Rajagiri Business School, Kakkanad
<b>Beneficiaries</b>	13 Students
<b>Date and Year</b>	02-02-2019
<b>Duration</b>	9.30 a.m. to 3.30 p.m.
<b>Objective</b>	To provide awareness about Contemporary English To give an orientation about careers in English
<b>Outcome</b>	Students tried to speak and present the topics in English.

Communicative English plays the most important role in workplaces. This was well explained by the resource person of the session Dr. Rangarajan. Students realized that if one doesn't know how to communicate and convince the customers, they won't be able to create a healthy relationship with the consumers. He conducted Role Plays by dividing students in groups and short acts were played by the students very well.



 **MAR THOMA COLLEGE FOR WOMEN**  
Perumbavoor, Ernakulam, Kerala  
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**WALK WITH A SCHOLAR PROGRAM**  
**2018-19**  
*Contemporary English Communication and Career*

*Resource Person :*

*Dr. Rangarajan*  
*Professor, Rajagiri Business School,*  
*Kakkanad*

**2nd February 2019**  
**Venue :PG Seminar Hall**  
**Time :9:30 am -3:30 pm**

*Dr. Rajani Jacob*  
*WWS coordinator*





English Communication Class by Dr. Rangarajan, 02-02-2019

**List of Students**

Sl.No	Name of the student	Program
1	Aisha Marwa	BA (History)
2	Ashna A.K.	B.Sc. (Mathematics)
3	Rushda V. A.	B.Sc. (Mathematics)
4	Thafciyamol T.A.	B.Sc. (Mathematics)
5	Ashitha Kareem	B.Sc. (Mathematics)
6	Fathima Nazily	BA (English)
7	Fathima Thahasin	BA (English)
8	Arsha S. Kumar	B.Sc. (Physics)
9	Jinu John	B.Sc. (Physics)
10	Dona Mariam Roy	B.Sc. (Physics)
11	Varsha M. Vijay	B.Sc. (Physics)
12	Aneeja George	B.Sc. (Physics)
13	Haritha P. Kumar	B.Com (Tax)



# Attendance Register

2018-19

EXTERNAL MENTORING CLASSES - II YEAR

Sl. No.	Name of the Mentee	Date & Time 22-12-18 9.30-3.30	Date & Time 19-1-19 9.30-3.30	Date & Time 26-1-19 9.30-3.30	Date & Time 2-2-19 9.30-3.30	Date & Time 9-2-19 9.30-3.30
1	Aneefa George	Aneefa	Aneefa	Aneefa	Aneefa	Aneefa
2	Dora Manam Roy	Dora	Dora	Dora	Dora	Dora
3	Rishna S. Kumar	Rishna	Rishna	Rishna	Rishna	Rishna
4	Varsha M. Vijay	Varsha	Varsha	Varsha	Varsha	Varsha
5	Ranjitha Raveendran	Ranjitha	Ranjitha	Ranjitha	Ranjitha	Ranjitha
6	Mubeena Bashree	Mubeena	Mubeena	Mubeena	Mubeena	Mubeena
7	Karthika Rajan	Karthika	Karthika	Karthika	Karthika	Karthika
8	Shahana Bashree	Shahana	Shahana	Shahana	Shahana	Shahana
9	Sanya Mait	Sanya	Sanya	Sanya	Sanya	Sanya
10	Kalyani Sundaram	Kalyani	Kalyani	Kalyani	Kalyani	Kalyani
11	Shree Gole	Shree	Shree	Shree	Shree	Shree
12	Fathima Mathiasin	Fathima	Fathima	Fathima	Fathima	Fathima
13	Siya Maseye Sunny	Siya	Siya	Siya	Siya	Siya
14	Manumitha S.	Manumitha	Manumitha	Manumitha	Manumitha	Manumitha
15	Mariya Jeby	Mariya	Mariya	Mariya	Mariya	Mariya
16	C.ira Mathew	C.ira	C.ira	C.ira	C.ira	C.ira
17	Fathima Varman	Fathima	Fathima	Fathima	Fathima	Fathima
18	K.N. Anisfa	Anisfa	Anisfa	Anisfa	Anisfa	Anisfa
19	Alaitha P. Kumar	Alaitha	Alaitha	Alaitha	Alaitha	Alaitha
20	Asbilha Kareem	Asbilha	Asbilha	Asbilha	Asbilha	Asbilha
21	Fushda V. A	Fushda	Fushda	Fushda	Fushda	Fushda
22	Asna A.K	Asna	Asna	Asna	Asna	Asna
23	Shahana C.K	Shahana	Shahana	Shahana	Shahana	Shahana
24	Anjitha Ravi	Anjitha	Anjitha	Anjitha	Anjitha	Anjitha
25	Pujal Kumari	Pujal	Pujal	Pujal	Pujal	Pujal
26	Fathima Nazily	Fathima	Fathima	Fathima	Fathima	Fathima
27	Thalayamol T.A	Thalayamol	Thalayamol	Thalayamol	Thalayamol	Thalayamol
28	Haritha P. Kumar	Haritha	Haritha	Haritha	Haritha	Haritha
29	Sweta S. Kumar	Sweta	Sweta	Sweta	Sweta	Sweta
30	Aysha Narwa	Aysha	Aysha	Aysha	Aysha	Aysha

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## PUBLIC SPEAKING SKILLS

<b>Program Name</b>	Public Speaking Skills
<b>Coordinator</b>	Dr. Rajani Jacob, Co-ordinator, Walk With a Scholar (WWS) Programme, & Assistant Professor, Dept. of Physics, MTCW
<b>Resource Person</b>	Dr. Kochurani Joseph, Associate Professor, Bharath Mata College Thrikkakara
<b>Beneficiaries</b>	10 Students
<b>Date and Year</b>	09-02-2019
<b>Duration</b>	9.30 a.m. to 3.30 p.m.
<b>Objective</b>	To train students for public speaking. To motivate students by interacting with the resource person.
<b>Outcome</b>	Students realized the different ways to practice public speaking

Public speaking is a soft skill that requires excellent communication skills, enthusiasm, and the ability to engage with an audience. Candidates with strong public speaking skills are in demand for the many occupations that require the ability to speak to a group. Dr. Kochurani Joseph is a well-known resource person in this field. Students interacted with resource persons and they gave good feedback about the session.





MAR THOMA COLLEGE FOR WOMEN  
Perumbavoor, Ernakulam, Kerala.  
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## WALK WITH A SCHOLAR PROGRAM 2018-19

### Public Speaking Skills

Resource Person :

Dr. Kochurani Joseph  
Associate Professor

Bharata Mata College Thrikkakara  
9th February 2019



Venue : PG Seminar Hall

Time : 9:30 am - 3:30 pm

DR. RAJANI JACOB  
WWS COORDINATOR





Public speaking skills session by Dr. Kochurani Joseph, 09-02-2019

**List of Students**

Sl. No.	Name	Program
1	Fathima Mariam	BA (History)
2	Asna Abbas	B.Sc. (Zoology)
3	Ashna P.S.	B.Sc. (Zoology)
4	Anjitha Devassy	BA (English)
5	Jolsana Sibi	BA (English)
6	Anjam Ameer	BA (English)
7	Ann Maria Jose	B.Sc. (Physics)
8	Namitha K.B.	B.Sc. (Physics)
9	Anjima K.P.	B.Sc. (Physics)
10	Anitha Thomas	B.Sc. (Physics)



Attendance Register

Sl. No.	Name of EAS Member	Date & Time
1.	Shilpa Thomas	4.5.19
2.	Anjuro Amma	4.5.19
3.	Arjitha Devassy	4.5.19
4.	Ashra P.S	4.5.19
5.	Namitha K.O	4.5.19
6.	Ajina Abbas	4.5.19
7.	Shilpa Sibi	4.5.19
8.	Amr Mansa Jose	4.5.19
9.	Fathima Maryam	4.5.19
10.	Ajina S.P	4.5.19

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## ROLE PLAY OF THE NOVEL 'ALICE IN WONDERLAND'

<b>Organizer</b>	Department of English
<b>Associating Partner</b>	IQAC mar Thoma College for Women, Perumbavoor
<b>Beneficiary</b>	82 Students
<b>Date and Year</b>	30.01.2019
<b>Scope</b>	Students getting to know more about the novel
<b>Coordinator</b>	Ms.Roshin T Roy (Teacher In Charge, English Association)
<b>Objectives</b>	<ul style="list-style-type: none"><li>● Introducing the theme of the novel</li><li>● Introducing the characters</li></ul>
<b>Outcome</b>	<ul style="list-style-type: none"><li>● Visual treat</li><li>● Understanding the novel</li></ul>

The Department of English in association with IQAC conducted a role play based on the novel "Alice in wonderland" on 30 January 2019. The students dressed up as the different characters of the play and conducted a flash mob.

"Alice in wonderland" was chosen as the theme for the programme as the novel in itself depicts a rather imaginative way of life and introduces a lot of different characters which the students could dress up as. The novel was written by the noted English author, poet and mathematician Lewis Carol in 1865. With its fantastical tales and riddles, it became one of the most popular works of English-language fiction. It was notably illustrated by the British artist John Tenniel. The story centers on Alice, a young girl who falls asleep in a meadow and dreams that she follows the White Rabbit down a rabbit hole. She has many wondrous, often bizarre adventures with thoroughly illogical and very strange creatures.

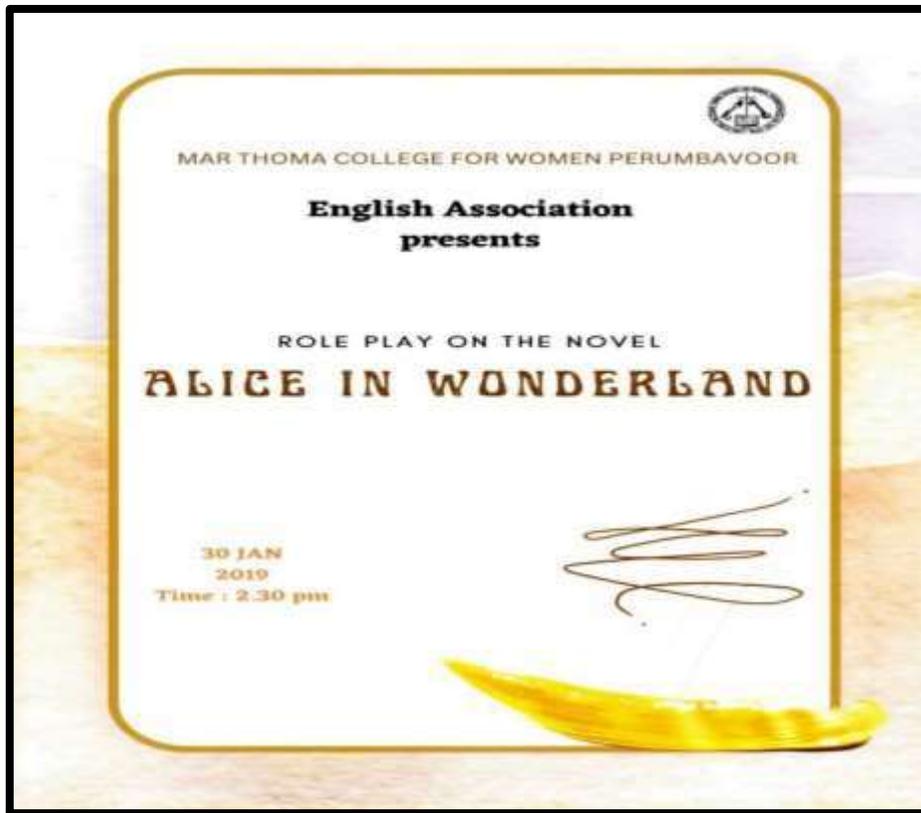


However, by the end of the novel, Alice realizes that the characters are only a pack of cards, and she then awakens from her dream. The story was originally told by Carroll to Lorina, Alice, and Edith Liddell (the daughters of Henry George Liddell, dean of Christ Church, Oxford.).The costume party was a grand success and the programme was a visual treat for the staff and students of the college.

### **Program Schedule**

<b>SL.No.</b>	<b>Session</b>	<b>Time</b>
1	Inaugural Session	10.00 AM
2	Tea Break	11.00 AM
3	Session 1 Topic – Role play of the Novel “Alice in Wonderland	11.15 AM
4	Lunch Break	01.00 PM
5	Session 2 Discussion	02.00 PM
6	Tea and Snacks	03.30 PM





Costume Party based on Alice in Wonderland 30.01.2019



### List of Students

Sl.No	Name of the Student
1	Alisha Benny
2	Ameen Ruksana
3	Anjana T K
4	Aseefa Mufthiya
5	Asna A U
6	Athira Biju
7	Athira Shaji
8	Dinu Rajan
9	Fabisha K P
10	Greeshma K R
11	Jubina K S
12	Nayana Immanuel B
13	Neeraja K
14	Neha Grace Sajan
15	Santhwani K S
16	Savitha T A
17	Shahabanath A N
18	Aisha Busthana P A
19	Akshaya Sundaran
20	Aneetta Johnson
21	Anusree P S
22	Darsana R
23	Meera Deleep
24	Neelu K Thomas
25	Reshma S
26	Reshma Sasi



27	Shilpa Bright
28	Athulya Sudhakar
29	Bhavya Balachandran
30	Fathima C A
31	Fathima Nazily V K
32	Fathima Thahasin A P
33	Maria Joy
34	Rameesa T Yooseph
35	Sneha Maria Joy
36	Sweta S Kumar
37	Alfiya Sulthana
38	Anitha Sasi
39	Anju A Prabhu
40	Anupama Sajeev
41	Dhanya Sarah Saji
42	Fathima Muhammed
43	Ginsha Shaji
44	Hena Ajayan
45	Jafna K S
46	Megha Chandran
47	Reshma Reji
48	Rizvana T R
49	Safa Abdul Majeed
50	Safna Basheer
51	Sreelakshmy K G
52	Swathy Jayan
53	Vrinda Vijayan
54	Abina Sulhath M A



55	Aiswarya K Ashokan
56	AksaMol Sunny
57	Ammu C Vinod
58	Anjam Ameer
59	Anjana K Manoj
60	Anjitha Devassy
61	Anna Benny
62	Anoora Farsana V R
63	Anupama P J
64	Asbiya V A
65	Ashna Asharaf
66	Aswathy C M
67	Binsiya BindhBaquir
68	Denaha Eliz George
69	Divya T K
70	Fathima Nehla K S
71	Fathima Nourine
72	Fousiya C S
73	Geethu M A
74	Jolsna Sibi
75	Mariya Chacko
76	Riya Ann Sanju
77	Sarannya Devi S
78	Sisira Sivan
79	Sreemol P S
80	Sumayya K R
81	Sumayya M
82	Sumayya P S

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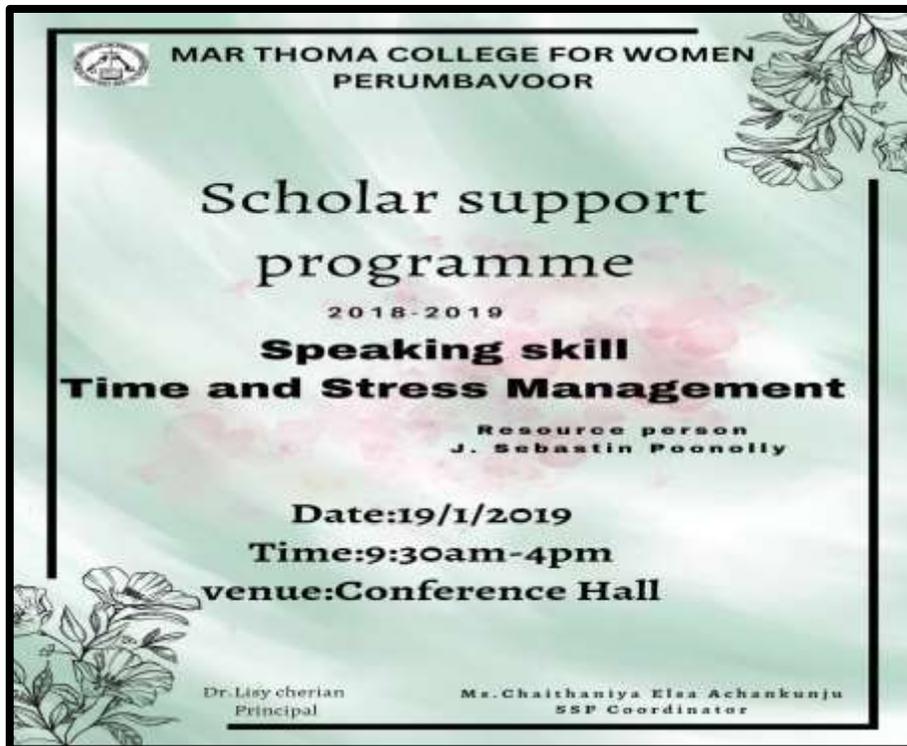


## SPEAKING SKILLS, TIME AND STRESS MANAGEMENT

<b>Name of the programme</b>	Speaking Skills, Time and Stress Management
<b>Name of the coordinator</b>	Ms. Chaithanya Elsa Achankunju, Assistant Professor, Department of English
<b>Organizing cell</b>	Scholar Support Programme
<b>Resource Person</b>	Mr. J Sebastian Poonolly, Asst. Professor
<b>Date/Duration</b>	19 January 2019
<b>Number of participants</b>	14 students
<b>Objective</b>	<ol style="list-style-type: none"> <li>1. To equip the learners to speak fluently</li> <li>2. To identify ways of managing stress and time</li> </ol>
<b>Outcome</b>	Students will be able to <ol style="list-style-type: none"> <li>1. Identify the skills required for effective speaking</li> <li>2. Manage time and stress effectively</li> </ol>

As part of the Scholar Support Programme, the initiative of the Department of Higher Education, Government of Kerala, a talk and an interactive session on Speaking skills, Time and Stress Management was conducted on 19 January 2019 in the Conference hall. J. Sebastian Poonolly, SDE with ASAP, served as the resource person. The interactive session focused on explaining and practicing the tips for effective speaking such as listening well, addressing nervousness, use of gestures, the need for practicing, etc.. The session also focused on how to manage time and stress.





Group discussion session



**List of students**

Sl. No.	Name
1.	Abhirami O. A.
2.	Aswathy Sabu
3.	Divya T. R.
4.	Anju Rajan
5.	Aswathy C M
6.	Sarannya Devi S
7.	Alfina Jabbar
8.	Soofya Sudheer
9.	Beegam Sulthana M. S.
10.	Bijitha Babu
11.	Geethu M. A.
12.	Susan Cherian
13.	Reshma Ann Jacob
14.	Feba P Thomas

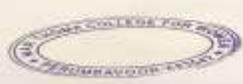
**Attendance Register**

SCHOLAR SUPPORT PROGRAMME 2018-19 FORM A

Attendance of Students: External Mentoring

Name of the College: Mar Thoma College for Women, Perumbavoor  
 Name of the Coordinator: Chandrasekhar Raja A.P.P.  
 Name of the Faculty Member (Resource Person): J. J. Cherian  
 Semester: One  
 Topic: \_\_\_\_\_

Sl. No.	Name of Student	Date: <u>05/10/19</u> Time: <u>4:30 PM - 5:30 PM</u> Signature of Students
1	<u>Abhirami O. A.</u>	<u>[Signature]</u>
2	<u>Aswathy Sabu</u>	<u>[Signature]</u>
3	<u>Divya T. R.</u>	<u>[Signature]</u>
4	<u>Anju Rajan</u>	<u>[Signature]</u>
5	<u>Aswathy C M</u>	<u>[Signature]</u>
6	<u>Sarannya Devi S</u>	<u>[Signature]</u>
7	<u>Alfina Jabbar</u>	<u>[Signature]</u>
8	<u>Soofya Sudheer</u>	<u>[Signature]</u>
9	<u>Beegam Sulthana M. S.</u>	<u>[Signature]</u>
10	<u>Bijitha Babu</u>	<u>[Signature]</u>
Signature of Resource Person		<u>[Signature]</u>
Coordinator's Signature		<u>[Signature]</u>



  
 Dr. LILY CHERIAN  
 Principal in charge  
 Mar Thoma College for Women  
 Perumbavoor - 681542



SCHOLAR SUPPORT PROGRAMME 2018-19

FORM: A

Attendance of Students: External Mentoring

Name of the College: Mar Thoma College for Women, Perumbavoor  
 Name of the Coordinator: Chalthanya Elia Achankurjo  
 Name of the Faculty Member (Resource Person): J. Akshaya  
 Semester: One  
 Topic:

Sl. No.	Name of Student	Date: 18/1/19
		Time: 4:30 pm - 10:30 pm Signature of Students
11	Cyeebra M.A	<i>[Signature]</i>
12	Susam Chackyan	<i>[Signature]</i>
13	Radhika Ann Jacob	<i>[Signature]</i>
14	Itha P. Thomas	<i>[Signature]</i>
Signature of Resource Person		<i>[Signature]</i>
Coordinator's Signature		<i>[Signature]</i>



*[Signature]*  
 DR. LIDI CHELIAN  
 Principal-in-charge  
 Mar Thoma College for Women  
 Perumbavoor - 683 542

*Sybilka Vay*  
 Principal-in-charge  
 Mar Thoma College For Women  
 Perumbavoor - 683 542



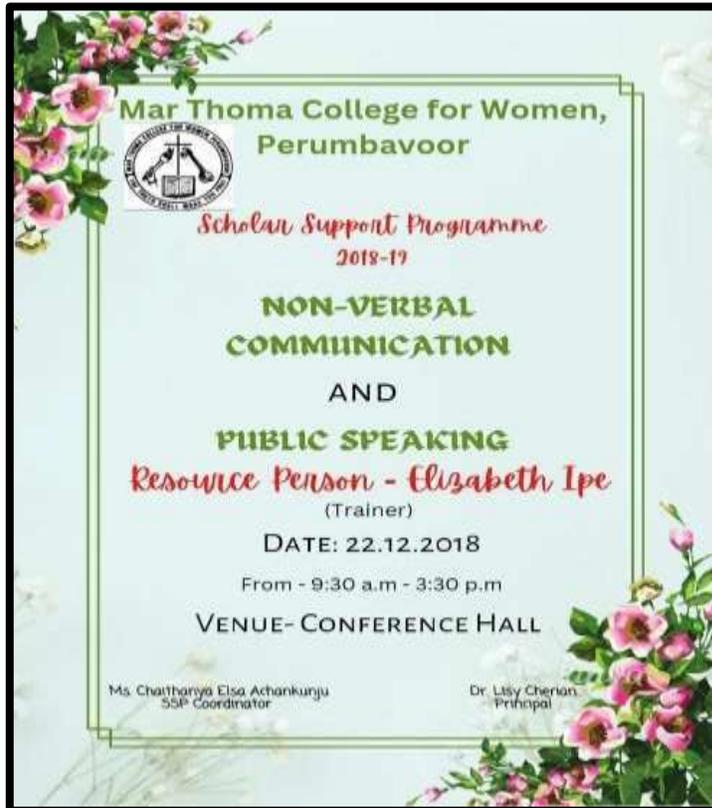
## NON VERBAL COMMUNICATION AND PUBLIC SPEAKING

<b>Name of the program</b>	Non-verbal Communication and Public Speaking
<b>Name of the coordinator</b>	Ms. Chaithanya Elsa Achankunju, Assistant Professor, Department of English
<b>Organizing cell</b>	Scholar Support Programme
<b>Date/Duration</b>	22 December 2018
<b>Beneficiaries</b>	04 students
<b>Objective</b>	To describe the aspects of non-verbal communication and the basics of public speaking
<b>Outcome</b>	Students will be able to 1. identify the different ways of non-verbal communication 2. speak confidently in public

As part of the Scholar Support Programme, the initiative of the Department of Higher Education, Government of Kerala, a talk and an interactive session on Non-verbal communication and Public Speaking was conducted on 22 December 2018 in the Conference hall. Ms. Elizabeth Ipe, Soft skill trainer, served as the resource person. Ms. Ipe explained that non-verbal communication is the type of communication that does not use words but other facial expressions, movement of hands, gestures, eye contact, and body posture. The ways in which these components get interpreted were also discussed.

The resource person also focused on the techniques and skills involved in public speaking. Participants had to come in front of the audience and speak on a topic of their choice. It helped to enhance their confidence and also confront certain limitations that hinder successful oration.





**List of Participants**

Sl. No.	Name
1	Susan Cherian
2	Anakha Joy
3	Roshni K H
4	Anupama P N



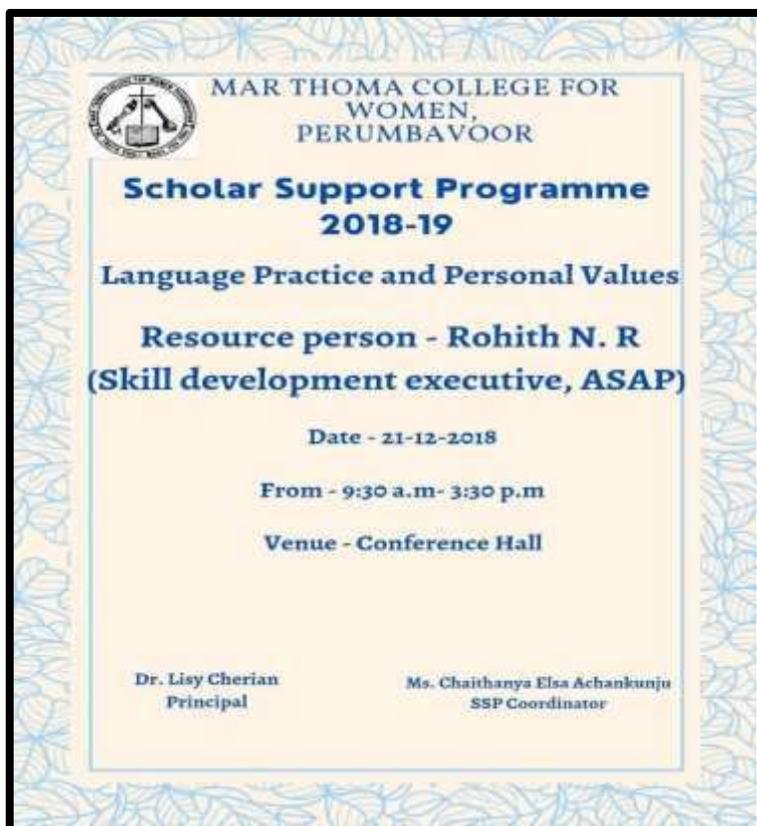


## LANGUAGE PRACTICE AND PERSONAL VALUES

<b>Name of the program</b>	Language Practice and Personal Values
<b>Name of the coordinator</b>	Ms. Chaithanya Elsa Achankunju, Assistant Professor, Department of English
<b>Organizing cell</b>	Scholar Support Program
<b>Date/Duration</b>	21 December 2018
<b>Beneficiaries</b>	40 students
<b>Objective</b>	To describe the aspects of language and personal values
<b>Outcome</b>	Students will be able to 1. identify the different ways of communication 2. Personal values

A session on Language practice and personal values was organized on 21 December 2018. This was intended to provide an opportunity to the students to enhance their communication skills and inculcate personal values through practice. Rohit N R, Skill Development Executive, ASAP, served as the resource person.





### List of Students

Sl.No.	Name
1.	Karthika M.G
2.	Bijitha Babu
3.	Anna Baby
4.	Lisnul Mufsitha
5.	Sheeba Rajan
6.	Beegam Sulthana M.S.
7.	Roshini K.H
8.	Amitha Shaji



9.	Ammu C. Vinod
10.	Aswathy C.M.
11.	Sarannya Devi S.
12.	Susan Cheriyan
13.	Dona Eldhose
14.	Geethu M.A.
15.	Riya Ann Saju
16.	Divya T.K.
17.	Nazrin K.S.
18.	Fathima Jamal
19.	Yamuna P. Manoj
20.	Reshma Ann Jacob
21.	Krishna Rajeevan
22.	Feba P Thomas
23.	Athira C.U.
24.	Gopika Mohan T.
25.	Aswani Sathyan
26.	Haseena C.Y.
27.	Silpa S.
28.	Anupama P.N.
29.	Abhirami O.A.
30.	Delta Solly George
31.	Aswathi Sabu
32.	Syamily Sasi
33.	Anakha Joy
34.	Karthika Das
35.	Stegi P.B.



36.	Najwa K.A.
37.	Pravitha V.
38.	Sameen Parvin
39.	Alfina Jabbar
40.	Mariya K Thankachan

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## COMMUNICATIVE ENGLISH TRAINING PROGRAM

<b>Title of the program</b>	Communicative English Training Program
<b>Organized by</b>	Department of Commerce
<b>Date</b>	01.11.2018
<b>Resource Person</b>	Smt. Meera Jacob, UC College, Aluva
<b>Coordinator</b>	Ms. Sherin T Abraham, Asst. Professor, Dept. of Commerce
<b>Beneficiaries</b>	36 Students of I B.Com (F&T)
<b>Objective</b>	To enhance the basic language and communication skills of students

A session on communicative English was organized for the first year students on 1 November 2018. The session was intended to help improve the communication skills of the students and to enhance their basic language skills. Smt Meera Jacob, U.C College, Aluva was the resource person for the session. The session helped the students gain insights into the techniques of public speaking, facing interviews, overcoming stage fear etc. They really appreciated the session and actively participated and also sought clarifications at the end by asking questions to the resource person.





**MAR THOMA COLLEGE FOR WOMEN**  
PERUMBAVOOR

**DEPARTMENT OF COMMERCE**

*Organises*

**' COMMUNICATIVE ENGLISH  
TRAINING PROGRAM '**

**Resource Person : Smt. MEERA JACOB,  
U C College, Aluva**

**Date : 01/11/2018**

**PRINCIPAL: DR LISY CHERIAN**

**STAFF COORDINATOR:  
Ms. SHERIN T ABRAHAM**

**List of Participants**

Sl. No.	Name of student	Class
1	Adhithya Roy	I B.Com (F&T)
2	Ainu C Sunny	I B.Com (F&T)
3	Ambily Ajeesh	I B.Com (F&T)
4	Anagha Varghese George	I B.Com (F&T)
5	Anamika M K	I B.Com (F&T)
6	Anjana P R	I B.Com (F&T)
7	Anju Wilson	I B.Com (F&T)
8	Ann Mariyan Thomas	I B.Com (F&T)
9	Anusha Ayyappankutty	I B.Com (F&T)
10	Aparna M K	I B.Com (F&T)
11	Aparna Raju	I B.Com (F&T)
12	Arya Ravi	I B.Com (F&T)
13	Aseena Abu	I B.Com (F&T)
14	Athila Abdul Nassar	I B.Com (F&T)
15	Athira C U	I B.Com (F&T)
16	Bibitha Mol K A	I B.Com (F&T)
17	Devika Anil	I B.Com (F&T)



18	EbisaEldhose	I B.Com (F&T)
19	Fathima Jamal	I B.Com (F&T)
20	Feba P Thomas	I B.Com (F&T)
21	Giya P Babu	I B.Com (F&T)
22	Gopika Mohan T	I B.Com (F&T)
23	Gowri Priyadharsini	I B.Com (F&T)
24	Irin Mary Peter	I B.Com (F&T)
25	Kesia K R	I B.Com (F&T)
26	Krishna Rajeevan	I B.Com (F&T)
27	Lakshmi V S	I B.Com (F&T)
28	Maneeshma K S	I B.Com (F&T)
29	MariyaFemina P J	I B.Com (F&T)
30	Mariya George	I B.Com (F&T)
31	Nazrin K S	I B.Com (F&T)
32	Nelha Thomas	I B.Com (F&T)
33	Preethi Babu	I B.Com (F&T)
34	Reshma Ann Jacob	I B.Com (F&T)
35	Reshma P Vikraman	I B.Com (F&T)
36	Sona Paul	I B.Com (F&T)

*Syo/ka/Vay*

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## ENGLISH BETTERMENT PROGRAM

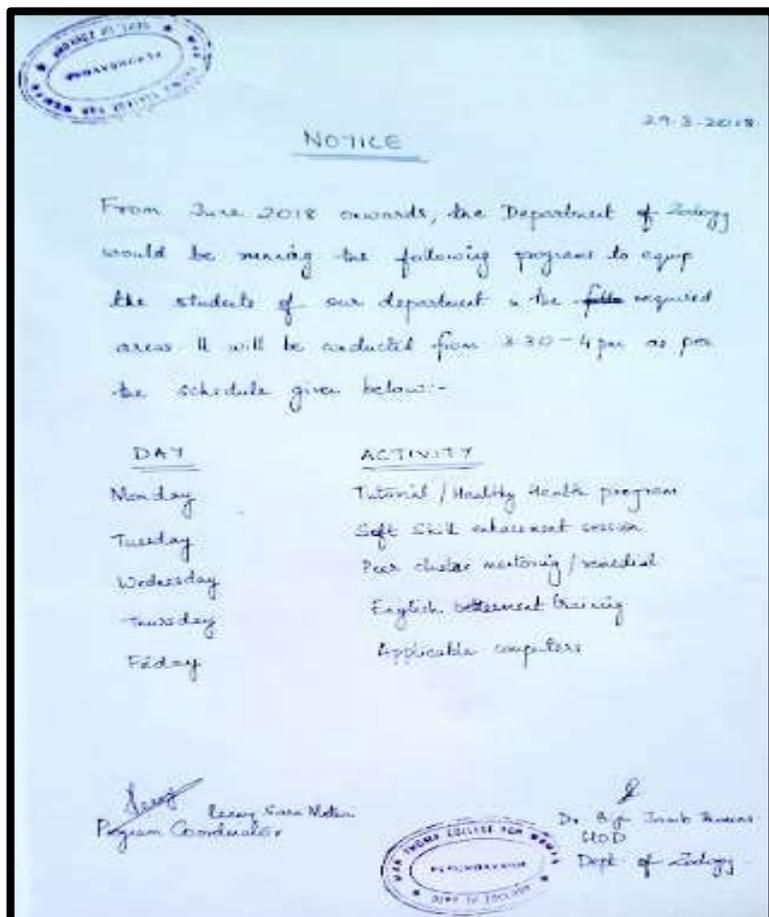
<b>Organizer</b>	Department Of Zoology
<b>Beneficiary</b>	59 Students of the Department Of Zoology
<b>Date</b>	12/06/2018
<b>Scope</b>	Communication Skills
<b>Coordinator</b>	Reemy Sara Mathai, Assistant Professor, Mar Thoma College For Women, Perumbavoor
<b>Duration</b>	15 Sessions
<b>Venue</b>	Zoology Class
<b>Objective</b>	Enhance Proficiency In English Communication
<b>Outcome</b>	Enhanced English Language Usage

The program was initiated in June 2018 by the department of Zoology for the B.Sc. Zoology students. 59 students including the first, second and third year students participated in the program. The students of each batch were divided into five groups for effective content delivery. 2-3 groups of each batch were handled during each session. Mrs.Reemy Sara Mathai, Assistant Professor, department of Zoology, Mar Thoma College for Women, Perumbavoor served as the program coordinator and handled the sessions.

The sessions focused with the aim of enhancing their English language usage and proficiency in communication. The sessions included SWOC analysis, discussions, elocutions and activities to enhance the vocabulary, listening and writing skills of students. A total of 15 classes were handled during the academic year 2018-19.



## Notice



## List of Students:

Sl.No.	III B.Sc. Zoology	II B.Sc. Zoology	I B.Sc. Zoology
1	Anaswara Sajeev	Carolyn Ann George	Ankitha Ayyappan
2	Aparna P.M	Aparna Anil	Ashna P.S.
3	Devika Viju	Deepthi K. Surendran	Asna Abbas
4	Farzana Abdul Kalam	Dona Joy	Aswathy Sajeevan
5	Ruksana K.A.	Elna Eldho	Athira C.M
6	Shabana Nazrin T.M.	Fathima Fairouz	Dona Eldhose



7	Amaya M.V.	Kallyani Surendran	Feba Eldhose
8	Anjana Anil	Karthika Rajan	Gayathry J. Nair
9	Anjana Ravindran	Karthika S.	Hridhya Surendran
10	Anju N. Mathew	Lakshmi Narayanan	Jinu James
11	Anu C. Gopi	Mariya Emima Babu	Jisha Susan Shaji
12	Anulakshmi K.S.	Neeraja Ponnu	Mahina P.M
13	Bijimol Mathew	Ponnu Dileep	Parvathy Salin Kumar
14	Fathimabeevi P.J.	Saranya Bhadrn	Raihanath C.A
15	Haritha S.	Shahina Basheer	Renju K. Reji
16	Jeena A.J	Shilpa Kiran	Rizana A.J
17	Jomol Jose	Soya mol	Sulfeena T.K.
18	Khowlath M.U	Thasni K.M	Susan Cheriyan
19	Rizvana Sakeer		Vismaya Raju
20	Sandra K.S.		
21	Sherin K. Raju		
22	Shilpa K. Sasi		





Group discussion 12/06/2018



2018-19 ENGLISH BETTERMENT				
DATE	ACTIVITY	GROUP NO.	CLASS	SIGN
21/6/18	Group discussion & group management	3, 5	III	Leeny
12/7/18	One minute reviewing - films	1, 2	II	Leeny
26/7/18	Describe me game	1, 2, 4	III	Leeny
9/8/18	Group discussion and group management	3, 4, 5	II	Leeny
28/8/18	One minute reviewing - films	1, 2	III	Leeny
13/9/18	Describe me game	1, 2	II	Leeny
20/9/18	Vocab game	3, 5	III	Leeny
18/10/18	One minute film review	1, 3, 4	I	Leeny
1/11/18	Group discussion and group management	2, 5	I	Leeny
22/11/18	Describe me game	1, 4	I	Leeny
13/12/18	Vocab game	3, 5	II	Leeny
10/1/19	Mock interview	1, 2, 3, 4, 5	III	Leeny
24/1/19	Vocab game	1, 2, 4	II	Leeny
7/2/19	writing and listening skill activity	3, 2	I	Leeny
2/2/19	" "	1, 4, 5	I	Leeny

Session Group list

*Syo/ka/Va*  
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## FOOD PROCESSING PROGRAM

<b>Title</b>	Food Processing Program
<b>Date</b>	22/01/2019
<b>Venue</b>	College Auditorium
<b>Objective</b>	To develop practical knowledge on making various bakery products
<b>Organizing Department</b>	B.Com Computer Application
<b>Resource person</b>	Smt. Binu Philip (Retd. Office staff, Mar Thoma College for Women Perumbavoor)
<b>Beneficiaries</b>	108 students

Department of Commerce (Computer Application) organized the third phase of Food Processing class on 22nd January 2019 at the College auditorium. Smt. Binu Philip (Retd. Office staff, Mar Thoma College for Women Perumbavoor), took classes on how to make bakery products like cake, puddings, cupcakes and bread. It was an interesting interactive session for the students as they gained practical knowledge on making various bakery products.





**MAR THOMA COLLEGE FOR WOMEN PERUMBAVOOR**  
**DEPARTMENT OF COMMERCE COMPUTER APPLICATION**

*presents*

### **FOOD PROCESSING - Session 3**



*Cakes | Puddings | Bread | Cupcakes*

**Resource Person :**

**Smt. Binu Philip**

(Retd. Office Staff, Mar Thoma College for Women  
Perumbavoor)

**Venue : College Auditorium**

**22 Jan 2019 | 10 a.m.**



The Program inaugurated by Smt. Binu Philip





Hands on session with the students, 22/01/2019

**List of Participants**

Sl. No.	Name
1	Abhirami K.Babu
2	Amrutha S.Babu
3	Anakha Murali
4	Arathy Rajan
5	Aswani Thankachan
6	Dhifila Sadigh
7	Divya Das
8	Evelin M.Varghese



9	Farsana Ismayil
10	Fasna Yousaf
11	Martha Joy
12	Midhuna Baby
13	Mubeena Ibrahim
14	Nusrath Shaji
15	Prathibha Pradeepkumar
16	Sneha Babu
17	Anjali A.R
18	Anjaly Eldhose
19	Anjana C.A
21	Anjitha Sasi
22	Anumol P.M
23	Arathy Shaji
24	Arishma K.R
25	Asni A.A
26	Balasundari K.S
27	Haritha Shaji
28	Hasna Asia
29	Jeethu P.R
30	Lakshmi P Suresh
31	Lakshmi Priya Manoj
32	Meera Varghese
33	Priya Bhaskaran
34	Sandra Suresh
35	Sisira Rajan
36	Sukanya V.S
37	Thasleema Nazrin
38	Thayyiba Jinana M.K
39	AARYA. M. RAJU
40	AISHA. K. ALI
41	AKHILA BENNY
42	AKHILA PREMAN
43	AMITHA ELSA JACOB
44	AMITHA JOHN
45	AMMU BABY



46	AMRITHANJALY.M.N
47	AMURTHESWARI .T.K
48	ANJALY MOHANAN
49	ANJANA NAIR
50	ANJANA SURESH
51	ANJITHA ASHOKAN
52	APARNA BIJUMON
53	APARNA .S. NAIR
54	ARCHANA RAJU
55	ASWATHY SIVAN
56	BINSYMOL WILSON
57	FATHIMA LULU .P.K
58	GOPIKA SATHYAN
59	HANNATH BEEVI P.A
60	JISNA ANTONY
61	JOSMIN JOSEPH
62	KEERTHI SAJEEVAN
63	KRISHNAPRIYA .M.K
64	MEENA THOMAS
65	MERLIN MARY BASIL
66	MIYA JOHNY
67	MUHSINA .M.A
68	NAZIYA NIZAR
69	NEENA M.S
70	NOORA AFSAL
71	PRIYA JOSEPH
72	RESHMA RADHAKRISHNAN
73	VISHNUPRIYA VENUGOPAL
74	Adithi Ajith
75	Aiswarya.V.M
76	Anakha Abee
77	Anooja.S
78	Anu Mohanan
79	Anu Peter
80	Anugraha Jose
81	Arathy Krishna.K.S



82	Arya.T.A
83	Asna Mayinkutty
84	Aswathy.V.S
85	Ayana. M. R
86	Bhavana.M.S
87	Delna Johny
88	Devika Sugathan
89	Gopika Vinod
90	Hasna Basheer
91	Jasna Nassar
92	Jeethu Paul
93	Leenu Theres Peter
94	M.K. Devi Gayathri
95	M.A. Rabiyyath
96	Mincy Mary Mathew
97	Navya Ramesh
98	Navya Saji
99	Nesia.K.N
100	Reshma Babu
101	Rumana Abdhulkhader
102	Sandhra Mariya Jomy
103	Sandra Linzy .K
104	Shigala. P.M.
105	Sisira.S
106	Sreelakshmi.K.J
107	Sulfath Ummar
108	Thasnimol.K.S

*Syo/ka/Vay*

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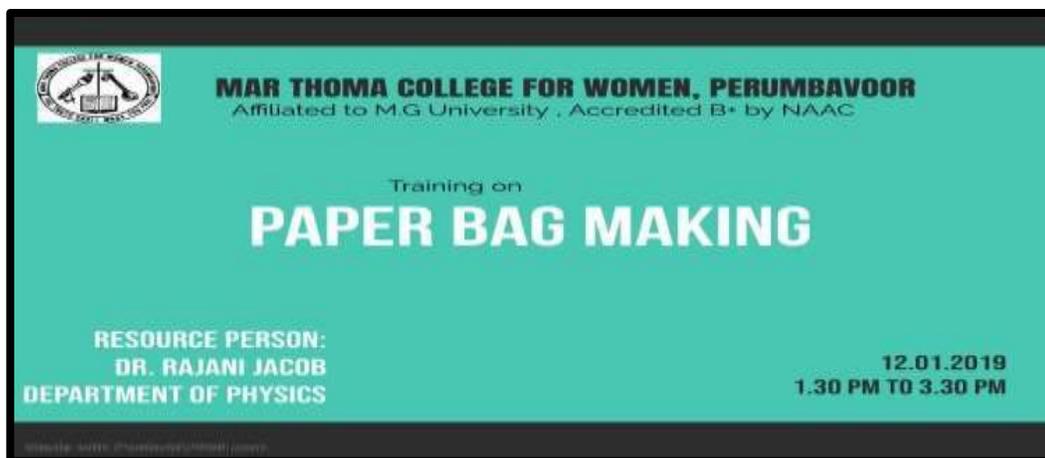


## PAPER BAG MAKING

<b>Program Name</b>	Paper Bag Making
<b>Organizing Cell</b>	Walk With a Scholar (WWS) Programme, MTCW
<b>Coordinator</b>	Dr. Rajani Jacob, Assistant Professor, Dept. of Physics, MTCW
<b>Resource Person</b>	Dr. Rajani Jacob, Assistant Professor, Dept. of Physics
<b>Beneficiaries</b>	30 Students
<b>Date and Year</b>	12-01-2019
<b>Duration</b>	1.30 p.m. to 3.30 p.m.
<b>Objective</b>	To train students to make paper bags To create an awareness on reduction in use of plastics
<b>Outcome</b>	Students made paper bags and distributed them to nearby stores.

Paper bags are gaining importance as these bags are 100% reusable, recyclable and biodegradable and at the same time environment friendly and pose less threat to wildlife. Students were made aware of the use of paper bags to save the environment from pollution which is biodegradable and recyclable. Student leaders gave training to the other students to make paper bags from newspaper. They made a number of paper bags and distributed them to nearby stores.





Students Making Paper Bags 12-01-2019

**List of students**

Sl. No.	Name	Programme
1	Payal Kumari	BA (History)
2	Anjitha Ravi	BA (History)
3	Aisha Marwa	BA (History)
4	Karthika Rajan	B.Sc. (Zoology)
5	Kallyani Surendran	B.Sc. (Zoology)
6	Shahina Basheer	B.Sc. (Zoology)
7	Soyamol	B.Sc. (Zoology)
8	Mariya Jebi	B.Sc. (Chemistry)



9	Siya Mary Sunny	B.Sc. (Chemistry)
10	Mubeena Basheer	B.Sc. (Chemistry)
11	Renjitha Raveendran	B.Sc. (Chemistry)
12	Manumitha S.	B.Sc. (Chemistry)
13	Ashna A.K.	B.Sc. (Mathematics)
14	Shahana C.K.	B.Sc. (Mathematics)
15	Rushda V. A.	B.Sc. (Mathematics)
16	Thafciyamol T.A.	B.Sc. (Mathematics)
17	Ashitha Kareem	B.Sc. (Mathematics)
18	Fathima Nazily	BA (English)
19	Sweta S. Kumar	BA (English)
20	Fathima Thahasin	BA (English)
21	Arsha S. Kumar	B.Sc. (Physics)
22	Jinu John	B.Sc. (Physics)
23	Dona Mariam Roy	B.Sc. (Physics)
24	Varsha M. Vijay	B.Sc. (Physics)
25	Aneeja George	B.Sc. (Physics)
26	K. N. Ansifa	B.Com (Tax)
27	Fathima Usman	B.Com (Tax)
28	Cilva Mathew	B.Com (Tax)
29	Liya Vincent	B.Com (Tax)
30	Haritha P. Kumar	B.Com (Tax)

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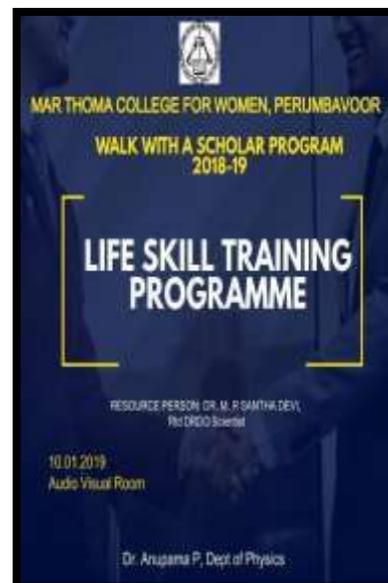


## LIFE SKILL TRAINING PROGRAMME

Program Name	Life Skill Training Programme
Organizer	Department of Physics
Coordinator	Dr. Anupama P, Assistant Professor, Dept. of Physics, MTCW
Beneficiaries	50 Students of B.Sc. Physics
Resource Person	Dr. M R Santhadevi, Rtd. DRDO Scientist
Date and Year	10/01/2019
Duration	3 hours
Objective	<ul style="list-style-type: none"><li>● To teach behavioral skills</li><li>● To enable students to handle difficult situations</li></ul>
Outcome	<ul style="list-style-type: none"><li>● Trained to face real life problems</li></ul>

The Department of Physics conducted life skills and soft skill training for the students of the department on 10th January 2019. The training sessions were handled by various eminent personalities in the respective fields. Life Skill Training was given to the students by Dr. M. R. Santha Devi, Rtd. DRDO Scientist. A one-day life skills training was arranged to teach a broad set of social and behavioral skills that enable students to deal effectively with the demands of everyday life. Students and faculties from the Dept. of Physics attended the programme.





Life Skill Training by Dr. M R Santhadevi 10/01/2019



### List of students

SI. No.	Name	Class
1	Haseena K.S	III B.Sc.Physics
2	Krishnendu M.K	III B.Sc.Physics
3	Linta Jose	III B.Sc.Physics
4	Ann Mariya Philip	III B.Sc.Physics
5	Aneeja George	III B.Sc.Physics
6	Devika Manoj	III B.Sc.Physics
7	Jeny Rose	III B.Sc.Physics
8	Dona Mariam Roy	III B.Sc.Physics
9	Arya Sivan	III B.Sc.Physics
10	Aksa Jose	III B.Sc.Physics
11	Prasthutha Pavithram	III B.Sc.Physics
12	Binitha Baby	III B.Sc.Physics
13	Jinu John	III B.Sc.Physics
14	Varsha M. Vijay	III B.Sc.Physics
15	Niya Meerin Mathew	III B.Sc.Physics
16	Anjana Ajith	III B.Sc.Physics
17	Ahasana A. Razak	II B.Sc. Physics
18	Anagha Joy	II B.Sc. Physics
19	Anjima K.P	II B.Sc. Physics
20	Anju K. Rajan	II B.Sc. Physics
21	Ann Maria Jose	II B.Sc. Physics
22	Aslamia K.S	II B.Sc. Physics
23	Fasna T. Moosa	II B.Sc. Physics
24	Karthika Das	II B.Sc. Physics
25	Namitha K.B	II B.Sc. Physics
26	Sara Abey	II B.Sc. Physics
27	Smija Reji	II B.Sc. Physics
28	Sulfath T.S	II B.Sc. Physics
29	Alfina Jabbar	II B.Sc. Physics
30	Anitha Thomas	II B.Sc. Physics
31	Najwa K.A	II B.Sc. Physics



32	Sameena Parvin K.S	II B.Sc. Physics
33	Shifana C.N	II B.Sc. Physics
34	Soofiya Sudheer	II B.Sc. Physics
35	Stegi P.B	II B.Sc. Physics
36	Adhila K.S	I B.Sc.Physics
37	Afrin M.K	I B.Sc.Physics
38	Akhilendu T. Anil	I B.Sc.Physics
39	Akhina K. Sudheesh	I B.Sc.Physics
40	Anna Davis	I B.Sc.Physics
41	Anu Paul	I B.Sc.Physics
42	Durga Gopan	I B.Sc.Physics
43	Farsana Ashraf	I B.Sc.Physics
44	Fathima Hamsa	I B.Sc.Physics
45	Fathima Shiril	I B.Sc.Physics
46	Fathima T.S	I B.Sc.Physics
47	Fathimath Saniya	I B.Sc.Physics
48	Khadeeja M.H	I B.Sc.Physics
49	Mehsana Nasreen	I B.Sc.Physics
50	Surya M.C	I B.Sc.Physics

*Syo/ka/Vay*  
Principal - in - charge  
Mar Thoma College For Women  
Perumbavoor - 683 542



## WELLNESS THROUGH YOGA-YOGA TRAINING

<b>Program Name</b>	Wellness Through Yoga-Yoga Training
<b>Organizer</b>	Physical Education Department
<b>Resource Person</b>	Dr. Vineed Kumar K, Department Physical Education Mar Thoma College For Women, Perumbavoor
<b>Beneficiaries</b>	22 students
<b>Date And Year</b>	29 October 2018
<b>Duration</b>	9 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>	Gives Calm Mind, Good Concentration And Rejuvenation Of The Body And Mind

Our college initiated a yoga training programme in association with the physical education department on 29 October 2018 under the guidance of Dr. Vineeth Kumar K. 9 sessions were arranged, and 22 students participated in the academic year 2018–19. He had explained everything about the history, importance of Yoga in human life and also gave practical performance to all participants about the same.

Meditation is Relaxation which particularly students, Yoga are 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.





**MAR THOMA COLLEGE FOR  
WOMEN, PERUMBAVOOR**  
Affiliated by MG University & accredited "B+" by Naac

**YOGA TRAINING PROGRAMME**

*ORGANIZED BY*  
**DEPARTMENT OF PHYSICAL EDUCATION**  
29 OCTOBER 2018

*CONVENOR*  
**DR VINEED KUMAR K**  
*VENUE*  
**COLLEGE AUDITORIUM**

**List of students**

Sl.No	Name of Students
1	Anitha Thomas
2	Ann Maria Jose
3	Anagha Joy
4	Anu Peeter
5	Ehisa Eldose
6	Gopika Vinod
7	Arathi Krishna
8	Sisira Sivan
9	M.K. Devi Gayathri
10	Haritha Y.H
11	Dona Eldhose
12	Roshini K.H
13	Anjaly Y.A



14	Geethu P.A
15	Renju K. Reji
16	Divega Mery Kunju
17	Gayathri Ajith
18	Maria Mini Eldhose
19	Karthika M.G
20	Chithra Chandran
21	Jolsna Sibi
22	Jisha Susan Shajji

**Attendance Register**

ATTENDANCE OF YOGA TRAINING											
Sl. No	NAME	04/10/18	11/10/18	18/10/18	25/10/18	31/10/18	07/11/18	14/11/18	21/11/18	28/11/18	05/12/18
1	Maitha Thomas	X	X	X	0	0	0	0	0	0	0
2	Ann Maria Jay	X	X	X	0	0	0	0	0	0	0
3	Angela Jay	X	X	X	0	0	0	0	0	0	0
4	Albi Peter	X	X	X	0	0	0	0	0	0	0
5	Ebisa Ellose	X	X	X	0	0	0	0	0	0	0
6	Gopika Vinod	X	X	X	0	0	0	0	0	0	0
7	Azathi Krishna	X	X	X	0	0	0	0	0	0	0
8	Sisira Sivaraj	X	X	X	0	0	0	0	0	0	0
9	M.K. Devi Karpalathri	X	X	X	0	0	0	0	0	0	0
10	Haritha V.H.	X	X	X	0	0	0	0	0	0	0
11	Dona Eldhose	X	X	X	0	0	0	0	0	0	0
12	Rachini K.H	X	X	X	0	0	0	0	0	0	0
13	Anjali V.A	X	X	X	0	0	0	0	0	0	0
14	Geethu P.A	X	X	X	0	0	0	0	0	0	0
15	Renju K. Reji	X	X	X	0	0	0	0	0	0	0
16	Divega Mery Kunju	X	X	X	0	0	0	0	0	0	0
17	Gayathri Ajith	X	X	X	0	0	0	0	0	0	0
18	Maria Mini Eldhose	X	X	X	0	0	0	0	0	0	0
19	Karthika M.G	X	X	X	0	0	0	0	0	0	0
20	Chithra Chandran	X	X	X	0	0	0	0	0	0	0
21	Jolsna Sibi	X	X	X	0	0	0	0	0	0	0
22	Jisha Susan Shajji	X	X	X	0	0	0	0	0	0	0
23	Kartha										



*Sybilal Vay*

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 Perumbavoor - 683 542

## HUMAN VALUE DEVELOPMENT PROGRAM

<b>Program Name</b>	Human Value Development Program
<b>Organizer</b>	Dr. Annie Kurian K, Associate Professor, Department of Maths
<b>Resource Person</b>	Teachers from different departments
<b>Beneficiaries</b>	772 (All students of the college)
<b>Date and Year</b>	01 August 2018 (First Wednesdays 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 program on Human Value Development program for the academic year commenced on 01 August 2018 and is taken on the first Wednesday of every month from 9:00 am to 9:30 am. Dr. Annie Kurian K, Associate Professor, Department of Mathematics serves as the coordinator of the same. Teachers from various departments take classes about various topics related to human values. Discussion and interactive sessions are also conducted during this time.





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

## HUMAN VALUE DEVELOPMENT PROGRAM

2018-2019

First wednesday of  
each month

**Your messages matter.**



Ms. Serene Anna Sam taking value education class under Human Value Development Programme



## List of Teachers assigned

**VALUE EDUCATION**

DAY - First Wednesday of Every Month  
TIME - 09.30am - 10.00 am

Sl. No	Room No	Department	Class	Teacher in charge	Classroom Number	Signature
1		English	H.O.C	Mrs. Susan T. Abraham	306	
2			H.O.C	Dr. Rajan Jacob	305	
3		History	H.O.C	Mrs. Susan Anna Sam	304	
4			H.O.C	Dr. Anusara P	311	
5		Commerce (DAB)	H.O.C	Mrs. Chandraseya Elia	312	
6			H.O.C	Mrs. Silver Paul	313	
7		Maths	H.O.C	Dr. Binu Jacob Thomas	314	
8			H.O.C	Mrs. Rosmy Sara Mathai	315	
9		Zoology	H.O.C	Dr. Anjali George	317	
10			H.O.C	Mrs. S.T. Jayaraj	309	
11		Physics	H.O.C	Dr. Paulose Thomas	308	
12			H.O.C	Mrs. John Matha Sam	307	
13		Chemistry	H.O.C	Dr. Gopal George	301 A	
14			H.O.C	Dr. Binu Kurukavu	301 B	
15		Sports	H.O.C	Mrs. Rakha Krishnan	103	
16			H.O.C	Mrs. Beethy Sara Joseph	114	
17		C.Biology	H.O.C	Dr. Vinod V	104	
18			H.O.C	Mrs. Minu Susan Kishy	105	
19		Commerce (COMMERCE)	H.O.C	Dr. Annie Karim K	108	
20			H.O.C	Mrs. Sangeetha Mathai	107	
21		Commerce (COMMERCE)	H.O.C	Mrs. Binu Susan Varghese	111	
22			H.O.C	Dr. Vinod Kumar K	310	
23		Commerce (COMMERCE)	H.O.C	Mrs. Sumayya P.A	319	
24			H.O.C	Mrs. Ashlin Augustine	316	



## Attendance Register

PUPILS ATTENDANCE REGISTER OF																		
Admission Serial No.	Sl No.	NAME	Days Date	Days														
				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
10597	76	Aishwarya P.S		x	x	x												
10496	77	Aishwarya L.S		x	x	x												
10455		Aishwarya Babu		x	x	x												
10600		Aishwarya A.A		x	x	x												
10601		Aishwarya Ramakrishnan		x	x	x												
10527		Aishwarya P.M		x	x	x												
10517		Aishwarya Nara		x	x	x												
10538		Aishwarya Biju		x	x	x												
10598		Aishwarya Binny		x	x	x												
10630		Aishwarya Rishin & R.		x	x	x												
10590		Aishwarya K.S		x	x	x												
10593		Aishwarya V.H		x	x	x												
10495		Aishwarya Gopi		x	x	x												
10594		Aishwarya Ramakrishnan		x	x	x												
10604		Aishwarya Mahesh		x	x	x												
10642		Aishwarya Subramanian		x	x	x												
10959		Aishwarya Anand		x	x	x												
10579		Aishwarya Beeguru JA		x	x	x												
10613		Aishwarya Sathya Salina		x	x	x												
10595		Aishwarya T.S		x	x	x												
10441		Aishwarya T.V		x	x	x												
10462		Aishwarya Babu		x	x	x												
10405		Aishwarya A.V		x	x	x												
10460		Aishwarya P.S		x	x	x												
10596		Aishwarya Anil Kumar		x	x	x												
10606		Aishwarya Joy		x	x	x												
10628		Aishwarya P. Krishna.		x	x	x												
10532		Aishwarya Thilak P.T		x	x	x												
10516		Aishwarya CA		x	x	x												
10609		Aishwarya Ajith		x	x	x												
10515		Aishwarya P.M		x	x	x												
10463		Aishwarya Santhosh		x	x	x												
10456		Aishwarya Chandan.		x	x	x												
10569		Aishwarya M.S		x	x	x												
10457		Aishwarya Babu		x	x	x												
10534		Aishwarya Poornima		x	x	x												
10629		Aishwarya Ah		x	x	x												
10616		Aishwarya Shayan		x	x	x												
10640		Aishwarya Philippachan		x	x	x												
10424		Aishwarya A.S		x	x	x												

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PUPILS ATTENDANCE REGISTER OF		SCHOOL																
Sl. No.	NAME	Days																
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
1	Archana K. Kinnal	X																
2	Archana A.	X																
3	Archana S.A	X																
4	Arifa Ali	X																
5	Arjunan P.A	X																
6	Aranya Aryan	X																
7	Aranya Aryan	X																
8	Aranya Aryan	X																
9	Aranya Aryan	X																
10	Aranya Aryan	X																
11	Aranya Aryan	X																
12	Aranya Aryan	X																
13	Aranya Aryan	X																
14	Aranya Aryan	X																
15	Aranya Aryan P.A	X																
16	Aranya Aryan	X																
17	Aranya Aryan	X																
18	Aranya Aryan	X																
19	Aranya Aryan	X																
20	Aranya Aryan P.A	X																
21	Aranya Aryan	X																
22	Aranya Aryan	X																
23	Aranya Aryan	X																
24	Aranya Aryan	X																
25	Aranya Aryan	X																
26	Aranya Aryan	X																
27	Aranya Aryan	X																
28	Aranya Aryan	X																
29	Aranya Aryan	X																
30	Aranya Aryan	X																
31	Aranya Aryan	X																
32	Aranya Aryan	X																
33	Aranya Aryan	X																
34	Aranya Aryan	X																
35	Aranya Aryan	X																
36	Aranya Aryan	X																
37	Aranya Aryan	X																
38	Aranya Aryan	X																
39	Aranya Aryan	X																
40	Aranya Aryan	X																
41	Aranya Aryan	X																
42	Aranya Aryan	X																

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PUPILS ATTENDANCE REGISTER OF \_\_\_\_\_ SCHOOL

2019  
2020  
2021

Admission No.	Sl No	NAME	Days																
			Date	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	1	Betty Dey		X	X	X													
	2	Doni Babu		X	X	X													
	3	Freedra Sebastian		X	X	X													
	4	Harsha O.K		X	X	X													
	5	Jabaja Jay		X	X	X													
	6	Jyoti Raju		X	X	X													
	7	Lakshmi Mohan		X	X	X													
	8	Mona Anandan		X	X	X													
	9	P. Meenakshi		X	X	X													
	10	Suna Selva S.S		X	X	X													
	11	Varsha P.V		X	X	X													
	12	Arswarya Baburaj		X	X	X													
	13	Aleekhya Abraham		X	X	X													
	14	Anagha Gul		X	X	X													
	15	Anasuya Krishnan		X	X	X													
	16	Anika R.V		X	X	X													
	17	Apurva Babu		X	X	X													
	18	Banika K.B		X	X	X													
	19	Della Devanghuliy		X	X	X													
	20	Durga S.J		X	X	X													
	21	Gopika Ramanam		X	X	X													
	22	Hirushi M.A		X	X	X													
	23	Jaya C.D		X	X	X													
	24	Mona Eldhese		X	X	X													
	25	Mithu Varghese		X	X	X													
	26	Mishra M.M		X	X	X													
	27	Neesa George		X	X	X													
	28	Neesa V.V		X	X	X													
	29	Rajana R.R		X	X	X													
	30	J.Renaya C.S		X	X	X													
	31	Rasmi John		X	X	X													
	32	Rufanul M.B		X	X	X													
	33	Sandhya M.B		X	X	X													
	34	Shreetha Anand		X	X	X													
	35	Ummakulani G.S.		X	X	X													

S.S.S.

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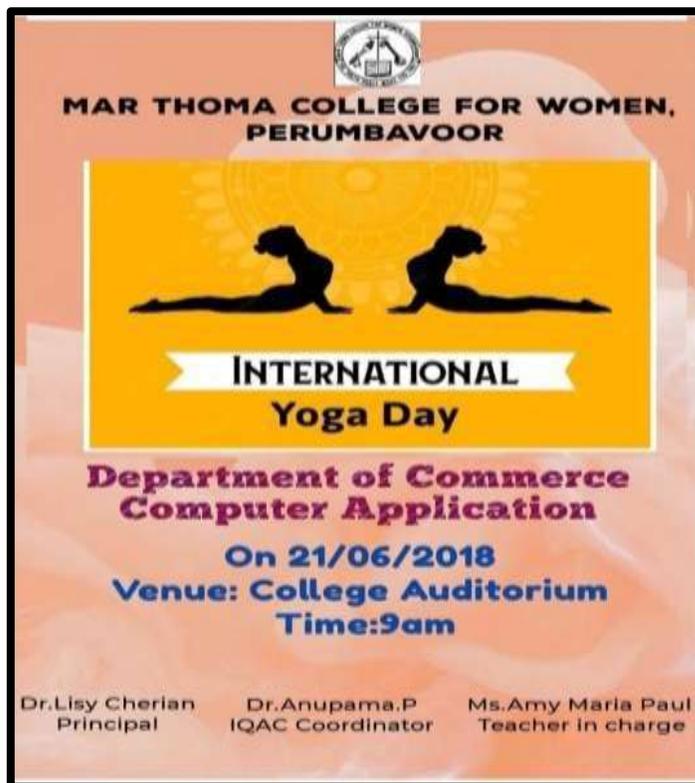
## YOGA AND MEDITATION PROGRAMME

<b>Name of the Programme</b>	Yoga and Meditation Programme
<b>Organizer</b>	Department of Commerce (Computer Application)
<b>Beneficiaries</b>	70 students
<b>Date</b>	21/06/2018
<b>Year</b>	2018-2019
<b>Resource Person</b>	Mr. C.Y. Gangadharan, Yoga Trainer
<b>Course Coordinator</b>	Ms. Amy Maria Paul, Assistant Professor, Department of Commerce, Computer Application
<b>Objective</b>	To boost up one's energy, dynamism, skills and values and to inculcate the practice of meditation in the everyday life
<b>Outcome</b>	Students experience attitudinal change and transformation to enhance holistic development of mind, body and soul.

On 21st June, 2018 Department of Commerce Computer Application celebrated “International Yoga Day” by organizing a special Yoga session in which 70 students participated. Mr. C.Y. Gangadharan addressed the students explaining what Meditation and action Movement was and its usefulness in one's life. He stressed on mindfulness “a technique when we train the mind to be thoughtless- all the above helps are to lead to self-awareness and a deep concentration and silence. The practice helps a lot to refine the students and make them realize the importance of mental and spiritual health and stress free life on International Yoga Day.



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, Pranayama and Meditation are effective techniques to release stress. Meditation is relaxation which gives calm mind, good concentration and rejuvenation of the body and mind etc. Yoga is a great remedy to remove tensions. Yoga helps students, teachers, and workers by giving them emotional strength so that they can easily manage all pressures and can give them the best intellectual abilities.



The poster features the college's logo at the top center. Below it, the text reads "MAR THOMA COLLEGE FOR WOMEN, PERUMBAVOOR". The central graphic shows two black silhouettes of people in yoga poses against a yellow background with a subtle floral pattern. A white banner across the silhouettes contains the text "INTERNATIONAL Yoga Day". Below the banner, the text specifies "Department of Commerce Computer Application", "On 21/06/2018", "Venue: College Auditorium", and "Time:9am". At the bottom, three names and titles are listed: "Dr.Lisy Cherian Principal", "Dr.Anupama.P IQAC Coordinator", and "Ms.Amy Maria Paul Teacher in charge".

**MAR THOMA COLLEGE FOR WOMEN,  
PERUMBAVOOR**

**INTERNATIONAL  
Yoga Day**

**Department of Commerce  
Computer Application**

**On 21/06/2018**  
**Venue: College Auditorium**  
**Time:9am**

Dr.Lisy Cherian Principal      Dr.Anupama.P IQAC Coordinator      Ms.Amy Maria Paul Teacher in charge



### List of students

Sl. No.	Name	Class
1	Abhirami K.Babu	III.B.Com CA
2	Amrutha S.Babu	III.B.Com CA
3	Anakha Murali	III.B.Com CA
4	Arathy Rajan	III.B.Com CA
5	Aswani Thankachan	III.B.Com CA
6	Dhifila Sadigh	III.B.Com CA
7	Divya Das	III.B.Com CA
8	Evelin M.Varghese	III.B.Com CA
9	Farsana Ismayil	III.B.Com CA
10	Fasna Yousaf	III.B.Com CA
11	Martha Joy	III.B.Com CA
12	Midhuna Baby	III.B.Com CA
13	Mubeena Ibrahim	III.B.Com CA
14	Nusrath Shaji	III.B.Com CA
15	Prathibha P	III.B.Com CA
16	Sneha Babu	III.B.Com CA
17	Anjali A.R	III.B.Com CA
18	Anjaly Eldhose	III.B.Com CA
19	Anjana C.A	III.B.Com CA
20	Anjitha Sasi	III.B.Com CA
21	Anumol P.M	III.B.Com CA
22	Arathy Shaji	III.B.Com CA
23	Arishma K.R	III.B.Com CA
24	Asni A.A	III.B.Com CA
25	Balasundari K.S	III.B.Com CA
26	Haritha Shaji	III.B.Com CA
27	Hasna Asia	III.B.Com CA
28	Jeethu P.R	III.B.Com CA
29	Lakshmi P Suresh	III.B.Com CA
30	Lakshmi Priya Manoj	III.B.Com CA
31	Meera Varghese	III.B.Com CA
32	Priya Bhaskaran	III.B.Com CA



33	Sandra Suresh	III.B.Com CA
34	Sisira Rajan	III.B.Com CA
35	Sukanya V.S	III.B.Com CA
36	Thasleema Nazrin	III.B.Com CA
37	Thayyiba Jinana M.K	III.B.Com CA
38	Aarya. M. Raju	II.B.Com CA
39	Aisha. K. Ali	II.B.Com CA
40	Akhila Benny	II.B.Com CA
41	Akhila Preman	II.B.Com CA
42	Amitha Elsa Jacob	II.B.Com CA
43	Amitha John	II.B.Com CA
44	Ammu Baby	II.B.Com CA
45	Amrithanjaly.M.N	II.B.Com CA
46	Amurtheswari .T.K	II.B.Com CA
47	Anjaly Mohanan	II.B.Com CA
48	Anjana Nair	II.B.Com CA
49	Anjana Suresh	II.B.Com CA
50	Anjitha Ashokan	II.B.Com CA
51	Aparna Bijumon	II.B.Com CA
52	Aparna .S. Nair	II.B.Com CA
53	Archana Raju	II.B.Com CA
54	Aswathy Sivan	II.B.Com CA
55	Binsymol Wilson	II.B.Com CA
56	Fathima Lulu .P.K	II.B.Com CA
57	Gopika Sathyan	II.B.Com CA
58	Hannath Beevi P.A	II.B.Com CA
59	Jisna Antony	II.B.Com CA
60	Josmin Joseph	II.B.Com CA
61	Keerthi Sajeevan	II.B.Com CA
62	Krishnapriya .M.K	II.B.Com CA



63	Meena Thomas	II.B.Com CA
64	Merlin Mary Basil	II.B.Com CA
65	Miya Johny	II.B.Com CA
66	Muhsina .M.A	II.B.Com CA
67	Naziya Nizar	II.B.Com CA
68	Neena M.S	II.B.Com CA
69	Noora Afsal	II.B.Com CA
70	Priya Joseph	II.B.Com CA

*Sybilal Vay*

Principal - in - charge  
Mar Thoma College For Women  
Perumbavoor - 683 542



## HEALTHY HEALTH PROGRAM

<b>Organizer</b>	Department Of Zoology
<b>Beneficiary</b>	59 Students Of The Department Of Zoology
<b>Year</b>	18/6/2018
<b>Scope</b>	Healthy Practices, Fitness And Health
<b>Coordinator</b>	Reemy Sara Mathai, Assistant Professor, Mar Thoma College For Women, Perumbavoor
<b>Duration</b>	13 Sessions
<b>Venue</b>	Zoology Lab/ Garden
<b>Objective</b>	Generate Healthy Lifestyle Among Students
<b>Outcome</b>	Students Engaged In Physical Activities And Achieved An Overall Understanding On Healthy Lifestyle.

The program was initiated in June 2018 by the department of Zoology for the B.Sc. Zoology students. 59 students including the first, second and third year students participated in the program. The students of each batch were divided into five groups for effective content delivery. 2-3 groups of each batch were handled during each session. Mrs.Reemy Sara Mathai, Assistant Professor, department of Zoology, Mar Thoma College for Women, Perumbavoor served as the program coordinator and handled the sessions.

The sessions focused on generating a healthy lifestyle among students, making them understand the impact of pollution on health and engage in physical activities and games. A total of 13 classes were handled during the academic year 2018-19.



## Notice

 29.3.2018

NOTICE

From June 2018 onwards, the Department of Biology would be running the following programs to equip the students of our department in the ~~fields~~ required areas. It will be conducted from 3:30-4 pm as per the schedule given below:-

<u>DAY</u>	<u>ACTIVITY</u>
Monday	Tutorial / Healthy Health program
Tuesday	Safe Sex education session
Wednesday	Peer cluster meeting / seminar
Thursday	English, literature training
Friday	Applicable computers

 Leena Susan Mathan  
Program Coordinator

 Dr. Aja Jacob Thomas  
HOD  
Dept. of Biology



**List of Participants:**

Sl. No.	III B.Sc. Zoology	II B.Sc. Zoology	I B.Sc. Zoology
1	Anaswara Sajeev	Carolin Ann George	Ankitha Ayyappan
2	Aparna P.M	Aparna Anil	Ashna P.S.
3	Devika Viju	Deepthi K. Surendran	Asna Abbas
4	Farzana Abdul Kalam	Dona Joy	Aswathy Sajeevan
5	Ruksana K.A.	Elna Eldho	Athira C.M
6	Shabana Nazrin T.M.	Fathima Fairouz	Dona Eldhose
7	Amaya M.V.	Kallyani Surendran	Feba Eldhose
8	Anjana Anil	Karthika Rajan	Gayathry J. Nair
9	Anjana Ravindran	Karthika S.	Hridhya Surendran
10	Anju N. Mathew	Lakshmi Narayanan	Jinu James
11	Anu C. Gopi	Mariya Emima Babu	Jisha Susan Shaji
12	Anulakshmi K.S.	Neeraja Ponnu	Mahina P.M
13	Bijimol Mathew	Ponnu Dileep	Parvathy Salin Kumar
14	Fathimabeevi P.J.	Saranya Bhadrn	Raihanath C.A
15	Haritha S.	Shahina Basheer	Renju K. Reji
16	Jeena A.J	Shilpa Kiran	Rizana A.J
17	Jomol Jose	Soya mol	Sulfeena T.K.
18	Khowlath M.U	Thasni K.M	Susan Cheriyan
19	Rizvana Sakeer		Vismaya Raju
20	Sandra K.S.		
21	Sherin K. Raju		
22	Shilpa K. Sasi		





Photos of the session- Outdoor Fitness Game 18/6/2018

Attendance list

2018-19   HEALTHY HEALTH PROGRAM				
DATE	ACTIVITY	GROUP	CLASS	SIGN
18/6/18	Plastic waste estimation in campus.	4, 2	II	<u>Key</u>
16/7/18	Estimation of packed food/canned in diet	3, 4	III	<u>Key</u>
20/7/18	" "	1, 5	II	<u>P</u>
6/8/18	Game - outdoor.	1, 2	II	<u>Key</u>
24/8/18	" "	3, 4	II	<u>Key</u>
15/10/18	Plastic waste estimation in campus.	3, 5	III	<u>Key</u>
5/11/18	Estimation of packed food in diet	1, 2, 3	I	<u>P</u>
10/12/18	Calorie intake calculation.	4, 5	I	<u>P</u>
7/1/19	Game - outdoor.	2, 3	II	<u>Key</u>
14/1/19	Game - outdoor.	4, 5	III	<u>Key</u>
21/1/19	Calorie intake calculation.	4, 5	II	<u>P</u>
4/2/19	Garden cleaning	1, 3	I	<u>Key</u>
16/2/19	Calorie intake calculation	1, 3	III	<u>Key</u>

*Syotha Var*  
 Principal - in - charge  
 Mar Thoma College For Women  
 Perumbavoor - 683 542



## PERSONAL COUNSELING

<b>Program Name</b>	Personal Counselling
<b>Organizer</b>	Mar Thoma College For Women ,Perumbavoor
<b>Resource Person</b>	Ms. Angel Mathew, Student Counsellor
<b>Beneficiaries</b>	84 students
<b>Date And Year</b>	04/06/2018
<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 Counseling system in the college is quite strong and has helped many students overcome personal and emotional challenges. There is a well-qualified, dedicated clinical counselor in the College and she offers both personal and group counseling sessions.



At the beginning of each academic year, the Counselor visits classes and makes students aware of the availability of psychological counseling support in the institution and provides them general counseling. The students are then encouraged to meet the counselor personally and discuss matters of concern. Teachers and peers direct students facing severe emotional and psychological problems to seek help from the counselor. Where necessary, teachers and counselors meet parents and guardians in order to provide support in handling their wards sensitively. Utmost confidentiality is maintained in all cases.

The Counseling system has been successful in helping students cope with challenges and crises. 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 counseling 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 counseling 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.





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

# PERSONAL COUNSELING

2018-2019

Ms. Angel Mathew  
College Counsellor

*We may define therapy as a search  
for value.*

*- Abraham Maslow*

For more details  
Ph.9388899592

## List of students

Sl.No.	Name of student	Class
1	Payal	II B.A. History
2	Amalendu	II B.A. History
3	Anju Vqrgnese	II B.A. English
4	Akshaya	III B.Sc.Physics
5	Binta Maria Paul	III B.Sc.Physics
6	Sandra Krishna	III B.Sc.Physics



7	Saira Alrahim	III B.Sc.Physics
8	Jeseela K A	III B.Sc.Physics
9	Binitta B	III B.Sc.Physics
10	Ancy Mary	III B.Sc.Physics
11	Anju T M	III B.Sc.Physics
12	Remya Sathyan	III B.Sc.Physics
13	Anupama	III B.Sc.Physics
14	Ammu	III B.Sc.Physics
15	Ameera Rasheed	III B.Sc.Physics
16	Anjana K S	III B.Sc.Physics
17	Arya Kartha	III B.Sc.Physics
18	Afnitha Kareem	III B.Sc.Physics
19	Bheemamol M H	III B.Sc.Physics
20	Arathy Sukumar	III B.Sc.Physics
21	Shifana	III B.Sc.Physics
22	Jainu Paul	I B.A.History
23	Harishma H	III B.Com
24	Athulya	III B.Com
25	Parvathy	III B.Com
26	Arya Mathew	II B.com
27	Aiswarya	I B.Com
28	Devika	III B.Sc.Zoology
29	Anaswara	III B.Sc.Zoology



30	Aparna	III B.Sc.Zoology
31	Farsana	III B.Sc.Zoology
32	Rameesa Afsal	II B.A.English
33	Arunika	III B.A.History
34	Anjana	III B.A.History
35	Fathima	III B.A.History
36	Soumya	III B.Com
37	Darsana	III B.Com
38	Lakshmi	III B.Sc.Chemistry
39	Reshma S	III B.A.English
40	Ashna P S	III B.A.English
41	Aswathi Sajeevan	I B.Sc. Zoology
42	Aswathi Mariam John	I B.Sc. Zoology
43	Hridya Surendran	I B.Sc. Zoology
44	Denaha George	I B.A. English
45	Vaishnavi M V	I B.A.History
46	Anna Benny	I B.A.English
47	Asbiya V A	I B.A.English
48	Riya Sanju	I B.A.English
49	Anupama P J	I B.A.English
50	Anushree Santhosh	II Chemistry
51	Sethulakshmi	III Math



52	Niranjana Anand	I Chemistry
53	Mahina P M	I Zoology
54	Aiswarya Ashokan	I English
55	Gayathri S	II M.Sc Zoology
56	Anjitha Devassy	I B.A. English
57	Meera Dileep	I B.A. English
58	Aseefa Mujthya	I B.A. English
59	Divya K V	I B. A. English
60	Alka Ashok	III B.Sc.Chemistry
61	Athira	III B.Sc.Chemistry
62	Aniliyana	III B.Sc.Maths
63	Sharanya	II B.com
64	Aparna K Anil	II B.Sc. Zoology
65	Karthika	II B.Sc. Zoology
66	Maria Enima Babu	II B.Sc. Zoology
67	Neeraja	II B.Sc. Zoology
68	Shaheena Basheer	II B.Sc. Zoology
69	Bijimol Mathew	II B.Sc. Zoology
70	Carolin	II B.Sc. Zoology
71	Sharanya Devi S	I B.A.English
72	Feba Eldose	I B.Sc.Zoology
73	Jinu James	I B.Sc.Zoology
74	Surya K R	II B.Com



75	Arya Mohanan	II B.Com
76	Akshara	II B.Com
77	Sneha	II B.Com
78	Anet	II B.Com
79	Asna Abbas	I B.Sc.Zoology
80	Anumol Mani	II B.A.History
81	Anju Rajan	I B.A. History
82	Abinshah	II B.Com
83	Dona Eldose	I B.Sc.Zoology
84	Anet Mariya Joshy	II B.Com

*Sybil Jay*

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