



# 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**

**2019-2020**

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



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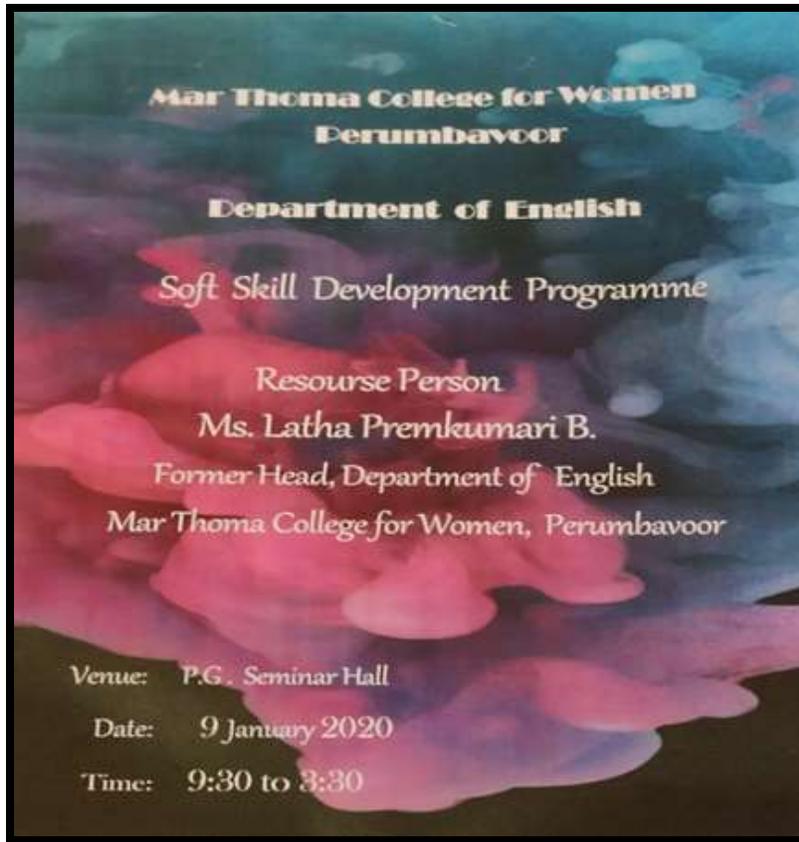


## SOFT SKILL DEVELOPMENT PROGRAMME

Title of the program	Soft Skill Development Programme
Organized by	Department of English
Date	09.01.2020
Resource Person	Ms. Latha Premkumari B, Former Head, Department of English, Mar Thoma College for Women, Perumbavoor
Coordinator	Ms. Roshin T Roy, Assistant Professor, Dept of English
Beneficiaries	73 students from Department of English
Objective	Improve soft skills, spoken and written communication skills of students

The Department of English organised a soft skill training session on 09 January 2020 in the P.G Seminar Hall for the students of the department. Ms. Latha Premkumari B, Former Head of the Department of English, Mar Thoma College for Women served as the resource person. The session focused on building self-confidence and knowing oneself. It also delved on the necessary skills required to attend an interview successfully. The highly interactive session enabled the learners to understand one and gain self-confidence.





Students with resource person





Interactive session with Ms. Latha Premkumari B dated 09.01.2020

**List of students**

Sl.No.	Name of student	Department
1	Athulya Sudhakar	English
2	Bhavya Balachandran	English
3	Fathima C A	English
4	Fathima Nazily V K	English
5	Fathima Thahasin A P	English
6	Maria Joy	English
7	Rameesa T Yooseph	English
8	Sweta S. Kumar	English
9	Alfiya Sulthana	English
10	Anitha Sasi	English
11	Anju A Prabhu	English
12	Dhanya Sarah Saji	English
13	Fathima Muhammed	English
14	Hena Ajayan	English
15	Megha Chandran	English
16	Reshma Reji	English
17	Rizvana T.R.	English



18	Safa Abdul Majeed	English
19	Safna Basheer	English
20	Sreelakshmy K.G.	English
21	Swathy Jayan	English
22	Vrinda Vijayan	English
23	Abina Sulhath M.A.	English
24	Aiswarya K. Ashokan	English
25	Aksa Mol Sunny	English
26	Ammu C. Vinod	English
27	Anjam Ameer	English
28	Anjana K. Manoj	English
29	Anjitha Devassy	English
30	Anna Benny	English
31	Anupama P.J.	English
32	Asbiya V.A.	English
33	Ashna Asharaf	English
34	Aswathy C.M.	English
35	Binsiya Bindh Baquir C.K.	English
36	Denaha Eliz George	English
37	Fathima Nehla K.S.	English
38	Fathima Nourine	English
39	Fousiya C.S.	English
40	Geethu M.A.	English
41	Jolsna Sibi	English
42	Mariya Chacko	English
43	Riya Ann Sanju	English
44	Sarannya Devi S.	English
45	Sreemol P.S.	English
46	Sumayya K.R.	English
47	Sumayya M.	English
48	Sumayya P.S.	English
49	Alfiya P.A.	English
50	Binsa Jaffer	English
51	Bittu Sajeev	English
52	Fathima Sahadhiya N.B.	English
53	Fidha Afrin A.S.	English
54	Gopika Nandanakumar	English
55	Sharon Sara Thomas	English



56	Vinaya Priya Venugopal	English
57	Aaliya P Moideen	English
58	Afrin Shahul	English
59	Afsath Hamza	English
60	Amal Saleem	English
61	Amy Abraham C.	English
62	Anjana Biju	English
63	Ashily Kuriakose	English
64	Asna Sherin M.H.	English
65	Athira Surendran	English
66	Fathima Noushad V.N.	English
67	Fathima Salha	English
68	Mubeena C.A.	English
69	Rasla C.A.	English
70	Rumaisa C.B.	English
71	Sandra Sasi	English
72	Shifana Nasrin	English
73	Shilpa Sivan	English

*Syo/ka/Vay*

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

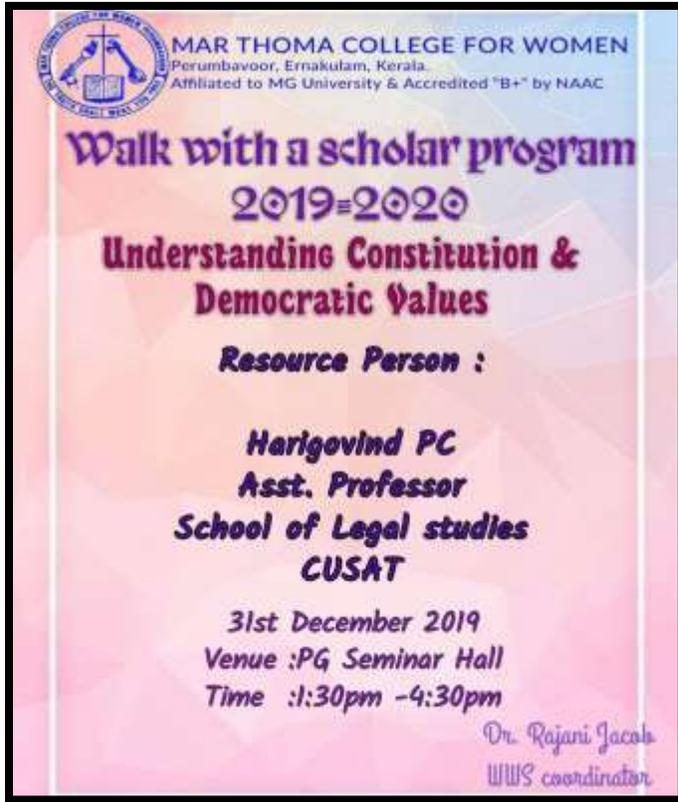


## UNDERSTANDING THE CONSTITUTION AND DEMOCRATIC VALUES

<b>Program Name</b>	Understanding the Constitution and Democratic Values
<b>Coordinator</b>	Dr. Rajani Jacob, Coordinator, Walk With a Scholar (WWS) Programme, Assistant Professor, Dept. of Physics, MTCW
<b>Resource Person</b>	Mr. Harigovind P. C, Asst. Professor, School of Legal Studies, CUSAT
<b>Beneficiaries</b>	24 Students
<b>Date and Year</b>	31-12-2019
<b>Duration</b>	1.30 p.m. to 4.30 p.m.
<b>Objective</b>	To know about our constitution
	To understand the constitutional values
<b>Outcome</b>	Students got a clear understanding of the constitutional values

Mr. Harigovind P. C, Asst. Professor, School of Legal Studies, CUSAT was the resource person for this session. He elaborated the following points to the students. A Constitution is a set of principles or precedents by which a state is governed. It is a set of rules and regulations which places the government's power in the hands of the citizens in a democratic setup. It is important as it protects individual freedom, and its fundamental principles that govern a country. Constitutional values are sovereignty, socialism, secularism, democracy, republican character of Indian State, justice, liberty, equality, fraternity, human dignity and the unity and integrity of the Nation.





Talk by Mr. Harigovind P. C on 31-12-2019



### List of students

Sl.No.	Name of student	Department
1	Krishnapriya K S	History
2	Aiswarya Mohanan	History
3	Sethu Lakshmi C	History
4	Faseela K A	History
5	Fahima Rafeeqe	B.Com (Tax)
6	Asna A. A.	B.Com (Tax)
7	Ann Mary Thomas	B.Com (Tax)
8	Swaliha Backer	B.Com (Tax)
9	Aleena Jose	B.Com (Tax)
10	Anitta Shoji	Mathematics
11	Aleesha Raihan	Mathematics
12	Fathima Abdul Azeez	Mathematics
13	Raseena Kareem	Mathematics
14	Angel Elizabeth	Mathematics
15	Saieetha T. J.	Mathematics
16	Kripa Elsa Kurian	Chemistry
17	Parvathy M. A.	Chemistry
18	Anusree Anil	Chemistry
19	Niveditha A. K.	Chemistry
20	Khadeeja Mol P. A.	Chemistry
21	Anu Paul	Physics
22	Fathima Shiril	Physics
23	Khadeeja M. H.	Physics
24	Durga Gopan	Physics



6 EXTERNAL MEMBRING CLASSES - I YEAR

Sl. No	Name of the Condi- dote	Date & Time 5/12/19 9:30-12:30	Date & Time 10/12/19 10:00-12:00	Date & Time 10/12/19 1:30-3:30	Date & Time 31/12/19 1:30-4:30
1	Aleesha Raihan	APR	APR	APR	APR
2	Saijeetha T.J	Saijeetha	Saijeetha	Saijeetha	Saijeetha
3	Raseena kareem	Raseena	Raseena	Raseena	Raseena
4	Fathima Abdul Aziz	Fathima	Fathima	Fathima	Fathima
5	Anna Davis	Anna	Anna	Anna	Anna
6	Bhiklendu T Anil	Bhiklendu	Bhiklendu	Bhiklendu	Bhiklendu
7	Anu Paul	Anu	Anu	Anu	Anu
8	Sreekrutya M.S	Sreekrutya	Sreekrutya	Sreekrutya	Sreekrutya
9	Akshaya Ravi	Akshaya	Akshaya	Akshaya	Akshaya
10	Krishna priya K.S	Priya	Priya	Priya	Priya
11	Swathi Baker	Swathi	Swathi	Swathi	Swathi
12	Asna A.A	Asna	Asna	Asna	Asna
13	Aleena Jose	Aleena	Aleena	Aleena	Aleena
14	Angel Elizabeth	Angel	Angel	Angel	Angel
15	Niveditha AK	Niveditha	Niveditha	Niveditha	Niveditha
16	SUMATHI S. ALL	Sumathi	Sumathi	Sumathi	Sumathi
17	Knipa Elsa Kucian	Knipa	Knipa	Knipa	Knipa
18	Bhiklendu T Anil	Bhiklendu	Bhiklendu	Bhiklendu	Bhiklendu
19	Durga Vasan	Durga	Durga	Durga	Durga
20	Fasheela	Fasheela	Fasheela	Fasheela	Fasheela
21	Parvathy M.S	Parvathy	Parvathy	Parvathy	Parvathy
22	Fahim	Fahim	Fahim	Fahim	Fahim
23	Ann Mary Thomas	Ann Mary	Ann Mary	Ann Mary	Ann Mary
24	Anika Shaji	Anika	Anika	Anika	Anika
25	Sethu Lakshmi . S	Sethu	Sethu	Sethu	Sethu
26	Fathima Shiril	Fathima	Fathima	Fathima	Fathima
27	Khadeeja MH	Khadeeja	Khadeeja	Khadeeja	Khadeeja
28	Aarshree Aail	Aarshree	Aarshree	Aarshree	Aarshree
29	Amal Saleem	Amal	Amal	Amal	Amal
30	Jiya Mathew	Jiya	Jiya	Jiya	Jiya

Attendance Register

*Syo/ka/Vay*

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



## SOFT SKILL TRAINING

<b>Program Name</b>	Soft Skill Training
<b>Organizer</b>	Department of Physics
<b>Resource Person</b>	Ms. Manisha Bilani from Make Intern Group
<b>Coordinator</b>	Dr. Anupama P Assistant Professor, Dept. of Physics, MTCW
<b>Beneficiaries</b>	19 Students of B.Sc. Physics
<b>Date and Year</b>	14/12/2019
<b>Duration</b>	2 Sessions
<b>Objective</b>	<ul style="list-style-type: none"><li>● SWOT Analysis</li></ul>
<b>Outcome</b>	<ul style="list-style-type: none"><li>● Recognized the strengths and weakness by themselves</li></ul>

Soft Skill Training was given to the students by Ms. Manisha Bilani from Make Intern Group on 14-12-2019. Ms. Maneesha trained the students to do SWOT analysis. The session was very much helpful for the students to recognize their own strengths and weaknesses. At the end of the session students gave good feedback.



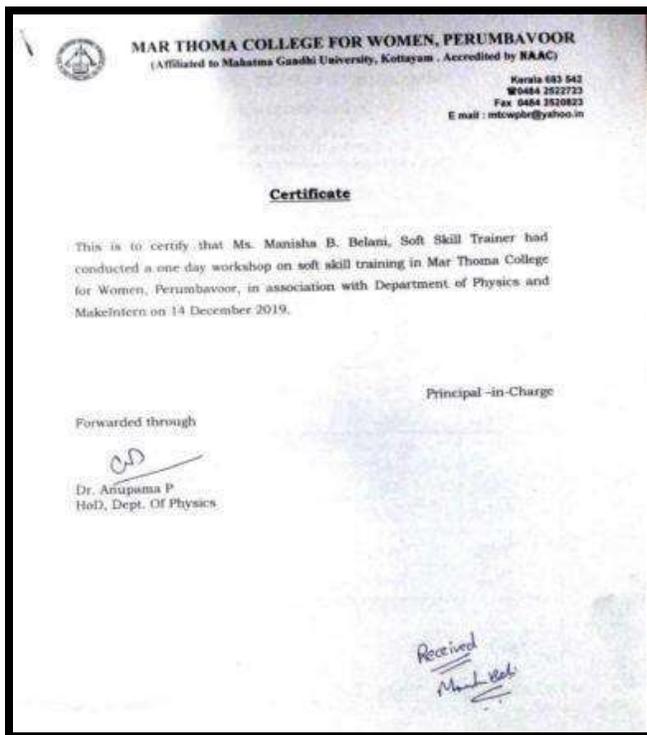


Ms. Manisha Bilani from Make Intern Group taking soft skill class dated 14/12/2019





Group activity during the soft skill class dated 14/12/2019



\_ Certificate of Appreciation to Ms. Manisha Bilani



### List of Students

Sl. No.	Name	Programme
1	Arsha S Kumar	III B.Sc. Physics
2	Linta Jose	III B.Sc. Physics
3	Ann Mariya Philip	III B.Sc. Physics
4	Aneeja George	III B.Sc. Physics
5	Devika Manoj	III B.Sc. Physics
6	Jeny Rose	III B.Sc. Physics
7	Dona Mariam Roy	III B.Sc. Physics
8	Arya Sivan	III B.Sc. Physics
9	Prasthutha Pavithram	III B.Sc. Physics
10	Binitha Baby	III B.Sc. Physics
11	Jinu John	III B.Sc. Physics
12	Varsha M. Vijay	III B.Sc. Physics
13	Anjana Ajith	III B.Sc. Physics
14	Ann Maria Jose	II B.Sc. Physics
15	Karthika Das	II B.Sc. Physics
16	Namitha K.B	II B.Sc. Physics
17	Sara Abey	II B.Sc. Physics
18	Smija Reji	II B.Sc. Physics
19	Anitha Thomas	II B.Sc. Physics



## Attendance Register

**SOFT SKILLS TRAINING PROGRAMME**  
14th DECEMBER 2019  
Organized by  
DEPARTMENT OF PHYSICS  
Mar Thoma College for Women, Perumbavoor - 683642

**ATTENDANCE SHEET**

Sl. No.	Name & Designation	Date	
		14/12/2019	
		FN	AN
1	QINITHA DASY	<i>[Signature]</i>	<i>[Signature]</i>
2	PRASNOOJA PAULYAN	<i>[Signature]</i>	<i>[Signature]</i>
3	EXVITA MENON	<i>[Signature]</i>	<i>[Signature]</i>
4	KATHIKA DAS	<i>[Signature]</i>	<i>[Signature]</i>
5	ANITHA THOMAS	<i>[Signature]</i>	<i>[Signature]</i>
6	SARA ABNEY	<i>[Signature]</i>	<i>[Signature]</i>
7	Ann Maria Jose	<i>[Signature]</i>	<i>[Signature]</i>
8	Aneefa George	<i>[Signature]</i>	<i>[Signature]</i>
9	Anna Maxam Roy	<i>[Signature]</i>	<i>[Signature]</i>
10	Jany Van Jit	<i>[Signature]</i>	<i>[Signature]</i>
11	Snija Rej	<i>[Signature]</i>	<i>[Signature]</i>
12	Namitha K.G	<i>[Signature]</i>	<i>[Signature]</i>
13	LINDA JOSE	<i>[Signature]</i>	<i>[Signature]</i>

Resource Person: *[Signature]*      Signature: *[Signature]*

**SOFT SKILLS TRAINING PROGRAMME**  
14th DECEMBER 2019  
Organized by  
DEPARTMENT OF PHYSICS  
Mar Thoma College for Women, Perumbavoor - 683642

**ATTENDANCE SHEET**

Sl. No.	Name & Designation	Date	
		14/12/2019	
		FN	AN
14	ANN MARIYA PHILIP	<i>[Signature]</i>	<i>[Signature]</i>
15	Asha S. Thomas	<i>[Signature]</i>	<i>[Signature]</i>
16	Anna John	<i>[Signature]</i>	<i>[Signature]</i>
17	Vandha M. Vargh	<i>[Signature]</i>	<i>[Signature]</i>
18	ARYA. SIVAN	<i>[Signature]</i>	<i>[Signature]</i>
19	Anjana Ajith	<i>[Signature]</i>	<i>[Signature]</i>

Resource Person: *[Signature]*      Signature: *[Signature]*

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Perumbavoor - 683 642



## DEVELOPING SCIENTIFIC TEMPER, ESSENTIAL ASPECTS OF RESEARCH IN CONTEMPORARY SOCIETY

<b>Program Name</b>	Developing Scientific Temper; Essential aspects of Research in Contemporary Society
<b>Coordinator</b>	Dr. Rajani Jacob, coordinator, Walk With a Scholar (WWS) Programme, MTCW Assistant Professor, Dept. of Physics, MTCW
<b>Resource Person</b>	Dr. Tharanath R, Assistant. Professor, Aquinas College, Kochi
<b>Beneficiaries</b>	14 Students
<b>Date and Year</b>	10-12-2019
<b>Duration</b>	1.30 p.m. to 3.30 p.m.
<b>Objective</b>	To encourage students scientific curiosity To improve critical thinking capabilities
<b>Outcome</b>	Students got informations about various research opportunities Students are trained to be updated in their field.

Students of the modern-era should be skilled enough to compete with one another in highly competitive job markets. For students, it is also essential that they develop scientific temper from an early age onwards owing to the fact that, improving students' scientific temper will ensure that they are able to apply logic in a much better way and remain relevant in the industry. The class led by Dr. Tharanath emphasizes on the above points. Students understood that in the current Indian higher education realm where the industry academia gap is widening, students who can apply their theoretical knowledge into practical applications in the industry have better chances of getting employed.





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## Walk with a scholar program

### 2019-2020

## Developing Scientific Temper

**Resource Person :**

**Dr. Tharanath R**  
**Asst. Professor**  
**Aquinas College**  
**Edakkochi**

*10th December 2019*  
*Venue :PG Seminar Hall*  
*Time :1:30pm -3:30pm*

*Dr. Rajani Jacob*  
*WWS coordinator*



Interactive Session with students dated 10-12-2019





Dr. Tharanath R leading the session dated 10-12-2019

**List of students**

Sl.No	Name of Student	Department
1	Krishnapriya K S	B. A. (History)
2	Aiswarya Mohanan	B. A. (History)
3	Asna A. A.	B.Com (Tax)
4	Swaliha Backer	B.Com (Tax)
5	Aleena Jose	B.Com (Tax)
6	Aleesha Raihan	B.Sc. (Maths)
7	Fathima Abdul Azeez	B.Sc. (Maths)
8	Raseena Kareem	B.Sc. (Maths)
9	Angel Elizabeth	B.Sc. (Maths)
10	Kripa Elsa Kurian	B.Sc. (Chemistry)
11	Sumayya S. Ali	B.Sc. (Chemistry)
12	Niveditha A. K.	B.Sc. (Chemistry)
13	Anu Paul	B.Sc. (Physics)
14	Durga Gopan	B.Sc. (Physics)



Attendance Register

6 EXTERNAL MEMBRING CLASSES - 1 YEAR					
Sl. No	Name of the Candidate	Date & Time	Date & Time	Date & Time	Date & Time
1	Aleesha Raihan	5/12/19 9.30-12.30	10/12/19 10.00-12.00	10/12/19 1.30-3.30	31/12/19 1.30-4.30
2	Saietha T.J	<del>Aleesha</del> <del>Saietha</del>	<del>Aleesha</del>	<del>Aleesha</del>	<del>Saietha</del>
3	Raseena Karim	<del>Aleesha</del>	<del>Aleesha</del>	<del>Aleesha</del>	<del>Aleesha</del>
4	Fathima Abdul Azeez	<del>Aleesha</del>	<del>Aleesha</del>	<del>Aleesha</del>	<del>Aleesha</del>
5	Mina Davis	<del>Aleesha</del>	<del>Aleesha</del>	<del>Aleesha</del>	<del>Aleesha</del>
6	Bhulendur T. Anil	<del>Aleesha</del>	<del>Aleesha</del>	<del>Aleesha</del>	<del>Aleesha</del>
7	Anu Paul	<del>Aleesha</del>	<del>Aleesha</del>	<del>Aleesha</del>	<del>Aleesha</del>
8	Soochithy M.S	<del>Aleesha</del>	<del>Aleesha</del>	<del>Aleesha</del>	<del>Aleesha</del>
9	Akshaya Ravi	<del>Aleesha</del>	<del>Aleesha</del>	<del>Aleesha</del>	<del>Aleesha</del>
10	Krishna priya K.S	<del>Aleesha</del>	<del>Aleesha</del>	<del>Aleesha</del>	<del>Aleesha</del>
11	Swabha Baker	<del>Aleesha</del>	<del>Aleesha</del>	<del>Aleesha</del>	<del>Aleesha</del>
12	Asna A.A	<del>Aleesha</del>	<del>Aleesha</del>	<del>Aleesha</del>	<del>Aleesha</del>
13	Aleena Jose	<del>Aleesha</del>	<del>Aleesha</del>	<del>Aleesha</del>	<del>Aleesha</del>
14	Angel Elizabeth	<del>Aleesha</del>	<del>Aleesha</del>	<del>Aleesha</del>	<del>Aleesha</del>
15	Niveditha A.K	<del>Aleesha</del>	<del>Aleesha</del>	<del>Aleesha</del>	<del>Aleesha</del>
16	SUMAYYA.S.ALI	<del>Aleesha</del>	<del>Aleesha</del>	<del>Aleesha</del>	<del>Aleesha</del>
17	Knipa Elsa Kuvian	<del>Aleesha</del>	<del>Aleesha</del>	<del>Aleesha</del>	<del>Aleesha</del>
18	Bhulendur T. Anil	<del>Aleesha</del>	<del>Aleesha</del>	<del>Aleesha</del>	<del>Aleesha</del>
19	Durga Gupta	<del>Aleesha</del>	<del>Aleesha</del>	<del>Aleesha</del>	<del>Aleesha</del>
20	Fasela	<del>Aleesha</del>	<del>Aleesha</del>	<del>Aleesha</del>	<del>Aleesha</del>
21	Pavathy M.S	<del>Aleesha</del>	<del>Aleesha</del>	<del>Aleesha</del>	<del>Aleesha</del>
22	Fahim	<del>Aleesha</del>	<del>Aleesha</del>	<del>Aleesha</del>	<del>Aleesha</del>
23	Ann Mary Thomas	<del>Aleesha</del>	<del>Aleesha</del>	<del>Aleesha</del>	<del>Aleesha</del>
24	Anita Shaji	<del>Aleesha</del>	<del>Aleesha</del>	<del>Aleesha</del>	<del>Aleesha</del>
25	Sethu Lakshmi	<del>Aleesha</del>	<del>Aleesha</del>	<del>Aleesha</del>	<del>Aleesha</del>
26	Fathima Sheril	<del>Aleesha</del>	<del>Aleesha</del>	<del>Aleesha</del>	<del>Aleesha</del>
27	Khadeeja MH	<del>Aleesha</del>	<del>Aleesha</del>	<del>Aleesha</del>	<del>Aleesha</del>
28	Aneesee Aasil	<del>Aleesha</del>	<del>Aleesha</del>	<del>Aleesha</del>	<del>Aleesha</del>
29	Amal Saleem	<del>Aleesha</del>	<del>Aleesha</del>	<del>Aleesha</del>	<del>Aleesha</del>
30	Jiya Mathew	<del>Aleesha</del>	<del>Aleesha</del>	<del>Aleesha</del>	<del>Aleesha</del>

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## MEET THE EXPERT –LEADERSHIP SKILL ENHANCEMENT PROGRAM

<b>Program Name</b>	Meet the Expert- Leadership Skill Enhancement Program, Interactive Session With Prominent Researcher
<b>Resource Person</b>	Dr. Honey John, Professor, Dept. of Polymer Science & Rubber Technology, CUSAT, Kochi
<b>Coordinator</b>	Dr. Rajani Jacob, Coordinator, Walk With a Scholar Programme (WWS), Assistant Professor, Dept. of Physics, MTCW
<b>Beneficiaries</b>	16 Students
<b>Date and Year</b>	10-12-2019
<b>Duration</b>	10.00 a.m. to 12.00 p.m.
<b>Objective</b>	To interact with an expert in the field of research
<b>Outcome</b>	Students familiarized with opportunities in research. Students are motivated for higher studies

Dr. Honey John, Professor of Dept. of Polymer Science & Rubber Technology, CUSAT was one of the experts introduced to students in the ‘Meet the Expert’ programme. Dr. Honey explained the different opportunities in research as a career. She also explained how to manage the stress and succeed in life especially for the girl students. The session was very much informative for the students who are pursuing higher studies.





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## **Walk with a scholar program 2019-2020**

### **MEET THE EXPERT**

**Resource Person :**  
**Dr Honey John**  
**Professor**  
**Dept. of Polymer Science & Rubber Technoloey**  
**CUSAT**

*10th December 2019*  
*Venue :PG Seminar Hall*  
*Time :10:00am -12:00pm*

*Dr. Rajani Jacob*  
*WWS coordinator*



Talk taken by Dr. Honey John , date 10-12-2019





Talk taken by Dr. Honey John , date 10-12-2019

**List of students**

Sl.No	Name of student	Department
1	Krishnapriya K S	History
2	Aiswarya Mohanan	History
3	Akshara Ravi	History
4	Sreekutty M. S.	History
5	Asna A. A.	B.Com (Tax)
6	Swaliha Backer	B.Com (Tax)
7	Aleena Jose	B.Com (Tax)
8	Aleesha Raihan	Mathematics
9	Fathima Abdul Azeez	Mathematics
10	Raseena Kareem	Mathematics
11	Angel Elizabeth	Mathematics
12	Kripa Elsa Kurian	Chemistry
13	Sumayya S Ali	Chemistry
14	Niveditha A. K.	Chemistry
15	Anu Paul	Physics
16	Durga Gopan	Physics



Attendance Register

6 EXTERNAL MEMBRING CLASSES - I YEAR

Sl. No	Name of the Condi- dote	Date & Time 5/12/19 9.30-12.30	Date & Time 10/12/19 10.00-12.00	Date & Time 10/12/19 1.30-3.30	Date & Time 31/12/19 1.30-4.30
1	Aleesha Raihan	APR	APR	APR	APR
2	Saieetha T J	Sieetha	Sieetha	Sieetha	Sieetha
3	Raseena Kameem	Raseena	Raseena	Raseena	Raseena
4	Fathima Abdul Azees	Fathima	Fathima	Fathima	Fathima
5	Anna Davis	Anna	Anna	Anna	Anna
6	Bhulender T. Dnil	Bhulender	Bhulender	Bhulender	Bhulender
7	Anu Preet	Anu	Anu	Anu	Anu
8	Sneekutty M. S	Sneekutty	Sneekutty	Sneekutty	Sneekutty
9	Anshora Ravi	Anshora	Anshora	Anshora	Anshora
10	Krishna priya K.S	Priya	Priya	Priya	Priya
11	Swabha Backer	Swabha	Swabha	Swabha	Swabha
12	Asna A A	Asna	Asna	Asna	Asna
13	Aleena Jose	Aleena	Aleena	Aleena	Aleena
14	Angel Elizabeth	Angel	Angel	Angel	Angel
15	Niveditha AK	Niveditha	Niveditha	Niveditha	Niveditha
16	SUMAYYA S. ALI	Sumayya	Sumayya	Sumayya	Sumayya
17	Knipa Elsa Kuriyan	Knipa	Knipa	Knipa	Knipa
18	Bhulender T. Dnil	Bhulender	Bhulender	Bhulender	Bhulender
19	Durga Gopan	Durga	Durga	Durga	Durga
20	Fasheela	Fasheela	Fasheela	Fasheela	Fasheela
21	Parvathy M. A	Parvathy	Parvathy	Parvathy	Parvathy
22	Fahim	Fahim	Fahim	Fahim	Fahim
23	Ann Mary Thomas	Ann Mary	Ann Mary	Ann Mary	Ann Mary
24	Anita Shaji	Anita	Anita	Anita	Anita
25	Selva Lakshmi C	Selva	Selva	Selva	Selva
26	Fathima Shiral	Fathima	Fathima	Fathima	Fathima
27	Khadeeja MH	Khadeeja	Khadeeja	Khadeeja	Khadeeja
28	Aaseesee Aail	Aaseesee	Aaseesee	Aaseesee	Aaseesee
29	Amal Salim	Amal	Amal	Amal	Amal
30	Jiya Mathew	Jiya	Jiya	Jiya	Jiya

*Syo / ka / Var*

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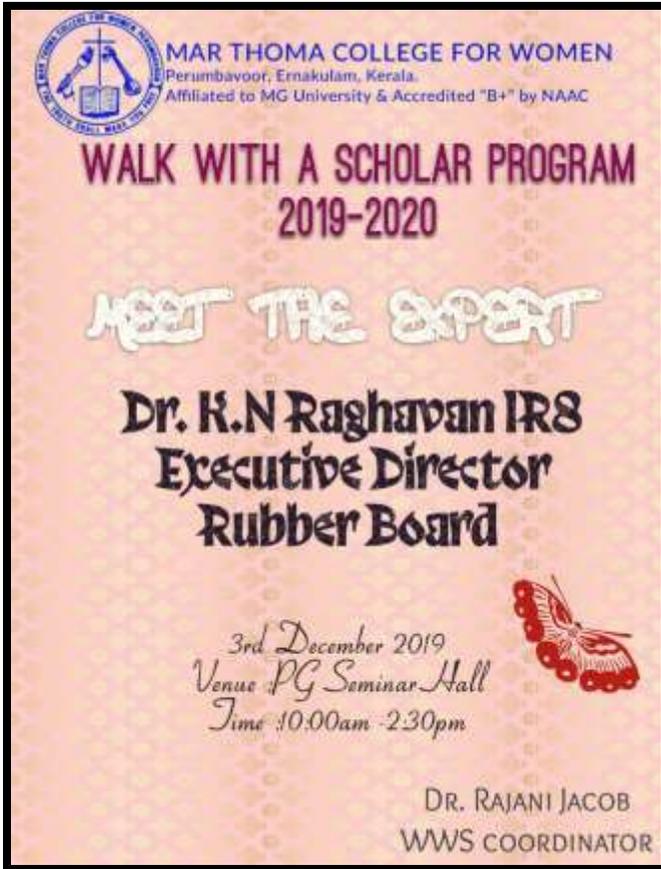


## LEADERSHIP SKILL ENHANCEMENT : INTERACTIVE SESSION WITH A CIVIL SERVANT

<b>Program Name</b>	Leadership Skill enhancement : Interactive Session With Civil Servant
<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. K. N. Raghavan IRS, Executive Director, Rubber Board
<b>Beneficiaries</b>	20 Students
<b>Date and Year</b>	03-12-2019
<b>Duration</b>	2.00 p.m. to 4.00 p.m.
<b>Objective</b>	To interact with a civil servant
<b>Outcome</b>	Students interacted with the resource person and got tips to crack the civil service examination.

As part of the 'Meet the Expert' program Dr. K. N. Raghavan IRS, Executive Director of Rubber Board was introduced to students. Students asked so many questions to clear the civil service examination. Sir started with his life history and then explained the civil service examination pattern. Students also asked about the benefits and challenges in the field. This interactive session was very motivating and students gave good feedback.





Interactive Talk done by Dr. K. N. Raghavan IRS, date: 03-12-2019

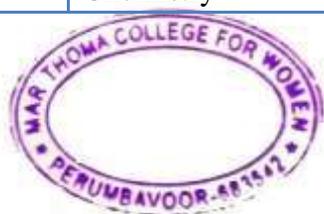




Presentation by Dr. K. N. Raghavan IRS, date: 03-12-2019

**List of students**

Sl.No.	Name of student	Department
1	Krishnapriya K S	History
2	Faseela KA	History
3	Akshara Ravi	History
4	Sreekutty M. S.	History
5	Asna A. A.	B.Com (Tax)
6	Swaliha Backer	B.Com (Tax)
7	Aleena Jose	B.Com (Tax)
8	Fathima Abdul Azeez	Mathematics
9	Raseena Kareem	Mathematics
10	Saieetha T J	Mathematics
11	Angel Elizabeth	Mathematics
12	Kripa Elsa Kurian	Chemistry
13	Sumayya S Ali	Chemistry



14	Parvathy M A	Chemistry
15	Niveditha A. K.	Chemistry
16	Anusree Anil	Chemistry
17	Khadeeja Mol P. A.	Chemistry
18	Khadeeja M. H.	Physics
19	Akhilendu T. Anil	Physics
20	Fathima Shiril	Physics

**Attendance Register**

2019-20  
EXTERNAL MENTORING CLASSES - 3 YEAR

Sl. No.	Name of the Member	Date & Time	Date & Time	Date & Time	Date & Time
		1/01/2019 9.30-12.00	1/01/2019 1.30-3.30	30/11/19 10.00 to 12.00	31/12/2019 2.00 to 4.00
1	Khripa Elsa Kurian	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
2	Parvathy M. A.	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
3	Niveditha A.K.	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
4	Anusree Anil	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
5	Sumanya S. D. C.	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
6	Khadeeja Mol PA	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
7	Fathima Abdul Azeez	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
8	Aleesha Raihan M.A.	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
9	Angel Elizabeth	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
10	Darshana K. A.	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
11	Krishnapriya K.S.	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
12	Akshaya Ravi	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
13	Sneekethy M.S.	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
14	AEswarya Mohanan	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
15	Saifeetha T.T.	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
16	Rasena Kaneroo	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
17	Fathima Rafique	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
18	Fathima Shiril	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
19	Khadeeja M.H.	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
20	Akhilendu T. Anil	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
21	Aleesha Jose	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
22	Asna A.A.	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
23	Suwalha Barker	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
24	Anu Paul	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
25	Ann Mary Thomas	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
26	Anita Shaj	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
27	Sethulakshmi C.	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
28	Joe Mathew	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
29	Arso Doolis	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
30	Sandramol	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>

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## PERSONAL GROWTH PROGRAMME

<b>Name of the program</b>	Personal Growth Programme
<b>Beneficiary</b>	18 Students of the college
<b>Date</b>	3/12/2019
<b>Scope</b>	Personality development
<b>Resource person</b>	Mr. Arun Jose, Motivational speaker and personality trainer, 9526411450
<b>Coordinator</b>	Reemy Sara Mathai, Assistant Professor, Mar Thoma College for Women, Perumbavoor
<b>Duration</b>	4 sessions
<b>Venue</b>	Conference hall
<b>Objective</b>	Upskilling life skills
<b>Outcome</b>	Participatory learning ensured enhanced learning

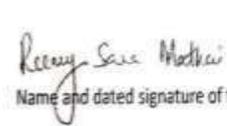
The program was conducted in December 2019 by Mar Thoma College for Women, Perumbavoor for the slow learners among first and second year students. 18 students participated in the program. Mrs. Reemy Sara Mathai, Assistant Professor, department of Zoology, Mar Thoma College for Women, Perumbavoor served as the program coordinator and was instrumental in arranging the sessions. Mr. Arun Jose, Personality trainer and motivational speaker handled the sessions.

The sessions motivated the students and helped in creating self-worth. It focused on enhancing the team work management skills and interpersonal communication among peers. A total of 4 sessions were handled during the academic year 2019-20.



Name of the College : Mar Thoma College for Women, Perumbavoor

Sl.No.	Date	Time: From..... To.....	Topic	Year/ semester	No. of participants	Name of external trainer	Signature of external trainer
1.	3-12-2019	1.00-3.00pm	Personal growth	I DC	6	Arun Jose.	


  
 Name and dated signature of the College level coordinator

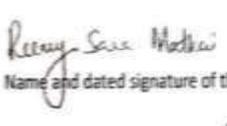


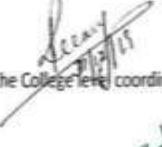
  
 College Seal


  
 DR. GIGI GEORGE  
 Principal-in-charge  
 Mar Thoma College for Women  
 Perumbavoor - 681542

Name of the College : Mar Thoma College for Women, Perumbavoor

Sl.No.	Date	Time: From..... To.....	Topic	Year/ semester	No. of participants	Name of external trainer	Signature of external trainer
1.	3-12-2019	10.00-12.pm	Personal growth	II DC	10	Arun Jose.	


  
 Name and dated signature of the College level coordinator

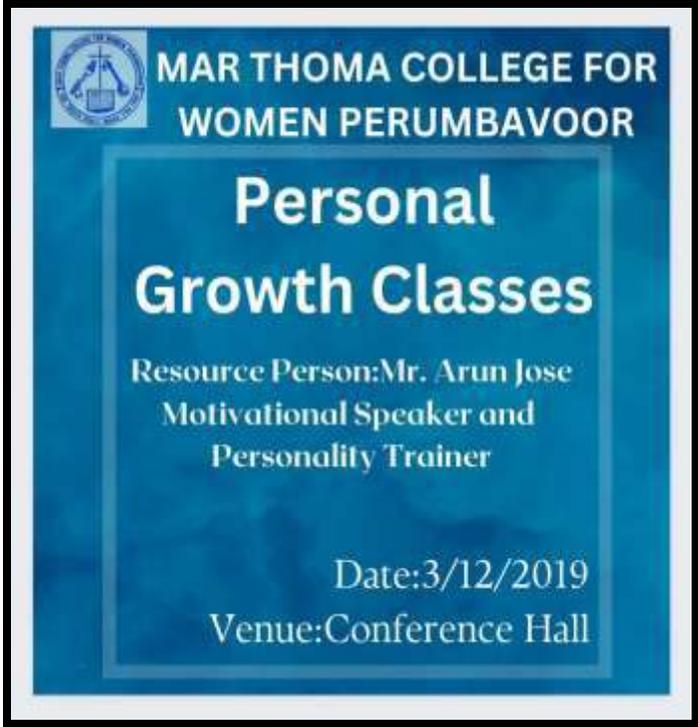


  
 College Seal


  
 DR. GIGI GEORGE  
 Principal-in-charge  
 Mar Thoma College for Women  
 Perumbavoor - 681542

Notice





Interactive circle dated 3/12/2019



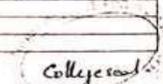
# Attendance Register

A

**Attendance of students (External mentoring sessions)**

External mentor: Anus Jose Date: 3/12/19  
 Topic: Personal Growth Time: 10-12

Sl.No.	Name of student	Department	Year	Signature
1	Caroline Jay	B.Sc Chemistry	II	[Signature]
2	Geetha SRS	"	"	[Signature]
3	Alina BABU	"	"	[Signature]
4	Leela Anandhan	"	"	[Signature]
5	Prasanna V H	"	"	[Signature]
6	Eliana Eldhose	Ind Brown Tax	II	[Signature]
7	[Signature]	"	"	[Signature]
8	Geetha T Babu	"	"	[Signature]
9	[Signature]	"	"	[Signature]
10	Bipithamalka	"	"	[Signature]
11	Kalitha Jeyaraj	"	"	[Signature]
12	Yashritha P Maroj	"	"	[Signature]

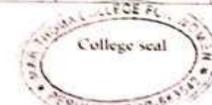
Name & dated signature of College coordinator: Reemy Sana Mathai 3/12/19 

IDC

**Attendance of Students (External mentoring Sessions)**

External mentor: Anus Jose Date: 3/12/19  
 Topic: Personal Growth Time: 1-3

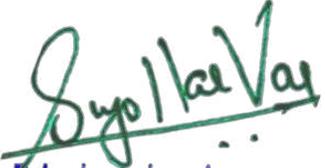
Sl.No.	Name of the Student	Department	Year	Signature
1	Eliana Mathew	B.A 1 year History	1 year	[Signature]
2	[Signature]	B.Tech in IT	1st year	[Signature]
3	Bipithamalka A	B.Tech in IT	1st year	[Signature]
4	Bhagya	B.Sc Mathematics	1 year	[Signature]
5	Sangeetha	B.A History	"	[Signature]
6	[Signature]	B.A History	"	[Signature]
7	Varada Lakshmi Kumar	"	1 year	[Signature]
8	Bhagya Agnes James	BA History	1st year	[Signature]

Name and dated signature of College coordinator: Reemy Sana Mathai 3/12/19 



### List of Participants

Sl. No.	Name of student	Programme
1.	Eleena Mathew	I BA History
2.	Dhanya	I B. Sc. Mathematics
3.	Saramol Sajan	I BA History
4.	Diya Kalesh	I BA History
5.	Vrinda Jayakumar	I BA History
6.	Bhagya Agnes James	I BA History
7.	Amrutha Joy	II B. Sc. Chemistry
8.	Soniya A. S.	II B. Sc. Chemistry
9.	Aleena Babu	II B. Sc. Chemistry
10.	Devika Chandran	II B. Sc. Chemistry
11.	Haritha V. H.	II B. Sc. Chemistry
12.	Ebisa Eldhose	II B. Com (F&T)
13.	Arya Revi	II B. Com (F&T)
14.	Giya P. Babu	II B. Com (F&T)
15.	Athira C. U.	II B. Com (F&T)
16.	Bibitha Mol K. A.	II B. Com (F&T)
17.	Krishna Rajeevan	II B. Com (F&T)
18.	Yamuna P. Manoj	II B. Com (F&T)

  
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## LEARNING SKILLS ENCHANCEMENT PROGRAMME

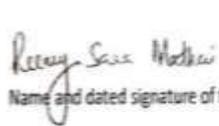
<b>Name of the Program</b>	Learning Skills Enhancement Programme
<b>Beneficiary</b>	16 Students of the college
<b>Date</b>	3/12/2019
<b>Scope</b>	Memory Skills
<b>Coordinator</b>	Reemy Sara Mathai, Assistant Professor, Mar Thoma College For Women, Perumbavoor
<b>Duration</b>	6 Sessions
<b>Venue</b>	Conference Hall
<b>Objective</b>	Improve Learning And Memory Skills
<b>Outcome</b>	Enhanced Memory And Learning Among Students
<b>Resource Person</b>	Mr. Sivasree M.S.- 7356619360

The program was conducted in the month of December 2019 by the Mar Thoma College for Women, Perumbavoor for the slow learners among first and second year students. 16 students participated in the program. Mrs. Reemy Sara Mathai, Assistant Professor, department of Zoology, Mar Thoma College for Women, Perumbavoor served as the program coordinator and was instrumental in arranging the sessions. Mr. Sivasree M.S, ASAP trainer handled the sessions. The sessions focused on improving the memory and learning skills among students. Mind map construction was demonstrated and practiced. Several activities were conducted which not only engaged the students but helped them understand the easy ways to remember and recollect. A total of 6 classes were handled during the academic year 2019-20



Name of the College : Mar Thoma College for Women, Perumbavoor

SL.No.	Date	Time: From..... To.....	Topic	Year/ semester	No. of participants	Name of external trainer	Signature of external trainer
1.	3-12-2019	9.30-12.30 pm	Learning Skills	I DC	6	Sivasree M.S.	


  
 Name and dated signature of the College level coordinator

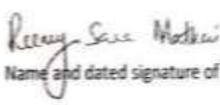


  
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Name of the College : Mar Thoma College for Women, Perumbavoor

SL.No.	Date	Time: From..... To.....	Topic	Year/ semester	No. of participants	Name of external trainer	Signature of external trainer
1.	3-12-2019	1.00- 4.00 pm	Learning Skills	II DC	10	Sivasree M.S.	


  
 Name and dated signature of the College level coordinator



  
 College Seal


  
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 Principal-in-charge  
 Mar Thoma College for Women  
 Perumbavoor - 681542





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

# Learning skill enhancement program

**Date:3/12/2019**  
**Time:9:30am-12:30pm**  
**Venue:Confernce Hall**

Resource Person  
Mr.Sivasree  
ASAP Trainer

**Reemy Sara Mathai**  
Coordinator



Group activity





I. DC.

**Attendance of Students (External monitoring Sessions)**

External monitor: *S. S. S. S. S.* Date: *4/12/2019*

Topic: *Learning Skills* Time: *1-4pm*

Sl.No.	Name of the Student	Department	Year	Signature
1	Devika Chandran	BSc. Chemistry	II	<i>[Signature]</i>
2	Haritha V. H.	BSc. Chemistry	II	<i>[Signature]</i>
3	Amrutha Joy	BSc. Chemistry	II	<i>[Signature]</i>
4	Aleena Babu	BSc. Chemistry	II	<i>[Signature]</i>
5	Soniya A. S.	BSc. Chemistry	II	<i>[Signature]</i>
6	Ebisa Eldhose	B.A. History	II	<i>[Signature]</i>
7	Giya P. Babu	B.A. History	II	<i>[Signature]</i>
8	Arya Ravi	B.A. History	II	<i>[Signature]</i>
9	Athira C. U.	B.A. History	II	<i>[Signature]</i>
10	Krishna Rajeev	B.A. History	II	<i>[Signature]</i>
11	Dhanya	B.Sc. Mathematics	I	<i>[Signature]</i>
12	Saramol Sajan	B.Sc. Mathematics	I	<i>[Signature]</i>
13	Eleena Mathew	B.A. History	I	<i>[Signature]</i>
14	Vrinda Jayakumar	B.A. History	I	<i>[Signature]</i>
15	Bhagya Agnes James	B.A. History	I	<i>[Signature]</i>
16	Diya Kalesh	B.A. History	I	<i>[Signature]</i>

Name and stamp signature of College coordinator: *Ranjana S. Mathai* *[Signature]*

*[Stamp: MAR THOMA COLLEGE FOR WOMEN PERUMBAVOOR]*

List of Participants

Sl. No.	Name of student	Programme
1.	Devika Chandran	II B. Sc. Chemistry
2.	Haritha V. H.	II B. Sc. Chemistry
3.	Amrutha Joy	II B. Sc. Chemistry
4.	Aleena Babu	II B. Sc. Chemistry
5.	Soniya A. S.	II B. Sc. Chemistry
6.	Ebisa Eldhose	II B. Com (F&T)
7.	Giya P. Babu	II B. Com (F&T)
8.	Arya Ravi	II B. Com (F&T)
9.	Athira C. U.	II B. Com (F&T)
10.	Krishna Rajeev	II B. Com (F&T)
11.	Dhanya	I B. Sc. Mathematics
12.	Saramol Sajan	I B. Sc. Mathematics
13.	Eleena Mathew	I BA History
14.	Vrinda Jayakumar	I BA History
15.	Bhagya Agnes James	I BA History
16.	Diya Kalesh	I BA History

*[Signature]*

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## SOFT SKILLS AND PRESENTATION SKILLS

<b>Program Name</b>	Soft Skills and Presentation 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>	Mr. Sanjeev Kumar, Director, Skilled Birds Finishing School, Kochi
<b>Beneficiaries</b>	22 Students
<b>Date and Year</b>	23-11-2019
<b>Duration</b>	1.30 p.m. to 4.30 p.m.
<b>Objective</b>	To learn presentation skills
<b>Outcome</b>	Students learned the ways of effective presentation

The resource person made the students understand that the ability to present information in a way that is easy for an audience to understand is an incredibly useful soft skill. Students were involved in different activities. Through each activity they learned how to manage a team. They learned different powerful ways to communicate an idea or message. This was an interactive and learner centered session.





Mr. Sanjeev Kumar, Director, Skilled Birds Finishing School interacting with students, date: 23-11-2019





Group Activity Session , date: 23-11-2019

**List of students**

Sl.No	Name of student	Department
1	Fathima Mariam	History
2	Namitha K.B.	Physics
3	Sulfath T. S.	Physics
4	Anitha Thomas	Physics
5	Ainu C Sunny	B.Com (Tax)
6	Mariya George	B.Com (Tax)
7	Nelha Thomas	B.Com (Tax)
8	Ebisa Eldhose	B.Com (Tax)
9	Gayathri Ajith	Mathematics
10	Alfiya K Karim	Mathematics
11	Gopika Babu	Mathematics
12	Farsana P.M.	Mathematics
13	Nimmy Mohan	Mathematics
14	Harshamol Gopi	Chemistry
15	Ajmiya C.S.	Chemistry



16	Anakha P.M.	Chemistry
17	Aiswarya A.V.	Chemistry
18	Fousiya C.S.	English
19	Jolsana Sibi	English
20	Anjam Ameer	English
21	Feba Eldhose	Zoology
22	Gayathri J. Nair	Zoology

**Attendance Register**

2019 - 20

EXTERNAL MENTORING CHARGES - III YEAR

Sl. No.	Name of the Mentee	Date & Time 25/11/19 10.30 - 12.00	Date & Time 25/11/19 1.30 - 4.30	Date & Time 30/11/19 12.30 - 2.30	Date & Time 5/12/19 2.00 - 5.30pm
1	Alfa K. Karing	Alfa	Alfa	Alfa	Alfa
2	Fatima P.M	Fatima	Fatima	Fatima	Fatima
3	Gayathri J. Nair	Gayathri	Gayathri	Gayathri	Gayathri
4	Maniya George	Maniya	Maniya	Maniya	Maniya
5	Fousiya C.S	Fousiya	Fousiya	Fousiya	Fousiya
6	Nitha Thomas	Nitha	Nitha	Nitha	Nitha
7	Praekhi Babu	Praekhi	Praekhi	Praekhi	Praekhi
8	Aparna Nair	Aparna	Aparna	Aparna	Aparna
9	Ajmiya S	Ajmiya	Ajmiya	Ajmiya	Ajmiya
10	Anjans Ameer	Anjans	Anjans	Anjans	Anjans
11	Jebina Sibi	Jebina	Jebina	Jebina	Jebina
12	Arajtha Devassy	Arajtha	Arajtha	Arajtha	Arajtha
13	Asna Abbas	Asna	Asna	Asna	Asna
14	Tathina Thomas	Tathina	Tathina	Tathina	Tathina
15	Gayathri J. Nair	Gayathri	Gayathri	Gayathri	Gayathri
16	Maniya P.V	Maniya	Maniya	Maniya	Maniya
17	Geepika Babu	Geepika	Geepika	Geepika	Geepika
18	Scarfath S	Scarfath	Scarfath	Scarfath	Scarfath
19	Anitha Thomas	Anitha	Anitha	Anitha	Anitha
20	Namitha K.B	Namitha	Namitha	Namitha	Namitha
21	Ainu C Sunny	Ainu	Ainu	Ainu	Ainu
22	Feba Eldhose	Feba	Feba	Feba	Feba
23	Nimmi Mohan	Nimmi	Nimmi	Nimmi	Nimmi
24	Anakha P.M	Anakha	Anakha	Anakha	Anakha
25	Hemachamol Gopi	Hemachamol	Hemachamol	Hemachamol	Hemachamol
26	Jeba Eldhose	Jeba	Jeba	Jeba	Jeba
27	Asna P.S	Asna	Asna	Asna	Asna

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## GOAL SETTING: SETTING REALISTIC GOALS

<b>Program Name</b>	Goal Setting: Setting Realistic Goals
<b>Coordinator</b>	Dr. Rajani Jacob, Co-ordinator, Walk With a Scholar (WWS) Programme, & Assistant Professor, Dept. of Physics, MTCW
<b>Resource Person</b>	Mr. M. V Polachan, Deputy Chief, SSUS, Kalady
<b>Beneficiaries</b>	30 Students
<b>Date and Year</b>	01-11-2019
<b>Duration</b>	10.00 a.m. to 12.00 p.m.
<b>Objective</b>	<ul style="list-style-type: none"><li>• To set realistic goals</li><li>• Making Action plans to achieve goals</li></ul>
<b>Outcome</b>	Students prepared short term and long term action plans

The session was arranged to set SMART (specific, measureable, attainable, relevant and time-bound) goals that motivate students and write them down to make them feel tangible, also to plan the steps and to realize the goal. Mr. M. V Polachan, Deputy Chief, SSUS, Kalady led a two hour session and students discussed their aims and plans.



 **MAR THOMA COLLEGE FOR WOMEN**  
Perumbavoor, Ernakulam, Kerala.  
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**WALK WITH A SCHOLAR PROGRAM**  
**2019-2020**

*Goal Setting*

**Resource Person :**

**MV Polachan**  
**Deputy Chief**  
**SSUS Kalady**

*1st November 2019*  
*Venue :PG Seminar Hall*  
*Time :10:00 am -12:00 am*

*Dr. Rajani Jacob*  
*WWS coordinator*





Sessional talk taken by Mr. M. V Polachan, date: 01-11-2019

**List of students**

Sl.No	Name of student	Department
1	Krishnapriya K S	History
2	Aiswarya Mohanan	History
3	Sethu Lakshmi C	History
4	Faseela K A	History
5	Akshara Ravi	History
6	Sreekutty M S	History
7	Fahima Rafeeqe	B.Com (Tax)
8	Asna A. A.	B.Com (Tax)
9	Jixa Mathew	B.Com (Tax)
10	Ann Mary Thomas	B.Com (Tax)
11	Swaliha Backer	B.Com (Tax)
12	Aleena Jose	B.Com (Tax)
13	Anitta Shoji	Mathematics



14	Aleesha Raihan	Mathematics
15	Fathima Abdul Azeez	Mathematics
16	Raseena Kareem	Mathematics
17	Angel Elizabeth	Mathematics
18	Saieetha T. J.	Mathematics
19	Kripa Elsa Kurian	Chemistry
20	Parvathy M. A.	Chemistry
21	Anusree Anil	Chemistry
22	Niveditha A. K.	Chemistry
23	Sumayya S Ali	Chemistry
24	Khadeeja Mol P. A.	Chemistry
25	Anu Paul	Physics
26	Fathima Shiril	Physics
27	Khadeeja M. H.	Physics
28	Durga Gopan	Physics
29	Akhilendu T Anil	Physics
30	Anna Davis	Physics



## Attendance Register

2019-20					
EXTERNAL MENTORING CLASSES - 3 YEAR					
Sl. No.	Name of OFW Mentee	Date & Time 1/01/2019 9:30 - 12:00	Date & Time 1/01/2019 1:30 - 2:30	Date & Time 30/11/19 10:00 - 12:00	Date & Time 31/12/2019 2:00 to 4:00
1	Kripa Elsa Kurian	<del>Present</del>	<del>Present</del>	<del>Present</del>	<del>Present</del>
2	Fervathy M.A	<del>Present</del>	<del>Present</del>	<del>Present</del>	<del>Present</del>
3	Niveditha A.K	<del>Present</del>	<del>Present</del>	<del>Present</del>	<del>Present</del>
4	Aneena Anil	<del>Present</del>	<del>Present</del>	<del>Present</del>	<del>Present</del>
5	SUMATHI S-DLI	<del>Present</del>	<del>Present</del>	<del>Present</del>	<del>Present</del>
6	Khadeja Mol PA	<del>Present</del>	<del>Present</del>	<del>Present</del>	<del>Present</del>
7	Fathima Abdul Azeez	<del>Present</del>	<del>Present</del>	<del>Present</del>	<del>Present</del>
8	Aleesha Raihan M.A	<del>Present</del>	<del>Present</del>	<del>Present</del>	<del>Present</del>
9	Angel Elizabeth	<del>Present</del>	<del>Present</del>	<del>Present</del>	<del>Present</del>
10	Fareeda K.A	<del>Present</del>	<del>Present</del>	<del>Present</del>	<del>Present</del>
11	Krishnapriya K.S	<del>Present</del>	<del>Present</del>	<del>Present</del>	<del>Present</del>
12	Akshaya Ravi	<del>Present</del>	<del>Present</del>	<del>Present</del>	<del>Present</del>
13	Sreelakshmi M-S	<del>Present</del>	<del>Present</del>	<del>Present</del>	<del>Present</del>
14	ASWATHI Mubarian	<del>Present</del>	<del>Present</del>	<del>Present</del>	<del>Present</del>
15	Safetha T.T	<del>Present</del>	<del>Present</del>	<del>Present</del>	<del>Present</del>
16	Rasana Kaseem	<del>Present</del>	<del>Present</del>	<del>Present</del>	<del>Present</del>
17	Fahima Dafeeqe	<del>Present</del>	<del>Present</del>	<del>Present</del>	<del>Present</del>
18	Fathima Shireen	<del>Present</del>	<del>Present</del>	<del>Present</del>	<del>Present</del>
19	Khadeja M.H	<del>Present</del>	<del>Present</del>	<del>Present</del>	<del>Present</del>
20	Abhilasha Trial	<del>Present</del>	<del>Present</del>	<del>Present</del>	<del>Present</del>
21	Aleesha Jose	<del>Present</del>	<del>Present</del>	<del>Present</del>	<del>Present</del>
22	Asna A.A	<del>Present</del>	<del>Present</del>	<del>Present</del>	<del>Present</del>
23	Smalika Baike	<del>Present</del>	<del>Present</del>	<del>Present</del>	<del>Present</del>
24	Anu Paul	<del>Present</del>	<del>Present</del>	<del>Present</del>	<del>Present</del>
25	Ann Mary Thomas	<del>Present</del>	<del>Present</del>	<del>Present</del>	<del>Present</del>
26	Anita Shaji	<del>Present</del>	<del>Present</del>	<del>Present</del>	<del>Present</del>
27	Sibbulakshmi C	<del>Present</del>	<del>Present</del>	<del>Present</del>	<del>Present</del>
28	Jojo Mathew	<del>Present</del>	<del>Present</del>	<del>Present</del>	<del>Present</del>
29	Aroha Dais	<del>Present</del>	<del>Present</del>	<del>Present</del>	<del>Present</del>
30	Sandramol	<del>Present</del>	<del>Present</del>	<del>Present</del>	<del>Present</del>

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## SELF AWARENESS-SWOT ANALYSIS AND PERSONAL DEVELOPMENT PLAN

<b>Program Name</b>	Self-awareness – SWOT analysis and Personal Development Plan (PDP)
<b>Coordinator</b>	Dr. Rajani Jacob, Co-ordinator, Walk With a Scholar (WWS) Programme Assistant Professor, Dept. of Physics, MTCW
<b>Resource Person</b>	Mr. Alex Mathew, Director, T-Horizon, Muvattupuzha
<b>Beneficiaries</b>	29 Students
<b>Date and Year</b>	01-11-2019
<b>Duration</b>	1.30 p.m. to 3.30 p.m.
<b>Objective</b>	To make a SWOT analysis
	To prepare personal development plan (PDP)
<b>Outcome</b>	Students learned how to do SWOT analysis and prepared PDP.

Students were trained to use a SWOT analysis as a starting point to help them to create their personal development plan (PDP). SWOT stands for Strengths, Weaknesses, Opportunities and Threats. The resource person asked them to write their SWOTs and gave instructions to analyze it. Then they prepared a PDP and the resource person classified it into short term and long term. Hence they got a clear understanding of how to plan for their future.





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## Walk with a scholar program

2019-2020

### SWOT ANALYSIS & PERSONAL DEVELOPMENT PLAN

*Resource Person :*

*Mr. Alex Mathew  
Director, T-Horizon  
Muvattupuzha*

*1st November 2019  
Venue PG Seminar Hall  
Time : 1:30 pm - 3:30 pm*

*Dr. Rajani Jacobs  
WWS coordinator*



Talk by Mr. Alex Mathew, date: 01-11-2019





Interactive Talk by Mr. Alex Mathew, date: 01-11-2019

**List of students**

Sl.No.	Name of student	Department
1	Krishnapriya K S	B. A. (History)
2	Aiswarya Mohanan	B. A. (History)
3	Sethu Lakshmi C	B. A. (History)
4	Faseela K A	B. A. (History)
5	Akshara Ravi	B. A. (History)
6	Sreekutty M. S.	B. A. (History)
7	Jixa Mathew	B.Com (Tax)
8	Fahima Rafeeqe	B.Com (Tax)
9	Asna A. A.	B.Com (Tax)
10	Ann Mary Thomas	B.Com (Tax)
11	Swaliha Backer	B.Com (Tax)
12	Aleena Jose	B.Com (Tax)
13	Anitta Shoji	B.Sc. (Maths)



14	Aleesha Raihan	B.Sc. (Maths)
15	Fathima Abdul Azeez	B.Sc. (Maths)
16	Raseena Kareem	B.Sc. (Maths)
17	Angel Elizabeth	B.Sc. (Maths)
18	Saieetha T. J.	B.Sc. (Maths)
19	Kripa Elsa Kurian	B.Sc. (Chemistry)
20	Sumayya S. Ali	B.Sc. (Chemistry)
21	Parvathy M. A.	B.Sc. (Chemistry)
22	Anusree Anil	B.Sc. (Chemistry)
23	Niveditha A. K.	B.Sc. (Chemistry)
24	Anu Paul	B.Sc. (Physics)
25	Fathima Shiril	B.Sc. (Physics)
26	Akhilendu T. Anil	B.Sc. (Physics)
27	Khadeeja M. H.	B.Sc. (Physics)
28	Anna Davis	B.Sc. (Physics)
29	Durga Gopan	B.Sc. (Physics)

### Attendance Register

2019 - 20  
EXTERNAL MENTORING CLASSES - 3 YEAR

Sr. No.	Name of BSc Member	Date & Time 1/01/2019 9:30 - 12:00	Date & Time 1/01/2019 1:30 - 3:30	Date & Time 30/11/19 10:00 to 12:00	Date & Time 31/12/2019 2:00 to 2:30
1	Kripa Elsa Kurian	Present	Present	Present	Present
2	Niveditha A.K	Present	Present	Present	Present
3	Niveditha A.K	Present	Present	Present	Present
4	Anusree Anil	Present	Present	Present	Present
5	Sumayya S. Ali	Present	Present	Present	Present
6	Khadeeja M.H. PA	Present	Present	Present	Present
7	Fathima Abdul Azeez	Present	Present	Present	Present
8	Aleesha Raihan M.A	Present	Present	Present	Present
9	Angel Elizabeth	Present	Present	Present	Present
10	Fathima A.K.A	Present	Present	Present	Present
11	Krishnapriya K.S	Present	Present	Present	Present
12	Akshaya Ravi	Present	Present	Present	Present
13	Sneekutty M.S	Present	Present	Present	Present
14	Sumayya Mohanan	Present	Present	Present	Present
15	Saieetha T.J	Present	Present	Present	Present
16	Raseena Kareem	Present	Present	Present	Present
17	Fathima Rajesque	Present	Present	Present	Present
18	Fathima Shiril	Present	Present	Present	Present
19	Khadeeja M.H	Present	Present	Present	Present
20	Akhilendu T. Anil	Present	Present	Present	Present
21	Aleesha I. Iaso	Present	Present	Present	Present
22	Anna A.A	Present	Present	Present	Present
23	Susaliha Baires	Present	Present	Present	Present
24	Anu Paul	Present	Present	Present	Present
25	Ann Hanny Thomas	Present	Present	Present	Present
26	Anika Shoy	Present	Present	Present	Present
27	Siddhulakshmi C	Present	Present	Present	Present
28	Sree Mathias	Present	Present	Present	Present
29	Ansa Dora	Present	Present	Present	Present
30	Sandramol	Present	Present	Present	Present

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## SOFT SKILL ENHANCEMENT PROGRAMME

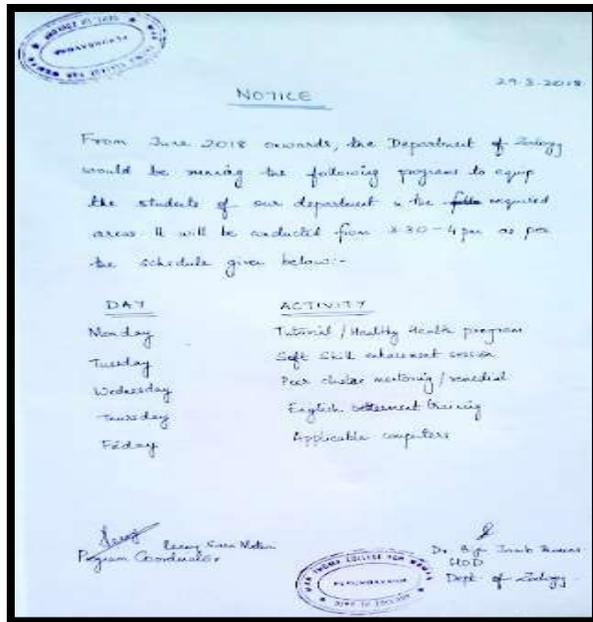
<b>Organizer</b>	Department of Zoology
<b>Beneficiary</b>	54 Students of the Department of Zoology
<b>Year</b>	11/6/2019
<b>Scope</b>	Soft Skills
<b>Coordinator</b>	Ms. Reemy Sara Mathai, Assistant Professor, Mar Thoma College For Women, Perumbavoor
<b>Duration</b>	24 Sessions
<b>Venue</b>	Zoology Lab/ Garden
<b>Objective</b>	Upskilling 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 the communication skills, team work management skills, decision making skills and interpersonal communication among peers. A total of 24 classes were handled during the academic year 2019-20.



## Notice



Activity Session, date: 11/6/2019



**List of students:**

Sl.No	III B.Sc. Zoology	II B.Sc. Zoology	I B.Sc. Zoology
1	Carolin Ann George	Ankitha Ayyappan	Aleena Mariya George
2	Aparna Anil	Ashna P.S.	Alfiya Shaji
3	Deepthi K. Surendran	Asna Abbas	Amalendhu Rajan
4	Dona Joy	Aswathy Sajeevan	Anjana Sajeev
5	Elna Eldho	Athira C.M	Ashlin Sabu
6	Fathima Fairooz	Dona Eldhose	Fathima Farzana
7	Kallyani Surendran	Feba Eldhose	Fathima Shaji
8	Karthika Rajan	Gayathry J. Nair	Leeshma Shaji
9	Karthika S.	Hridhya Surendran	Maneesha Beegum P.M
10	Lakshmi Narayanan	Jinu James	Mayoori M.B
11	Mariya Emima Babu	Jisha Susan Shaji	Nidhy Anna Sunny
12	Neeraja Ponnu	Mahina P.M	Shabana Kareem
13	Ponnu Dileep	Parvathy Salin Kumar	Fathima Kareem
14	Saranya Bhadrn	Raihanath C.A	Hindbeevi A.M
15	Shahina Basheer	Renju K. Reji	Nabeela A.A
16	Shilpa Kiran	Rizana A.J	Sandra P.S
17	Soya mol	Sulfeena T.K.	Siya Paul
18	Thasni K.M	Susan Cheriyan	
19		Vismaya Raju	



## SOFT SKILL ENHANCEMENT PROGRAMME

Sl.No.	DATE	ACTIVITY	GROUP No:	CLASS	SIGN
1	11/6/19	Self Introduction	1,2,3	II	P.P.
2	18/6/19	Discussion - Role of Communication in Polity	1,2	III	P.P.
3	2/7/19	Vocabulary Enrichment	4,5	II	P.P.
4	16/7/19	Self Introduction	3,4,5	III	P.P.
5	23/7/19	Story telling	1,2,3	III	P.P.
6	30/7/19	Decision making and result analysis	1,2	II	P.P.
7	6/8/19	Ideation and ppt	2,4	III	P.P.
8	13/8/19	Listeners to speakers activity	3,5	II	P.P.
9	20/8/19	Decision making and result analysis	1,3,5	III	P.P.
10	3/9/19	Ideation and ppt	3,4,5	II	P.P.
11	17/9/19	Skit - Power of words	1,2,3	I	P.P.
12	24/9/19	Story telling	1,2,3	II	P.P.
13	1/10/19	Self Introduction	1,2,4	III	P.P.
14	8/10/19	Group handling activity	4,5	II	P.P.
15	15/10/19	Resume preparation	3,5	II	P.P.
16	22/10/19	Listeners to speakers activity	1,2,3	III	P.P.
17	29/10/19	Responsible reporting	1,3,5	I	P.P.
18	19/11/19	Group handling activity	2,3,5	II	P.P.
19	26/11/19	Time management activity	2,4	I	P.P.
20	7/12/19	Skit - Words have life	4,5	II	P.P.

Sl.No	DATE	ACTIVITY	GROUP NO:	CLASS NO.	SIGN
21.	7/1/20	Responsible reporting	1,2	II	P.P.
22.	14/1/20	Resume preparation	1,2,3,4,5	III	P.P.
23.	21/1/20	Conflict resolution	1,2,3,4,5	I	P.P.
24.	28/1/20	Time management activity	1,2,3,4,5	II	P.P.



Peer Grouping 2017-20 batch

I. Shahina Bushra  
Karthika Rajin  
Aparna K. Anil  
Neeraja P.R.

II. Carolin Ann George  
Farhana Parveen  
Karthika S.  
Lakshmi Narayanasan.

III. Ponnu Dileep  
Dona Jay  
Sandra Sunil

IV. Kallyani Suresh  
Shilpa Kerian  
Deepthi Balas  
Saiyasa Bhadrar.

V. Tharun K.M  
Elsa Eldho  
Fathima Fawoiz C.M  
Masia Enima Babu.

Peer Group 2018-21

I. Ashna P.S  
Mahina  
Rajin  
Jia

II. Asna Abbas  
Hoideya.  
Athra.  
Rizana.

III. Gayathri  
Pasudhy  
Jenin James.  
Sura.

IV. Feba Eldhose  
Rashmi  
Dona.  
Siffeena.

V. Ankitha  
Jiha  
Aswathy.  
Vemaya



Peer Group 2019-22

<u>I. Shabana Kaseem</u> Anjina Maseetha Alicha	<u>II. Alfiya Shaji</u> Anubandhi Majoori Leekha
<u>III. Nidhy</u> Fatima Kaseem Abhin	<u>IV. Fatima Farzana</u> Istina Shaji Sija
<u>V. Hindbevi</u> Nabeela Sadia P.S	

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Perumbavoor - 683 542



## TRAINING PROGRAMME ON ACADEMIC WRITING

<b>Organizer</b>	Department of English
<b>Associating Partner</b>	IQAC, Mar Thoma College for Women, Perumbavoor
<b>Date</b>	11-02-2020
<b>Beneficiaries</b>	78 students
<b>Scope</b>	Introducing Academic writing or scholarly writing
<b>Coordinator</b>	Ms.Roshin T Roy (Teacher in Charge, English Association)
<b>Duration</b>	1 ½ hours
<b>Objectives</b>	<ul style="list-style-type: none"><li>● Introducing the various genres of academic writing</li><li>● Importance of Academic Writing</li></ul>
<b>Outcome</b>	The session provided the participants with an idea as to how to write academic papers and made them aware about what makes the paper a standard piece of writing.
<b>Resource Person</b>	Dr Meena Panikker, Associate Professor at P A First Grade College, Mangalore

An “Online Training Programme on Academic writing” was conducted by the department of English in association with the IQAC on 11 February 2020. The resource person for the programme was Dr MeenaPanikker, Associate Professor at P A First Grade College, Manglore. The presidential address for the programme was presented by the head of the Department of English, Ms.Chaithanya Elsa Achankunju. Academic writing or scholarly writing is nonfiction produced as part of academic work, including reports on empirical fieldwork or research in facilities for the natural sciences or social sciences, monographs in which scholars analyze culture, propose new theories, or develop interpretations from archives, as well as undergraduate versions of all of these.



Though the tone, style, content, and organization of academic writing vary across genres and across publication methods, nearly all academic writing shares a relatively formal prose register, frequent reference to other academic work, and the use of fairly stable rhetorical moves to define the scope of the project, situate it in the relevant research, and to advance a new contribution. There are a number of areas of importance in all academic and scholarly writing. While some areas, such as the use of appropriate references and the avoidance of plagiarism, are not open to challenge, other elements, such as the appropriate style, are contested. Since writing is the main method of academic communication. It is also the most difficult skill for most students to master.

The session provided the 78 participants with an idea as to how to write academic papers and made them aware about what makes the paper a standard piece of writing. The programme ended with the vote of thanks delivered by the association representative from II B A English. The session provided an idea as to how to write academic papers and made them aware about what makes the paper a standard piece of writing.

### **Program Schedule**

SL.No.	Session	Time
1	Inaugural Session	10.00 AM
2	Tea Break	11.00 AM
3	Session 1 Topic - Webinar on “Online training program on Academic Writing”	11.15 AM
4	Lunch Break	01.00 PM
5	Session 2 Discussion	02.00 PM
6	Tea and Snacks	03.30 PM





MARTHOMA COLLEGE FOR WOMEN,  
PERUMBAVOOR

Department of English  
Incandescence Language Consultancy Services  
(ILCS)



invites you to an  
**Online Training Programme on  
Academic writing**  
An Overview on Editing and Proofreading

Resource Person

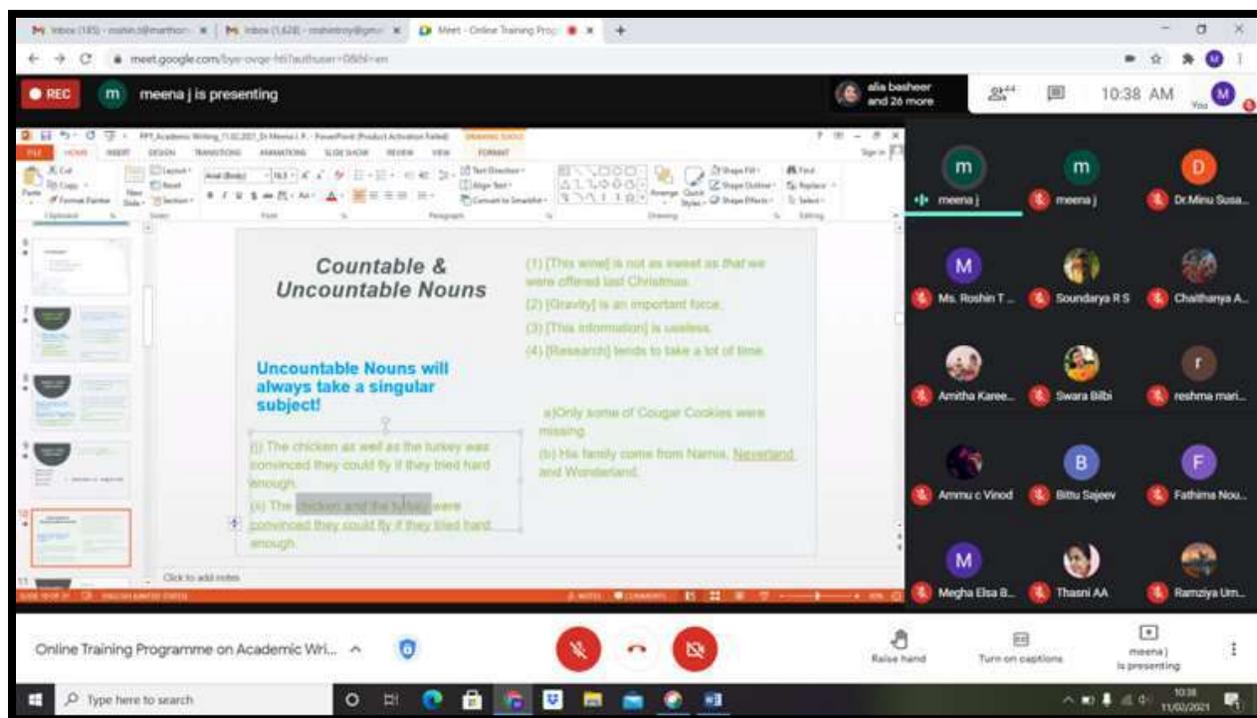


Dr. Meena J. Panikker  
Associate Professor in English  
P. A. First Grade College  
Mangalore

Register using this link  
<https://forms.gle/A4EmcC4vnudJuXM16>

**11 FEBRUARY 2020**  
**TIME : 10.00AM**  
**ON GOOGLE MEET**





Screenshots of the session dated 11-02-2020

**List of students**

Sl.No.	Name of the students
1.	Abina Sulhath M.A.
2.	Aiswarya K. Ashokan
3.	Aksa Mol Sunny
4.	Ammu C. Vinod
5.	Anjam Ameer
6.	Anjana K. Manoj
7.	Anjitha Devassy
8.	Anna Benny
9.	Anoora Farsana V.R.
10.	Anupama P.J.
11.	Asbiya V.A.
12.	Ashna Asharaf
13.	Aswathy C.M.
14.	Denaha Eliz George
15.	Divya T.K.



16.	Fousiya C.S.
17.	Geethu M.A.
18.	Jolsna Sibi
19.	Mariya Chacko
20.	Riya Ann Sanju
21.	Sarannya Devi S.
22.	Sisira Sivan
23.	Sreemol P.S.
24.	Sumayya K.R.
25.	Sumayya M.
26.	Sumayya P.S.
27.	Alfiya P.A.
28.	Anusha M.S.
29.	Binsa Jaffer
30.	Bittu Sajeev
31.	Gopika Nandanakumar
32.	Reshma Reghu
33.	Rukhiya Kareem
34.	Sharon Sara Thomas
35.	Vinaya Priya Venugopal
36.	Aaliya P Moideen
37.	Afrin Shahul
38.	Afsath Hamza
39.	Amal Saleem
40.	Amy Abraham C.
41.	Anjana Biju
42.	Ashily Kuriakose
43.	Asna Sherin M.H.
44.	Athira Surendran
45.	Fathima Noushad V.N.
46.	Fathima Salha
47.	Mubeena C.A.
48.	Muhsina Beegum U.K.
49.	Rasla C.A.
50.	Rumaisa C.B.
51.	Sandra Sasi
52.	Shifana Nasrin
53.	Shilpa Sivan



54.	Aleena Benny
55.	Aleena Rachel Joy
56.	Aliya Basheer
57.	Amitha Kareem
58.	Aparna T.A.
59.	Bhavana S.
60.	Fitha Fathima A.S.
61.	Jasna K.A.
62.	Megha Elsa Biju
63.	Nasle Jafer
64.	Parvathy V.S.
65.	Sona Jabbar
66.	Vyshnavi Vinod
67.	Abhirami P.K.
68.	Ajinsha C.A.
69.	Alam Salam
70.	Halisa C.M.
71.	Nisa Nazar
72.	Ramziya Ummer
73.	Sandra Anna Iduckala
74.	Shabna Ashraf
75.	Steny Mary Philip
76.	Sumayya P.S.
77.	Swara Vincent
78.	Thasni A.A.

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## ART AND SELF DEVELOPMENT: THEATRE AS A MEDIUM OF SELF EXPRESSION

<b>Program Name</b>	Art and self-development (Theatre as medium of self-expression)
<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. Rangarajan, Professor, Rajagiri Business School, Kakkanad
<b>Beneficiaries</b>	20 Students
<b>Date and Year</b>	05-12-2019
<b>Duration</b>	9.00 a.m. to 12.30 p.m.
<b>Objective</b>	<ul style="list-style-type: none"> <li>● To express themselves</li> <li>● To develop communication skills.</li> </ul>
<b>Outcome</b>	<ul style="list-style-type: none"> <li>● Students performed role plays and skit</li> <li>● Students understood the different ways of communication</li> </ul>

For children who participate in theatre, the ability to express themselves on stage, knowing that people are paying attention, builds self-confidence and self-esteem. Theatre gives them ways to process and communicate their emotions, personal situations, and questions about our world. In view of this a session is arranged for students and Dr. Rangarajan was the resource person. He let the students play small skits in English. Students were divided into 5 groups and each group selected one topic and they made role plays also. Dr. Rangarajan asked the students to speak loudly and boldly. The session was very much interesting and energetic. All the students were trained excellently to perform and communicate with confidence.





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

**Walk with a scholar program  
2019-2020**

**ARTS AND SELF DEVELOPMENT**

**Resource Person :**

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

*5th December 2019  
Venue :PG Seminar Hall  
Time :9:00am -12:30pm*

*Dr. Rajani Jacob  
WWS coordinator*





Talk by Dr. Rangarajan dated 05-12-2019

**List of students**

Sl.No	Name of student	Department
1	Krishnapriya K S	B. A. (History)
2	Akshara Ravi	B. A. (History)
3	Sreekutty M. S.	B. A. (History)
4	Asna A. A.	B.Com (Tax)
5	Swaliha Backer	B.Com (Tax)
6	Aleena Jose	B.Com (Tax)
7	Aleesha Raihan	B.Sc. (Maths)
8	Fathima Abdul Azeez	B.Sc. (Maths)
9	Raseena Kareem	B.Sc. (Maths)
10	Saieetha T. J.	B.Sc. (Maths)
11	Kripa Elsa Kurian	B.Sc. (Chemistry)
12	Sumayya S. Ali	B.Sc. (Chemistry)
13	Niveditha A. K.	B.Sc. (Chemistry)
14	Khadeeja Mol P. A.	B.Sc. (Chemistry)
15	Anu Paul	B.Sc. (Physics)
16	Akhilendu T. Anil	B.Sc. (Physics)



17	Anna Davis	B.Sc. (Physics)
18	Jixa Mathew	B.Com (Tax)
19	Ann Mary Thomas	B.Com (Tax)
20	Fahima Rafeeque	B.Com (Tax)

**Attendance Register**

6 EXTERNAL MEMBRING CLASSES - 1 YEAR

Sl. No	Name of the Candidate	Date & Time	Date & Time	Date & Time	Date & Time
		5/12/19 9.30-12.30	10/12/19 10.00-12.00	10/12/19 1.30-3.30	31/12/19 1.30-4.30
1	Aleesha Raihan	AP	AP	AP	AP
2	Saietha T.J	Saietha	Saietha	Saietha	Saietha
3	Raseena Karson	Raseena	Raseena	Raseena	Raseena
4	Fathima Abdul Azeez	Fathima	Fathima	Fathima	Fathima
5	Anna Davis	Anna	Anna	Anna	Anna
6	Bhikilendu T Anil	Bhikilendu	Bhikilendu	Bhikilendu	Bhikilendu
7	Anu Reel	Anu	Anu	Anu	Anu
8	Soochuttu M.S	Soochuttu	Soochuttu	Soochuttu	Soochuttu
9	Akshara Ravi	Akshara	Akshara	Akshara	Akshara
10	Krishna priya K.S	Priya	Priya	Priya	Priya
11	Swathika Bacher	Swathi	Swathi	Swathi	Swathi
12	Asna A.A	Asna	Asna	Asna	Asna
13	Aleena Jose	Aleena	Aleena	Aleena	Aleena
14	Angel Elizabeth	Angel	Angel	Angel	Angel
15	Nisadetha A.K	Nisadetha	Nisadetha	Nisadetha	Nisadetha
16	SUMAYYA.S.S	Sumayya	Sumayya	Sumayya	Sumayya
17	Knipa Elia Kussian	Knipa	Knipa	Knipa	Knipa
18	Bhikilendu T Anil	Bhikilendu	Bhikilendu	Bhikilendu	Bhikilendu
19	Durga Gupta	Durga	Durga	Durga	Durga
20	Fawela	Fawela	Fawela	Fawela	Fawela
21	Pavathy M.S	Pavathy	Pavathy	Pavathy	Pavathy
22	Fahima	Fahima	Fahima	Fahima	Fahima
23	Ann Mary Thomas	Ann	Ann	Ann	Ann
24	Anita Shaji	Anita	Anita	Anita	Anita
25	Sethu lakshmi .c	Sethu	Sethu	Sethu	Sethu
26	Fathima Shree	Fathima	Fathima	Fathima	Fathima
27	Khadeeja MH	Khadeeja	Khadeeja	Khadeeja	Khadeeja
28	Aceesha Aaid	Aceesha	Aceesha	Aceesha	Aceesha
29	Amal Saleem	Amal	Amal	Amal	Amal
30	Jixa Mathew	Jixa	Jixa	Jixa	Jixa

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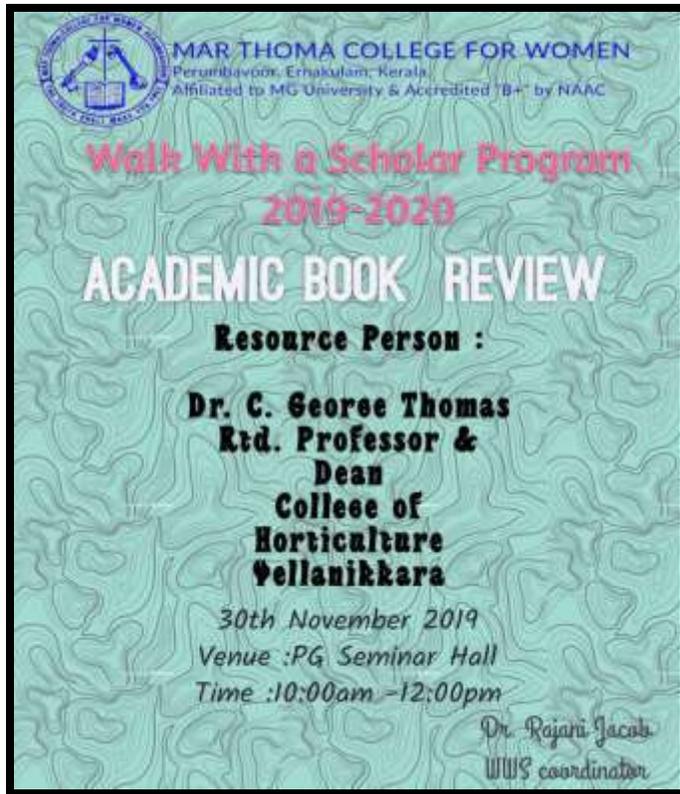


## ACADEMIC BOOK REVIEW

<b>Program Name</b>	Academic Book Review -How to read and review an academic book?
<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. C. George Thomas, Rtd. Professor and Dean, College of Horticulture, Vellanikkara, Thrissur
<b>Beneficiaries</b>	20 First year Undergraduate Students
<b>Date and Year</b>	30-11-2019
<b>Duration</b>	10.00 a.m. to 12.00 p.m.
<b>Objective</b>	<ul style="list-style-type: none"> <li>● To read and review an academic book</li> </ul>
<b>Outcome</b>	<ul style="list-style-type: none"> <li>● Understanding of an academic book</li> <li>● Steps to review an academic book</li> </ul>

The session was arranged for first year undergraduate 'walk with a scholar' students. Dr. C. George Thomas is a retired Professor and Dean of College of Horticulture, Vellanikkara. He wrote many scientific journal articles and books. From his experience he shared the tips to read an academic book and review it. The session topic was new to undergraduate students and it laid down an interest in research in students. They came to know how to publish a work in scientific books and journals.





Talk by Dr. C. George Thomas for I year undergraduate students, date : 30-11-2019



### List of students

Sl.No	Name of the student	Programme
1	Krishnapriya K S	B. A. (History)
2	Faseela K A	B. A. (History)
3	Akshara Ravi	B. A. (History)
4	Sreekutty M. S.	B. A. (History)
5	Fahima Rafeeque	B.Com (Tax)
6	Asna A. A.	B.Com (Tax)
7	Swaliha Backer	B.Com (Tax)
8	Aleena Jose	B.Com (Tax)
9	Aleesha Raihan	B.Sc. (Maths)
10	Fathima Abdul	B.Sc. (Maths)
11	Raseena Kareem	B.Sc. (Maths)
12	Angel Elizabeth	B.Sc. (Maths)
13	Saieetha T. J.	B.Sc. (Maths)
14	Kripa Elsa Kurian	B.Sc. (Chemistry)
15	Sumayya S. Ali	B.Sc. (Chemistry)
16	Parvathy M. A.	B.Sc. (Chemistry)
17	Anusree Anil	B.Sc. (Chemistry)
18	Niveditha A. K.	B.Sc. (Chemistry)
19	Fathima Shiril	B.Sc. (Physics)
20	Khadeeja M. H.	B.Sc. (Physics)



## Attendance Register

2019-20

EXTERNAL MENTORING CLASSES - I YEAR

Sl. No.	Name of the Mentee	Date & Time	Date & Time	Date & Time	Date & Time
		1/11/2019 9:30 - 12:00	1/11/2019 1:30 - 3:30	30/11/19 10:00 to 12:00	31/12/2019 9:30 to 12:00
1.	Kripa Elsa Kurian	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
2.	Pavithra M.N.	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
3.	Niveditha A.K.	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
4.	Anusree Anil	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
5.	SUMATHY S-ALI	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
6.	Khadeeja Mol PA	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
7.	Fathima Abdul Azeez	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
8.	Aleesha Raihan MA	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
9.	Angel Elizabeth	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
10.	Fareeda K.A	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
11.	Krishnapriya K.S	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
12.	Akshaya Ravi	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
13.	Sreelakshmi M.S	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
14.	Abhaya Mohanan	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
15.	Saleetha T.J	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
16.	Razeena kareem	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
17.	Fahima Rajeeque	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
18.	Fathima Shireen	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
19.	Khadeeja M.H	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
20.	Abhilasha T.Anil	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
21.	Aleena Jose	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
22.	Asna A.A	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
23.	Swaliha Bacter	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
24.	Anu Paul	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
25.	Ann Mary Thomas	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
26.	Anika Shaj	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
27.	Sobhulakshmi C	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
28.	Joe Matthew	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
29.	Anna Davis	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
30.	Sandramol	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>

*[Signature]*  
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Perumbavoor - 683 542

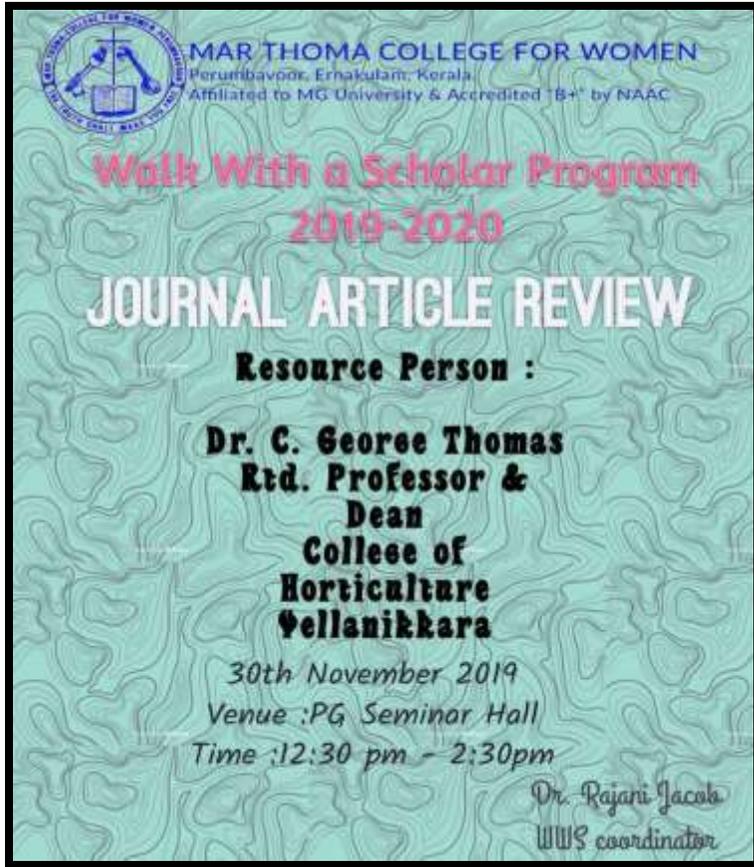


## JOURNAL ARTICLE REVIEW

<b>Program Name</b>	Journal Article Review
<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. C. George Thomas, Rtd. Professor and Dean, College of Horticulture, Vellanikkara, Thrissur
<b>Beneficiaries</b>	21 Students
<b>Date and Year</b>	30-11-2019
<b>Duration</b>	12.30 p.m. to 2.30 p.m.
<b>Objective</b>	<ul style="list-style-type: none"><li>● To read and review a journal article</li></ul>
<b>Outcome</b>	<ul style="list-style-type: none"><li>● Understanding of a journal article</li><li>● Steps to review a journal article</li></ul>

Dr. C. George Thomas is a retired Professor and Dean of College of Horticulture, Vellanikkara. He wrote many scientific journal articles and books. From his experience he shared the tips to read a journal article and review it. This session was arranged for second year undergraduate WWS students. The session topic was new to undergraduate students and it laid down an interest in research in students. They came to know how to publish a work in scientific books and journals.





Talk by Dr. C. George Thomas for II year undergraduate students, date : 30-11-2019



### List of students

Sl.No	Name of student	Department
1	Fathima Mariam	History
2	Namitha K.B.	Physics
3	Sulfath T. S.	Physics
4	Anitha Thomas	Physics
5	Ainu C Sunny	B.Com (Tax)
6	Mariya George	B.Com (Tax)
7	Nelha Thomas	B.Com (Tax)
8	Ebisa Eldhose	B.Com (Tax)
9	Gayathri Ajith	Mathematics
10	Alfiya K Karim	Mathematics
11	Gopika Babu	Mathematics
12	Farsana P.M.	Mathematics
13	Nimmy Mohan	Mathematics
14	Ajmiya C.S.	Chemistry
15	Anakha P.M.	Chemistry
16	Aiswarya A.V.	Chemistry
17	Fousiya C.S.	English
18	Jolsana Sibi	English
19	Anjam Ameer	English
20	Feba Eldhose	Zoology
21	Gayathri J. Nair	Zoology



# Attendance Register

2019 - 20

EXTERNAL MENTORING CLASSES - III YEAR

Sl No	Name of the Mentee	Date & Time	Date & Time	Date & Time	Date & Time
		23/11/19 10:00 - 12:00	25/11/19 1:30 - 4:30	20/11/19 12:30 - 2:30	5/12/19 2:00 - 3:30pm
1	Afla K. Karim	Afla	Afla	Afla	Afla
2	Fareena P.M	Fareena	Fareena	Fareena	Fareena
3	Gayathri Ajith	Gayathri	Gayathri	Gayathri	Gayathri
4	Maanya George	Maanya	Maanya	Maanya	Maanya
5	Fauziah S	Fauziah	Fauziah	Fauziah	Fauziah
6	Nitha Thomas	Nitha	Nitha	Nitha	Nitha
7	Prasanth Babu	Prasanth	Prasanth	Prasanth	Prasanth
8	Aparna Nair	Aparna	Aparna	Aparna	Aparna
9	Amylaxas	Amylaxas	Amylaxas	Amylaxas	Amylaxas
10	Anjana Anoop	Anjana	Anjana	Anjana	Anjana
11	Jeeha Sibi	Jeeha	Jeeha	Jeeha	Jeeha
12	Anjitha Devassy	Anjitha	Anjitha	Anjitha	Anjitha
13	Asha Abbas	Asha	Asha	Asha	Asha
14	Lathina Thomas	Lathina	Lathina	Lathina	Lathina
15	Gayathri J. Nair	Gayathri	Gayathri	Gayathri	Gayathri
16	Anuaya P.V	Anuaya	Anuaya	Anuaya	Anuaya
17	Geethika Babu	Geethika	Geethika	Geethika	Geethika
18	Sulphath S	Sulphath	Sulphath	Sulphath	Sulphath
19	Smitha Thomas	Smitha	Smitha	Smitha	Smitha
20	Namitha K.G	Namitha	Namitha	Namitha	Namitha
21	Ainu C Sunny	Ainu	Ainu	Ainu	Ainu
22	Elisa Eldhose	Elisa	Elisa	Elisa	Elisa
23	Nimmy Mathan	Nimmy	Nimmy	Nimmy	Nimmy
24	Anash P.M	Anash	Anash	Anash	Anash
25	Hameemul Gopi	Hameemul	Hameemul	Hameemul	Hameemul
26	Isha Eldhose	Isha	Isha	Isha	Isha
27	Ashra P.S	Ashra	Ashra	Ashra	Ashra

Syo/ka/Vay

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**Mar Thoma College For Women**  
**Perumbavoor - 683 642**



## ENGLISH IMPROVEMENT TRAINING

<b>Title of the Programme</b>	English Improvement Training
<b>Organizer</b>	Mar Thoma College For Women, Perumbavoor
<b>Beneficiary</b>	31 Students Of The College
<b>Date</b>	25/11/2019
<b>Scope</b>	English Listening And Writing Skills
<b>Coordinator</b>	Reemy Sara Mathai, Assistant Professor, Mar Thoma College For Women, Perumbavoor
<b>Duration</b>	10 Sessions
<b>Venue</b>	PG Seminar Hall
<b>Objective</b>	Enhance Proficiency In English Communication
<b>Resource Person</b>	Mr. Rohit N.R, Language Trainer
<b>Outcome</b>	Enhanced English Writing And Listening Skills

The program was conducted in the months of November and December 2019 by the Mar Thoma College for Women, Perumbavoor for the slow learners among first and second year students. 31 students participated in the program. Mrs.Reemy Sara Mathai, Assistant Professor, department of Zoology, Mar Thoma College for Women, Perumbavoor served as the program coordinator and was instrumental in organizing the sessions. Mr. Rohit N.R, ASAP Language trainer handled the sessions.

The sessions aimed at enhancing the English writing and listening skills of the participants. The sessions included discussions, narratives and activities to enhance the vocabulary, listening and writing skills of students. A total of 31 classes were handled during the academic year 2019-20.



Name of the College : Mar Thoma College for Women, Perumbavoor

Sl.No.	Date	Time: From..... To.....	Topic	Year/ semester	No. of participants	Name of external trainer	Signature of external trainer
1.	25-11-2019	9.30- 3.30 pm	English -Listening and writing skills	II DC	23	Rohit N.R	

*Reany Sana Mathai*  
 Name and dated signature of the College level coordinator

*George*

  
 College Seal

  
 DR. ANIL GEORGE  
 Faculty-in-charge  
 Mar Thoma College for Women  
 Perumbavoor - 681542

Name of the College : Mar Thoma College for Women, Perumbavoor

Sl.No.	Date	Time: From..... To.....	Topic	Year/ semester	No. of participants	Name of external trainer	Signature of external trainer
1.	4-12-2019	9.30- 3.30 pm	English -Listening and writing skills	I DC	8	Rohit N.R	

*Reany Sana Mathai*  
 Name and dated signature of the College level coordinator

*George*

  
 College Seal

  
 DR. ANIL GEORGE  
 Faculty-in-charge  
 Mar Thoma College for Women  
 Perumbavoor - 681542

Notice







8.	Alfina Jabbar	B. Sc. Physics
9.	Soofiya Sudheer	B. Sc. Physics
10.	Akhila P. S.	B. Sc. Chemistry
11.	Soniya A. S.	B. Sc. Chemistry
12.	Aleena Babu	B. Sc. Chemistry
13.	Athira Biju	B. Sc. Chemistry
14.	Geethu M. A.	BA English
15.	Ebisa Eldhose	B. Com (F&T)
16.	Giya P. Babu	B. Com (F&T)
17.	Gopika Mohan T.	B. Com (F&T)
18.	Aseena Abu	B. Com (F&T)
19.	Arya Ravi	B. Com (F&T)
20.	Yamuna P. Manoj	B. Com (F&T)
21.	Athira C. U.	B. Com (F&T)
22.	Krishna Rajeev	B. Com (F&T)
23.	Bibitha Mol K. A.	B. Com (F&T)
24.	Anuchandra Santhosh	B.Sc Maths
25.	Sahla Khalid	BSc Chemistry
26.	Fathima Sherbin M A	B.Sc Maths
27.	Anjana P J	B.Sc Maths
28.	Bhagya Agnes James	BA History
29.	Diya Kalesh	BA History
30.	Aleena Mathew	BA History
31.	Fathima Safrin P A	BSc Chemistry

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



## ENGLISH COMMUNICATION

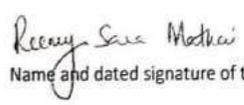
<b>Organizer</b>	Mar Thoma College for Women
<b>Beneficiary</b>	40 Students of the College
<b>Year</b>	01/11/2019
<b>Scope</b>	Communication in English
<b>Coordinator</b>	Reemy Sara Mathai, Assistant Professor, Mar Thoma College for Women, Perumbavoor
<b>Duration</b>	10 sessions
<b>Venue</b>	Conference hall
<b>Objective</b>	Improve Communication in English
<b>Outcome</b>	Participatory learning ensured enhanced learning
<b>Resource person</b>	Mr. Jossy Varkey, Language trainer, 9847732042

The program was conducted in the month of November 2019 for the slow learner among first and second year students. 40 students participated in the program. Mrs. Reemy Sara Mathai, Assistant Professor, Department of Zoology, Mar Thoma College for Women, Perumbavoor served as the program coordinator and was instrumental in arranging the sessions. Mr. Jossy Varkey, language trainer, handled the sessions.

The sessions focused on removing the inhibitions among students in communicating among and between groups. Students were engaged in fun activities and made to do quick presentations. A total of 10 sessions were handled during the academic year 2019-20.



Name of the College : Mar Thoma College for Women, Perumbavoor							
Sl.No.	Date	Time: From..... To.....	Topic	Year/ semester	No. of participants	Name of external trainer	Signature of external trainer
1.	1-11-2019	9.30- 3.30 pm	English communication	I DC	35	Josy Varkey	

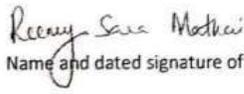
  
 Name and dated signature of the College level coordinator





  
 DR. GIGI GEORGE  
 Principal-in-charge  
 Mar Thoma College For Women  
 Perumbavoor - 683 542

Name of the College : Mar Thoma College for Women, Perumbavoor							
Sl.No.	Date	Time: From..... To.....	Topic	Year/ semester	No. of participants	Name of external trainer	Signature of external trainer
1.	30-11-2019	9.30- 3.30 pm	English communication	II DC	5	Josy Varkey	

  
 Name and dated signature of the College level coordinator





  
 DR. GIGI GEORGE  
 Principal-in-charge  
 Mar Thoma College For Women  
 Perumbavoor - 683 542





Word presentation and Activity

01/11/2019



Attendance Register

A IDC

Attendance of students (External mentoring sessions)

External mentor: JESSY VARKEY

Date: 01-11-2019

Topic: ENGLISH COMMUNICATION

Time: 9:30 - 3:30

Sl.No.	Name of student	Department	Year	Signature
1.	Fathimath Saniya	1 <sup>st</sup> BSc physics	1 <sup>st</sup>	[Signature]
2.	Jyotsna M.I	BSc physics	1 <sup>st</sup>	[Signature]
3.	Fathima T.S	1 <sup>st</sup> BSc physics	1 <sup>st</sup>	[Signature]
4.	Afrin M.K	1 <sup>st</sup> BSc physics	1 <sup>st</sup>	[Signature]
5.	Farehana Ashraf	BSc physics	1 <sup>st</sup>	[Signature]
6.	Ashwathi Ravi	1 <sup>st</sup> BSc mathematics	1 <sup>st</sup>	[Signature]
7.	Sasanyu Sasi	1 <sup>st</sup> B.Com Tax	1 <sup>st</sup>	[Signature]
8.	[Signature]	1 <sup>st</sup> B.Com Tax	1 <sup>st</sup>	[Signature]
9.	Ks. Ichha Priya Manoj	))	))	[Signature]
10.	Atthira Ravi	))	))	[Signature]
11.	Elizabeth James	1 <sup>st</sup> B.A History	1 <sup>st</sup>	[Signature]
12.	Vandha Jayakumar	1 <sup>st</sup> B.A History	1 <sup>st</sup>	[Signature]
13.	Sasi Lakshmi P.K	1 <sup>st</sup> B.A History	1 <sup>st</sup>	[Signature]
14.	Eelena Mathew	1 <sup>st</sup> Year B.A History	1 <sup>st</sup>	[Signature]
15.	Fathima Ayes Salim	1 <sup>st</sup> BSc Maths	1 <sup>st</sup>	[Signature]
16.	Fathima Hakanmad	1 <sup>st</sup> BSc Maths	1 <sup>st</sup>	[Signature]
17.	Chitra Choy	1 <sup>st</sup> BSc Maths	1 <sup>st</sup>	[Signature]
18.	[Signature]	1 <sup>st</sup> BSc Maths	1 <sup>st</sup>	[Signature]
19.	Sasani Sajin	1 <sup>st</sup> BSc Maths	1 <sup>st</sup>	[Signature]
20.	Injana P.S	"	"	[Signature]
21.	Anupretha Santhosh	1 <sup>st</sup> BSc Maths	1 <sup>st</sup>	[Signature]
22.	Nadha LS	1 <sup>st</sup> B.Com Tax and Finance	1 <sup>st</sup>	[Signature]
23.	Resha Edusse	"	"	[Signature]
24.	Reshmi K.	1 <sup>st</sup> BSc Chemistry	1 <sup>st</sup>	[Signature]
25.	Sahiba Khalid	"	"	[Signature]



26	ALFIYA ALIYAR	I <sup>st</sup> BSc chemistry	1 <sup>st</sup>	ALFIYA
27	Fathimma Key	"	1 <sup>st</sup>	Fathimma
28	Azra Athya S	BA History	1 <sup>st</sup>	Fathimma
29	ANALIYA M KURIAN	BA History	1 <sup>st</sup>	Fathimma
30	fathima sherin M.A	Bsc chemistry	1 <sup>st</sup>	Fathimma
31	Fathima Sabina P A	Bsc chemistry	1 <sup>st</sup>	Fathimma
32	Manya Manoj	1 <sup>st</sup> Bsc. chemistry	2 <sup>nd</sup>	Manya
33	Lakshmi S	BA History	1 <sup>st</sup>	Lakshmi
34	Adhila K S	Bsc physics	1 <sup>st</sup>	Adhila
35	MCKHANA NASREEN VA	"	"	Nasreen

Signature of the coordinator

*Leeny* Leeny Sana Mathan



*Leeny*

### List of Students

Sl. No.	Name of student	Programme
1.	Fathimath Saniya	I B. Sc. Physics
2.	Surya M. C.	I B. Sc. Physics
3.	Fathima T. S.	I B. Sc. Physics
4.	Afrin M. K.	I B. Sc. Physics
5.	Farsana Ashraf	I B. Sc. Physics
6.	Aswathi Rani	I B. Sc. Mathematics
7.	Saranya Sasi	I B. Com (F&T)
8.	Geethu P. M.	I B. Com (F&T)
9.	Krishnapriya Manoj	I B. Com (F&T)
10.	Athira Revi	I B. Com (F&T)
11.	Bhagya Agnes James	I BA History



12.	Vrinda Jayakumar	I BA History
13.	Sreelakshmi P. K.	I BA History
14.	Eleena Mathew	I BA History
15.	Fathima Aliya Salim	I B. Sc. Mathematics
16.	Fathima Mohammed	I B. Sc. Mathematics
17.	Shifna Shaji	I B. Sc. Mathematics
18.	Dhanya	I B. Sc. Mathematics
19.	Saramol Sajan	I B. Sc. Mathematics
20.	Anjana P. J.	I B. Sc. Mathematics
21.	Anuchandra Santhosh	I B. Sc. Mathematics
22.	Nathasha C. S.	I B. Com (F&T)
23.	Ansha Eldhose	I B. Com (F&T)
24.	Sowmiya K.	I B. Sc. Chemistry
25.	Sahala Khalid	I B. Sc. Chemistry
26.	Alfiya Aliyar	I B. Sc. Chemistry
27.	Fathimma K. Y.	I B. Sc. Chemistry
28.	Kalavathy S.	I BA History
29.	Aneetta M. Kurian	I BA History
30.	Fathima Sherin M. A.	I B. Sc. Chemistry
31.	Fathima Safrin P. A.	I B. Sc. Chemistry
32.	Manya Manoj	I B. Sc. Chemistry
33.	Diya Kalesh	I BA History
34.	Adhila K. S.	I B. Sc. Physics
35.	Mehsana Nasreen V. A.	I B. Sc. Physics
36.	Devika Chandran	II. B.Sc Chemistry
37.	Haritha V H	II. B.Sc Chemistry
38.	Aleena Babu	II. B.Sc Chemistry
39.	Jini Sajeev	II.BSc Zoology
40.	Jinu James	II.BSc Zoology





## WHAT TO DO WITH TEXTS, FUNDAMENTALS OF CRITICAL REASONING

<b>Organizer</b>	Department of English
<b>Associating Partner</b>	IQAC, Mar Thoma College for Women, Perumbavoor
<b>Beneficiary</b>	84 Students
<b>Date</b>	19.09.2019
<b>Scope</b>	Critical Skill Development
<b>Coordinator</b>	Ms.Roshin T Roy (Teacher In Charge, English Association)
<b>Objectives</b>	<ul style="list-style-type: none"> <li>● The Need For Sceptical Thinking And Understanding.</li> <li>● Challenging Assumptions.</li> </ul>
<b>Outcome</b>	The students understood that it is only through purposeful, intentional and frequent questioning that critical thinking skills can be sharpened.
<b>Resource Person</b>	Dr.Jibu Mathew George, Assistant Professor, The English And Foreign Languages University, Hyderabad

A seminar on “What to do with Texts?: Fundamentals of critical reasoning” was organized by the English Association in association with the IQAC on 19 September 2019. The resource person for the day was Dr. Jibu Mathew George, Assistant Professor, The English and Foreign Languages University, Hyderabad. The presidential address for the programme was delivered by Ms. Chaithanya Elsa Achankunju, Head of the Department of English. Critical thinking skills are the most fundamental skills involved in making judgments and solving problems. The ability to think critically about a matter—to analyze a question, situation, or problem down to its most basic parts—is what helps us evaluate the accuracy and truthfulness of statements, claims, and information we read and hear. It is the sharp knife that, when honed, separates fact from fiction, honesty from lies, and the accurate from the misleading.



The academic setting demands more of us in terms of critical thinking than everyday life. It demands that we evaluate information and analyze myriad issues. It is the environment where our critical thinking skills can be the difference between success and failure. In this environment we must consider information in an analytical, critical manner. Critical thinking is clear, reasonable, reflective thinking focused on deciding what to believe or do. It means asking probing questions like, “How do we know?” or “Is this true in every case or just in this instance?”

The lecture was about the need for being skeptical and challenging assumptions, rather than simply memorizing facts or blindly accepting what you hear or read. The students understood that, it is only through purposeful, frequent and intentional questioning that critical thinking skills can be sharpened and improved.

### **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 - Seminar on “What to do with texts”	11.15 AM
4	Lunch Break	01.00 PM
5	Session 2 Discussion	02.00 PM
6	Tea and Snacks	03.30 PM





Brochure



Introduction Talk

19.09.2019



### List of students

Sl.No.	Name
1	Athulya Sudhakar
2	Bhavya Balachandran
3	Fathima Ca
4	Fathima Nazli V.K
5	Fathima Thahasin A
6	Maria Joy
7	Rameesa T Yooseph
8	Sneha Maria Joy
9	Swetha S Kumar
10	Alfya Sulthana
11	Anitha Sasi
12	Anju A Prabhu
13	Anupama Sanjeev
14	Dhanya Sarah Saji
15	Fathima Muhammad
16	Ginsha Shaji
17	Hena Ajayan
18	Jafna K.S
19	Megha Chandran
20	Reshma Reji
21	Rizvana Tr
22	Safa Abdul Majeed
23	Safna Basheer
24	Sreelakshmy K.G
25	Swathy Jayan
26	Vrinda Vijayan
27	Abina Sulthana M.A
28	Aishwarya K.Ashokan
29	Aksa Mol Sunny
30	Ammu C. Vinod
31	Anjam Ameer
32	Anjana K. Manoj
33	Anjitha Devassy
34	Anna Benny
35	Anoora Farsana
36	Anupama P.J



37	Asbiya V.A
38	Ashna Ashraf
39	Aswathy C.M
40	Bisniya Bindh Baquor
41	Denaha Eliz George
42	Divya T.K
43	Fathima Nehla K.S
44	Fathima Nourine
45	Fousiya C.S
46	Geethu M.A
47	Jolsna Sibi
48	Mariya Chako
49	Riya Ann Sanju
50	Saranya Devi.S
51	Sisira Sivan
52	Sreemol P.S
53	Sumayya K.R
54	Sumayya M
55	Sumayya P.S
56	Aliya P.A
57	Anusha M.S
58	Binsa Jaffer
59	Bittu Sajeev
60	Fathima Sahadiya N.B
61	Fidha Afrin A.S
62	Gopika Nandha Kumar
63	Reshma Reghu
64	Rukhiya Kareem
65	Sharon Sara Thomas
66	Vinaya Priya Venugopal
67	Aliya Moideen
68	Afrin Shahul
69	Afsath Hamza
70	Amal Saleem
71	Amy Abraham.C
72	Anjana Biju
73	Ashily Kuriakose
74	Asna Sherin M.H



75	Athira Surendran
76	Fathima Noushad V.N
77	Fathima Salha
78	Mubeena C.A
79	Muhsina Beegum Uk
80	Rasla C.A
81	Rumaisa C.B
82	Sandra Sasi
83	Shifana Nasrin
84	Shilpa Sivan

*Shilpa Sivan*

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



## COMMUNICATION THROUGH ENACTMENT OF THE DRAMA 'HAYAVADANA'

<b>Organizer</b>	Department Of English
<b>Associating Partner</b>	IQAC
<b>Beneficiary</b>	84 Students
<b>Year</b>	25- 06-2019
<b>Scope</b>	Enlightening The Students About The Drama
<b>Coordinator</b>	Ms.Roshin T Roy (Teacher In Charge, English Association)
<b>Duration</b>	1 Hour
<b>Objectives</b>	<ul style="list-style-type: none"><li>● Introducing The Characters.</li><li>● Introducing The Theme.</li></ul>
<b>Outcome</b>	<ul style="list-style-type: none"><li>● Visual Treat</li><li>● Knowledgeable</li></ul>

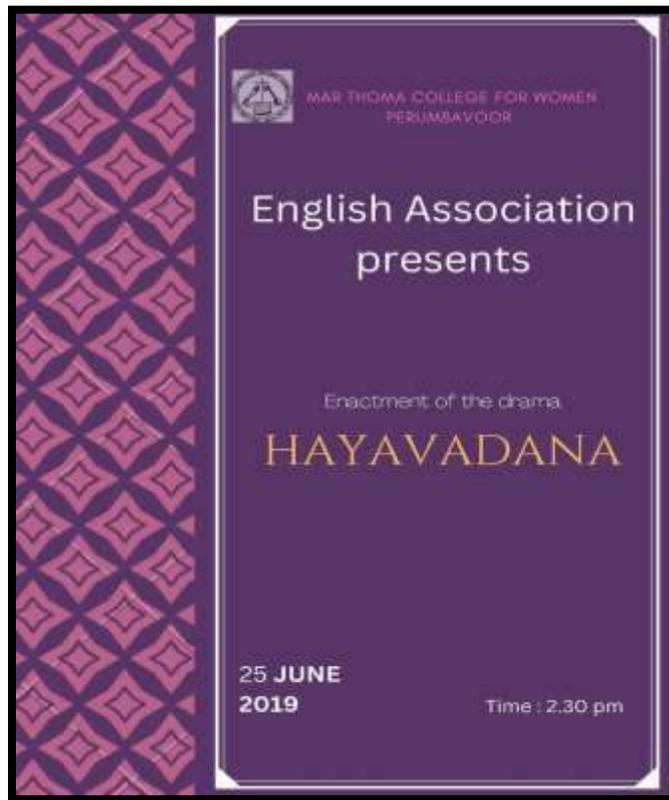
The English Association and the IQAC of the college organized the staging of the drama "Hayavadana" with the full-fledged support of the Drama Club on 25 June 2019. The programme was organized as a tribute to the late author Girish Karnad. The presidential address to the programme was given by the principal.

Hayavadana (meaning: horse face) is a 1971 Indian Kannada language two-act play written by Girish Karnad. The plot is based on Kathasaritsagara and Thomas Mann's retelling of Transposed Heads. Hayavadana presents the story of two friends Devdutta and Kaplia; and their love interest Padmini. The story of devadatta, kapila, and padmini dramatizes the conflict between the mind and the body, or between logic and lust. The moral of the play is that the unhappiness of this beast adds poignancy to the acute awareness of our imperfections, and our obsession with them. The play uses a traditional indian theatre form called "yakshagana," meaning that it's music, costumes, dances, and designs are all styled in a particular way.



## Program Schedule

Sl.No.	Session	Time
1	Inaugural Session	10.00 Am
2	Tea Break	11.00 Am
3	Session 1 Topic - Enactment Of The Drama “Hayavadana”	11.15 Am
4	Lunch Break	01.00 Pm
5	Session 2 Discussion	02.00 Pm
6	Tea And Snacks	03.30 Pm





Drama Presentation

25- 06-2019



## List Of Participants

Sl.No.	Name
1	Athulya Sudhakar
2	Bhavya Balachandran
3	Fathima Ca
4	Fathima Nazli V.K
5	Fathima Thahasin Ap
6	Maria Joy
7	Rameesa T Yooseph
8	Sneha Maria Joy
9	Swetha S Kumar
10	Alfya Sulthana
11	Anitha Sasi
12	Anju A Prabhu
13	Anupama Sanjeev
14	Dhanya Sarah Saji
15	Fathima Muhammad
16	Ginsha Shaji
17	Hena Ajayan
18	Jafna K.S
19	Megha Chandran
20	Reshma Reji
21	Rizvana Tr
22	Safa Abdul Majeed
23	Safna Basheer
24	Sreelakshmy K.G
25	Swathy Jayan
26	Vrinda Vijayan
27	Abina Sulthana M.A
28	Aishwarya K.Ashokan
29	Aksa Mol Sunny
30	Ammu C. Vinod
31	Anjam Ameer
32	Anjana K. Manoj
33	Anjitha Devassy
34	Anna Benny
35	Anoora Farsana



36	Anupama P.J
37	Asbiya V.A
38	Ashna Ashraf
39	Aswathy C.M
40	Bisniya Bindh Baquor
41	Denaha Eliz George
42	Divya T.K
43	Fathima Nehla K.S
44	Fathima Nourine
45	Fousiya C.S
46	Geethu M.A
47	Jolsna Sibi
48	Mariya Chako
49	Riya Ann Sanju
50	Saranya Devi.S
51	Sisira Sivan
52	Sreemol P.S
53	Sumayya K.R
54	Sumayya M
55	Sumayya P.S
56	Aliya P.A
57	Anusha M.S
58	Binsa Jaffer
59	Bittu Sajeev
60	Fathima Sahadiya N.B
61	Fidha Afrin A.S
62	Gopika Nandha Kumar
63	Reshma Reghu
64	Rukhiya Kareem
65	Sharon Sara Thomas
66	Vinaya Priya Venugopal
67	Aliya Moideen
68	Afrin Shahul
69	Afsath Hamza
70	Amal Saleem
71	Amy Abraham.C
72	Anjana Biju
73	Ashily Kuriakose



74	Asna Sherin M.H
75	Athira Surendran
76	Fathima Noushad V.N
77	Fathima Salha
78	Mubeena C.A
79	Muhsina Beegum Uk
80	Rasla C.A
81	Rumaisa C.B
82	Sandra Sasi
83	Shifana Nasrin
84	Shilpa Sivan

*Shilpa Sivan*

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



## FILM STUDIES

<b>Organizer</b>	Department of English
<b>Associating Partner</b>	IQAC, Mar Thoma College for Women, Perumbavoor
<b>Beneficiary</b>	65 Students
<b>Date &amp; Year</b>	25-06-19
<b>Scope</b>	The study of various fields associated with Film Studies
<b>Coordinator</b>	Ms.Roshin T Roy (Teacher In Charge, English Association)
<b>Objectives</b>	<ul style="list-style-type: none"> <li>● Making the students aware of the importance of Film Studies in the Modern Era</li> <li>● Orientation regarding various associated career fields.</li> </ul>
<b>Outcome</b>	Students could understand about the topic and its importance in an efficient manner
<b>Resource Person</b>	Prof. Cheri Jacob K, Head, Dept of English, UC College, Aluva.

The Department of English in association with IQAC organized a seminar on the topic “Film Studies” on 25 June 2019. The resource person for the day was Professor Cheri Jacob K, Head of the Department of English, UC College, Aluva. The presidential address to the programme was delivered by the Principal Dr.Gigi George. Film studies is an academic discipline that deals with various theoretical, historical, and critical approaches to cinema as an art form and a medium. It is sometimes subsumed within media studies and is often compared to television studies. Film studies is less concerned with advancing proficiency in film production than it is with exploring the narrative, artistic, cultural, economic, and political implications of the cinema. In search for these social-ideological values, film studies take a series of critical approaches for the analysis of production, theoretical framework, context, and creation.



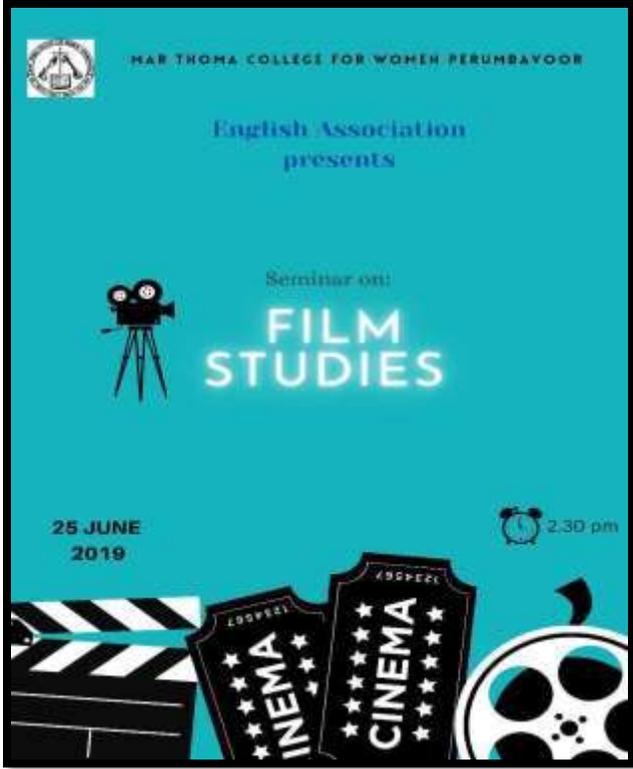
Also, in studying film, possible careers include critic or production. Not to be confused with the technical aspects of film production, film studies exists only with the creation of film theory—which approaches film critically as an art—and the writing of film historiography. Because the modern film became an invention and industry only in the late nineteenth century, a generation of film producers and directors existed significantly before the academic analysis that followed in the later generations. Early film schools focused on the production and subjective critique of film rather than on the critical approaches, history and theory used to study academically.

The students who attended the meeting were able to get a clear understanding of the topic and its importance in the modern era. The seminar was attended by a total number of 65 participants who benefited greatly from it. The vote of thanks was proposed by the association secretary.

### **Program Schedule**

Sl.No.	Session	Time
1	Inaugural Session	10.00 Am
2	Tea Break	11.00 Am
3	Session 1 Topic - Seminar On “Film Studies”	11.15 Am
4	Lunch Break	01.00 Pm
5	Session 2 Discussion	02.00 Pm
6	Tea And Snacks	03.30 Pm







Interactive session, 25-06-19

**List of Participants**

Sl.No	Name of Student
1	Athulya Sudhakar
2	Bhavana Balachandran
3	Fathima C A
4	Fathima Nazily V K
5	Fathimath Ahasin A P
6	Maria Joy
7	Rameesa T Yooseph
8	Sneha Maria Joy
9	Sweta S Kumar
10	Alfiya Sulthana
11	Anitha Sasi
12	Anju A Prabhu
13	Anupama Rajeev
14	Dhanya Sarah Sajeew
15	Fathima Muhammed
16	Ginsha Shaji
17	Hena Ajayan



18	Jafna K S
19	Megha Chandran
20	Reshma Reji
21	Rizvana T R
22	Safa Abdul Majeed
23	Safa Basheer
24	Sreelakshmy K G
25	Swathy Jayan
26	Vrinda Vijayan
27	Abina Sulhath M A
28	Aishwarya K Ashokan
29	Aksamol Sunny
30	Ammu C Vinod
31	Anjamameer
32	Anjana K Manoj
33	Anjitha Devassy
34	Anna Benny
35	Anoora Farsana V R
36	Anupama P J
37	Asbiya V A
38	Ashna Ashraf
39	Aswathy C M
40	Binsiya Bind Baquir C K
41	Denaha Eliz George
42	Divya T K
43	Fathima Nahla K S
44	Fathima Nourin
45	Fousiya C S
46	Geethu M A
47	Jolsna Sibi
48	Mariya chacko
49	Riya Ann Sanju
50	Sarannya Devi S
51	Sisira Sivan
52	Sreemol P S
53	Sumayya K R
54	Sumayya M
55	Sumayya P S



56	Alfiya P A
57	Anusha M S
58	Binsa Jaffer
59	Bittu Sajeev
60	Fathima Sahadhiya N B
61	Fidha Afrin A S
62	Gopika Nandakumar
63	Reshma Reghu
64	Rukhiya Kareem
65	Sharon Sara Thomas

*Syo/ke/Vay*

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Perumbavoor - 683 542



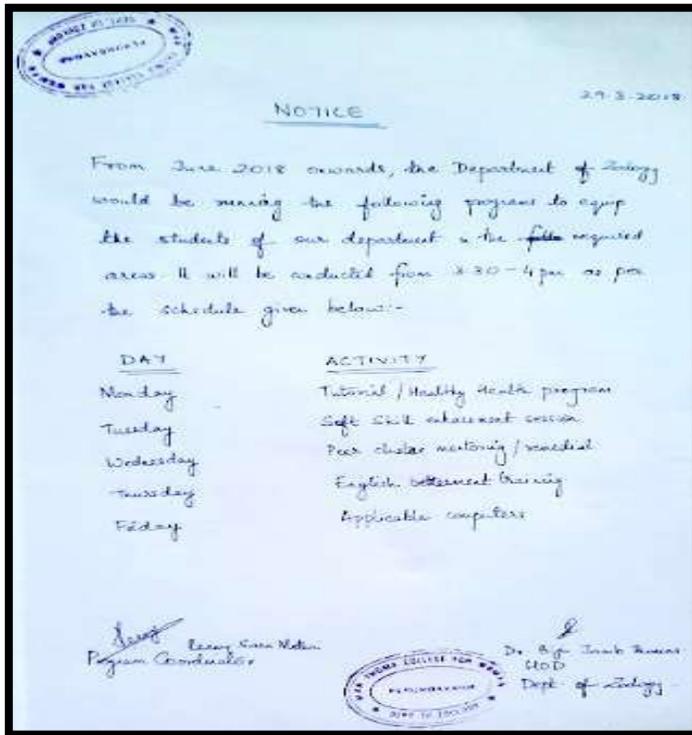
## ENGLISH BETTERMENT TRAINING

<b>Organizer</b>	Department of Zoology
<b>Beneficiary</b>	54 Students
<b>Date</b>	6/6/2019
<b>Scope</b>	Communicative skills
<b>Coordinator</b>	Reemy Sara Mathai, Assistant Professor, Mar Thoma College for Women, Perumbavoor
<b>Duration</b>	25 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. 54 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 focussed on enhancing the vocabulary, listening, speaking and writing skills of students. A total of 25 classes were handled during the academic year 2019-20.





## Notice



Photos of the session, 6/6/2019



## List of Participants

Sl.No	III B.Sc. Zoology	II B.Sc. Zoology	I B.Sc. Zoology
1	Carolin Ann George	Ankitha Ayyappan	Aleena Mariya George
2	Aparna Anil	Ashna P.S.	Alfiya Shaji
3	Deepthi K. Surendran	Asna Abbas	Amalendhu Rajan
4	Dona Joy	Aswathy Sajeevan	Anjana Sajeev
5	Elna Eldho	Athira C.M	Ashlin Sabu
6	Fathima Fairouz	Dona Eldhose	Fathima Farzana
7	Kallyani Surendran	Feba Eldhose	Fathima Shaji
8	Karthika Rajan	Gayathry J. Nair	Leeshma Shaji
9	Karthika S.	Hridhya Surendran	Maneesha Beegum P.M
10	Lakshmi Narayanan	Jinu James	Mayoori M.B
11	Mariya Emima Babu	Jisha Susan Shaji	Nidhy Anna Sunny
12	Neeraja Ponnu	Mahina P.M	Shabana Kareem
13	Ponnu Dileep	Parvathy Salin Kumar	Fathima Kareem
14	Saranya Bhadrans	Raihanath C.A	Hindbeevi A.M
15	Shahina Basheer	Renju K. Reji	Nabeela A.A
16	Shilpa Kiran	Rizana A.J	Sandra P.S
17	Soya mol	Sulfeena T.K.	Siya Paul
18	Thasni K.M	Susan Cheriyan	
19		Vismaya Raju	



Peer Grouping 2017-20 Batch

- |  |   |
|--|---|
| I. <u>Shabina Ashraf</u><br>Karthika Rajan<br>Aparna K. Anil<br>Neeraja P.R. | II. <u>Carolin Ann George</u><br>Farhana Parveen<br>Karthika S.<br>Lakshmi Narayanan. |
| III. <u>Ponnu Dileep</u><br>Dona Jay<br>Sandra Sunil                         | IV. <u>Kalyani Sundaran</u><br>Shilpa Keran<br>Deepthi Balas<br>Savanya Bhadrar.      |
| V. <u>Thasneem KM</u><br>Esha Eldho<br>Fahima Fawoos CM<br>Mansi Eshma Baba. |   |

Peer Group 2018-21

- |  |   |
|--|---|
| I. <u>Ashna P.S</u><br>Mahira<br>Rejia<br>Jishi            | II. <u>Aana Abbas</u><br>Hridya.<br>Athira.<br>Rizana.      |
| III. <u>Gayathry</u><br>Pasunthy<br>Jenil James.<br>Suran. | IV. <u>Feba Eldhose</u><br>Rajkaranth<br>Dona.<br>Salleeka. |
| V. <u>Ankitha</u><br>Jisha<br>Anasathy.<br>Vemaya          |   |

ENGLISH BETTERMENT CLASS

DATE	ACTIVITY	GROUP NO.	CLASS	SIGN
6/6/19	Challenges faced - discussion	1,2,3,4,5	III	P
13/06/19	One minute review - book	1,2,3	II	P
20/06/19	Challenges faced - discussion	1,2,3,4,5	II	P
27/6/19	SWOC analysis presentation	4,5	III	P
4/7/19	One minute book review	4,5	II	P
11/7/19	SWOC analysis presentation	1,2,3	III	P
18/7/19	Elocution - my environment	4,5	III	P
25/7/19	Elocution - My campus	1,2,3	III	P
1/8/19	One minute book review	1,2,3	II	P
8/8/19	SWOC analysis presentation	4,5	II	P
15/8/19	Word game	3,2,1	III	P
22/8/19	SWOC analysis presentation	1,2,3	II	P
5/9/19	Elocution - Learning	3,4	II	P



Peer Group 2019-22

I. <u>Shabana Kaseem</u> Aqia Naseem Mena	II. <u>Alfiya Shaik</u> Amalendhi Mayara Leekha
III. <u>Nidhy</u> Fatima Kaseem Ailin	IV. <u>Fathima Farzana</u> Fatima Shaik Sya
V. <u>Kindhevi</u> Nabeela Sadra P.s	

Figure 5: Group list 1st year

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



## LIQUID SOAP MAKING

<b>Program Name</b>	Life Skill Enhancement Program-Liquid Soap Making
<b>Organizer</b>	Department of Chemistry
<b>Resource Person</b>	Ms. Seba George, Department of Chemistry, Mar Thoma College For Women Perumbavoor
<b>Beneficiaries</b>	39 students
<b>Date</b>	25 <sup>th</sup> November 2019
<b>Objectives</b>	To familiarize students about the preparation of liquid soap
	Understand the importance and role of washing and cleansing agents in maintaining health and hygiene
<b>Outcome</b>	Awareness on the role of washing and cleansing agents to maintain Health and hygiene.

Liquid soap is easy to use and will not spread germs from one person to another. Much liquid soap also includes a moisturizing agent, so your hands may not dry out as quickly from frequently cleaning your hands. Sodium hydroxide, also called caustic soda or lye, is a traditional chemical for soap-making. While potassium hydroxide is more common in liquid soap-making, it is possible to produce liquid soaps using caustic soda.



The Department of Chemistry organized a workshop on “Liquid soap making” in the academic year 2019-2020. III<sup>rd</sup> year students prepared liquid soap on 25<sup>th</sup> November 2019, under the guidance of Ms. Seba George. The student coordinator was Ajil Sara Joy. These soaps were distributed among the students and staff of the college. This programme gave a platform to the students to understand the process of preparation and packing of liquid soap. They became aware of the materials used for the preparation of liquid soap. It also provides an awareness about the significance and scope of soap making.

This programme helped the students to get the knowledge of making soaps as their own. Thus they were able to make homemade liquid soap in a cheaper way. It also helps them to develop entrepreneur skills. All the students actively participated in making and selling the products.



MAR THOMA COLLEGE FOR  
WOMEN PERUMBAVOOR

DEPARTMENT OF  
CHEMISTRY



# LIQUID SOAP MAKING

Dishwashing liquid soap

Life skill  
enhancement program

Mrs. Seba George  
(Teacher-in-charge)

Ms. Ajil Sara Joy  
(Student co-ordinator)

Date: 25 & 26 / 11 / 2019  
Time: 9:30am





Liquid soap distribution, 25/11/2019

**List of Participants**

Sl No.	Name	Year
1	Afsana Jamal	III B.Sc. Chemistry
2	Aisha Salim	III B.Sc. Chemistry
3	Ajil Sara Joy	III B.Sc. Chemistry
4	Ajiniyamol Ibrahim	III B.Sc. Chemistry
5	Aleena Benny	III B.Sc. Chemistry
6	Alfiya Abbas	III B.Sc. Chemistry
7	Alka Asok	III B.Sc. Chemistry
8	Anaha Biji	III B.Sc. Chemistry
9	Anitta Saju	III B.Sc. Chemistry
10	Anusree A Santhosh	III B.Sc. Chemistry
11	Arya Murali	III B.Sc. Chemistry
12	Ashitha Ebrahim	III B.Sc. Chemistry
13	Aswani C S	III B.Sc. Chemistry
14	Athira P R	III B.Sc. Chemistry
15	Divya K V	III B.Sc. Chemistry
16	Divya Avarachan	III B.Sc. Chemistry



17	Divya Vijayakumar	III B.Sc. Chemistry
18	Fara Farzeen A H	III B.Sc. Chemistry
19	Fathima Raeza	III B.Sc. Chemistry
20	Fathima Ummer V U	III B.Sc. Chemistry
21	Greeshma Sathyan	III B.Sc. Chemistry
22	Jomol George	III B.Sc. Chemistry
23	Jomol Jose	III B.Sc. Chemistry
24	Lakshmi Induchoodan	III B.Sc. Chemistry
24	Manumitha S	III B.Sc. Chemistry
26	Mariya Jeby	III B.Sc. Chemistry
27	Merin Varghese	III B.Sc. Chemistry
28	Mubeena Basheer	III B.Sc. Chemistry
29	Nisma Rahman	III B.Sc. Chemistry
30	Rasla T Rahman	III B.Sc. Chemistry
31	Renjitha Raveendran	III B.Sc. Chemistry
32	Sahla T Ebrahim	III B.Sc. Chemistry
33	Salima P S	III B.Sc. Chemistry
34	Saliya C S	III B.Sc. Chemistry
35	Shehanas T M	III B.Sc. Chemistry
36	Silpa Paily	III B.Sc. Chemistry
37	Siya Mariya Sunny	III B.Sc. Chemistry
38	Sona Saji	III B.Sc. Chemistry
39	Swathy P S	III B.Sc. Chemistry

*Syo/ae/Vay*

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**Perumbavoor - 683 642**



## WELLNESS THROUGH YOGA- YOGA TRAINING PROGRAMME

<b>Program Name</b>	<b>Yoga Training Programme</b>
<b>Organizer</b>	Physical Education Department
<b>Resource Person</b>	Dr. Vineed Kumar K ,Department of Physical Education Mar Thoma College For Women ,Perumbavoor
<b>Beneficiaries</b>	19 students
<b>Date And Year</b>	26 September 2019
<b>Duration</b>	One Hour- 8 Session
<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>	Calm Mind, Good Concentration And Rejuvenation Of The Body And Mind

The college initiated a Yoga Training programme in association with the Physical Education Department on 26 September 2019 under the guidance of Dr. Vineed Kumar K .8 sessions were arranged, and 19 students participated in the academic year 2019–20. He had explained everything about the history, importance of yoga in human life and also gave practical performance to all participants about the same. Course completion certificates were provided.

Meditation is relaxation which gives particularly students; yoga is a great remedy to remove our tensions which definitely affects our health. All enthusiastically participated & looked keen to learn various techniques. Every session was a successful one which displayed a great spirit of learning by staff members and students alike





MARTHOMA COLLEGE FOR  
WOMEN PERUMBAVOOR

# YOGA TRAINING PROGRAMME

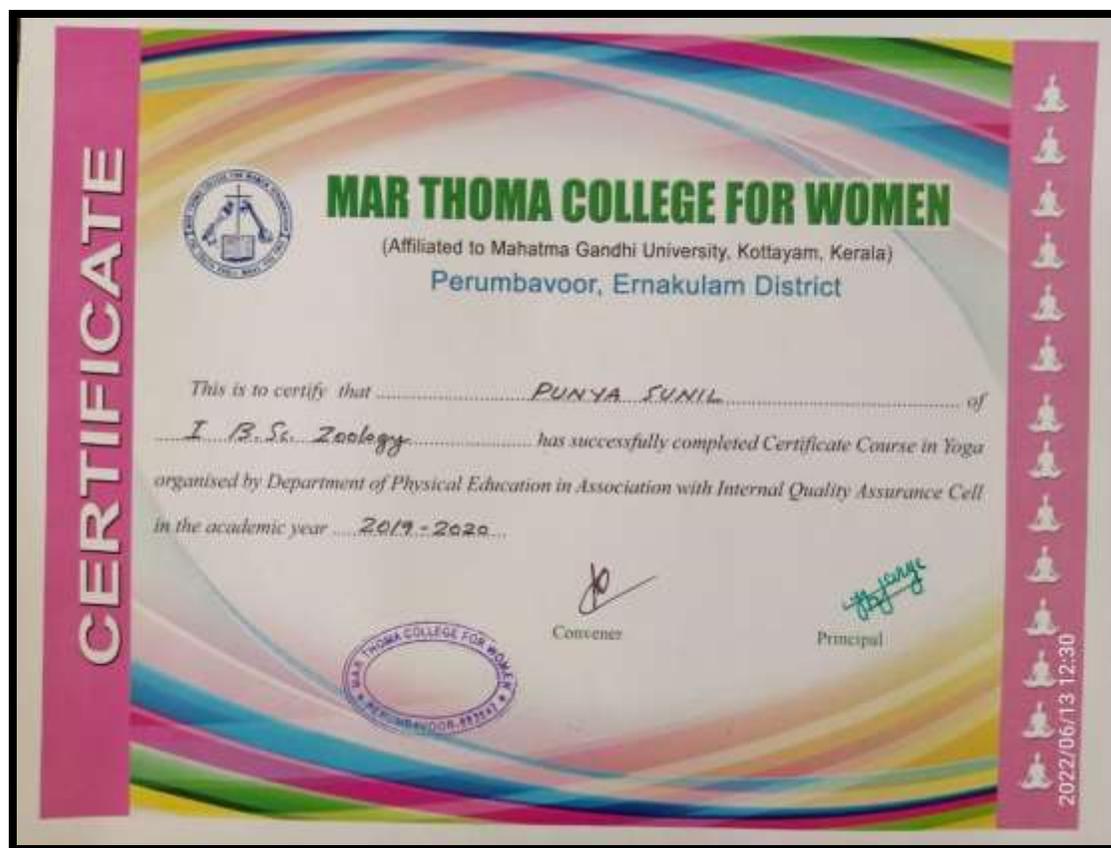
organized by

**PHYSICAL EDUCATION  
DEPARTMENT**

26 September 2019

Convenor-  
Dr.Vineet Kumar K  
Venue-  
College Auditorium





Certificate

### List of Students

Sl.No	Name Of Students
1	Silpa Sunny
2	Ann Mary Thomas
3	Gopika Reji Kumar
4	Remeesa Parvin
5	Aishwarya Mohanan
6	Deva Rajini K.
7	Aksa Marya Thomas
8	Jixa Mathew
9	Sethulakshmi C.
10	Akshra Ravi
11	Akhila Ann Zacharia



12	Punnya Sunil
13	Anjana Biju
14	Aleena Mariyam George
15	Saliha Sabu
16	Anagha C.J.
17	Anju Martin
18	Sharon Sara Thomas
19	Anitha

**Attendance Register**

**ATTENDANCE OF YOGA TRAINING**  
2019-20

Sl. NO	NAME	26.07.19	3.10.2019	15.10.2019	17.10.2019	23.10.20	30.01.20	6.03.20	17.03.20
x 1	Shilpa Sunny.P	Present	Present	Present	Present	Present	Present	Present	Present
x 2	Annamary Thomas	Present	Present	Present	Present	Present	Present	Present	Present
3	Chopika Rani Kumar	Present	Present	Present	Present	Present	Present	Present	Present
4	Reemasa Pravin	Present	Present	Present	Present	Present	Present	Present	Present
5	APSWARYA MOHANAN	Present	Present	Present	Present	Present	Present	Present	Present
6	DENA RAJINI K	Present	Present	Present	Present	Present	Present	Present	Present
+ 7	Alexa Mary Thomas	Present	Present	Present	Present	Present	Present	Present	Present
+ 8	Jina Mathew	Present	Present	Present	Present	Present	Present	Present	Present
+ 9	Sethulakshmi K	Present	Present	Present	Present	Present	Present	Present	Present
+ 10	Ashwara Ravi	Present	Present	Present	Present	Present	Present	Present	Present
+ 11	Akhila Ann Zachariah	Present	Present	Present	Present	Present	Present	Present	Present
+ 12	Punnya Sunil	Present	Present	Present	Present	Present	Present	Present	Present
13	Anjana Biju	Present	Present	Present	Present	Present	Present	Present	Present
- 14	Aleena Mariyam George	Present	Present	Present	Present	Present	Present	Present	Present
15	SALIHA SABU	Present	Present	Present	Present	Present	Present	Present	Present
16	Anagha C.J	Present	Present	Present	Present	Present	Present	Present	Present
17	Anju Martin	Present	Present	Present	Present	Present	Present	Present	Present
18	Sharon Sara Thomas	Present	Present	Present	Present	Present	Present	Present	Present
19	Anitha	Present	Present	Present	Present	Present	Present	Present	Present

*Sybilal Vay*

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## HUMAN VALUE DEVELOPMENT PROGRAMME

<b>Program Name</b>	<b>Human Value Development Programme</b>
<b>Organizer</b>	Ms. Chaithanya Elsa Achankunju Asst. Professor Department of English
<b>Resource Person</b>	Teachers From Different Departments Mar Thoma College For Women ,Perumbavoor
<b>Beneficiaries</b>	830 All students
<b>Date and Year</b>	07/08/2019( first wednesday of every month )
<b>Duration</b>	9:00AM TO 9:30 AM
<b>Objectives</b>	<ul style="list-style-type: none"> <li>● Total enhancement of students' personality in its mental, emotional and social aspects</li> <li>● Helping students to develop an independent way of thinking and living</li> <li>● Inducing a spirit of love for the nation and its integration</li> </ul>
<b>Outcome</b>	Enhancement of students' personality ,critical thinking ,social skills ,cooperation and inducing a spirit of love for the nation and its integration.

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



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

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





**Mar Thoma College for Women  
Perumbavoor**

**Human Value Development  
Programme**

2019-2020

*Goals*

*Messages*

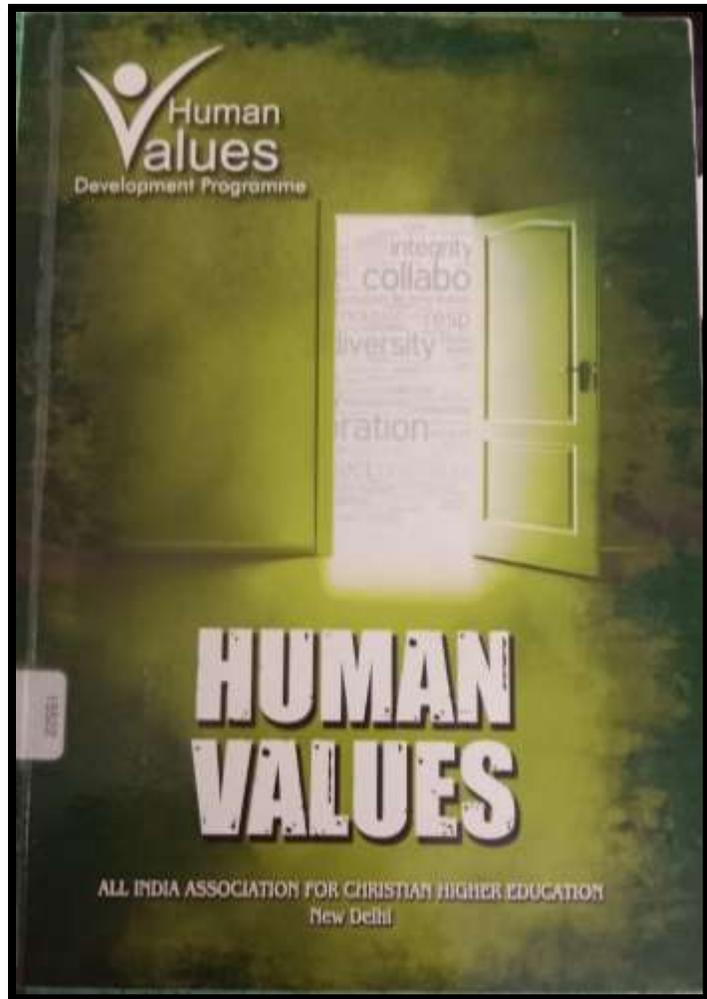
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FIRST WEDNESDAY OF EACH  
MONTH



Interacting Sessions





Reference Text





PUPILS ATTENDANCE REGISTER OF													SCHOOL				
Sl. No.	NAME	Days															
		Date	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
1	ABIRYA M. RAJU								X								
2	AISHA K. NAJ								X								
3	Akhila Binny								X								
4	Akhila Pamban								X								
5	Amitha Eda Sarath								X								
6	Amitha John								X								
7	Amma Baby								X								
8	Amrithaajuby M.N								X								
9	Amrithaajuby T.K								X								
10	Anjali Maharan								X								
11	Anjana Nair								X								
12	Anjana Suresh								X								
13	Anjana Sudekan								X								
14	Anjana Suresh								X								
15	Anjana S Nair								X								
16	Anjana S Nair								X								
17	Anjana S Nair								X								
18	Anjana S Nair								X								
19	Anjana S Nair								X								
20	Anjana S Nair								X								
21	Anjana S Nair								X								
22	Anjana S Nair								X								
23	Anjana S Nair								X								
24	Anjana S Nair								X								
25	Anjana S Nair								X								
26	Anjana S Nair								X								
27	Anjana S Nair								X								
28	Anjana S Nair								X								
29	Anjana S Nair								X								
30	Anjana S Nair								X								
31	Anjana S Nair								X								
32	Anjana S Nair								X								
33	Anjana S Nair								X								
34	Anjana S Nair								X								

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PUPILS ATTENDANCE REGISTER OF													SCHOOL			
Sl No	NAME	Days							8	9	10	11	12	13	14	15
		Date	1	2	3	4	5	6								
1	Aariga F Madan							X	X	X	X					
2	Apari Chahul							X	X	X	X					
3	Apari Hema							X	X	X	X					
4	Alfya F.A							X	X	X	X					
5	Amal Salim							X	X	X	X					
6	Amr Abrahim C							X	X	X	X					
7	Angani Raju							X	X	X	X					
8	Anisha M.S							X	X	X	X					
9	Ashly Nushkar							X	X	X	X					
10	Asra Shama M.M							X	X	X	X					
11	Athira Sureshnan							X	X	X	X					
12	Bhira Jagan							X	X	X	X					
13	Bhira Jayaraj							X	X	X	X					
14	Fathima Nouhad V.N							X	X	X	X					
15	Fathima Sahadaya M.B							X	X	X	X					
16	Fathima Salha							X	X	X	X					
17	Fidha Ajeem A.S							X	X	X	X					
18	Isheka Nandanakumar							X	X	X	X					
19	Mubina C.A							X	X	X	X					
20	Mubina Begum V.K							X	X	X	X					
21	Rasla C.A							X	X	X	X					
22	Rashmi Raju							X	X	X	X					
23	Sushama Nazam							X	X	X	X					
24	Rumaisa C.A							X	X	X	X					
25	Sandya Sasi							X	X	X	X					
26	Sharon Jona Thomas							X	X	X	X					
27	Shyama Mathin							X	X	X	X					
28	Shruti Srida							X	X	X	X					
29	Shruti Priya Vargopal							X	X	X	X					

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*Syo/ke/Vay*

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 Perumbavoor - 683 542



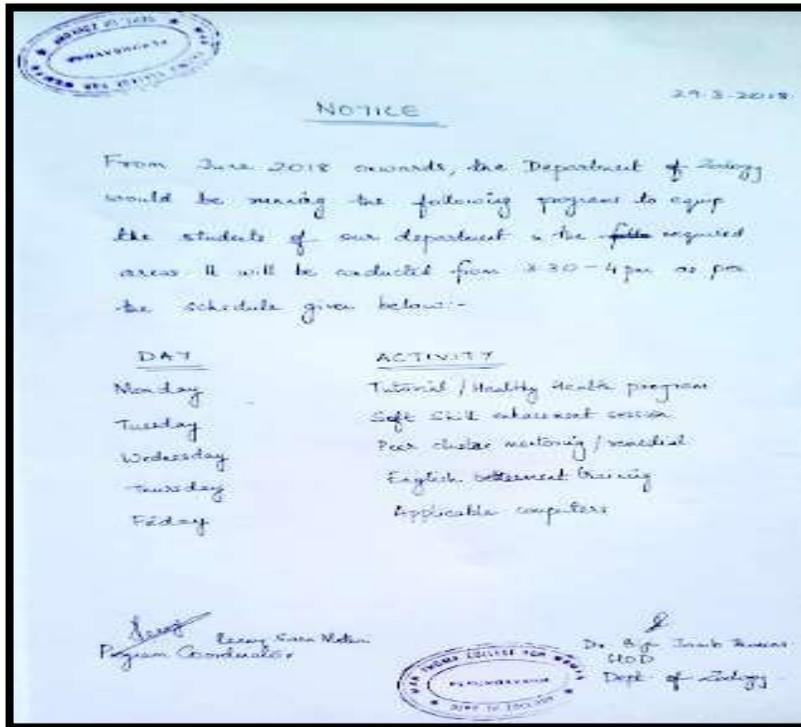
## HEALTHY HEALTH PROGRAMME

<b>Organizer</b>	Department of Zoology
<b>Beneficiary</b>	54 Students of the Department of Zoology
<b>Date</b>	17/6/2019
<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>	21 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. 54 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, reducing plastic wastes, practicing trash to art and engaging in physical activities and games. A total of 21 classes were handled during the academic year 2019-20.





Notice



Activity session on 17/6/2019



**List of Participants:**

Sl.No	III B.Sc. Zoology	II B.Sc. Zoology	I B.Sc. Zoology
1	Carolin Ann George	Ankitha Ayyappan	Aleena Mariya George
2	Aparna Anil	Ashna P.S.	Alfiya Shaji
3	Deepthi K. Surendran	Asna Abbas	Amalendhu Rajan
4	Dona Joy	Aswathy Sajeevan	Anjana Sajeev
5	Elna Eldho	Athira C.M	Ashlin Sabu
6	Fathima Fairouz	Dona Eldhose	Fathima Farzana
7	Kallyani Surendran	Feba Eldhose	Fathima Shaji
8	Karthika Rajan	Gayathry J. Nair	Leeshma Shaji
9	Karthika S.	Hridhya Surendran	Maneesha Beegum P.M
10	Lakshmi Narayanan	Jinu James	Mayoori M.B
11	Mariya Emima Babu	Jisha Susan Shaji	Nidhy Anna Sunny
12	Neeraja Ponnu	Mahina P.M	Shabana Kareem
13	Ponnu Dileep	Parvathy Salin Kumar	Fathima Kareem
14	Saranya Bhadrn	Raihanath C.A	Hindbeevee A.M
15	Shahina Basheer	Renju K. Reji	Nabeela A.A
16	Shilpa Kiran	Rizana A.J	Sandra P.S
17	Soya mol	Sulfeena T.K.	Siya Paul
18	Thasni K.M	Susan Cheriyan	
19		Vismaya Raju	

2019-20 HEALTHY HEALTH PROGRAM

Sl No	DATE	ACTIVITY	GROUP NO.	CLASS	SIGN
1.	17-6-19	Nutrient table preparation	1,2,3,4,5	III	
2.	24-6-19	Plastic clearing	4,5	II	
3.	1-7-19	BMI estimation	3,4,5	II	
4.	8-7-19	Balanced diet plan	1,2,3,4,5	III	
5.	15-7-19	Waste segregation	1,2,3	II	
6.	22-7-19	Game - outdoors	1,2,3,4,5	III	
7.	29-7-19	Healthy recipe ideas	1,2,3	III	
8.	12-08-19	Stretching activity	3,4,5	II	
9.	26-8-19	Green class activity	1,2,3,4,5	II	
10.	2-09-19	Waste water purification activity	4,5	III	
11.	9-09-19	Fitness walk	1,2	II	
12.	16-9-19	Discussion - healthy lifestyle	1,4,5	I	
13.	23-9-19	Discussion - stress and human fitness	1,2,3,4,5	III	
14.	30-9-19	Waste to wonder items	3,5,1	II	
15.	7-10-19	" "	2,3	I	



S.No	DATE	ACTIVITY	GROUP NO:	CLASS	SIGN
16.	25-11-19	Games - outdoor	1,2,3,4,5	III	☺
17	16-12-19	Healthy Recipes	1,2,3	II	☺
18.	6-1-20	Fitness walk	1,2	I	☺
19	13-1-20	Green class activity	1,2,3,4,5	III	☺
20.	20-1-20	Balanced diet plan	2,4	II	☺
21.	27-1-20	Stretching activity	3,4,5	I	☺

*Syo/ka/Vay*

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 Perumbavoor - 683 642



## PERSONAL COUNSELLING

<b>Program Name</b>	<b>Personal Counselling</b>
<b>Organizer</b>	Mar Thoma College For Women ,Perumbavoor
<b>Resource Person</b>	Ms. Angel Mathew, College Counsellor
<b>Beneficiaries</b>	129 students
<b>Date And Year</b>	03/06/2019
<b>Duration</b>	One Year
<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>	<p>Cope with personal, emotional and psychological problems in a mature way</p> <p>Deal with challenges and evolve into healthier human beings</p> <p>Demonstrate awareness of mental health issues and assist people suffering from such concerns</p>

The Personal Counselling system in the college is quite strong and has helped many students overcome personal and emotional challenges. There is a well-qualified, dedicated clinical counsellor in the College and she offers both personal and group counselling sessions. At the beginning of each academic year, the Counsellor visits classes and makes students aware of the availability of psychological counselling support in the institution and provides them general counselling.



The students are then encouraged to meet the counsellor personally and discuss matters of concern. Teachers and peers direct students facing severe emotional and psychological problems to seek help from the counsellor. Where necessary, teachers and counsellors meet parents and guardians in order to provide support in handling their wards sensitively. Utmost confidentiality is maintained in all cases.

The Counselling system has been successful in helping students cope with challenges and 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 counselling services. The facilities provided by the College serve as a much-needed respite to both parents and wards. In the case of students facing severe psychological and mental-health related issues, frequent sessions are held with the ward and guardians. Personalized counselling sessions held regularly have helped several students overcome depression and personality problems. The system functions very effectively in making mental health services accessible to our students who are confronted with various crises.





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

# PERSONAL COUNSELING

*We may define therapy as a search  
for value.*  
- Abraham Maslow

Ms. Angel Mathew  
College Counsellor

2019-2020

For more details  
Ph.9388899592

### List of participants

Sl.No	Name of Student	Class
1	Anumol Mani	III History
2	Ajmiya	II Chemistry
3	Anagha	II Chemistry
4	Anju Raji	II History
5	Carolin Ann George	III Zoology
6	Mariya Emima Babu	III Zoology
7	Athira	III Chemistry
8	Greeshma Krishnan	III Maths
9	Karthika	III Zoology
10	Karthika	II Maths
11	Sreelakshmi	III Maths
12	Anagha Jose	III Maths
13	Anjali Valsan	III Maths
14	Indrani	III Maths
15	Aathira A Kumar	I Chemistry
16	Praveena P S	III Maths



17	Gopika C A	I B.Voc Tourism
18	Gismi George	I B.Voc Tourism
19	Fida	I B.Voc Tourism
20	Gayathri	I B.Voc Tourism
21	Shibina	I B.Voc Tourism
22	Swaliha	I B.Voc Tourism
23	Fathima Anjana	I B.Voc Tourism
24	Merin	I B.Voc Tourism
25	Thasleena	I B.Voc Tourism
26	Nasmi	I B.Voc Tourism
27	Asna Ebrahim	I B.Voc Tourism
28	Soyamol Paulson	III Zoology
29	Shaheena Basheer	III Zoology
30	Ganalatha	III Maths
31	Silpa Sivan	I English
32	Saifunisa	I Chemistry
33	Habeeba Ali	I Chemistry
34	Afta Ali	I Chemistry
35	Athira	I Chemistry
36	Mubeena C A	I English
37	Sharanya Shashi	I BCom
38	Payal Kumari	III History
39	Ramlath C P	III Maths
40	Shikha K Binoy	I BVoc Renewable
41	Princy Johny	I BVoc Renewable
42	Anaja K K	I BVoc Renewable
43	Atheena R	I BVoc Renewable
44	Sneha Anand	I BVoc Renewable
45	Noorjahan K S	I BVoc Renewable
46	Anju Johnson	I Msc Zoology
47	Ancy Sebastian	III Maths
48	Farsana Makkar	I BVoc Fashion
49	Shabana Kareem	I Zoology
50	Asnamol C M	I History
51	Saifunnisa	I BVoc Renewable
52	Anna Lal	I BVoc Renewable
53	Vinila	I BVoc Renewable
54	Rajalakshmi	I BVoc Renewable
55	Aksa Mary Thomas	I BCom Tax
56	Sneha Jose	I History
57	Bhagya Agnes James	I History



58	Divya Kalesh	I History
59	Aiswarya Mohan	I History
60	Anaswara B S	I History
61	Krishna Priya K S	I History
62	Fathima Nihala	I BVoc Fashion
63	Vandana Rajan	I BVoc Fashion
64	Sulthana Taj	I BVoc Fashion
65	Ancy Reji	I BVoc Fashion
66	Vidya Viswambaran	I BVoc Fashion
67	Merin Stefan	I BVoc Tourism
68	Shibina K	I BVoc Tourism
69	Anjana Biju	I English
70	Deepthi	III Zoology
71	Sharanya	III Zoology
72	Ponnu Dileep	III Zoology
73	Mariya	III Zoology
74	Dona Joy	III Zoology
75	Aparna K Anil	III Zoology
76	Fathima Fairoos	III Zoology
77	Tasni	III Zoology
78	Lakshmi Narayana	III Zoology
79	Neeraja P R	III Zoology
80	Akhila Zachariah	I Maths
81	Punya Lalu	I Maths
82	Stella Maria Roy	I Maths
83	Bhadra Shashidharan	I Maths
84	Neha Joy	I Maths
85	Faeseena N M	I Maths
86	Anaswara B S	I Maths
87	Vrinda Jayakumar	I History
88	Yisni George	I B.Voc Tourism
89	Shimna	II Maths
90	Chithra	II Maths
91	Sheebha Rajan	II Maths
92	Diya Kalesh	I History
93	Anju Raju	II History
94	Abina Sulahath Ajeer	II History
95	Bindhu	II History
96	Maria Chacko	II English
97	Jyolsana Sibi	II English
98	Anjam Ameer	II English



99	Zaheera Mohammed	I BVoc Fashion
100	Raseena R	I Bcom
101	Aswathy Sajeevan	II Zoology
102	Gayathri Rajesh	I BVoc Tourism
103	Remlath C P	III Maths
104	Anju Raju	II History
105	Swaliha Babu	I BVoc Tourism
106	Fithamol R N	I BVoc Tourism
107	Gayathri K Rajesh	I BVoc Tourism
108	Anju Raju	II History
109	Asna Mayankutty	II Bcom
110	Anakha Alece	II Bcom
111	Rashmi Rajan	I BVoc Fashion
112	Angel V Raghu	I BVoc Fashion
113	Suhadhah Hussain	I BVoc Fashion
114	Sandra Anand	I BVoc Fashion
115	Muthubi Kasim	I BVoc Fashion
116	Ashna T S	I BVoc Fashion
117	Nasrinsha	I BVoc Fashion
118	Stefy Poulouse	I Maths
119	Fathima Mohammad	I Maths
120	Shifna	I Maths
121	Fathima Ahiya	I Maths
122	Sila N L	BVoc Fashion
123	Sulfiyamol T S	BVoc Fashion
124	Ansa Riswana	BVoc Fashion
125	Sandra K V	BVoc Fashion
126	Madhumitha Santhosh	BVoc Fashion
127	Soniya Saji	BVoc Fashion
128	Namitha K S	BVoc Fashion
129	Sreeshma Ajith	BVoc Fashion

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