



# 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**

**2020-2021**

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



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## STRESS MANAGEMENT TRAINING

<b>Title of the program</b>	Stress Management Training : How to Excel in Your Studies
<b>Organized by</b>	Department of Commerce in association with Logic School of Management
<b>Date</b>	27.01.2021
<b>Resource Person</b>	Mr. Anish Mohan, Motivational Speaker and Trainer
<b>Coordinator</b>	Dr. Avani T, Asst. Professor, Dept. of Commerce
<b>Beneficiaries</b>	84 students of Department of Commerce (F&T)
<b>Objective</b>	To help students effectively manage their studies online and also overcome fear of examinations

An Online Motivational Programme was organized by the Department of Commerce in association with Logic School of Management on 27th January 2021 from 7 pm to 9 pm. The session was handled by International Award-Winning Speaker Mr. Anish Mohan. The main topic of the session was 'How to manage stress and overcome exam fear'. The resource person also talked about the present scenario of online classes and how it affects the youngsters. The students really appreciated the session and actively participated and also sought clarifications at the end by asking questions to the resource person.






**EXCEL IN YOUR STUDIES**  
Online Motivational Programme

പരീക്ഷ ഭയത്തെ മറികടക്കാം

Organised by  
**Dept of Commerce**  
**MARTHOMA COLLEGE FOR WOMEN**  
Perumbavoor



**Anish Mohan**  
International Award  
Winning Speaker

ID: 953 5871 9556  
PWD: 757444

DATE : 27-01-2021  
TIME : 7:00 PM

75109 45000

**List of students**

Sl. No	Name of Student	Class
1.	Ainu C Sunny	III B.Com (F&T)
2.	Ambily Ajeesh	III B.Com (F&T)
3.	Anagha Varghese George	III B.Com (F&T)
4.	Anju Wilson	III B.Com (F&T)
5.	Ann Mariyan Thomas	III B.Com (F&T)
6.	Anusha Ayyappankutty	III B.Com (F&T)
7.	Aparna M K	III B.Com (F&T)
8.	Aparna Raju	III B.Com (F&T)
9.	Aseena Abu	III B.Com (F&T)
10.	Athila Abdul Nassar	III B.Com (F&T)
11.	Athira C U	III B.Com (F&T)
12.	Devika Anil	III B.Com (F&T)



13.	Ebisa Eldhose	III B.Com (F&T)
14.	Feba P Thomas	III B.Com (F&T)
15.	Giya P Babu	III B.Com (F&T)
16.	Gopika Mohan T	III B.Com (F&T)
17.	Gowri Priyadharsini	III B.Com (F&T)
18.	Irin Mary Peter	III B.Com (F&T)
19.	Lakshmi V S	III B.Com (F&T)
20.	Maneeshma K S	III B.Com (F&T)
21.	MariyaFemina P J	III B.Com (F&T)
22.	Mariya George	III B.Com (F&T)
23.	Nelha Thomas	III B.Com (F&T)
24.	Preethi Babu	III B.Com (F&T)
25.	Sona Paul	III B.Com (F&T)
26.	Yamuna P Manoj	III B.Com (F&T)
27.	Aksa Mary Thomas	II B.Com (F&T)
28.	Aleena Jose	II B.Com (F&T)
29.	Annmary Thomas	II B.Com (F&T)
30.	ArathiSaji	II B.Com (F&T)
31.	Fahima Rafeeqe	II B.Com (F&T)
32.	Fathima Nazrin C I	II B.Com (F&T)
33.	GopikaRejikumar	II B.Com (F&T)
34.	Jixa Mathew	II B.Com (F&T)
35.	Krishnapriya Manoj	II B.Com (F&T)
36.	Lakshmi Sajan	II B.Com (F&T)
37.	Lija Johnson	II B.Com (F&T)
38.	Malavika S Kartha	II B.Com (F&T)
39.	Shilpa Sunny P	II B.Com (F&T)
40.	Shruthy Hariharan	II B.Com (F&T)
41.	Sneha Alice Jiju	II B.Com (F&T)
42.	Swaliha Backer	II B.Com (F&T)
43.	Anitha Benny	II B.Com (F&T)
44.	Aparna A.S	II B.Com (F&T)
45.	AthiraRevi	II B.Com (F&T)
46.	Bhadra K.K	II B.Com (F&T)
47.	Chandini Malavika	II B.Com (F&T)
48.	Elizabeth Chacko	II B.Com (F&T)
49.	FathimathSuhara C A	II B.Com (F&T)



50.	Geethu P.M	II B.Com (F&T)
51.	Khadeeja Nahada M.Z	II B.Com (F&T)
52.	Merin Shaji	II B.Com (F&T)
53.	NikinaSaji	II B.Com (F&T)
54.	Aardra C Mari	I B.Com (F&T)
55.	Abhirami Prakash	I B.Com (F&T)
56.	Abhisree Prakash	I B.Com (F&T)
57.	Aleena Kochumon	I B.Com (F&T)
58.	Amala Joshy	I B.Com (F&T)
59.	Amudha Alias	I B.Com (F&T)
60.	Anjana Baskaran	I B.Com (F&T)
61.	Ann Prasanth	I B.Com (F&T)
62.	Arathy Surendran	I B.Com (F&T)
63.	Aswathy V A	I B.Com (F&T)
64.	Devipriya K R	I B.Com (F&T)
65.	Fahima Shaji	I B.Com (F&T)
66.	Gayathri M R	I B.Com (F&T)
67.	Jayalakshmi Nadesan	I B.Com (F&T)
68.	Nitha Varghese	I B.Com (F&T)
69.	Saisaraswathy	I B.Com (F&T)
70.	Shahabunnisa P	I B.Com (F&T)
71.	Sumayya A I	I B.Com (F&T)
72.	Aisha Shiyas	I B.Com (F&T)
73.	Ann Leya George	I B.Com (F&T)
74.	Aswani Raj	I B.Com (F&T)
75.	Bincy Varghese	I B.Com (F&T)
76.	Chris T Esther	I B.Com (F&T)
77.	Devika Siblu	I B.Com (F&T)
78.	Fathima P H	I B.Com (F&T)
79.	Keerthi B Nair	I B.Com (F&T)
80.	Kripa Kurien	I B.Com (F&T)
81.	Meenu K S	I B.Com (F&T)
82.	Minamol V B	I B.Com (F&T)
83.	Sona Sebastian	I B.Com (F&T)
84.	Swathylakshmi Ravi	I B.Com (F&T)

*Syo/ka/Vay*  
Principal - in - charge  
Mar Thoma College For Women  
Perumbavoor - 683 642



## INTERVENTION AND INTERVENTIONAL STRATEGIES IN ESL CURRICULUM

<b>Title of the program</b>	Intervention and Interventional Strategies in ESL Curriculum
<b>Organized by</b>	Department of English
<b>Date</b>	27/01/2021
<b>Resource Person</b>	Dr. Samuel Jayakumar, Assistant Professor, Department of Languages, Hindustan Institute of Technology and Science, Chennai
<b>Coordinator</b>	Ms. Preethi Sara Joseph, Asst. Professor, Dept. of English, Mar Thoma College for Women, Perumbavoor
<b>Beneficiaries</b>	31 students

An Online Programme was organized by the Department of English on 27th January 2021 from 10:30 am to 4:30 pm. The session was handled by Dr. Samuel Jayakumar, Assistant Professor, Department of Languages, Hindustan Institute of Technology and Science, Chennai. The main topic of the session was Intervention and Interventional Strategies in ESL Curriculum. The session was really informative.





**MAR THOMA COLLEGE FOR WOMEN**  
PERUMBAVOOR, ERNAKULAM DISTRICT,  
KERALA, 683542

**DEPARTMENT OF ENGLISH**  
**NATIONAL WEBINAR SERIES : LECTURE 2**

**INTERVENTION AND INTERVENTIONAL STRATEGIES IN  
ESL CURRICULUM**

**RESOURCE PERSON**



**M. SAMUEL JAYAKUMAR**  
Assistant Professor  
Department of Languages  
Hindustan Institute of  
Technology & Science  
Chennai

27 Jan. 2021, 10.30 a.m.  
Platform: Google Meet



Links will be shared to registered participants.  
For further details contact:

Ms. Chaitanya Elsa Achankunju (HOD) +91 9567062075	Ms. Preethi Sara Joseph (Faculty Convener) +91 9495335860
Ms. Sharon Sara Thomas (Student Convener) +91 7025980142	

## Letter of Appreciation



**MAR THOMA COLLEGE FOR WOMEN, PERUMBAVOOR**  
(Affiliated to Mahatma Gandhi University, Kottayam - Accredited by **NAAC**)  
Karate 683 542

☎0404 2522723  
☎ 0404 2520823  
✉ mail : mtcw@br@yahoo.in

Dr. Gigi George  
Principal

28 January 2021

**Letter of Appreciation**

We greatly appreciate Mr. M. Samuel Jayakumar, Assistant Professor, Department of Languages, Hindustan Institute of Technology and Science, Chennai for being a resource person and delivering a talk on *Importance of Teacher-Intervention and the Interventional Strategies in ESL Curriculum* in the National Webinar organized by the Department of English, Mar Thoma College for Women, Perumbavoor, Kerala on 27 January 2021.

We hereby express our sincere gratitude for your time and effort. The session was immensely useful and well appreciated. We look forward to such fruitful associations in future.

  
Ms. Chaitanya Elsa Achankunju  
Head  
Department of English

  
Dr. Gigi George  
Principal  
Dr. GIGI GEORGE  
Principal-in-charge  
Mar Thoma College For Women  
Perumbavoor - 683 542




### List of students

Sl. No.	Name	Class
1	Aleena Benny	II BA English
2	Aleena Rachel Joy	II BA English
3	Alia Basheer	II BA English
4	Amitha Kareem	II BA English
5	Aparna T.A	II BA English
6	Bhavna S	II BA English
7	Fitha Fathima A S	II BA English
8	Jasna K A	II BA English
9	Megha Elsa Biju	II BA English
10	Nasle Jafer	II BA English
11	Parvathy V S	II BA English
12	Sona Jabbar	II BA English
13	Vyshnavi Vinod	II BA English
14	Abhirami P K	II BA English
15	Ajinsha C A	II BA English
16	Alam Salam	II BA English
17	Alifna V M	II BA English
18	Anjana M A	II BA English
19	Anusree K.C	II BA English
20	Divya Sivan	II BA English
21	Halisa C.M	II BA English
22	Nnazar	II BA English
23	Ramziya Ummer	II BA English
24	Sandra Anna Iduckala	II BA English
25	Shabna Ashraf	II BA English
26	Sherin K.A	II BA English
27	Sruthy Suresh	II BA English
28	Steny Mary Philip	II BA English
29	Sumayya Ps	II BA English
30	Swara Vincent	II BA English
31	Thasni A A	II BA English

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## MONEY MANAGEMENT SKILLS

<b>Title of the program</b>	Money Management Skills
<b>Organized by</b>	Department of Commerce
<b>Date</b>	29.04.2021
<b>Resource Person</b>	Mr. Manoj T Neelakandan, Stock market trainer
<b>Coordinator</b>	Ms. Serene Anna Sam, Asst. Professor, Department of Commerce
<b>Beneficiaries</b>	37 students from Department of Commerce (F&T)
<b>Objective</b>	To create an awareness among students regarding the importance of managing finances, investing, equity markets etc.

An training program on Money Management Skills was organised by the Department of Commerce on 29 April 2021 which covered topics like the basics of investing, how to manage finances ,do's and don'ts of investing, power of compounding etc. Mr. Manoj T Neelakandan, Resource Person of IICA and SEBI Stock Market Trainer, handled the session. A total of 37 students attended the webinar. The students actively participated in the session and also seeked clarifications from the speaker.





### List of students

SL.No	Name of Student	Class
1.	Aksa Mary Thomas	III B.Com (F&T)
2.	Aleena Jose	III B.Com (F&T)
3.	Annmary Thomas	III B.Com (F&T)
4.	Anu George	III B.Com (F&T)
5.	ArathiSaji	III B.Com (F&T)
6.	ArshaEldhose	III B.Com (F&T)
7.	Aswathy Sreekumar	III B.Com (F&T)
8.	Fahima Rafeeqe	III B.Com (F&T)
9.	Fathima Nazrin C I	III B.Com (F&T)
10.	GopikaRejikumar	III B.Com (F&T)
11.	Jixa Mathew	III B.Com (F&T)
12.	Krishnapriya Manoj	III B.Com (F&T)
13.	Lakshmi Sajan	III B.Com (F&T)
14.	Lija Johnson	III B.Com (F&T)



15.	Malavika S Kartha	III B.Com (F&T)
16.	Merlin P.S	III B.Com (F&T)
17.	Muhzina Yooseph	III B.Com (F&T)
18.	Nathasha C.S	III B.Com (F&T)
19.	Nivya Rajan	III B.Com (F&T)
20.	Shilpa Sunny P	III B.Com (F&T)
21.	Shruthy Hariharan	III B.Com (F&T)
22.	Sneha Alice Jiju	III B.Com (F&T)
23.	Swaliha Backer	III B.Com (F&T)
24.	Anitha Benny	III B.Com (F&T)
25.	Aparna A.S	III B.Com (F&T)
26.	Asna A.A	III B.Com (F&T)
27.	Athira Revi	III B.Com (F&T)
28.	Bhadra K.K	III B.Com (F&T)
29.	Chandini Malavika	III B.Com (F&T)
30.	Deva Ranjini Kavissery	III B.Com (F&T)
31.	Elizabeth Chacko	III B.Com (F&T)
32.	Fathimath Suhara C A	III B.Com (F&T)
33.	Geethu P.M	III B.Com (F&T)
34.	Khadeeja Nahada M.Z	III B.Com (F&T)
35.	Merin Shaji	III B.Com (F&T)
36.	Nikina Saji	III B.Com (F&T)
37.	Raveena R	III B.Com (F&T)

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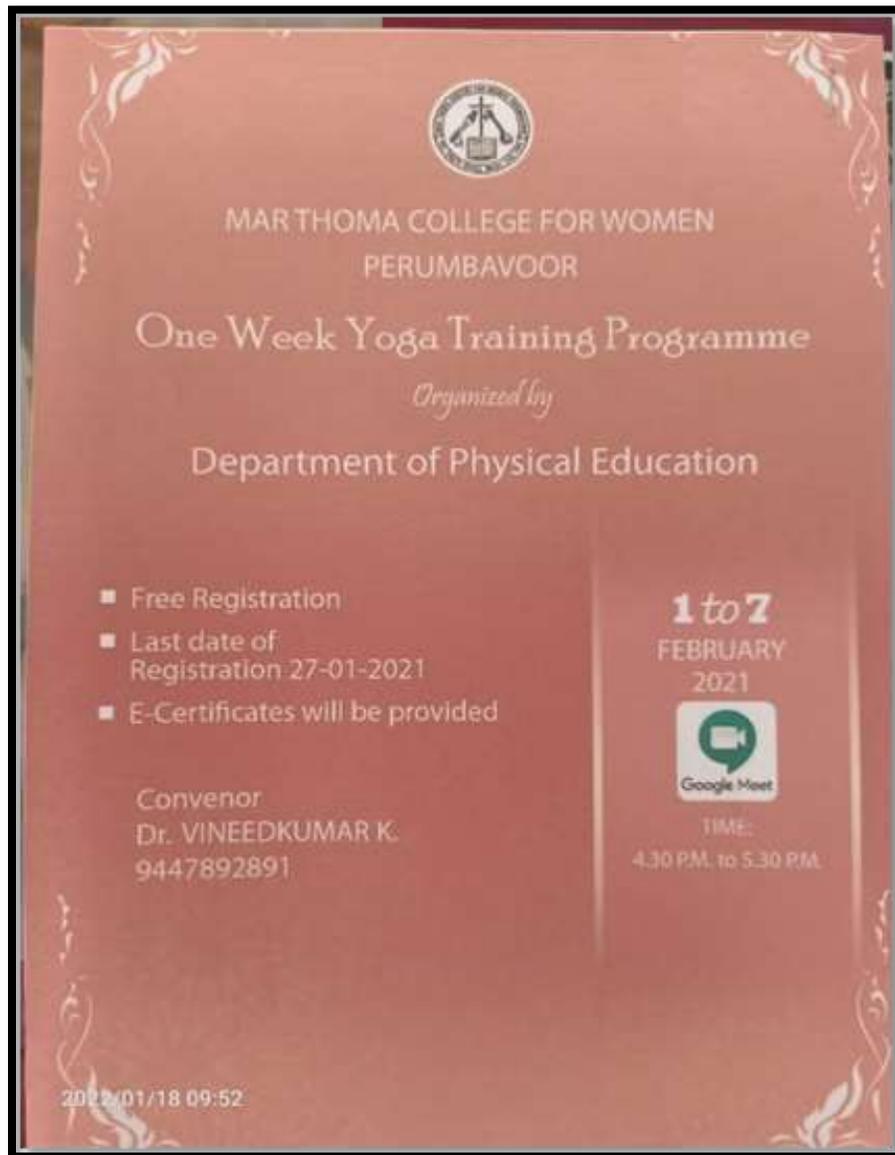
## YOGA TRAINING PROGRAMME

<b>Program Name</b>	<b>Yoga Training Programme</b>
<b>Organizer</b>	Physical Education Department, MTCW
<b>Resource Person</b>	Dr. Vineed Kumar K, Department of Physical Education, Mar Thoma College For Women, Perumbavoor
<b>Beneficiaries</b>	104 students
<b>Date and Year</b>	01/02/2021
<b>Duration</b>	One Week-One Hour
<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>	Meditation is relaxation which gives calm mind, good concentration and rejuvenation of the body and mind etc.

Performing yoga and meditation is a wise utilization of time for good health. This is the time when everyone needs stronger immunity to fight against corona virus. The enhanced activeness through bending and twisting and immunity through exhaling-inhaling can be achieved through daily practice of yoga and meditation. Our college initiated a one week Yoga Training programme in association with the Physical Education Department on 01/02/2021 under the guidance of Dr. Vineed Kumar K. Six sessions were arranged through Google Meet, and 104 students participated in the academic year 2020-2021. 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. Particularly for 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.



Online yoga training session, 01/02/2021



## List of students

**ONE WEEK YOGA TRAINING PROGRAMME**

Timestamp	NAME	DEPARTMENT	CLASS	PHONE NUMBER
1/14/2021 11:17:27	Arathy surendran	Bcom finance and taxation	Bcom 1st year	7510505529
1/14/2021 11:17:34	Gopika Regi Kumar	Bcom Tax and finance	2 year	9447815662
1/14/2021 11:17:47	SREETHU V NAIR	BCOM FINANCE & TAXA	FIRST YEAR	8137920991
1/14/2021 11:19:04	Amala Joshy	Department of commerce	B.com finance and taxation	7034923033
1/14/2021 11:20:03	Shahabunnisa. P. Jaleel	B. Com F & T	1st Year	9539349802
1/14/2021 11:21:02	Fahima shaji	B. Com	1 yr	9061880304
1/14/2021 11:21:20	sai saraswathi	bcom(f&t)	1st year bcom(f&t)	9933339342
1/14/2021 11:21:51	Aneetta Elsa Anil	B.com	FT 1	6282144301
1/14/2021 11:22:15	Nitha Varghese	B.com(Finance and Taxat	1st year B.com	96457 12339
1/14/2021 11:23:39	Chris T Esther	Commerce	B.com model 1 finance an	9037202985
1/14/2021 11:24:42	Bincy Varghese	Bcom finance and tax	1st bcom	9744615118
1/14/2021 11:25:25	Bincy Varghese	Bcom finance and tax	1.st bcom	9744615118
1/14/2021 11:26:26	Aksha Mary Thomas	Commerce	2nd B.Com Tax	9188350802
1/14/2021 11:27:33	Ann Prasanth	BCom	1st year Taxation and Fina	6547881935
1/14/2021 11:28:45	Sumayya Al	Bcom finance and taxation	First year	8547392246
1/14/2021 11:29:13	Aleena Kochumon	Commerce	B.com finance & taxation	6238544647
1/14/2021 11:29:45	Aleena Kochumon	Commerce	B.com finance & taxation	6238544647
1/14/2021 11:31:00	Anna Lal	B Voc	Renewable Energy Techn	8547122131
1/14/2021 11:38:26	AMITHA KAREEM	English	1 B. A. English	7902629070
1/14/2021 11:38:31	Swara vincent	English Department	First year	9776357087
1/14/2021 11:38:39	Nasir jefer	BA English	First year	8138955439
1/14/2021 11:39:05	Keerthi B Nair	S1 Bcom Finance & Taxat	S1 Bcom Finance & Taxat	8304079028
1/14/2021 11:46:25	Sneha anand	B. Voc RETM		9645843877
1/14/2021 11:49:38	Anjana.M.A	BA English	1st year	9946749821
1/14/2021 11:59:05	Fathima Nehla KS	English	Third	9446223043
1/14/2021 11:59:42	Fathima Nehla KS	English	Third year	8446223043
1/14/2021 12:49:21	Amudha Alias	B.com(F&T)	First year	9074448522
1/14/2021 12:58:41	Kripa kurian	Commerce	B.com (f&t) 1st year	8608152273
1/14/2021 13:00:19	Parvathy S	B voc Tourism and hospiti	Degree	9947688318
1/14/2021 13:07:38	Mahina PM	Zoology	Third	8943007384
1/14/2021 13:21:53	Sreekutty k i	Tourism and hospitality	Bevoc	9562778414
1/14/2021 13:40:31	Bhagyalakshmi Anil	Tourism and hospitality ml	B.voc	8086028348

2022/01/18 09:52



1/14/2021 13:44:41	Preethika prakash	Bsc chemistry	1 st year	9526096351
1/14/2021 14:36:37	Anjona Bhaskaran	B.com	1st year	9446469331
1/14/2021 14:53:21	Ummu habeeba	BSC chemistry	Chemistry	7736339341
1/14/2021 14:53:28				
1/14/2021 18:27:37	KRISHNAPRIYA E.S	B.voc tourism & hospitah	2 No year	8129407192
1/14/2021 17:55:06	Ramziya Ummer	English	1 BA English	7730961004
1/14/2021 19:04:13	Jayalakshmi Nadesan	1st B.com Finance and Ta	1st B.com	9495853827
1/14/2021 21:02:11	Nandini B	B.Voc	Tourism And Hospitality M	6238179637
1/15/2021 11:02:11	Anaga Tm	B.voc Tourism and hospita	Degree	7591988436
1/15/2021 11:04:20	Anagha k. s	B. Voc Tourism and Hoaz	Degree	7034530532
1/15/2021 11:27:41	Geethu k. R	B. Voc tourism & hospita	degree	7306049022
1/15/2021 12:21:27	Meenu p. o	Bvoc	Tourism and hospitality ma	8061191330
1/15/2021 12:26:14	Anmaria George	1st year B. Voc	Tourism & hospitality man	9037598716
1/15/2021 12:31:12	Akhila babu	BvocTHM	1 year Bvoc	9048374613
1/15/2021 12:32:26	Benna molly varghese	Bvoc	Tourism and hospitality ma	7736988742
1/15/2021 12:37:24	Jaseela Inshad	B.voc	Tourism and hospitality ma	9895172317
1/15/2021 12:51:12	Ahitha C.A	B.voc Tourism and hospita	1st year	9544132673
1/15/2021 14:52:31	Muhina M.M	Bvoc Tourism and Hospita	Degree	9778358961
1/15/2021 14:52:37	Aswathy V. A	B. Com finance & Taxatio	1yr. B. Com fn&Tax	7025304392
1/15/2021 14:53:33	Muhina M.M	Bvoc Tourism and Hospita	Degree	9778358961
1/15/2021 20:06:00	Maria Mini Eldhose	Mathematics	III B.Sc. Mathematics	8893079019
1/15/2021 20:37:07	Anitha Pdev	Bvoc	Tourism and hospitality m	7356724761
1/15/2021 22:54:03	Ammupriya M Bose	Commerce	B. Com finances and taxat	9947323741
1/16/2021 9:48:38	Devika Siby	Boom finance and taxaton	Boom finance and taxation	9846309960
1/17/2021 17:37:14	Shahana T.S	Physics	First year	8921428317
1/18/2021 7:48:17	Devipriya KR	Boom (F&T)	1st year Boom( F&T)	7736901798
1/18/2021 14:05:32	RAMSEENA GHAMEER	PHYSICS	FIRST YEAR BSC PHYSI	8589098571
1/18/2021 14:08:36	SANA SAYED	PHYSICS	FIRST YEAR BSC PHYSI	7736470800
1/18/2021 14:08:42				
1/18/2021 16:50:26	Reesya Mol M.S	BSc Maths	1st year	9562265229
1/18/2021 17:16:13	Najiya A.A	B.Sc Physics	1st dc Physics	98959 02916
1/20/2021 15:28:28	Nafila Nasir	history		7994512792
1/21/2021 21:02:50	anshya Elizabeth Simon	Bvoc tourism and hospita	Bvoc thm	7025113533

2022/01/18 09:53



1/25/2021 9:18:17	Nancy Sara John	B Voc Tourism and Hospit Faculty		9747330290
1/26/2021 22:14:35	Rahna T. R	B Voc RETM	1st year	9778248841
1/26/2021 22:18:41	Godsy Devassy	B Voc	1st year	8992037101
1/26/2021 22:20:05	Sajna T.R	B Voc RETM	1st year	7025905209
1/30/2021 11:46:17	Anusha R	BA History	Degree	8582943711
1/30/2021 11:46:20	Aasiya N	B A History	First year	9539135893
1/30/2021 11:46:20	Sara Farsana	BA history	Degree	8330865529
1/30/2021 11:49:30	Esther. P	BA History	First year	8301813878
1/30/2021 11:50:31	Anna poulose	BA History	1st year	7736197630
1/30/2021 11:52:07	Aleena mariya	BA history	First year	9744703391
1/30/2021 11:52:48	Shreekutty M.S	Department of History & A	2nd BA History	9605681821
1/30/2021 11:55:09	Varsha C	BA History and Archaeology	1st year	8078915640
1/30/2021 11:55:52	Anam Ajmal	BA history	First year	9605232273
1/30/2021 11:57:31	Zulfa Saim	BA History	1 year	9605301316
1/30/2021 11:59:27	Shimi George	BA History	1st year	8943648183
1/30/2021 12:00:34	ARYANANDHA SUPRAN	B A HISTORY	DEGREE SECOND YEAR	7736788243
1/30/2021 12:01:25	Fasnamol shreef	BA history model 2 archae	1st year	8943379289
1/30/2021 12:01:34	Farsana Usman	BA History	1st year	6238730827
1/30/2021 12:03:17	Ayleha k. m	BA History	First year	9048288228
1/30/2021 12:04:30	Aleena jose	BA history		9778188403
1/30/2021 12:06:57	Aana K Ajas	BA History	1st year	9687508058
1/30/2021 12:07:55	Aswathy vs	BA History and Archaeology	Degree	8589008159
1/30/2021 12:08:48	Fathima PA	BA history	1st year	7736954797
1/30/2021 12:32:57	Suriya VS	BA History		9947130348
1/30/2021 12:33:49	Aswathy E P	BA History	1st year	9497449037
1/30/2021 12:39:43	Jaamin c m	B A History And Archaeology	2nd year	8547806485
1/30/2021 12:57:57	Ashna Jiji	Ba history and archaeology	1st year	8261342883
1/30/2021 13:04:38	Diya Supri	History	I BA History	8921202078
1/30/2021 13:11:58	Angel Lulu	BA History	First year	
1/30/2021 13:13:37	Angel Lulu	BA History		9847933290
1/30/2021 13:29:35	Akhila p s	Ba History	First year dgtl	9848917820
1/30/2021 13:30:38	Vidya S.L	BA History model II Arche	First year	9946900828
1/30/2021 14:08:17	Naciya mol k a	BA history	1st year	9848428984

2022/01/19 09:53

1/30/2021 14:18:12	HASANATH M.A	B. A History and archeology	Degree 1st yr	8289991550
1/30/2021 14:56:34	Ardhra Ravi	BA history	History	918591E+11
1/30/2021 17:19:53	Shahanas Beegum P. S	B. A History Archaeology	1st year	9962087887
1/30/2021 18:20:54	Panchami Krishna. A	History and Archaeology	2nd year	7994546550
1/30/2021 18:58:48	Karthika. S	BA History		9778155277
1/30/2021 19:25:42	SANDRA KM	BA HISTORY	BA FIRST YEAR	6238887952
1/30/2021 21:07:03	Sarika sasi	History	2nd year	7909166761
1/31/2021 8:50:40	Vrindalajakumar	History	2BAhistory	8547321696

2022/01/18 09:10/2022

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## SKILL DEVELOPMENT : POST COVID SKILLS SETS

<b>Title of the program</b>	Webinar on Skill Development: Post Covid Skill Sets
<b>Organized by</b>	Department of Commerce in association with Department of History and IIRM
<b>Date</b>	22.01.2021
<b>Resource Person</b>	Mr. Ravi Kiran, Faculty, IIRM, Bangalore
<b>Coordinator</b>	Dr. Avani T, Asst. Professor, Department of Commerce
<b>Beneficiaries</b>	46 students from Department of Commerce (F&T)

The Department of Commerce in association with the Department of History and Archaeology and Institute of Insurance and Risk Management (IIRM) conducted a webinar on the topic 'Skill Development: Post Covid Skill Sets'. The session was led by Mr. Ravi Kiran. The speaker began the session by discussing the impact of the pandemic on the employment sector and also emphasized the need for acquiring communication skills, team work, leadership skills, and creativity to grab the best opportunities available in the market. He urged the students to undertake various certificate courses and upgrade their skills.





Online class taken by Mr. Ravi Kiran 22.01.2021

**List of students**

Sl. No	Name of Student	Class
1.	Aksa Mary Thomas	II B.Com (F&T)
2.	Aleena Jose	II B.Com (F&T)
3.	Annmary Thomas	II B.Com (F&T)
4.	Fahima Rafeeqe	II B.Com (F&T)
5.	Fathima Nazrin C I	II B.Com (F&T)
6.	Lakshmi Sajan	II B.Com (F&T)
7.	Lija Johnson	II B.Com (F&T)
8.	Malavika S Kartha	II B.Com (F&T)
9.	Muhzina Yooseph	II B.Com (F&T)
10.	Swaliha Backer	II B.Com (F&T)
11.	Veena Suresh	II B.Com (F&T)



12.	Anitha Benny	II B.Com (F&T)
13.	Aparna A.S	II B.Com (F&T)
14.	Bhadra K.K	II B.Com (F&T)
15.	Chandini Malavika	II B.Com (F&T)
16.	Deva Ranjini Kavissery	II B.Com (F&T)
17.	Elizabeth Chacko	II B.Com (F&T)
18.	FathimathSuhara C A	II B.Com (F&T)
19.	KhadeejaNahadaM.Z	II B.Com (F&T)
20.	Merin Shaji	II B.Com (F&T)
21.	Abhirami Prakash	I B.Com (F&T)
22.	Abhisree Prakash	I B.Com (F&T)
23.	Aleena Kochumon	I B.Com (F&T)
24.	Amala Joshy	I B.Com (F&T)
25.	Ammupriya M Bose	I B.Com (F&T)
26.	Amudha Alias	I B.Com (F&T)
27.	Anjana Baskaran	I B.Com (F&T)
28.	Ann Prasanth	I B.Com (F&T)
29.	Arathy Surendran	I B.Com (F&T)
30.	Devipriya K R	I B.Com (F&T)
31.	Elizabeth Sunny	I B.Com (F&T)
32.	Fahima Shaji	I B.Com (F&T)
33.	Gayathri M R	I B.Com (F&T)
34.	Jayalakshmi Nadesan	I B.Com (F&T)
35.	Nitha Varghese	I B.Com (F&T)
36.	Sreethu V Nair	I B.Com (F&T)
37.	Sumayya A I	I B.Com (F&T)
38.	Vishnupriya Karuppuswami	I B.Com (F&T)
39.	Aswani Raj	I B.Com (F&T)
40.	Bincy Varghese	I B.Com (F&T)
41.	Chris T Esther	I B.Com (F&T)
42.	Keerthi B Nair	I B.Com (F&T)
43.	Meenu K S	I B.Com (F&T)
44.	Minamol V B	I B.Com (F&T)
45.	Sona Sebastian	I B.Com (F&T)
46.	Swathylakshmi Ravi	I B.Com (F&T)

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## HUMAN VALUE DEVELOPMENT PROGRAMME

<b>Program Name</b>	<b>Human Value Development Programme</b>
<b>Organizer</b>	Dr. Shalitha Jacob, Assistant Professor, Department of Mathematics
<b>Resource Person</b>	Rev. Linu George, Student Chaplain, Rev. Jobin John, Psychotherapist, Mr. Ebenezer Shylan, Psychotherapist and Ms. Sharon Lucy Prasad, Psychotherapist
<b>Beneficiaries</b>	All students (872)
<b>Date and Year</b>	25/11/2020
<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.

The year 2020 was a challenging year for entire human beings due to the sudden breakdown of the coronavirus we call Covid -19. So our academic year 2020-21 also went through these pathetic conditions. Our academic year faced several difficulties in those days. But we faced the threat of Covid -19 without affecting our routine programme of our college. One of them was the value of Education Classes.



The year 2020-21 we got a good team of resource persons for conducting the value education classes. The College chaplain Rev. Linu George, Rev. Jobin John, Mr. Ebenezer Shylan, Ms. Sharon Lucy Prasad were the resource persons. We started our classes on 25/11/2020 via Google meet platform and it was conducted by Rev. Linu George with the topic emotional management. For the coming days Rev. Jobin John, Mr. Ebenezer Shylan, Ms. Sharon Lucy Prasad led their classes with some special topics such as ‘how to prepare for exams’, ‘enhance our communication skills’, ‘conflict management’.

Even though there were some difficulties in the beginning related to student participation, by the coming days the students were active. We conducted the classes for every Friday with a specific time period (9.30 am -10.15 am). Each class was very interesting and useful to the students.

In conclusion, mere desire or aspiration to progress in life is not enough; success should be based on values. And for that value-based education must be imparted in today’s institutions. Hence the students may emerge as good leaders in their chosen fields. The program aims for the enhancement of students personality, critical thinking, social skill, cooperation and Inducing a spirit of love for the nation and its integration.





## MAR THOMA COLLEGE FOR WOMEN

Perumbavoor, Ernakulam, Kerala.  
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### VALUE EDUCATION CLASSES

*Conduct by :*



Rev. Linu George  
Psychotherapist



Rev. Jobin John  
Psychotherapist



Mr. Ebenezer Shylan  
Psychotherapist



Ms. Sharon Lucy Prasad  
Psychotherapist

Platform : Google meet 

Date : On every Friday

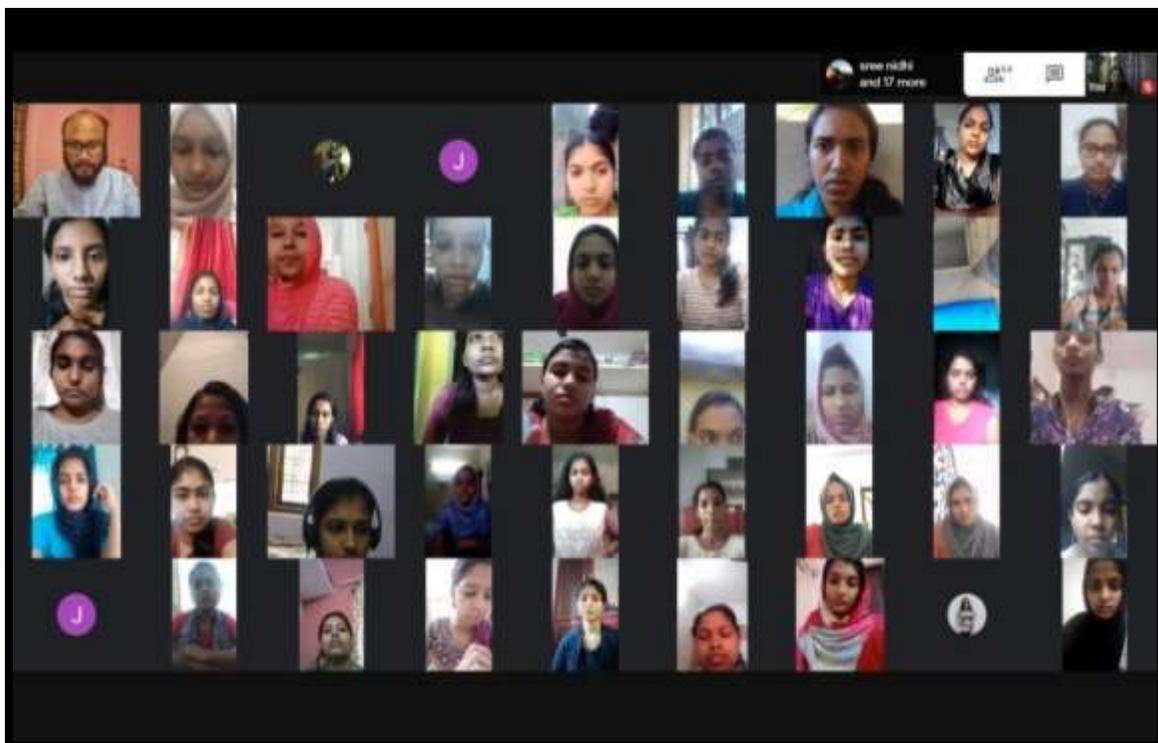
Time : 9.30 a.m. to 10.15 a.m.

Shalitha Jacob  
(Staff-in-charge)

### NOTICE

It is decided to conduct Value Education classes on department vice for every working Wednesday from 8.30am to 9.15am. Classes will be taken by College Chaplain Rev. Linu George via Google meet platform. Department and date of conducting classes are given.





### Teacher in Charge

Sl. No	Department	Date
1	Mathematics	25/11/2020
2	Chemistry (I <sup>st</sup> &III <sup>rd</sup> )	02/12/2020
3	Commerce (I <sup>st</sup> &III <sup>rd</sup> )	09/12/2020
4	History (I <sup>st</sup> &III <sup>rd</sup> )	16/12/2020
5	English (I <sup>st</sup> &III <sup>rd</sup> )	23/12/2020
6	Commerce (Self Financing)	06/01/2021
7	Zoology	13/01/2021
8	B.Voc	20/01/2021
9	Physics	27/01/2021

Dr. Shalitha Jacob  
 Department of Maths  
 Mar Thoma College For Women ,Perumbavoor



### Schedule of classes

Sl. No	Department	Resource Person	date	Google Meet Link	Topic
1	Mathematics	Rev. Linu George	25/11/2020	<a href="https://meet.google.com/afk-kefk-yjy">https://meet.google.com/afk-kefk-yjy</a>	Emotional Management
2	Chemistry	Rev. Linu George	02/12/2020	<a href="https://meet.google.com/icw-nhcs-bph">https://meet.google.com/icw-nhcs-bph</a>	Emotional Management
3	Bcom (C.A.)	Rev. Linu George	09/12/2020	<a href="https://meet.google.com/hij-pobj-oaq">https://meet.google.com/hij-pobj-oaq</a>	Emotional Management
4	Bcom (Tax)	Rev. Linu George	16/12/2020	<a href="https://meet.google.com/hxa-hstt-cht">https://meet.google.com/hxa-hstt-cht</a>	Emotional Management
5	History	Rev. Linu George	06/01/2021	<a href="https://meet.google.com/spe-bkft-zkm">https://meet.google.com/spe-bkft-zkm</a>	Emotional Management
6	English	Rev. Linu George	14/01/2021	<a href="https://meet.google.com/rkr-vkfc-ptm">https://meet.google.com/rkr-vkfc-ptm</a>	Emotional Management
7	Bcom (C.A)	Mr. Ebenezer Shylan	22/01/2021	<a href="https://meet.google.com/hij-pobj-oaq">https://meet.google.com/hij-pobj-oaq</a>	enhance our communication skills
8	1 <sup>st</sup> BVoc	Rev. Jobin John	22/01/2021	<a href="https://meet.google.com/mdg-ovdd-zgi">https://meet.google.com/mdg-ovdd-zgi</a>	how to prepare for exam
9	2 <sup>nd</sup> BVoc	Rev. Linu George	22/01/2021	<a href="https://meet.google.com/uxe-edjq-egj">https://meet.google.com/uxe-edjq-egj</a>	How to set your goals
10	Bcom (Tax)	Ms. Sharon Lucy Prasad	22/01/2021	<a href="https://meet.google.com/zfs-kymn-ytr">https://meet.google.com/zfs-kymn-ytr</a>	Conflict Management
11	Chemistry	Mr. Ebenezer Shylan	29/01/2021	<a href="https://meet.google.com/mwi-gnpu-tmr">https://meet.google.com/mwi-gnpu-tmr</a>	enhance our communication skills
12	Zoology & Mathematics	Rev. Jobin John	29/01/2021	<a href="https://meet.google.com/fps-fxwu-ico">https://meet.google.com/fps-fxwu-ico</a>	how to prepare for exam
13	1 <sup>st</sup> & 2 <sup>nd</sup> Physics, English	Ms. Sharon Lucy Prasad	29/01/2021	<a href="https://meet.google.com/dje-ufgr-bdo">https://meet.google.com/dje-ufgr-bdo</a>	Conflict Management
14	1 <sup>st</sup> & 2 <sup>nd</sup> History	Rev. Linu George	29/01/2021	<a href="https://meet.google.com/pgy-patv-wwk">https://meet.google.com/pgy-patv-wwk</a>	How to set your goals
15	1 <sup>st</sup> BVoc	Mr. Ebenezer Shylan	11/02/2021	<a href="https://meet.google.com/nhe-rzuc-zso">https://meet.google.com/nhe-rzuc-zso</a>	enhance our communication skills



16	2 <sup>nd</sup> BVoc	Ms. Sharon Lucy Prasad	11/02/2021	<a href="https://meet.google.com/grk-eueu-dyi">https://meet.google.com/grk-eueu-dyi</a>	Conflict Management
17	Bcom (C.A.)	Rev. Jobin John	11/02//2021	<a href="https://meet.google.com/nyo-jtat-xph">https://meet.google.com/nyo-jtat-xph</a>	how to prepare for exam
18	Bcom (tax)	Rev. Linu George	11/02/2021	<a href="https://meet.google.com/eni-qjnn-doe">https://meet.google.com/eni-qjnn-doe</a>	How to set your goals
19	2 <sup>nd</sup> & 3 <sup>rd</sup> Zoology & Mathematics	Rev. Linu George	19/02/2021	<a href="https://meet.google.com/qqu-zvhc-sgw">https://meet.google.com/qqu-zvhc-sgw</a>	How to set your goals
20	2 <sup>nd</sup> & 3 <sup>rd</sup> Chemistry	Ms. Sharon Lucy Prasad	19/02/2021	<a href="https://meet.google.com/sie-cbsy-eow">https://meet.google.com/sie-cbsy-eow</a>	Conflict Management
21	2 <sup>nd</sup> & 3 <sup>rd</sup> English & Physics	Rev. Jobin John	19/02/2021	<a href="https://meet.google.com/qkc-yrms-efj">https://meet.google.com/qkc-yrms-efj</a>	how to prepare for exam
22	2 <sup>nd</sup> & 3 <sup>rd</sup> History	Mr. Ebenezer Shylan	19/02/2021	<a href="https://meet.google.com/cqs-wbgx-vmz">https://meet.google.com/cqs-wbgx-vmz</a>	enhance our communication skills
23	1 <sup>st</sup> Bcom (tax), Maths & Zoology	Mr. Ebenezer Shylan	05/03/2021	<a href="https://meet.google.com/fwm-rhxj-tus">https://meet.google.com/fwm-rhxj-tus</a>	enhance our communication skills
24	1 <sup>st</sup> & 3 <sup>rd</sup> Chemistry	Rev. Jobin John	05/03/2021	<a href="https://meet.google.com/hro-qkas-bpw">https://meet.google.com/hro-qkas-bpw</a>	how to prepare for exam
25	1 <sup>st</sup> & 2 <sup>nd</sup> Bcom(C.A.)	Rev. Linu George	05/03/2021	<a href="https://meet.google.com/utd-djrk-xzi">https://meet.google.com/utd-djrk-xzi</a>	How to set your goals

  
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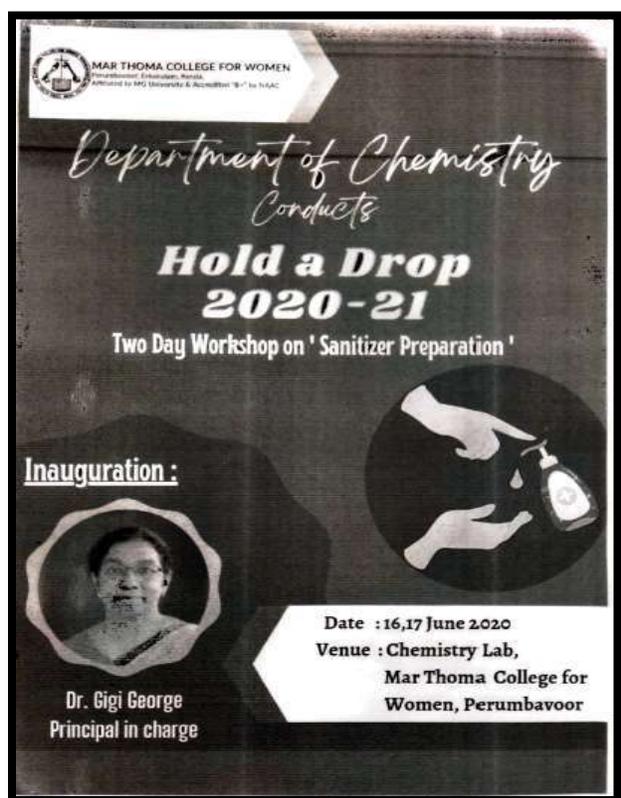


## **'HOLD A DROP': WORKSHOP ON SANITIZER PREPARATION**

<b>Name of the Program</b>	<b>Hold a Drop: Workshop on Sanitizer Preparation</b>
<b>Organizer</b>	Department of Chemistry
<b>Coordinator</b>	Ms. Seba George, Guest Lecturer, Department of Chemistry
<b>Beneficiaries</b>	35 students
<b>Date And Year</b>	16 and 17 June 2020
<b>Duration</b>	2days
<b>Objectives</b>	<ul style="list-style-type: none"><li>• To popularize sanitizer during Covid 19</li><li>• To provide hands on training on sanitizer preparation at reasonable cost</li></ul>



During the outbreak of COVID-19 pandemic, hand sanitizer has emerged to be an alternative to soap and water washing both in health cases and public institutions. Chemistry Association of Mar Thoma College for Women, Perumbavoor conducted a two day workshop on the preparation of alcohol based sanitizers- “Hold a Drop” on 16 June to 17 June 2020 under the guidance of Ms. Seba George (Teacher-in-Charge). The composition and formulation for the preparation of the sanitizer was strictly followed according to the World Health Organization guidelines. 35 students of III rd year B.Sc. Chemistry participated in the workshop. The prepared sanitizers were distributed among the students. The students greatly benefited from the workshop as they got the knowledge of the materials and chemicals needed for the preparation of sanitizer. The workshop provided an opportunity for hand-on training to students. The demand for sanitizers was very high during the pandemic situation and the workshop helped to prepare sanitizers for the whole college at a reasonable cost.





Sanitizer Preparation

16/06/2020

**List of students**

Sl.No.	Name	Class
1	Abhirami T. V	III Year B.Sc. Chemistry
2	Agnas Babu	III Year B.Sc. Chemistry
3	Aiswarya P. S	III Year B.Sc. Chemistry
4	Aiswarya A. V	III Year B.Sc. Chemistry
5	Ajmiya C. S	III Year B.Sc. Chemistry
6	Akhila P. S	III Year B.Sc. Chemistry
7	Aleena Babu	III Year B.Sc. Chemistry
8	Amrutha Anilkumar	III Year B.Sc. Chemistry
9	Amrutha Joy	III Year B.Sc. Chemistry
10	Anagha Damodaran	III Year B.Sc. Chemistry
11	Anagha P Krishna	III Year B.Sc. Chemistry
12	Anagha A. A	III Year B.Sc. Chemistry
13	Anakha P.M	III Year B.Sc. Chemistry
14	Aparna Nair	III Year B.Sc. Chemistry
15	Aparna Thilak E. T	III Year B.Sc. Chemistry
16	Aswathy Ajith	III Year B.Sc. Chemistry
17	Athira Biju	III Year B.Sc. Chemistry



18	Athisha P.M	III Year B.Sc. Chemistry
19	Besty Benny	III Year B.Sc. Chemistry
20	Devika Chandran	III Year B.Sc. Chemistry
21	Fathima Rasbin K. R	III Year B.Sc. Chemistry
22	Gopika K. S	III Year B.Sc. Chemistry
23	Haritha V.H	III Year B.Sc. Chemistry
24	Harshamol Gopi	III Year B.Sc. Chemistry
25	Jyothika Ramakrishnan	III Year B.Sc. Chemistry
26	Mariya Mathew	III Year B.Sc. Chemistry
27	Merin Babu	III Year B.Sc. Chemistry
28	Mubina Muhammed	III Year B.Sc. Chemistry
29	Niranjana Anand	III Year B.Sc. Chemistry
30	Rincy Ali	III Year B.Sc. Chemistry
31	Sahala Shajan	III Year B.Sc. Chemistry
32	Sanooja Beegum T. A	III Year B.Sc. Chemistry
33	Shaheebath Salim	III Year B.Sc. Chemistry
34	Sneha T. S	III Year B.Sc. Chemistry
35	Soniya A. S	III Year B.Sc. Chemistry

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## PERSONAL COUNSELLING

<b>Program Name</b>	<b>Personal Counselling</b>
<b>Resource Person</b>	Ms. Angel Mathew, Student Counselor
<b>Beneficiaries</b>	35students
<b>Date</b>	01/06/2020
<b>Objective</b>	<ul style="list-style-type: none"> <li>• To help students deal with emotional, psychological and educational problems</li> <li>• To provide special assistance to students who display behaviour detrimental to their progress</li> <li>• To create awareness regarding mental health issues, behavioural problems etc.</li> </ul>
<b>Outcome</b>	<ul style="list-style-type: none"> <li>• Cope with personal, emotional and psychological problems in a mature way</li> <li>• Deal with challenges and evolve into healthier human beings</li> <li>• Demonstrate awareness of mental health issues and assist people suffering from such concerns</li> </ul>

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



meet parents and guardians in order to provide support in handling their wards sensitively. Utmost confidentiality is maintained in all cases. This year students were stressed regarding the online classes, counsellor personally met them whenever they were available in the college.

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





**MAR THOMA COLLEGE FOR WOMEN**  
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# PERSONAL COUNSELING

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

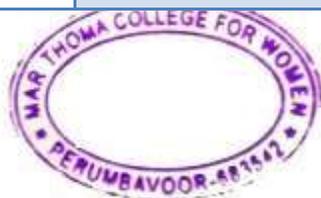
Ms. Angel Mathew  
College Counsellor

2020-2021

For more details  
Ph.9388899592

### List of Students

Sl.No.	Name of Student	Class
1	Aswathy Vijayan	I MSc Zoology
2	Revathy P G	I MSc Zoology
3	Shalu Reju	I MSc Zoology
4	Amritha Singh	I MSc Zoology
5	Deepika Yesu	I MSc Zoology
6	Thasni P M	I MSc Zoology
7	Sreelakshmi S	I MSc Zoology
8	Devika Shybu	I MSc Zoology
9	Caroline	I MSc Zoology
10	Sreelakshmi	III B.Sc. Maths
11	Greeshma	III B.Sc. Maths
12	Ganalatha	III B.Sc. Maths
13	Indrani	III B.Sc. Maths



14	Anjaly Valsan	III B.Sc. Maths
15	Anagha Jose	III B.Sc. Maths
16	Praveena P S	III B.Sc. Maths
17	Ancy Sebastian	III B.Sc. Maths
18	Lini Benny	III B.Sc. Maths
19	Parvathy V G	III B.Sc. Maths
20	Donia Liju	III B.Sc. Maths
21	Thamanna Sudheer	I BVoc RETM
22	Khadeejath Ruleena	I BVoc RETM
23	Anjitha Suresh	I BVoc RETM
24	Zuha Adhnan	I BVoc RETM
25	Godsy Devassy	I BVoc RETM
26	Anusha Ayyappankutty	II B.Com
27	Aparna	II B.Com
28	Kesia	II B.Com
29	Nelha Thomas	II B.Com
30	Ambili Ajeesh	II B.Com
31	Anamika N K	II B.Com
32	Maneeshma K S	II B.Com
33	Karthika S	I B.A.History
34	Aasiya N	I B.A.History
35	Swathi	I B.A.History

*Sybil Varghese*

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