

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

2021-2022

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



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SOFT SKILL TRAINING

Title of the program	Soft Skill Training
Organized by	Department of English
Date	09.03.2022
Resource Person	Ms. Elizabeth Ipe, Trainer, ASAP
Coordinator	Ms. Roshin T Roy, Assistant Professor, Dept of English
Beneficiaries	24 students from III B.A. English
Objective	Develop spoken and written communication skills

Soft skills characterize how a person interacts in his or her relationships with others. Soft Skills include adaptability, attitude, communication, creative thinking, work ethic, teamwork, networking, decision making, positivity, time management, motivation, flexibility, problem-solving, critical thinking, and conflict resolution. In the present competitive job market, it is highly essential that students are equipped with the required soft skills. The Department of English organised a soft skill training program on 9th March 2022 exclusively for the final year B.A English students. Ms. Elizabeth Ipe, Soft skill and ASAP trainer served as the resource person for the session. Ms. Elizabeth talked about the importance of improving the soft skills so that they gain an advantage over others in the job market.



**Mar Thoma College for Women,
Perumbavoor**

DEPARTMENT OF ENGLISH

Soft Skill Training



Ms. Elizabeth Ipe
(Soft Skill Trainer)



March 9 2022

*College Conference Hall
9:30 a.m. - 3:30 p.m.*

**Amy Abraham
Student Coordinator**



Session taken by Ms. Elizabeth Ipe dated 09/03/2022



List of students

Sl.No.	Name of student	Class
1.	Alfiya P A	III B.A. English
2.	Anusha M S	III B.A. English
3.	Bittu Sajeev	III B.A. English
4.	Fathima Sahadhiya N B	III B.A. English
5.	Fidha Afrin A S	III B.A. English
6.	Gopika Nandanakumar	III B.A. English
7.	Reshma Reghu	III B.A. English
8.	Aaliya Moideen	III B.A. English
9.	Afrin Shahul	III B.A. English
10.	Afsath Hamza	III B.A. English
11.	Amal Saleem	III B.A. English
12.	Amy Abraham C	III B.A. English
13.	Anjana Biju	III B.A. English
14.	Asna Sherin M H	III B.A. English
15.	Athira Surendran	III B.A. English
16.	Fathima Noushad V N	III B.A. English
17.	Fathima Salha	III B.A. English
18.	Mubeena C A	III B.A. English
19.	Muhsina Beegum U K	III B.A. English
20.	Rasla C A	III B.A. English
21.	Rumaisa C B	III B.A. English
22.	Sandra Sasi	III B.A. English
23.	Shifana Nasrin	III B.A. English
24.	Shilpa Sivan	III B.A. English


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Perumbavoor - 683 542



PROBLEM SOLVING AND IDEATION WORKSHOP

Program Name	Workshop on Problem Solving and Ideation
Organizer	Institution's Innovation Council (IIC MTCW) in association with Innovation and Entrepreneurship Development Centre (IEDC)
Coordinator	Dr. Rajani Jacob, Assistant Professor, Dept. of Physics, MTCW
Beneficiaries	91 Students
Resource person	Dr. Bhaskar Gupta, Dean-Academic, IIMT, Greater Noida.
Date and Year	16 /02/ 2022
Duration	2 hours
Objective	To recognize real life problems and to find solutions
Outcome	Students are motivated to find the ways of solving real life problems

The Institution's Innovation Council of Mar Thoma College for Women, Perumbavoor organized a workshop on 'Problem Solving and Ideation' on 16 February 2022 in association with IEDC. The resource person was Dr. Bhaskar Gupta, Dean-Academic, IIMT, Greater Noida. Dr. Bhaskar introduced the terms innovation and ideation to students. The program was done online through Google Meet. Registration was done through Google Forms.

<https://forms.gle/XDP6oCK6h1Cg47>



INSTITUTION'S INNOVATION COUNCIL (IIC)
 In Association With
INNOVATION AND ENTREPRENEURSHIP DEVELOPMENT CENTRE
 Organises
Workshop On
"PROBLEM SOLVING AND IDEATION"

Resource Person :

Dr. BHASKAR GUPTA
 DEAN- ACADEMIC, IIMT,
 GREATER NOIDA
 INNOVATION AMBASSADOR,
 MINISTRY OF EDUCATION,
 INNOVATION CELL (MIC)

Via:

16/2/2022
4:00 p.m.

Coordinators :
 Dr. RAJANI JACOB, President, IIC, MTCW
 Ms. SERENE ANNA SAM ,CONVENOR, IIC, MTCW

Student Coordinators:
 E. K. KRISHNAPRIYA
 ALEENA PAUL



Screenshots of the online session dated 16 /02/ 2022



List of students

Sl.No.	Name of student	Department
1	Aparna Johnson	Mathematics
2	Anagha Asokan	Chemistry
3	Varsha C	History
4	Ansin Ajmal	History
5	Fasnamol Shereef	History
6	Hasanath M A	History
7	Gopika. T. G	History
8	Vyshnavy P Raj	Maths
9	Aleena Jose	History
10	Diya Supri	History
11	Ashna Jiji	History
12	Aleena Mariya	History
13	Farsana Usman	History
14	Vidya .S.L	History
15	Esther. P	History
16	Naciya Mole K A	History
17	Aasiya N.	History
18	Shimi George	History
19	Akhila P S	History
20	Aleena Paul	Mathematics
21	Binciya Mujeeb	Mathematics
22	Sreevidya M	Mathematics
23	Meenakshi V T	Mathematics
24	Jiya Sabu	Mathematics
25	Ayisha KM	History
26	Meenakshi V T	Mathematics
27	Najla Basheer	Commerce
28	Athilakshmi Anil	Mathematics
29	Anagha Sajeevan	Commerce
30	Niranjana B Nair	Commerce
31	Almas MJ	Commerce
32	Arya Sudhan	Commerce
33	Binta Sajeev	Commerce
34	Parvathy P.P	Mathematics
35	Krishnapriya Manoj	Commerce
36	Anju Tm	Commerce
37	Ardhra Ravi	History
38	Muthu Lekshmi.S	Commerce



39	Nikhila Sasindran	Commerce
40	Lakshmi Nandana P J	Commerce
41	Krishnakripa N Siv	Mathematics
42	Nandana Manoharan	Commerce
43	Akshitha Sundaran	Commerce
44	Shahabana Saju	Commerce
45	Safiya T S	Mathematics
46	Krishnamol Chandran	Commerce
47	Aswathy E P	History
48	Rinnah Mary Thomas	Commerce
49	Fathima Aliyar	Chemistry
50	Jeseena Mol C M	Chemistry
51	Asna P A	Chemistry
52	Ashna.K.H	Chemistry
53	Shahanas Beegum P.S	History
54	Anagha Joy	Chemistry
55	Gayathry K.G	Chemistry
56	Chippy K S	Chemistry
57	Abhirami J S	Chemistry
58	Amiya Subair	Chemistry
59	Vaishnavi K R	Chemistry
60	Alifna K.B	Chemistry
61	Ameena E.A	Chemistry
62	Fathima K.A	Chemistry
63	Preethika Prakash	Chemistry
64	Asna P A	Chemistry
65	Nandana M Nair	Chemistry
66	Christy Anna Varghese	Chemistry
67	Ammu Prakash	Chemistry
68	Ummu Habeeba	Chemistry
69	Sarannya Ks	Commerce
70	Arya Velayudhan	Commerce
71	Silpa Kp	Commerce
72	Lakshmi Raju	Commerce
73	Nandana Mohan	Commerce
74	Navya Sudheer	Commerce
75	Emil Alias	History
76	Anna Poulouse	History
77	Meera Babu	Chemistry
78	Gladees Mariya Thomas	Mathematics
79	Amina P M	Chemistry



80	Sreeshma Rajeev	Chemistry
81	Abhima Subash	Chemistry
82	Gadha G Kartha	Chemistry
83	Sandra P Nair	Chemistry
84	Almas Yoosaf	Maths
85	Sanija Sivan	Chemistry
86	Zulfa Salim	History
87	Sifna CS	Chemistry
88	Arya Soman	Commerce
89	Sunantha P M	Commerce
90	Linamolck	Chemistry
91	Amina.K.K	Chemistry

Syo/ka/Vay

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LEADERSHIP AND MANAGEMENT SKILLS PROGRAMME

Programme	Leadership and Management Skills Programme
Organizer	Department of Commerce Computer Application
No. of students enrolled	61 students
Date	10/10/2021
Year	2021-2022
Course in charge	Ms. Anandhi.R, Assistant Professor, Department of Commerce, Computer Application
Objective	To equip with competent professionals ready to act decisively and effectively
Outcome	Students can learn how to create a vision for their team and how to inspire others to achieve it.

The Department of Commerce Computer Application conducted a workshop on Leadership and Management Skills. This workshop equipped the students with skills of leadership and management. All students from B.Com Computer Application attended the programme. Certificates were distributed to the students.




Mar Thoma College for Women, Perumbavoor
DEPARTMENT OF COMMERCE
COMPUTER APPLICATION



*Session on Leadership and
Management Skills*

Ms. Saritha.N
 HOD
 Dept. of Commerce
 Computer Application

For queries: bcomcamtcw@gmail.com

List of students

Sl.No.	Name	Class
1	Abhirami K. R	III B.Com CA
2	Alfiya Muhammed	III B.Com CA
3	Anjala Babu	III B.Com CA
4	Anupama Raju	III B.Com CA
5	Aparna A. S	III B.Com CA
6	Arathy Manoj	III B.Com CA
7	Aznamol K. M	III B.Com CA
8	Josna P. J	III B.Com CA
9	Katheeja Nazeer	III B.Com CA
10	Keerthana T Vijay	III B.Com CA
11	Manju Mani	III B.Com CA



12	Manju P. B	III B.Com CA
13	Meha Parveen K. A	III B.Com CA
14	Mirsana Salim	III B.Com CA
15	Nikhitha Paulachan	III B.Com CA
16	Reseena K. R	III B.Com CA
17	Revathy Sukumaran	III B.Com CA
18	Roshna Anil	III B.Com CA
19	Sarika Suresh	III B.Com CA
20	Suhara P. R	III B.Com CA
21	Syama K. S	III B.Com CA
22	Akamsha Santhosh	III B.Com CA
23	Aleena K. A	III B.Com CA
24	Farzana A Salim	III B.Com CA
25	Fathima Farsana T. A	III B.Com CA
26	Fathima Nazrin M.N	III B.Com CA
27	Fousiya V Zakeer	III B.Com CA
28	Joseena Jose	III B.Com CA
29	Punnya Biju	III B.Com CA
30	Sreenidhi P. B	III B.Com CA
31	Akshaya V.B	II B.Com CA
32	Aleena Roy	II B.Com CA
33	Alshifa U.N	II B.Com CA
34	Amana Jenna C.N	II B.Com CA
35	Amja Fathima	II B.Com CA
36	Anusha Shaju	II B.Com CA
37	Arathy P.M	II B.Com CA
38	Arya V.S	II B.Com CA
39	Aswathy Unnikrishnan	II B.Com CA
40	Binsha K.S	II B.Com CA
41	Fasila K.A	II B.Com CA
42	Fathima Farzana	II B.Com CA
43	Fathimath Sahla V.M	II B.Com CA
44	Feha Fomic	II B.Com CA
45	Gouri Parvathi R	II B.Com CA
46	Helna Rose C.S	II B.Com CA
47	Jeena Jiji	II B.Com CA
48	Lakshmi K.K	II B.Com CA
49	Mary Daisy P.S	II B.Com CA



50	Neha K.L	II B.Com CA
51	Niba Nasrin K.S	II B.Com CA
52	Niya Anna Shibu	II B.Com CA
53	Nourin Nazir	II B.Com CA
54	Parvathy Santhosh	II B.Com CA
55	Raisha. A. Rasheed	II B.Com CA
56	Reshma Ramesh	II B.Com CA
57	Aishavi. P.K	II B.Com CA
58	Aleena T.A	II B.Com CA
59	Alija Assainar	II B.Com CA
60	Husna Yahiya	II B.Com CA
61	Nithya Unni	II B.Com CA

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IMPROVING SOCIAL SKILL THROUGH READING

Program Name	Improving Social Skills through Reading
Organizer	Department of Commerce
Beneficiaries	74 students
Resource person	Dr.Geevarghese Mor Coorilos, Metropolitan Niranam Diocese Jacobite Syrian Church
Date and Year	26 /06/2021
Objective	To improve his social, communication and interpersonal skills

On 26th June 2021 an interactive session was held by the Department of Commerce with Dr. Geevarghese Mor Coorilos, Metropolitan Niranam Diocese Jacobite Syrian Church as part of reading week celebrations. Around 74 students participated in this valuable session. Students were greatly influenced and inspired by his words. Dr. Coorilos explained how reading can broaden the horizons of one's knowledge and also improve his social, communication and interpersonal skills. Though it was online, students were able to interact through Questions and Answers.





MAR THOMA COLLEGE FOR WOMEN
PERUMBAVOOR

AS PART OF READING WEEK CELEBRATIONS

*Department of Commerce
(Finance & Taxation)*

ORGANISES :

An interactive session with
Dr Geevarghese Mor Coorilos
Metropolitan
Niranam Diocese
Jacobite Syrian Church



DATE : 26TH JUNE 2021
TIME : 10.00 a.m



You are cordially invited...

Dr. Sujo Mary Varghese
(Principal-in-charge)
Ms. Sherin T Abraham
(Head Of Department)
Mr. Jibin Shibu Sam
(Teacher-in-charge of Commerce Association)





Online session taken by Dr. Geevarghese Mor Coorilos dated 26/06/2021

List of students

Sl.No	Name of student	Class
1.	Aleena Jose	III B.Com (F&T)
2.	Annmary Thomas	III B.Com (F&T)
3.	Arsha Eldhose	III B.Com (F&T)
4.	Aswathy Sreekumar	III B.Com (F&T)
5.	Fahima Rafeeqe	III B.Com (F&T)
6.	Fathima Nazrin C I	III B.Com (F&T)
7.	Lakshmi Sajan	III B.Com (F&T)
8.	Lija Johnson	III B.Com (F&T)
9.	Malavika S Kartha	III B.Com (F&T)
10.	Muhzina Yooseph	III B.Com (F&T)
11.	Nathasha C.S	III B.Com (F&T)
12.	Shilpa Sunny P	III B.Com (F&T)
13.	Swaliha Backer	III B.Com (F&T)
14.	Veena Suresh	III B.Com (F&T)
15.	Anitha Benny	III B.Com (F&T)



16.	Aparna A.S	III B.Com (F&T)
17.	Asna A.A	III B.Com (F&T)
18.	Athira Revi	III B.Com (F&T)
19.	Bhadra K.K	III B.Com (F&T)
20.	Chandini Malavika	III B.Com (F&T)
21.	Deva Ranjini Kavissery	III B.Com (F&T)
22.	Elizabeth Chacko	III B.Com (F&T)
23.	Geethu P.M	III B.Com (F&T)
24.	Khadeeja Nahada M.Z	III B.Com (F&T)
25.	Merin Shaji	III B.Com (F&T)
26.	Nikina Saji	III B.Com (F&T)
27.	Raveena R	III B.Com (F&T)
28.	Aadhya A Manoj	II B.Com (F&T)
29.	Aardra C Mari	II B.Com (F&T)
30.	Abhirami Prakash	II B.Com (F&T)
31.	Abhisree Prakash	II B.Com (F&T)
32.	Aleena Kochumon	II B.Com (F&T)
33.	Aswathy V A	II B.Com (F&T)
34.	Devipriya K R	II B.Com (F&T)
35.	Elizabeth Sunny	II B.Com (F&T)
36.	Fahima Shaji	II B.Com (F&T)
37.	Nitha Varghese	II B.Com (F&T)
38.	Saisaraswathy	II B.Com (F&T)
39.	Shahabunnisa P	II B.Com (F&T)
40.	Sreethu V Nair	II B.Com (F&T)
41.	Sumayya A I	II B.Com (F&T)
42.	Vishnupriya Karuppuswami	II B.Com (F&T)
43.	Aisha Shiyas	II B.Com (F&T)
44.	Alisha Sara Mathew	II B.Com (F&T)
45.	Ann Leya George	II B.Com (F&T)
46.	Chris T Esther	II B.Com (F&T)
47.	Devika Sibin	II B.Com (F&T)
48.	Fathima P H	II B.Com (F&T)
49.	Keerthi B Nair	II B.Com (F&T)
50.	Kripa Kurien	II B.Com (F&T)
51.	Meenu K S	II B.Com (F&T)
52.	Minamol V B	II B.Com (F&T)



53.	Shahabana Saju	I B.Com (F&T)
54.	Sreeja P Sreenivasan	I B.Com (F&T)
55.	Nandana PA	I B.Com (F&T)
56.	Anagha Sajeevan	I B.Com (F&T)
57.	Nandana Mohan	I B.Com (F&T)
58.	Nandana Manoharan	I B.Com (F&T)
59.	Rinnah Mary Thomas	I B.Com (F&T)
60.	Binta Sajeev	I B.Com (F&T)
61.	Almas Mj	I B.Com (F&T)
62.	Nandana Raju	I B.Com (F&T)
63.	Lakshmi Nandana P J	I B.Com (F&T)
64.	Navya Sudheer	I B.Com (F&T)
65.	Arya Sudhan	I B.Com (F&T)
66.	Muthu Lekshmi.S	I B.Com (F&T)
67.	Arya Soman	I B.Com (F&T)
68.	Niranjana B. Nair	I B.Com (F&T)
69.	Krishnamol Chandran	I B.Com (F&T)
70.	Jyolsana Sunny	I B.Com (F&T)
71.	Silpa KP	I B.Com (F&T)
72.	Arya Velayudhan	I B.Com (F&T)
73.	Annrose Johny	I B.Com (F&T)
74.	Gayathri.B	I B.Com (F&T)

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Perumbavoor - 683 642



READING IN THE DIGITAL AGE

Title of the program	Reading in the Digital Age
Organized by	Department of English in association with Department of Languages and Central Library
Date	23.06.2022
Resource Person	Mr. Nithin Joseph Elanjimattom, Director, St. Joseph's College of Communication, Changanassery
Coordinator	Ms. Roshin T Roy, Assistant Professor, Dept of English
Beneficiaries	54 students from Department of English
Objective	To make the students aware of the benefits of reading and its endless possibilities

The Readers' Club of the Department of English in association with the Department of Languages and Central Library, organised a seminar on 'Reading in the Digital Age' in the PG Seminar Hall. Dr. Gayathry K., Faculty, Department of Hindi delivered the presidential address. Mr. Nithin Joseph Elanjimattom, Director, St. Joseph's College of Communication, Changanassery, served as the resource person. The seminar focused on the advantages of reading and enlightened the participants on the disadvantages of getting addicted to mobile phones. The resource person presented the images of the brain of persons 'addicted' to reading and addicted to mobile phones and explained how the latter's brain is similar to the brain of those who are addicted to drugs. The interactive session also focused on the diverse possibilities of reading in the digital age.



**MAR THOMA COLLEGE FOR WOMEN,
PERUMBAVOOR**

Central Library in association with the
Department of Languages , Readers' Club of
Department of English

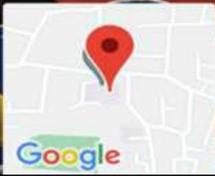
'READING IN THE DIGITAL AGE'



*Chief Guest : Nithin Joseph Elanjimattom
Director, St. Joseph College of Communication,
Changanassery*

*23 June 2022
Venue : P.G Seminar Hall
11:30 a.m.*

Anjana P. (President), Nitha Varghese (Secretary)
Readers' Club



Perumbavoor, Kerala, India
 4F9Q+MHF, Perumbavoor - Kuruppampady Rd, Perumbavoor, Kerala
 683542, India
 Lat 10.119936°
 Long 76.489282°
 23/06/22 11:58 AM





Session taken by Mr. Nithin Joseph Elanjimattom dated 23.06.2022



List of students

Sl.No	Name of the Student	Class
1.	Afna E A	I B.A. English
2.	Alfiya N A	I B.A. English
3.	Alzeena T N	I B.A. English
4.	Amina Mujeeb	I B.A. English
5.	Asna C H	I B.A. English
6.	Dilna Arackal	I B.A. English
7.	Fathima Farzana A Z	I B.A. English
8.	Indhulekha N	I B.A. English
9.	Krishnaja P B	I B.A. English
10.	Mubeena N M	I B.A. English
11.	Noufiya N K	I B.A. English
12.	Rabiya M Noufal	I B.A. English
13.	Sahala Zanam	I B.A. English
14.	Salwa Salim	I B.A. English
15.	Sona Sibi	I B.A. English
16.	Susmitha M	I B.A. English
17.	Anagha K S	I B.A. English
18.	Anjana P Ajikumar	I B.A. English
19.	Annmary T Jeby	I B.A. English
20.	Anziya Aboobakker	I B.A. English
21.	Farsana Nasrin P R	I B.A. English



22.	Marwa Rahim	I B.A. English
23.	Sneha Bhanu Menon	I B.A. English
24.	Theresa K J	I B.A. English
25.	Aleena Benny	II B.A.English
26.	Aleena Rachel Joy	II B.A.English
27.	Alia Basheer	II B.A.English
28.	Amitha Kareem	II B.A.English
29.	Aparna T A	II B.A.English
30.	Bhavna S	II B.A.English
31.	Fitha Fathima A S	II B.A.English
32.	Jasna K A	II B.A.English
33.	Nasle Jafer	II B.A.English
34.	Parvathy V S	II B.A.English
35.	Sona Jabbar	II B.A.English
36.	Vyshnavi Vinod	II B.A.English
37.	Ajinsha C A	II B.A.English
38.	Alam Salam	II B.A.English
39.	Alifna V M	II B.A.English
40.	Anjana M A	II B.A.English
41.	Anusree K C	II B.A.English
42.	Halisa C M	II B.A.English
43.	Nisa Nazar	II B.A.English
44.	Ramziya Ummer	II B.A.English



45.	Shabna Ashraf	II B.A.English
46.	Sherin K A	II B.A.English
47.	Sruthy Suresh	II B.A.English
48.	Steny Mary Philip	II B.A.English
49.	Sumayya P S	II B.A.English
50.	Swara Vincent	II B.A.English
51.	Thasni A A	II B.A.English
52.	Nitha Varghese	II B.Com
53.	Sumayya A I	II B.Com
54.	Swathylakshmi Ravi	II B.Com

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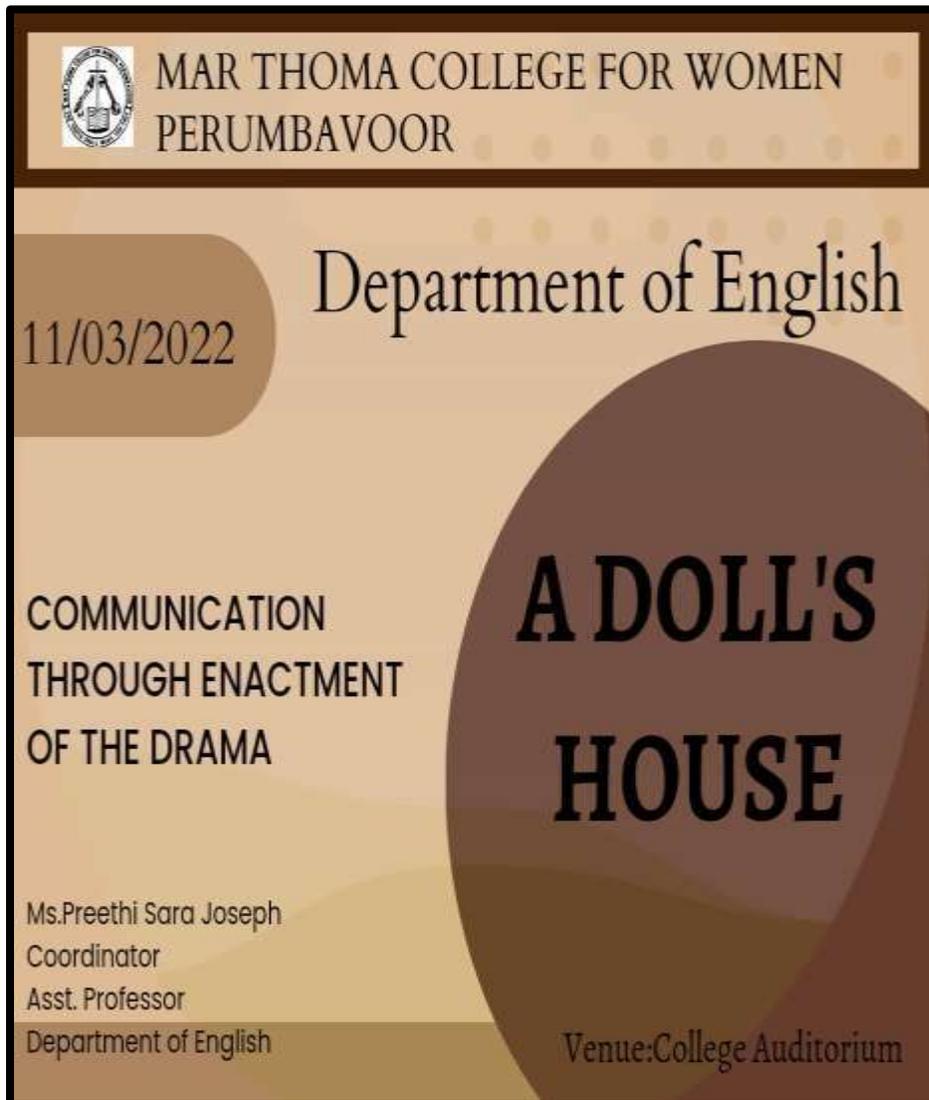
COMMUNICATION THROUGH ENACTMENT OF THE DRAMA- A DOLL'S HOUSE

Organizer	Department of English
Beneficiaries	82 students
Date and Year	11.03.2022
Scope	Enlightening the students about the drama
Coordinator	Ms. Preethi Sara Joseph, Assistant Professor, Department of English
Objectives	<ul style="list-style-type: none"> ● Introducing the characters and theme ● Improve the language proficiency of students ● Improve verbal and non verbal communication skills
Outcome	<ul style="list-style-type: none"> ● Visual Treat ● Knowledgeable ● Improved listening and observation skills ● Better understanding of the language

The Drama Club of the Department of English called 'The Playhouse' focuses on enhancing various skills of the students of the College. The Club focuses on equipping students to acquire skills in communication, expressing emotions as well as developing cognitive skills. Various responsibilities undertaken by the students such as directing, script writing, editing, stage setting, prop making stimulate their creativity and critical thinking. The performance helps the students to improve their verbal and non-verbal communication skills along with listening as well as observation skills. Ms. Preethi Sara Joseph serves as the Faculty-in-Charge of the Club.



The Club performed the Norwegian playwright Henrik Ibsen's 1879 play *A Doll's House*. The actors belonging to various departments were selected through audition and the play was performed in the College Auditorium on 11 March 2022 in connection with the International Women's Day and received much appreciation.



 MAR THOMA COLLEGE FOR WOMEN
PERUMBAVOOR

11/03/2022

Department of English

COMMUNICATION
THROUGH ENACTMENT
OF THE DRAMA

**A DOLL'S
HOUSE**

Ms.Preethi Sara Joseph
Coordinator
Asst. Professor
Department of English

Venue:College Auditorium





Drama presentation dated 11.03.2022



List of students

Sl.No	Name of Students
1	Afna E A
2	Alfiya N A
3	Alzeena T N
4	Amina Mujeeb
5	Asna C H
6	Dilna Arackal
7	Fathima Farzana A Z
8	Indhulekha N
9	Krishnaja P B
10	Mubeena N M
11	Noufiya N K
12	Rabiya M Noufal
13	Sahala Zanam
14	Salwa Salim
15	Sona Sibi
16	Susmitha M
17	Anagha K S
18	Anjana P Ajikumar
19	Annmary T Jeby
20	Anziya Aboobakker
21	Farsana Nasrin P R
22	Marwa Rahim
23	Navya Sreedharan
24	Sneha Bhanu Menon
25	Theresa K J
26	Vismaya Surya
27	Aleena Benny
28	Aleena Rachel Joy
29	Alia Basheer
30	Amitha Kareem
31	Aparna T A
32	Bhavna S



33	Fitha Fathima A S
34	Jasna K A
35	Megha Elsa Biju
36	Nasle Jafer
37	Parvathy V S
38	Sona Jabbar
39	Vyshnavi Vinod
40	Abhirami P K
41	Ajinsha C A
42	Alam Salam
43	Alifna V M
44	Anjana M A
45	Anusree K C
46	Divya Sivan
47	Halisa C M
48	Nisa Nazar
49	Ramziya Ummer
50	Sandra Anna Iduckala
51	Shabna Ashraf
52	Sherin K A
53	Sruthy Suresh
54	Steny Mary Philip
55	Sumayya P S
56	Swara Vincent
57	Thasni A A
58	Alfiya P A



59	Anusha M S
60	Binsa Jaffer
61	Bittu Sajeev
62	Fathima Sahadhiya N B
63	Fidha Afrin A S
64	Gopika Nandanakumar
65	Reshma Reghu
66	Rukhiya Kareem
67	Sharon Sara Thomas
68	Vinaya Priya Venugopal
69	Aaliya Moideen
70	Afrin Shahul
71	Afsath Hamza
72	Amal Saleem
73	Amy Abraham C
74	Anjana Biju
75	Ashil Y Kuriakose
76	Asna Sherin M H
77	Athira Surendran
78	Fathima Noushad V N
79	Fathima Salha
80	Mubeena C A
81	Muhsina Beegum U K
82	Rasla C A

Syo/ka/Vay
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Perumbavoor - 683 542



TECHNOLOGY IN EDITING AND PROOF READING

Program Name	Technology in Editing and Proofreading
Organizer	Institution's Innovation Council (IIC MTCW) in association with IEDC and Department of English
Coordinator	Dr. Rajani Jacob, Assistant Professor, Dept. of Physics, MTCW
Resource Person	Dr. Minu Susan Koshy, Assistant Professor, Department of English, Mar Thoma College for Women, Perumbavoor
Beneficiaries	35 Students
Date and Year	19 /01/2022
Duration	3 hours
Objective	To introduce the software for online proofreading and editing
Outcome	<ul style="list-style-type: none">• Software like Grammarly and GLU Editor were introduced.• Students got hands-on experience in proofreading using online tools.

An invited talk on 'Technology in Editing and Proofreading' by Dr. Minu Susan Koshy, Asst. Professor, Dept. of English, Mar Thoma College for Women, Perumbavoor had been arranged by IIC in association with IEDC and Department of English on 19 January 2022. Dr. Minu introduced softwares like Grammarly and GLU Editor and students got hands-on experience in proofreading using online tools. Students gave an excellent feedback on the session.







IIC and IEDC
 In Association With
DEPARTMENT OF ENGLISH
 Organise
 AN INVITED TALK
 On
**TECHNOLOGY IN EDITING AND
 PROOF READING**

Resource Person : DR. MINU SUSAN KOSHY
 ASSISTANT PROFESSOR
 DEPARTMENT OF ENGLISH
 MAR THOMA COLLEGE FOR
 WOMEN, PERLIMBAVOOR.

Venue - P.G. Seminar Hall

Date: 19/01/22
 Time-10.30 a.m.

Student Coordinators:
 Niranjana B Nair
 Swara Vincent





Talk taken by Dr. Minu Susan Koshy dated 19 /01/2022



List of students

INVITED TALK ON TECHNOLOGY IN EDITING AND REWRITING Resource Person: Dr. Mani Susan Kadiy Asst Professor Dept. of English Date: 19/1/2022 Time: 10-30 am			
Sl No	Name	Department	Signature
1	Susana Srikant	I DE English	[Signature]
2	Bhavana E	II DE English	[Signature]
3	Rasmi. A.A	II DE English	[Signature]
4	Saisa Sabeer	I DE English	[Signature]
5	Anushka K.A	I B Voc FTM	[Signature]
6	Anushka Anand	I B Voc FTM	[Signature]
7	Ashis	I B Voc FTM	[Signature]
8	Abhinav	I B Voc FTM	[Signature]
9	Musina M M	I BA History	[Signature]
10	Ummalkhaloom E A	I BA History	[Signature]
11	Fathima Sakthiga	I BA History	[Signature]
12	Latha Pradeep	I BA History	[Signature]
13	Jethina M	I BA History	[Signature]
14	Shashi R	I BA History	[Signature]
15	Sudha Srin	I BA History	[Signature]
16	Krishnapriya R	I BA History	[Signature]
17	Ana C H	I BA English	[Signature]
18	Amritha Mythil	I BA English	[Signature]
19	Althiya RA	I BA English	[Signature]
20	Mubana NM	I BA English	[Signature]
21	Sahva Salim	I BA English	[Signature]
22	Indukalatha M	I BA English	[Signature]
23	Noushin A.K	I BA English	[Signature]
24	Fathima Fathima A.R	I BA English	[Signature]
25	Fathima Nazim P.V	I BA English	[Signature]
26	Arpita P. Srikumar	I BA English	[Signature]
27	Aranya Anandkumar	I BA English	[Signature]
28	Musina Arun	I BA English	[Signature]
29	Divya Aravindan	I BA English	[Signature]
30	Deviashika M	I BA English	[Signature]
31	Arundha Anu	I BA English	[Signature]
32	Afna E.A	I BA English	[Signature]
33	Rabiyah M. Noufal	I BA English	[Signature]
34	Aranya Anandkumar	I BA English	[Signature]
35	Aranya T.N	I BA English	[Signature]



Sl. No.	Name of student	Programme
1.	Swara Vincent	II BA English
2.	Bhavna S.	II BA English
3.	Thasni A. A.	II BA English
4.	Sona Jabbar	II BA English
5.	Anshidha M. A.	I B. Voc. FTM
6.	Anagha Shaji	I B. Voc. FTM
7.	Afrin	I B. Voc. FTM
8.	Shyama	I B. Voc. FTM
9.	Husna M. M.	I BA History
10.	Ummulkulsoom E. A.	I BA History
11.	Fathima Sakariya	I BA History
12.	Fasila Basheer	I BA History
13.	Fathima M. I.	I BA History
14.	Anandini P. S.	I BA History
15.	Sandra Sasi	I BA History
16.	Krishnpriya R.	I BA History
17.	Asna C. H.	I BA English
18.	Amina Mujeeb	I BA English
19.	Alfiya N. A.	I BA English
20.	Mubeena N. M.	I BA English
21.	Salwa Salim	I BA English
22.	Indhulekha N.	I BA English
23.	Nousiya N. K.	I BA English
24.	Fathima Farzana A. Z.	I BA English
25.	Farsana Nasrin P. R.	I BA English
26.	Anjana P. Ajikumar	I BA English
27.	Anziya Aboobakker	I BA English
28.	Marwa Rahim	I BA English
29.	Dilna Arackal	I BA English
30.	Susmitha M.	I BA English
31.	Fasmitha Banu	I BA English
32.	Afna E. A.	I BA English
33.	Rabiya M. Noufal	I BA English
34.	Mariya Sreedharan	I BA English
35.	Ayeena T. N.	I BA English

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Perumbavoor - 683 542



BASICS OF SIGN LANGUAGE

Title of the program	Basics of Sign Language
Organized by	Department of English
Date	30.09.2021
Coordinator	Ms. Roshin T Roy, Assistant Professor, Dept of English
Beneficiaries	70 students from Department of English
Objective	To provide basic awareness of sign language

International Day of Sign Languages is observed on September 23 every year, to raise awareness of the significance of sign language creation and preservation. It aims to support the linguistic identity of hearing-impaired community and others who use them for communication. In order to commemorate the International Day of Sign Languages, the Department of English organised a session on the Basics of Sign language on 30th September 2021. Students made presentations and explained why learning the basics of sign language is essential to nurture an inclusive environment in the campus.



**MAR THOMA COLLEGE FOR WOMEN
PERUMBAVOOR**

**ENGLISH ASSOCIATION
CELEBRATES**

**INTERNATIONAL DAY
OF
SIGN LANGUAGES**

**30/09/2021
2.30 PM**



PRAYER : BITTU SAJEEV
WELCOME SPEECH : FATHIMA SAHADIYA
SPEECH ON SIGN LANGUAGE : AMAL SALEEM
VIDEO PRESENTATION : ALFIYA P. A.
BASIC SIGN LANGUAGE AWARENESS : SHARON SARA THOMAS
VOTE OF THANKS : FIDHA AFRIN
COMPERING : BINSJA JAFFER





Awareness class and students presentation dated 30.09.2021

List of students

Sl.No	Name of the Student	Class
1.	Afna E A	I B.A. English
2.	Alfiya N A	I B.A. English
3.	Alzeena T N	I B.A. English
4.	Asna C H	I B.A. English
5.	Dilna Arackal	I B.A. English
6.	Fathima Farzana A Z	I B.A. English
7.	Mubeena N M	I B.A. English
8.	Noufiya N K	I B.A. English
9.	Rabiya M Noufal	I B.A. English
10.	Sahala Zanam	I B.A. English
11.	Salwa Salim	I B.A. English
12.	Sona Sibi	I B.A. English
13.	Susmitha M	I B.A. English
14.	Anagha K S	I B.A. English
15.	Anjana P Ajikumar	I B.A. English
16.	Annmary T Jeby	I B.A. English
17.	Anziya Aboobakker	I B.A. English
18.	Farsana Nasrin P R	I B.A. English
19.	Marwa Rahim	I B.A. English
20.	Sneha Bhanu Menon	I B.A. English



21.	Theresa K J	I B.A. English
22.	Aleena Benny	II B.A.English
23.	Aleena Rachel Joy	II B.A.English
24.	Alia Basheer	II B.A.English
25.	Amitha Kareem	II B.A.English
26.	Aparna T A	II B.A.English
27.	Bhavna S	II B.A.English
28.	Fitha Fathima A S	II B.A.English
29.	Jasna K A	II B.A.English
30.	Nasle Jafer	II B.A.English
31.	Parvathy V S	II B.A.English
32.	Vyshnavi Vinod	II B.A.English
33.	Abhirami P K	II B.A.English
34.	Alam Salam	II B.A.English
35.	Anjana M A	II B.A.English
36.	Divya Sivan	II B.A.English
37.	Nisa Nazar	II B.A.English
38.	Ramziya Ummer	II B.A.English
39.	Shabna Ashraf	II B.A.English
40.	Sruthy Suresh	II B.A.English
41.	Steny Mary Philip	II B.A.English
42.	Sumayya P S	II B.A.English
43.	Swara Vincent	II B.A.English
44.	Thasni A A	II B.A.English
45.	Alfiya P A	III B.A.English
46.	Binsa Jaffer	III B.A.English
47.	Bittu Sajeev	III B.A.English
48.	Fathima Sahadhiya N B	III B.A.English
49.	Fidha Afrin A S	III B.A.English
50.	Gopika Nandanakumar	III B.A.English
51.	Reshma Reghu	III B.A.English
52.	Rukhiya Kareem	III B.A.English
53.	Sharon Sara Thomas	III B.A.English
54.	Vinaya Priya Venugopal	III B.A.English
55.	Aaliya Moideen	III B.A.English
56.	Afrin Shahul	III B.A.English
57.	Afsath Hamza	III B.A.English
58.	Amal Saleem	III B.A.English
59.	Amy Abraham C	III B.A.English
60.	Anjana Biju	III B.A.English
61.	Asna Sherin M H	III B.A.English



62.	Athira Surendran	III B.A.English
63.	Fathima Noushad V N	III B.A.English
64.	Fathima Salha	III B.A.English
65.	Mubeena C A	III B.A.English
66.	Muhsina Beegum U K	III B.A.English
67.	Rasla C A	III B.A.English
68.	Rumaisa C B	III B.A.English
69.	Sandra Sasi	III B.A.English
70.	Shifana Nasrin	III B.A.English

Syo/ae/Vay

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Perumbavoor - 683 542



THE ART OF READING

Organizer	Department of English
Associating Partner	IQAC, Mar Thoma College for Women, Perumbavoor
Beneficiaries	85 students
Date	24/06/2021
Scope	<ul style="list-style-type: none"> ● Encouragement for the students to read.
Coordinator	<ul style="list-style-type: none"> ● Ms.Roshin T Roy (Teacher in Charge, English Association) ● Ms.Aleena Rachel Joy (Secretary, English Association) ● Ms.Fidha Afrin A.S (Third Year Representative, English Association)
Objectives	<ul style="list-style-type: none"> ● Students are encouraged to indulge in activities like reading, writing, speech competitions, recitation competitions ● Reading as a medium that brings about both entertainment as well as knowledge.
Outcome	<ul style="list-style-type: none"> ● The need for spending quality time every day for reading and becoming knowledgeable was the message which was taken by the participants of the session.
Details of the Resource Person	<ul style="list-style-type: none"> ● Dr Shiny Thomas Head of the Department of Malayalam, Mar Thoma College, Tiruvalla

The Department of English in association with IQAC conducted a webinar as part of the “Reading Week Celebrations” on 24 June 2021. The resource person for the day was Dr Shiny Thomas, Head of the department of Malayalam, Mar Thoma College, Tiruvalla. The presidential address was delivered by Ms.Chaithanya Elsa Achankunju, Head of the department of English.



The habit of reading should grow beyond the level of mere entertainment to arouse the real sense of direction within one's mind, writer U.A. Khader has said. Every year, June 19 is celebrated as the National Reading Day in honour of Puthuvayil Narayana Panicker (PN Panicker), who is considered as the Father of Library and Literacy Movement in Kerala. People observe this day in India to honour Puthuvayil Narayana Panicker's contribution to the promotion of education and the literacy movement.

The following week is also celebrated as the reading week and students are encouraged to indulge in activities like reading, writing, speech competitions, recitation competitions etc. The Central Board of Secondary Education (CBSE) is one of many institutions across India that observes the reading day on 19th June every year. The importance of reading and some prominent works of legendary authors were discussed during the session.

The total number of 85 participants of the programme had an informative and enlightening session. The need for spending quality time every day for reading and becoming knowledgeable was the message which was taken by the participants of the session. The vote of thanks was delivered 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 - Webinar on "Reading week celebrations"	11.15 AM
4	Lunch Break	01.00 PM
5	Session 2 Discussion	02.00 PM
6	Tea and Snacks	03.30 PM



**MAR THOMA COLLEGE FOR WOMEN
PERUMBAVOOR**



**The Central Library in association with
NSS (unit: 57) and English Association**

Presents

വായനവാചാചരണം

Webinar

24th June 2021 2:30 pm

Resource Person

Dr. Shiny Thomas

**HoD & Assistant Professor
Department of Malayalam
Mar Thoma College, Thiruvalla**



via
Google Meet





MAR THOMA COLLEGE FOR WOMEN, PERUMBAVOOR
(Affiliated to Mahatma Gandhi University, Kottayam, Re-Accredited by NAAC)

Mobile 989 542
or 9485 252225
Fax 9485 252073
Email: mtcw@pghna.com

Dr. Sujo Mary Varghese
Principal-in-Charge

24 June 2021

Letter of Appreciation

We greatly appreciate Dr. Shiny Thomas, Assistant Professor and H.O.D of Malayalam, Mar Thoma College, Thiruvalla for serving as the resource person for the Webinar conducted as part of Vayunavarum organized jointly by the Central Library, N.S.S Unit and English Association, Mar Thoma College for Women, Perumbavoor on 24 June 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.


Dr. Sujo Mary Varghese
Principal-in-Charge
DR. SUJO MARY VARGHESE
Principal-in-charge
Mar Thoma College For Women
Perumbavoor - 681542



Letter of Appreciation given to the Resource Person





Screenshots of feedback, 24/06/2021

List of students

Sl.No	Name of the Student	Class
1.	Afna E A	I B.A. English
2.	Alfiya N A	I B.A. English
3.	Alzeena T N	I B.A. English
4.	Amina Mujeeb	I B.A. English
5.	Asna C H	I B.A. English
6.	Dilna Arackal	I B.A. English



7.	Fathima Farzana A Z	I B.A. English
8.	Indhulekha N	I B.A. English
9.	Krishnaja P B	I B.A. English
10.	Mubeena N M	I B.A. English
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16.	Susmitha M	I B.A. English
17.	Anagha K S	I B.A. English
18.	Anjana P Ajikumar	I B.A. English
19.	Annmary T Jeby	I B.A. English
20.	Anziya Aboobakker	I B.A. English
21.	Farsana Nasrin P R	I B.A. English
22.	Marwa Rahim	I B.A. English
23.	Navya Sreedharan	I B.A. English
24.	Sneha Bhanu Menon	I B.A. English
25.	Theresa K J	I B.A. English
26.	Vismaya Surya	I B.A. English
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28.	Aleena Rachel Joy	II B. A. English
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32.	Bhavna S	II B. A. English
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35.	Megha Elsa Biju	II B. A. English
36.	Nasle Jafer	II B. A. English
37.	Parvathy V S	II B. A. English
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39.	Vyshnavi Vinod	II B. A. English
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41.	Ajinsha C A	II B. A. English
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44.	Anjana M A	II B. A. English
45.	Anusree K C	II B. A. English
46.	Divya Sivan	II B. A. English
47.	Halisa C M	II B. A. English



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49.	Ramziya Ummer	II B. A. English
50.	Sandra Anna Iduckala	II B. A. English
51.	Shabna Ashraf	II B. A. English
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53.	Sruthy Suresh	II B. A. English
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55.	Sumayya P S	II B. A. English
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60.	Binsa Jaffer	III B. A. English
61.	Bittu Sajeev	III B. A. English
62.	Fathima Sahadhiya N B	III B. A. English
63.	Fidha Afrin A S	III B. A. English
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71.	Afsath Hamza	III B. A. English
72.	Amal Saleem	III B. A. English
73.	Amy Abraham C	III B. A. English
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80.	Muhsina Beegum U K	III B. A. English
81.	Rasla C A	III B. A. English
82.	Rumaisa C B	III B. A. English
83.	Sandra Sasi	III B. A. English
84.	Shifana Nasrin	III B. A. English
85.	Shilpa Sivan	III B. A. English

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YOGA FOR HUMANITY

Title of the program	Yoga for Humanity
Organized by	Department of Physical Education, NCC and NSS
Date	21/06/ 2022
Associating Partner	Pathanjali Yoga Training and Research Centre
Beneficiaries	92 students
Objective	To enable students to have a calm and rejuvenated body and mind

Keeping up with the spirits of the nation celebrating the International Yoga Day, the Department of Physical Education, NCC and NSS unit of the college in association with Pathanjali Yoga Training and Research Centre organised a yoga training session on 21st June 2022 at 10.30 am in the College Auditorium. Students actively participated in the session. The resource person taught some important physical and mental practices to the participants which will help them in improving their mental health and immunity.





MAR THOMA COLLEGE FOR WOMEN, PERUMBAVOOR
 Affiliated to MG University & Reaccredited "B+" by NAAC

DEPARTMENT OF PHYSICAL EDUCATION
NCC & NSS UNIT

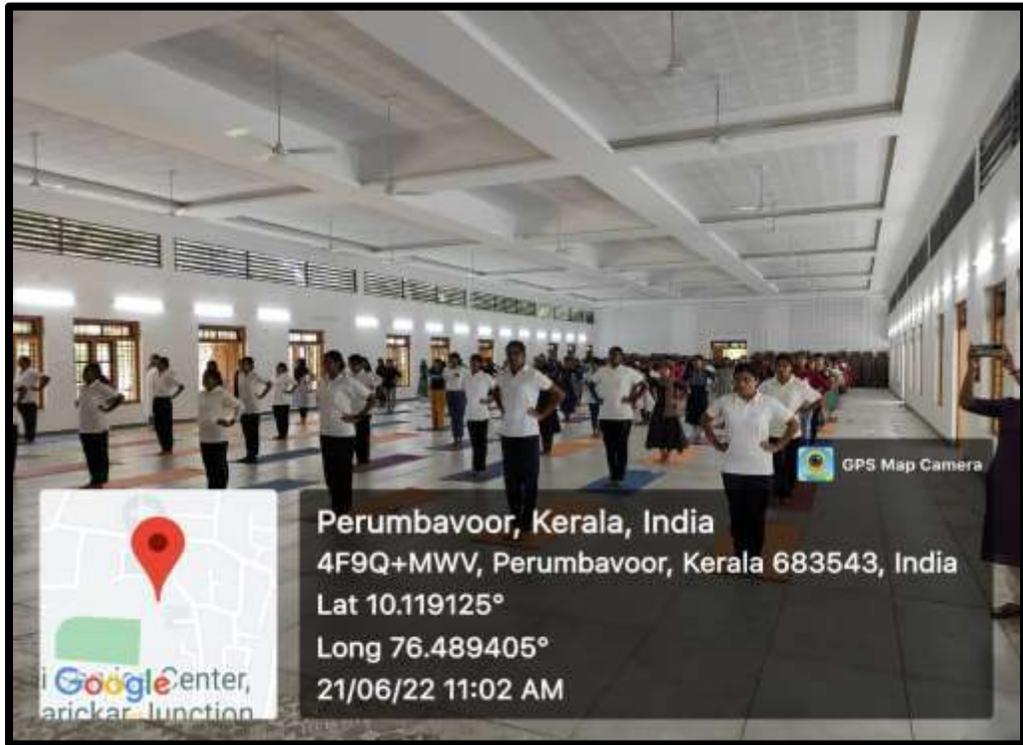
PRESENT




INTERNATIONAL
YOGA DAY
Celebration - 2022

Yoga for humanity

21 June 2022 10:30 am
 Venue : College Auditorium





Yoga training session dated 21/06/ 2022

List of participants

Sl. No	Name	Department
1	Anusha Shaju	B Com Computer Application
2	Fathima Farsana	B Com Computer Application
3	Aishavi P. K.	B Com Computer Application
4	Nithya Unni	B Com Computer Application
5	Afna Kabeer	B Com Computer Application
6	Aswathy Unnikrishnan	B Com Computer Application
7	Mary Daisy P. S.	B Com Computer Application
8	Alshifa U. N.	B Com Computer Application
9	Amja Fathima	B Com Computer Application
10	Neha K. L.	B Com Computer Application
11	Amana Jenna C. N.	B Com Computer Application
12	Chandini P. J.	B. A. History
13	Meenusree K. S.	B. A. History
14	Ummulkulsoom E. A.	B. A. History
15	Asna Ashraf V. A.	B. A. History
16	Fathima M. I.	B. A. History
17	Fathimathu Sadiya	B. A. History
18	Anna Jose	B. A. History



19	E. K. Krishnapriya	B. A. History
20	Anugraha A. U.	B. A. History
21	Nandana A. S.	B. A. History
22	Fasila Basheer	B. A. History
23	Sandra Sani	B. A. History
24	Arathy C. S.	B. A. History
25	Ashna P. A.	B. A. History
26	Siyana A.	B. A. History
27	Arya K. K.	B. A. History
28	Soufiya K. K.	B. A. History
29	Asna Ashraf	B. A. History
30	Arya Udayan	B. A. History
31	Riya P. A.	B. A. History
32	Arya Sudhan	B.Com Finance and taxation
33	Lakshmi Raju	B.Com Finance and taxation
34	Akshitha Sundharan	B.Com Finance and taxation
35	Nikhila Sasindran	B.Com Finance and taxation
36	Sandra Surendran	B.Com Finance and taxation
37	Almas M.J	B.Com Finance and taxation
38	Nandhana Manoharan	B.Com Finance and taxation
39	Saranya K.S	B.Com Finance and taxation
40	Silpa K.P	B.Com Finance and taxation
41	Krishnamol Chandran	B.Com Finance and taxation
42	Muthu Lakshmi S	B.Com Finance and taxation
43	Nandhana Raju	B.Com Finance and taxation
44	Anju T.M	B.Com Finance and taxation
45	Anagha Sajeevan	B.Com Finance and taxation
46	Jyolsna Sunny	B.Com Finance and taxation
47	Krishnapriya Manoj	B.Com Finance and taxation
48	Sunantha P.M	B.Com Finance and taxation
49	Binta Sajeev	B.Com Finance and taxation
50	Lakshmi Nandhana P.J	B.Com Finance and taxation
51	Navya Sudheer	B.Com Finance and taxation
52	Ann Rose Johny	B.Com Finance and taxation
53	Rinnah Mary Thomas	B.Com Finance and taxation
54	Parvathy P.P	B.Sc Maths
55	Krishnakripa N Siv	B.Sc Maths



56	Alfiya N. A	BA English
57	Amina Mujeeb	BA English
58	Salwa Salim	BA English
59	Susmitha M	BA English
60	Sona Sibi	BA English
61	Alzeena T.N	BA English
62	Dilna Arackal	BA English
63	Laya.S.Pillai	Integrated Physics
64	Asna C.H	BA English
65	Krishnenth K.K	Integrated Physics
66	Syamini Sasi	BSc physics
67	Gouri Parvathi R	BCom Computer Application
68	Nandana Ravi	B.Sc. Chemistry
69	Blessy M B	B.Sc. Chemistry
70	Anaswara E S	B.Sc. Chemistry
71	Aleena Raju	B.Sc. Chemistry
72	Ammu Sunil	B.Sc. Chemistry
73	Faziya E M	B.Sc. Chemistry
74	Natha Nasrin T S	B.Sc. Chemistry
75	Farsana Sulthana T A	B.Sc. Chemistry
76	Fathima K H	B.Sc. Chemistry
77	Krishnapriya K M	B.Sc. Chemistry
78	Athulya Vinod	B.Sc. Chemistry
79	Devootty N S	B.Sc. Chemistry
80	Afina Kasim	B.Sc zoology
81	Vismaya K	B.Sc zoology
82	Aiswarya Lakshmi S	B.Sc zoology
83	Gayathri.B	B.Com Finance and taxation
84	Amudha Alias	B.Com Finance and taxation
85	Abhisree Prakash	B.Com Finance and taxation
86	Abhirami Prakash	B.Com Finance and taxation
87	Niranjana B Nair	B.Com Finance and taxation
88	Aleena Alex	B.Com Finance and taxation
89	Navya Sreedharan	B.Com Finance and taxation
90	Anjali Krishna	B.Com Finance and taxation
91	Devipriya K B	B.Com Finance and taxation
92	Sreeja P Sreenivasan	B.Com Finance and taxation



Sybil V
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Perumbavoor - 683 542

NO TO DIABETES: PRE DIABETIC SCREENING AND HOMEOPATHIC INTERVENTION

Name of the Program	No To Diabetes: Pre Diabetic Screening and Homeopathic Intervention
Resource Person	Dr. Sinsen Joseph, Medical Officer, Homeo Dispensary Perumbavoor
Coordinators	Dr Melvi Chandy & Ms Roshin T Roy, NSS Coordinators
Organizer	NSS unit, MTCW
Date	24/02/2022
Beneficiaries	91 students
Objective	To create an awareness about diabetes
Outcome	All the students and staff of our college checked for diabetics. Treatment methods were prescribed for students and staff having diabetics. They also advised preventive measures.

NSS Unit organised an awareness class on “ No to Diabetes' ' on 24 February 2022 at 11.30 AM in the college auditorium. Dr. Sinsen Joseph, Medical Officer Homeo Dispensary Perumbavoor led the session. He talked in detail about prediabetic screening and homeopathic intervention. Diabetic screening of all staff and students of the college was performed on 02 March 2022. Homeopathic treatment methods were prescribed for patients having diabetes and preventive methods were prescribed for others.




Mar Thoma College for Women
Perumbavoor


NSS UNIT: 57

"NO TO DIABETES" PREDIABETIC SCREENING & HOMEOPATHIC INTERVENTION

Organized by Govt Homeo Dispensary
Perumbavoor, in association with Perumbavoor
Municipality & NSS Unit Marthoma College



TALK ON PREDIABETES
BY DR SINSEN JOSEPH
MEDICAL OFFICER
GOVT HOMEO DISPENSARY
PERUMBAVOOR

24 February 2022
 11:30 pm
 





Perumbavoor, Kerala, India
 4F9Q+FV7, Perumbavoor, Kerala 683543, India
 Lat 10.119075°
 Long 76.489575°
 24/02/22 11:55 AM





Session led by Dr.Sinsen Joseph, Medical Officer Homeo Dispensary Perumbavoor

24/02/2022

List of Participants

Sl. No	Name
1	Aiswarya Ashok
2	Ansiya Azeez
3	Athulya Santhosh
4	Farsana P. A
5	Mumthaz K. Sulaiman
6	Resiyamol M. S
7	Sreeshma Shaji
8	Thaskeena Koyan
9	Aleena Benny
10	Aleena Rachel Joy
11	Amitha Kareem
12	Bhavna S
13	Parvathy V. S
14	Megha Elsa Biju
15	Sona Jabbar



16	Steny Mary Philip
17	Swara Vincent
18	Vyshnavi Vinod
19	Anjana J
20	Anaga T. M
21	Akhila Babu
22	Devika Dinu
23	Geethu K. R
24	Meenu P. P
25	Anugraha T. S
26	Rahna
27	Sreelakshmi
28	Sandra
29	Sreesha
30	Zuha Adnan
31	Anagha Joy
32	Anagha Asokan
33	Abhima Subash
34	Abhirami J. S
35	Anviya Mariam Bobby
36	Jeseena mol C. M
37	Asna P. A
38	Ameena E. A
39	Christy Anna Varghese
40	Sifna C. S
41	Anugraha Justin
42	Alga Siju
43	Arya Chandran
44	Archana Mohanan
45	Lakshmi Mohandas
46	Fathima Shabana P. M
47	Aiswarya Ramesh
48	Nithuna Rajan
49	Treesa Maria Stanly
50	Khatheeja Nazar
51	Aleena K. A
52	Josna P. J
53	Alfiya Muhammed



54	Amina Jalal
55	Sarika Suresh
56	Punya Biju
57	Roshna Anil
58	Aparna A. S
59	Manju P. B
60	Aznamol K. M
61	Joseena Jose
62	Mirsana Salim
63	Anusha R
64	Ashna Jiji
65	Diya Supri
66	Fasnamol Shareef
67	Gopika T. G
68	Hasanath M. A
69	Karthika S
70	Ansin Ajmal
71	Shimi George
72	Sona Biju
73	Varsha C
74	Vidhya C. L
75	Aleena Mariya
76	Shabanas Beegum
77	Esther P
78	Aleena Kochumon
79	Aisha Shiyas
80	Anjana Bhaskaran
81	Amala Joshy
82	Aswathy V. A
83	Devipriya K. R
84	Elizabeth Sunny
85	Gayathri M. R
86	Keerthi B. Nair
87	Nitha Krishnan
88	Shahabunnisa P. Jalal
89	Sneha Paul
90	Sreethu V. Nair
91	Swathylakshmi Ravi

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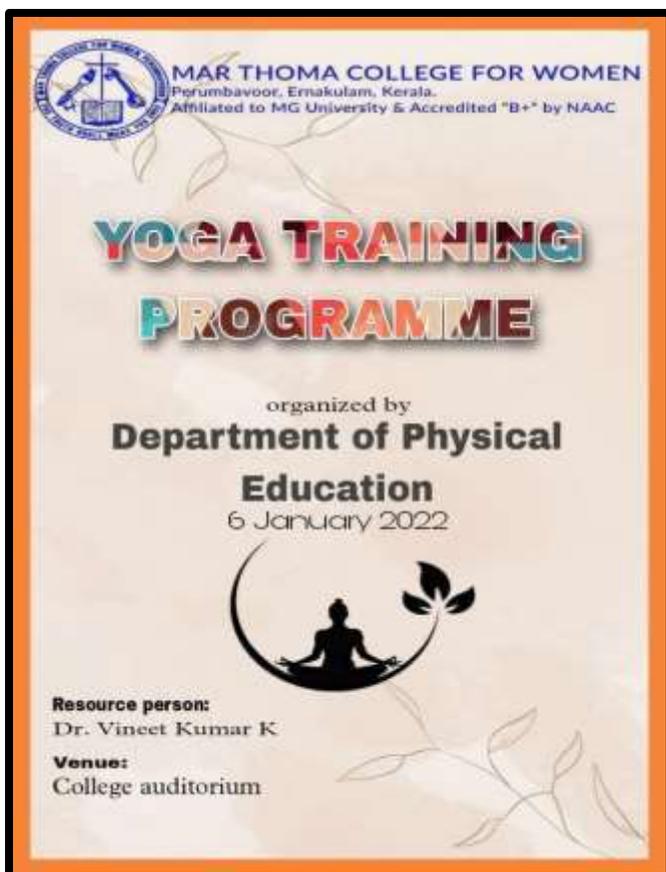
WELLNESS THROUGH YOGA-YOGA TRAINING PROGRAMME

Program Name	Yoga Training Programme
Organizer	Physical Education Department
Resource Person	Dr. Vineed Kumar K Department Physical Education Mar Thoma College For Women, Perumbavoor
Beneficiaries	4 students
Date and Year	6/01/2022
Duration	One Hour- 5 Sessions
Objectives	<ul style="list-style-type: none"> ● To enable the faculty and students to have good health ● To practice mental hygiene and emotional stability ● To attain a higher level of consciousness.
Outcome	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 6 January 2022 under the guidance of Dr. Vineed Kumar K. Five sessions were arranged, 5 students registered and 4 students completed the programme in the academic year 2021–22. 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.

Yoga is a great remedy to remove tensions which definitely affects the health. All students enthusiastically participated and 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.





List of students

Sl.No	Name of Students
1	Krishnendhu K.J
2	Aleena Paul
3	Anaswara E.S
4	Blessy M.B



HUMAN VALUE DEVELOPMENT PROGRAMME

Program Name	Human Value Development Programme
Organizer	Dr. Shalitha Jacob, Assistant Professor, Department of Mathematics
Resource Person	Rev. Daniel Mathew, Chaplain, St.Paul's Mar Thoma Church, Perumbavoor.
Beneficiaries	All students (847)
Date and Year	10/12/2021(first wednesday of every month)
Objectives	<ul style="list-style-type: none"> • Total enhancement of students' personality in its mental, emotional and social aspects • Helping students to develop an independent way of thinking and living • Inducing a spirit of love for the nation and its integration
Outcome	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. Programme conducted under the guidance of Dr. Shalitha Jacob. The value education class was conducted for the whole college on 10/12/2021 at 7 pm through Google Meet and continued for first Wednesdays of coming months of the academic year. The resource person was Rev. Daniel Mathew, chaplain St.Paul's Mar Thoma church, Perumbavoor. The Resource person discussed the values necessary for everyday life and delivered the life message of an eminent person which stands as the highest example of values. The webinar was very informative for the students to understand the values-love, compassion, truth, non-violence etc., application in life and the need to integrate the values into daily life.



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 programme aims at 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**

2021-2022

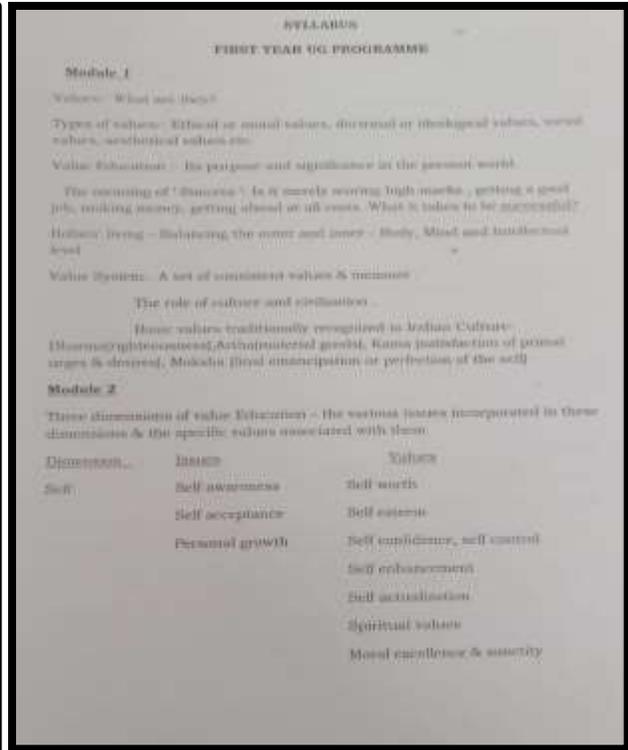
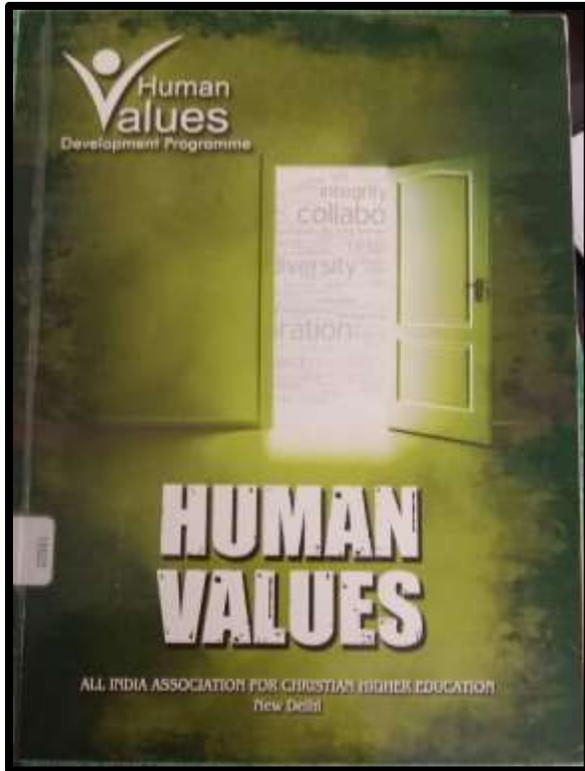
HUMAN VALUE
DEVELOPMENT
PROGRAMME



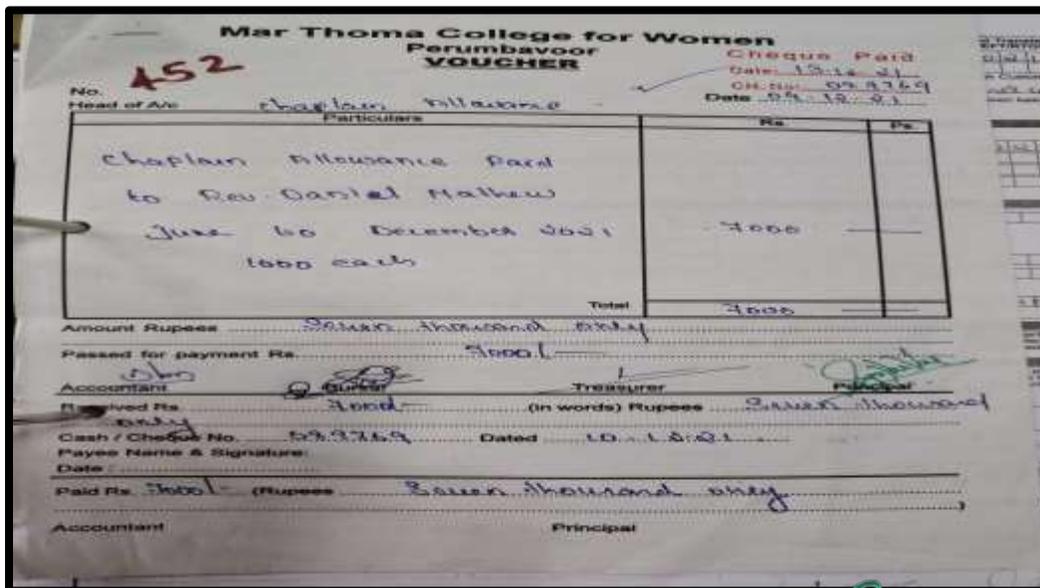
Your messages matter

First Wednesday of Each Month





Reference Text



Payment voucher for Rev. Daniel Mathew for taking classes



Syo / ke Vay

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MENTAL HEALTH PROGRAM- 'OPPAM'

Name of the Program	Mental Health Program - 'Oppam'
Organizer	Department of Zoology
Beneficiary	57 Students of the Department of Zoology
Date	01/12/ 2021
Scope	Mental health
Coordinator	Ms. Reemy Sara Mathai, Assistant Professor, Mar Thoma College for Women, Perumbavoor
Duration	4 sessions
Resource persons	Ms. Angel Mathew Ms. Reemy Sara Mathai
Venue	Zoology class/ lab/ campus premises
Objective	Enhance mental health
Outcome	Stress buster

The program was initiated in December 2021 by the department of Zoology for the B.Sc. Zoology students. 57 students including the first, second and third year 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.

The club was initiated to address the student stress and enhance their mental health. As part of the mental health club, a complaint box has been installed in the class to promote student participation. Students were provided with awareness classes, stress management games and other creative activities to increase student engagement. Besides the actual sessions of activities, based on student interactions, the mental health needs are addressed by the college counselor.

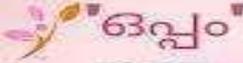


The club actually aims to serve as a channel connecting the need to the expert. A total of 4 sessions were handled till date. Fathima Shabana of 2nd BSc. Zoology serves as the student coordinator of the club.

The inaugural session of the mental health club was held on December 1, 2021. Ms. Angel Mathew served as the resource person who delivered a talk on the importance of mental health. As part of the Oppam initiative, a complaint box has been placed in the Department premises where students can drop in their concerns which will be timely addressed. Stress buster games, and creativity challenges definitely helped in improving the student involvement.

Sl.No.	Activity	Resource person	Date	Beneficiary
1	Talk on importance of mental health	Ms. Angel Mathew	1-12-21	45 (all)
2.	Stress dilution game	Reemy Sara Mathai	14-2-22	20 (1 st years)
3	Action to words activity	Reemy Sara Mathai	24-6-22	20 (2 nd years)
4.	Creativity challenge	Reemy Sara Mathai	18-11-22	7




MarThoma College for Women, Perumbavoor
DEPARTMENT OF ZOOLOGY
Mental Health Club Inauguration


Chief Guest : Ms. Angel Mathew
M. phil and M.Sc. Counselling Psychology
M.Sc. Community Development and Extension
Education
1st Dec 2021 @ 1.00 P.M
Venue : P.G Seminar Hall
You are cordially invited..

Aranya Saha Mathis (Head of the Department)
Padhina Kabeer (Associate Secretary)
Padrina Shabana (Student Coordinator)




Department of Zoology
Mar Thoma College for Women, Perumbavoor

NOTICE



The Open-Mental health club is being launched on December 1, 2021 for the benefit of Zoology students. A complaint box is also being set up to address student concerns.



 Head of the Department

Brochure and Notice of the program





Sessions of activities dated 01/12/ 2021



List of Students

Sl.No	III B.Sc. Zoology	II B.Sc. Zoology	I B.Sc. Zoology
1	Aleena Mariya George	Amegha Satheesh	Aiswarya Lakshmi S.
2	Alfiya Shaji	Anugraha Justin	Anaswara Suresh
3	Amalendhu Rajan	Archana Mohanan	Diya S.
4	Anjana Sajeev	Arya Chandran	Fathima Zafrin K.A
5	Ashlin Sabu	Elna Eldhose	Lakshmi Lalji
6	Fathima Farzana	Helen Mary V Paul	Liya Santhosh
7	Fathima Shaji	Kesia mol Mathew	Sreekutty V.S
8	Leeshma Shaji	Lakshmi Sankar Laiju	Abhirami Arun
9	Maneesha Beegum P.M	Merin Eldhose	Afina Kasim
10	Mayoori M.B	Sandra T.C	Ardhra Krishna Kumar
11	Nidhy Anna Sunny	Sreesha Gopi	Aysha M.A
12	Shabana Kareem	Anjumol K.R	Jewel Joby
13	Fathima Kareem	Bismi Rahmath	Maneesha Manoj
14	Hindbeevi A.M	Fasila P.M	Nafiya Noor Fathima K.
15	Nabeela A.A	Fathima Shabana P.M	Nazrin Usman
16	Sandra P.S	Fathimath Noora K.N	Nitha Fathima
17	Siya Paul	Lakshmi Mohandas	Rifa Fathima A.J
18		Neelima Reji	Sajana Moideenkunju
19		Nivya K.J	Saramol M.A
20		Sumayya E.A	Vismaya K.

Syo/ka/Vay

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INTRODUCTION TO FINANCIAL LITERACY AND SECURITIES MARKET

Name of the program	Introduction to Financial Literacy and Securities Market
Organizer	Department of Commerce
Date	23.11.2021
Resource Persons	Mr. Arun E. A, Assistant General Manager, Securities and Exchange Board of India (SEBI), Kochi Office
Beneficiaries	83 students from the Department of Commerce (F&T)
Coordinator	Ms. Serene Anna Sam, Asst. Professor, Dept. of Commerce
Objective	To create awareness among the students about the Indian securities market and to stress on the importance of investment and financial literacy

A webinar on the topic ‘Introduction to Securities Market and Financial Literacy’ was organised by the Department of Commerce on 23rd November 2021 in connection with World Investor Week 2021 in association with Securities and Exchange Board of India. Mr. Arun E A, Assistant General Manager, SEBI Kochi Office was the resource person for the session. The speaker began the session by introducing SEBI, its role as a watchdog in the financial market and also the rights and powers of investors. He also enlightened the students on the current scenario of Indian securities market, various investment avenues for investors, dematerialization, Demat Account opening, its functions and the need for investors to be financially literate. The session was very informative and interactive.





MAR THOMA COLLEGE FOR WOMEN,
PERUMBAVOOR
 Affiliated to M.G University, Kottayam & Re-accredited by NAAC with B+

DEPARTMENT OF COMMERCE

In association with  **Securities and Exchange Board of India**

Presents
WEBINAR SERIES 1
 In connection with
WORLD INVESTOR WEEK 2021

Introduction to Financial Literacy and Securities Market

 **23 November 2021**

 **2.30 pm**



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 Rafeeque	III B.Com (F&T)
9.	Fathima Nazrin C I	III B.Com (F&T)
10.	Krishnapriya Manoj	III B.Com (F&T)



11.	Lakshmi Sajan	III B.Com (F&T)
12.	Lija Johnson	III B.Com (F&T)
13.	Malavika S Kartha	III B.Com (F&T)
14.	Muhzina Yooseph	III B.Com (F&T)
15.	Shilpa Sunny P	III B.Com (F&T)
16.	Shruthy Hariharan	III B.Com (F&T)
17.	Sneha Alice Jiju	III B.Com (F&T)
18.	Veena Suresh	III B.Com (F&T)
19.	Anitha Benny	III B.Com (F&T)
20.	Athira Revi	III B.Com (F&T)
21.	Bhadra K.K	III B.Com (F&T)
22.	Chandini Malavika	III B.Com (F&T)
23.	Deva Ranjini Kavissery	III B.Com (F&T)
24.	Elizabeth Chacko	III B.Com (F&T)
25.	Fathimath Suhara C A	III B.Com (F&T)
26.	Geethu P.M	III B.Com (F&T)
27.	Khadeeja Nahada M.Z	III B.Com (F&T)
28.	Merin Shaji	III B.Com (F&T)
29.	Aadhya A Manoj	II B.Com (F&T)
30.	Aardra C Mari	II B.Com (F&T)
31.	Amala Joshy	II B.Com (F&T)
32.	Ammupriya M Bose	II B.Com (F&T)
33.	Amudha Alias	II B.Com (F&T)
34.	Arathy Surendran	II B.Com (F&T)
35.	Aswathy V A	II B.Com (F&T)
36.	Devipriya K R	II B.Com (F&T)
37.	Jayalakshmi Nadesan	II B.Com (F&T)
38.	Nitha Krishnan	II B.Com (F&T)
39.	Nitha Varghese	II B.Com (F&T)
40.	Saisaraswathy	II B.Com (F&T)
41.	Shahabunnisa P	II B.Com (F&T)
42.	Sneha Paul	II B.Com (F&T)
43.	Sreethu V Nair	II B.Com (F&T)
44.	Sumayya A I	II B.Com (F&T)
45.	Vishnupriya Karuppuswami	II B.Com (F&T)
46.	Aisha Shiyas	II B.Com (F&T)
47.	Bincy Varghese	II B.Com (F&T)



48.	Chris T Esther	II B.Com (F&T)
49.	Devika Siby	II B.Com (F&T)
50.	Fathima P H	II B.Com (F&T)
51.	Keerthi B Nair	II B.Com (F&T)
52.	Kripa Kurien	II B.Com (F&T)
53.	Meenu K S	II B.Com (F&T)
54.	Sona Sebastian	II B.Com (F&T)
55.	Swathylakshmi Ravi	II B.Com (F&T)
56.	Shahabana Saju	I B.Com (F&T)
57.	Aleena Alex	I B.Com (F&T)
58.	Nandana PA	I B.Com (F&T)
59.	SoofiyaM.S	I B.Com (F&T)
60.	Sarannya Ks	I B.Com (F&T)
61.	Nandana Manoharan	I B.Com (F&T)
62.	Rinnah Mary Thomas	I B.Com (F&T)
63.	Devipriya K. B	I B.Com (F&T)
64.	AkshithaSundaran	I B.Com (F&T)
65.	Krishnapriya Manoj	I B.Com (F&T)
66.	Almas Mj	I B.Com (F&T)
67.	Nandana Raju	I B.Com (F&T)
68.	Ananya .K.R	I B.Com (F&T)
69.	Lakshmi Nandana P J	I B.Com (F&T)
70.	Najla Basheer	I B.Com (F&T)
71.	Anju Tm	I B.Com (F&T)
72.	Arya Sudhan	I B.Com (F&T)
73.	Muthu Lekshmi.S	I B.Com (F&T)
74.	Sandra Surendran	I B.Com (F&T)
75.	Lakshmi Raju	I B.Com (F&T)
76.	Arya Soman	I B.Com (F&T)
77.	Niranjana B. Nair	I B.Com (F&T)
78.	Krishnamol Chandran	I B.Com (F&T)
79.	Jyolsana Sunny	I B.Com (F&T)
80.	Anila A T	I B.Com (F&T)
81.	Arya Velayudhan	I B.Com (F&T)
82.	AnnroseJohny	I B.Com (F&T)
83.	Gayathri.B	I B.Com (F&T)

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Perumbavoor - 683 542



FRESH SALAD MAKING

Title of the program	Fresh Salad Making
Organized by	Department of Chemistry
Date	19.11.2021
Duration	One Year
Resource Person	Ms.Aiswarya K.R., Department of Chemistry, Mar Thoma College for Women Perumbavoor
Beneficiaries	24 students
Objective	<ul style="list-style-type: none">● To improve culinary skills● To provides awareness about nutritional quality fruits and vegetables

The Chemistry Department organised “Fresh Salad Making“ in the academic year 2021-2022. This drive was carried out under the guidance of Ms.Aiswarya K.R. (Teacher-in-Charge) and the student coordinator was Ms.Seethal K Sasi. The Programme was inaugurated by Dr.Sujo Mary Varghese (Principle-in- Charge) on the 19th November 2021. I year degree students actively participated.

This programme enables the students to improve their culinary skills.It helps to know about the preparation of various fruits and vegetables salads. It provides an awareness of nutritional demands in physiological stages of life cycle. All students successfully completed the course for the year. e-certificates were provided to those students.



Make your Friday even more Special with a Healthy plate of Fresh Salad

Order your plate on Thursday

FRESH SALADS
Made with Passion for Healthy Life...

contact details :
 Aiswarya K R,
 Dept. of Chemistry,
 Mob - 9495969623

A new Fresh salad for Every Fridays





Salad distribution dated 19.11.2021



List of students

Sl.No	Name of students	Class
1	Aleena Raju	I B.Sc. Chemistry
2	Anjana K R	I B.Sc. Chemistry
3	Farsana Sulthana T A	I B.Sc. Chemistry
4	Fatima K H	I B.Sc. Chemistry
5	Faziya E M	I B.Sc. Chemistry
6	Krishnapriya K M	I B.Sc. Chemistry
7	Lakshmi Sasidharan	I B.Sc. Chemistry
8	Natha Nasrin T S	I B.Sc. Chemistry
9	Safna Noushad	I B.Sc. Chemistry
10	Sruthi Suresh	I B.Sc. Chemistry
11	U Meenakshi Panicker	I B.Sc. Chemistry
12	Aathira Bharath C A	I B.Sc. Chemistry
13	Ammu Sunil	I B.Sc. Chemistry
14	Amrin Azeez	I B.Sc. Chemistry
15	Anaswara E S	I B.Sc. Chemistry
16	Arya Vinod	I B.Sc. Chemistry
17	Athulya Vinod	I B.Sc. Chemistry
18	Blessy M B	I B.Sc. Chemistry
19	Devooty N S	I B.Sc. Chemistry
20	Krishnendhu K G	I B.Sc. Chemistry
21	Nandana Ravi	I B.Sc. Chemistry
22	Seethal K Sasi	I B.Sc. Chemistry
23	Shahana P S	I B.Sc. Chemistry
24	Unnimaya P M	I B.Sc. Chemistry

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THE ORGANIC WAY TO HEALTH AND HAPPINESS

Title of the program	The Organic Way To Health And Happiness: “The Journey of a Food Blogger”
Organised by	Entrepreneurship Development Club, Department of Commerce
Date	10.09. 2021
Resource Persons	Ms. V.T.Kalyani, Healthy Food Blogger, Founder Of Kitchen Kathukutty
Coordinator	Ms. Serene Anna Sam, Asst. Professor, Department of Commerce
Beneficiaries	79 students from the Department of Commerce
Objective	To create awareness among the students about lifestyle disorders and the need to maintain a healthy lifestyle.

The Entrepreneurship Development Club organised a session on ‘The Organic Way to Health and Happiness: The Journey of a Food Blogger’ by Ms. V T Kalyani on 10th September 2021. Ms. Kalyani shared her knowledge regarding healthy lifestyle habits and changes that can be brought in a family with proper meal planning and healthy diet practices. She also shared her experiences and her journey as a food blogger.




MAR THOMA COLLEGE FOR WOMEN, PERUMBAVOOR
 Affiliated to M.G University, Kottayam & Re-accredited by NAAC with B

ENTREPRENEURSHIP DEVELOPMENT CLUB
DEPARTMENT OF COMMERCE
Presents
The Organic Way to Health and Happiness: The journey of a Food Blogger


FRIDAY
 September 10th
 2021

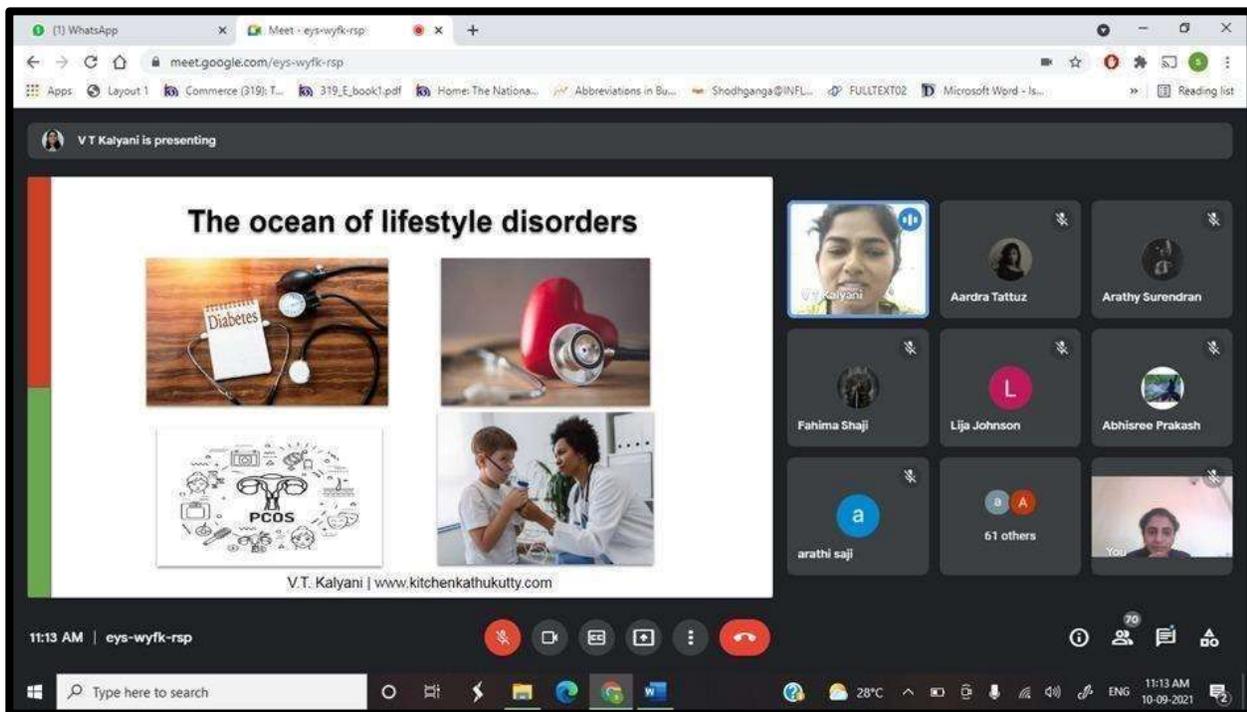

 11 am



Ms. V.T Kalyani , B.E, MBA
 Healthy Food Blogger, Content Writer,
 Founder- KitchenKathukutty

Convenors:
Ms. Sherin T Abraham, HoD
Ms. Serene Anna Sam, ED Club Coordinator

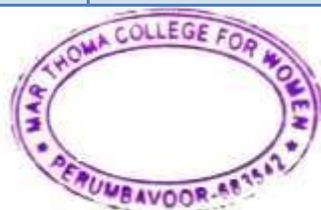




Screenshots of the online session and presentation, 10.09. 2021

List of participants

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	Arathi Saji	III B.Com (F&T)
6	Arsha Eldhose	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	Krishnapriya Manoj	III B.Com (F&T)
11	Lakshmi Sajan	III B.Com (F&T)
12	Lija Johnson	III B.Com (F&T)
13	Malavika S Kartha	III B.Com (F&T)
14	Muhzina Yooseph	III B.Com (F&T)



15	Shilpa Sunny P	III B.Com (F&T)
16	Shruthy Hariharan	III B.Com (F&T)
17	Sneha Alice Jiju	III B.Com (F&T)
18	Veena Suresh	III B.Com (F&T)
19	Anitha Benny	III B.Com (F&T)
20	Athira Revi	III B.Com (F&T)
21	Bhadra K.K	III B.Com (F&T)
22	Chandini Malavika	III B.Com (F&T)
23	Deva Ranjini Kavissery	III B.Com (F&T)
24	Elizabeth Chacko	III B.Com (F&T)
25	Fathimath Suhara C A	III B.Com (F&T)
26	Geethu P.M	III B.Com (F&T)
27	Khadeeja Nahada M.Z	III B.Com (F&T)
28	Merin Shaji	III B.Com (F&T)
29	Aadhya A Manoj	II B.Com (F&T)
30	Aardra C Mari	II B.Com (F&T)
31	Amala Joshy	II B.Com (F&T)
32	Ammupriya M Bose	II B.Com (F&T)
33	Amudha Alias	II B.Com (F&T)
34	Arathy Surendran	II B.Com (F&T)
35	Aswathy V A	II B.Com (F&T)
36	Devipriya K R	II B.Com (F&T)
37	Jayalakshmi Nadesan	II B.Com (F&T)
38	Nitha Krishnan	II B.Com (F&T)
39	Nitha Varghese	II B.Com (F&T)
40	Saisaraswathy	II B.Com (F&T)
41	Shahabunnisa P	II B.Com (F&T)
42	Sneha Paul	II B.Com (F&T)
43	Sreethu V Nair	II B.Com (F&T)
44	Sumayya A I	II B.Com (F&T)
45	Vishnupriya Karuppuswami	II B.Com (F&T)
46	Aisha Shiyas	II B.Com (F&T)
47	Bincy Varghese	II B.Com (F&T)
48	Chris T Esther	II B.Com (F&T)



49	Devika Siblu	II B.Com (F&T)
50	Fathima P H	II B.Com (F&T)
51	Keerthi B Nair	II B.Com (F&T)
52	Kripa Kurien	II B.Com (F&T)
53	Meenu K S	II B.Com (F&T)
54	Sona Sebastian	II B.Com (F&T)
55	Swathylakshmi Ravi	II B.Com (F&T)
56	Shahabana Saju	I B.Com (F&T)
57	Aleena Alex	I B.Com (F&T)
58	Nandana PA	I B.Com (F&T)
59	Soofiya M.S	I B.Com (F&T)
60	Sarannya Ks	I B.Com (F&T)
61	Nandana Manoharan	I B.Com (F&T)
62	Rinnah Mary Thomas	I B.Com (F&T)
63	Devipriya K. B	I B.Com (F&T)
64	Akshitha Sundaran	I B.Com (F&T)
65	Krishnapriya Manoj	I B.Com (F&T)
66	Almas Mj	I B.Com (F&T)
67	Nandana Raju	I B.Com (F&T)
68	Ananya .K.R	I B.Com (F&T)
69	Lakshmi Nandana P J	I B.Com (F&T)
70	Najla Basheer	I B.Com (F&T)
71	Anju Tm	I B.Com (F&T)
72	Arya Sudhan	I B.Com (F&T)
73	Muthu Lekshmi.S	I B.Com (F&T)
74	Sandra Surendran	I B.Com (F&T)
75	Lakshmi Raju	I B.Com (F&T)
76	Arya Soman	I B.Com (F&T)
77	Niranjana B. Nair	I B.Com (F&T)
78	Krishnamol Chandran	I B.Com (F&T)
79	Jyolsana Sunny	I B.Com (F&T)

Syo/ka/Vay

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Mar Thoma College For Women
Perumbavoor - 683 542



IMPORTANCE OF EYE BANKING

Name of the Program	Importance of Eye Banking
Coordinators	Dr. Melvi Chandy & Ms. Roshin T Roy, NSS Programme Officers
Organizer	NSS unit, MTCW
Date	07/09/ 2021
Beneficiaries	70 students
Outcome	Staff and students of the college became aware about the importance and need of eye banking.
Resource Person	Smt. Sujatha P V, Senior Ophthalmologist

NSS unit of the college organised a webinar on Eye Banking on 7 September 2021. Smt. Sujatha P V, Senior Ophthalmologist led the session. She explained the major challenges of eye banking in India including lack of an organised eye banking system, inefficient public awareness programs, lack of motivation among health personnel etc. She also provided the students with various tips to reduce digital eye strain. All the NSS volunteers of the college attended the session.





Poster on tips to reduce digital eye strain, Smt Sujatha P V Ophthalmologist leading the session 07/09/ 2021

List of Participants

Sl. No	Name
1	Aiswarya Ashok
2	Ansiya Azeez
3	Athulya Santhosh
4	Farsana P. A
5	Mumthaz K. Sulaiman
6	Resiyamol M. S
7	Sreeshma Shaji
8	Thaskeena Koyan
9	Aleena Benny



10	Aleena Rachel Joy
11	Amitha Kareem
12	Bhavna S
13	Parvathy V. S
14	Megha Elsa Biju
15	Sona Jabbar
16	Steny Mary Philip
17	Swara Vincent
18	Vyshnavi Vinod
19	Anjana J
20	Anaga T. M
21	Akhila Babu
22	Devika Dinu
23	Geethu K. R
24	Meenu P. P
25	Anugraha T. S
26	Rahna
27	Sreelakshmi
28	Sandra
29	Sreesha
30	Zuha Adnan
31	Anagha Joy
32	Anagha Asokan
33	Abhima Subash
34	Abhirami J. S
35	Anviya Mariam Bobby
36	Jeseena mol C. M
37	Asna P. A
38	Ameena E. A
39	Christy Anna Varghese
40	Sifna C. S
41	Anugraha Justin
42	Alga Siju
43	Arya Chandran
44	Archana Mohanan
45	Lakshmi Mohandas
46	Fathima Shabana P. M
47	Aiswarya Ramesh



48	Nithuna Rajan
49	Treesa Maria Stanly
50	Khatheeja Nazar
51	Aleena K. A
52	Josna P. J
53	Alfiya Muhammed
54	Amina Jalal
55	Sarika Suresh
56	Punya Biju
57	Roshna Anil
58	Aparna A. S
59	Manju P. B
60	Aznamol K. M
61	Joseena Jose
62	Mirsana Salim
63	Anusha R
64	Ashna Jiji
65	Diya Supri
66	Fasnamol Shareef
67	Gopika T. G
68	Hasanath M. A
69	Karthika S
70	Ansin Ajmal

Syoilka Vay

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ANEMIA CAMPAIGN

Name of the program	Anemia Campaign
Coordinators	Dr. Melvi Chandy & Ms. Roshin T Roy, NSS Programme Officers
Organizing cell	NSS unit MTCW
Resource Person	Divya Unnikrishnan, Dietician, Taluk Hospital, Perumbavoor and Remya K.S. ,ICDS Supervisor
Date	12/06/2021
Beneficiaries	91 students
Objective	To create awareness about anemia
Outcome	Helped students to identify themselves whether they are affected by anemia

NSS unit of our college organized a class on Anemia in association with ICDS Koovappady on 12 June 2021. All the NSS volunteers attended the program. Ms Divya Unnikrishnan Dietician Taluk Hospital Perumbavoor led the class. Drawing inspiration from the session, NSS volunteers conducted an Anaemia Campaign for all students of the college to create awareness about Anaemia.

ANEMIA CAMPAIGN

In Association With NSS unit

Mar Thoma college for women, Perumbavoor
SCMS college, Vaykkara
Rajagiri viswajyothy college, Vengoor

Resource Person
Divya Unnikrishnan
Dietician, Thaluk Hospital
Perumbavoor

Moderator
Remya K S
ICDS Supervisor

Google Meet

ICDS Koovappady
Women & Child Development Department

Date: 12.06.2021
Time - 2PM





Anaemia Campaign and awareness class, 12/06/2021

List of students

Sl. No	Name
1	Aiswarya Ashok
2	Ansiya Azeez
3	Athulya Santhosh
4	Farsana P. A
5	Mumthaz K. Sulaiman
6	Resiyamol M. S
7	Sreeshma Shaji
8	Thaskeena Koyan
9	Aleena Benny
10	Aleena Rachel Joy
11	Amitha Kareem
12	Bhavna S
13	Parvathy V. S
14	Megha Elsa Biju
15	Sona Jabbar
16	Steny Mary Philip
17	Swara Vincent
18	Vyshnavi Vinod
19	Anjana J



20	Anaga T. M
21	Akhila Babu
22	Devika Dinu
23	Geethu K. R
24	Meenu P. P
25	Anugraha T. S
26	Rahna
27	Sreelakshmi
28	Sandra
29	Sreesha
30	Zuha Adnan
31	Anagha Joy
32	Anagha Asokan
33	Abhima Subash
34	Abhirami J. S
35	Anviya Mariam Bobby
36	Jeseena mol C. M
37	Asna P. A
38	Ameena E. A
39	Christy Anna Varghese
40	Sifna C. S
41	Anugraha Justin
42	Alga Siju
43	Arya Chandran
44	Archana Mohanan
45	Lakshmi Mohandas
46	Fathima Shabana P. M
47	Aiswarya Ramesh
48	Nithuna Rajan
49	Treesa Maria Stanly
50	Khatheeja Nazar
51	Aleena K. A
52	Josna P. J
53	Alfiya Muhammed
54	Amina Jalal
55	Sarika Suresh
56	Punya Biju
57	Roshna Anil



58	Aparna A. S
59	Manju P. B
60	Aznamol K. M
61	Joseena Jose
62	Mirsana Salim
63	Anusha R
64	Ashna Jiji
65	Diya Supri
66	Fasnamol Shareef
67	Gopika T. G
68	Hasanath M. A
69	Karthika S
70	Ansin Ajmal
71	Shimi George
72	Sona Biju
73	Varsha C
74	Vidhya C. L
75	Aleena Mariya
76	Shabanas Beegum
77	Esther P
78	Aleena Kochumon
79	Aisha Shiyas
80	Anjana Bhaskaran
81	Amala Joshy
82	Aswathy V. A
83	Devipriya K. R
84	Elizabeth Sunny
85	Gayathri M. R
86	Keerthi B. Nair
87	Nitha Krishnan
88	Shahabunnisa P. Jalal
89	Sneha Paul
90	Sreethu V. Nair
91	Swathylakshmi Ravi

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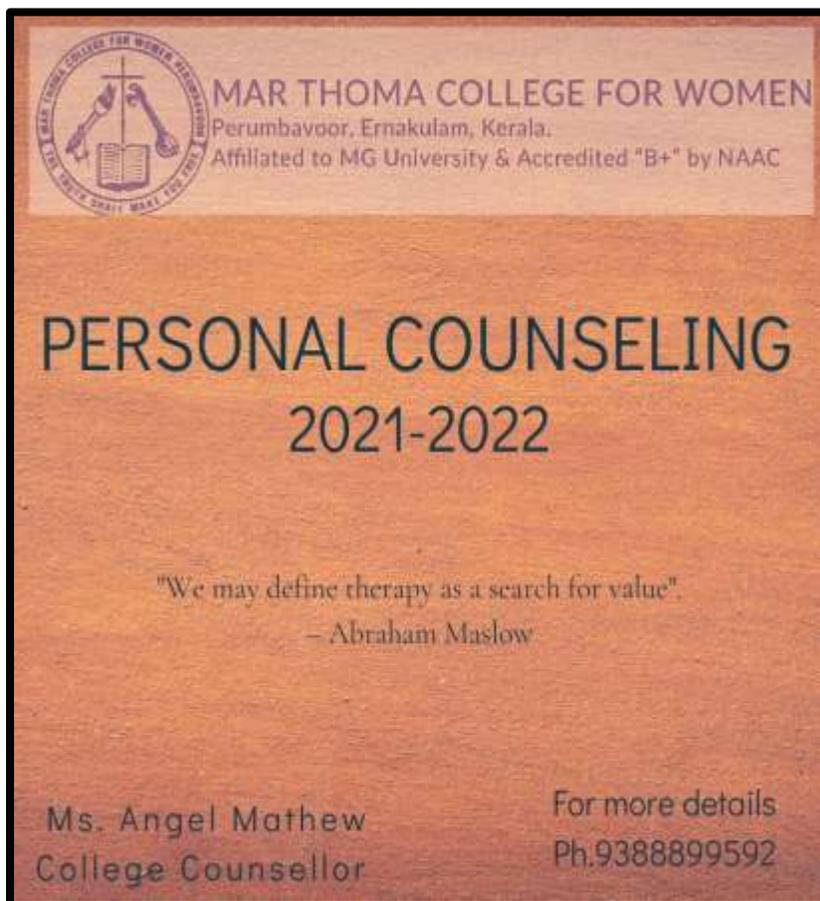
PERSONAL COUNSELLING

Program Name	Personal Counselling
Resource Person	Ms. Angel Mathew, Student Counselor
Beneficiaries	15 students
Date	01/06/2021
Objective	<ul style="list-style-type: none">• To help students deal with emotional, psychological and educational problems• To provide special assistance to students who display behaviour detrimental to their progress• To create awareness regarding mental health issues, behavioural problems etc.
Outcome	<ul style="list-style-type: none">• Cope with personal, emotional and psychological problems in a mature way• Deal with challenges and evolve into healthier human beings• Demonstrate awareness of mental health issues and assist people suffering from such concerns

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



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



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

PERSONAL COUNSELING

2021-2022

"We may define therapy as a search for value".
– Abraham Maslow

Ms. Angel Mathew
College Counsellor

For more details
Ph.9388899592





Personal Interactive Session with Counsellor



List of students

Sl.No.	Name of Student	Class
1	Vidhya S L	II B.A. History
2	Diya Supri	II B.A. History
3	Fanamol Sherieff	II B.A. History
4	Rabiya M Noufal	I B.A. English
5	Alzeena	I B.A. English
6	Sreesha Gopi	II B.Sc. Zoology
7	Swathi Suresh	II B.A. History
8	Anjima D	I Integrated Physics
9	Krishna V S	I Integrated Physics
10	Asshya Elizabeth Simon	III BVoc Tourism
11	Anju Martin	III BVoc Tourism
12	Krishnendhu K K	I Integrated Physics
13	Anagha P S	I Integrated Physics
14	Lucy Sneha George	I Integrated Physics
15	Laya S Pillai	I Integrated Physics



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