

ANNUAL REPORT 2024-25

Give thanks to the LORD; for He is good; His loving devotion endures forever. (Ps. 107:1)

With utmost pleasure and gratitude, let me present before you the Annual Report of Mar Thoma College for Women, Perumbavoor, for the academic year 2024-2025. By the grace of God Almighty, who has guided us graciously over the last 41 years, we have come to the conclusion of another great academic year. May the good God we serve guide us along the paths ahead so that we may achieve greater things. The college thrived this year, successfully implementing new schemes and initiatives, enhancing academic and extracurricular activities, and improving infrastructure, thanks to the unwavering support of our Manager, Rt. Rev. Dr. Isaac Mar Philoxenos Episcopa, and the members of the Governing Council.

Programmes Offered

10 UG and two PG Programmes are offered by the college, out of which two UG Programmes and one PG Programme are in the self-financing stream. We also run an Integrated 5-year M.Sc. Programme in Basic Science – Physics sanctioned by the State Government under the New Generation Courses Scheme.

This year, as per the requirements of the New Education Policy (NEP) 2020 and the stipulations laid down by the Government of Kerala, we launched the Four-Year Undergraduate Programme (FYUGP) in all departments. This marks a significant shift in our academic structure, providing students with greater flexibility, interdisciplinary opportunities, and an extended research component. The FYUGP is designed to enhance skill development, improve employability, and foster critical thinking among students. The program also includes a strong emphasis on research and project-based learning, allowing students to engage in in-depth study in their chosen fields. As we implement this new structure, we are committed to providing the necessary academic and infrastructural support to ensure a smooth transition for both faculty and students.

Admission & Commencement of Classes

The college reopened after the mid-summer vacation on 3 June 2024. A total of 117 students enrolled in the Aided and Self-Financing streams this year, bringing the total student strength

to 428 as of December 2024. Classes for first-year UG programmes began on 1 July 2024, while first-year PG programmes commenced on 8 July 2024. Dr. Vineed Kumar K, Director of Physical Education, served as the Nodal Officer for the MG University CAP admission process.

The academic year 2024-25 commenced on 3 June 2024 with a prayer seeking God Almighty's blessings. The prayer, led by Rev. Bijoy M. John, College Chaplain, was organized by the Students Christian Movement in the College Auditorium.

Result Analysis for The Academic Year 2023-24

Course	No. of students Passed	Total Appeared	% of Pass
B.Sc. Mathematics	12	13	92.3
B.Sc. Zoology	16	18	88.89
B.Sc. Chemistry	20	24	83.33
B.Sc. Physics	3	4	75
B.A. English	32	39	82.05
B.A. History	13	26	50
B.Com (Tax)	34	37	91.89
B.Com (C.A)	20	29	68.97
B. Voc. Fashion Technology & Merchandising	3	7	42.86
M.Sc. Mathematics	2	7	28.57
M.Sc. Zoology	7	6	85.71

The following students obtained ranks in the University Examinations 2023:

Sl. No.	Name	Department	Rank
1.	Sneha Bhanu Menon	English	1
2.	Sahla Zanam	English	2

3.	Annmary T. Jeby	English	4
4.	Sonna Sibi	English	9
5.	Mubeena N M	English	10
6.	Revathi Rajeev	Physics	1
7.	E K Krishnapriya	History	4
8.	Sandra Sani	History	7
9.	Krishnapriya R.	History	9
10.	Rajana D.	B.Voc. Fashion Technology & Merchandising	1
11.	Rose Maria K B	B.Voc. Fashion Technology & Merchandising	2

Hearty congratulations to the rank holders!

Institutional Highlights and Best Practices

Paradigm Shifts

- **Implementation of Four-Year Undergraduate Programme (FYUGP):** In alignment with the New Education Policy and Government of Kerala guidelines, FYUGP has been introduced across all departments, offering students flexible exit options, interdisciplinary learning, skill development, and enhanced research opportunities. Praveshanolsavam was conducted in order to welcome new students and to induct them into the new programme, as per Government guidelines.

Best Practices

- **Pylee Memorial Lecture - 25th** Very Rev. A. A. Pylee memorial lecture was organized on 11 September 2025 with Shri. Tushar Gandhi, Author & Great Grandson of Kasturba and Mahatma Gandhi as the Chief Guest. He engaged a session on the topic “ Changing India in the 21st Century”.

- **Launch of Karuthal – Community College Initiative:** *Karuthal*, our extension activity for underprivileged school students, is designed to foster holistic development and aligned with our mission of empowering the marginalized. It provides school children with academic support, sports training, vocational skill development, and counselling, ensuring their overall well-being and future readiness. As one of our key extension activities, it reflects our commitment to social welfare and our dedication to giving back to the community. The programme was successfully conducted from February to March and is set to continue in the next academic year.
- **Launch of *Mannarivu* – Campus Farming Initiative:** Spearheaded by the Nature and Heritage Club, *Mannarivu* promotes sustainable farming practices within the campus. The initiative was inaugurated on 11 February 2025, encouraging environmental awareness and hands-on agricultural experience. We were privileged to have Padmashri Kunjol, the pride of Perumbavoor, as our Chief Guest.
- **Introduction of Student Clubs for Holistic Development:** Six clubs have been established to nurture diverse talents and interests, including the Language and Literary Club, Science and Innovation Club, and Aesthetics Expression Club, Film and Drama Club, Nature and Heritage Club and Health and Wellness Club, providing students with platforms for creativity, critical thinking, and skill enhancement.
- **Rank in KIRF:** The College obtained 84th Rank in the Kerala Institutional Ranking Framework (KIRF). It stands as testimony to our commitment to excellence in higher education and women empowerment.
- **Conduct of Conference of National Repute**
 - **Two-Day National Conference on Vulnerability Studies** – A Two-Day National Conference on Vulnerability Studies was conducted by the Department of English in association with the College Development Council, Mahatma Gandhi University.
- **Conduct of Mar Thoma Trophy Tournaments:** The college hosted several sporting events including the Basketball Tournament (January 23, 2025), Football Tournament for Girls (November 28-29, 2024) and the Mar Thoma Cup Tournament January 17-26, 2025).
- **Conduct of Community Extension Activities in association with Perumbavoor Municipality**
 - **Programmes for School Children**

- As part of the community extension programme for school children, *Sparkles*, a Christmas Carol Competition, was held on 31 December 2024. In addition to the competition, the children visited various departments that had arranged special programmes to enhance their learning experience. The English Department created a magical *Fairy Castle*, while the History Department organized a *Museum and Exhibition* showcasing historical artifacts. The Physics Department engaged students with a *Science Exhibition*, featuring interactive displays, and the Zoology Department captivated them with a visit to the *Zoology Museum*, offering insights into biological specimens.
- A News Reading Competition for school children was conducted by the Library and more than 30 students participated in the same.
- Visits to the college were arranged for students from nearby schools, providing them with an opportunity to explore various departments and engage in interactive learning experiences. More than 100 students and teachers participated in the visit, making it an enriching and educational event.
 - The Department of English staged a play titled *The Quest*, captivating the audience with its engaging performance. The event was graced by the renowned Nangiarkoothu artist, Mrs. Usha Nangiar, as the Chief Guest. More than 150 students from schools in and around Perumbavoor attended, making it a memorable and enriching experience.
 - **Awareness Class on Waste Management-** “Small Steps, Big Impact”, an awareness class on waste management was conducted by the IQAC and the NSS in association with Kudumbasree and Haritha Karmasena. Dr.Letha P. Cheriyan served as the resource person.
 - **Eye Test Camp:** A free Eye Test Camp was organized by the NSS on 15 February 2025, in collaboration with LF Hospital and Sri Bhavani Foundation. It offered free eye check-ups and cataract surgeries, benefiting the community and promoting eye health awareness. Services worth Rs. 25 lakhs were offered free of cost.
 - **Conduct of Women-Centric Awareness Sessions** – A presentation competition on ‘Breast Cancer’ was conducted on 07 November 2024 by the Women’s Cell. A Menopause Awareness Programme was conducted on 22 February 2025 in association with Perumbavoor Municipality and Aster Medcity.

- **Launch of Creative Initiative: ‘Tell-A-Tale’** – A collection of stories for children titled ‘Tell-A-Tale’ has been initiated by the Language Consultancy Service of the Department of English and consent has been received from Authorspress for publishing.
- **Celebrating Kerala’s Heritage: Keralapiravi Week:** A special programme to promote Malayalam language and Kerala’s rich culture was organized as part of *Keralapiravi Day* on November 1. The celebrations extended over a week, featuring various events that highlighted the state's traditions and artistic heritage. A *Samskarika Rally* was conducted, bringing together students in a vibrant cultural procession. Competitions such as *Malayali Manga*, poetry recitation, and other Malayalam literary contests were also held, encouraging students to embrace and celebrate their linguistic and cultural identity.
- **Fora of National Repute:**
 - **Best NSS Unit Award** in recognition of the services rendered by our NSS unit. The Award was sponsored by esteemed organizations including IMA Kerala, Red Cross Society, Aluva, Janaseva Shishubhavan, FACT Employees Social Forum, Anwar Palliative Care, and Kerala Action Force.
 - **Student Participation in Prestigious NCC Programmes** – 9 students participated in prestigious camps and programmes organized by the NCC.
- **AIACHE Positions and Awards** – The annual AIACHE meeting held from 26-28 December 2024 was attended by the Principal Dr. Letha P. Cheriyan and the former Principal Dr. Sujo Mary Varghese.
 - Dr. Letha P. Cheriyan was elected as an Executive Board Member of AIACHE
 - Dr. Sujo Mary Varghese received the Best Principal Award
- **Notable Achievement:** Dr. Bibin Kuriakose, Assistant Professor, Dept. of History, has been nominated as Syndicate Member of Mahatma Gandhi University.
- **Recognition as Research Guides:** 2 members of the faculty from the Department of Physics were recognized as research guides by Mahatma Gandhi University, Kottayam.
- **Paper Publications and Presentations by Students** -2 students from the Dept. of Zoology published papers in UGC-CARE listed journals and 9 students from various departments presented papers at national and international conferences.

- **MoU with TIES for Environment Audit:** The College signed an MoU with TIES for the conduct of annual environment audits.
- **Receipt of CSR Fund:** The College received a CSR fund of Rs. 10 lakhs from the South Indian Bank for the purpose of installing solar panels.

Student Achievements

- **Ms. Sanjana S.**, presented a paper titled “The Concord of Cult and Culture in *Six of Crows*, along with Ms. Sanjana.S at International Conference on “Interdisciplinary Intersections in Contemporary English Language and Literature: The Way Forward,” on 16 December 2024, organised by CTTE College for Women, Chennai.
- **Revathy Rajeev** secured 1st rank in MG University B.Sc. Physics Model II (Applied Electronics) examinations (2023-24).
- **Krishnendu K.K., Krishna V.S, Laya S. Pillai, and Anjima D.** attended a National Conference on Science and Technology and presented research papers.
- **Aruna Sasi and Anna M. R.** secured 1st and 2nd prizes in the Power Quiz by KSEB.
- **Integrated MSc Physics students** served as resource persons for a talk on India’s Space Saga for National Space Day.
- **Johanna Susan John (II IP)** completed an Army Attachment Programme (10-21 January 2025) at Pangode, Trivandrum.
- **Fourth-year IP Physics students** completed an internship on Machine Learning with ICT Academy of Kerala.
- **Students from II IP Physics** are undergoing a Social Media internship with IPSR solutions since 8 February 2025.
- **Fourth-year IP Physics students** presented a poster at the national seminar ‘Rubber Insights ‘24.’
- **Shabana Kareem** published a paper in the Web of Science Journal Archives of Medicine and health sciences
- **Nazrin Usman** published a paper in the CARE-listed Journal Indian Journal of Preventive and Social Medicine
- **Zaheera Nazrin, Sara Kuriakose and Rahana Prasad** presented papers in international conferences.
- Honours from NCC:

✓ **SUO Joshny Shais**

Attended Pre-IGC TSC 1 at FISAT Angamaly from 10 May 2024 to 19 May 2024.

Attended IGC-TSC at Bethany Academy, Vennikulam, from 16 July 2024 to 25 July 2024.

✓ **UO Aleena Joy**

Attended Pre-IGC TSC 1 at FISAT Angamaly from 10 May 2024 to 19 May 2024.

Attended IGC-TSC at Bethany Academy, Vennikulam, from 16 July 2024 to 25 July 2024.

✓ **CSM Fathima Nazrin M N**

Participated in the All India NCC Girls Trekking Expedition – Tamil Nadu Trek from 16 May 2024 to 23 May 2024.

✓ **CPL Bibi K S**

Participated in the All India NCC Girls Trekking Expedition – Tamil Nadu Trek from 16 May 2024 to 23 May 2024.

✓ **SGT Anna Paulachan**

Attended the EBSB (Ek Bharat Shreshtha Bharat) Camp at Jawahar Navodaya Vidyalaya, Periyar, Kasaragod, from 23 December 2024 to 3 January 2025.

✓ **CPL Devanjaly P V**

Attended the EBSB (Ek Bharat Shreshtha Bharat) Camp at Jawahar Navodaya Vidyalaya, Periyar, Kasaragod, from 23 December 2024 to 3 January 2025.

✓ **CQMS Fathima Farisa M U**

Attended the Army Attachment Camp at Pangode, Trivandrum, from 10 January 2025 to 21 January 2025.

✓ **SGT Devika Vinod**

Attended the Army Attachment Camp at Pangode, Trivandrum, from 10 January 2025 to 21 January 2025.

✓ **CPL Johanna Susan John**

Attended the Army Attachment Camp at Pangode, Trivandrum, from 10 January 2025 to 21 January 2025.

DEPARTMENT ACTIVITY REPORTS

Department Of Commerce (Finance and Taxation)

- **Commerce Association Inauguration & Seminar on Entrepreneurial Mindset:** The Commerce Association was officially inaugurated, followed by a seminar by Ms. Meena Thomas on fostering an entrepreneurial mindset among students.
- **First-Year Orientation Programme - Design and Decor:** Mr. Lovewin K Cherian conducted a session introducing first-year students to the basics of design and decor in a business environment.
- **Freshers' Day Programme:** A welcoming event was organized to help first-year students interact, engage, and feel a sense of belonging in the department.
- **Analysis of India's 2024 Budget:** Third-year students presented a comprehensive analysis of the Union Budget 2024, discussing its impact on various sectors of the economy.
- **Business News and Quiz Session:** A session was conducted to update students on current business trends, followed by a quiz competition to test their knowledge.
- **Henna Stall by ED Club & Commerce Association:** An entrepreneurial initiative where students set up a henna stall, showcasing creativity and business acumen.
- **Exploration of the Legacy of the Tata Group:** A discussion on the achievements, innovations, and business strategies of the Tata Group, highlighting its impact on India's economy.
- **Comfiesta - Commerce Exhibition:** A commerce-themed exhibition where students presented business models, creative projects, and innovative ideas.
- **EXIMIOUS - Intercollegiate Fest:** A large-scale intercollegiate fest featuring business-related competitions, networking opportunities, and engaging events for students.

Department Of Physics

- **National Space Day 2024:** Celebrated in association with ISRO to commemorate the success of Chandrayaan-3. The department conducted quizzes and video presentations in August within the college and outside. Faculty and students visited several schools to conduct the preliminary rounds of the Space Quiz.
- **Space Quiz Final Rounds:** Held on 21 October 2024 with 24 students from different schools. GHSS Kongorpilly won the first prize. An exhibition was arranged in the Physics laboratory.
- **'Space on Wheels' Exhibition:** Organized in collaboration with Vikram Sarabhai Space Centre, Trivandrum, on 21 October 2024, visited by college and school students.
- **Invited Lecture on Vibration Physics:** Conducted on 9 September 2024, featuring Mr. Ajesh Kumar M, Scientist, NPOL, DRDO.
- **Physics Association Inauguration:** On 10 September 2024 by Dr. Prijith S S, Scientist, Space Physics Laboratory, VSSC, ISRO, with a talk on "Satellite Remote Sensing: Science and Applications."
- **Decorative Items Workshop:** Held from 11-20 December 2024, students created and sold neon decorative items and LED stars for Christmas. Profits were donated to Santhwanam Special School, Kothamangalam.
- **Sunspot Watching Event:** Organized on 31 December 2024 with Breakthrough Science Society Ernakulam chapter.
- **National Energy Conservation Day Celebration:** Conducted a workshop on energy-saving LED bulbs for Luke Memorial Public School students on 16 December 2024.
- **Power Quiz:** Conducted in association with KSEB Officers Association on 26 September 2024. Winners participated in the district-level competition at UC College, Aluva, on 6 November 2025.
- **Interactive Session with 'Manjummel Boys':** Attended by department students as part of Perumbavoor municipality's Reading Day Celebration.
- **National Science Day Celebration:** Conducted a night sky watch programme on 20 and 21 February 2025 with resource person Prof. Dr. N. Shaji, Adjunct Faculty, CUSAT.
- **Industrial Visit to Kudankulam Nuclear Power Plant:** From 3 October 2024, where students attended a session on nuclear reactions and career opportunities.

Department Of Mathematics

- **Mathematics Association Inauguration:** Held on September 27, 2024, with Prof. Dr. Manju K. Menon as the chief guest. The event included a talk on "Mathemagic" by Dr. Manju K. Menon.
- **MTTS Programme Participation:** Five undergraduate students attended the Mathematical Training and Talent Search (MTTS) Programme at St. Paul's College, Kalamassery, on October 9-10, 2024.
- **Orientation Programme on "Industrial Approach in Mathematics":** Organized on October 25, 2024, in association with IQAC, featuring Ms. Henna Mariam, CEO of Mathlab Skillrealm.
- **Winter School Participation:** Ms. Afna Salim (II B.Sc. Mathematics) successfully completed the IWM Winter School for Young Women in Mathematics 2024 at Sardar Patel University, Gujarat, from December 9-19, 2024.
- **National Mathematics Day Celebration:** 'Math Bingo' puzzle competition was conducted on December 18, 2024.
- **Trivikraman Memorial Lecture Series:** An expert talk on "Mathematics for AI" was organized on January 23, 2025, by the Department of Mathematics, IQAC, and Kerala Mathematical Association. Dr. Vinod Kumar P. B., Research Professor, Muthoot Institute of Science and Technology, was the resource person.
- **IIT Madras Visit:** Final-year students visited IIT Madras on February 10, 2025, and attended a session on "Scope of Mathematics" by Prof. Dr. K. C. Sivakumar.
- **Intercollegiate Seminar Presentation Competition:** Ms. Resiyamol M. S. (II M.Sc. Mathematics) secured 2nd prize in the Thasnim Memorial Intercollegiate Seminar Presentation Competition at Union Christian College, Aluva, on February 1, 2025.
- **Community Engagement Initiatives:**
 - M.Sc. students conducted free tuition for inmates of Balika Mandhiram, Perumbavoor.

Department Of Chemistry

- **Chemistry Association Inauguration:** The association was inaugurated with Dr. Sindhu K S as the chief guest, followed by a talk on "Transforming Reactions into Career Opportunities."

- **Fresher's Day:** A welcome event for first-year students featuring various interactive tasks and games.
- **Talk on Medical Coding and Medical Scribing:** Mr. Jishnu Prakash delivered an informative session on career opportunities in medical coding and scribing.
- **Industrial Visit to Oushadhi, Thrissur:** Students visited Oushadhi, gaining insights into the production and processing of medicinal products.
- **MoU Signed with Morning Star Home Science College, Angamaly:** A memorandum of understanding was signed for collaborative research and academic activities in chemistry.
- **Talk on "The Chemical Journey of Microplastics: A Research View":** Dr. Anu Joy delivered a research-oriented lecture at Morning Star Home Science College, Angamaly.
- **College Tour for Final-Year Students:** A two-day trip to Kodaikanal and Marayoor provided students with a refreshing educational experience.
- **Achievements in Onam & Christmas Competitions:**
 - First place in the Pookalam competition.
 - Second place in the Crib making competition.
- **Interdepartmental & Intercollegiate Achievements:**
 - Third place in the Terrarium Making competition by Kavya K S and Ameesha Muhammed.
 - Participation in Breast Cancer Awareness Presentation by Fathima Thanha and Krishnapriya V R.
 - Active participation in *Kalayattom* (College Arts Day).
 - First place in *Mappilapattu* by Fathima Thanha.
 - First place in Painting by Ameesha Muhammed.
 - Participation in World Wetland Conservation Day Presentation by Adhithya E M.

Department Of Commerce (Computer Applications)

- **Career Guidance Class:** Organized at the PG Seminar Hall by Mr. Nikhil George Pinto, focusing on career opportunities as a Company Secretary.
- **Commerce Association Inauguration:** The association was inaugurated with Mr. Krishnakumar P G as the chief guest.

- **Project Orientation Class:** Conducted by Mrs. Aparna N Siv to guide students on project work.
- **Industrial Visit to Evergreen Exports, Willington Island, Kochi:** Provided students with practical insights into export business operations.
- **Faculty Exchange Programme:** Conducted in collaboration with St. Kuriakose College, Kuruppampady, focusing on Computerized Accounting.
- **Intercollegiate Fest "Eximious 2025":** A grand event featuring management and cultural competitions.
- **Student Achievements:**
 - **Malavika Unni:** First runner-up in an intercollegiate cricket tournament at St. Paul's College, Kalamassery.
 - **Malavika Unni:** First place in Shot Put and Discus Throw, third place in Javelin Throw at the Annual Athletics Meet.
 - **Placement Success:** Students secured positions at Accenta Education.

Department Of English

- **Two-Day National Seminar:** *"At the Faultlines of Survival: Reading Vulnerability and Precarity in Contemporary Indian Narratives"* featuring multiple resource persons from various institutions was held on 4 and 5 March 2025.
- **Lecture on "The Representation of Gender in Media":** Organized by the Centre for Women's Studies, IQAC, and Mar Thoma Research Foundation, with Dr. Preethi Kumar as the resource person.
- **Invited Lecture on "Shakespeare Today":** Conducted by Dr. N.P. Ashley, organized by the English Association.
- **Orientation Programme:** Organized for students with Mr. Lovewin Cherian as the resource person.
- **Study Visit to Fort Kochi:** Arranged by the English Association to provide students with literary and cultural exposure.
- **"Horror Chamber" Model:** Built in the auditorium for Halloween Day celebrations, featuring horror characters from literature and movies.
- **"Fairy Castle" Model:** Created in the classroom to highlight fairy characters and their literary significance.

- **Drama Club "The Playhouse":** Presented *The Quest*, a play conceptualized, scripted, directed, and performed by its members.

Department Of Physical Education

- **Annual Athletic Meet:** Held on January 13, 2025, and inaugurated by Dr. Letha P. Cheriyan, Principal. Various track and field events were conducted, and prizes were distributed during the closing ceremony.
 - **Individual Championship:** Athulya P (Yellow House)
 - **Overall Runner-Up:** Blue House (24 points)
 - **Champion House:** Yellow House (41 points)
 - **Inter-House Tug of War:** Yellow House – Winners
- **Tournaments:** The college organized competitions in Table Tennis, Carrom, Badminton, and Chess, along with a Badminton Tournament for staff members.
- **Yoga Day Celebration:** Conducted on June 21, 2024, in association with NSS and NCC units. Ms. Ajithanath G was the resource person.
- **30-Day Fitness Challenge Programme:** Organized in collaboration with the Health and Wellness Club to promote physical fitness among students.
- **Mar Thoma Trophy Tournaments:**
 - **Basketball Tournament:** Held on January 23, 2025, and inaugurated by Principal Dr. Letha P. Cheriyan. The prizes were distributed by Perumbavoor Municipal Chairman, Mr. Paul Pathikkal.
 - **Football Tournament for Girls:** Conducted on November 28-29, 2024, in association with Sportshood, Perumbavoor.
 - **Cricket Tournament (Mar Thoma Cup):** Organized in association with Pace Cricket Academy, Perumbavoor, from January 17-26, 2025.

Achievements in Sports

- **Table Tennis Team:** Won the Championship in the MG University Inter-Collegiate Table Tennis Tournament 2024-25.

- **Team Members:** Ankitha K, Jyothika Hemanth, Anekha K, Aparna Kishore, and Saranya M. B.
- **MG University Table Tennis Team Selections:**
 - Ankitha K, Jyothika Hemanth, and Anekha K participated in the South Zone Inter-University Table Tennis Championship at AMIT University, Chennai.
- **Cricket Team:** Secured Runner-Up position in the MG University Inter-Collegiate Cricket Tournament 2024-25 held at St. Paul's College, Kalamassery.
- **MG University Cricket Team Selections:**
 - Namitha K. R., Athulya P., Aparna Kishore, and Rejitha K. L. were selected for the MG University Cricket Team 2024-25.
- **Kerala State Table Tennis Championship 2024 (Thrissur):**
 - Anekha K and Ankitha K won the Bronze Medal in the doubles category.
 - Anekha K won the Bronze Medal in the Mixed Doubles category.

Department of Vocational Studies- B.Voc Fashion Technology and Merchandising

World Environment Day: On June 5, an embroidery cards and hoop art workshop with an environment-themed focus was conducted under the guidance of Miss Sreekutty R. As part of the initiative, students created handmade cards and hoop art, which were presented as gifts to the principal and teaching staff.

Workshop on Brooch Making: On July 24, second-year students organized a workshop under the guidance of Miss Sreekutty R., where they learned brooch-making and embroidery techniques. The handmade brooches crafted during the session were later distributed to the principal and teaching staff.

Association Inauguration: On November 6, the department held a joint inauguration with the B.Voc Tourism department. Faculty members and the principal addressed the gathering, highlighting the department's achievements and discussing plans for future growth.

Food Fest and Exhibition: On October 30, students showcased handmade accessories, clothing, and food items, displaying their creativity and skills in a vibrant exhibition.

Fresher's Day: On November 15, a welcome event was organized for first-year students to introduce them to the department and foster a sense of belonging.

Christmas Celebration: On December 19, in collaboration with the B.Voc Tourism department, students visited a senior citizens' home near the college, spreading festive cheer and engaging in meaningful interactions with the residents.

Department of Vocational Studies- B.Voc Tourism and Hospitality Management

□ **DIY Landmark Exhibition – ‘The Royal Route’:** Organized as part of *Deeksharambh*, the Orientation Programme for first-year students. The exhibition showcased creative DIY models of landmarks by the students.

□ **‘Yatra’ Series – Delhi-Agra-Rajasthan Trip:** A 12-day educational trip for second and third-year students, providing field study and practical experience. The students were accompanied by faculty member Ms. Ani Ealias.

□ **World Tourism Day Quiz:** Conducted by B.Voc. Tourism and Hospitality Management students to test and enhance knowledge about global tourism.

□ **‘Yatra’ Series – Paniyeli Poru Trip:** A one-day educational trip for first-year students, offering hands-on learning and exploration of nature.

□ **Diwali Dance Celebration:** B.Voc. Fashion & Tourism students performed a lively dance routine, adding joy and festivity to the celebrations while fostering a sense of unity.

□ **Food Festival:** Organized by B.Voc. Tourism & Hospitality Management students, the festival showcased diverse cuisines, encouraging students to participate in cooking, stall decoration, and event management.

□ **Inauguration of Department Association – ‘KALEIDO’:** Officially launched by Principal Dr. Letha P Cherian. The association aims to foster creativity, innovation, entrepreneurship, and skill development among students.

□ **Halloween Photography Competition:** Organized by B.Voc. Tourism & Hospitality Management students, the competition encouraged students to capture eerie and artistic Halloween-themed photographs, with the best entries receiving awards.

□ **Carol Singing:** B.Voc. students visited neighboring homes around the college to spread Christmas cheer through carol singing, strengthening community bonds and festive spirit.

Department Of History, Archaeology & Museology

- **Faculty Workshop:** One-day workshop on *Bridging Pedagogy and Method: On Teaching 'Introducing History'* in association with UG History Board of Studies, MG University – 31st July 2024.
- **Student Orientation:** *How to Study History* – Lecture by Dr. Sebastian Joseph, TIES Kottayam, for First-Year BA students.
- **25th Very Rev. A. A. Pylee Memorial Lecture:** *Changing India in the 21st Century* by Shri Tushar Gandhi – 11th September 2024.
- **Archaeology Museum Reopening:** Inaugurated by Shri Tushar Gandhi after renovation – 11th September 2024.
- **Heritage Club Field Visit:** One-day trip to Perumbavoor cultural landscape and heritage sites – July 2024.
- **Faculty Day Talk:** Dr. Bibin Kuriakose served as resource person at Ilahia Public School, Muvattupuzha – August 2024.
- **Constitution Lecture:** Dr. Bibin Kuriakose spoke on *Relevance of Indian Constitution* at St. Thomas HSS, Keezhilam – September 2024.
- **FDP Participation:** Dr. Jijo Jayaraj attended 10-day *NEP 2020 Orientation & Sensitization* FDP by MMTTC, Kannur University – 19th-28th June 2024.
- **International Conference Presentation:** Mrs. Vincy Vijayan presented *Disasters and Ecological Balance: The Kerala Balance* at New Mans College, Thodupuzha – 27th-28th September 2024.
- **Christmas Celebrations:** Won 1st prize in the crib competition; students participated in competitions, wine-making, and cake-cutting – 18th December 2024.
- **UPSC Question Bank Preparation:** Dr. Vinod V participated in Question Bank Preparation for Higher Education Department, UPSC, in Chennai – 23rd-27th December 2024.
- **Field Study Trip:** Visit to Anappara, a megalithic excavation site by Kerala Council for Historical Research – 13th February 2025.
- **Internship Program:** Third-year BA History students attended a 10-day internship at Indian Numismatics Historical & Cultural Research Foundation (INCHRF), Nasik – 25th February-6th March 2025.

Department Of Zoology

- **State Biodiversity Award (KSBB):** The department applied for the award and cleared the initial and second rounds. Officials are scheduled to visit on February 14, 2025.
- **Environment Day Celebration:** A collage presentation competition was held on June 5, 2023. Ms. Nivedita Velayudhan of III B.Sc. Zoology won the first prize.
- **First-Year Induction Programme:** Conducted from July 3 to 8, 2024, the programme featured themed activities, including Green Day (Ramp Walk), Azurian Day (Formation), Floral Day (Representation), and You Tell (Public Speaking).
- **Bridging Activity – Hands-on Biology:** Held on July 10, 2024, this included a model-making competition. The first prize was won by Ms. Arundhathy Narayanan and Ms. Aswathy of I B.Sc. Zoology.
- **Tiger Day Exhibit:** On July 12, 2024, students organized "*Jungle Majesty*", an exhibit showcasing tiger traits.
- **Agarbati Making Workshop:** A skill-training session for self-employment was conducted on July 8, 2024.
- **Monthly Science Forum:** The forum transitioned to live discussions on new research and science topics.
- **World Elephant Day Exhibit:** On August 12, 2024, students of III B.Sc. Zoology presented "*The Gaja Art*", an elephant head model exhibit.
- **Association Inauguration & Research Orientation:** The department inaugurated its association on September 3, 2024, with a talk by Ms. Shahina Basheer on research planning.
- **Career Orientation Session:** A career guidance session was conducted by Anton's MediCode on September 2, 2024.
- **Environmental Health Day Activities:** On September 2, 2024, the department organized a mime performance, a group song, and a sapling-planting initiative.
- **Workshop on Sustainability:** "*Hands-grown Green*", a microgreens production workshop, was held on September 7, 2024.
- **World Heart Day Awareness:** On September 30, 2024, "*Hearistry*", a face-art event promoting heart health, was conducted.

- **World Mental Health Day Initiative:** On October 10, 2024, the department organized "*Action of Acknowledgement*", an activity that encouraged warm greetings and positive interactions.
- **World Habitat Day Competitions:** An intercollegiate and inter-school terrarium challenge was held on October 16, 2024. The first prize of ₹2000 was awarded to Anna Joseph and Sreelakshmi B. from CMS College, Kottayam.
- **World Spine Day Awareness:** A video show on spinal health was conducted on October 18, 2024.
- **Institute Visit:** Students visited the Aromatic & Medicinal Plants Research Station, Odakkali, on October 14, 2024.
- **Field Study Tour:** A study tour to Elaveezhaponchira-Wagamon was conducted.
- **Cancer Awareness Day Campaign:** On November 7, 2024, students led an awareness campaign.
- **Monkey Day Digital Exhibit:** A digital poster exhibition on Lion-Tailed Macaque conservation was held on December 18, 2024.
- **Biomyst – Mini Exhibition:** A mini exhibition for school students was organized on December 31, 2024.
- **Path-Setting & Student Progression Orientation:** A session on career prospects was conducted by Dr. Kiran Kumar E. on January 7, 2025.
- **Industry Orientation Programme:** On January 15, 2025, a session focusing on scribing and coding in healthcare for life science students was conducted.
- **World Wetlands Day Competition:** An interdepartmental presentation competition was held on February 12, 2025. The first prize was won by Fathima Shahala of II M.Sc. Zoology.
- **Science Day Celebration:** On February 27, 2025, the department released a special edition Science Day calendar.

National Cadet Corps (NCC)

The National Cadet Corps (NCC) unit of Mar Thoma College for Women has been actively engaged in various community service, personality development, and nation-building initiatives. Under the able leadership of Lt. Dr. Sangeetha Rachel Koruth, Associate NCC Officer, and the guidance of Senior Under Officer Joshny Shais and Under Officer Aleena Joy

from the Department of Commerce, the unit has demonstrated outstanding commitment to the NCC's core values of "Unity and Discipline."

Throughout the year, the cadets have participated in a wide range of activities, including social outreach programs, leadership training, and national-level events, reflecting their dedication, discipline, and service to the community. This report highlights the unit's key achievements and contributions.

- **Environment Day Celebration**

The NCC unit organized a sapling distribution drive on 5th June 2024 to promote environmental awareness among teachers and staff. Lt. Dr. Sangeetha Racheal Koruth and Principal Ms. Sherin T. Abraham emphasized the importance of environmental conservation.

- **International Yoga Day Celebration**

An interactive yoga session was held on 21st June 2024, led by resource person Ajithanath G., highlighting the physical and mental benefits of yoga. NCC cadets, NSS volunteers, and students actively participated.

- **Kargil Vijay Diwas**

As part of the Kargil Vijay Diwas commemoration on 26th July 2024, NCC cadets conducted various activities. A mime performance on 22nd July 2024 portrayed the hardships faced by soldiers, and a candlelight tribute was held on 25th July 2024 to honor the fallen heroes of the Kargil War.

- **Hiroshima Day**

A flash mob on anti-war themes was organized on 6th August 2024 to raise awareness about the devastating impact of war and the importance of peace.

- **Enrollment of First-Year Cadets**

The NCC unit enrolled 24 new cadets on 6th August 2024 under the guidance of Lt. Dr. Sangeetha Racheal Koruth.

- **Independence Day Celebration**

The Independence Day celebrations on 15th August 2024 included a flag hoisting and wreath-laying ceremony led by Principal Ms. Sherin T. Abraham and Lt. Dr. Sangeetha Racheal Koruth. A webinar on 14th August 2024 featured Dr. Sreejith K., who discussed India's freedom movement. On 15th August 2024, cadets participated in a Tiranga Rally at the Eloor Battalion and distributed national flags to the public.

- **Teacher's Day Celebration**

NCC cadets organized a ceremony on 5th September 2024 to honor teachers, distributing sweets as a token of gratitude.

- **Workshop on Psychological First Aid with a Gender Lens**

NCC cadets and NSS volunteers organized a workshop on 28th September 2024 to equip participants with skills in emotional support and gender-sensitive mental health care.

- **Gandhi Jayanti**

A rally and a mime performance were conducted on 2nd October 2024 by NCC cadets to highlight Gandhi's ideals of non-violence, truth, and unity.

- **World Mental Health Day**

A mime performance was staged on 10th October 2024 by NCC cadets to spread awareness about mental health struggles and the importance of seeking help.

- **NCC Day**

As part of NCC Day celebrations in 2024, cadets donated books, school bags, and painting kits to underprivileged children, reinforcing their commitment to social responsibility.

- **Indian Army Day**

On 15th January 2025, Colonel Raju George (Retd.) addressed cadets on the values of discipline, hard work, and sacrifice in the Indian Army.

- **Republic Day Celebration**

The Republic Day celebrations on 26th January 2025 featured a flag hoisting ceremony and a flash mob on national unity. Col. Anil Raj delivered a lecture on the role of citizens in strengthening the Republic.

- **Pulwama Day**

A solemn tribute was paid on 14th February 2025 to the Pulwama martyrs with a candle-lighting ceremony and speeches by college officials.

- **Women's Day Celebration**

On 6th March 2025, the Department of Physical Education and the NCC Unit of Mar Thoma College for Women, Perumbavoor, collaborated with the All India Football Federation (AIFF) and Kerala Blasters Football Club to promote women's participation in sports. The theme, "Healthy Women, Healthy Society," encouraged students to engage in sports, build camaraderie, and celebrate womanhood.

National Service Scheme (NSS)

Best NSS Unit Award – NSS Unit No. 57 received the Best NSS Unit Award in recognition of its exceptional service. The award was sponsored by esteemed organizations, including IMA Kerala, Red Cross Society (Aluva), Janaseva Shishubhavan, FACT Employees Social Forum, Anwar Palliative Care, and Kerala Action Force.

• **Praveshanolsavam** – On June 3, 2024, NSS Unit No. 57 welcomed students of the adopted school with prizes and sweets, fostering a joyful start to the academic year.

• **World Environment Day** – Observed on June 5, 2024, with sapling plantations and distributions, promoting environmental conservation among students and staff.

• **Honouring Haritha Karma Sena** – On the same day, June 5, 2024, members of Haritha Karma Sena were recognized for their contributions to waste management and environmental sustainability.

• **Blood Donors Day** – June 14, 2024, was marked by awareness campaigns on voluntary blood donation through posters and discussions.

• **International Yoga Day** – Observed on June 21, 2024, with a session promoting yoga for women's empowerment, led by Mrs. Ajithanath G.

• **Welcome Freshers** – The first-ever four-year degree programme was inaugurated on July 1, 2024, welcoming freshers to the college.

• **NSS Orientation Program** – Conducted on July 5, 2024, with an interactive session introducing freshers to NSS values and community service.

• **World Elder Abuse Awareness Day** – On July 15, 2024, awareness was raised through a pledge and discussions on elder rights and protection.

• **World Day for International Justice** – Observed on July 17, 2024, with a legal awareness session by Smt. Smitha George.

• **Oushadha Udhyanam** – On July 23, 2024, a medicinal garden was launched with MLA Adv. Eldhose Kunnappilly as the chief guest.

- **Independence Day** – On August 15, 2023, celebrations included flag hoisting, the NSS song, chocolates, and a dance performance, fostering national pride.
- **Anti-Ragging Day** – On August 21, 2023, an awareness session was conducted on the negative impacts of ragging, promoting a respectful and inclusive campus culture.
- **Thanmudra Registration** – On August 23, 2023, NSS volunteers received training from the Vayomithram Coordinator on the registration process.
- **Orientation Programme for Freshers** – Held on August 24, 2023, this interactive session introduced NSS activities and responsibilities, motivating freshers for community service.
- **Fund Raising Program** – On August 30, 2023, a saree and chips sale was organized to support landslide-affected individuals, reflecting social responsibility.
- **Teachers' Day** – On September 5, 2023, handmade cards were distributed to teachers as a token of appreciation and gratitude.
- **Annam** – Launched on September 8, 2023, this monthly food distribution initiative provided sustenance to the underprivileged in Perumbavoor.
- **Swachhata Hi Seva** – A two-week cleaning drive from September 15 to October 2, 2023, covered the college, school, and municipality, culminating in a Gandhi Jayanti rally.
- **Palliative Care (Pakalveedu Visit)** – On October 4, 2023, volunteers conducted entertainment programs and interacted with elderly individuals, fostering companionship and respect.
- **Technical Session (Brochure Making)** – On October 10, 2023, a training session on professional brochure design was conducted to enhance volunteers' creative skills.
- **Dental Camp and Blood Screening** – On October 18, 2023, a free health check-up was organized in association with Sri Bhavani Foundation, benefiting students and the public.
- **My Bharat Programme** – From October 27 to 30, 2024, NSS volunteers assisted in traffic management under police guidance and conducted a cleaning drive at Pakalveedu.

- **Welcoming Our New Principal** – On November 6, 2024, at 3:30 PM, the NSS unit organized a welcoming ceremony for Dr. Letha P. Cherian, facilitating interaction between volunteers and faculty.
- **Cancer Awareness Class** – On November 13, 2024, at 3:15 PM, Dr. Revathy K from Nangelil Ayurveda Medical College conducted a session on cancer prevention, symptoms, and treatment.
- **Blood Screening** – On November 21, 2024, at 11 AM, in association with Kerala Social Security Mission and Malabar Gold & Diamonds, free blood screening was conducted for students and staff.
- **7-Day Special Camp "Sparsham"** – From December 20 to 26, 2024, the NSS camp at Diet Lab School, Kurupampady, included cleanliness drives, organic farming, surveys, and cultural programs.
- **Goonj Collection Drive** – From January 20 to 24, 2025, items like clothes, household goods, and educational materials were collected and donated to Goonj for distribution.
- **"Small Steps, Big Impacts" Awareness Class** – On January 21, 2025, at 9:30 AM, a waste management session was conducted by Kudumbashree and Haritha Karmasena, inaugurated by Smt. Aney Martin.
- **Personal Development & Women's Hygiene** – On January 22, 2025, at 2:30 PM, life skill trainer Fathima Shamna K conducted a session on personal hygiene and confidence-building for volunteers.
- **World Cancer Awareness Day** – On February 4, 2025, at 11 AM, an awareness session was conducted by NSS volunteer secretaries, emphasizing prevention and early detection.
- **Emergency First Aid Training** – On February 12, 2025, at 3 PM, Mr. Pradeep, Junior Health Inspector from Taluk Hospital Perumbavoor, conducted a session on essential first aid skills for 50 NSS volunteers.

• **Eye Camp** – On February 15, 2025, from 9 AM to 1:30 PM, a free eye camp was organized with LF Hospital & Sri Bhavani Foundation, providing free cataract surgeries and eye check-ups. Services worth Rs. 25 lakhs were provided free of cost.

• **Awareness Program on Palliative Care** – On February 21, 2025, at 2:45 PM, a session by Mr. Jomon Kuriakose (Palliative Nurse) and Ms. Khadeeja K.E (Nursing Officer) on palliative care was attended by 600 students.

Mar Thoma Research Foundation (MTRF)

The Mar Thoma Research Foundation serves as the apex body for promoting and advancing research at Mar Thoma College for Women, Perumbavoor. Committed to fostering a strong research culture, the Foundation emphasizes on critical thinking, innovative scholarship and societal intervention. Aligned with the mission of the College, the Foundation emphasizes on ethical research and knowledge exchange. Through its diverse activities, including the conduct of lectures, roundtables and seminars, the MTRF offers support to scholars engaged in research. It also offers guidance in publishing academic works and in accessing funding opportunities. Serving as a platform for academic discussions and collaboration, the MTRF plays a pivotal role in shaping the research ecosystem of the institution, creating an ambience conducive to academic growth and research excellence. The research achievements of the members of the faculty are listed below:

GUIDESHIP

1. **Dr. Rajani Jacob**- on being recognized as a Research Guide in Physics by Mahatma Gandhi University, Kottayam
2. **Dr. Paulose Thomas** – on being on being recognized as a Research Guide in Physics by Mahatma Gandhi University, Kottayam

AWARD OF PH.D

1. **Dr. Elizabeth Mathew** –on being awarded Ph.D in Physics by the University of Kerala, Thiruvananthapuram.

RESEARCH ACHIEVEMENTS BY MEMBERS OF FACULTY- CERTIFICATES

Sl. No.	Name	Achievements
1	Dr. Letha P. Cheriyan	<ul style="list-style-type: none"> • Paper Publications - 3 • Invited Lectures- 8 • Paper Presentations
2	Dr. Anu Joy	<ul style="list-style-type: none"> • Invited Lecture- 1
3	Dr. Bibin Kuriakose	<ul style="list-style-type: none"> • Invited Lecture-3
4	Chaithanya Elsa Achankunju	<ul style="list-style-type: none"> • Invited Lecture- 1 • Paper Presentation- 1
5	Gismon Thomas	<ul style="list-style-type: none"> • Paper Publications- 2
6	Dr. Jijo Jayaraj	<ul style="list-style-type: none"> • Paper Publication- 1 • Invited Lecture- 1 Paper Presentation- 1
7	Dr. Minu Susan Koshy	<ul style="list-style-type: none"> • Paper Publications - 4 • Paper Presentations - 4 • Invited Lectures- 4
8	Dr. Paulose Thomas	<ul style="list-style-type: none"> • Paper Publication - 1 • Invited Lecture- 1
9	Preethi Sara Joseph	Paper Presentation - 1
10	Reemy Sara Mathai	<ul style="list-style-type: none"> • Paper Publications- 2 • Invited Lecture- 1 • Paper Presentation- 3
11	Dr. Sangeetha Rachel Koruth	<ul style="list-style-type: none"> • Paper Presentation- 1
12	Serene Anna Sam	<ul style="list-style-type: none"> • Paper Publication -1 • Paper Presentation- 2
13	Smrithy P.S.	<ul style="list-style-type: none"> • Paper Publication -1 • Paper Presentation- 3
14	Vincy Vijayan	Paper Presentation- 2
15	Dr. Vinod V	<ul style="list-style-type: none"> • Paper Publications - 2

		<ul style="list-style-type: none"> • Paper Presentation Abroad- 1 • Invited Lecture- 4
16	Dr. Tony Pinheiro	<ul style="list-style-type: none"> • Invited Lecture- 1
17	Manju Varghese	<ul style="list-style-type: none"> • Paper Presentation- 1
18	Jintumol Raj P	<ul style="list-style-type: none"> • Paper Presentation-1
19	Jissy Thomas	<ul style="list-style-type: none"> • Paper Presentation-1
20	Sunu N.V.	<ul style="list-style-type: none"> • Paper Presentation-1

Women's Cell

- **Inaugural Ceremony:** Held on 22 August 2024, inaugurated by Ms. Anjana G. Das.
- **Keynote Address:** Delivered by Dr. Sheeba K.M. on "Imagining Democratic Relationships: Feminisms in Everyday Life."
- **Workshop on Psychological First Aid:** Organized on 28 September 2024 in association with Dhisha Kerala, NSS & NCC.
- **Breast Cancer Awareness:** Intercollegiate PowerPoint Competition held on 29 October 2024.
- **Inspirational Women Series-I:** Presentation on Mathangi Hasra by Ms. Minnu George on 24 October 2024.
- **Breast Cancer Presentation:** Conducted on 07 November 2024 by Krishnapriya V.R. and Fathima Thanha V.N.
- **Drawing Competition:** Held on 12 March 2024 on "Rights of Children" for International Human Rights Day.
- **Menopause Awareness Programme:** Conducted on 22 February 2025 in association with Perumbavoor Municipality and Aster Medcity.
- **Flashmob:** Organized on 06 March 2025 for International Women's Day.
- **Orientation on Gender and Sexuality:** Scheduled for 13 March 2025, led by Dr. Hena N.N.

Youth Red Cross

- **Basic Life Support Workshop:** Held on October 1, 2024, in association with Aster Medcity Hospital.

- **MOU Signed:** Agreement with Aster Medcity for health checkup concessions for students and teachers.
- **Awareness Programme on Palliative Care:** Conducted on February 21, 2025, in association with Government Taluk Hospital and Perumbavoor Municipality.

Students' Christian Movement (SCM)

- **Inaugural Meeting:** Held on June 3rd, 2024, led by Rev. Bijoy M. John.
- **SCM Meetings – Mind Vibe:** Conducted by Rev. Ashwin C. Jaise as a series of talks.
- **Founder's Day 2024:** Celebrated on November 25, with a holy communion and public meeting.
- **Christmas Carol Service:** Organized on December 19, 2024, with carols and a Christmas message.
- **Sparkle – Inter-School Carol Competition:** Held on December 31, 2024, with ten participating schools.
- **Winners:** St. Mary's Public School (1st), Christava Mahilalayam HSS (2nd), Asram High School (3rd).

Innovation and Entrepreneurship Development Cell (IEDC)

IEDC nodal officers Dr. Rajani and Dr. Jismy and student leads Ms. Ansala Jonson (IIM.Sc. Mathematics) and Ms. Aruna (II B.Sc Physics) attended IEDC cluster meeting (Ernakulam zone) at Adishankara Institute of Engineering & Technology, Kalady on 25th September 2024. They visited the TBI center at Adishankara.

Library

- **Reading Week Celebration**

The college library, in association with the Departments of English, Hindi, and Malayalam, celebrated Reading Week from 8th to 12th July 2024. Various activities were organized to encourage reading and literary engagement, including:

- Character Hunt
- Find the Book
- Read a Book and Complete the Story
- Book Exhibition
- **Inter-School News Reading Competition**

An inter-school news reading competition was conducted on 19th March 2025 in collaboration with the College Union and the IQAC to enhance students' public speaking and news presentation skills.

- **Information Literacy Programmes**

The library conducted information literacy sessions for both first-year PG and UG students to familiarize them with research tools, digital resources, and effective study techniques.

Parent Teacher Association

The PTA General Body for the academic year 2024-25 was held on 9 October 2024 at 2.30pm in the P.G Seminar Hall. Smt. Sherin T. Abraham, Principal-in-charge presided over the meeting. PTA Secretary, Jointsecretary, Treasurer and IQAC coordinator spoke during the general body. The teacher members to the PTA executive was selected earlier in the staff meeting. Member were- Ms. Chaithanya Elsa Achankunju, Dr. Sujo Mary Varghese, Dr. Vinedkumar K, Dr. Shalitha Jacob, Dr. Bibin Kuriakose (Treasurer) and Ms. Reemy Sara Mathai (Secretary).The parents representatives to PTA Executive to the current year was selected from the participants. Selected members were- Mr. Manoj Cherian, Mr. Mody C.T, Ms. Rasheeda Sabu, Ms. Daleela Soja) and Zeenath Salim. After fruitful interaction the session winded up at 3.15pm.

On 9 October 2024, the 1st meeting of the newly formed PTA executive 2024-25 was held. From among the members, Ms. Daleela Soja was selected as the Vice-president and Zeenath Salim as the Joint Secretary. The PTA Budget was presented for the current year. It was recommended to add Rs.5000 which instituted by the PTA Executive 2023-24 to any of the other existng PTA instituted endowments in such a way that, annually, the interest of the same can be used for the eligible students of all departments of the College. An additional Rs.10000 was allocated to the Sports head as per the proposal of running a fitness drive in the College. The meeting ended at 4.10p.

The next meeting of the Executive committee was held on 10 December 2024 at 3pm in the P.G Seminar hall. The Executive welcomed the newly appointed Principal, Dr. Letha P. Cheriyan formally. All the event scheduled during the year was briefly reported by the Secretary and upcoming plans were mentioned by the Principal. The rescheduled College timing (9.30-3.45; 2.45-3.45- Co-curricular activities) was also reported by the Principal. As reported in the previous executive, a one month Fitness Challenge is to be held from 20 January 2025- 20 February 2025. Following an active discussion, the meeting ended at 4pm.

Sl.No	Event	Date	Remarks
1	PTA General Body	9 October 2024	PTA Executive Committee formation
2	1 st PTA Executive	9 October 2024	PTA Budget presentation, discussion
3	2 nd PTA Executive	10 December 2024	PTA initiated one month “Fitness Challenge” from 20 January 2025- 20 February 2025

Reports of Clubs

Student clubs play a vital role in fostering a dynamic and engaging campus environment at Mar Thoma College for Women, Perumbavoor. Beyond academics, these clubs provide students with a platform to explore their interests, develop essential skills, and cultivate a vibrant community. The club activities for the academic year 2024-2025 commenced on January 20, 2025, under the initiative of the Principal, Dr. Letha P. Cheriyan. The overall coordination of these activities was managed by the General Convenor, Dr. Vinod V., along with the respective club convenors and assistant coordinators.

1. Aesthetic Expressions Club

The Aesthetic Expressions Club, under the guidance of Convenor Miss Vishnupriya and assistant coordinators Mrs. Sreekutty, Mrs. Preethi, Mrs. Chaithanya, Mrs. Sherin T. Abraham, Mr. Jiju John Y, Mrs. Anandi, and Mr. Prasanth, is dedicated to nurturing creativity through various forms of artistic expression. Throughout the academic year, the club conducted numerous hands-on workshops and practice sessions that allowed students to explore their

talents in embroidery, bow-making, cotton toy making, and mobile photography. Additionally, vocal training sessions and group dance practices were organized, helping students refine their artistic skills and gain confidence. These initiatives fostered an appreciation for the arts and encouraged students to participate in intercollegiate competitions, showcasing their creativity and artistic excellence.

2. Nature and Heritage Club

The Nature and Heritage Club, led by Convenor Dr. Bibin Kuriakose and assistant coordinators Mrs. Sunu, Mr. Gimson Thomas, and Dr. Jismi Varghese, aimed to promote environmental awareness and cultural preservation through a series of interactive sessions and activities. The year began with an orientation on heritage and land use, highlighting human-environment interactions. A major initiative, "Mannarivu," focused on sustainable agriculture, where students received hands-on training in vegetable farming, including soil preparation, planting, and maintenance. Discussions on cultural ecology emphasized the interdependence of humans, land, and nature, while plantation drives and conservation projects contributed to environmental sustainability. These activities helped students appreciate traditional agricultural practices and the role of heritage in shaping human interactions with nature.

3. Health and Wellness Club

The Health and Wellness Club, guided by Convenor Dr. Vineed Kumar and Assistant Coordinator Dr. Sujo Mary Varghese, focused on enhancing students' physical and mental well-being through a variety of workshops and fitness programs. Yoga and meditation sessions were conducted to improve concentration and stress management. First-aid training equipped students with essential life-saving skills, while workshops on nutrition and mental health provided valuable insights into maintaining a balanced lifestyle. Fitness challenges such as walkathons and boot camps encouraged students to adopt an active lifestyle. Through these initiatives, the club successfully fostered a culture of wellness and health consciousness among students.

4. Language and Literary Club

The Language and Literary Club, under the leadership of Convenor Minu Susan Koshy and assistant coordinators Mrs. Elizabeth Renu, Mr. Jibin Shibu Sam, and Dr. Jijo Jayarajan, played a crucial role in enhancing students' linguistic and literary skills. The Language and Literary Club commenced its activities on January 20, 2025, with an introductory session on club

activities, followed by an icebreaking session on January 21 to help members get acquainted. On January 23, the club conducted a discussion on writing essays and poems on women-centric issues. This was followed by a short film presentation on January 24, featuring *Nayantara's Necklace*. A reading session was organized on January 28, and on February 4, the club held a discussion on the *Portrayal of Women in Malayalam Films* to analyze gender representation in cinema. On February 6, the club presented Muniba Mazari's speech, intended to be followed by an informal discussion. A motivation session led by club member Manna was conducted on February 7 to help students improve their social skills. On February 11, the club organized a mentoring session to train college-level winners of literary competitions for upcoming university competitions. Additionally, on February 12, Mar Thoma College for Women, Perumbavoor, hosted an interdepartmental PowerPoint presentation competition at the college auditorium on the theme *Conservation of Wetlands*.

5. Science and Innovation Club (SciNova)

The Science and Innovation Club (SciNova), spearheaded by Convenor Miss Reemey Sara Mathai and assistant coordinators Dr. Anupama, Mr. Gopi Krishnan, and Dr. Melvi, played a significant role in fostering scientific curiosity and innovation among students. Orientation and planning were held on January 20, 2025, under the leadership of the Coordinator, followed by an Innovation Exposure Presentation on January 21, led by Aparna Chandran and Fathima Naishana. A discussion on feasible ideas for the college took place on January 24, and a brainstorming game to trigger thinking was conducted on January 28. On February 4, a cognitive puzzles and solutions session was led by Dr. Poulose Thomas. Brain teaser exercises, led by Muhsina and Adithya, were held on February 7, followed by interactive puzzles on February 11. Planning and preparation for Science Day took place on February 18, while newsletter matter collection and a seedling pot-making tutorial were held on February 20. Schedule setting and solar lamp prototype making were conducted on February 25. Science Day celebrations on February 28 featured the logo unveiling, science bulletin release, eco-product launch, fun installation prototype, puzzle contest, and idea digital poster release.

6. Drama and Film Club

The Drama and Film Club, under the leadership of Convenor Miss Linda and assistant coordinators Mrs. Sangeetha and Mrs. Feba, provided students with a platform for creative expression through theatrical performances and cinematic discussions. The club organized scriptwriting exercises, movie review sessions, and storytelling games to develop students'

artistic and analytical abilities. A major event of the year was the Valentine's Day special screening of "Dilwale Dulhania Le Jayenge," which brought together students and faculty for a shared cultural experience. These activities helped students appreciate the performing arts and develop skills in acting, storytelling, and film criticism.

The student clubs at Mar Thoma College for Women, Perumbavoor, provided a vibrant and intellectually stimulating space for students to explore their interests beyond academics. Each club contributed significantly to campus life by fostering creativity, environmental awareness, scientific inquiry, health consciousness, literary engagement, and artistic expression.

Conclusion

As we reflect on the past year, it is evident that our college continues to uphold its legacy of academic excellence, social responsibility, and holistic development. The collective achievements of our students and faculty across academics, research, co-curricular activities, and community engagement stand as a testament to our dedication and perseverance.

These accomplishments have been made possible through the unwavering support of our management, the commitment of our faculty, and the enthusiasm of our students. We thank

As we look ahead, let us continue to foster a spirit of learning, innovation, and service, ensuring that our institution remains a center of excellence and growth.

With gratitude for the progress we have made and determination for the journey ahead, let us move forward with confidence and purpose.

