



THE MARTHOMIAN HERALD

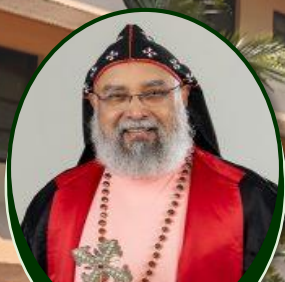
Mar Thoma College for Women, Perumbavoor

Affiliated to Mahatma Gandhi University, Kerala. Re-accredited by NAAC with 'A+' Grade.

FEBRUARY 2025- MAY 2025

VOLUME 2

ISSUE 3



Rt. Rev. Dr. Isaac Mar Philoxenos

Manager



Dr. Letha P. Cheriyan

Principal

Vision of the College

To enlighten and empower women in rural and suburban society and enable them to act as agents of social transformation and acquire knowledge of self and surroundings and to make the world a better place.

Core Values

A

To be Adept

R

To be Righteous

I

To act with Integrity

S

To be Service Oriented

E

To be Empowered

From the Principal's desk

With each passing quarter, our campus continues to thrive as a space of learning, innovation, and shared purpose. The months from February 2025 to May 2025 were marked by vibrant events, new initiatives, and the wholehearted involvement of our students and faculty. We are particularly proud to present before you news of the university ranks bagged by our students, including a first rank for the second consecutive year.

Our students took part in a variety of activities—both within and outside the campus. They performed well in intercollegiate competitions and also contributed to social and community-based programmes. Their involvement showed responsibility, teamwork, and a spirit of learning beyond the classroom. This quarter was marked by numerous programmes of academic and cultural importance. Workshops, seminars, competitions, and awareness drives were organised by various departments and clubs, encouraging active participation from students and staff.

As we move forward, I thank every member of our college family for your continued support and commitment. Let us carry this spirit into the coming months with hope and determination.

With warm regards,

Dr. Letha P. Cheriyan
Principal

Our Motto: 'Truth shall make you free'

Institutional Highlights & Best Practices

കരുതൽ: Community School 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. The programme was successfully conducted from February to March and is set to continue in the next academic year.



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. The camp aimed to provide free eye care services, focusing on cataract surgeries, eye check-ups, and spreading awareness about eye hygiene and the importance of regular eye care. Services worth Rs. 25 lakhs were offered free of cost.



മണ്ണറിയ്: 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.



Valedictory Ceremony

A Valedictory ceremony was conducted for the 2025 outgoing batch of students on 25 March, 2025 in the College Auditorium. Prof. Dr. Arun A U, Registrar, Cochin University of Science and Technology (CUSAT), Long 76, was the guest of honour. Followed by his talk, there was a candle lighting ceremony and then the hat throwing.



CSR Fund

The College received a CSR fund of Rs. 10 lakhs from the South Indian Bank for the purpose of installing solar panels on 21 February 2025.



MoU with TIES for Environment Audit

The College signed an MoU with TIES for the conduct of annual environment audits on 13 March 2025.



ആദരവ്: Honouring Ceremony

On March 11, 2025, an honoring ceremony was held to recognize the achievements of Dr. Sujo Mary Varghese, Dr. Letha P. Cheriyan, and Dr. Bibin Kuriakose. Dr. Sujo Mary Varghese received the Best Principal Award from AIACHE in 2023, Dr. Letha P. Cheriyan was elected to the Executive Board of AIACHE and Dr. Kuriakose was nominated as a Syndicate member of Mahatma Gandhi University. The event also honored winners of sports competitions, with Rev. Aby K. Joshua as the chief guest.



Institutional Highlights & Best Practices

Organic Farming & Solar Power Plant Inauguration

The inauguration of organic farming and a solar power plant was held on 12 April 2025 by the College Manager, Rt. Rev. Dr. Isaac Mar Philexinos Episcopa.



Orientation Programme for Plus Two Students

Mar Thoma College in association with MG University Kottayam conducted 'Mukhamukham' orientation programme for plus two students on 19 May 2025 at PG Seminar Hall. Dr. Bibin Kuriakose, MGU Syndicate Member and Dr. Sindhu K S, MGU- UGP, Master trainer were the resource persons.



Department of Commerce

EXIMIOUS- Intercollegiate Fest

The Commerce association in collaboration with B.Com. Co-operation hosted its first intercollegiate fest on 13 February 2025. The fest received enthusiastic responses from 230 participants from 20+ colleges, making it a grand success. The fest featured 5 events with a total cash prize of ₹23,000: Best Manager, Marketing Game, Business Quiz, Treasure Hunt and Spot Dance. In the valedictory function chief guest Ms. Vincy Alosious addressed the gathering. Winners were awarded trophies, mementos, and certificates, while digital participation certificates were distributed to all attendees.



Department of English

Two-Day National Conference on Vulnerability Studies

A Two-Day National Conference "At the Faultlines of Survival: Reading Vulnerability and Precarity in Contemporary Indian Narratives," was conducted by the Department of English in association with the College Development Council, Mahatma Gandhi University, Kottayam, Mar Thoma Research Foundation and IQAC of our college, on 4 and 5 March 2025. Dr. Oindri Roy, Assistant Professor, Aliah University, Calcutta; Dr. Chinmay Murali, Assistant Professor, Santana Dharma College, Alappuzha; Mr. Alwin Alexander, Assistant Professor, U.C College, Aluva; Dr. Rajeesh K. P. Assistant Professor, Sree Sankara College, Kalady ; Ms. Haifa, Assistant Professor, M.E.S College, Kunnukara served as resource persons.



Department of Chemistry

MoU Activity

Dr. Anu Joy of department of Chemistry was invited to give a talk on "The Chemical Journey of Microplastics: A Research View" at Morning Star Home Science college, Angamaly on 13th February 2025 as part of the MoU activities with them.



Department of History & Archaeology

Field Study Trip

Department conducted a field study trip to Anappara, a megalithic habitation excavation site at Idukki conducted by the Kerala council for Historical Research, Thiruvananthapuram on 13 February 2025.

Internship Programme

Third year BA History students participated in a ten day internship programme at Indian Numismatics Historical and Cultural research Foundation (INCHRF) Nasik, Maharashtra from 25 February 2025 to 6 March 2025.



Department of Physical Education

30-Day Fitness Challenge Programme

Department organized in collaboration with the Health and Wellness Club to promote physical fitness among students. PTA initiated this programme which was conducted from 20 January-20 February 2025.



Department of Physics

National Science Day Celebrations

Department celebrated National Science Day by arranging a Sky Watch programme. The night sky watch programme was conducted on 20 and 21 February 2025 in our college. Prof. Dr. N. Shaji, Adjunct Faculty, CUSAT, was the resource person.



Department of Zoology

World Wetlands Day Celebrations

In collaboration with Brains trust and Language and Literary club, department conducted Inter-departmental presentation competition on the topic 'Wetlands' on 12 February 2025. First prize was bagged by Fathima Shahala of II M.Sc. Zoology, second prize by Adithya E.M. of II B.Sc. Chemistry and third prize by Sneha Mohan U.P. of III B.Sc. Zoology.



Department of Mathematics

IIT Madras Visit

Final Year degree Students of the Department visited the IIT Madras campus on 10th February 2025 and attended a session on "Scope of Mathematics" by Prof. Dr. K C Sivakumar.



Annual Manuscript Magazine Release

Department of Mathematics published their annual manuscript magazine 'Cuemath' and conducted farewell programme for final year UG and PG students on 22 May 2025.



Science Day Celebrations

A science day special edition calendar was released on 27 February 2025.



National Cadet Corps (NCC)

Pulwama Day

The NCC unit of Mar Thoma College for Women, Perumbavoor, observed Pulwama Day on 14



February to pay tribute to the brave soldiers who lost their lives in the Pulwama attack. The ANO, Lt. Dr. Sangeetha Rachel Koruth welcomed the gathering,

setting the tone for the solemn occasion. The Principal Dr. Letha P. Cheriyan and IQAC Coordinator Mr. Vineed Kumar felicitated the programme, highlighting the importance of remembering the sacrifices of our soldiers. As a mark of respect, candles were lit in front of the photos of the soldiers who laid down their lives in the line of duty.



Women's Day Celebrations

The Department of Physical Education and NCC Unit of Mar Thoma College for Women, Perumbavoor, in collaboration with the All India Football Federation (AIFF) and Kerala



Blasters Football Club, organized a Women's day celebration on 6 March 2025 under the Social Service Activity to encourage women students to participate in sports activities. The theme of the event was "Healthy Women, Healthy Society."

Pipping Ceremony

NCC Unit of Mar Thoma College for Women, Perumbavoor conducted pipping ceremony of NCC Cadets on 29 May 2025. Major K S Narayanan, Associate NCC Officer, UC College, Aluva was the resource person.



National Service Scheme (NSS)

World Cancer Awareness Day

As part of World Cancer Day, the NSS Unit of Mar Thoma College for Women, Perumbavoor organized a cancer awareness session on 4 February 2025. The session was conducted by the NSS volunteer secretaries, Ardra S Nair and Khadeeja P.A.



Emergency First Aid Training & Demonstration

On 12th February 2025, the NSS Unit of Mar Thoma College for Women, Perumbavoor organized an Emergency First Aid and Demonstration session to equip students, faculty, and staff with the essential skills and knowledge to handle emergency situations effectively. The session was conducted by Mr. Pradeep, the Junior Health Inspector from Taluk Hospital, Perumbavoor.



Awareness Program on Palliative Care

On 21 February 2025, the NSS Unit of Mar Thoma College For Women, Perumbavoor in association with Youth Red Cross organized an awareness program on Palliative Care at the college campus. The session aimed to educate the college community on the importance of palliative care and how it plays a significant role in improving the quality of life for patients with life-limiting illnesses. The session was conducted by Mr. Jomon Kuriakose, a Palliative Nurse from Govt. Taluk Hospital, Perumbavoor, and Ms. Khadeeja K.E., the Nursing Officer and Palliative Care In-Charge at the same hospital.



Career Guidance & Placement Cell

Campus Placement Drive in Association with Talrop

On February 21, 2025, Marthoma College for Women, Perumbavoor, hosted a highly anticipated campus placement drive, organized by the Career Guidance and Placement Cell, in collaboration with the IQAC & Talrop, a leading recruitment and staffing solutions company. Talrop, the industry partner for this drive, facilitated the placement process, ensuring that the event ran smoothly and that both students and recruiters had a productive experience.



Campus Placement Drive in Association with Camerry, Grafique & Prince Polymers

On March 7, 2025, Marthoma College for Women, Perumbavoor, hosted a successful campus placement drive organized by the Career Guidance and Placement Cell in collaboration with IQAC. The placement drive saw participation from three major companies: Cammery Ice Cream, Prince Polymers and Grafique Printers. Each of these companies offered multiple job roles, ranging from accountant, graphic designer and HR executive.



Skill Development Camp for Job Seekers

Career Guidance and Placement Cell and Internal Quality Assurance Cell (IQAC) in association with Kerala Knowledge Economy Mission (KKEM) organised skill development camp for job seekers on 5-7 May 2025 at college auditorium.



Women Cell

Drawing Competition

A Drawing Competition on Rights of Children in connection to International Human Rights Day was organized on 12 March 2024.

Community Intervention Programme on Menopause

Community Intervention Programme on Menopause was organized in association with Perumbavoor municipality and Aster Medcity Ernakulam on 22 February 2025. Ms. Annie Martin, Vice Chairperson, Perumbavoor municipality inaugurated the programme. The first session ‘Talk on Menopause’ was led by Dr. Preethi Nair, Specialist- Gynaecology and Obstetrics, Aster Medcity, Ernakulam. The second session on ‘Navigating Menopause: Emotional Wellbeing and Selfcare Strategies’ was led by Dr. Hena N.N., Psychologist, Co-Founder-Sex Education Kerala.



Women’s Day Celebrations

A flashmob was organized on 06 March 2025 in relation to International Women’s Day (March 8).



Orientation class on Gender & Sexuality

An orientation class on Gender and Sexuality was held on 13 March 2025. Dr. Hena N.N., Psychologist, Co-Founder-Sex Education Kerala led the session.



Student 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.

Aesthetic Expressions Club

The Aesthetic Expressions Club, under the guidance of convenor Ms. Vishnupriya, 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.

Nature & Heritage Club

The Nature and Heritage Club, led by convenor Dr. Bibin Kuriakose, 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.



Student Clubs

Health & Wellness Club

The Health and Wellness Club, guided by convenor Dr. Vineed Kumar, 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.



Language & Literary Club

The Language and Literary Club, under the leadership of Convenor Dr. Minu Susan Koshy, played a crucial role in enhancing students' linguistic and literary skills. A reading session was organized 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. 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*.



Student Clubs

SciNova: Science and Innovation Club

The Science and Innovation Club (SciNova), spearheaded by Convenor Miss Reemey Sara Mathai, played a significant role in fostering scientific curiosity and innovation among students. On February 4, a cognitive puzzles and solutions session was led by Dr. Paulose Thomas. Brain teaser exercises, led by Muhsina and Adithya, were held on February 7, followed by interactive puzzles on February 11. 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.



Drama & Film Club

The Drama and Film Club, under the leadership of convenor Ms. Annie Linda Hari, 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.

Library

News Reading Competition

Conducted Inter-school News Reading Competition on 19 March 2025 in association with the College Union and the IQAC.



College Union & Arts Club

College Day 2025

College day was celebrated on 12 March 2025, Mr. Shakthi Singh Arya IPS, Assistant Superintendent of Police, Perumbavoor was the chief guest. Prize winners of different programmes were honoured by the chief guest. The formal meeting was followed by vibrant cultural programmes of students from all departments.



Student Achievements

MG University Ranks

B. A. English (Administrative Assistant)



Sanjana S.
Rank 1



Amana Fathima K.M.
Rank 4



Afnamol K.K.
Rank 5



Sadiya Shaji
Rank 6

B. A. History (Archaeology & Museology)



Meenakshi Vineeth P.
Rank 3



Fathima A.S.
Rank 5



Krishnendhu P.S.
Rank 6



Adila C.S.
Rank 10

B. Voc. Fashion Technology & Merchandising



Leona Susan Thomas
Rank 1

B. Voc. Tourism & Hospitality Management



Arathy A. S.
Rank 6

Student Achievements

A Grade in University in M. G. University Arts Fest 'Dasthak'

- ❖ Oppana Team of our College won A grade in M.G. University Arts Fest 'Dasthak'
- ❖ Bibi K S of III B.Com. Finance & Taxation won A grade in essay writing (Hindi), short story writing (Hindi) and poetry writing (Hindi).
- ❖ Fathima Thanha of III B.Sc. Chemistry bagged A Grade in Mappilappattu.
- ❖ Aswani Rajan of I B.Com. Co-operation won A grade in Short Story Writing English
- ❖ Anusha K Nelson of II B.A. History & Archaeology won A grade in Mehendi Competition.



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.

Internship

Ms. Johanna Susan John, Ms. Adithya, Ms. Fathima Naishana and Ms. Anupriya completed a Social Media internship with IPSR solutions, started on 8 February 2025

Faculty Achievements

Ms. Chaithanya Elsa Achankunju, Assistant Professor, Dept. of English presented a paper on 'Politics of Governmentality and Power Amplifying Vulnerability in *The Plague Upon Us*' at the National Conference on "At the Faultlines of Survival: Reading Vulnerability and Precarity in Contemporary Indian Narratives" organised by the Department of English in association with College Development Council, Mahatma Gandhi University, Mar Thoma Research Foundation and IQAC from 04- 05, March 2025.

Ms. Chaithanya Elsa Achankunju chaired the Plenary Lecture on 'Shared Vulnerability Beyond the Human: Introspecting Representations on Injurability in Select Indian Narratives' by Dr. Rajeesh K.P., Assistant Professor(English), Sree Sankara College, Kalady at the National Conference on "At the Faultlines of Survival: Reading Vulnerability and Precarity in Contemporary Indian Narratives" organised by the Department of English in association with College Development Council, Mahatma Gandhi University, Mar Thoma Research Foundation and IQAC from 04- 05, March 2025.

Ms. Chaithanya Elsa Achankunju has been nominated to the Board of Studies of English at Union Christian College (Autonomous), Aluva.

Ms. Preethi Sara Joseph Assistant Professor, Dept. of English chaired the academic session titled "Crafting the Witch: Witch(craft) Hunt Narratives and Vulnerability" at the National Conference titled "At the Faultiness of Survival: Reading Vulnerability and Precarity in Contemporary Indian Narratives," organised by the Department of English, in association with the College Development Council, Mahatma Gandhi University, Mar Research Foundation and the IQAC of Mar Thoma College for Women, Perumbavoor, held on 4 and 5 March 2025.

Faculty Achievements

Dr. Sangeetha Rachel Koruth, Assistant Professor, Dept. of English chaired an academic session titled “Visualising Vulnerability: Women’s Infertility Memoirs and Graphic Medicine” at the national conference titled “At the Faultiness of Survival: Reading Vulnerability and Precarity in Contemporary Indian Narratives,” on 4 and 5 March 2025, by the Department of English, Mar Research Foundation and IQAC of Mar Thoma College for Women, Perumbavoor.

Dr. Minu Susan Koshy, Assistant Professor, Dept. of English served as External Examiner for half-yearly presentations of Ph.D scholars at St. Teresa’s College, Ernakulam, on 17 February 2025.

Dr. Minu Susan Koshy chaired the Plenary Lecture on “Resilient Voices, Disability, Vulnerability and Survival in Indian Narratives” at the National Conference “At the Faultlines of Survival: Reading Vulnerability and Precarity in Contemporary Indian Narratives” at Mar Thoma College for Women on 4 and 5 March 2025.

Roshin T. Roy Assistant Professor, Dept. of English served as resource person for the All-Kerala Debate Competition organised by the Literary Association of Federal Institute of Science and Technology, Angamaly, on 19 February 2025.

Roshin T. Roy chaired the plenary lecture on “Singlehood in Contemporary Indian Films: Vulnerability or Resilience” by Dr. Oindri Roy as part of the two-day national conference “At the Faultiness of Survival: Reading Vulnerability and Precarity in Contemporary Indian Narratives” organised by the Department of English, Mar Research Foundation and IQAC of Mar Thoma College for Women, Perumbavoor, on 4 and 5 March 2025.

Faculty Achievements

Dr. Vinod V., Assistant Professor, Dept. of History, got selection to present a paper at the 10th World Archaeological Congress, which will take place in Darwin, Australia from June 22-28, 2025. The programme is hosted by Flinders University and the Northern Institute at Charles Darwin University. He is also the recipient of a travel grant (which can be counted as an 'Award' as per the selection letter).

Ms. Sunu N V and Ms. Jintumol Raj P from the Department of Zoology, have successfully completed M.Sc Counselling Psychology from University of Madras.

Condolences



Ms. Fathima Shirin P.S. of I BA (Hons.) English passed away in a tragic accident on 26 April 2025 and a condolence meeting was conducted on 28 April 2025 in the college.

Editorial Board

Dr. Rajani Jacob
Assistant Professor
Department of Physics

Dr. Minu Susan Koshy
Assistant Professor
Department of English

Mr. Gopikrishna S. Nair
Assistant Professor
Department of Mathematics