

## MAR THOMA COLLEGE FOR WOMEN PERUMBAVOOR

5.1.2 Capacity building and skills enhancement initiatives taken by the institution during the five years



# **CRITERION-5**

## STUDENT SUPPORT AND PROGRESSION

# 2019-2020

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



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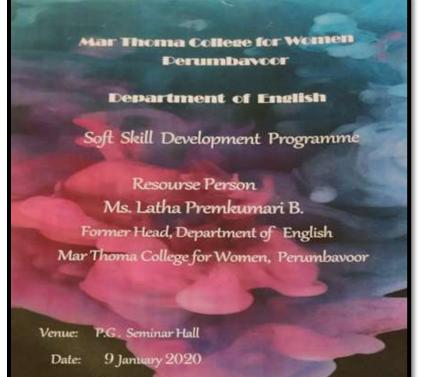


### SOFT SKILL DEVELOPMENT PROGRAMMIE

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

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





Time: 9:30 to 3:30



Students with resource person





Interactive session with Ms. Latha Premkumari B dated 09.01.2020

#### List of students

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



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



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

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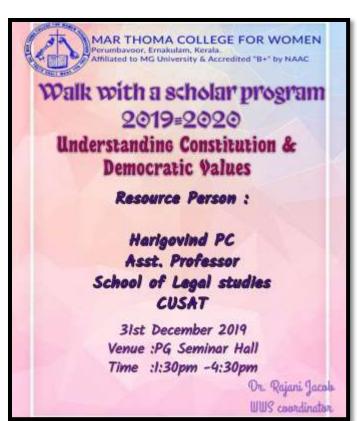


## UNDERSTANDING THE CONSTITUTION AND DEMOCRACTIC VALUES

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

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







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



#### List of students

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



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Attendance Register

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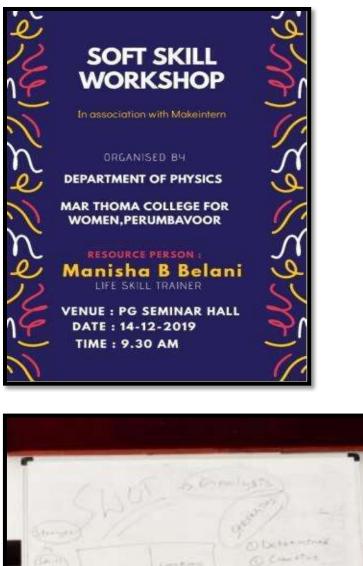


### SOFT SKILL TRAINING

Program Name	Soft Skill Training
Organizer	Department of Physics
<b>Resource Person</b>	Ms. Manisha Bilani from Make Intern Group
Coordinator	Dr. Anupama P Assistant Professor, Dept. of Physics, MTCW
Beneficiaries	19 Students of B.Sc. Physics
Date and Year	14/12/2019
Duration	2 Sessions
Objective	SWOT Analysis
Outcome	• Recognized the strengths and weakness by themselves

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





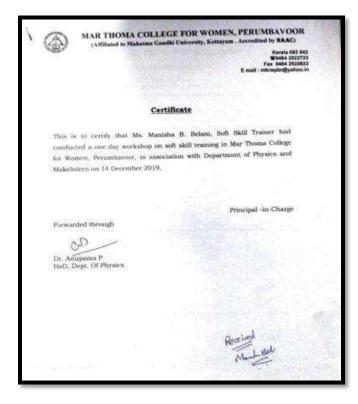
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Ms. Manisha Bilani from Make Intern Group taking soft skill class dated 14/12/2019





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



\_ Certificate of Appreciation to Ms. Manisha Bilani



#### List of Students

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



#### **Attendance Register**

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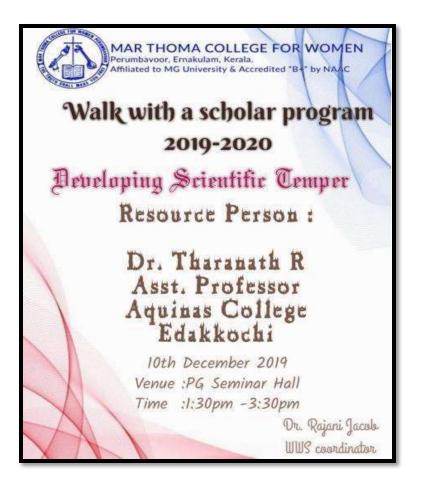


## DEVELOPING SCIENTIFIC TEMPER, ESSENTIAL ASPECTS OF RESEARH IN CONTEMPORARY SOCIETY

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

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







Interactive Session with students dated 10-12-2019





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

#### List of students

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



#### **Attendance Register**

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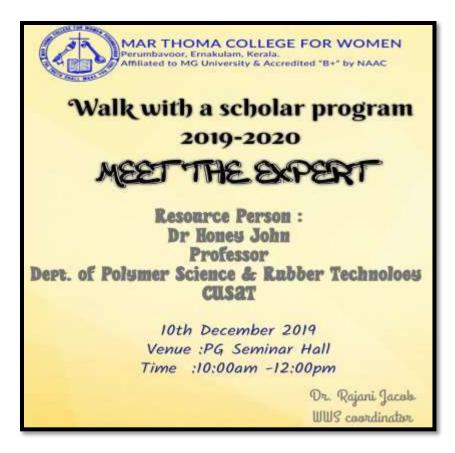


## MIEET THIE EXPERT –LEADERSHIP SKILL ENHANCEMENT PROGRAM

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

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







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





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

#### List of students

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



#### **Attendance Register**

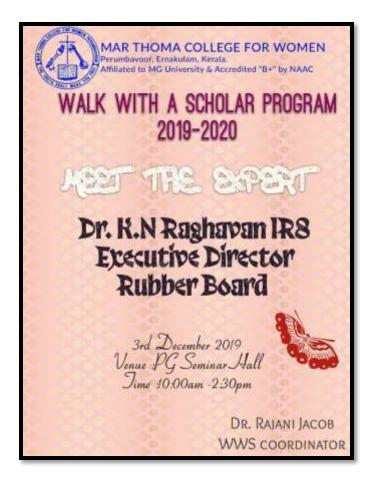
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## LEADERSHIP SKILL ENHANCEMENT : INTERACTIVE SESSION WITH A CIVIL SERVANT

Program Name	Leadership Skill enhancement : Interactive Session With Civil Servant			
Coordinator	Dr. Rajani Jacob, Co-ordinator, Walk With a Scholar (WWS) Programme, Assistant Professor, Dept. of Physics, MTCW			
<b>Resource Person</b>	Dr. K. N. Raghavan IRS, Executive Director, Rubber Board			
Beneficiaries	20 Students			
Date and Year	03-12-2019			
Duration	2.00 p.m. to 4.00 p.m.			
Objective	To interact with a civil servant			
Outcome	Students interacted with the resource person and got tips to crack the civil service examination.			

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







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





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

#### List of students

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



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

#### **Attendance Register**

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### PERSONAL GROWTH PROGRAMME

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

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

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

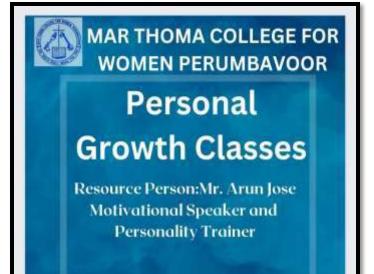


SI.No.	Date	Time: From To	Торіс	Year/ semester	No. of participants	Name of external trainer	Signature of external trainer
L	3-12-2019	1.00-3.00pm	Personal growth	I DC	6	Arun Jose.	A
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Date	Time: From To	Торіс	Year/ semester	No. of participants	Name of external trainer	Signature of external trainer
3-12-2019	10.00-12.pm	Personal growth	II DC	10	Arun Jose.	A
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Notice





Date:3/12/2019 Venue:Conference Hall



Interactive circle dated 3/12/2019



#### Attendance Register

Externa Topic:	mentor: Asia Jose Perinal Grande	Date: Time:	3/12/1		
SLNo.	Name of student	Department	Year	Signature	
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ame and date	ed signature of Coli	lege coordinator leewy Sam	Methani Asurath	College seal	NO

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#### List of Participants

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

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## LEARNING SKILLS ENCHANCEMENT PROGRAMME

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

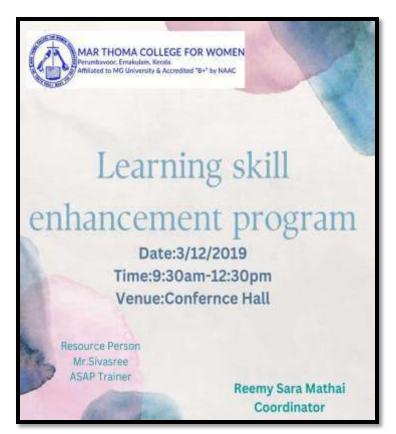
The program was conducted in the month of December 2019 by the Mar Thoma College for Women, Perumbavoor for the slow learners among first and second year students. 16 students participated in the program. Mrs. Reemy Sara Mathai, Assistant Professor, department of Zoology, Mar Thoma College for Women,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



SLNo.	Date	Time: From To	Төріс	Year/ semester	No. of participants	Name of external trainer	Signature of externa trainer
L.	3-12-2019	9.30-12.30 pm	Learning Skills	I DC.	6	Sivastee M.S.	Ą
1	y Sess 1	111			and the second		4L 50 500 F

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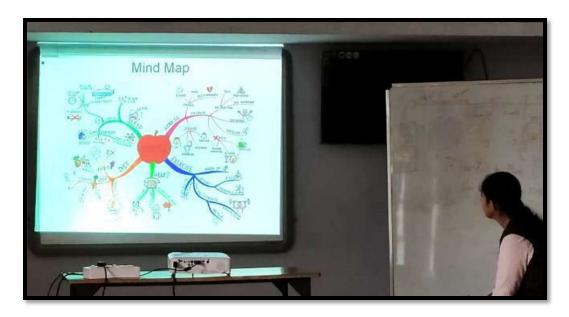






Group activity





Mind map , date : 3/12/2019

## Attendance Register

sternal	mentor: Success M.S.	Date		
opic:	Learning Chil	Time	n: 9.30 -	-12-30
SLNa.	Name of the Student	Department	Year	Signature
I	Dhanya	Bathathematics	130	and
2	Sozamo Sayan	BCC mathematics Ase-19	4 4	Sapate
3	Elecna Mathew	B.A.H INOT STAT	TSt	Eleena
4	Anda Jayakumar	R.D. History IYes	TSE	Vaida
6	Mangle Jerry Kulling	B.A History I year B.A Kistory I year	14	Bhaaya
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Name and identif signature of College standingsing 🔒		مالتونوري التتونوري	Ter

List of Participants

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

Program Name	Soft Skills and Presentation Skills
Coordinator	Dr. Rajani Jacob, Co-ordinator, Walk With a Scholar (WWS) Programme & Assistant Professor, Dept. of Physics, MTCW
<b>Resource Person</b>	Mr. Sanjeev Kumar, Director, Skilled Birds Finishing School, Kochi
Beneficiaries	22 Students
Date and Year	23-11-2019
Duration	1.30 p.m. to 4.30 p.m.
Objective	To learn presentation skills
Outcome	Students learned the ways of effective presentation

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







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





Group Activity Session , date: 23-11-2019

## List of students

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



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

## **Attendance Register**

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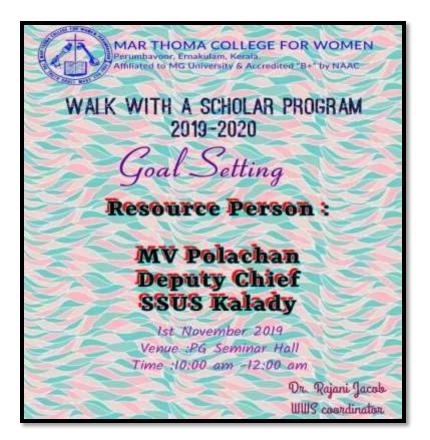


# GOAL SETTING: SETTING REALISTIC GOALS

Program Name	Goal Setting: Setting Realistic Goals
Coordinator	Dr. Rajani Jacob, Co-ordinator, Walk With a Scholar (WWS) Programme,& Assistant Professor, Dept. of Physics, MTCW
<b>Resource Person</b>	Mr. M. V Polachan, Deputy Chief, SSUS, Kalady
Beneficiaries	30 Students
Date and Year	01-11-2019
Duration	10.00 a.m. to 12.00 p.m.
Objective	<ul><li>To set realistic goals</li><li>Making Action plans to achieve goals</li></ul>
Outcome	Students prepared short term and long term action plans

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











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

## List of students

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



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



## **Attendance Register**

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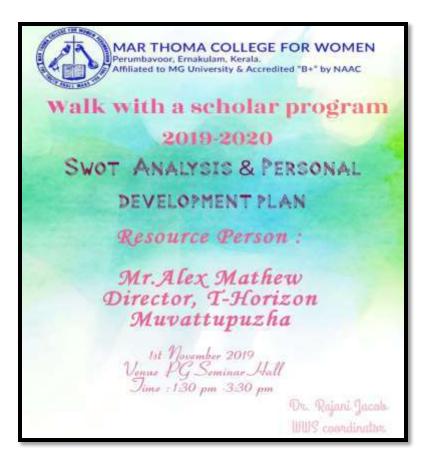


# SELF AWARENESS-SWOT ANALYSIS AND PERSONAL DEVELOPMENT PLAN

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

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







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





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

## List of students

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



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

## **Attendance Register**

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## SOFT SKILL ENHANCEMENT PROGRAMME

Organizer	Department of Zoology
Beneficiary	54 Students of the Department of Zoology
Year	11/6/2019
Scope	Soft Skills
Coordinator	Ms. Reemy Sara Mathai, Assistant Professor, Mar Thoma College For Women, Perumbavoor
Duration	24 Sessions
Venue	Zoology Lab/ Garden
Objective	Upskilling Life Skills
Outcome	Participatory Learning Ensured Enhanced Learning

The program was initiated in June 2018 by the department of Zoology for the B.Sc. Zoology students. 59 students including the first, second and third year students participated in the program. The students of each batch were divided into five groups for effective content delivery. 2-3 groups of each batch were handled during each session. Mrs.Reemy Sara Mathai, Assistant Professor, department of Zoology, Mar Thoma College for Women, Perumbavoor served as the program coordinator and handled the sessions.

The sessions focused on enhancing the communication skills, team work management skills, decision making skills and interpersonal communication among peers. A total of 24 classes were handled during the academic year 2019-20.



#### <u>Notice</u>

NOTICE m June 2018 occurreds, die Department of Subgy would be maning the following program to equip the students of our dependent - the file required areas It will be conducted from 230-4 per 30 p the schedule given below:-DAY <u>ACTIVITY</u> Nonday Tutovid / Haulity Health program Tuesday Safe Shit alar and certain Undersday Plan chura matoring / machine manday English betterned thairing Fidang Applicable computers Just Lesser from Volen Program Considerable : 21.33 4



Activity Session, date: 11/6/2019



### List of students:

Sl.N o	III B.Sc. Zoology	II B.Sc. Zoology	I B.Sc. Zoology
1	Carolin Ann George	Ankitha Ayyappan	Aleena Mariya George
2	Aparna Anil	Ashna P.S.	Alfiya Shaji
3	Deepthi K. Surendran	Asna Abbas	Amalendhu Rajan
4	Dona Joy	Aswathy Sajeevan	Anjana Sajeev
5	Elna Eldho	Athira C.M	Ashlin Sabu
6	Fathima Fairooz	Dona Eldhose	Fathima Farzana
7	Kallyani Surendran	Feba Eldhose	Fathima Shaji
8	Karthika Rajan	Gayathry J. Nair	Leeshma Shaji
9	Karthika S.	Hridhya Surendran	Maneesha Beegum P.M
10	Lakshmi Narayanan	Jinu James	Mayoori M.B
11	Mariya Emima Babu	Jisha Susan Shaji	Nidhy Anna Sunny
12	Neeraja Ponnu	Mahina P.M	Shabana Kareem
13	Ponnu Dileep	Parvathy Salin Kumar	Fathima Kareem
14	Saranya Bhadran	Raihanath C.A	Hindbeevi A.M
15	Shahina Basheer	Renju K. Reji	Nabeela A.A
16	Shilpa Kiran	Rizana A.J	Sandra P.S
17	Soya mol	Sulfeena T.K.	Siya Paul
18	Thasni K.M	Susan Cheriyan	
19		Vismaya Raju	



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SL.NO.	DATE	ACTIVITY	GROUP No:	CALASS	SIGN
1	11/6/19	Self Introduction	1,2,3	TL	9
2	18 6 19	Division - Role of Commination in Related		TIL	9.
3	2 4 19	Vocabulary Earichment.	4,5	T	did.
4	16 4/19	Self Introduction	3,4,5	<u>Tit</u>	
5	23/7/19	Story telling	1,2,3	II	ad
6	30 \$ 19	Decision making and result analysis	1,2	I	
٦	6 8 19	Ideation and ppt	2,4	T	¢
8	13 8 19	Risterers to speakere activity	3,5	I	Q
9	20 8 19	Decision making and result and you	1,3,5	T	9
10	3 9/19	Ideation and ppt.	3, 4,5	T	ele
10	17/9/19	Skit - Rower of words .	1,2,3	I.	
12	24 9/19.	Story Selling	1,2,3	TL	9
13	1/10/19	Self labodultion	1,2,4	I	9
14	8/10/19	Georg hardling acturity	4,5	I	9.9
15	15/10/19	Resime preputation	3,5	I	
16	22/10/19	disteres to eposker activity	1, 2,3	T	a
17	29/10/1	Responsible reporting	1,3,5	I	9
18	19/11/12	Group landling achiling	2,3,5	T	8
15	26/11/14	Time management activity	2,4	I	B
20	7/141	Stit - woods have life	4,5	T	Q.

SLIND	DATE	ACTIVITY :	GROUP :	CLASS	รเรก
21.	7/1/20	Responsible separting	1,2_	L	Q.
27.	14/1/20	Resume preparation	1,2,3,4,5	T	Q.
23.	zipo	Conflict resolution .	1,2,3,4,5	I	Q.
24 ·	29 ppo.	Time management activity	1,2,3,4,5	Ť.	Q.
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# TRAINING PROGRAMME ON ACADEMIC WRITING

Organizer	Department of English
Associating Partner	IQAC, Mar Thoma College for Women, Perumbavoor
Date	11-02-2020
Beneficiaries	78 students
Scope	Introducing Academic writing or scholarly writing
Coordinator	Ms.Roshin T Roy (Teacher in Charge, English Association)
Duration	1 <sup>1</sup> / <sub>2</sub> hours
Objectives	<ul> <li>Introducing the various genres of academic writing</li> <li>Importance of Academic Writing</li> </ul>
Outcome	The session provided the participants with an idea as to how to write academic papers and made them aware about what makes the paper a standard piece of writing.
<b>Resource Person</b>	Dr Meena Panikker, Associate Professor at P A First Grade College, Mangalore

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



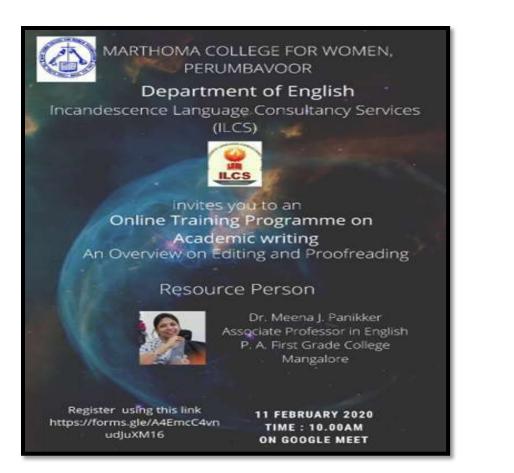
Though the tone, style, content, and organization of academic writing vary across genres and across publication methods, nearly all academic writing shares a relatively formal prose register, frequent reference to other academic work, and the use of fairly stable rhetorical moves to define the scope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

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

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

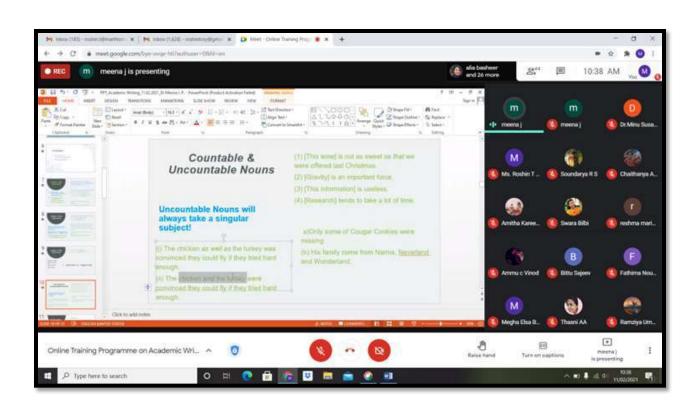
#### **Program Schedule**











Screenshots of the session dated 11-02-2020

#### List of students

Sl.No.	Name of the students
1.	Abina Sulhath M.A.
2.	Aiswarya K. Ashokan
3.	Aksa Mol Sunny
4.	Ammu C. Vinod
5.	Anjam Ameer
6.	Anjana K. Manoj
7.	Anjitha Devassy
8.	Anna Benny
9.	Anoora Farsana V.R.
10.	Anupama P.J.
11.	Asbiya V.A.
12.	Ashna Asharaf
13.	Aswathy C.M.
14.	Denaha Eliz George
15.	Divya T.K.
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16.Fousiya C.S.17.Geethu M.A.18.Jolsna Sibi19.Mariya Chacko20.Riya Ann Sanju21.Sarannya Devi S.22.Sisira Sivan23.Sreemol P.S.24.Sumayya K.R.25.Sumayya M.26.Sumayya P.S.27.Alfiya P.A.28.Anusha M.S.29.Binsa Jaffer30.Bittu Sajeev31.Gopika Nandanakumar32.Reshma Reghu33.Rukhiya Kareem34.Sharon Sara Thomas35.Vinaya Priya Venugopal36.Aaliya P Moideen37.Afrin Shahul38.Afsath Hamza
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36.Aaliya P Moideen37.Afrin Shahul
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20 A faath Hamma
38. Afsath Hamza
39. Amal Saleem
40. Amy Abraham C.
41. Anjana Biju
42. Ashily Kuriakose
43. Asna Sherin M.H.
44. Athira Surendran
45. Fathima Noushad V.N.
46. Fathima Salha
47. Mubeena C.A.
48. Muhsina Beegum U.K.
49. Rasla C.A.
50. Rumaisa C.B.
51. Sandra Sasi
52. Shifana Nasrin
53. Shilpa Sivan

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Aleena Benny	
Aleena Rachel Joy	
Aliya Basheer	
Amitha Kareem	
Aparna T.A.	
Bhavana S.	
Fitha Fathima A.S.	
Jasna K.A.	
Megha Elsa Biju	
Nasle Jafer	
Parvathy V.S.	
Sona Jabbar	
Vyshnavi Vinod	
Abhirami P.K.	
Ajinsha C.A.	
Alam Salam	
Halisa C.M.	
Nisa Nazar	
Ramziya Ummer	
Sandra Anna Iduckala	
Shabna Ashraf	
Steny Mary Philip	
Sumayya P.S.	
Swara Vincent	
Thasni A.A.	

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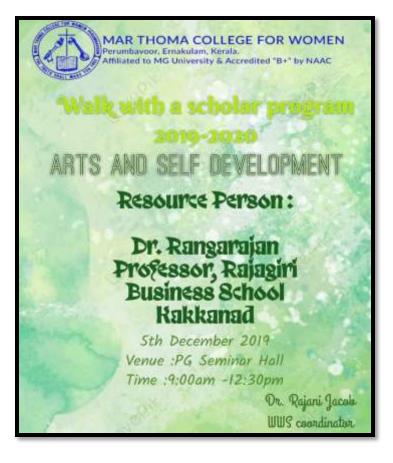


# ART AND SELF DEVELOPMENT: THEATRE AS A MEDIUM OF SELF EXPRESSION

Program Name	Art and self-development (Theatre as medium of self- expression)
Coordinator	Dr. Rajani Jacob, Co-ordinator, Walk With a Scholar (WWS) Programme, Assistant Professor, Dept. of Physics, MTCW
Resource Person	Dr. Rangarajan, Professor, Rajagiri Business School, Kakkanad
Beneficiaries	20 Students
Date and Year	05-12-2019
Duration	9.00 a.m. to 12.30 p.m.
Objective	<ul><li>To express themselves</li><li>To develop communication skills.</li></ul>
Outcome	<ul> <li>Students performed role plays and skit</li> <li>Students understood the different ways of communication</li> </ul>

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











Talk by Dr. Rangarajan dated 05-12-2019

## List of students

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



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

## **Attendance Register**

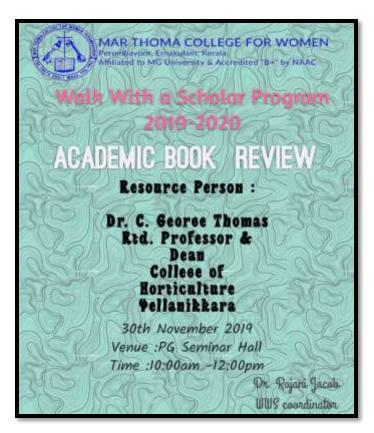
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# **ACADEMIC BOOK REVIEW**

Program Name	Academic Book Review -How to read and review an academic book?
Coordinator	Dr. Rajani Jacob, Co-ordinator, Walk With a Scholar (WWS) Programme & Assistant Professor, Dept. of Physics, MTCW
Resource Person	Dr. C. George Thomas, Rtd. Professor and Dean, College of Horticulture, Vellanikkara, Thrissur
Beneficiaries	20 First year Undergraduate Students
Date and Year	30-11-2019
Duration	10.00 a.m. to 12.00 p.m.
Objective	• To read and review an academic book
Outcome	• Understanding of an academic book
	• Steps to review an academic book

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







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



## List of students

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



## **Attendance Register**

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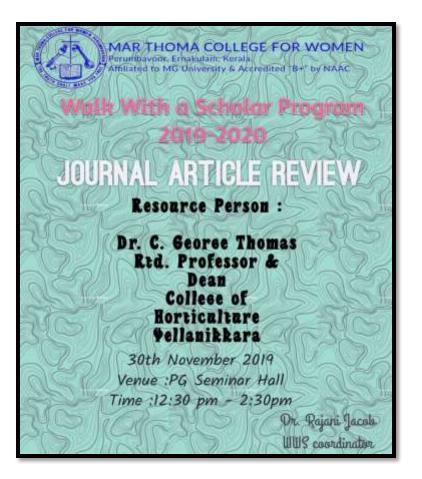


# JOURNAL ARTICLE REVIEW

Program Name	Journal Article Review
Coordinator	Dr. Rajani Jacob, Co-ordinator, Walk With a Scholar (WWS) Programme & Assistant Professor, Dept. of Physics, MTCW
Resource Person	Dr. C. George Thomas, Rtd. Professor and Dean, College of Horticulture, Vellanikkara, Thrissur
Beneficiaries	21 Students
Date and Year	30-11-2019
Duration	12.30 p.m. to 2.30 p.m.
Objective	• To read and review a journal article
Outcome	• Understanding of a journal article
	• Steps to review a journal article

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







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



## List of students

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



## **Attendance Register**

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# ENGLISH IMPROVEMENT TRAINING

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

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

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



SI.No.	Date	Time: From To	Торіс	Year/ semester	No. of participants	Name of external trainer	Signature of external trainer
L.	25-11-2019	9.30- 3.30 pm	English -Listening and writing skills	8 DC	23	Rohit N.R	
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Q.	4-12-2019	9.30-3.30 pm	English -Listening and writing skills	1 DC	8	Rohit N.R	
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## Activity-listening, date 25/11/2019

## Attendance Register

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No.	reame of student	Department	Year	Signature	
1,	sugar Lallyan	1. 11 History	2019	devani	
2.	Radhika Raveendaan	B.A HISTORY	2019	Radhika	
3	Delta Solly Greater	' ''	11	detta.	
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E	Najwa KA Kathika Das	B.Sc. Physics	2019	Asternal-	
6				Kartuka	
7	Samana Parvin	11	11	Sime	
8	Allina Jabban	11	11	Attenal	
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10	AKRIJA P.S	BSC chemistry	12	A	
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External mentor: Colul N. R.	Date: U It is Crylisk Time:	930 -	2.20	
SI.No. Name of student Aruchandra Saothesh Solalo Kialid Sanas Shara M.A.	Department 1 <sup>51</sup> Bsc Maths 1 <sup>51</sup> Bsc M	Year	Signature State Autor Bhave	
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## List of Students

Sl. No.	Name of student	Programme
1.	Aswani Sathyan	BA History
2.	Radhika Raveendran	BA History
3.	Delta Solly George	BA History
4.	Anju Raju	BA History
5.	Najwa K. A.	B. Sc. Physics
6.	Karthika Das	B. Sc. Physics
7.	Sameena Parvin	B. Sc. Physics
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8.Alfina JabbarB. Sc. Physics9.Soofiya SudheerB. Sc. Physics10.Akhila P. S.B. Sc. Chemistry11.Series A. S.D. Se. Chemistry	
10.Akhila P. S.B. Sc. Chemistry	
11 D.C. Chamieters	
11.Soniya A. S.B. Sc. Chemistry	
12.Aleena BabuB. Sc. Chemistry	
<b>13.</b> Athira BijuB. Sc. Chemistry	
14.Geethu M. A.BA English	
<b>15.</b> Ebisa Eldhose B. Com (F&T)	
<b>16.</b> Giya P. Babu B. Com (F&T)	
<b>17.</b> Gopika Mohan T.B. Com (F&T)	
<b>18.</b> Aseena AbuB. Com (F&T)	
<b>19.</b> Arya Ravi B. Com (F&T)	
<b>20.</b> Yamuna P. Manoj B. Com (F&T)	
<b>21.</b> Athira C. U. B. Com (F&T)	
22.Krishna RajeevB. Com (F&T)	
<b>23.</b> Bibitha Mol K. A. B. Com (F&T)	
24. Anuchandra Santhosh B.Sc Maths	
25. Sahla Khalid BSc Chemistry	
26. Fathima Sherbin M A B.Sc Maths	
27. Anjana P J B.Sc Maths	
<b>28.</b> Bhagya Agnes JamesBA History	
<b>29.</b> Diya Kalesh BA History	
<b>30.</b> Aleena Mathew BA History	
<b>31.</b> Fathima Safrin P A BSc Chemistry	

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# **ENGLISH COMMUNICATION**

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

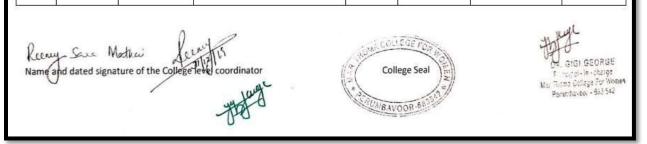
The program was conducted in the month of November 2019 for the slow learner among first and second year students. 40 students participated in the program. Mrs.Reemy Sara Mathai, Assistant Professor, Department of Zoology, Mar Thoma College for Women, Perumbavoor served as the program coordinator and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

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



SI. <mark>No</mark> .	Date	Time: From To	Торіс	Year/ semester	No. of participants	Name of external trainer	Signature of external trainer
1.	1-11-2019	9.30- 3.30 pm	English communication	I DC	35	Jossy Varkey	Sting

SI.No.	Date	Time: From To	Торіс	Year/ semester	No. of participants	Name of external trainer	Signature of external trainer
1.	30-11-2019	9.30- 3.30 pm	English communication	II DC	5	Jossy Varkey	stim









Word presentation and Activity

01/11/2019



## **Attendance Register**

External mentor: Jossy VARKEY	Date: D1	- 11- 2019	9
TOPIC: ENGLISH COMMUNICATION	Time:	930	
SLNo. Name of student	derives .	-	
1. Fathimath Saniya	Department	Year	Signature
2. Julya Mil	1st Bsc physics	Ist	Social
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35 MERSANA NASREEN VA	-1 0-1	11	Nasur

Signature of the coordinator

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# College Seal

## List of Students

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

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



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# WHAT TO DO WITH TEXTS, FUNDAMENTALS OF CRITICAL REASONING

Organizer	Department of English
Associating Partner	IQAC, Mar Thoma College for Women, Perumbavoor
Beneficiary	84 Students
Date	19.09.2019
Scope	Critical Skill Development
Coordinator	Ms.Roshin T Roy (Teacher In Charge, English Association)
Objectives	• The Need For Sceptical Thinking And Understanding.
	Challenging Assumptions.
Outcome	The students understood that it is only through purposeful, intentional and frequent questioning that critical thinking skills can be sharpened.
Resource Person	Dr.Jibu Mathew George, Assistant Professor, The English And Foreign Languages University, Hyderabad

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



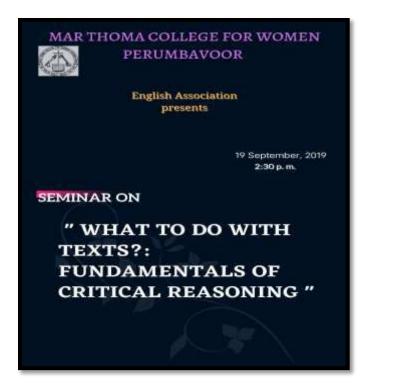
The academic setting demands more of us in terms of critical thinking than everyday life. It demands that we evaluate information and analyze myriad issues. It is the environment where our critical thinking skills can be the difference between success and failure. In this environment we must consider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

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

SL.No.	Session	Time
1	Inaugural Session	10.00 AM
2	Tea Break	11.00 AM
3	Session 1 Topic - Seminar on "What to do with texts"	11.15 AM
4	Lunch Break	01.00 PM
5	Session 2 Discussion	02.00 PM
6	Tea and Snacks	03.30 PM

#### **Program Schedule**





Brochure



Introduction Talk

19.09.2019



## List of students

Sl.No.	Name
1	Athulya Sudhakar
2	Bhavya Balachandran
3	Fathima Ca
4	Fathima Nazli V.K
5	Fathima Thahasin A
6	Maria Joy
7	Rameesa T Yooseph
8	Sneha Maria Joy
9	Swetha S Kumar
10	Alfya Sulthana
11	Anitha Sasi
12	Anju A Prabhu
13	Anupama Sanjeev
14	Dhanya Sarah Saji
15	Fathima Muhammad
16	Ginsha Shaji
17	Hena Ajayan
18	Jafna K.S
19	Megha Chandran
20	Reshma Reji
21	Rizvana Tr
22	Safa Abdul Majeed
23	Safna Basheer
24	Sreelakshmy K.G
25	Swathy Jayan
26	Vrinda Vijayan
27	Abina Sulthana M.A
28	Aishwarya K.Ashokan
29	Aksa Mol Sunny
30	Ammu C. Vinod
31	Anjam Ameer
32	Anjana K. Manoj
33	Anjitha Devassy
34	Anna Benny
35	Anoora Farsana
36	Anupama P.J
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37Asbiya V.A38Ashna Ashraf39Aswathy C.M40Bisniya Bindh Baquor41Denaha Eliz George42Divya T.K43Fathima Nehla K.S44Fathima Nourine45Fousiya C.S46Geethu M.A47Jolsna Sibi48Mariya Chako49Riya Ann Sanju50Saranya Devi.S51Sisira Sivan52Sreemol P.S53Sumayya K.R54Sumayya M55Sumayya P.S56Aliya P.A57Anusha M.S58Binsa Jaffer59Bittu Sajeev60Fathima Sahadiya N.B61Fidha Afrin A.S62Gopika Nandha Kumar63Reshma Reghu64Rukhiya Kareem65Sharon Sara Thomas66Vinaya Priya Venugopal67Aliya Moideen68Afrin Shahul69Afsath Hamza70Amal Saleem71Amy Abraham.C72Anjana Biju	
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64Rukhiya Kareem65Sharon Sara Thomas66Vinaya Priya Venugopal67Aliya Moideen68Afrin Shahul69Afsath Hamza70Amal Saleem71Amy Abraham.C	
<ul> <li>65 Sharon Sara Thomas</li> <li>66 Vinaya Priya Venugopal</li> <li>67 Aliya Moideen</li> <li>68 Afrin Shahul</li> <li>69 Afsath Hamza</li> <li>70 Amal Saleem</li> <li>71 Amy Abraham.C</li> </ul>	
66Vinaya Priya Venugopal67Aliya Moideen68Afrin Shahul69Afsath Hamza70Amal Saleem71Amy Abraham.C	
67Aliya Moideen68Afrin Shahul69Afsath Hamza70Amal Saleem71Amy Abraham.C	
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5 5	
73 Ashily Kuriakose	
74 Asna Sherin M.H	



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

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# COMMUNICATION THROUGH ENACTMENT OF THE DRAMA 'HAYAVADANA'

Organizer	Department Of English	
Associating Partner	IQAC	
Beneficiary	84 Students	
Year	25-06-2019	
Scope	Enlightening The Students About The Drama	
Coordinator	Ms.Roshin T Roy (Teacher In Charge, English Association)	
Duration	1 Hour	
Objectives	<ul><li>Introducing The Characters.</li><li>Introducing The Theme.</li></ul>	
Outcome	<ul><li>Visual Treat</li><li>Knowledgeable</li></ul>	

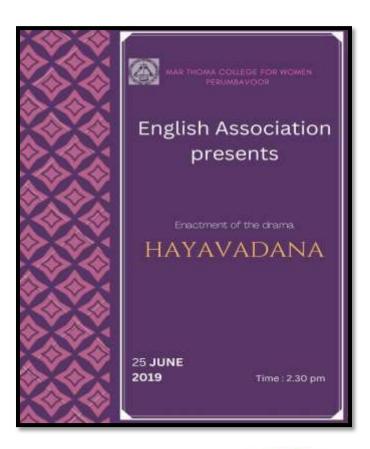
The English Association and the IQAC of the college organized the staging of the drama ``Hayavadana" with the full-fledged support of the Drama Club on 25 June 2019. The programme was organized as a tribute to the late author Girish Karnad. The presidential address to the programme was given by the principal.

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



## **Program Schedule**

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







Drama Presentation

25-06-2019



## **List Of Participants**

Sl.No.	Name
1	Athulya Sudhakar
2	Bhavya Balachandran
3	Fathima Ca
4	Fathima Nazli V.K
5	Fathima Thahasin Ap
6	Maria Joy
7	Rameesa T Yooseph
8	Sneha Maria Joy
9	Swetha S Kumar
10	Alfya Sulthana
11	Anitha Sasi
12	Anju A Prabhu
13	Anupama Sanjeev
14	Dhanya Sarah Saji
15	Fathima Muhammad
16	Ginsha Shaji
17	Hena Ajayan
18	Jafna K.S
19	Megha Chandran
20	Reshma Reji
21	Rizvana Tr
22	Safa Abdul Majeed
23	Safna Basheer
24	Sreelakshmy K.G
25	Swathy Jayan
26	Vrinda Vijayan
27	Abina Sulthana M.A
28	Aishwarya K.Ashokan
29	Aksa Mol Sunny
30	Ammu C. Vinod
31	Anjam Ameer
32	Anjana K. Manoj
33	Anjitha Devassy
34	Anna Benny
35	Anoora Farsana
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36	Anupama P.J
37	Asbiya V.A
38	Ashna Ashraf
39	Aswathy C.M
40	Bisniya Bindh Baquor
41	Denaha Eliz George
42	Divya T.K
43	Fathima Nehla K.S
44	Fathima Nourine
45	Fousiya C.S
46	Geethu M.A
47	Jolsna Sibi
48	Mariya Chako
49	Riya Ann Sanju
50	Saranya Devi.S
51	Sisira Sivan
52	Sreemol P.S
53	Sumayya K.R
54	Sumayya M
55	Sumayya P.S
56	Aliya P.A
57	Anusha M.S
58	Binsa Jaffer
59	Bittu Sajeev
60	Fathima Sahadiya N.B
61	Fidha Afrin A.S
62	Gopika Nandha Kumar
63	Reshma Reghu
64	Rukhiya Kareem
65	Sharon Sara Thomas
66	Vinaya Priya Venugopal
67	Aliya Moideen
68	Afrin Shahul
69	Afsath Hamza
70	Amal Saleem
71	Amy Abraham.C
72	Anjana Biju
73	Ashily Kuriakose
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74	Asna Sherin M.H
75	Athira Surendran
76	Fathima Noushad V.N
77	Fathima Salha
78	Mubeena C.A
79	Muhsina Beegum Uk
80	Rasla C.A
81	Rumaisa C.B
82	Sandra Sasi
83	Shifana Nasrin
84	Shilpa Sivan

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# FILM STUDIES

Organizer	Department of English	
Associating Partner	IQAC, Mar Thoma College for Women, Perumbavoor	
Beneficiary	65 Students	
Date & Year	25-06-19	
Scope	The study of various fields associated with Film Studies	
Coordinator	Ms.Roshin T Roy (Teacher In Charge, English Association)	
Objectives	• Making the students aware of the importance of Film Studies in the Modern Era	
	• Orientation regarding various associated career fields.	
Outcome	Students could understand about the topic and its importance in an efficient manner	
Resource Person	Prof. Cheri Jacob K, Head, Dept of English, UC College, Aluva.	

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



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

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

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

#### Program Schedule











Interactive session, 25-06-19

## **List of Participants**

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



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



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

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# **ENGLISH BETTERMENT TRAINING**

Organizer	Department of Zoology
Beneficiary	54 Students
Date	6/6/2019
Scope	Communicative skills
Coordinator	Reemy Sara Mathai, Assistant Professor, Mar Thoma College for Women, Perumbavoor
Duration	25 sessions
Venue	Zoology class
Objective	Enhance proficiency in English communication
Outcome	Enhanced English language usage

The program was initiated in June 2018 by the department of Zoology for the B.Sc. Zoology students. 54 students including the first, second and third year students participated in the program. The students of each batch were divided into five groups for effective content delivery. 2-3 groups of each batch were handled during each session. Mrs.Reemy Sara Mathai, Assistant Professor, department of Zoology, Mar Thoma College for Women, Perumbavoor served as the program coordinator and handled the sessions.

The sessions focused with the aim of enhancing their English language usage and proficiency in communication. The sessions focussed on enhancing the vocabulary, listening, speaking and writing skills of students. A total of 25 classes were handled during the academic year 2019-20.



NOTICE From June 2018 ocwards, the Department of Longy would be mining the following programs to agap the students of our department - the fills required areas It will be anducted from + 30 - 4 pm as par the schedule give below -DAT ACTINITY Tutinial / Healthy Health program Norday -Safe Suit adament constant Part chater material presided Tuesday Wedersday English betterment aring -towns day Applicable competence Fiday Porgram Conductor ( The second sec Ner IN 180.50

#### Notice



Photos of the session, 6/6/2019



#### List of Participants

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



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Figure 5: Group list 1st year

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## LIQUID SOAP MAKING

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

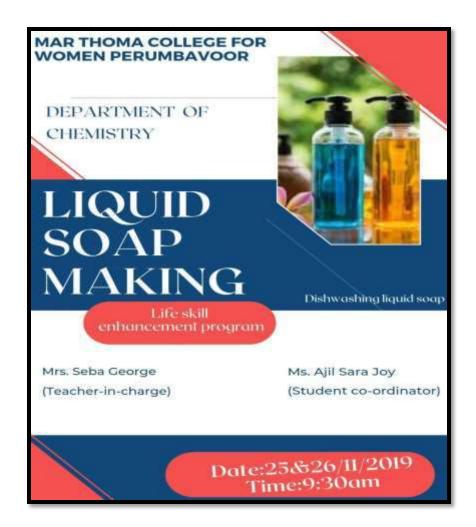
Liquid soap is easy to use and will not spread germs from one person to another. Much liquid soap also includes a moisturizing agent, so your hands may not dry out as quickly from frequently cleaning your hands. Sodium hydroxide, also called caustic soda or lye, is a traditional chemical for soap-making.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



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

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









Liquid soap distribution, 25/11/2019

### List of Participants

Sl No.	Name	Year
1	Afsana Jamal	III B.Sc. Chemistry
2	Aisha Salim	III B.Sc. Chemistry
3	Ajil Sara Joy	III B.Sc. Chemistry
4	Ajiniyamol Ibrahim	III B.Sc. Chemistry
5	Aleena Benny	III B.Sc. Chemistry
6	Alfiya Abbas	III B.Sc. Chemistry
7	Alka Asok	III B.Sc. Chemistry
8	Anaha Biji	III B.Sc. Chemistry
9	Anitta Saju	III B.Sc. Chemistry
10	Anusree A Santhosh	III B.Sc. Chemistry
11	Arya Murali	III B.Sc. Chemistry
12	Ashitha Ebrahim	III B.Sc. Chemistry
13	Aswani C S	III B.Sc. Chemistry
14	Athira P R	III B.Sc. Chemistry
15	Divya K V	III B.Sc. Chemistry
16	Divya Avarachan	III B.Sc. Chemistry
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17	Divya Vijayakumar	III B.Sc. Chemistry
18	Fara Farzeen A H	III B.Sc. Chemistry
19	Fathima Raeeza	III B.Sc. Chemistry
20	Fathima Ummer V U	III B.Sc. Chemistry
21	Greeshma Sathyan	III B.Sc. Chemistry
22	Jomol George	III B.Sc. Chemistry
23	Jomol Jose	III B.Sc. Chemistry
24	Lakshmi Induchoodan	III B.Sc. Chemistry
24	Manumitha S	III B.Sc. Chemistry
26	Mariya Jeby	III B.Sc. Chemistry
27	Merin Varghese	III B.Sc. Chemistry
28	Mubeena Basheer	III B.Sc. Chemistry
29	Nisma Rahman	III B.Sc. Chemistry
30	Rasla T Rahman	III B.Sc. Chemistry
31	Renjitha Raveendran	III B.Sc. Chemistry
32	Sahla T Ebrahim	III B.Sc. Chemistry
33	Salima P S	III B.Sc. Chemistry
34	Saliya C S	III B.Sc. Chemistry
35	Shehanas T M	III B.Sc. Chemistry
36	Silpa Paily	III B.Sc. Chemistry
37	Siya Mariya Sunny	III B.Sc. Chemistry
38	Sona Saji	III B.Sc. Chemistry
39	Swathy P S	III B.Sc. Chemistry

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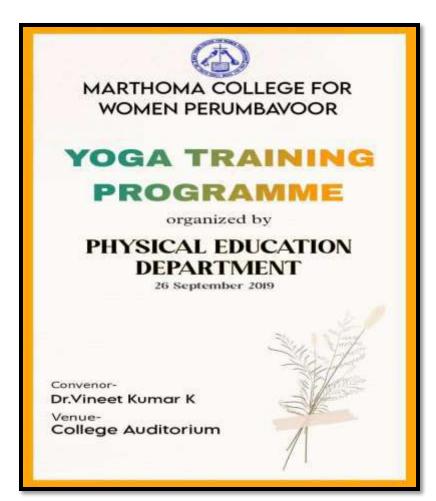
# WELLNESS THROUGH YOGA- YOGA TRAINING PROGRAMME

Program Name	Yoga Training Programme
Organizer	Physical Education Department
<b>Resource Person</b>	Dr. Vineed Kumar K, Department of Physical Education
	Mar Thoma College For Women ,Perumbavoor
Beneficiaries	19 students
Date And Year	26 September 2019
Duration	One Hour- 8 Session
Objectives	<ul> <li>To Enable The Faculty And Students To Have Good Health</li> <li>To Practice Mental Hygiene And Emotional Stability</li> <li>To Attain A Higher Level Of Consciousness.</li> </ul>
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 26 September 2019 under the guidance of Dr. Vineed Kumar K .8 sessions were arranged, and 19 students participated in the academic year 2019–20. He had explained everything about the history, importance of yoga in human life and also gave practical performance to all participants about the same. Course completion certificates were provided.

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







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CATE	MAR THOMA COLLEGE FOR WOMEN (Affiliated to Mahatma Gandhi University, Kottayam, Kerala) Perumbavoor, Ernakulam District	· · · · · · · · · · · · · · · · · · ·
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CER	in the academic year	
		2022/06/

Certificate

#### List of Students

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

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

#### Attendance Register

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### HUMAN VALUE DEVELOPMENT PROGRAMME

Program Name	Human Value Development Programme
Organizer	Ms.Chaithanya Elsa Achankunju Asst. Professor Department of English
<b>Resource Person</b>	Teachers From Different Departments Mar Thoma College For Women ,Perumbavoor
Beneficiaries	830 All students
Date and Year	07/08/2019(first wednesday of every month)
Duration	9:00AM TO 9:30 AM
Objectives	<ul> <li>Total enhancement of students' personality in its mental, emotional and social aspects</li> <li>Helping students to develop an independent way of thinking and living</li> <li>Inducing a spirit of love for the nation and its integration</li> </ul>
Outcome	Enhancement of students' personality ,critical thinking ,social skills ,cooperation and inducing a spirit of love for the nation and its integration.

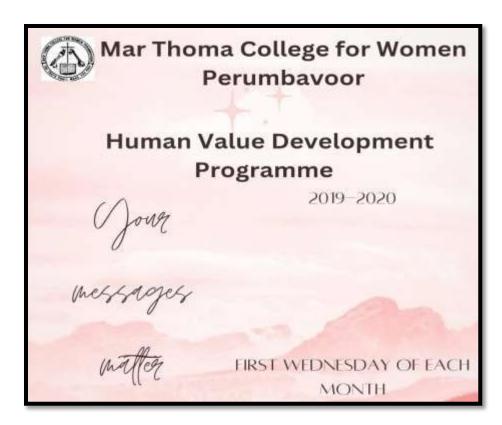
Values are the belief about what is right, what is wrong and what is important in life. These values are gained from different sources. Value Education is important to give for any individual. A capacity building programme on Human Value Development programme that was initiated by our college on 20th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



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

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

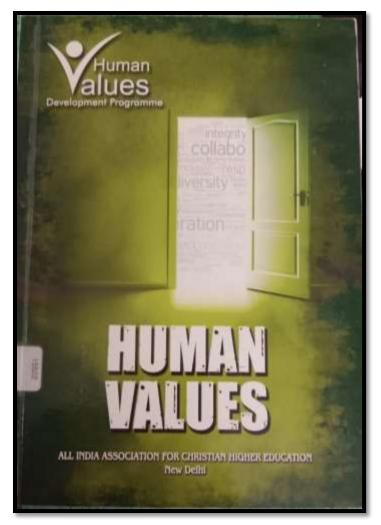






Interacting Sessions





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### **HEALTHY HEALTH PROGRAMME**

Organizer	Department of Zoology
Beneficiary	54 Students of the Department of Zoology
Date	17/6/2019
Scope	Healthy practices, fitness and health
Coordinator	Reemy Sara Mathai, Assistant Professor, Mar Thoma College for Women, Perumbavoor
Duration	21 sessions
Venue	Zoology lab/ garden
Objective	Generate healthy lifestyle among students
Outcome	Students engaged in physical activities and achieved an overall understanding on healthy lifestyle.

The program was initiated in June 2018 by the department of Zoology for the B.Sc. Zoology students. 54 students including the first, second and third year students participated in the program. The students of each batch were divided into five groups for effective content delivery. 2-3 groups of each batch were handled during each session. Mrs. Reemy Sara Mathai, Assistant Professor, Department of Zoology, Mar Thoma College for Women, Perumbavoor served as the program coordinator and handled the sessions.

The sessions focused on generating a healthy lifestyle among students, reducing plastic wastes, practicing trash to art and engaging in physical activities and games. A total of 21 classes were handled during the academic year 2019-20.



NOTICE From June 2018 newards, the Department of Subgy would be mining the following programs to agosp the students of our department is the fills required areas It will be evaducted from # 310-4 per as por the schedule given belows -DAT ACTINITY Tutanie / Haulity Health program Monday Soft Sit alaurant serve Tuesday Peco chistar mentioning / scorection Wedersday English betternent braining - Tenseday Applicable computers Fedag Constant Constant of Constant Record Sinen Maken Zal 33

Notice



Activity session on 17/6/2019



#### **List of Participants:**

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

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5.	15-7-19	Waste segregation.	1,2,3	T	Q
6.	22-7-19	Game - outdoor.	1,2,3,45	ш	P
7	29-7-19	Healthy secipe ideas	1,2,3	T	e
8 .	12-08-19	Stretching achiety -	3,4,5	T	Q
9.	26-8-19	Green class activity.	1,2,3,4,5	T	Q
10	2-09-19	Waster water purification activity	4,5	m_	Q.
u -	9-09-19	Fitness welt	1,2	T	a.
12.	16-9-19	Discussion - healthy tifestyle	1,4,5	I	9
13	2-3-9-19	Recipcian - trees and human fitness	1,2,3,4,5	TW	Q.
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19	13-1-20	Green class actuity	1,2	-,34,5	W	8
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21.	27-1-20	Stretching activity	3	5,4,5	T	9

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## PERSONAL COUNSELLING

Program Name	Personal Counselling
Organizer	Mar Thoma College For Women ,Perumbavoor
Resource Person	Ms. Angel Mathew, College Counsellor
Beneficiaries	129 students
Date And Year	03/06/2019
Duration	One Year
Objective	<ul> <li>To help students deal with emotional, psychological and educational problems</li> <li>To provide special assistance to students who display behaviour detrimental to their progress</li> <li>To create awareness regarding mental health issues, behavioural problems etc.</li> </ul>
Outcome	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 crises. Set in a semi-rural area, the College is second home to a majority of students hailing from socially and financially backward families who would not be able to afford paid counselling services. The facilities provided by the College serve as a much-needed respite to both parents and wards. In the case of students facing severe psychological and mental-health related issues, frequent sessions are held with the ward and guardians. Personalized counselling sessions held regularly have helped several students overcome depression and personality problems. The system functions very effectively in making mental health services accessible to our students who are confronted with various crises.





MAR THOMA COLLEGE FOR WOMEN Perumbavoor, Ernakulam, Kerala. Affiliated to MG University & Accredited "B+" by NAAC PERSONAL COUNSELING 2019-2020

#### List of participants

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



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



58	Divya Kalesh	I History
50 59	Aiswarya Mohan	I History
<u> </u>	Anaswara B S	I History
61	Krishna Priya K S	I History
61 62	Fathima Nihala	I BVoc Fashion
63	Vandana Rajan	I BVoc Fashion
64	Sulthana Taj	I BVoc Fashion
65	Ancy Reji	I BVoc Fashion
66	Vidya Viswambaran	I BVoc Fashion
67	Merin Stefan	I BVoc Tourism
68	Shibina K	I BVoc Tourism
69	Anjana Biju	I English
70	Deepthi	III Zoology
70	Sharanya	III Zoology
71	Ponnu Dileep	III Zoology
73	Mariya	III Zoology
73	Dona Joy	III Zoology
75	Aparna K Anil	III Zoology
76	Fathima Fairoos	III Zoology
70	Tasni	III Zoology
78	Lakshmi Narayana	III Zoology
70	Neeraja P R	III Zoology
80	Akhila Zachariah	I Maths
81	Punya Lalu	I Maths
82	Stella Maria Roy	I Maths
83	Bhadra Shashidharan	I Maths
84	Neha Joy	I Maths
85	Faeseena N M	I Maths
86	Anaswara B S	I Maths
87	Vrinda Jayakumar	I History
88	Yisni George	I B.Voc Tourism
89	Shimna	II Maths
90	Chithra	II Maths
91	Sheebha Rajan	II Maths
92	Diya Kalesh	I History
93	Anju Raju	II History
94	Abina Sulahath Ajeer	II History
95	Bindhu	II History
96	Maria Chacko	II English
97	Jyolsana Sibi	II English
98	Anjam Ameer	II English



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

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