



MAR THOMA COLLEGE FOR WOMEN PERUMBAAVOOR

CRITERION 7

Institutional Values &
Best Practices

2017-2022

7.1.1. Celebration of Days of National/International Commemoration



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WORLD ENVIRONMENT DAY CELEBRATIONS 2017

Title of the Activity	World Environment Day Celebration
Organising Agency/Department	Department of Zoology
Date	7- June-2017
No. of Students Participated	40
Resource Person/Coordinator	Dr. Biju Jacob Thomas
Outcome	Development of environmental consciousness

The Department of Zoology celebrated "World Environment Day " on 07/06/2017 by distributing *Kariveppu* saplings to the neighbourhood. The program was coordinated by Dr. Biju Jacob Thomas, Associate Professor , Mar Thoma College for Women. Curry leaves are a rich source of iron and folic acid, helps in lowering blood cholesterol and sugar levels and also prevents premature greying of hair. As it is an unavoidable ingredient in most South Indian dishes, *Kariveppu* is a requirement in all households. But we see that many switch to buy curry leaves from groceries to meet their needs instead of buying. Being treated with chemical insecticides to prevent pet attacks, the ones brought from grocers do pose health risks. Recognizing the importance of curry leaves, 23 saplings were distributed to the neighbouring houses,

This activity helped to create awareness on the health benefits of *Kariveppu* and encouraged them to plant *aKariveppu* in their houses as well as pass-on the knowledge gained. It all helped in developing environmental consciousness and social responsibilities among students.

LIST OF PARTICIPANTS

Sl.No	NAME	Sl.No	NAME
1	APARNA BABU	22	FARZANA ABDUL KALAM
2	ASHNA A.G.	23	RUKSANA K.A.
3	ATHULLIASASI	24	SHABANA NAZRIN T.M.
4	FATHIMATHU ZUHARA V.S	25	AMAYA M.V.
5	HAZNA JAWAHAR	26	ANJANA ANIL
6	AKHILA GIREESH	27	ANJANA RAVINDRAN
7	ANJU JOHNSON	28	ANJU N. MATHEW
8	ANNMOL GEORGE	29	ANU C. GOPI
9	AYANA P.S.		



10	ARCHANA JOSE
11	BIBINU KURIAKOSE
12	FABIYA KAREEM
13	FARSANA M.J.
14	GEELIYA GEORGE
15	NOUFIRA V.C.
16	SALIHA K. SIDHEEKH
17	SANGEETHA M.S.
18	SIMNA FATHIMA
19	ANASWARA SAJEEV
20	APARNA P.M
21	DEVIKA VIJU

30	ANULAKSHMI K.S.
31	BIJIMOL MATHEW
32	FATHIMABEEVI P.J.
33	HARITHA S.
34	JEENA A.J
35	JOMOL JOSE
36	KHOWLATH M.U
37	RIZVANASAKEER
38	SANDRA K.S.
39	SHERIN K. RAJU
40	SHILPA K. SASI

WORLD ENVIRONMENT DAY CELEBRATIONS

Title of the Activity	World Environment Day Celebration
Organising Agency/Department	Department of Chemistry
Date	05-June-2017
No. of Students Participated	40
Resource Person/Coordinator	Ms. Sumayya P.A.
Outcome	Awareness about the importance of natureconservation



The Department of Chemistry celebrated "World Environment Day " on 05/06/2017 by planting tree saplings in the department garden and in the premises of the campus .The programme was organised under the guidance of Ms. Sumayya P.A(Teacher-in-charge) and she delivered a short lecture on the importance of biodiversity conservation.40 students participated in the program. Tree saplings were planted in the department garden and the campus with the active participation of students and teachers.

The event was helpful for the students to understand the importance of conserving nature and making our surroundings green.

LIST OF PARTICIPANTS

S.No	Name	S.No	Name
1	AATHILA M M	22	RESHMA MICHEL
2	AINU BALAN	23	RIYAMOL SIDIK
3	ALFINA HABEEB	24	SARA VARGHESE
4	ANEETTA VARGHESE	25	SREELAKSHMI MH



5	ANJANA KRISHNAN	26	ANAGHA RADHAKRISHNAN
6	ANJU M PAUL	27	ANI VARGHESE
7	ANSAMOL MK	28	ARARYA N NAIR
8	ANUPAMA CS	29	ARYALAKSHMI N PILLAI
9	ASHLY K V	30	BEENU P
10	ASWATHY ANEX	31	BIJU ELSA ELDHOSE
11	ATHIRA KR	32	JESLEENA PK
12	BINU BABY	33	JISHITHA THANKAPPAN
13	DIVYA TS	34	MEHAR JEZIA T
14	DIYA JOY	35	MEREENA GEORGE
15	ELSA GEORGE	36	RESHMA NS
16	GOWRI SANTHOSH	37	SHIMINIDHA SALIM S
17	HARSHA KS	38	SREELAKSHMI RAVINDRAN
18	MALAVIKACR	39	SRUTHI SASI
19	NEERAJA MC	40	RINCIYA.R C
20	NIMA SARA BENNY		
21	NIVITHA AVARACHAN		
22			

WORLD ENVIRONMENT DAY CELEBRATIONS

Title of the Activity	World Environment Day Celebration
Organising Agency/Department	NCC
Date	06-June-2017
No. of Students Participated	54
Resource Person/Coordinator	Dr. Biju Jacob Thomas
Outcome	Students got an opportunity to understand the importance of nature conservation.



The National Cadet Corps of Mar Thoma College for Women, Perumbavoor celebrated Environment Day on 06/06/2017, by planting tree saplings in the college campus at 10 am, in which students from various departments participated. The program was inaugurated by Dr. Biju Jacob Thomas, Associate Professor, Department of Zoology, Mar Thoma College for Women, Perumbavoor. Following that, NCC cadets planted various tree saplings of ecological importance all over the campus.

The aim of the program was to create awareness about the importance of protection and conservation of nature by making the campus green. Through the active participation of the students, the aim was achieved.



LIST OF PARTICIPANTS

No.	NAME OF THE PARTICIPANTS	SIGNATURE
1	ABHITHA CLAYER K. MATHEW	
2	AKSHAYA SATHYAN	
3	ANCY MARY SUNIL	
4	ANJALY ELDHOSE	
5	ANJANA ANIL	
6	ANJU T.M	
7	APARNA A FRANCIS	
8	ARSHA S	
9	ARTHIRA SHAJI	
10	DEVIKA VIJU	
11	HASMA P.K	
12	RAHANA MOITHU	
13	JOMOL ACHAMMA MAMMEN	
14	MEERA DELEEP	
15	SHILPA BRIGHT	
16	SNEHA S	
17	AISHA MARWA P.K	
18	AMITHA JOHN	
19	AKSA JOSE	
20	ANAGHA E.R	
21	ANJANA AJITH	
22	ANJANA NAIR	
23	ARYA MATHEW	
24	JOSMIN JOSEPH	
25	KRIPA RAJAN	
26	LAKSHMI INDUCHOODAN	
27	MANUMITHA S	
28	RESHMA RADHAKRISHNAN	
29	ROSMY JOHNY	
30	SAFARINA M MAHIN	
31	SIYA MARIYA SUNNY	
32	SREELAKSHMY K.G	
33	SWETA S KUMAR	
34	VISHNUPRIYA SOMAN	
35	ADHITHYA ROY	
36	ANAGHA JOY	
37	ANITHA THOMAS	
38	ANJALI V. A	
39	ANJANA K MANOJ	
40	ANN MARIA JOSE	
41	ARATHY KRISHNA K.S	
42	CHITHRA CHANDRAN	
43	M.K DEVIGAYATHRI	
44	DONA ELDHOSE	
45	GOPIKA VINOD	
46	HARITHA V.H	

47	JISHA SUSAN SHAJI	<i>Jishasaji</i>
48	KARTHIKA M.G	<i>Karthikag</i>
49	RENJU K REJI	<i>Renju k</i>
50	RENJUSHA A.A	<i>Renjusha</i>
51	ROSHNI K.H	<i>Roshni</i>
52	SHISHIRA SIVAN	
53	GEETHU P.A	<i>Geethu</i>
54	SONA PAUL	

INTERNATIONAL YOGA DAY CELEBRATIONS

Title of the Activity	International Yoga Day Celebrations
Organising Agency/Department	NSS
Date	21-June-2017
No. of Students Participated	53
Resource Person/Coordinator	Dr.Vineed Kumar
Outcome	To instil the spirit of belongingness, unity and spirituality



The National Service Scheme of Mar Thoma College for Women, Perumbavoor celebrated “*International Yoga Day*”, in the college campus on 21/06/2017. The International Day of Yoga has been celebrated across the world annually on June 21 since 2015, following its inception in the United Nations General Assembly in 2014. Yoga is a physical, mental and spiritual practice which originated in ancient India. The Indian Prime Minister Narendra Modi, in his UN address in 2014, had suggested the date of June 21, as it is the longest day of the year in the Northern Hemisphere and shares a special significance in many parts of

the world. Dr. Vineed Kumar, Assistant Professor, Department of Physical Education delivered a lecture on the “**Health Benefits of Yoga**” and gave the instruction for the basic postures and breathing exercises in Yoga to the students. Students were asked to practice it on a daily basis for a better physical and mental health.

The program was helpful for the students to understand the importance of Yoga and to learn its basics.



INDEPENDENCE DAY CELEBRATIONS

Title of the Activity	Independence Day Celebrations
Organising Agency/Department	NSS
Date	15-August-2017
No. of Students Participated	43
Resource Person/Coordinator	Mrs. Sherin T, Abraham
Outcome	Students got an opportunity to commemorate the nation's struggle for freedom.



The National Service Scheme of Mar Thoma College for Women, Perumbavoor celebrated "71st Independence Day, in the college campus on 15/08/2017. Students and teachers of various departments of the college participated in the event. Flag hoisting ceremony was conducted by Dr. Lisy Cherian, Principal, Mar Thoma College for Women, Perumbavoor. Followed, she delivered an inspiring speech about the nation's freedom struggle and the efforts put forward by the freedom fighters. Sweets were distributed among the teachers and students to share the happiness of the event. After that a rally to the Perumbavoor Municipality was organized by the NSS in which students

participated with their Independence Day messages and placards.

The program provides an opportunity to the students to commemorate the nation's struggle for freedom.

LIST OF PARTICIPANTS

Sl.No	Name	Sl.No	Name
1	ANNMOL GEORGE	22	PONNU DILEEP
2	ARCHANA JOSE	23	SARANYA BHADRAN
3	AYANA P.S.	24	SHAHINA BASHEER
4	BIBINU KURIAKOSE		



5	FABIYA KAREEM
6	FARSANA M.J.
7	GEELIYA GEORGE
8	NOUFIRA V.C.
9	SALIHA K. SIDHEEKH
10	SANGEETHA M.S.
11	SIMNA FATHIMA
12	ANASWARA SAJEEV
13	APARNA P.M
14	DEVIKA V IJU
15	ELNA ELDHO
16	FATHIMA FAYARUZ
17	KALYANI SURENDRAN
18	KARTHIKA RAJAN
19	KARTHIKA S.
20	LAKSHMI NARAYANAN
21	MARIYA EMINA BABU
22	NEERAJA PONNU

25	SHILPA KIRAN
26	SOYA MOL
27	THASNI K.M.
28	APARNA BABU
29	ASHNA A..G
30	ATHULYA SASI
31	FATHIMATHU SUHARA V
32	HASNA JAWAHA
33	ANAGHA ANIL
34	ANASOOYA KRISHNAN
35	GOPIKA RAMANAN
36	JEEVA C.D.
37	JISHITHA THANKAPPAN
38	RUFAMOL P,A
39	ATHULYA RADHAKRISHNAN
40	GAYATHRY S.
41	GOPIKA PRATHAP
42	KRISHNA ASHOKAN
43	ATHULYA SASI

NATIONAL UNITY DAY OBSERVANCE

Title of the Activity	National Unity Day Celebration
Organising Agency/Department	NCC
Date	31-October-2017
No. of Students Participated	47
Resource Person/Coordinator	Dr. Sangeetha Rachel Koruth
Outcome	Students got an opportunity to honour Sardar Vallabhai Patel, the veteran nationalist stood for the integration of India.



The National Cadet Corps of Mar Thoma College for Women, Perumbavoor observed "National Unity Day", in the college campus on 31/10/2018. National Unity Day is celebrated on October 31st every year to commemorate the birth anniversary of Sardar Vallabhbhai Patel, who was India's first Deputy Prime Minister of India and first Home Minister of India from 1947 to 1950. The day is observed to recognise his contribution towards India's Independence and unity. The prime reason behind the celebrations of National Unity Day is to boost the nation's unity and spread awareness about Sardar Vallabhbhai Patel's contribution to the country.

Dr. Sangeetha Rachel Koruth, delivered a talk on the contributions of Sardar Vallabhai Patel to India and the importance of national unity. Through this observance, cadets got an opportunity to honour Sardar Vallabhai Patel, the unifier of India.

LIST OF PARTICIPANTS

S.NO	NAME
1	ABHITHA CLAYER
2	AKSHAYA SATHYAN
3	ANCY MARY SUNIL
4	ANJALY ELDHOSE

S.NO	NAME
27	ARYA MATHEW
28	JOSMIN JOSEPH
29	KRIPA RAJAN
30	LAKSHMI



5	ANJANA ANIL		INDHUCHOODAN
6	ANJU T.M.	31	MANUMITHA S.
7	APARNA FRANCIS	32	RESHMA RADHAKRISHNAN
8	ARSHA S.	33	ROSMY JOHNY
9	ATHIRA SHAJI	34	SAFRINA M. MAHIN
10	DEVIKA VIJU	35	SREELAKSHMI K.G.
11	HASNA P.K	36	SIYA MARIYA SUNNY
12	RAHANA MOYTHU	37	SWETHA S.KUMAR
13	JOMOL MAMMEN	38	VISHNUPRIYA SOMAN
14	MEERA DILEEP	39	ADITHYA ROY
15	SHILPA BRIGHT	40	ANAGHA JOY
16	SNEHA S.	41	ANITHA THOMAS
17	AISHA MARWA P.K.	42	SIYA M SUNNY
18	AMITHA JOHN	43	SWETHA S.KUMAR
19	AKSA JOSE	44	VISHNUPRIYA SOMAN
20	ANAGHA E.R.	45	ADITHYA ROY
21	ANJANA AJITH	42	ANAGHA JOY
22	ANJANA NAIR	43	ANITHA THOMAS
23	DEVIKA VIJU	44	ANJANA K. MANOJ
24	HASNA P.K	45	ANJALY V.A.
25	SHISHIRA SHIVAN	46	ANN MARIYA JOSE
26	GEETHU P.A	47	ARATHY KRISHNA K.S.

CHILDREN'S DAY CELEBRATIONS

Title of the Activity	Children's Day Celebration
Organising Agency/Department	Department of English
Date	14/11/2017
No. of Students Participated	51
Resource Person/Coordinator	Mrs. Chaithanya Elsa Achankunj
Outcome	Students got an opportunity to interact with children in the orphanage and to learn to overcome all the difficulties in their personal and academic life

The Department of English celebrated Children's Day by visiting and interacting with children in *Snehajyothi Sishubhavan*, Pulluvazhy on 14/11/2017. Snehajyothi Charitable Society is registered under the Travancore Cochin Charitable Societies Registration Act of 1955. The main objective of the Society is to look after the children below 18 years, orphans, abandoned and others who are in need of care and protection, basic amenities, good education, treatment and other needs of the inmates. The *Snehajyothi* Charitable Society is providing the care and protection to 111 children and 15 Women inmates in Distress home. The Society is closely associated with all the stakeholders and the different government departments like, Ministry of Women and Child Development Department, Government of India and Government of Kerala, Kerala State Orphanage control Board, Central Adoption Resource Authority, State child Protection Society, District Child Protection Unit, Social Justice Department, Child welfare Committee and other allied service sectors.

Teachers and students of the Department of English spent their day with the children in the orphanage. Students brought chocolates to share their happiness with the children there. They interacted with the children by games, music and dance and had their lunch together. It was a memorable experience for the students and children there.

This celebration helped the students to improve their social commitment and helped them to be more compassionate and to love and care for others.

LIST OF PARTICIPANTS

S.No	Name	S.No	Name
1	ALBY YOHANNAN	27	KARTHIKA K. P.
2	AMITHA ROSE JOY	28	KESIYA JOSE
3	ANUPRIYA P. R.	29	MEERA MOHAN
4	ATHULYA P. P.	30	MUHSINA V. M.
5	DIVYA HARIHARAN	31	RESHMA K. B.
6	FARSANA KHADER	32	RESHMA RAGHUNADHAN
7	MERIN ELDHOSE	33	SAHIRA M. M.
8	MUSHINA JALEEL	34	SREELAKSHMI
9	NIVA MARIUM BABY	35	AISHA BUSTHANA P. A.
10	P M MUHSINA	36	AKSHAYA SUNDARAN
11	RONIYA JOSE	37	AMEEN RUKSANA
12	AKHILA RAJU	38	ANEETTA JOHNSON
13	AKSHITHA MARIUM	39	ANUSREE P. S.
14	AMINA C A	40	DARSANA R.
15	BILDANI JOSEPH	41	MEERA DELEEP
16	JASEENA P. A.	42	ASEEFA MUFTHIYA
17	KARTHIKA K. P.	43	ASNA A. U.
18	KESIYA JOSE	44	ATHIRA BIJU
19	ALBY YOHANNAN	45	ATHIRA SHAJI
20	AMITHA ROSE JOY	46	DINU RAJAN
21	ANUPRIYA P. R.	47	FATHIMA THAHASIN
22	ATHULYA P. P.	48	RAMEESA T.
23	DIVYA HARIHARAN		

24	FARSANA KHADER
25	MERIN ELDBHOSE
26	MUSHINA JALEEL

	YOOSEPH
49	SNEHA MARIA JOY
50	SWETA S. KUMAR
51	FATHIMA THAHASIN

AIDS DAY OBSERVANCE

Title of the Activity	AIDS Day Observance
Organising Agency/Department	Department of Zoology
Date	01-December- 2017
No. of Students Participated	52
Resource Person/Coordinator	Mrs.Reemy Sara Mathai
Outcome	Awareness about the spread of AIDS and related health problems and the need for supporting HIV infected patients



The Department of Zoology observed AIDS Day on 01 December 2017 in the college campus. Awareness charts that explaining AIDS related health issues, ways of its transmission and social discrimination faced by HIV infected patients were posted in various parts of the campus. As a symbol of support for people living with HIV, red ribbons were distributed to the staff and students of the college. 58 students from various departments participated in the program.

Observance of AIDS Day was helpful to create awareness about AIDS among the

students.

LIST OF PARTICIPANTS

Sl.No.	NAME	Sl.No.	NAME
1	ANASWARA SAJEEV	27	AMAYA M.V.
2	APARNA P.M.	28	ANJANA ANIL
3	DEVIKA VIJU	29	ANJANA RAVINDRAN
4	FARZANA ABDUL KALAM	30	ANJU N. MATHEW
5	ANASWARA SAJEEV	31	ANU C. GOPI
6	APARNA P.M.	32	ANULAKSHMI K.S.
		33	MARIYA EMINA



7	BIJIMOL MATHEW
8	FATHIMABEEVI P.J.
9	JOMOL JOSE
10	KHOWLATH M.U.
11	RIZWANA ZAKEER
12	SANDRA K.S.
13	SHERIN K.RAJU
14	SHILPA K.SASI
15	CAROLIN ANN GEORGE
16	APARNA ANIL
17	ELNA ELDHO
18	BIJIMOL MATHEW
19	FATHIMABEEVI P.J.
20	JOMOL JOSE
21	KHOWLATH M.U.
22	FATHIMA FAYARUZ
23	KALYANI SURENDRAN
24	KARTHIKA RAJAN
25	KARTHIKA S.
26	LAKSHMI NARAYANAN

	BABU
34	NEERAJA PONNU
35	PONNU DILEEP
36	SARANYA BHADRAN
37	SHAHINA BASHEER
38	SHILPA KIRAN
39	SOYA MOL
40	THASNI K.M.
41	APARNA BABU
42	ASHNA A..G
43	ATHULYA SASI
44	FATHIMATHU V.S.
45	HASNA JAWAHAR
42	MARIYA EMINA BABU
43	NEERAJA PONNU
44	PONNU DILEEP
45	FATHIMATHU SUHARA V.S.
46	HASNA JAWAHAR
47	AKHILA GIREESH
48	ANJU JOHNSON
49	ANNMOL GEORGE
50	AYANA P.S
51	ARCHANA JOSE
52	BIBINU KURIAKOSE

REPUBLIC DAY COMMEMORATION

Title of the Activity	Republic Day Commemoration
Organising Agency/Department	NCC
Date	26-January-2018
No. of Students Participated	47
Resource Person/Coordinator	Dr.Sangeetha Rachel Koruth
Outcome	Instilled national pride and unity among students



The National Cadet Corps of Mar Thoma College for Women, Perumbavoor celebrated “68th Republic Day, in the college campus on 26/01/2018. Republic Day commemorates the enactment of the Constitution of India, which came into force on January 26, 1950. With the 1950 constitution, the country was officially known as the Republic of India — a “sovereign socialist secular democratic republic” that “secures all its citizens justice, liberty, equality, and fraternity,”

according to its Preamble.

Dr. Lisy Cherian, Principal, Mar Thoma College for Women, Perumbavoor hoisted the national flag in the presence of NCC coordinator Dr. Sangeetha Rachel Koruth, Students and teachers of various departments of the college participated in the event. Dr. Sangeetha Rachel Koruth delivered a talk on the importance and values of our Constitution with special mention to Dr. B.R. Ambedkar, Father of Indian Constitution. Sweets were distributed among the students and teachers to share the happiness of the day. The students immensely benefitted by the programme as it instilled national pride and unity.

LIST OF PARTICIPANTS

Sl.No.	NAME
1	ANNMOL GEORGE
2	ARCHANA JOSE
3	AYANA P.S.
4	BIBINU KURIAKOSE

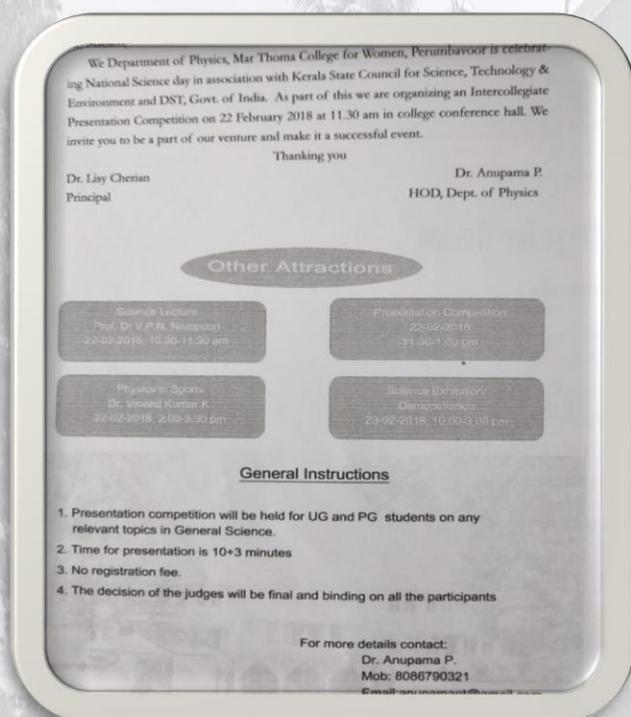
Sl.No.	NAME
25	PONNU DILEEP
26	SARANYA BHADRAN
27	SHAHINA BASHEER



5	FABIYA KAREEM	28	SHILPA KIRAN
6	FARSANA M.J.	29	SOYA MOL
7	GEELIYA GEORGE	30	THASNI K.M.
8	NOUFIRA V.C.	31	APARNA BABU
9	SALIHA K. SIDHEEKH	32	ASHNA A..G
10	SANGEETHA M.S.	33	ATHULYA SASI
11	SIMNA FATHIMA	34	FATHIMATHU SUHARA V
12	ANASWARA SAJEEV	35	HASNA JAWAHA
13	APARNA P.M	36	ANAGHA ANIL
14	DEVIKA V IJU	37	ANASOOYA KRISHNAN
15	ELNA ELDHO	38	GOPIKA RAMANAN
16	FATHIMA FAYARUZ	39	JEEVA C.D.
17	KALYANI SURENDRAN	40	JISHITHA THANKAPPAN
18	KARTHIKA RAJAN	41	RUFAMOL P,A
19	KARTHIKA S.	42	ATHULYA RADHAKRISHNAN
20	LAKSHMI NARAYANAN	43	GAYATHRY S.
21	MARIYA EMINA BABU	44	GOPIKA PRATHAP
22	NEERAJA PONNU	45	KRISHNA ASHOKAN
23	RINCY R.C	45	ATHULYA SASI
24	SANDHYA M	46	ELSA GEORGE
		47	MALAVIKA C.R.

NATIONAL SCIENCE DAY CELEBRATIONS

Title of the Activity	National Science Day Celebrations
Organising Agency/Department	Department of Physics in collaboration with Kerala State Council for Science, Technology and Environment and DST, Government of India
Date	22-23-February-2018
No. of Students Participated	48
Resource Person/Coordinator	Prof. Dr. V.P.N. Namboothiri, International School of Photonics, CUSAT
Outcome	Soft skill Enhancement of the participants along with enhancement of scientific temper



National Science Day is celebrated every year on 28 February to mark the discovery of the “Raman Effect” by Sir C.V.Raman on 28 February 1928. As a part of that, the Department of Physics celebrated National Science Day from 22/02/2018 to 23/02/2018 in association with Kerala State Council for Science, Technology and Environment and DST, Government of India with an objective to enhance scientific temper among students. The event inaugurated by Prof. Dr. V.P.N. Namboothiri, International School of Photonics, CUSAT. Following that, he delivered an inspiring science lecture to the students. An intercollegiate power point presentation competition for UG and PG students on any relevant topic on

General Science was conducted after that from 11.30 am to 1 pm. In the afternoon session, Dr. Vineed Kumar, Assistant Professor, Department of Physical Education, Mar Thoma College for Women, Perumbavoor delivered a lecture on the topic “Physics in Sports”.

On the second day (23/02/2018), a Science Exhibition was organized by the department from 10 am to 3 pm in which students from various departments of the college participated.

The overall event was helpful in encouraging scientific passion of students.

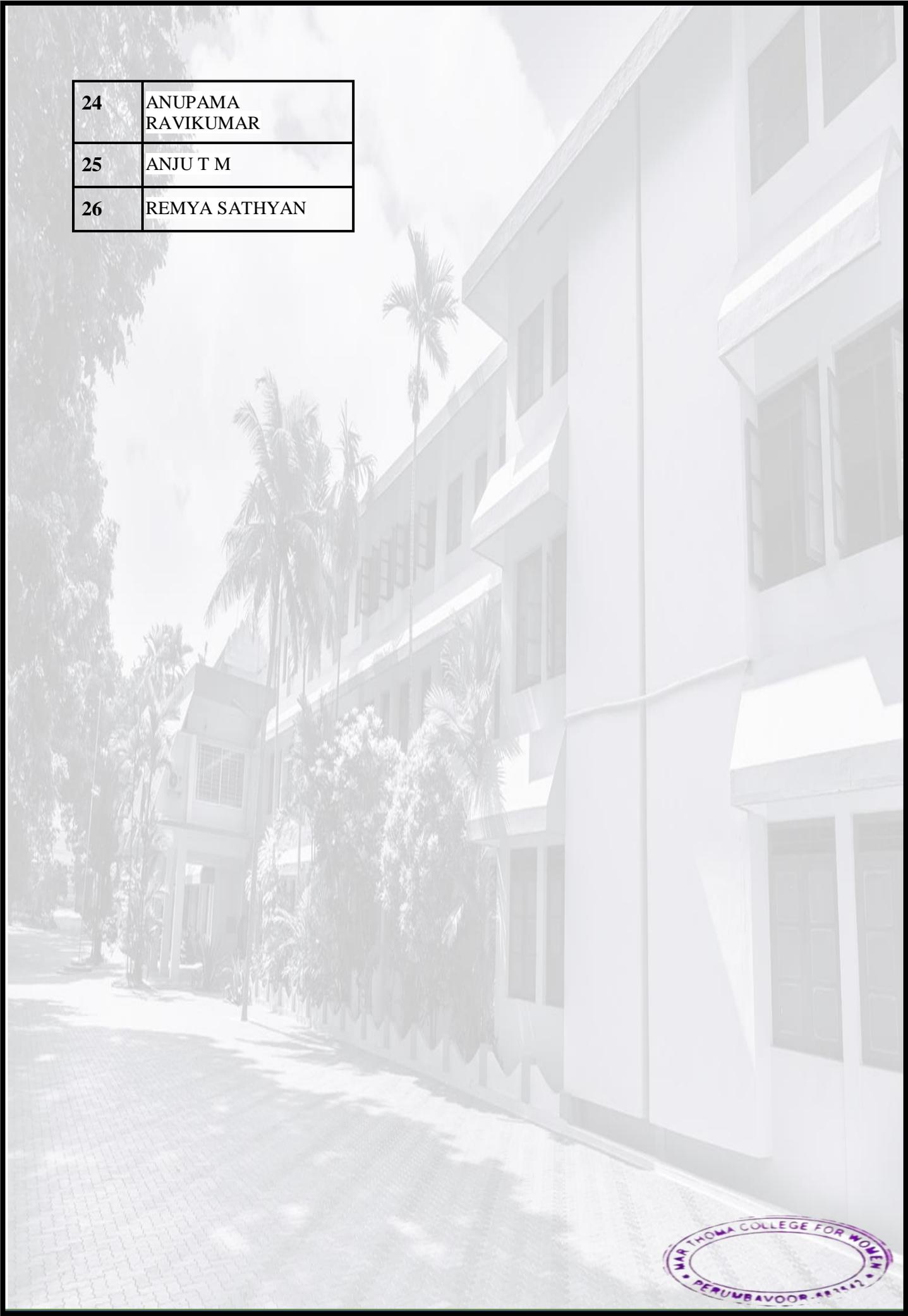


LIST OF PARTICIPANTS

Sl.No.	NAME
1	JIYA ELDHO
2	MEGHA MANOJE
3	NIMMY JOSEPH
4	GINISHA MOL C S
5	AFNA JAFFER
6	MERIN JOY
7	BHAGYALAKSHMI UNNIKRISHNAN
8	BLESSY MATHEW
9	KEERTHANA SHAJI
10	JIFNA VARGHESE
11	JEENA JOHNY
12	ASWATHI SASI
13	GREESHMA ELDHO
14	AARYA H KARTHA
15	SANDRA KRISHNA
16	JASEELA K S
17	SHIFANA E S
18	SAIRA ABRAHAM
19	BEEMAMOL M H
20	AISWARYA MURALEEDHARAN
21	ARATHY SUKUMAR
22	AMMU BABU
23	ANJANA K S

Sl.No.	NAME
27	BINITTA B ARACKAL
28	AFNITHA KAREEM
29	AMEERA RASHEED
30	BINTU MARIA PAUL
31	ANCY MARY SUNIL
32	LINTA JOSE
33	ANEEJA GEORGE
34	ARYA SIVAN
35	ANNMARIYA PHILIP
36	AKSA JOSE
37	ARSHA S KUMAR
38	JINU JOHN
39	JENY ROSE JOB
40	VARSHA M VIJAY
41	HASEENA
42	DEVIKA
43	KISHNENDU
44	ANJANA AJITH
45	NIYA MERRIN MATHEW
46	DONA MARIAM ROY
47	PRASTHUTHA PAVITHRAN
48	BINITHA BABY

24	ANUPAMA RAVIKUMAR
25	ANJU T M
26	REMYA SATHYAN



INTERNATIONAL WOMEN'S DAY

Title of the Activity	International Women's Day
Organising Agency/Department	Department of English
Date	08-March-2018
No. of Students Participated	50
Resource Person/Coordinator	Dr.Minu Susan Koshy
Outcome	Students got an opportunity to understand the importance of women in the society.

The Department of English celebrated **International Women's Day** on 08/03/2018 in the college campus.



International Women's Day (IWD) is a global day celebrating the social, economic, cultural and political achievements of women. It is celebrated annually on March 8 as a focal point in the women's rights movement, bringing attention to issues such as gender equality, reproductive rights, and violence and abuse against women. Spurred on by the universal female suffrage movement, IWD originated from labour movements in North America and Europe during the early 20th century. International Women's Day is commemorated in a variety of ways worldwide; it is a public holiday in several countries, and observed socially or locally in others to celebrate and promote the achievements of women.

Since Mar Thoma College is a women's college, International Women's Day is celebrated every year with utmost importance. Students of the English Department performed a flashmob in the college campus based on the theme "**Discrimination and Abuses faced by women in the society**". Posters that conveying Women's Day messages were posted in various parts of the campus.

This celebration was helpful for the students to understand the origin and proliferation of global women's movement and the need for rights and the importance of gender equity in the campus and outside.

LIST OF PARTICIPANTS

S.No	Name	S.No	Name
1	ALBY YOHANNAN	27	KARTHIKA K. P.
2	AMITHA ROSE JOY	28	KESIYA JOSE
3	ANUPRIYA P. R.	29	MEERA MOHAN



4	ATHULYA P. P.
5	DIVYA HARIHARAN
6	FARSANA KHADER
7	MERIN ELDBHOSE
8	MUSHINA JALEEL
9	NIVA MARIUM BABY
10	P M MUHSINA
11	RONIYA JOSE
12	AKHILA RAJU
13	AKSHITHA MARIUM
14	AMINA C A
15	BILDANI JOSEPH
16	JASEENA P. A.
17	KARTHIKA K. P.
18	KESIYA JOSE
19	ALBY YOHANNAN
20	AMITHA ROSE JOY
21	ANUPRIYA P. R.
22	ATHULYA P. P.
23	DIVYA HARIHARAN
24	FARSANA KHADER
25	MERIN ELDBHOSE
26	MUSHINA JALEEL

30	MUHSINA V. M.
31	RESHMA K. B.
32	RESHMA RAGHUNADHAN
33	SAHIRA M. M.
34	SREELAKSHMI
35	AISHA BUSTHANA P. A.
36	AKSHAYA SUNDARAN
37	AMEEN RUKSANA
38	ANEETTA JOHNSON
39	ANUSREE P. S.
40	DARSANA R.
41	MEERA DELEEP
42	ASEEFA MUFTHIYA
43	ASNA A. U.
44	ATHIRA BIJU
45	ATHIRA SHAJI
46	DINU RAJAN
47	FATHIMA T
48	RAMEESA T.
49	SNEHA MARIA JOY
50	SWETA S. KUMAR

J. J. J.
Principal-in-charge
Mar Thoma College For Women
Perumbavoor - 683 542



WORLD ENVIRONMENT DAY CELEBRATIONS 2018

Title of the Activity	World Environment Day Celebration-Lets Go Green
Organising Agency/Department	Department of Commerce
Date	05- June-2018
No. of Students Participated	51
Resource Person/Coordinator	Mrs. Saritha N.
Outcome	Development of environmental consciousness



The Department of Commerce (Computer Applications) celebrated "World Environment Day " on 05/06/2018 by planting saplings in the campus and thereby created a green corner. The program was coordinated by Mrs. Saritha N. Assistant Professor, Mar Thoma College for Women. The world environment day is celebrated with an aim to raise global awareness to take positive environmental action to protect nature and the planet earth. It is a day that reminds everyone on the planet to get involved in environment friendly activities. People come together to pledge towards building a greener planet.

The event was conducted successfully with wholehearted participation of students and teachers. Participants got an opportunity to be aware about the importance of conservation of nature.



LIST OF PARTICIPANTS

Sl.No	Name	Sl.No	Name
1	AJINA MAHIN	27	AISWARYA.V.M
2	ALFIYA K ALI	28	ANAKHA ABEE
3	ANCY GEORGE	29	ANOOJA.S
4	APARNA SIVAN	30	ANU MOHANAN6
5	ASWATHY P .R	31	ANU PETER
6	ASWATHY RAJEEVAN	32	ANUGRAHA JOSE
7	AYSHA BEEVI C .H8	33	ARATHY KRISHNA.K.S
8	FARHANA MUHAMMED	34	ARYA.T.A
9	FATHIMA MEHARINE	35	ASNA MAYINKUTTY
10	FATHIMA A .	36	ASWATHY.V.S
11	FIDHA NASREEN	37	AYANA. M. R
12	JINU G	38	BHAVANA.M.S
13	KARTHIKA T. M	39	DELNA JOHNY
14	MARIYA JOSE PETER	40	DEVIKA SUGATHAN
15	RESHMA RAJESH	41	RESHMA BABU
16	SAFNAMOL C. J	42	RUMANA ABDHULKHADER
17	SONA SURESH	43	SANDHRA MARIYA JOMY
18	THARA PAULOSE	44	SANDRA LINZY .K
19	AMINA LATHEEF	45	SHIGALA. P.M.
20	APARNA ELDHOSE	46	SISIRA.S
21	BASIJA P.S	47	SREELAKSHMI
22	MEENAKSHI O .S	48	KEERTHI
23	NAVYA JOSE		

24	MINCY MARY MATHEW
25	ADITHI AJITH
26	AISWARYA.V.M

	SAJEEVAN
49	KRISHNAPRIYA .M.K
50	MEENA THOMAS
51	MERLIN MARY BASIL

WORLD ENVIRONMENT DAY CELEBRATIONS

Title of the Activity	World Environment Day Celebration-Craft Making
Organising Agency/Department	Department of Physics
Date	05-June-2018
No. of Students Participated	15
Resource Person/Coordinator	Dr.Melvi Chandy
Outcome	Soft skill Enhancement along with giving training to manufacture environmentally friendly materials



The Department of Physics conducted a craft making competition in connection with Environment Day celebration on 05/06/2018, in the Physics Laboratory in which students from various departments participated. Duration of the competition was fixed as one hour. The theme of the competition was “Making craft items using environment friendly materials”. The judging was done by teachers of the Physics Department. Vaishnavi M.V.. bagged the first prize and prizes were distributed to the students who acquired first three positions.

The program was aimed to create awareness among students about the need

for environment conservation and alternative development and manufacturing environmentally suited materials. It also aimed at the enhancement of innovative ideas of students. All participants came up with appealing and innovative crafts, which clearly shows that the objective of the competition was accomplished.

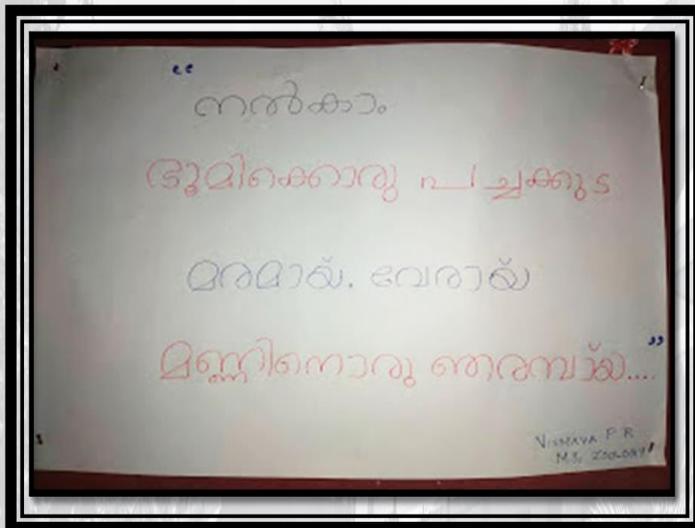


LIST OF PARTICIPANTS

S.No	Name
1	ANIGHA ANTONY
2	ATHULYA VIJAY
3	DRISHYA M.
4	FATHIMA FAYARUZ
5	VASHNAVI MV
6	SALIHA P.A.
7	ANNMOL GEORGE
8	BINI K.M
9	KRISHNENDU K.S.
10	SHAMITHA PANKAJ
11	SIJI M.
12	ELSA C. ELDHOSE
13	ANUSHA S.M.
14	BETTY MATHEW
15	RABIA P.S.

WORLD ENVIRONMENT DAY CELEBRATION

Title of the Activity	World Environment Day Celebration-Slogan Writing
Organising Agency/Department	Department of Zoology
Date	05-June-2018
No. of Students Participated	13
Resource Person/Coordinator	Dr. Biju Jacob Thomas
Outcome	Development of environmental consciousness and Soft skill Enhancement.



The Zoology Association conducted a slogan writing competition in connection with Environment Day celebration on 05/06/2018, in the M.Sc. Zoology Lab, at 11AM, in which 13 students from various departments participated. Duration of the competition was 45 minutes. The theme of the competition was "Environment Conservation". The judgment was done by M.Sc. Zoology teachers. Vismaya P.R. bagged the first prize and prizes were distributed to the students who acquired first three

positions.

The program was aimed to create awareness among students about the need for environment conservation and protection. It also aimed at the enhancement of writing skills and innovative ideas of students. All participants came up with appealing and thought-provoking slogans, which clearly shows that the objective of the competition was accomplished



LIST OF PARTICIPANTS

S.No	Name
1	JISHITHATHANKAPPAN
2	ATHULYA VIJAY
3	ANJU A PRABHU
4	KESIA JOSE
5	VASHNAVI MV
6	GOPIKAREMANAN
7	NEENU SUNIL
8	LAKSHIMI MOHAN
9	ARYA BA
10	ANEEDA GEORGE
11	LINNY BENNY
12	VISMAYA P.R
13	SUSAN CHERIYAN

INTERNATIONAL YOGA DAY CELEBRATION

Title of the Activity	International Yoga Day Celebrations
Organising Agency/Department	NCC
Date	21-June-2018
No. of Students Participated	34
Resource Person/Coordinator	Instructors from Sewakiran
Outcome	Cadets learned various yoga postures and realized the importance of Yoga in maintaining a sound Physical and mental life

The National Cadet Corps of Mar Thoma College for Women ,Perumbavoor celebrated “*International Yoga Day*”,in the college campus on 21/06/2018 in association with the institution SewaKiran, which is part of Ministry of Ayush.The instructors from the institution taught the basic lessons of yoga to our cadets. 34 Cadets were participated in the session.The instructor also delivered a speech on advantages of yoga in daily activities Yoga is an ancient physical, mental and spiritual practice that originated in India. The word 'yoga' derived from Sanskrit and means to join or to unite, symbolizing the union of body and consciousness. Today it is practiced in various forms around the world and continues to grow in popularity. Recognizing its universal appeal, on 11 December 2014, the United Nations proclaimed 21 June as the International Day of Yoga by resolution 69/131. The United Nations General Assembly declared June 21 as 'International Day of Yoga', months after Prime Minister Narendra Modi had proposed the idea.



The International Day of Yoga aims to raise awareness worldwide of the many benefits of practicing yoga. The fifth annual International Day of Yoga was held at the institution with "Yoga with Gurus, as the theme.

LIST OF PARTICIPANTS

YOGA DAY CELEBRATION (2018-2019)		
Date: 21/06/2018		
Sl No.	NAME OF THE PARTICIPANTS	SIGNATURE
1	ABHITHA CLAYER K. MATHEW	
2	AKSHAYA SATHYAN	
3	ANCY MARY SUNIL	
4	ANJALY ELDBHOSE	
5	ANJANA ANIL	
6	ANJU T.M	
7	APARNA A FRANCIS	
8	ARSHA S	
9	ARTHIRA SHAJI	
10	DEVIKA VIJU	
11	HASMA P.K	
12	RAHANA MOITHU	
13	JOMOL ACHAMMA MAMMEN	
14	MEERA DELEEP	
15	SHILPA BRIGHT	
16	SNEHA S	
17	AISHA MARWA P.K	
18	AMITHA JOHN	
19	AKSA JOSE	
20	ANAGHA E.R	
21	ANJANA AJITH	
22	ANJANA NAIR	
23	ARYA MATHEW	
24	JOSMIN JOSEPH	
25	KRIPA RAJAN	
26	LAKSHMI INDUCHOODAN	
27	MANUMITHA S	
28	RESHMA RADHAKRISHNAN	
29	ROSMY JOHNY	
30	SAFARINA M MAHIN	
31	SIYA MARIYA SUNNY	
32	SREELAKSHMY K.G	
33	SWETA S KUMAR	
34	VISHNUPRIYA SOMAN	

INTERNATIONAL DAY AGAINST DRUG ABUSE AND ILLICIT TRAFFICKING

Title of the Activity	International Day against Drug Abuse and Illicit Trafficking
Organising Agency/Department	NCC
Date	26-July-2018
No. of Students Participated	30
Resource Person/Coordinator	Dr. Sangeetha Rachel Koruth.
Outcome	Awareness about Drug Abuse



The National Cadet Corps of Mar Thoma College for Women, Perumbavoor celebrated “*International Day Against Drug Abuse and Illicit Trafficking*”, on 26/06/2018 by organizing a “Drug abuse awareness campaign” in the college campus. This campaign was inaugurated by handing over the hand-outs, which give information on types of drugs and symptoms of those who are addicted to drugs, to the Principal of the institution on 26 June 2018.

The student cadets distributed these hand-outs to all the students of the college, nearby schools, colleges and shops. A talk on drug abuse and its symptoms was also delivered by the HOD of Zoology Department Ms. Reemy Sara Mathai, which helped the cadets to understand the lethal effects of the drugs.

Drugs take you to hell, disguised as heaven'. This statement defines the meaning of drugs accurately in one single line. You might think that not everyone takes drugs, but surprisingly this has become a lifestyle of some people. You might believe that this happens only in movies or with movie stars, but that is just a far-fetched reality. Drugs are very much a part of people who were normal once upon a time, due to many different reasons. The effects of drugs can vary in numerous situations as well. First and foremost being mental wellbeing. A person, to cope up with situations tries drugs and due to the addicting effects doesn't recognize reality. Drugs completely change the way they think and behave. This, in turn, affects whatever relationships they have in their life and the impact is mostly always negative. Financial situations take a rough blow under the influence of drugs as they are not found easily and are expensive.

Thus, Drug Abuse is a very well recognized problem for the new generation but still, it would take a lot of knowledge to steer clear of it. Taking Drugs can be overwhelming and



indecisive, but it is a work of sheer will to overcome that disastrous addiction. 11.8 million deaths are the result of drug abuse each year. The will to not fall prey to such addictions in life is the only way to save ourselves from being prematurely dead

The cadets were thus introduced to pros and cons of drug abuse and the disastrous effect on new generation through these sessions and campaigns.

LIST OF PARTICIPANTS

S.NO	NAME	S.NO	NAME
1	ANJU TM	16	ROSMY JOHNY
2	ANJANA ANIL	17	RESHMA RADHAKRISHNAN
3	AISHA MARWA P.K.	18	MANUMITHA S
4	AMITHA JOHN	19	LAKSHMI INDHUHOODAN
5	HASMA P.K.	20	KRIPA RAJAN
6	ANJALY ELDHOSE	21	JOSMIN JOSEPH
7	AKSHAYA SATHYAN	22	ARYA MATHEW
8	ANCY MARY SUNIL	23	ANJANA NAIR
9	APARNA FRANCIS	24	ANJANA AJITH
10	ARSHA S.	25	ANAGHA E.R.
11	VISHNUPRIYA SOMAN	26	AKSA JOSERAHANA MOITHU
12	SWRTHA S KUMAR	27	SNEHA S
13	SREELAKSHMI K.G.	28	MEERA DILEEP
14	SIYA MARIYA SUNNY	29	SHILPA BRIGHT
15	SAFARINA M.MAHIN	30	DEVIKA VIJU

NATIONAL MATHEMATICS DAY CELEBRATIONS

Title of the Activity	National Mathematics Day Celebrations
Organising Agency/Department	Department of Mathematics in association with KSCSTE & DST, Govt. of Kerala.
Date	02-03 August-2018
No. of Students Participated	153
Resource Person/Coordinator	Dr.Sunny Kuriakose DEAN, FISAT, Angamaly & Secretary, Kerala Mathematical Association
Outcome	Students were able to enhance their mathematical skills by participating in various competitions.



The Department of Mathematics, Mar Thoma College for Women, Perumbavoor celebrated National Mathematics Day on 2 and 3 August 2018 in memory of the Great mathematician Srinivasa Ramanuja, with an aim to sustain, promote and foster the Mathematical culture and tradition of India. The programme was sponsored and financially supported by Kerala State Council for Science, Technology & Environment (KSCSTE) & DST, Govt. of Kerala.

The following programs were included in the celebration

1. Inaugural Ceremony
2. Mathematics Lecture
3. Mathematics Quiz Competition (Preliminary & Final)
4. Movie show on “The Man who knew infinity”
5. Math Riddles Fun

The celebrations began with inaugural ceremony at 10 am at the PG Seminar Hall. Dr. Sunny Kuriakose DEAN, FISAT, Angamaly & Secretary, Kerala Mathematical Association inaugurated the function. Dr.Lisy Cherian, Principal, Mar Thoma College for Women, Perumbavoor delivered the presidential address. After the inaugural function, Dr. Sunny Kuriakose, the Resource Person, gave a brief review on the life & achievements of the Mathematics Wizard Srinivasa Ramanuja and also made a presentation on the Topic “**Presence of Mathematics in Nature and its importance in Everyday life**”. The class was really inspiring and it helped students to have an insight into the practical applications of basic Mathematics and computation in daily life.



Mathematics Quiz Competition

In the Afternoon, an Inter Collegiate Mathematics Quiz Programme was conducted for which Dr. Sunny Kuriakose was the Quiz Master. 16 teams from various Colleges participated in the Preliminary Screening Test.

Sl.No.	Name of the Institution	No of teams(1 Team consists of 2 students)
1	SREESANKARA COLLEGE, KALADY	2 Teams
2	ST XAVIOUR'S COLLEGE FOR WOMEN, ALUVA	2 Teams
3	M.A.COLLEGE, KOTHAMANGALAM(AUTONOMOUS)	2 Teams
4	ST.PETERS COLLEGE, KOLENCHERY	1 Team
5	S.S.V. COLLEGE, AIRAPURAM	2 Teams
6	M.E.S. COLLEGE, MARAMPALLY	2 Teams
7	NIRMALA COLLEGE, MUVATTUPUZHA	1 Team
8	S.N.M. COLLEGE, MALIANKARA	2 Teams
9	MAR THOMA COLLEGE FOR WOMEN, PERUMBAVOOR	2 Teams

On the basis of the screening test four teams were selected to participate in the final quiz. The final quiz was conducted in 9 rounds which included, life & works of Ramanujan, History of Mathematics, Great Indian Mathematicians, Famous World Mathematicians, Visual Round, Object Round etc. The Team from St. Peter's College, *Kolenchery* won the First Prize, the Second Prize was bagged by a Team from MarThoma College for Women, Perumbavoor and the Third Prize went to a Team from Mar Athanasius College, Kothamangalam. Winners were awarded Cash Prizes & Certificates. Certificate of Participation was also issued to everyone who participated in the Quiz Programme.



Movie Show 'The Man Who Know Infinity' 3 August 9.30 am - 12.00 pm

As the National Mathematics Day Celebrations mainly aims at paying tribute to the Mathematic giant Srinivasa Ramanuja, a Movie Show “The Man who knew Infinity” demonstrating life, achievements and contributions of Dr.Srinivasa Ramanuja was screened on the following day. Students enjoyed the movie with great feel and enthusiasm.

Math Riddle Fun: 3 August 1pm - 2 pm

A Math Riddles Fun' Competition was conducted in the afternoon and students participated in it with great zeal and enthusiasm. Winners were given prizes.

Posters related to the event were displayed in the campus and the whole programme inspired every one.

LIST OF STUDENTS PARTICIPATED IN THE QUIZ COMPETITION

Sl No.	Name	Class	College
1	ABHISHEK K SURENDRAN	I BSC MATHEMATICS	SREE SANKARA COLLEGE, KALADY
2	MANU D	I BSC MATHEMATICS	SREE SANKARA COLLEGE, KALADY
3	HRIDHYA H MANJALY	III BSC MATHEMATICS	St. XAVIER'S COLLEGE, ALUVA
4	MEENU PR	III BSC MATHEMATICS	St. XAVIER'S COLLEGE, ALUVA
5	ARYA RAMESH	III BSC MATHEMATICS	St. XAVIER'S COLLEGE, ALUVA
6	BINAYA B KULANGARA	II BSC MATHEMATICS	SREE SANKARA COLLEGE, KALADY
7	BALAMOCHAN DEV R	II BSC MATHEMATICS	SREE SANKARA COLLEGE, KALADY



8	ABHIRAM SHYAM	II BSC MATHEMATICS	SREE SANKARA COLLEGE, KALADY
9	SREEKALA SURENDRAN	II BSC MATHEMATICS	SREE SANKARA COLLEGE, KALADY
10	ABHISHEK K SURENDRAN	II BSC MATHEMATICS	SREE SANKARA COLLEGE, KALADY
11	BINSA VARGHESE	II BSC MATHEMATICS	MA COLLEGE, KOTHAMANGALAM
12	ROSMI GEORGE	II BSC MATHEMATICS	MA COLLEGE, KOTHAMANGALAM
13	ANU JOSE	I BSC MATHEMATICS	MA COLLEGE, KOTHAMANGALAM
14	AYANA ASOK	III BSc MATHEMATICS	ST.PETER'S COLLEGE, KOLENCHERY
15	ANJANA MOHANDAS	III BSc MATHEMATICS	ST.PETER'S COLLEGE, KOLENCHERY
16	SREEJITH SHAJI	III BSc MATHEMATICS	ST.PETER'S COLLEGE, KOLENCHERY
17	ASHWIN K MANOJ	III BSc MATHEMATICS	ST.PETER'S COLLEGE, KOLENCHERY
18	ABHIJITH SURESH	III BSc MATHEMATICS	ST.PETER'S COLLEGE, KOLENCHERY
19	ANANDHU SAJEERAN	III BSc MATHEMATICS	ST.PETER'S COLLEGE, KOLENCHERY

20	AMEENA AZEEZ	II BSc MATHEMATICS	MES COLLEGE, MARAMPALLY
21	NISSY PAUL	II BSc MATHEMATICS	MES COLLEGE, MARAMPALLY
22	AMAL JOSE	II BSc MATHEMATICS	NIRMALA COLLEGE, MUVATTUPUZHA
23	SONU JOSEPH	II BSc MATHEMATICS	NIRMALA COLLEGE, MUVATTUPUZHA
24	ANANDHU KP	II BSc MATHEMATICS	SNM COLLEGE, MALYANKARA
25	ARUN BINISH	II BSc MATHEMATICS	SNM COLLEGE, MALYANKARA
26	ASWIN P P	III BSc MATHEMATICS	SNM COLLEGE, MALYANKARA
27	AKASH P SAJEEV	III BSc MATHEMATICS	SNM COLLEGE, MALYANKARA
28	SAPNAMOL PS	III BSc MATHEMATICS	MES COLLEGE MARAMPALLY
29	NOORAMOLA A	III BSc MATHEMATICS	MES COLLEGE MARAMPALLY
30	ASHITHA KAREEM	II BSc MATHEMATICS	MARTHOMA COLLEGE FOR WOMEN PERUMBAVOOR
31	SOYA JOY	II BSc MATHEMATIC	MARTHOMA COLLEGE FOR WOMEN PERUMBAVOOR



32	JOMOL BABU	III BSc MATHEMATICS	MARTHOMA COLLEGE FOR WOMEN PERUMBAVOOR
33	EHSANA K B	III BSc MATHEMATICS	MARTHOMA COLLEGE FOR WOMEN PERUMBAVOOR

INDEPENDENCE DAY CELEBRATIONS

Title of the Activity	Independence Day Celebrations
Organising Agency/Department	NSS
Date	15-August-2018
No. of Students Participated	25
Resource Person/Coordinator	Mrs. Sherin T.Abraham
Outcome	Students got an opportunity to commemorate the nation's struggle for freedom.



The National Service Scheme of Mar Thoma College for Women ,Perumbavoor celebrated “72 nd Independence Day”,in the college campus on 15/08/2018. Due to unexpected heavy rain and flooding in many parts of Kerala, celebrations were minimalized . Only a few students and teachers could participate in the event. Flag hoisting ceremony was conducted by Dr. Lisy Cherian, Principal, Mar Thoma College for Women,Perumbavoor. Followed, she delivered a talk on the importance of patriotism and also asked the students and teachers to provide help to those people affected by rain and flood..Sweets were

distributed among the teachers and students to share the happiness of the event.

The program provides an opportunity to the students to commemorate the nation's struggle for freedom.

LIST OF PARTICIPANTS

S.No	Name	S.No	Name
1	RUKSANA K.A.	13	VISMAYA P,R,
2	SHABANA NAZRIN T.M.	14	KALYANI SURENDRAN
3	AMAYA M.V.	15	KARTHIKA RAJAN
4	ANJANA ANIL	16	KARTHIKA S.
5	ANJANA RAVINDRAN	17	LAKSHMI NARAYANAN

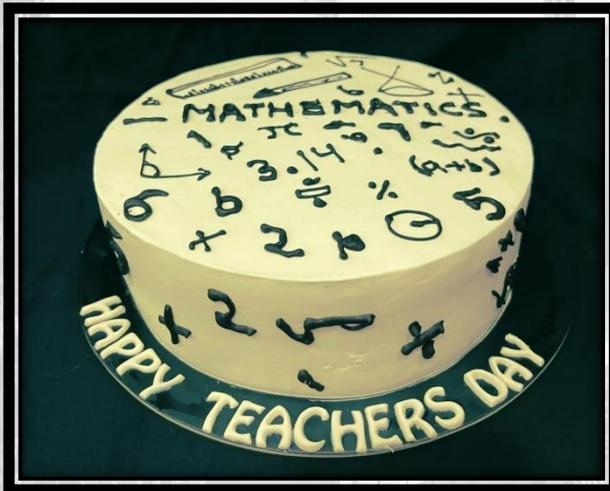


6	ANJU N. MATHEW
7	AYANA P.S.
8	ANNMOL GEORGE
9	BIBINU KURIAKOSE
10	ABHIRAMI AJAYAN
11	FARSANA M.J.
12	LINY BENNY

18	MARIYA EMINA BABU
19	NEERAJA PONNU
20	PONNU DILEEP
21	SARANYA BHADRAN
22	SHAHINA BASHEER
23	SHILPA KIRAN
24	SOYA MOL
25	THASNI K.M

NATIONAL TEACHER'S DAY CELEBRATIONS

Title of the Activity	National Teacher's Day Celebration
Organising Agency/Department	Department of Mathematics
Date	05-September-2018
No. of Students Participated	46
Resource Person/Coordinator	Adheena Varghese (Student)
Outcome	Students were able to acknowledge their teachers for their valuable contributions



The Department of Mathematics celebrated Teacher's day on September 5th in memory of great teacher Dr.Sarvepalli Radhakrishnan. This day is dedicated to the teachers with the sense of respect, appreciation and support for their devotion to their students. Students of the Department celebrated Teacher's day on 5th September to express their gratitude for the immense contribution put forth by their teachers towards their development. Students organized a meeting in which student representatives shared their feelings about their dear teachers and a wonderful cake

was also cut by the students and teachers by which they shared their love. Sweets were also distributed to all teachers of the College which made their day memorable.

LIST OF PARTICIPANTS

S.No	Name	S.No	Name
1	ALFIA K KARIM	27	SHIMNA CS
2	AMINA N S	28	ADHEENA VARGHESE
3	AMITHA SHAJI		
4	ANET JACOB	29	AHILA HARI

5	ANISHA SHIJAN	30	ANAGHA V. R
6	ANNA BABY	31	ANAKHA JOSE
7	APARNA VALSAN	32	ANJALI VALSAN
8	BEEGAM SULTHANA M S	33	ANJALY SIVADASAN
9	BIJITHA BABU	34	ANN MARY SANTY
10	CHITHRA CHANDRA	35	ANSY SEBASTIAN
11	DIVEGA MERCY KUNJU	36	ASHITHA KAREEM
12	FARSANA P. M	37	ASHNA ARAMTHURUTHIL
13	FATHIMA MS	38	ASNA K. A
14	GAYATHRI AJITH	39	ATHIRA VENUGOPAL
15	GOPIKA BABU	40	DEEPTHI

16	HAKIMA MARIYAM
17	JISNY VARGHESE
18	KARTHIKA MG
19	KEERTHI BALAN
20	LISNUL MUFSITHA
21	MARIA MINI ELDHOSE
22	MUSAINA KN
23	NIMMY MOHAN
24	SARIN MARIA JIJO
25	SHEEBA RAJAN
26	SHILPA DILEEP

	RAJENDRAN
41	DONA MARIYA JOY
42	DONIYA LAIJ
43	GANALATHA
44	GREESHMA KRISHNAN
45	GREESHMA RAJAN
42	INARANI
43	JEBNA K JALEEL
44	KEERTHY RAJENDRAN
45	AMRITHA TS
46	ANAGHAMOL PU

NATIONAL TEACHER'S DAY CELEBRATIONS

Title of the Activity	National Teacher's Day Celebration
Organising Agency/Department	Department of Commerce
Date	05-September-2018
No. of Students Participated	51
Resource Person/Coordinator	Jinu G. (Student)
Outcome	Students could mark a tribute to their faculties.

The students of the Department of Commerce (Computer Applications) celebrated Teacher's day on September 5th from 2.30pm to 3.30 pm to give a tribute to their teachers for their contributions. Teachers' Day marks the birthday of the country's first Vice President (1952–1962) who went on to become the second President of India (1962-1967), a scholar, philosopher, Bharat Ratna awardee, Dr Sarvepalli Radhakrishnan. He was born on September 5 in the year 1888. But teachers' day was first observed in 1962 on his 77th birthday. He was a teacher who turned out to be a philosopher, scholar and politician. He dedicated his entire life to working towards the importance of education in people's lives.

Students organized a memory sharing session in which teachers and students shared their good moments. Following that, a Teachers Day cake was cut to share the sweetness of teacher-student bond.



LIST OF PARTICIPANTS

S.No	Name	S.No	Name
1	AJINA MAHIN	27	AISWARYA.V.M
2	ALFIYA K ALI	28	ANAKHA ABEE
3	ANCY GEORGE	29	ANOOJA.S
4	APARNA SIVAN	30	ANU MOHANAN6
5	ASWATHY P .R	31	ANU PETER
6	ASWATHY RAJEEVAN	32	ANUGRAHA JOSE
7	AYSHA BEEVI C .H8	33	ARATHY KRISHNA.K.S
8	FARHANA MUHAMMED	34	ARYA.T.A
9	FATHIMA MEHARINE	35	ASNA MAYINKUTTY
10	FATHIMA A .	36	ASWATHY.V.S
11	FIDHA NASREEN	37	AYANA. M. R
12	JINU G	38	BHAVANA.M.S
13	KARTHIKA T. M	39	DELNA JOHNY
14	MARIYA JOSE PETER	40	DEVIKA SUGATHAN
15	RESHMA RAJESH	41	RESHMA BABU
16	SAFNAMOL C. J	42	RUMANA ABDHULKHADER
17	SONA SURESH	43	SANDHRA MARIYA JOMY
18	THARA PAULOSE	44	SANDRA LINZY .K
19	AMINA LATHEEF	45	SHIGALA. P.M.
20	APARNA ELDBHOSE	46	SISIRA.S
21	BASILA P.S	47	SREELAKSHMI
22	MEENAKSHI O .S	48	KEERTHI
23	NAVYA JOSE		

24	MINCY MARY MATHEW
25	ADITHI AJITH
26	AISWARYA.V.M

	SAJEEVAN
49	KRISHNAPRIYA .M.K
50	MEENA THOMAS
51	MERLIN MARY BASIL

WORLD DIABETES DAY OBSERVANCE

Title of the Activity	World Diabetes Day
Organising Agency/Department	Department of Zoology
Date	14-November-2018
No. of Students Participated	47
Resource Person/Coordinator	Mrs. Reemy Sara Mathai
Outcome	Helped in creating awareness about diabetes related ailments and the need for correcting the lifestyle among the participants. .



The Department of Zoology and Health Club of MarThoma College for Women, Perumbavoor in collaboration with the Government Taluk Hospital, Perumbavoor observed the World Diabetes Day on 14 November 2018 in the college conference hall. Officials from Government Taluk Hospital conducted awareness sessions on “**Lifestyle and Diabetes**” and “**Leprosy Eradication**”. Following that, a quiz competition was conducted among the students based on the theme “**Lifestyle and**

Diabetes”. Ranju Raju of II M.Sc.Zoology and Smrithi S. of I M.Sc. Zoology secured first and second positions respectively. 48 students participated in the programme. The program helped in creating awareness about diabetes related problems among the participants.

LIST OF PARTICIPANTS

S.No	Name	S.No	Name
1	ANASWARA SAJEEV	27	KARTHIKA S.
2	APARNA P.M.	28	LAKSHMI NARAYANAN
3	DEVIKA VIJU	29	MARIYA EMINA BABU
4	FARZANA ABDUL KALAM	30	NEERAJA PONNU
5	RUKSANA K.A.	31	PONNU DILEEP
6	SHABANA NAZRIN T.M.	32	SARANYA BHADRAN

7	AMAYA M.V.	33	SHAHINA BASHEER
8	ANJANA ANIL	34	SHILPA KIRAN
9	ANJANA RAVINDRAN	35	SOYA MOL
10	ANJU N. MATHEW	36	THASNI K.M.
11	ANU C. GOPI	37	ANKITHA Ayyappan
12	ANULAKSHMI K.S.	38	ASHNA P.S.
13	BIJIMOL MATHEW	39	ASNA ABBAS
14	FATHIMABEEVI P.J.	40	ASWATHY S
15	JOMOL JOSE	41	ATHIRA C.M.
16	KHOWLATH M.U.	42	DONA ELDBHOSE
17	RIZWANA ZAKEER	43	FEBA ELDBHOSE
18	SANDRA K.S.	44	GAYTHRY J.NAIR
19	SHERIN K.RAJU	45	HRIDHYA SURENDRAN
20	SHILPA K.SASI	42	JINU JAMES
21	CAROLIN ANN GEORGE	43	JISHA SUSAN SHAJI
22	APARNA ANIL	44	MAHINA P.M.
23	ELNA ELDBHO	45	PARVATHY S. KUMAR
24	FATHIMA FAYARUZ	46	RAIHANATH C.A.
25	KALYANI SURENDRAN	47	RENU K.REJI
26	KARTHIKA RAJAN		

ENVIRONMENT MONTH OBSERVANCE

Title of the Activity	Environment Month Observance
Organising Agency/Department	Department of Zoology
Date	22-November-2018
No. of Students Participated	12
Resource Person/Coordinator	Mrs. Reemy Sara Mathai
Outcome	Enrichment of creative thinking, innovative ideas and environment protection awareness



Every year Environment Awareness month is celebrated with a goal to raise awareness about environmental issues that need our attention, including overpopulation, global warming, climate change, pollution and conservation.

The Zoology Association conducted an inter departmental logo designing competition in connection with the Environment Week celebration on 22/11/2018, in the B.Sc. Zoology Lab in which 12 students from various departments participated. Duration of the competition was 1 hour. The judgment

was done by the faculties of the Zoology department. Athira Shaji (III B.Com Computer Application), Fathima Jamal (I B.Com Tax), Sharon Thomas (I M.Sc. Zoology) secured first, second and third positions respectively. A special appreciation prize was given to Rishika Ravi A. (I M.Sc. Zoology).

The objective of the competition was to enhance the creativity among students along with environment consciousness which was achieved through the participation of the students.



LIST OF PARTICIPANTS

S.No	Name
1	SMRITHI S
2	NOUJATH VM
3	ATHIRA SHAJI
4	ANJANA ANIL
5	KARTHIKARAJAN
6	GREESHMA T.R
7	FATHIMA JAMAL
8	ANGHA KP
9	AMALU C SHAJI
10	RISHIKA RAVI A.
11	NEENA MS
12	SHARON THOMAS

WORLD AIDS DAY OBSERVANCE

Title of the Activity	World AIDS Day Observance
Organising Agency/Department	Department of Zoology
Date	30-November-2018
No. of Students Participated	53
Resource Person/Coordinator	Mrs. Reemy Sara Mathai
Outcome	Helped in creating awareness about AIDS related problems and issues faced by HIV infected patients



The Department of Zoology along with the Health Club of MarThoma College for Women, Perumbavoor observed AIDS Day on 30 November 2018 in the college campus. A flash mob was performed by the students of the department to raise awareness about AIDS. Following that a short video about the AIDS related problems was screened in the conference hall. It was very informative and clearly conveyed AIDS related health issues, ways of its transmission and social discrimination faced by HIV infected

patients. Then red ribbons were distributed to the students as a universal symbol of awareness and support for people living with HIV.

Observance of AIDS Day was helpful to create awareness about AIDS among the students.



LIST OF PARTICIPANTS

S.No	Name	S.No	Name
1	RANJU K.REJI	27	KALYANI SURENDRAN
2	APARNA P.M.	28	LAKSHMI NARAYANAN
3	DEVIKA VIJU	29	MARIYA EMINA BABU
4	FARZANA ABDUL KALAM	30	NEERAJA PONNU
5	RUKSANA K.A.	31	PONNU DILEEP
6	SHABANA NAZRIN T.M.	32	SARANYA BHADRAN
7	AMAYA M.V.	33	SHAHINA BASHEER
8	ANJANA ANIL	34	SHILPA KIRAN
9	ANJANA RAVINDRAN	35	SOYA MOL
10	ANJU N. MATHEW	36	THASNI K.M.
11	ANU C. GOPI	37	ANKITHA AYYAPPAN
12	ANULAKSHMI K.S.	38	ASHNA P.S.
13	BIJIMOL MATHEW	39	ASNA ABBAS
14	FATHIMABEEVI P.J.	40	ASWATHY S
15	JOMOL JOSE	41	ATHIRA C.M.
16	KHOWLATH M.U.	42	DONA ELDBHOSE
17	RIZWANA ZAKEER	43	FEBE ELDBHOSE
18	SANDRA K.S.	44	GAYTHRY J.NAIR
19	SHERIN K.RAJU	45	HRIDHYA SURENDRAN
20	SHILPA K.SASI	42	JINU JAMES
21	CAROLIN ANN GEORGE	43	JISHA SUSAN SHAJI
22	APARNA ANIL	44	MAHINA P.M.
23	ELNA ELDBHO		

24	FATHIMA FAYARUZ
25	KARTHIKA S.
26	KARTHIKA RAJAN

45	PARVATHY S. KUMAR
46	RAIHANATH C.A.
47	ANASWARA SAJEEV

ENERGY CONSERVATION DAY OBSERVANCE

Title of the Activity	Energy Conservation Day Observance
Organising Agency/Department	Department of Physics and SAFE <i>Muvattupuzha</i>
Date	14-December-2018
No. of Students Participated	48
Resource Person/Coordinator	Dr. Anupama P.
Outcome	Students with thought provoking messages conveyed the purpose of the rally to the public of Perumbavoor town



The Department of Physics and SAFE *Muvattupuzha* in association with Energy Management Centre and Centre for Environment Management and Development, Thiruvananthapuram celebrated “Energy Conservation Day” by organizing an “**Energy Conservation Rally**” on 14/12/2018 from Subhash Chandra Bose Stadium , Perumbavoor at 10.30am, in which students from various departments were participated.

The program was aimed to create awareness among the public about the need for energy conservation in our life. It also aimed to convey the concept of” Sustainable Energy”. Students with their placards and slogans went around the Perumbavoor town, which clearly enhances their understanding and the natives of the town regarding the judicious use of energy and energy conservation

LIST OF PARTICIPANTS

S.NO	NAME
1	JIYA ELDHO
2	MEGHA MANOJE
3	NIMMY JOSEPH
4	GINISHA MOL C S

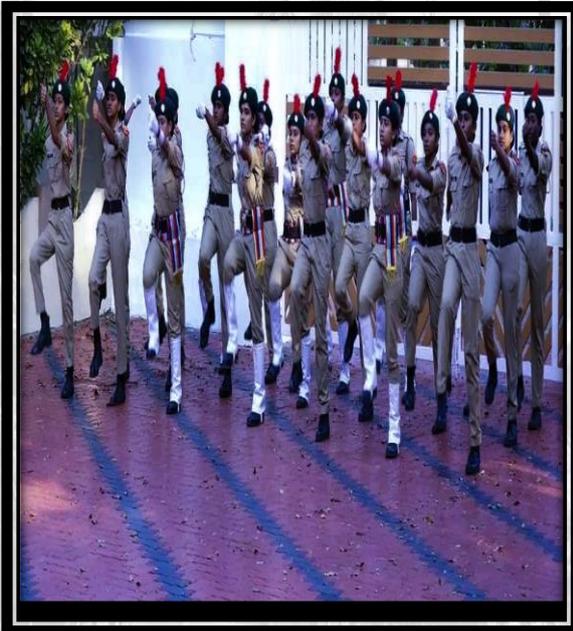
S.NO	NAME
27	BINITTA B ARACKAL
28	AFNITHA KAREEM
29	AMEERA RASHEED
30	BINTU MARIA



5	AFNA JAFFER		PAUL
6	MERIN JOY	31	ANCY MARY SUNIL
7	BHAGYALAKSHMI UNNIKRISHNAN	32	LINTA JOSE
8	BLESSY MATHEW	33	ANEEJA GEORGE
9	KEERTHANA SHAJI	34	ARYA SIVAN
10	JIFNA VARGHESE	35	ANNMARIYA PHILIP
11	JEENA JOHNY	36	AKSA JOSE
12	ASWATHI SASI	37	ARSHA S KUMAR
13	GREESHMA ELDHO	38	JINU JOHN
14	AARYA H KARTHA	39	JENY ROSE JOB
15	SANDRA KRISHNA	40	VARSHA M VIJAY
16	JASEELA K S	41	HASEENA
17	SHIFANA E S	42	DEVIKA
18	SAIRA ABRAHAM	43	KISHNENDU
19	BEEMAMOL M H	44	ANJANA AJITH
20	AISWARYA MURALEEDHARAN	45	NIYA MERRIN MATHEW
21	ARATHY SUKUMAR	46	DONA MARIAM ROY
22	AMMU BABU	47	PRASTHUTHA PAVITHRAN
23	ANJANA K S	48	BINITHA BABY
24	ANUPAMA RAVIKUMAR		
25	ANJU T M		
26	REMYA SATHYAN		

REPUBLIC DAY COMMEMORATION

Title of the Activity	Republic Day Commemoration
Organising Agency/Department	NCC
Date	26-January-2019
No. of Students Participated	45
Resource Person/Coordinator	Dr.Sangeetha Rachel Koruth
Outcome	Students got an opportunity to understand the unique values and legacy of our constitution.



The National Cadet Corps of Mar Thoma College for Women ,Perumbavoor celebrated “69 th Republic Day”,in the college campus on 21/06/2019. Republic Day is the day when India marks and celebrates the date on which the Constitution of India came into effect on 26 January 1950.

Flag hoisting ceremony was done by Dr.Gigi George, Principal, Mar Thoma College for Women, Perumbavoor, in the presence of NCC coordinator Dr. Lt.Sangeetha Rachel Koruth.Students and teachers of various departments of the college participated in the event.Dr. Sangeetha Rachel Koruth delivered a talk on the efforts for the formation of our constitution and the importance of armed forces in our nation. After that NCC Cadets carried out Republic Day parade . Sweets

were distributed among the students and teachers to share the happiness of the event.

LIST OF PARTICIPANTS

S.NO	NAME
1	ELSA GEORGE
2	ARCHANA JOSE
3	AYANA P.S.
4	BIBINU KURIAKOSE
5	FABIYA KAREEM

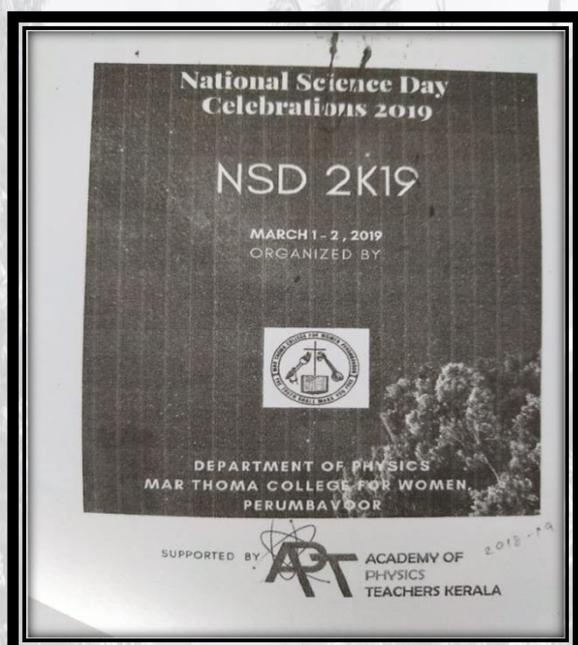
S.NO	NAME
25	GOURI SANTHOSH
26	SARANYA BHADRAN
27	SHAHINA BASHEER
28	SHILPA KIRAN
29	SOYA MOL



6	FARSANA M.J.	30	THASNI K.M.
7	GEELIYA GEORGE	31	APARNA BABU
8	NOUFIRA V.C.	32	ASHNA A..G
9	SALIHA K. SIDHEEKH	33	ATHULYA SASI
10	SANGEETHA M.S.	34	FATHIMATHU SUHARA V
11	JINU G	35	HASNA JAWAHA
12	KARTHIKA T. M	36	ANAGHA ANIL
13	MARIYA JOSE PETER	37	ANASOOYA KRISHNAN
14	. RESHMA RAJESH	38	GOPIKA RAMANAN
15	. SAFNAMOL C. J	39	JEEVA C.D.
16	SONA SURESH	40	JISHITHA THANKAPPAN
17	. THARA PAULOSE	41	RUFAMOL P,A
18	. AMINA LATHEEF	42	ATHULYA RADHAKRISHNAN
19	. APARNA ELDHOSE	43	GAYATHRY S.
20	. BASILA P.S	44	APARNA BABU
21	JOBIYA JOY	45	BINISHA .K. B
22	JYOTHI RAJANL	45	DELLA DEVASSYKUTTY
23	LAKSHMI MOHANAN		
24	MINNU ABRAHAM		

NATIONAL SCIENCE DAY CELEBRATIONS

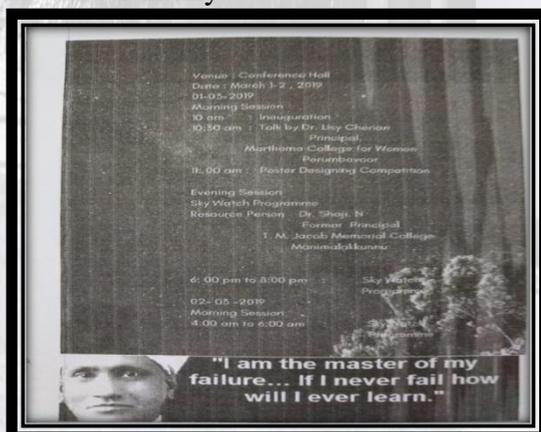
Title of the Activity	National Science Day Celebrations
Organising Agency/Department	Department of Physics in collaboration with Academy of Physics Teachers, Kerala
Date	01-02-March-2019
No. of Students Participated	53
Resource Person/Coordinator	Dr. Shaji N., Former Principal, T.M. Jacob Memorial College, <i>Manimalakunnu</i>
Outcome	Soft skill Enhancement of the participants along with enhancement of scientific temper



National Science Day is celebrated every year on 28 February to mark the discovery of the “Raman Effect” by Sir C.V.Raman on 28 February 1928. The Department of Physics celebrated National Science Day from 01/03/2019 to 02/03/2019 with an objective to increase awareness among students about the importance of Science and Technology in their lives. Venue of the program was the College Conference Hall. Morning session on 01/03/2019 was inaugurated by Dr. Lisy Cherian, Principal, Mar Thoma College for Women, Perumbavoor at 10am. Following that, she delivered a talk on the importance of celebrating National Science Day. A poster designing competition on the theme “Science in our daily life” was conducted at 11 am. A sky watch program from 6 pm to 8 pm was

arranged in the evening session, in which Dr. Shaji N., Former Principal, T.M. Jacob Memorial College, *Manimalakunnu* served as the resource person. The sky watch program continued to the next morning from 4 am to 6 am.

The program was helpful to create an awareness about the importance of Science among the students. Sky watch program was a new experience for the students and it was helpful for the students to learn the basics of astronomy.



LIST OF PARTICIPANTS

S.NO	NAME	S.NO	NAME
1	PRASTHUTHA PAVITHRAN	27	BINITTA B ARACKAL
2	MEGHA MANOJE	28	AFNITHA KAREEM
3	NIMMY JOSEPH	29	AMEERA RASHEED
4	GINISHA MOL C S	30	BINTU MARIA PAUL
5	AFNA JAFFER	31	ANCY MARY SUNIL
6	MERIN JOY	32	LINTA JOSE
7	BHAGYALAKSHMI UNNIKRISHNAN	33	ANEEJA GEORGE
8	BLESSY MATHEW	34	ARYA SIVAN
9	KEERTHANA SHAJI	35	ANNMARIYA PHILIP
10	JIFNA VARGHESE	36	AKSA JOSE
11	JEENA JOHNY	37	ARSHA S KUMAR
12	ASWATHI SASI	38	JINU JOHN
13	GREESHMA ELDHO	39	JENY ROSE JOB
14	AARYA H KARTHA	40	VARSHA M VIJAY
15	SANDRA KRISHNA	41	HASEENA
16	JASEELA K S	42	DEVIKA
17	SHIFANA E S	43	KISHNENDU
18	SAIRA ABRAHAM	44	ANJANA AJITH
19	BEEMAMOL M H	45	NIYA MERRIN MATHEW
20	AISWARYA MURALEEDHARAN	46	DONA MARIAM ROY
21	ARATHY SUKUMAR	47	JIYA ELDHO
22	AMMU BABU	48	NAMITHA K B
23	ANJANA K S	49	BINITHA BABY

24	ANUPAMA RAVIKUMAR
25	ANJU T M
26	REMYA SATHYAN

50	SMIJA REJI
51	FASNA T MOOSA
52	ASLAMIA K S
53	SARA ABEY



Principal-in-charge
Mar Thoma College For Women
Perumbavoor - 683 542



WORLD POPULATION DAY CELEBRATION

Title of the Activity	World Population Day Celebration
Organising Agency/Department	NSS
Date	11-June2019
No. of Students Participated	40
Resource Person/Coordinator	Dr.Vinod V&Mrs.Preethi Sara Joseph
Outcome	to achieve the importance of reproductive health, impact of overpopulation issue.

The NSS volunteers and Programme Officers of Mar Thoma College for Women, Perumbavoor, organized an essay writing competition and paper presentations to commemorate World Population Day on 11th June 2019. The paper presentations were conducted by volunteers, Ms. Arya Ravi (IIB.Com Finance and Taxation) and Ms. Delna Johny (IIB.Com Computer Application).



World Population Day was recommended by the United Nations Development Programme (UNDP) in 1989. It serves as a day to focus on the urgency and significance of population issues globally. The primary goal of this

observance is to increase public awareness about the detrimental effects of unchecked population growth on the environment and development.

The theme of the program, "The more aware the people will be, the less population growth will be," highlights the importance of raising awareness about population-related issues. By educating individuals about the consequences of rapid population growth, we can encourage responsible family planning, promote gender equality, and enhance maternal health.

It's essential to understand that population growth has a direct impact on nature and the environment. By controlling population growth through informed choices, we can reduce the strain on natural resources and create a more sustainable world.

Additionally, improving health and empowering women play significant roles in managing population growth. The program organized by the NSS volunteers and Programme Officers aimed to create awareness among the participants and the wider community about the importance of family planning, gender equality, and maternal health..

List of Participants

S.NO	NAME
1	AARYA H.KARTHA
2	SANDRA KRISHNA
3	SAIRA ABRAHAM
4	BEEMAMOL M.H
5	AARYA H.KARTHA
6	AISWARIYA MURALEEDHARAN
7	AMMU BABU
8	ANJANA K.S
9	ANUPAMA RAVIKUMAR
10	ANJU T.M
11	REMYA SATHYAN
12	KEERTHANA SHAJI
13	NIMMY JOSEPH
14	KEERTHANA SHAJI
15	JEENA JOHNY
16	ASWATHI SAS
17	GREESHMA ELDHO
18	VARSHA M.VIJAY
19	AISWARIYA MURALEEDHARAN
20	AMMU BABU
21	BINITHA BABY

S.NO	NAME
22	AKSA JOSE
23	ALFIYA SULTHANA
24	ANITHA SASI
25	ANJU PRABHU
26	ANUPAMA SAJEEV
27	DHANYA SARA SAJI
28	HENA AJAYAN
29	JAFNA K.S
30	MEGHA CHANDRAN.
31	RESHMA REJI
32	RIZWANA T.R
33	SAFA ABDUL MAJEED
34	SAFNA BASHEER
35	SREELAKSHMI K.G
36	SWATHY K.G
37	RIZVANASAKEER
38	SANDRA K.S.
39	SNEHA MARIA JOY
40	SWETHA S.KUMAR

ENVIRONMENT DAY CELEBRATION

Title of the Activity	Environment Day Celebration
Organising Agency/Department	Department Of Zoology
Date	20-June-2019
No. of Students Participated	40
Resource Person/Coordinator	Mrs.Reemy Sara Mathai
Outcome	The activity could instill responsible delivery of environmental consciousness.



The students and teachers of the Department of Zoology at Mar Thoma College for Women, Perumbavoor, made a significant commitment to safeguard biodiversity as a part of Environment Day observance on 20th June 2019. Instead of planting new saplings, they decided to take good care of the trees and plants they had already planted.

World Environment Day is celebrated annually on 5th June and serves as a global platform to raise awareness and take action for the protection of the environment. It was first celebrated in 1974 and has since become an essential event to address pressing environmental issues such as air pollution, plastic pollution, global warming, and rising sea levels. The Earth is our only home, and it is our responsibility to protect it for future generations. The environment has become heavily polluted with harmful toxins, which have adverse effects on our health and the well-being of all living beings. World Environment Day inspires individuals, including students, to take action and implement necessary steps to improve the environment and protect it for the future. Taking an oath to safeguard biodiversity and caring for existing trees and plants is a commendable step towards environmental conservation. Biodiversity is crucial for maintaining ecological balance and ensuring the survival of various species, including plants, animals, and microorganisms, that contribute to the health of our planet.

World Environment Day serves as a reminder of our collective responsibility to protect and improve the environment. By taking small yet meaningful steps like caring for planted trees and plants, we contribute to a healthier and more sustainable planet for present and future generations

LIST OF PARTICIPANTS

S.NO	NAME
1	CAROLIN ANN GEORGE
2	APARNA ANIL
3	DEEPTHI SURENDRAN
4	DONA JOY
5	ELNA ELDHO
6	FATHIMA FAYAROOZ
7	KALYANI SURENDRAN
8	KARTHIKA RAJAN
9	KARTHIKA.S
10	LAKSHMI NARAYANAN
11	MRIYA BABU
12	NIRAJA PONNU
13	SHARANYA BADRAN
14	PONNU DILEEP
15	SHAHINA BASHEER
16	SHILPA KIRAN
17	SOYA MOL
18	THASNI K M
19	ANKITHA AYYAPPAN.
20	ASHNA P S
21	AFNA ABBAS

S.NO	NAME
22	ATHIRA C M
23	DONA ELDHOS
24	FEBA ELDHOS
25	MAHINA P M
26	GAYATHRIJ NAIR.
27	ASHITHA AJAYAN
28	AYANA P S
29	JINU JAMES
30	SUSAN CHERIYAN
31	BIJIMOL MATHEW
32	FATHIMABEEVI P.J.
33	HARITHA S.
34	JEENA A.J
35	JOMOL JOSE
36	KHOWLATH M.U
37	RIZVANASAKEER
38	SANDRA K.S.
39	SHERIN K. RAJU
40	SHILPA K. SASI

YOGA DAY CELEBRATION

Title of the Activity	Yoga Day Celebration
Organising Agency/Department	NSS
Date	21-June-2019
No. of Students Participated	60
Resource Person/Coordinator	Dr.Vinod V &Mrs.Preethi Sara Joseph
Outcome	Helps to improve physical &mental health.Enhanced memory,better concentration.



The NSS volunteers and Programme Officers of Mar Thoma College for Women, Perumbavoor, came together to celebrate Yoga Day on 21st June 2019. Over 60 volunteers participated in the event, guided by two yoga trainers.

International Yoga Day is observed on 21st June each year to emphasize the significance of yoga and its benefits for the mind and body. Yoga is a holistic

practice that encompasses physical, mental, and spiritual aspects. It helps improve strength, balance, and flexibility, contributing to overall well-being.

The practice of yoga offers numerous benefits, including enhanced circulation, improved posture, stress reduction, increased strength, and anxiety management. By incorporating yoga into their routine, students can experience improved concentration, balanced blood pressure, better interpersonal relations, increased confidence levels, improved sleep, relief from headaches, and overall better health.

Yoga is a powerful tool for promoting both physical and mental health. By participating in the Yoga Day celebration, the NSS volunteers and students at Mar Thoma College for Women embraced the practice of yoga and its positive impact on their lives.

The celebration of Yoga Day served as an opportunity to introduce yoga to more people and encourage them to incorporate this ancient practice into their daily lives. By experiencing the benefits firsthand, students are likely to continue practicing yoga and reaping its rewards long after the event. Overall, the celebration of Yoga Day promoted the importance of health and well being of inspired individuals to adopt healthier lifestyle choices.

ANTI DRUG ADDICTION DAY OBSERVANCE

Title of the Activity	Anti drug addiction Day Observance
Organising Agency/Department	National Service Scheme
Date	26-June-2019
No. of Students Participated	40
Resource Person/Coordinator	Dr.Vinod V &Mrs.Preethi Sara Joseph
Outcome	Understanding the harmful effect of drug abuse and encouraging occasional users to discontinue use.



The NSS volunteers and Programme Officers of Mar Thoma College for Women, Perumbavoor, came together to celebrate Anti-Drug Addiction Day on 26th June 2019. As a part of the observance, they organized an on-the-spot Poster Designing Competition with the theme "Health for Justice, Justice for Health."

Their adverse effects, we can strive towards creating a healthier and safer environment for everyone. World Drug Day, observed on 26th June each year, aims to strengthen action and cooperation in the pursuit of a drug-free world. Drug abuse poses a significant threat to communities worldwide, affecting people of all ages, including young people, adults, students, workers, and families. Drug abuse has been linked to an increase in crime rates, as it removes inhibitions and impairs judgment, leading individuals to commit offenses they might not have otherwise.

Incidents of teasing, group clashes, assaults, and impulsive acts of violence are more likely to occur when drug abuse is prevalent. The consequences of drug abuse can be far-reaching, not only impacting the individuals involved but also their families and society as a whole.

By celebrating Anti-Drug Addiction Day and organizing activities like the Poster Designing Competition, the college aimed to raise awareness about the harmful effects of drug abuse and the importance of preventing drug use. Through creative expressions like posters, the participants highlighted the message of promoting health for everyone and ensuring justice in the fight against drug abuse. Preventing drug abuse requires a collective effort from all members of society, and events like this play a crucial role in spreading awareness and inspiring action.

List of Participants

S.NO	NAME
1	SARANYA BHADRAN
2	SHAHINA BASHEER
3	SHILPA KIRAN
4	SOYA MOL
5	THASNI K.M
6	ANKITHA AYYAPPAN
7	ASHNA P.S
8	ASNA ABBAS
9	ASWATHY SAJEEVAN
10	ATHIRA C.M
11	DONA ELDBHOSE
12	FEBA ELDBHOSE
13	GAYATHRI J NAIR
14	JINU JAMES
15	DONA JOY
16	DONA ELDBHOSE
17	FATHIMA C.A
18	FATHIMA NAZILY V.K
19	FATHIMA THAHASIN A.P
20	RAMEESA T.YOOSEPH
21	SNEHA MARIA JOY

S.NO	NAME
22	ATHIRA BIJU
23	ATHIRA SHAJI
24	DINU RAJAN
25	FABISHA K.P
26	GREESHMA K.R
27	JUBINA K.S
28	NAYANA IMMANEL B
29	NEERAJA KRISHNANKUTTY
30	NEHA GRACE SAJAN
31	SANTHWANY K.S
32	SAVITHA K.S
33	SHAHABANATH K.S
34	SAVITHA T.A
35	ANUSREE P.S
36	SHILPA BRIGHT
37	ALISHA BENNY
38	ASNA A.U
39	ATHIRA BIJU
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KARGIL VIJAY DIWAS COMMEMORATION

Title of the Activity	Kargil Vijay Diwas Commemoration
Organising Agency/Department	NCC
Date	26-July-2019
No. of Students Participated	40
Resource Person/Coordinator	Mrs.Sangeetha Rachel Koruth
Outcome	Create a sense of patriotism

On 26th July 2019, the 20th anniversary of the victory in Operation Vijay, popularly known as the Kargil War, was commemorated. The cadets took part in celebrating Kargil Vijay Diwas by engaging in various activities to honor the bravery and sacrifice of the war heroes who lost their lives in the conflict.



One of the activities undertaken by the cadets was creating a model of the Indian map, which likely symbolized the unity and strength of the nation during the Kargil War. The map may have served as a reminder of the strategic significance of the region where the conflict took place and the determination of the Indian Armed Forces to defend the nation's sovereignty.

Moreover, paying tribute to the war heroes who laid down their lives in the Kargil War is an essential part of Kargil Vijay Diwas. This day is a poignant reminder of the sacrifices made by our soldiers to safeguard the country's borders and protect its citizens. The cadets likely participated in ceremonies and events to honor the valor and courage displayed by the armed forces during the war.

CDT.JISHA SUSAN SHAJI delivered a speech on the kargil war and gave an insight to the Cadets about the victory of India.Kargil Vijay Diwas is an occasion that holds immense significance in Indian history, reminding the nation of the valor and dedication of its armed forces. By commemorating this anniversary, the cadets paid their respects to the fallen heroes and expressed gratitude for their selfless service in safeguarding the country.

This celebration serves as an opportunity to instill in the younger generation a sense of patriotism and appreciation for the sacrifices made by our armed forces. Remembering the events of the Kargil War and the heroes who fought in it helps foster a spirit of unity and nationalism among citizens, inspiring them to stand together and protect the country's integrity.

LIST OF PARTICIPANTS

S.NO	NAME
1	SARANYA BHADRAN
2	SHAHINA BASHEER
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HEPATITIS DAY OBSERVANCE

Title of the Activity	Hepatitis Day Observance
Organising Agency/Department	Department Of Zoology
Date	29-July-2019
No. of Students Participated	20
Resource Person/Coordinator	Mrs.Reemy Sara Mathai
Outcome	The activity could instill responsible delivery of environmental consciousness.

The students and teachers of the Department of Zoology at Mar Thoma College for Women, Perumbavoor, organized a program called "Catching Clouds" as a part of the observance of Hepatitis Day on 29th July 2019. The program featured a seminar presentation and a short film show.



World Hepatitis Day is observed annually on the 28th of July. It provides an opportunity to raise awareness about hepatitis and educate people about its causes and prevention. Hepatitis is a condition characterized by inflammation of the liver. According to the World Health Organization (WHO), an estimated 354 million people are currently living with chronic hepatitis B and C worldwide. The major causes of hepatitis include excess alcohol consumption,

exposure to toxins, and viral infections.

As a part of the World Hepatitis Day observance, it is crucial for students to be aware of the impacts, symptoms, complications, and preventive measures related to hepatitis. By organizing the "Catching Clouds" program, the Department of Zoology aimed to disseminate knowledge and create awareness about hepatitis among the students and the broader community. Overall, the program was a valuable initiative in spreading awareness about hepatitis and empowering students with knowledge to make informed decisions regarding their health and well-being. Such events contribute to the prevention and control of diseases, ultimately leading to a healthier society.

INDEPENDANCE DAY CELEBRATIONS

Title of the Activity	Independance Day Celebrations
Organising Agency/Department	NSS
Date	15 -August-2019
No. of Students Participated	40
Resource Person/Coordinator	Dr.Vinod V &Mrs.Reemy Sara Mathai
Outcome	Independance foster one's ability to be self-reliant and self-sufficient



The NSS (National Service Scheme) volunteers and Programme Officers of Mar Thoma College for Women, Perumbavoor, came together to celebrate Independence Day on 15th August 2019. The 73rd Independence Day was commemorated with a flag hoisting ceremony at 8.30 am, and the NSS volunteers actively participated in the event.

Independence Day is a significant national holiday that marks the freedom of our country from British rule. It holds deep historical and patriotic importance as we remember and pay tribute to all the leaders and individuals who made great sacrifices for our motherland's liberation.

The celebration of Independence Day fosters nationalism and patriotism among citizens. It instills a sense of pride in one's country and encourages people to work for the betterment and progress of the nation as a whole.

This auspicious day also brings forth essential moral values such as respect, honesty, compassion, hard work, gratitude, sharing, and empathy. Through the spirit of Independence Day, people are reminded of the values that unite us as a nation and encourage us to uphold and embody these virtues in our daily lives.

By organizing this celebration, the NSS volunteers and Programme Officers of Mar Thoma College for Women, Perumbavoor, played a crucial role in fostering a sense of unity, pride, and responsibility towards the nation among the participants and the wider community.

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Independence

LIST OF PARTICIPANTS

S.NO	NAME
1	SARANYA BHADRAN
2	SHAHINA BASHEER
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34	SAVITHA T.A
35	ANUSREE P.S
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37	ALISHA BENNY
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39	ATHIRA BIJU
40	ASNA A.U

EYE HEALTH AWARENESS WEEK PROGRAMMES

Title of the Activity	Eye Health Awareness Week Programmes
Organising Agency/Department	Department Of Zoology in collaboration with Govt.Taluk Hospital,Perumbavoor
Date	27-August-2019
No. of Students Participated	38
Resource Person/Coordinator	Mrs.Reemy Sara Mathai
Outcome	Helped in creating health awareness among participants.



The Department of Zoology, in collaboration with the Government Taluk Hospital Perumbavoor, organized a seminar and quiz as part of the Eye Health Awareness Week on August 27, 2019. The event saw the participation of 38 students. The main focus of the event was to raise awareness about the importance of eye health. Our eyes play a crucial role in perceiving and

understanding the world around us, so it's essential to take care of them. Certain eye diseases can lead to vision loss, making early identification and treatment crucial for maintaining good eye health. During the seminar, various aspects of eye care were discussed, and the participants were educated about different ways to maintain healthy eyes. Some of the key takeaways include:

1. **Routine Ocular Examination:** Regular eye check-ups are essential, even if you don't experience any vision problems. These examinations can help detect any potential issues early on and prevent complications.
2. **Resting Your Eyes:** In today's digital age, people spend a lot of time staring at screens, which can strain the eyes. It's essential to take breaks and rest the eyes regularly to reduce eye strain and prevent discomfort.
3. **Contact Lens Care:** If you wear contact lenses, proper care and hygiene are vital to avoid eye infections and other complications. Following the recommended guidelines for cleaning and replacing lenses is crucial.
4. **Correct Eyewear:** Using appropriate eyewear, such as glasses or sunglasses, according to your eye condition and needs can help protect your eyes from harmful elements and maintain good vision. The seminar also included a quiz to engage the participants and reinforce the knowledge gained during the event. By conducting this Eye Health Awareness Week, the Department of Zoology and the Government Taluk Hospital aimed to empower students with the knowledge and understanding necessary to take better care of their eyes. Awareness



events like these play a vital role in preventing eye diseases and promoting overall eye health in the community.

LIST OF PARTICIPANTS

S.NO	NAME
1	ANKITHA AYYAPPAN
2	ASHNA P.S
3	ASNA ABBAS
4	ASWATHY SAJEEVAN
5	ATHIRA C.M
6	DONA ELDBHOSE
7	FEBA ELDBHOSE
8	GAYATHYRI J.NAIR
9	HRIDYA SURENDRAN
10	JINU JAMES
11	JISHA SUSAN SHAJI
12	MAHINA P.M
13	PARVATHY SALIN KUMAR
14	RAIHANATH C.A
15	RENJU K.REJI
16	RIZANA A.J
17	SULFEENA T.K
18	SUSAN CHERIAN
19	VISMAYA RAJU
20	ABHIRAMI AJAYAN
21	AISWARIYA P

S.NO	NAME
22	FEBA ELDBHOSE
23	GAYATHRI J. NAIR
24	HRIDHYA SURENDRAN
25	JINU JAMES
26	JISHA SUSAN SHAJI
27	MAHINA P.M
28	FEBA ELDBHOSE
29	NEERAJA KRISHNANKUTTY
30	NEHA GRACE SAJAN
31	SANTHWANY K.S
32	SAVITHA K.S
33	SHAHABANATH K.S
34	SAVITHA T.A
35	ANUSREE P.S
36	SHILPA BRIGHT
37	ALISHA BENNY
38	ASNA A.U

NSS DAY CELEBRATION

Title of the Activity	NSS Day Celebration
Organising Agency/Department	NSS
Date	24-September-2019
No. of Students Participated	35
Resource Person/Coordinator	Dr.Vinod V and Mrs.Preethi Sara Joseph
Outcome	Aimed at fostering a sense of Community Service and promoting overall personality development



NSS Day, which stands for National Service Scheme Day, is observed on 24th September every year in India. It is a day to celebrate and commemorate the establishment of the National Service Scheme, which was launched on 24th September 1969.

In 2019, on the occasion of the Golden Jubilee Rally of NSS, a celebration was organized to honor the 50th anniversary of the organization. The celebration included two events:

1. **Street Play:** A street play, also known as a "nukkad natak" in India, is a form of theatrical performance that takes place in public spaces, usually on streets or marketplaces. The street play was likely organized to spread awareness about social issues, promote community service, and showcase the impact of NSS activities over the years.
2. **Rain Walk:** A rain walk could refer to a symbolic walk taken in the rain, representing the spirit of dedication and commitment of NSS volunteers towards serving the community, even in adverse conditions. It may also symbolize the resilience and determination of NSS volunteers in carrying out their social service activities, regardless of the challenges they face. These events were aimed at fostering a sense of community service and encouraging more people to participate in NSS activities. The National Service Scheme plays a crucial role in promoting social responsibility, community engagement, and overall personality development of the youth in India. Observing NSS Day through such activities helps in raising awareness about the significance of voluntary service and its positive impact on

SCIENCE WEEK CELEBRATIONS

Title of the Activity	Science Week Celebration
Organising Agency/Department	Department Of Zoology
Date	25 November 2019
No. of Students Participated	35
Resource Person/Coordinator	Mrs.Reemy SaraMathai
Outcome	Helped in developing creativity,scientific thinking and presentation skills among the Students.

The Science Week Exhibition organized by the Department of Zoology on 25 November



2019 was a one-day event aimed at promoting the importance of science in our daily lives and fostering a scientific temperament among students. The exhibition featured various programs and activities that provided a basic understanding of scientific concepts and encouraged scientific thinking.

The event was not only educational but also focused on developing essential life skills in young children. By engaging in hands-on activities and interactive displays, the students had the opportunity to enhance their critical thinking abilities, open-mindedness, and intellectual rigor. These skills are crucial for their overall growth and success in both academic and personal endeavors.

decisions in various aspects of life. Science plays a vital role in driving progress and improving the quality of life for everyone. Overall, the Science Week Exhibition served as an excellent platform to inspire curiosity, nurture young minds, and promote the importance of science and scientific thinking. By encouraging students to explore and appreciate the wonders of science, events like these contribute to a more informed and innovative society.

LIST OF PARTICIPANTS

S.NO	NAME
1	ANITHA THOMAS
2	NAMITHA K.B
3	KARTHIKA DAS
4	SULFATH T.S
5	ANNMARIYA JOSE
6	SOOFIYA SUDHEER
7	SMIJA REJI
8	ASLAMIA K.S
9	SARA ABEY
10	ANAGHA JOY
11	SHIFANA C.N
12	ANJIMA K.P
13	SAMEENA PARWIN
14	ANJU K.RAJAN
15	AKHINA K.SUDHEESH
16	ANU PAUL
17	SULFEENA T.K
18	SUSAN CHERIAN
19	VISMAYA RAJU
20	ABHIRAMI AJAYAN
21	AISWARIYA P

S.NO	NAME
22	SURYA M.C
23	ADHILA K.S
24	FARZANA ASHRAF
25	DURGA GOPAN
26	FATHIMA SHIRIL
27	CAROLIN ANN GEORGE
28	APARNA ANIL
29	DEEPTHI K.SURENDRAN
30	DONA JOY
31	FEBE ELDHOSE
32	SHILPA KIRAN
33	THASNI K.M
34	JISHA SUSAN SHAJI
35	JINU JAMES

NATIONAL SCIENCE DAY CELEBRATION

Title of the Activity	National Science Day Celebration
Organising Agency/Department	Department Of Physics
Date	17-February-2020 & 18February 2020
No. of Students Participated	35
Resource Person/Coordinator	Prof.(Dr)Babu Joseph
Outcome	to get a general awareness on the various fellowships and opportunities in research field.



It sounds like the Department of Physics had a successful and informative celebration of National Science Day on 17th and 18th February 2020, in association with the Kerala State Council for Science and Technology and Environment and DST, Government of India.

The event comprised several engaging activities, including Science Lectures, a Science Exhibition, and a Documentary Presentation. These activities likely aimed to promote scientific awareness and encourage students to explore the field of science and

research.

The program was inaugurated by Prof. (Dr.) Babu Joseph, who is the Former Vice-Chancellor of CUSAT (Cochin University of Science and Technology). During the inauguration, Prof. Joseph delivered a talk on "Scientific Temper," which likely emphasized the importance of a rational and objective approach to understanding the world through scientific principles. Such talks are often inspiring and can motivate students to develop critical thinking skills and a scientific mindset.

Furthermore, Dr. Anju Poulouse from St. Theresa's College in Ernakulam delivered a lecture on "Recent Research Trends in Material Science." This lecture would have provided valuable insights into the latest developments and breakthroughs in the field of Material Science, which is an exciting and rapidly advancing area of research. Dr. Poulouse might have also highlighted various fellowships and opportunities available in the research field, encouraging students to pursue their interest in this domain and explore potential career paths.

LIST OF PARTICIPANTS

S.NO	NAME
1	ARYA H KARTHA
2.	SANDRA KRISHNA
3	JASEELA K.S
4	SHIFANA E.S
5	SAIRA ABRAHAM
6	BEEMAMOL M.H
7	AISWARYA MURALEEDHARAN
8	ARATHY SUKUMAR
9	AMMU BABU
10	ANJANA K.S
11	LINTA JOSE
12	ANEEJA GEORGE
13	ARYA SIVAN
14	ANNMARIA PHILIP
15	AKSA JOSE
16	ARSHA S.KUMAR
17	JINU JOHN
18	JERRY ROSE JOB
19	VARSHA M.JOY
20	HASEENA
21	DEVIKA

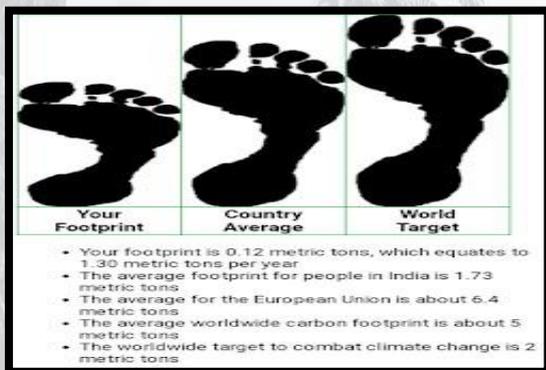
S.NO	NAME
22	KRISHNENDHU
23	ANJANA AJITH
24	NIYA MERIN MATHEW
25	DONA MARIAM ROY
26	PRASTHUTHA PAVITHRAN
27	ANJANA AJITH
28	ANITHA THOMAS
29	NAMITHA K.B
30	ALFINA JABBAR
31	KARTHIKA DAS
32	SULFATH T.S
33	ANNMARIA JOSE
34	ANJIMA K.P
35	ANAGHA JOY

S. J. V. V.
Principal-in-charge
Mar Thoma College For Women
Perumbavoor - 683 542



ENVIRONMENT DAY CELEBRATIONS

Title of the Activity	Environment Day Celebration
Organising Agency/Department	Department of Zoology
Date	5-June-2020
No. of Students Participated	35
Resource Person/Coordinator	Mrs.Reemy Sara Mathai
Outcome	possibly inspired others to calculate their own footprints and consider making positive changes in their lives.



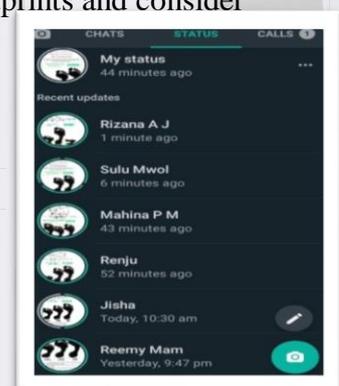
That's great to hear that you and your group took the initiative to calculate your carbon footprint and raise awareness about your contribution to global warming! Carbon footprint is indeed the total amount of greenhouse gases, specifically carbon dioxide (CO₂), and other greenhouse gas emissions that are directly or indirectly produced by human activities.

By calculating your carbon footprint, you get an idea of how much carbon dioxide and other

greenhouse gases you are responsible for emitting into the atmosphere. Understanding your carbon footprint is essential because it helps you identify areas where you can reduce your impact on the environment. By taking steps to lower your carbon footprint, you can contribute to mitigating climate change and supporting sustainability efforts. When you shared your carbon footprint on social media, it not only raised awareness among your group members but also possibly inspired others to calculate their own footprints and consider making positive changes in their lives.

If you'd like to further reduce your carbon footprint, here are some general tips that can be helpful:

- Energy Conservation:** Use energy-efficient appliances, turn off lights when not in use, and reduce heating/cooling when possible.
- Transportation:** Opt for public transportation, carpooling, walking, or cycling whenever feasible. If you need to drive, consider investing in an electric or hybrid vehicle.
- Waste Management:** Reduce, reuse, and recycle. Minimize single-use plastics and waste whenever possible.
- Dietary Choices:** Decrease meat consumption, particularly red meat, as meat production has a significant carbon footprint. Embrace more plant-based options.
- Support Renewable Energy:** If available, choose renewable energy sources for your electricity needs.



6. **Offsetting Emissions:** You can also explore carbon offsetting initiatives or projects where you contribute to activities that reduce greenhouse gases, such as reforestation or renewable energy project.

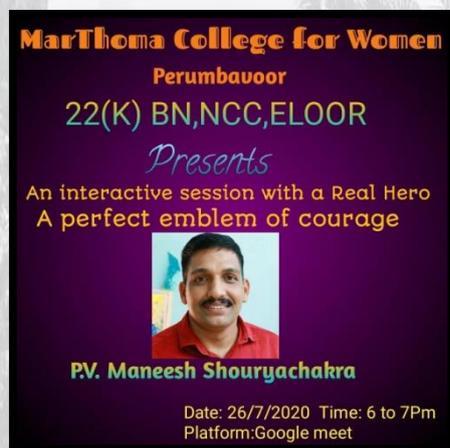
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S.NO	NAME
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13.	PARVATHY SALIN KUMAR
14.	RAIHANATH C A
15.	ANKITHA AYYAPPAN
16.	ASHNA P S
17.	ASNA ABBAS
18.	ASWATHY SAJEEVAN
19.	ATHIRA C M

S.NO	NAME
20.	ALEENA MARIYA GEORGE
21.	ALFIYA SHAJI
22.	AMALENDHU RAJAN
23.	ANJANA SAJEEV
24.	ASHLIN SABU
25.	FATHIMA FARZANA
26.	FATHIMA SHAJI
27.	LEESHMA SHAJI
28.	MANEESHA BEEGUM P M
29.	MAYOORI M B
30.	NIDHY ANNA SUNNY
31.	SHABANA KAREEM
32.	FATHIMA KAREEM
33.	HINDBEEVI A M
34.	NABEELA A A
35.	SANDRA P S

KARGIL VIJAY DIWAS

Title of the Activity	Kargil Vijay Diwas
Organising Agency/Department	NCC
Date	26-July-2020
No. of Students Participated	40
Resource Person/Coordinator	Mr.P.V.Maneesh shouryachakra
Outcome	To rekindle the pride and valor of the soldiers who were part of Operation Vijay

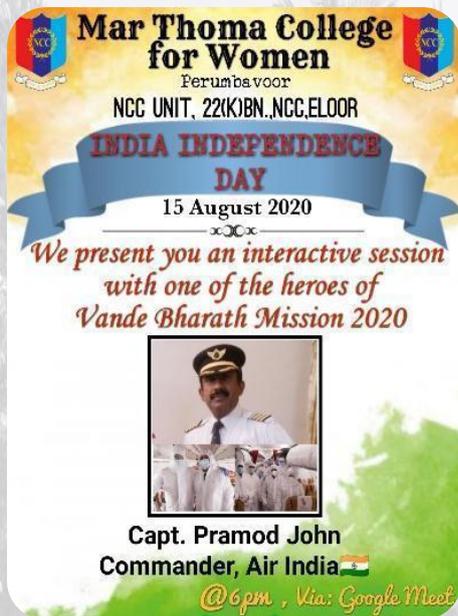


Kargil Vijay Diwas, celebrated on 26th July each year, commemorates India's victory in the Kargil War of 1999 against Pakistan. It is a day to remember and honor the brave soldiers who made the ultimate sacrifice in defending the nation's borders. On 26th July 2020, cadets organized various online programmes to pay tribute to the soldiers and create awareness about the significance of the Kargil War. These programmes included:

- Webinar with Mr. P Maneesh Shaurya Chakra: Mr. P Maneesh, a decorated officer who was awarded the Shaurya Chakra for his bravery, was invited as the chief guest for the webinar. During the webinar, he likely shared his experiences and insights about the war and the valor displayed by the soldiers.
- 2. Online Quiz: A team conducted an online quiz that was based on the Kargil War and Kargil Vijay Diwas. This quiz aimed to test participants' knowledge about the historical event and the sacrifices made during the conflict.
- 3. Webinar with a Virtual Tour: Cadets conducted another webinar where they presented the history of the Kargil War and provided a virtual tour of the significant locations and battlegrounds associated with the war. This was an interactive and informative session to educate the audience about the events that took place during the war.
- 4. Artistic Contributions: Cadets showed their artistic talents by creating paintings and posters related to the Kargil War. These artworks likely depicted scenes from the war, heroes, and symbols of bravery, showcasing the sacrifices of the soldiers.
- 5. Video Presentations on Social Media: The cadets produced video presentations that were circulated through social media platforms. These videos were likely aimed at raising awareness among the general public about the heroic sacrifices made by the soldiers during the Kargil War. The commemoration of Kargil Vijay Diwas through these online programmes helped in keeping the memories of the war alive, reminding the nation of the valor and courage of its soldiers. It also served as a tribute to the fallen heroes and an opportunity to express gratitude to the armed forces for their selfless service in safeguarding the country.

INDEPENDENCE DAY CELEBRATION

Title of the Activity	Independence day Celebration
Organising Agency/Department	NCC
Date	15-August-2020
No. of Students Participated	50
Resource Person/Coordinator	Capt.Pramod John, Commander, Air India
Outcome	Spread awareness about freedom struggles and independence



On 15th August 2020, the cadets organized a webinar as part of the Independence Day celebration. The event likely aimed to commemorate India's independence and instill a sense of patriotism among the participants. Captain Pramod John, Commander of Air India, was invited as the chief guest, possibly due to his notable contributions and achievements in the aviation sector.

During the webinar, Captain Pramod John might have shared his experiences and thoughts on the significance of Independence Day and the importance of freedom in the context of the nation's progress and development.

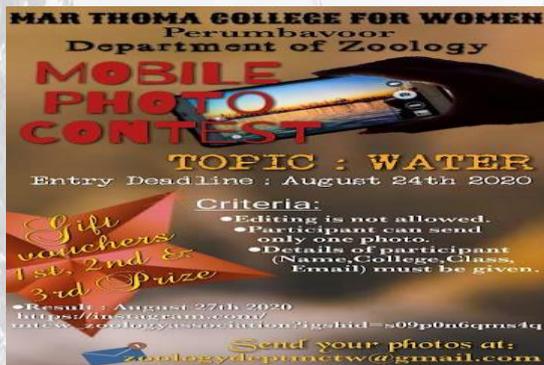
In addition to the webinar, the cadets took an initiative to create a video presentation about Independence Day. This video might have highlighted the historical significance of the day, the freedom struggle, and the journey towards India's independence. It could also have showcased the diverse cultural heritage and the spirit of unity that defines the nation.

The cadets, realizing the power of social media in spreading messages to a broader audience, shared the video presentation on various social media platforms. By doing so, they likely aimed to reach out to a wider audience, both within and outside the country, to share the patriotic fervor and celebrate the day with fellow citizens.

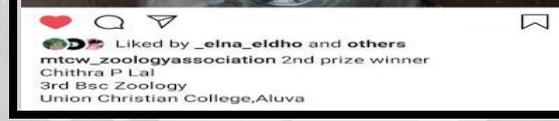
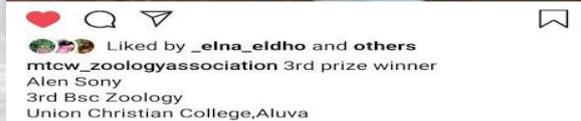
Overall, the activities organized by the cadets on Independence Day 2020 demonstrated their dedication to upholding the values of freedom and nationhood. By inviting prominent figures like Captain Pramod John and utilizing social media platforms, they effectively engaged in spreading awareness and promoting the significance of India's Independence Day.

WORLD PHOTOGRAPHY DAY

Title of the Activity	World Photography Day
Organising Agency/Department	Department Of Zoology
Date	26-July-2020
No. of Students Participated	15
Resource Person/Coordinator	Mrs.Reemy Sara Mathai
Outcome	It helped to improve their creativity in photography.



The Department of Zoology organized an intercollegiate online mobile photography contest in connection with World Photography Day on 24/08/2020. The theme of the contest was “*Water*”. The contestants have to send their photos to department E mail address. The results of the contest were published on 27/08/2020 in the department instagram page. Aishwarya N.B (Cochin College, Fort Kochi), Chithra P. Lal (Union Christian College, Aluva) and Alen Sony (Union Christian College, Aluva) secured first, second and third positions respectively. Amazon gift cards worth 300,250 and 150 rupees were sent to the winners. The contest helped the students to enhance their creative thinking and explore new areas in photography.



INTERNATIONAL DAY FOR OLDER PERSONS

Title of the Activity	International Day for Older Persons
Organising Agency/Department	Department Of Zoology
Date	01-October-2020
No. of Students Participated	64
Resource Person/Coordinator	Mrs.Reemy Sara Mathai
Outcome	helping them develop targeted support and interventions to address the challenges faced by this vulnerable group.

The findings of the online survey conducted by the Department of Zoology, Mar Thoma College for Women, Perumbavoor on the "Covid effect on the elderly" reveal that the pandemic has had a considerable impact on the lives of older individuals aged above 55 years, particularly among women from rural areas. The study found that the COVID-19 pandemic has significantly affected various aspects of their lives, leading to increased dependence on their children.

The specific areas of their lives that were affected were not mentioned, but it can be inferred that the impact may have been observed in areas such as health, mental well-being, social interactions, and financial aspects. The elderly population, especially those in rural areas, might have faced challenges in accessing healthcare services, coping with isolation and loneliness, dealing with financial constraints, and adapting to new lifestyle changes brought on by the pandemic.

The survey's timing, being conducted on the occasion of the International Day for Older Persons (October 1), is appropriate, as it sheds light on the issues faced by the elderly during the ongoing pandemic. This data can be valuable for policymakers and organizations working towards the welfare of older individuals, helping them develop targeted support and interventions to address the challenges faced by this vulnerable group during such challenging times.

CONSTITUTION DAY

Title of the Activity	Constitution Day
Organising Agency/Department	NCC
Date	19-November-2020
No. of Students Participated	50
Resource Person/Coordinator	Mr. Devanand P Gopinath, Political and Law Activist
Outcome	promoting civic awareness, patriotism, and a deeper understanding of the country's constitutional values among the youth

MAR THOMA COLLEGE FOR WOMEN, PERUMBAVOOR
22 (K) BN., NCC, ELOOR
Activity as part of Constitution Day Celebration
 The NCC group led by Aditya Roy, Kgrthika M G, Sreefakshmi Sreeji Presents
An interactive session with Political and Law Activist



DEVANAND P GOPINATH

DATE: 19/11/2020
 TIME: 6PM - 7PM
 PLAT FORM: GOOGLE MEET

That sounds like a wonderful and patriotic way to honor Constitution Day on 26 November 2020. The webinar organized with Mr. Devanand P Gopinath as the chief guest would have been an enlightening experience, especially for those interested in politics and law. The quiz competitions based on the Indian Constitution and India would have encouraged participants to learn more about their country's history and legal framework.

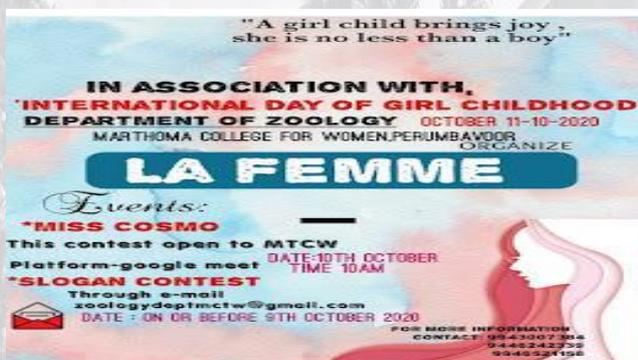
Additionally, conducting various competitions like poster making, slogan writing, and drawing competitions would have allowed the cadets to showcase their creativity and understanding of the significance of the Indian Constitution in their own unique ways.

The act of reading the Preamble of the Indian Constitution on Constitution Day and taking an oath to abide by it is a significant gesture that reaffirms the commitment to uphold the values and principles enshrined in the Constitution. By doing so, the cadets demonstrated their dedication to being responsible and informed citizens of India.

Overall, such initiatives are essential in promoting civic awareness, patriotism, and a deeper understanding of the country's constitutional values among the youth. It's commendable that the participants received certificates to acknowledge their participation and commitment to the cause. Events like these play a vital role in shaping the future of the nation by nurturing a sense of pride and responsibility towards the Constitution and the country.

INTERNATIONAL DAY FOR GIRL CHILD

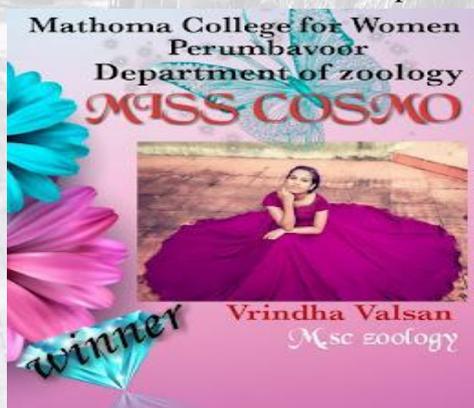
Title of the Activity	Inteernational Day For Girl Child
Organising Agency/Department	Department Of Zoology
Date	09-october 2020-10-october-2020
No. of Students Participated	2 5
Resource Person/Coordinator	Mrs.Reemy Sara Mathai
Outcome	Helped in improving the creating thinking and writing skills of participants and also help them be better communicators.



In connection with the International day of Girl Child, Department of Zoology has organized a program named "Lafemme" which comprises an intercollegiate slogan writing competition and Miss Cosmo beauty contest (only for MTCW students) from 09/10/2020 to 10/10/2020. The theme of slogan writing competition was "Girlhood". Participants sent their slogans to the department mail address and the duration of the competition was one day.



25 students from various colleges were participated in the competition. t Shabna Yousaf (Sree Sankara Vidyapeedam college, Kalady), Anju Anilkumar (Mar Thoma College for Women, Perumbavoor) and Aswathymol(Morning Star Home Science College, Angamaly) secured first, second and third positions respectively. Miss Cosmo contest was open only to MTCW students. Participants have to send their photographs to the department mail address. 11 students from various departments were participated in the contest. Vrinda Valsan of second year M.Sc, Zoology was the title winner. Deva renjini (2nd Bcom Finance and Taxation) and Fathima Nazrin (2nd Bcom Finance and Taxation) secured second and third positions respectively. Participation in La Femme helped students to improve their critical and creative thinking, writing skills, communication skills and also created awareness about the importance of girl child.



LIST OF PARTICIPANTS

Slogan Writing Competition

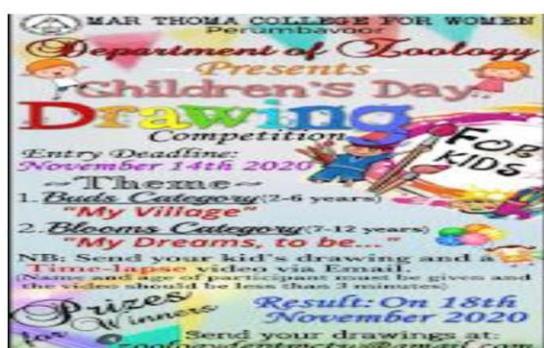
- 1) Vrinda Valsan
- 2) Deva renjini
- 3) Fathima Nazrin
- 4) Rejusha A
- 5) Varsha Sunil

Miss Cosmo Contest

- 1) Shabna Yousaf
- 2) Anju Anilkumar
- 3) Aswathymol
- 4) Lima saji
- 5) Sherin Ben

CHILDREN'S DAY CELEBRATION

Title of the Activity	Childrens Day Celebration
Organising Agency/Department	Department Of Zoology
Date	14-November 2020
No. of Students Participated	20
Resource Person/Coordinator	Mrs.Reemy Sara Mathai
Outcome	Participated children could enhance their imaginative and creative skills

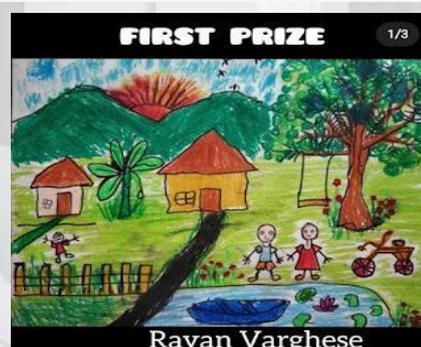


The drawing competition organized by the Department of Zoology in connection with Children's Day on 14/11/2020 sounds like a fantastic initiative to engage and encourage young minds to express their creativity. With themes like "My Village" for the buds category (2-6 years) and "My Dream To Be..." for the blooms category (7-12 years), the participants were given the opportunity to showcase their imagination and artistic skills.

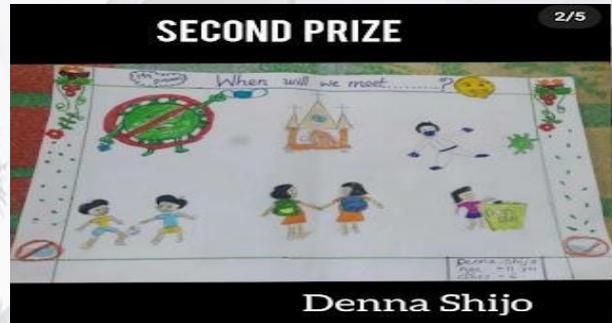
It's heartwarming to know that 11 children participated in the competition, indicating that it garnered good interest and participation among the students. This kind of event provides a platform for children to explore their talents and passions beyond academic subjects, fostering a holistic development approach.

The results, announced on 18/11/2020, recognized the exceptional talent of the participants. Rayan Varghese and Zebulun Yeshua Jacob securing the first and second positions in the buds category, and Gouri Sankar Laiju and Denna Shijo securing the first and second positions in the blooms category must have been a moment of pride for them and their families. Such achievements can boost the confidence and self-esteem of young children and motivate them to pursue their interests further.

Drawing competitions like this can have several positive impacts on students. It helps them develop their artistic skills, encourages self-expression, and fosters a sense of accomplishment when their efforts are recognized and rewarded. Moreover, it brings joy and creativity into their lives, making their educational experience more enjoyable and enriching.



Overall, this Children's Day drawing competition organized by the Department of Zoology is a commendable effort to celebrate the creativity of young minds and nurture their potential. It contributes to their overall growth and development, creating a positive and supportive learning environment that extends beyond the regular classes.



TEACHERS DAY OBSERVANCE

Title of the Activity	Teachers Day Observance
Organising Agency/Department	Department Of Zoology
Date	06-September 2020
No. of Students Participated	30
Resource Person/Coordinator	Mrs.Reemy Sara Mathai
Outcome	. The event helped in enhancing coordination and group handling skills

That sounds like a wonderful initiative by the final year students of the Department of Zoology to observe Teachers' Day on September 6, 2020. Celebrating Teachers' Day is a great way to show appreciation and gratitude to the teachers who play a vital role in shaping the students' lives and education.

The decision to release a YouTube video on the Department channel was an excellent choice, as it allowed the students to reach a wider audience and share their appreciation and gratitude for their teachers. Moreover, using YouTube as a platform would have given them valuable insights into video production, editing, and online content creation, thereby enhancing their IT skills.



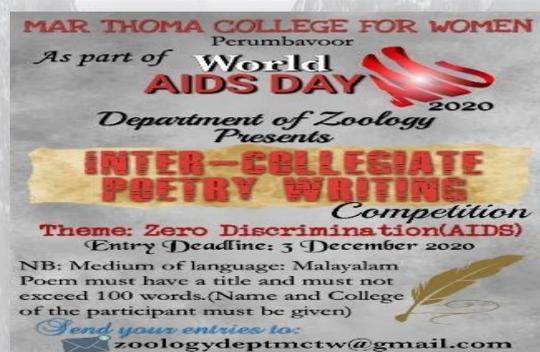
In addition to celebrating and expressing their gratitude to the teachers, organizing the Teachers' Day event in this manner provided an opportunity for the students to engage in creative learning. By planning, scripting, shooting, and editing the video, they likely learned new skills and gained a deeper understanding of the subject matter. Collaborative projects like this can foster a sense of teamwork and camaraderie among the students as they work together towards a common goal.

Overall, it sounds like the Teachers' Day observance in the Department of Zoology was a successful and enriching experience for the students, allowing them to grow both personally and academically. Such initiatives not only honor teachers but also empower students to become more proficient in various areas, contributing to

their holistic development.

AIDS DAY OBSERVATION

Title of the Activity	Aids Day Observation
Organising Agency/Department	Department Of Zoology
Date	01-December 2020
No. of Students Participated	30
Resource Person/Coordinator	Mrs.Reemy Sara Mathai
Outcome	promoting creativity, cultural expression, and social consciousness among the participants.



The intercollegiate poetry competition organized by the Department of Zoology in connection with the AIDS Day observation on December 1, 2020, sounds like a meaningful and creative event. With the theme of "Zero Discrimination," the competition aimed to raise awareness about the importance of treating AIDS-affected individuals with dignity and respect.

The choice of the Malayalam language as the medium of expression added a touch of cultural significance to the event, encouraging participants to explore their poetic talents in their native language.

The competition's guidelines, including limiting the poems to 100 words and requiring a title, challenged participants to craft concise and impactful verses, honing their writing skills and creative expression. The response from various colleges was impressive, with a total of 30 entries received, showcasing the enthusiasm and interest of the participants in contributing to the cause.

Congratulations to Ansal Sidheeque from SSV College, Valayanchirangara, and Renju Reji from Mar Thoma College for Women, Perumbavoor, for securing the 1st and 2nd positions, respectively. Recognition through cash prizes must have encouraged their artistic endeavors and commitment to the cause.

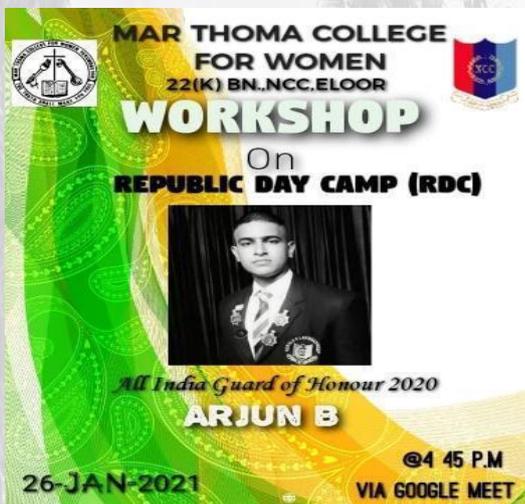
Apart from being a platform for poetic expression, this competition also served as an opportunity for the participants to engage with social issues like AIDS and to foster a sense of social commitment towards the affected community. Such events play a vital role in promoting awareness and empathy among the youth and can have a positive impact on society.



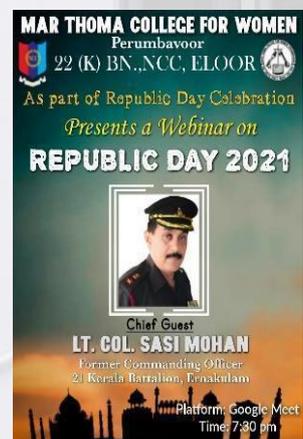
Overall, the competition seems to have achieved its goals, promoting creativity, cultural expression, and social consciousness among the participants, while also contributing to the observance of AIDS day in a meaningful way.

REPUBLIC DAY CELEBRATION

Title of the Activity	Republic Day
Organising Agency/Department	NCC
Date	26-January- 2021
No. of Students Participated	30
Resource Person/Coordinator	Lt. Col. Sasi Mohan, former Commanding Officer, 21 Kerala Battalion, Ernakulam
Outcome	To understand the importance of constitution



The celebration of Republic Day by the National Cadet Corps (NCC) at Mar Thoma College for Women, Perumbavoor, on January 26, 2021, appears to have been a remarkable event that honored the historical significance of this important day in India's history. Choosing January 26 for Republic Day is also symbolic, as it was on this day in 1930 that the Declaration of Indian Independence was proclaimed by the Indian



National Congress, showcasing India's relentless struggle for freedom. To celebrate this momentous day, a webinar was organized, which allowed participants to reflect on the values and principles enshrined in the Indian Constitution. Having Lt. Col. Sasi Mohan, the former Commanding Officer of 21 Kerala Battalion, Ernakulam, as the honorable chief guest, added significance to the event, as his experience and service would have undoubtedly inspired the participants.

Furthermore, conducting a workshop on "Republic Day Camp (RDC)" on the same day was a thoughtful addition to the celebrations. Having Arjun B, who received the All India Guard of Honor in 2020, as the chief guest, must have provided valuable insights and guidance to the participants about the RDC and its significance in nurturing leadership and discipline among NCC cadets. Both the webinar and the workshop aimed to instill a sense of patriotism and pride in the minds of the participants, as well as emphasize the importance of upholding the democratic values and principles that the Indian Constitution embodies. Overall, the celebration of Republic Day by the NCC at Mar Thoma College for Women, Perumbavoor, was a fitting tribute to the historical significance of the day and a meaningful way to inspire and educate the youth about the values of democracy and nation building.



WOMENS DAY CELEBRATIONS

Title of the Activity	Womens Day Celebrations
Organising Agency/Department	NCC
Date	26-January- 2021
No. of Students Participated	30
Resource Person/Coordinator	Lt. Col. Sasi Mohan, former Commanding Officer, 21 Kerala Battalion, Ernakulam
Outcome	To understand the importance of constitution

As part of the Women's Day celebrations, the cadets engaged in a meaningful initiative by making masks. Out of the 1000 masks produced by the cadets, 300 masks were donated to the patients of the Homeopathic Clinic in Muvattupuzha. This gesture reflects their commitment to giving back to the community and supporting those in need, especially during challenging times like the COVID-19 pandemic.



Additionally, it is commendable that one of the cadets, Shifana C, earned the title of 'Best Student' for excelling in the art and literature competitions organized by Seethalayam. This accomplishment highlights not only Shifana's talents but also the dedication and skills of the cadets in various creative and academic pursuits.



Furthermore, the cadets' participation and success in various programs conducted by the Women's Cell as part of the Women's Day celebrations underscore their active engagement in promoting gender equality and women's empowerment. By participating in these programs and winning prizes, the cadets demonstrate their commitment to advocating for women's

rights and breaking gender barriers.

Overall, the Women's Day celebration by 22(K)BN., NCC, ELOOR, of Mar Thoma College for Women, Perumbavoor, reflects a strong sense of community service, talent recognition, and active involvement in empowering women. Such initiatives not only inspire the cadets but also contribute to a more inclusive and equal society where women's achievements and contributions are appreciated and celebrated.

ARMY DAY

Title of the Activity	Army Day Celebration
Organising Agency/Department	NCC
Date	15-January- 2021
No. of Students Participated	30
Resource Person/Coordinator	Col Padmanabhan
Outcome	Understand about the life of a soldier and the significance of Indian Army

Mar Thoma College For Women
Perumbavoor
22 (K) BN, NCC, ELOOR
Presents a webinar on
"LIFE IN ARMY"
as part of commemoration of Army Day on 15 January 2021
CHIEF GUEST
COL PADMANABHAN
Platform: Google meet
Time 7 : 30 PM

The celebration of Army Day is a significant occasion in India, as it pays tribute to the soldiers who have exemplified selfless service and brotherhood while serving the nation. It is a day to honor the bravery and sacrifices made by our soldiers, acknowledging their dedication and commitment towards the country's defense.

On January 15, 2021, in commemoration of Army Day, the NCC unit of Mar Thoma College for Women organized a webinar to mark the occasion. The presence of Col Padmanabhan as the honorable chief guest would have added immense value to the event, considering his experience and insights into the life in the army.

The webinar focused on the topic "Life in Army," providing participants with an opportunity to gain a deeper understanding of the challenges, opportunities, and experiences that soldiers encounter in their service. By shedding light on the various aspects of army life, the webinar aimed to create awareness and appreciation for the sacrifices and contributions of our soldiers.

Celebrating Army Day with a webinar not only allowed for a safe and informative gathering during the COVID-19 pandemic but also facilitated wider participation and engagement from the college community and beyond.

Overall, the NCC unit's initiative to conduct a webinar on Army Day at Mar Thoma College for Women demonstrated their dedication to honoring and understanding the life of soldiers. Such events foster a spirit of patriotism, appreciation, and respect for the armed forces, encouraging the youth to value the virtues of selfless service and brotherhood exhibited by our brave soldiers.



NATIONAL MATHEMATICS DAY CELEBRATION

Title of the Activity	National Mathematics Day Celebration
Organising Agency/Department	Dept.Of.Mathematics
Date	22-December - 2020
No. of Students Participated	81
Resource Person/Coordinator	Dr. Gigi George (Principal-in charge, Head, Department of Mathematics, Mar Thoma College for Women Perumbavoor).
Outcome	t helps to identify the scope of Mathematics These competitions helps to improve the creativity of students.

Department of Mathematics, Mar Thoma College for Women, Perumbavoor conducted an online Intercollegiate National Mathematics Day Celebrations along with competitions. We celebrated National Mathematics day on 22nd December 2020 through google platform which was inaugurated by Dr. Gigi George (Principal-in charge, Head, Department of Mathematics). Students of our college participated in various competitions conducted by the department.

The following competitions are conducted:

Logo Designing competition

Poster Making competition

Math Teacher competition

LOGO DESIGNING COMPETITION

As part of National Mathematics Day celebrations 2020, the department of Mathematics organized an intercollegiate online Logo Designing competition. Students were asked to express their ideas through paintings and sketches. A very good response was received. Students from various colleges have sent their Logo designs online using JPG, PDF formats. This contest helped to encourage creativity in students and offer them a platform to showcase their skills. Arya T. B., Department of Chemistry, Home Science College, Angamaly secured first prize and Jisin Jijo, Mechanical Engineering, Albertian Institute of Science and Technology Kalamassery secured second prize.

POSTER MAKING COMPETITION

As part of National Mathematics Day celebrations 2020, the department of Mathematics organized an intercollegiate online poster making competition. Students were asked to express their ideas through paintings and sketches. A very good response was



received. Students from various colleges have sent their handmade posters online using JPG, PDF formats. This contest helped to encourage creativity in students and offer them a platform to showcase their skills. Arya T. B., Department of Chemistry, Home Science College, Angamaly secured first prize and Thasnimol V. P., Department of Mathematics, Mar Athanasius College, Kothamangalam secured second prize.

Math Teacher Competition

Department of Mathematics celebrated National Mathematics Day on 22 December 2020 via Google Meet. The meeting was inaugurated by Dr. Gigi George, Principal-in-Charge, HoD of Mathematics, Mar Thoma College for Women, Perumbavoor. As a part of celebrations, Department conducted a presentation competition named 'Math teacher'. 5 students from different colleges participated in the competition. Ms. Salma Majeed, 1 B.Sc. Physics, Morning Star Home Science College, Angamaly secured 1st Prize. Ms. Jomol Babu, II M.Sc. Mathematics, Mar Thoma College for Women, Perumbavoor secured 2nd Position. Ms. Aswathi Rani, II B.Sc. Mathematics, Mar Thoma College for Women, Perumbavoor secured 3rd Position. Attractive gifts and e-certificates were distributed for the winners.

The following students participated in the Intercollegiate presentation competition - Math Teacher conducted by Department of Mathematics, Mar Thoma College for Women, Perumbavoor as a part of National Mathematics Day Celebrations 2020 on 22 December 2020.

SL NO.	Name	Course	College
1	Ms. Aswathi Rani	II BSc Mathematics	Mar Thoma College for Women, Perumbavoor
2	Jomol Babu	II MSc Mathematics	Mar Thoma College for Women, Perumbavoor
3	Salma Majeed	I BSc Physics	Morning Star Home Science College, Angamaly



List of Participants

SL NO.	Name	Class
1	AMEENA AK	I DC MATHEMATICS
2	FARSANA PA	I DC MATHEMATICS
3	NAFEESA MINHJATH PA	I DC MATHEMATICS
4	NAVYA OUSEPH	I DC MATHEMATICS
5	SHIRIN SHAHUL HAMEED	I DC MATHEMATICS
6	SREESHMA SHAJI	I DC MATHEMATICS
7	AISWARYA ASOKAN	I DC MATHEMATICS
8	ANSALA JOHNSON	I DC MATHEMATICS
9	ANSIYA AZEEZ	I DC MATHEMATICS
10	ARDRAANANDAN	I DC MATHEMATICS
11	ATHULYA SANTHOSH	I DC MATHEMATICS

12	FARSANA SAKKER	I DC MATHEMATICS
13	MUMTHAZ K SULAIMAN	I DC MATHEMATICS
14	NAJUMUNNISA EBRAHIM	I DC MATHEMATICS
15	RESIYAMOL M S	I DC MATHEMATICS
16	THASKEENA KOYAN	I DC MATHEMATICS
17	ALEESHA RAIHAN MA	II DC MATHEMATICS
18	ANASWARA ASHOK P	II DC MATHEMATICS
19	ANGEL ELIZEBETH	II DC MATHEMATICS
20	ANJANAPI	II DC MATHEMATICS
21	ANUCHANDRA SANTHOSH	II DC MATHEMATICS
22	FARSEENA N M	II DC MATHEMATICS
23	FATHIMA ALIYA SALIM	II DC MATHEMATICS
24	NEHA JOY	II DC MATHEMATICS
25	PUNYA LALU	II DC MATHEMATICS

26	RASEENA KAREEM	II DC MATHEMATICS
27	SAIEETHA T J	II DC MATHEMATICS
28	SARAMOL SAJAN	II DC MATHEMATICS
29	STELLA MARIYA ROY	II DC MATHEMATICS
30	AKHILA ANN ZACHARIAH	II DC MATHEMATICS
31	ANITTA SHOJI	II DC MATHEMATICS
32	ASWATHI RANI	II DC MATHEMATICS
33	BHADRA SASIDHARAN	II DC MATHEMATICS
34	DHANYAA	II DC MATHEMATICS
35	FATHIMA ABDUL AZEEZ	II DC MATHEMATICS
36	FATHIMA MOHAMMED	II DC MATHEMATICS
37	HANNATH E K	II DC MATHEMATICS
38	NAJUMA YOUSAF	II DC MATHEMATICS
39	SHIFNA SHAJI	II DC MATHEMATICS

40	STEFY POULOSE	II DC MATHEMATICS
41	SULFATH	III DC MATHEMATICS
42	ALFIA K KARIM	III DC MATHEMATICS
43	AMINAN S	III DC MATHEMATICS
44	AMITHA SHAJI	III DC MATHEMATICS
45	ANET JACOB	III DC MATHEMATICS
46	ANISHA SHIJAN	III DC MATHEMATICS
47	ANNA BABY	III DC MATHEMATICS
48	APARNA VALSAN	III DC MATHEMATICS
49	BEEGAM SULTHANAM S	III DC MATHEMATICS
50	BIJITHA BABU	III DC MATHEMATICS
51	CHITHRA CHANDRAN	III DC MATHEMATICS
52	DIVEGA MERCY KUNJU	III DC MATHEMATICS
53	FARSANA P. M	III DC MATHEMATICS

54	FATHIMA MS	III DC MATHEMATICS
55	GAYATHRI AJITH	III DC MATHEMATICS
56	GOPIKA BABU	III DC MATHEMATICS
57	HAKIMA MARIYAM	III DC MATHEMATICS
58	JISNY VARGHESE	III DC MATHEMATICS
59	KARTHIKA MG	III DC MATHEMATICS
60	KEERTHI BALAN	III DC MATHEMATICS
61	LISNUL MUFSITHA	III DC MATHEMATICS
62	MARIA MINI ELDHOSE	III DC MATHEMATICS
63	MUSAINA KN	III DC MATHEMATICS
64	NIMMY MOHAN	III DC MATHEMATICS
65	ROSHINI KH	III DC MATHEMATICS
66	SARIN MARIA JIJO	III DC MATHEMATICS
67	SHEEBA RAJAN	III DC MATHEMATICS

68	SHILPA DILEEP	III DC MATHEMATICS
69	SHIMNA C S	III DC MATHEMATICS
70	ALFIYA M NAUSHAD	II MSc MATHEMATICS
71	ANJALA FATHIMA	II MSc MATHEMATICS
72	ANJANA ANILAN	II MSc MATHEMATICS
73	ANNA PAUL	II MSc MATHEMATICS
74	ASWIN ELIZABETH SAM	II MSc MATHEMATICS
75	GANGA TS	II MSc MATHEMATICS
76	JOMOL BABU	II MSc MATHEMATICS
77	LIJILY J PANICKER	II MSc MATHEMATICS
78	NOORAMOL AA	II MSc MATHEMATICS
79	RAJALAKSHMI ANIL	II MSc MATHEMATICS
80	SOUMYA BALAKRISHNAN	II MSc MATHEMATICS
81	SUMAYYA VEERAS	II MSc MATHEMATICS

Sujatha V

Principal-in-charge
Mar Thoma College For Women
Perumbavoor - 683 642



NATIONAL MATHEMATICS DAY CELEBRATION

Title of the Activity	National Mathematics Day Celebration
Organising Agency/Department	Department Of Mathematics
Date	18-December-2021
No. of Students Participated	92
Resource Person/Coordinator	Dr.Sumitra S.,Associate Professor, Department of Mathematics, IIST, Trivandrum
Outcome	It helps to identify the scope of Mathematics and make them more confident to take up challenges

Department of Mathematics, Mar Thoma College for Women, Perumbavoor celebrated National Mathematics day on 18th December 2021 via google meet. It was inaugurated by DR. Sumithra S., Associate Professor, IIST Trivandrum. As part of celebrations, an intercollegiate webinar on 'Data Science : Field of Mathematics' was conducted. Students organized the Interdepartmental Treasure Hunt competition on 22nd December 2022. A short video on National Mathematics Day was also created by the students. Department in collaboration with Lantern - The Education Expedition launched a PSC coaching programme on 22 December 2021 in which 20 students of our college were joined.

Intercollegiate Webinar on 'Data Science: Field of Mathematics'

An intercollegiate webinar on 'Data Science Field of Mathematics' was held on 18th December 2021 at 10.30 am via google meet. The webinar was conducted by Department of Mathematics in association with Kerala Mathematical Association and IQAC. Dr.Sumitra S.,Associate Professor, Department of Mathematics, IIST, Trivandrum was the resource person and there were 92 participants. The webinar was useful in identifying the scope of Mathematics in machine learning and artificial intelligence.

TREASURE HUNT COMPETITION

Department of Mathematics, Mar Thoma for Women, Perumbavoor celebrated National Mathematics Day on 22nd December 2021. Treasure Hunt competition was conducted as part of celebrations. Farisha, Revathy and Shahana of I B. Sc. Physics secured first prize. There are 6 teams having 3 participants each. This competition including cracking mysteries,



solving puzzles makes them creative and more confident to taking up challenges.

List of Participants

SL NO.	Name	Class
1	ALEENA PAUL	I DC MATHEMATICS
2	ALMAS YOOSAF	I DC MATHEMATICS
3	APARNA JOHNSON	I DC MATHEMATICS
4	ATHILAKSHMI ANIL	I DC MATHEMATICS
5	BINCIYA MUJEEB	I DC MATHEMATICS
6	GLADIS MARIYA THOMAS	I DC MATHEMATICS
7	GOURI NANDANA	I DC MATHEMATICS
8	JIYA SABU	I DC MATHEMATICS
9	KRISHNAKRIPAN SIV	I DC MATHEMATICS
10	MEENAKSHI VT	I DC MATHEMATICS



11	PARVATHY PP	I DC MATHEMATICS
12	SAFIYATS	I DC MATHEMATICS
13	SREEVIDYA M	I DC MATHEMATICS
14	VYSHNAVI P RAJ	I DC MATHEMATICS
15	AMEENA A K	II DC MATHEMATICS
16	FARSANA PA	II DC MATHEMATICS
17	NAFEESA MINHAJATH PA	II DC MATHEMATICS
18	NAVYA OUSEPH	II DC MATHEMATICS
19	SHIRIN SHAHUL HAMEED	II DC MATHEMATICS
20	SREESHMA SHAJI	II DC MATHEMATICS
21	AISWARYA ASOKAN	II DC MATHEMATICS
22	ANSALA JOHNSON	II DC MATHEMATICS
23	ANSIYA AZEEZ	II DC MATHEMATICS
24	ARDRA ANANDAN	II DC MATHEMATICS



25	ATHULYA SANTHOSH	II DC MATHEMATICS
26	FARSANA SAKKER	II DC MATHEMATICS
27	MUMTHAZ K SULAIMAN	II DC MATHEMATICS
28	RESIYAMOL M S	II DC MATHEMATICS
29	THASKEENA KOYAN	II DC MATHEMATICS
30	ALEESHA RAIHAN MA	III DC MATHEMATICS
31	ANASWARA ASHOK P	III DC MATHEMATICS
32	ANGEL ELIZEBETH	III DC MATHEMATICS
33	ANJANA P J	III DC MATHEMATICS
34	ANUCHANDRA SANTHOSH	III DC MATHEMATICS
35	FARSEENA NM	III DC MATHEMATICS
36	FATHIMA ALIYA SALIM	III DC MATHEMATICS
37	INEHA JOY	III DC MATHEMATICS
38	PUNYA LALU	III DC MATHEMATICS



39	RASEENA KAREEM	III DC MATHEMATICS
40	SAIEETHAT J	III DC MATHEMATICS
41	SARAMOL SAJAN	III DC MATHEMATICS
42	STELLA MARIYA ROY	III DC MATHEMATICS
43	AKHILA ANN ZACHARIAH	III DC MATHEMATICS
44	ANITTA SHOJI	III DC MATHEMATICS
45	ASWATHI RANI	III DC MATHEMATICS
46	BHADRA SASIDHARAN	III DC MATHEMATICS
47	DHANYA	III DC MATHEMATICS
48	FATHIMA ABDUL AZEEZ	III DC MATHEMATICS
49	FATHIMA MOHAMMED	III DC MATHEMATICS
50	HANNATH EK	III DC MATHEMATICS
51	NAJUMA YOUSAF	III DC MATHEMATICS
52	SHIFNA SHAJI	III DC MATHEMATICS



53	ALFIYA K KARIM	I MSc MATHEMATICS
54	AMINAN S	I MSc MATHEMATICS
55	DEEPTHI RAJENDRAN	I MSc MATHEMATICS
56	FARSANA PM	I MSc MATHEMATICS
57	GAYATHRI AJITH	I MSc MATHEMATICS
58	GREESHMA RAJAN	I MSc MATHEMATICS
59	JEEVA GOPAL	I MSc MATHEMATICS
60	KEERTHI RAJENDRAN	I MSc MATHEMATICS
61	MIDHILA SASINDRAN	I MSc MATHEMATICS
62	NAZIYA NA	I MSc MATHEMATICS
63	SHIMNA C S	I MSc MATHEMATICS
64	SOORYAMOLKS	I MSc MATHEMATICS
65	VRINDHA PV	I MSc MATHEMATICS
66	ANJANA RAVEENDRAN	II MSc MATHEMATICS



67	ANJANA VISWAMBHARAN	II MSc MATHEMATICS
68	ASHA SHAJI	II MSc MATHEMATICS
69	ASNA KA	II MSc MATHEMATICS
70	JEBNA K JALEEL	II MSc MATHEMATICS
71	NASREEN KB	II MSc MATHEMATICS
72	NAYANA ASOKAN	II MSc MATHEMATICS
73	PRAVEENA PS	II MSc MATHEMATICS
74	RAMSEENA PA	II MSc MATHEMATICS
75	SHILPA SHAJI	II MSc MATHEMATICS
76	SOYA JOY	II MSc MATHEMATICS
77	SREELAKSHMI TR	II MSc MATHEMATICS
78	SUSAN VARGHESE	II MSc MATHEMATICS



WORLD OZONE DAY CELEBRATION

Title of the Activity	World Ozone Day Celebration
Organising Agency/Department	Department Of Chemistry
Date	16-September-2021
No. of Students Participated	75
Resource Person/Coordinator	Ms.Athira Krishnan, Doctoral Student, Ocean Engineering & Naval Architecture, IIT Kharagpur.
Outcome	Students understand about the consequences of ozone layer depletion and discussed the steps that can be taken up to reduce ozone layer depletion.



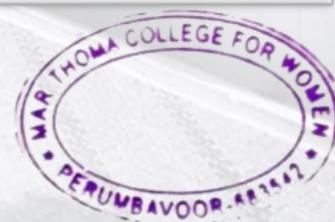
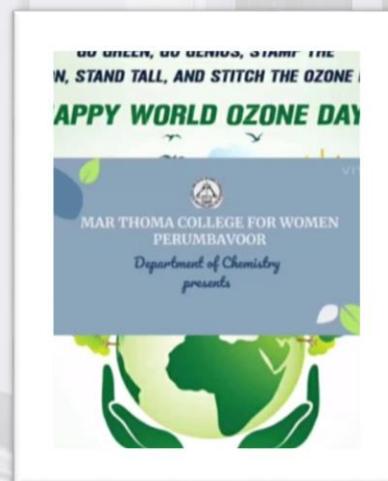
Department of chemistry, Mar Thoma College for Women celebrated the World Ozone Day on 16 th September 2021. To highlight the importance of the ozone and to create awareness about its depletion, our students came out with a video on ozone day. Two videos were released on YouTube. The resource person was Ms.Athira Krishnan, Doctoral Student, Ocean Engineering & Naval Architecture, IIT Kharagpur.

We celebrated Ozone day to spread awareness among the students about how crucial the ozone shield is for the life of Earth, its gradual depletion and the need to search for possible solutions to preserve it. The theme of this year was "Montreal Protocol- Keeping us, our food and vaccines cool".

Our students made posters and placards and it is included in this video. Through this video they discuss the cause of ozone layer depletion, consequences of ozone layer depletion and how to prevent ozone layer depletion. This video helps to create awareness about the importance of the ozone layer.

YouTube link: <https://youtu.be/5GpG-opS91U>
<https://youtu.be/jDT9b9BNHKU>

Through this programme, students became aware of ways to reduce the depletion of the ozone layer. They identified the reasons behind the ozone layer depletion and the detrimental effect on human life. They Pledged to spread awareness regarding this and discussed the steps that can be taken up to reduce the depletion of ozone layer.



List Of Participants

SLNo:	NAME	YEAR
1	AATHIRA A KUMAR	III B.Sc. Chemistry
2	ABHIRAMI T A	III B.Sc. Chemistry
3	AJUMUNNISA P A	III B.Sc. Chemistry
4	ASHIYA SHAJI	III B.Sc. Chemistry
5	ASWATHI K S	III B.Sc. Chemistry
6	ATHEENA SEBASTIAN	III B.Sc. Chemistry
7	DONA PATHROSE	III B.Sc. Chemistry
8	MARIYA VINCENT	III B.Sc. Chemistry
9	NADHIYA KOCHUMON	III B.Sc. Chemistry
10	NARMADA M	III B.Sc. Chemistry
11	NURJAHAN P J	III B.Sc. Chemistry
12	PARVATHY VENU	III B.Sc. Chemistry
13	RINSA K K	III B.Sc. Chemistry
14	SAIFUNISA M A	III B.Sc. Chemistry
15	VINAYA A M	III B.Sc. Chemistry
16	ABEEBA ALI	III B.Sc. Chemistry
17	AFLA ALI	III B.Sc. Chemistry
18	ALFIYA ALIYAR	III B.Sc. Chemistry
19	ALINSHA ALIYAR	III B.Sc. Chemistry
20	AMRUTHALAKSHMI MOHANAN	III B.Sc. Chemistry
21	ANUSREE ANIL	III B.Sc. Chemistry
22	ASMA YOOSAF	III B.Sc. Chemistry
23	FATHIMA SAFRIN P A	III B.Sc. Chemistry
24	FATHIMA SHERIN M A	III B.Sc. Chemistry
25	FATHIMMA K Y	III B.Sc. Chemistry
26	JENNET WILSON	III B.Sc. Chemistry
28	KADEEJA C S	III B.Sc. Chemistry
29	KHADEEJAMOL P A	III B.Sc. Chemistry
30	KRIPA ELSA KURIAN	III B.Sc. Chemistry
31	MANYA MANOJ	III B.Sc. Chemistry
32	MEENU MOHAN	III B.Sc. Chemistry
33	MINCIYA UMMAR	III B.Sc. Chemistry
34	NIVEDITHA A K	III B.Sc. Chemistry
35	PARVATHY M A	III B.Sc. Chemistry
36	REMEESA PARVIN	III B.Sc. Chemistry
37	ROUFATH SHAJI	III B.Sc. Chemistry
38	SAHALA KHALID	III B.Sc. Chemistry
39	SUMAYYA S ALI	III B.Sc. Chemistry
40	THASNEEM ABDUL RASHEED	III B.Sc. Chemistry
41	VICTORIYA SELVI J	III B.Sc. Chemistry
42	SOWMIYA K	III B.Sc. Chemistry
43	ABHIRAMI J S	II B.Sc. Chemistry
44	ANAGHA JOY	II B.Sc. Chemistry
45	ANVIYA MARIAM BOBBY	II B.Sc. Chemistry
46	ASNA P A	II B.Sc. Chemistry
47	CHIPPY K S	II B.Sc. Chemistry



48	FATHIMA MUNAJ	II B.Sc. Chemistry
49	LINAMOL C K	II B.Sc. Chemistry
50	MEERA BABU	II B.Sc. Chemistry
51	PREETHIKA PRAKASH	II B.Sc. Chemistry
52	RINSHIDA JESNI N P	II B.Sc. Chemistry
53	ABEENA M M	II B.Sc. Chemistry
54	ABHIMA SUBASH	II B.Sc. Chemistry
55	AISHA DILEEP	II B.Sc. Chemistry
56	AMEENA E A	II B.Sc. Chemistry
57	AMINA K K	II B.Sc. Chemistry
58	AMINA P M	II B.Sc. Chemistry
59	AMIYA SUBAIR	II B.Sc. Chemistry
60	AMMU PRAKASH	II B.Sc. Chemistry
61	ANAGHA ASOKAN	II B.Sc. Chemistry
62	ASHNA K H	II B.Sc. Chemistry
63	CHRISTY ANNA VARGHESE	II B.Sc. Chemistry
64	FATHIMA ALIYAR	II B.Sc. Chemistry
65	FATHIMA K A	II B.Sc. Chemistry
66	GADHA G KARTHA	II B.Sc. Chemistry
67	GAYATHRY K G	II B.Sc. Chemistry
68	JESEENA MOL C M	II B.Sc. Chemistry
69	NANDANA M NAIR	II B.Sc. Chemistry
70	SANDRA P NAIR	II B.Sc. Chemistry
71	SANIJA SIVAN	II B.Sc. Chemistry
72	SIFNA C S	II B.Sc. Chemistry
73	SREESHMA RAJEEV	II B.Sc. Chemistry
74	UMMU HABEEBA E A	II B.Sc. Chemistry
75	VAISHNAVI K R	II B.Sc. Chemistry



WORLD SPACE WEEK CELEBRATIONS

Title of the Activity	World Space Week Celebration
Organising Agency/Department	Department Of Physics
Date	4-October-2021-10-October 2021
No. of Students Participated	50
Resource Person/Coordinator	Mr. Sajeev Kumar P.P, BPCL, Cochin Refinery and Mr. Harikumar K.S., Dy. Manager (Fire and Safety), FACT(Rtd)
Outcome	Create wide knowledge on astrophysics and space

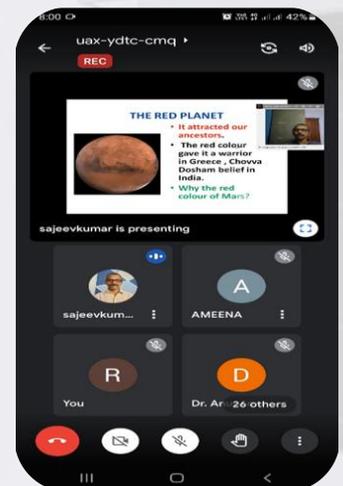


That sounds like an interesting event organized by the Ernakulam Chapter of the Breakthrough Science Society. The two webinars on "Talk on Mangalyan" and "History of Space Mission" seem like great opportunities for attendees to learn about space exploration and missions. Having Mr. Sajeev Kumar P.P. from BPCL, Cochin Refinery, and Mr. Harikumar K.S., former Dy. Manager (Fire and Safety) from FACT as speakers, must have added valuable insights to the presentations.

Additionally, conducting an online space quiz is a fun and interactive way to engage participants and test their knowledge on space-related topics. It allows attendees to apply what they learned from the webinars and

perhaps even learn some new information along the way.

Overall, events like these help promote scientific knowledge and awareness among the public, and it are great to see organizations like the Breakthrough Science Society taking the initiative to organize such educational activities.



NATIONAL ENERGY CONSERVATION DAY CELEBRATIONS

Title of the Activity	National Energy Conservation Day Celebration
Organising Agency/Department	Department Of Physics
Date	21-December-2021
No. of Students Participated	All Students
Resource Person/Coordinator	Adv. Eldhose Kunnappilly, Honourable M.L.A. of Perumbavoor and Er. Antony M. T. (Retd. Engineer, KSEB and Principal, Social Welfare ITI, Aluva)
Outcome	Create awareness on energy conservation



As part of Azadi ka Amrit Mahotsav Physics Department successfully obtaining financial assistance to celebrate Energy Conservation Day 2021. It's great to see efforts being made to promote energy conservation and awareness.

Having the honourable M.L.A. of Perumbavoor, Adv. Eldhose Kunnappilly, inaugurate the Energy Awareness Campaign adds significance to the event. It shows the

importance given by the local government to such initiatives.

Moreover, having Er. Antony M. T., a retired engineer from KSEB and Principal of Social Welfare ITI, Aluva, as the resource person for two sessions must have been valuable for the attendees. With his expertise and experience, he likely provided valuable insights and knowledge on energy conservation practices and related topics.

Events like these play a crucial role in spreading awareness about the importance of energy conservation and sustainability, and they also encourage people to adopt energy-efficient practices in their daily lives. It's heartening to see educational institutions and government organizations coming together to promote such essential causes. Well done on organizing such a meaningful program!



AIDS Day

Title of the Activity	Aids Day
Organising Agency/Department	Department Of Zoology
Date	3December2021
No. of Students Participated	30
Resource Person/Coordinator	Mrs.Sunu N V, Assistant Professor, Mar Thoma College for Women,Perumbavoor
Outcome	It helps to create general awareness about AIDS among students.



Department of Zoology (M.Sc),Mar thoma College for Women, Perumbavoor Organized a cartoon drawing competition on 3rd December 2021 as part of the AIDS Day commemoration. Such events that blend creativity with awareness about important issues are highly commendable.

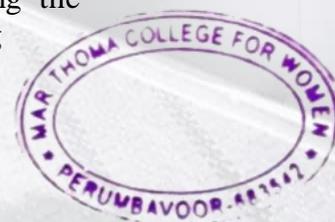
The fact that students from various departments participated in the competition shows the inclusive and engaging nature of the event. It not only brought together students from different backgrounds but also helped spread awareness about AIDS among a diverse audience.

The judgment by Mrs. Sunu N V and Mrs. Jintumol Raj P, both faculties of the Department of Zoology, ensured a fair evaluation of the entries. Their expertise in the field would have undoubtedly contributed to selecting the most deserving winners.

Congratulations to Aswani Raj from second-year B.Com Finance and Taxation for securing the first position in the competition. Also, kudos to Afina Kasim from first-year Zoology and Husna Yahiya from the first year B.Com Computer Applications for securing the second and third positions, respectively. It's heartening to see students from different disciplines showcase their talent and creativity on a topic as important as AIDS awareness.

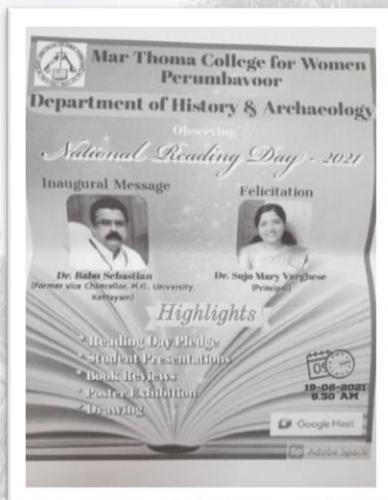
Events like these not only serve as a means of awareness but also provide an opportunity for students to express their creativity and ingenious ideas. It fosters a sense of social responsibility among the youth and empowers them to contribute positively to society.

Overall, it seems like a well-organized and successful event that achieved its purpose of creating awareness about AIDS while encouraging creativity among the students. Kudos to the Department of Zoology (M.Sc) for arranging such an impactful and enjoyable competition.



NATIONAL READING DAY CELEBRATION

Title of the Activity	National Reading Day Celebration
Organising Agency/Department	Department Of History and Archaeology
Date	19-June 2021
No. of Students Participated	83
Resource Person/Coordinator	Dr.Sabu Sebastian, (Former Vice Chencellor, M.G University, Kottayam)
Outcome	To create habit of reading among the students and to increase their knowledge



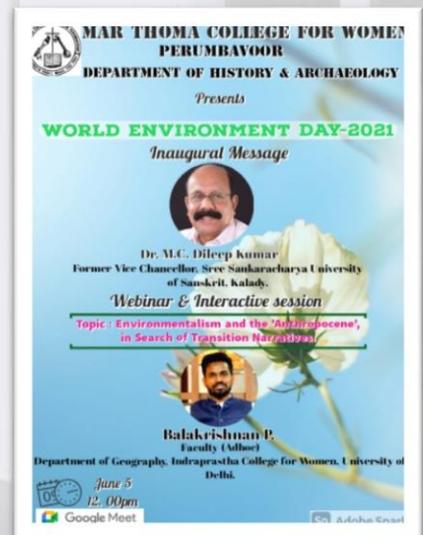
19th June is celebrated as National Reading Day in India to honour the Keralite teacher, P.N. Panicker. This celebration of reading did not begin until 1996. However, it has grown into a large-scale movement over the years, with many participants rejoicing, learning, imbibing, and celebrating the habit of reading.

The theme for World Reading Day 2021 is "To Share a Story."

The Department of History & Archaeology celebrated National Reading Day under the guidance of Dr.Bibin Kuriakose. The resource person was Dr.Sabu Sebastian, (Former Vice Chancellor, M.G University, Kottayam) who

delivered the inaugural message. Dr.Sujo Mary Varghese,(Principal-in-charge, Mar Thoma College for Women, Perumbavoor) delivered felicitation.

As a part of national reading day celebration various programmes were conducted. Reading day pledge, book reviews, drawing, student presentations, poster exhibition were the programmes conducted. Students actively participated in these programmes.



List Of Participants

NATIONAL READING DAY-2021

Date	NAME	SALUTATION INSTITUTIONS	E-MAIL ADDRESS
19/6/2021	Gopika G.R	Ms. Marthoma collage for Women perumbaavoor	gopikavavachi161@gmail.com
19/6/2021	Adithya Biju	Ms. Marthoma collage for Women perumbaavoor	adhiaadhithya2003@gmail.com
19/6/2021	Siyana	Ms. Marthoma collage for Women perumbaavoor	sivasiyana62@gmail.com
19/6/2021	Anaswara B.S	Ms. Marthoma collage for Women perumbaavoor	anaswaraammu408@gmail.com
19/6/2021	Zulfa Salim	Ms. Marthoma collage for Women perumbaavoor	sainabasalim49@gmail.com
19/6/2021	Bhama K Mohan	Ms. Marthoma collage for Women perumbaavoor	bhamakmohan@gmail.com
19/6/2022	Jiya Joy	Ms. Marthoma collage for Women perumbaavoor	jivajoyparolil@gmail.com
19/6/2021	Krishnapriya R	Ms. Marthoma collage for Women perumbaavoor	krishnapriya1192001@gmail.com
19/6/2021	Sandra Sani	Ms. Marthoma collage for Women perumbaavoor	ponnusandra03@gmail.com
19/6/2021	Asna K Ajas	Ms. Marthoma collage for Women perumbaavoor	asnashifas8@gmail.com
19/6/2021	Gopika. M.Nair	Ms. Marthoma collage for Women perumbaavoor	mgopika220@gmail.com
19/6/2021	Aleena mariya	Ms. Marthoma collage for Women perumbaavoor	aleenam763@gmail.com
19/6/2021	Suriya V.S	Ms. Marthoma collage for Women perumbaavoor	suriyavssuriya062@gmail.com
19/6/2021	Gouri B.S	Ms. Marthoma collage for Women perumbaavoor	nandhanagouribs@gmail.com
19/6/2021	Fathima M.M	Ms. Marthoma collage for Women perumbaavoor	fathimafasil646@gmail.com
19/6/2021	Devaki M	Ms. Marthoma collage for Women perumbaavoor	devakim2244@gmail.com
19/6/2021	Fathima Nezrin Sha	Ms. Marthoma collage for Women perumbaavoor	nezrinsha.999@gmail.com
19/6/2021	Dr.Bibin Kuriakose	Ms. Marthoma collage for Women perumbaavoor	bibinmalke@gmail.com
19/6/2021	Saranya A.S	Ms. Marthoma collage for Women perumbaavoor	saranyaas224@gmail.com
19/6/2021	Sharfiya C.A	Ms. Marthoma collage for Women perumbaavoor	ashermhd23@gmail.com
19/6/2021	Riya P.A	Ms. Marthoma collage for Women perumbaavoor	rivarazak934@gmail.com
19/6/2021	Nandana A.S	Ms. Marthoma collage for Women perumbaavoor	nandhana13as@gmail.com
19/6/2021	Diya Supri	Ms. Marthoma collage for Women perumbaavoor	divyasupri2003@gmail.com
19/6/2021	Sarika Sasi	Ms. Marthoma collage for Women perumbaavoor	sarikaammu2001@gmail.com
19/6/2021	Sneha Jose	Ms. Marthoma collage for Women perumbaavoor	iosesneha830@gmail.com
19/6/2021	Ayisha K.M	Ms. Marthoma collage for Women perumbaavoor	molayisha54@gmail.com
19/6/2021	Eleena Mathew	Ms. Marthoma collage for Women perumbaavoor	manjumathewchirayil75@gmail.com
19/6/2021	Panchami Krishna . A	Ms. Marthoma collage for Women perumbaavoor	panchamikrishna0@gmail.com
19/6/2021	Karthika	Ms. Marthoma collage for Women perumbaavoor	karthika@gmail.com
19/6/2021	Gismon Thomas	Ms. Marthoma collage for Women perumbaavoor	thomasgismon4@gmail.com



19/6/2021	Arya Udayan	Ms.	Marthoma collage for Women perumbaavoor	udayanmv123@gmail.com
19/6/2021	Aswathy E.P	Ms.	Marthoma collage for Women perumbaavoor	ashwathyprabha81@gmail.com
19/6/2021	Vrindajayakumar	Ms.	Marthoma collage for Women perumbaavoor	vrindajayakumar1997@gmail.com
19/6/2021	Varsha C	Ms.	Marthoma collage for Women perumbaavoor	varshanilavu@gmail.com
19/6/2021	Shimi George	Ms.	Marthoma collage for Women perumbaavoor	shimigeorge2002@gmail.com
19/6/2021	Sreekutty M.S	Ms.	Marthoma collage for Women perumbaavoor	sreekuttycheeku183@gmail.com
19/6/2021	Gopika T.G	Ms.	Marthoma collage for Women perumbaavoor	gopikagirigan2001@gmail.com
19/6/2021	Aasiya N	Ms.	Marthoma collage for Women perumbaavoor	aasiyanaasiya@gmail.com
19/6/2021	Anusha.R	Ms.	Marthoma collage for Women perumbaavoor	anushaanusha6431@gmail.com
19/6/2021	Fasla T.A	Ms.	Marthoma collage for Women perumbaavoor	faslata63@gmail.com
19/6/2021	Aleena Jose	Ms.	Marthoma collage for Women perumbaavoor	aleenajose512@gmail.com
19/6/2021	Farsana Usman	Ms.	Marthoma collage for Women perumbaavoor	farsanausman001@gmail.com
19/6/2021	Mini George	Ms.	Marthoma collage for Women perumbaavoor	mg394581@gmail.com
19/6/2021	Meenusree K.S	Ms.	Marthoma collage for Women perumbaavoor	meenusreeks123@gmail.com
19/6/2021	Esther .P	Ms.	Marthoma collage for Women perumbaavoor	estherpiames024@gmail.com
19/6/2021	Anusree Rajarl K.B	Ms.	Marthoma collage for Women perumbaavoor	anusreeanusha5@gmail.com
19/6/2021	Ansin Ajmal	Ms.	Marthoma collage for Women perumbaavoor	ansinajmalaimal60538@gmail.com
19/6/2021	Krishnapriya	Ms.	Marthoma collage for Women perumbaavoor	krishnakumarsudha59@gmail.com
19/6/2021	Fathima E.B	Ms.	Marthoma collage for Women perumbaavoor	fathimaeb2002@gmail.com
19/6/2021	Anna Jose	Ms.	Marthoma collage for Women perumbaavoor	annajose195@gmail.com
19/6/2021	Akhila P.S	Ms.	Marthoma collage for Women perumbaavoor	akhilaseemu@gmail.com
19/6/2021	Aryanandha Supran	Ms.	Marthoma collage for Women perumbaavoor	aryanandhasupran@gmail.com
19/6/2021	Abitha Shaji	Ms.	Marthoma collage for Women perumbaavoor	abithashaji29@gmail.com
19/6/2021	Sethulakshmi C	Ms.	Marthoma collage for Women perumbaavoor	email.sedhulakshmi@gmail.com
19/6/2021	Anna Poullose	Ms.	Marthoma collage for Women perumbaavoor	annapaulose412@gmail.com
19/6/2021	Alkha Lakshmi	Ms.	Marthoma collage for Women perumbaavoor	alkhalakshmi03@gmail.com
19/6/2021	Aswathy Raju	Ms.	Marthoma collage for Women perumbaavoor	aswathyraju64@gmail.com
19/6/2021	Aswathy V.S	Ms.	Marthoma collage for Women perumbaavoor	sumathysivan573@gmail.com
19/6/2021	Fathima P.A	Ms.	Marthoma collage for Women perumbaavoor	aliyarfathima@gmail.com
19/6/2021	Krishnapriya E.K	Ms.	Marthoma collage for Women perumbaavoor	gspn8136@gmail.com
19/6/2021	Mufeeda Akbar	Ms.	Marthoma collage for Women perumbaavoor	mufeedaakbar73@gmail.com
19/6/2021	Ardhra Ravi	Ms.	Marthoma collage for Women perumbaavoor	akshayravi911@gmail.com
19/6/2021	Anagha Biju	Ms.	Marthoma collage for Women perumbaavoor	anaghabujij41@gmail.com
19/6/2021	Hasanath M.A	Ms.	Marthoma collage for Women perumbaavoor	hasanath2001@gmail.com



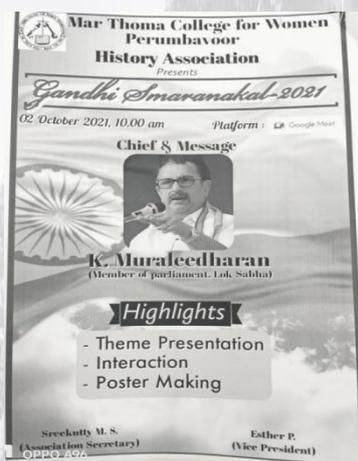
19/6/2021	Vidya S.L	Ms,	Marthoma collage for Women perumbaavoor	vidhyal2002@gmail.com
19/6/2021	Aneetta M.Kurian	Ms,	Marthoma collage for Women perumbaavoor	aneetakurian131@gmail.com
19/6/2021	Emil Alias	Ms,	Marthoma collage for Women perumbaavoor	emilalias2003@gmail.com
19/6/2021	kalavathy S	Ms,	Marthoma collage for Women perumbaavoor	kalavathys2001@gmail.com
19/6/2021	Angel Lalu	Ms,	Marthoma collage for Women perumbaavoor	angellalu2810@gmail.com
19/6/2021	Bhagya Agnes James	Ms,	Marthoma collage for Women perumbaavoor	bhagyaagnes2001@gmail.com
19/6/2021	Sreelakshmi K	Ms,	Marthoma collage for Women perumbaavoor	sreelakshmipk2020@gmail.com
19/6/2021	Nasiya mole K.A	Ms,	Marthoma collage for Women perumbaavoor	nasiya4238@gmail.com
19/6/2021	Diya kalesh	Ms,	Marthoma collage for Women perumbaavoor	diyakalesh1@gmail.com
19/6/2021	Jyothi Lakshmi Suresh K	Ms,	Marthoma collage for Women perumbaavoor	jyothilakshmi05@gmail.com
19/6/2021	Fathima Salim	Ms,	Marthoma collage for Women perumbaavoor	F57194566@gmail.com
19/6/2021	Shahanas Beegum P.S	Ms,	Marthoma collage for Women perumbaavoor	beegams216@gmail.com
19/6/2021	Noufiya Nooh	Ms,	Marthoma collage for Women perumbaavoor	nnoufiya144@gmail.com
19/6/2021	Aswani PS	Ms,	Marthoma collage for Women perumbaavoor	aswanipsanthosh@gmail.com
19/6/2021	Sara Farsana	Ms,	Marthoma collage for Women perumbaavoor	sarafarsana@gmail.com
19/6/2021	Ashna jiji	Ms,	Marthoma collage for Women perumbaavoor	ashnapullayil@gmail.com
19/6/2021	simna subair	Ms,	Marthoma collage for Women perumbaavoor	simnasubair@gmail.com
19/6/2021	Faseela K.A	Ms,	Marthoma collage for Women perumbaavoor	faseela1814@gmail.com
19/6/2021	Thasni p.s	Ms,	Marthoma collage for Women perumbaavoor	thasnips28@gmail.com



GANDHI JAYANTI CELEBRATION

Title of the Activity	Gandhi Jayanthi Celebration
Organising Agency/Department	Department of History&Archaeology
Date	2-October 2021
No. of Students Participated	81
Resource Person/Coordinator	Dr.Bibin Kuriakose, Assistant Professor, Mar Thoma College for Women,Perumbavoor.
Outcome	It helps to provide the good way to inspire the students to follow the path of truth and non-violence.

That sounds like a wonderful event organized in commemoration of Gandhi Jayanti, which is celebrated on 2nd October each year to honor the birth anniversary of Mahatma Gandhi, the father of the Indian nation. The event "Gandhi Smaranakal" organized by the Department of History & Archaeology seems to have been a great initiative to remember and celebrate Gandhi's principles and teachings.



The presence of Shri K. Muraleedharan, a Member of Parliament from Lok Sabha, as the Chief Guest would have added significance to the occasion and highlighted the importance of Gandhi's legacy in today's world. The main highlights of the event, including Theme Presentation, Interaction, and Poster Making, are excellent activities to engage the students and enable them to understand and

internalize the values of non-violence, truth, and patriotism that Gandhi espoused. Theme presentations might have covered various aspects of Gandhi's life, philosophy, and his impact on India's struggle for independence.

Interactions with students would have provided a platform for them to ask questions, share their thoughts, and learn from each other's perspectives on Gandhi's principles and their relevance in contemporary times. The Poster Making activity would have allowed students to express their creativity and showcase their understanding of Gandhi's teachings through visual representations.

With around 80 students attending the event, it seems to have received good participation, indicating that such initiatives can effectively foster a sense of patriotism and appreciation for the ideals that Gandhi stood for among the youth.

Overall, organizing events like "Gandhi Smaranakal" can play a crucial role in passing on Gandhi's teachings to future generations and keeping his legacy alive. Such occasions provide an opportunity for students



to reflect on the values of peace, truth, and non-violence, which are highly relevant in building a better society and promoting harmony in the world.

List Of Participants

Gandhi Samarankal 2021 October 2

DATE	NAME	SALUTATION	Institution
10/2/2021	Devaki M.	Ms.	Marthoma college for women perumbavoor
10/2/2021	Asaswara B.S	Ms.	Marthoma college for women perumbavoor
10/2/2021	Fasila Basheer	Ms.	Marthoma college for women perumbavoor
10/2/2021	Varsha C	Ms.	Marthoma college for women perumbavoor
10/2/2021	Easther.P.	Ms.	Marthoma college for women perumbavoor
10/2/2021	Shimi George	Ms.	Marthoma college for women perumbavoor
10/2/2021	Husna M.M	Ms.	Marthoma college for women perumbavoor
10/2/2021	Kalavathy S.	Ms.	Marthoma college for women perumbavoor
10/2/2021	Krishnapriya R	Ms.	Marthoma college for women perumbavoor
10/2/2021	Akhila P.S	Ms.	Marthoma college for women perumbavoo
10/2/2021	Arathi C.S	Ms.	Marthoma college for women perumbavoo
10/2/2021	Hasanath M. A	Ms.	Marthoma college for women perumbavoo
10/2/2021	Gopika G.R	Ms.	Marthoma college for women perumbavoo
10/2/2021	Eleena Mathew	Ms.	Marthoma college for women perumbavoo
10/2/2021	Diya kalesh	Ms.	Marthoma college for women perumbavoo
10/2/2021	Fathima EB	Ms.	Marthoma college for women perumbavoo
10/2/2021	Riya P.A.	Ms.	Marthoma college for women perumbavoo
10/2/2021	Jyothilakshmi	Ms.	Marthoma college for women perumbavoo
10/2/2021	Fathima MM	Ms.	Marthoma college for women perumbavoo
10/2/2021	Anagha Biju	Ms.	Marthoma college for women perumbavoo
10/2/2021	Aswathy Raju	Ms.	Marthoma college for women perumbavoo
10/2/2021	Gopika T. G	Ms.	Marthoma college for women perumbavoo
10/2/2021	Mufeeda Akbar	Ms.	Marthoma college for women perumbavoo
10/2/2021	saranaya A.S	Ms.	Marthoma college for women perumbavoo
10/2/2021	Aryanandha supran	Ms.	Marthoma college for women perumbavoo
10/2/2021	Noufiya Nooh	Ms.	Marthoma college for women perumbavoo
10/2/2021	panchami Krishna. A	Ms.	Marthoma college for women perumbavoo
10/2/2021	suriya VS	Ms.	Marthoma college for women perumbavoo
10/2/2021	Anugraha AU	Ms.	Marthoma college for women perumbavoo



10/2/2021 Alkha Lakshmi	Ms.	Marthoma college for women perumbavoor
10/2/2021 Gouri BS	Ms.	Marthoma college for women perumbavoor
10/2/2021 Arya udayan	Ms.	Marthoma college for women perumbavoor
10/2/2021 Sarika Sasi	Ms.	Marthoma college for women perumbavoor
10/2/2021 Sandra Sani	Ms.	Marthoma college for women perumbavoor
10/2/2021 Anna jose	Ms.	Marthoma college for women perumbavoor
10/2/2021 Aneetta.M. Kurian	Ms.	Marthoma college for women perumbavoor
10/2/2021 Ashna Jiji	Ms.	Marthoma college for women perumbavoor
10/2/2021 Aleena jose	Ms.	Marthoma college for women perumbavoor
10/2/2021 Asna Shifas	Ms.	Marthoma college for women perumbavoor
10/2/2021 Asna Ashraf V. A	Ms.	Marthoma college for women perumbavoor
10/2/2021 sreekutty M.S	Ms.	Marthoma college for women perumbavoor
10/2/2021 Angel Lalu	Ms.	Marthoma college for women perumbavoor
10/2/2021 soufiya KK	Ms.	Marthoma college for women perumbavoor
10/2/2021 vijisha P	Ms.	Marthoma college for women perumbavoor
10/2/2021 Bhagya Agnes James	Ms.	Marthoma college for women perumbavoor
10/2/2021 Ashna PA	Ms.	Marthoma college for women perumbavoor
10/2/2021 Aswathy EP	Ms.	Marthoma college for women perumbavoor
10/2/2021 Arya KK	Ms.	Marthoma college for women perumbavoor
10/2/2021 ummulkulsoom EA	Ms.	Marthoma college for women perumbavoor
10/2/2021 chandini PJ	Ms.	Marthoma college for women perumbavoor
10/2/2021 Farsana usman	Ms.	Marthoma college for women perumbavoor
10/2/2021 fathimmathu Sadiya	Ms.	Marthoma college for women perumbavoor
10/2/2021 Anusree Rajan	Ms.	Marthoma college for women perumbavoor
10/2/2021 vrindajayakumar	Ms.	Marthoma college for women perumbavoor
10/2/2021 asiya n	Ms.	Marthoma college for women perumbavoor
10/2/2021 Siyana	Ms.	Marthoma college for women perumbavoor
10/2/2021 Faseela K.A	Ms.	Marthoma college for women perumbavoor
10/2/2021 Zulfa Salim	Ms.	Marthoma college for women perumbavoor
10/2/2021 Abheendra VS	Ms.	Marthoma college for women perumbavoor
10/2/2021 Dr. Bibin Kuriakose	Mr.	Marthoma college for women perumbavoor
10/2/2021 Bhama. K. Mohan	Ms.	Marthoma college for women perumbavoor
10/2/2021 Ardhra Shivan	Ms.	Marthoma college for women perumbavoor



10/2/2021 Gismon Thomas	Mr.	Marthoma college for women perumbavoor
10/2/2021 shahanas Beegam	Ms.	Marthoma college for women perumbavoor
10/2/2021 Sneha Jose	Ms.	Marthoma college for women perumbavoor
10/2/2021 jiya joy	Ms.	Marthoma college for women perumbavoor
10/2/2021 karthika	Ms.	Marthoma college for women perumbavoor
10/2/2021 Ardhra Ravi	Ms.	Marthoma college for women perumbavoor
10/2/2021 Diya Supri	Ms.	Marthoma college for women perumbavoor
10/2/2021 Fasls T.A	Ms.	Marthoma college for women perumbavoor
10/2/2021 Anna Poulose	Ms.	Marthoma college for women perumbavoor
10/2/2021 Asna k ajas	Ms.	Marthoma college for women perumbavoor
10/2/2021 Ansin Ajmal	Ms.	Marthoma college for women perumbavoor
10/2/2021 Sreelakshmi K	Ms.	Marthoma college for women perumbavoor
10/2/2021 Fathima P. A	Ms.	Marthoma college for women perumbavoor
10/2/2021 Sara Farsana	Ms.	Marthoma college for women perumbavoor
10/2/2021 Aleena mariya	Ms.	Marthoma college for women perumbavoor
10/2/2021 Emil Alias	Ms.	Marthoma college for women perumbavoor
10/2/2021 sharfiya	Ms.	Marthoma college for women perumbavoor



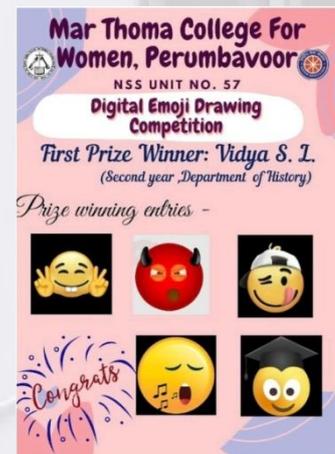
WORLD EMOJI DAY CELEBRATIONS

Title of the Activity	World Emoji Day Celebration
Organising Agency/Department	NSS
Date	17-July-2021
No. of Students Participated	100
Resource Person/Coordinator	Dr.Melvi Chandy
Outcome	To identify the role of emojis in digital communication.



World Emoji Day, celebrated on July 17, recognizes the influential role emojis play in digital communication. They have become a universal language, bridging gaps between cultures and languages, and adding playfulness to text-based interactions. NSS unit of Mar Thoma College for Women celebrated world emoji day on 17 July 2021. As a part of this celebration, digital emoji drawing competition was conducted. This programme was under the guidance of Dr.Melvi Chandy (Faculty in Charge) and Swara Vincent and Anagha Asokan (NSS Volunteers Secretaries). The student coordinator was Anjana J.

Vidhya S L, (II DC, Department of History & Archeology) won first prize in digital emoji drawing competition.



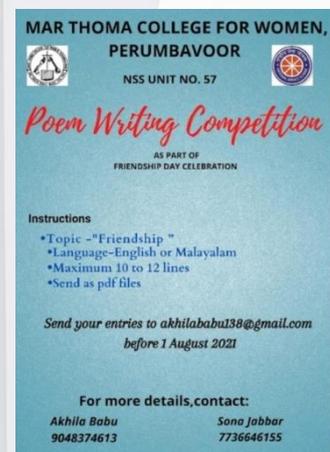
INTERNATIONAL FRIENDSHIP DAY CELEBRATION

Title of the Activity	International Friendship Day Celebration
Organising Agency/Department	NSS
Date	1-August 2021
No. of Students Participated	100
Resource Person/Coordinator	Dr.Melvi Chandy
Outcome	To create a unity and kindness among students and to develop strong friendship among them.



The International Day of Friendship was proclaimed in 2011 by the UN General Assembly with the idea that friendship between peoples, countries, cultures and individuals can inspire peace efforts and build bridges between communities. The power of friendship is an international one that reaches out to all corners and cultures of the globe. International Day of Friendship is all about promoting togetherness and kindness, bringing people together.

NSS unit of Mar Thoma College for women observe and celebrate Friendship Day by creating a poster and shared in Whatsapp groups. In connection with Friendship Day, students organised poem writing competition and short story writing competition. Many students participated in this programme and they shared their happiness.



INDEPENDENCE DAY CELEBRATIONS

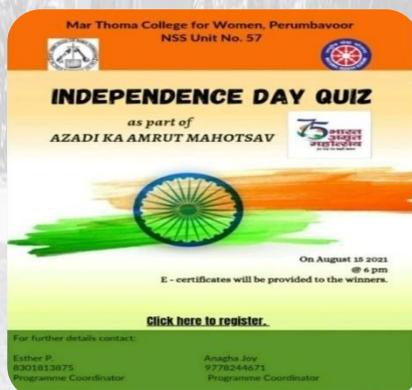
Title of the Activity	Independence Day Celebrations
Organising Agency/Department	NSS
Date	15-August-2021
No. of Students Participated	100
Resource Person/Coordinator	Dr.Melvi Chandy
Outcome	It helps to develop patriotism among students



The Independence Day of India, which is celebrated religiously throughout the Country on the 15th of August every year, holds tremendous ground in the list of national days, since it reminds every Indian about the dawn of a new beginning, the beginning of an era of deliverance from the clutches of British colonialism of more than 200 years. It was on 15th August 1947 that India was declared independent from British colonialism, and the reins of control were handed over to the leaders of the Country.

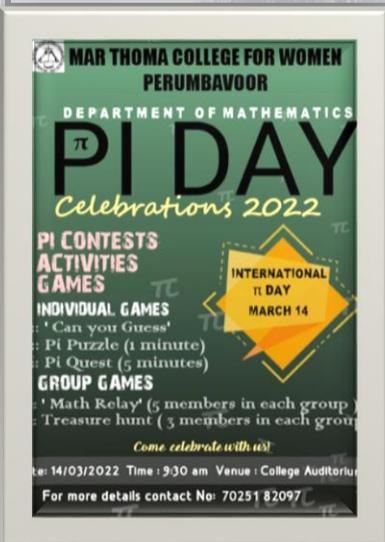
NSS unit of Mar Thoma Collge for Women celebrate Independence Day on 15 August 2021 under the guidance of Dr.Melvi Chandy(Faculty in Charge).

And a quiz competition was conducted and e-certificates were given to the winners. Ms.Esther P and Ms.Anagha joy was the student programme coordinator. Ms.Ansala Johnson, Department of Mathematics won first prize in quiz competition. Ms.Bincy Varghese and Ms.Anjana J won second prize. Ms.Aparna A S, Ms.Fasnamol Shareef, Ms.Nasooha Jalal, Ms.Durga Gopan won third prize. All the students were actively participated in this programme.



PI DAY CELEBRATIONS

Title of the Activity	Pi Day Celebrations
Organising Agency/Department	Dept.Of.Mathematics
Date	14-March- 2022
No. of Students Participated	31
Resource Person/Coordinator	
Outcome	It helps them to understand the significance of pi in Mathematics These games helps to improve their mathematics skill



Department of Mathematics celebrated Pi Day on 14th March 2022. Pi Day is an annual celebration of the mathematical constant π . Pi Day is observed on March 14 since 3, 1 and 4 are the first three significant figures of π . Students organized various individual and group games in connection with Pi Day celebrations. Also department organized a presentation on the topic 'History of π ' on 16th March 2022.

The following games were arranged:

- 1 Can you Guess
- 2 Pi Q v Pi Puzzle

3 Math Relay

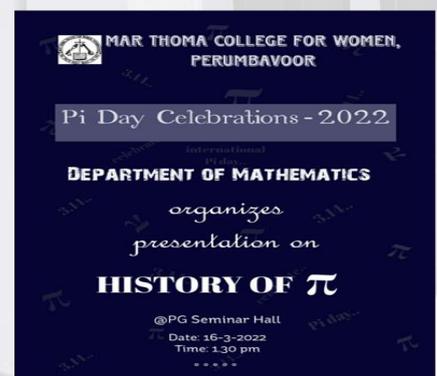
4 Treasure Hunt

CAN YOU GUESS

As part of Pi Day celebrations, Department of Mathematics, Marthoma college For Women,

Perumbavoor conducted a math game " Can You Guess" on March 14, 2022 which helps to

improve the problem solving skills of the students. Rajana of II B.Voc won the prize for the same.



PI QUEST

As part of PI Day celebrations, Department of Mathematics, Marthoma college For Women, Perumbavoor conducted a math game " Pi Quest" on March 14, 2022 which helps to improve the problem solving skills of the students. Anagha P S of I BSc Physics won the prize.

PI PUZZLE

As part of PI Day celebrations, Department of Mathematics, Marthoma college For Women, Perumbavoor conducted a math game "Pi Puzzle" on March 14, 2022 which helps to improve the interest to mathematics and problem solvingskills of the students. Fathima A K of III B Com Computer Application won the prize.

MATH RELAY COMPETITION

Department of Mathematics, Mar Thoma College for Women, Perumbavoor celebrated 'Pi Day' on 14th March 2022. Math Relay competition was conducted as part of celebrations .FahimaShaji, Nitha Varghese & Chris T Ester of III DC B.Com. Finance and Taxation secured first prize. There are 10 teams having 3 participants each. This competition helpsthem to enhance their problem solving skills.

TREASURE HUNT COMPETITION

Department of Mathematics, Mar Thoma College for Women, Perumbavoor celebrated 'Pi Day' on 14th March 2022. Treasure Hunt competition was conducted as part of celebrations. Daya Das, Shahanas&Nithuna of II B. Sc. Physics secured first prize. There are 14 teams having 3 participants each. This competition including cracking mysteries, solving puzzles makes them creative and more confident to taking up challenges.

PRESENTATION ON THE TOPIC 'HISTORY OFPI '

Department of Mathematics, Mar Thoma College for Women, Perumbavoor organized a presentation on the topic 'History of r' on 16th march 2022 in connection with Pi Day celebrations. Vaishnavi, I B.Sc. mathematics, ResiyaMol M. S., II B.Sc. Mathematics, Anaswara Ashok P, III B.sc. Mathematics, GayathriAjith, I M.Sc. Mathematics and Ramzeena



PA, II M.Sc. Mathematics done the presentation based on the topic. The presentation helps the students to get more information on history of Pi.

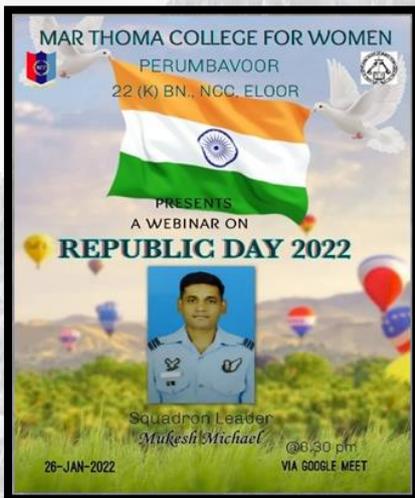


REPUBLIC DAY CELEBRATIONS

Title of the Activity	Republic Day Celebrations
Organising Agency/Department	NCC UNIT 22 (K) BATTALION, NCC, ELOOR
Date	26-January- 2022
No. of Students Participated	55
Resource Person/Coordinator	squadron Leader.Mukesh Michae
Outcome	To provide a sense of patriotism and nationality among the cadets Provide insights about regimental way of life Cadets were able to get an idea about the Indian army

The NCC unit of the college in associate with IQAC organized a webinar on the topic "REPUBLIC DAY 2022" on 26 January 2022. The the resource person for the day was Squadron Leader.Mukesh Michael. Republic day is celebrated on January 26 every year to remember the day when constitution of India came into effect after India gained Independence after a very long freedom struggle. A salute of 21 guns and the unfurling of Indian National Flag by Dr.Rajendra Prasad heralded the historic birth of the Indian Republic on that day. It was on this day in 1930

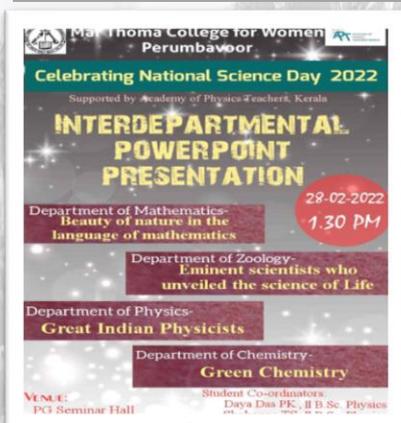
when the Indian National Congress proclaimed Purna Swaraj, the declaration of India's Independence form colonial rule. The day also commemorates Indian citizens power to choose their government democratically. Republic day symbolizes the right spirit of independent and individual India. Cadets who attended the webinar were able to understand the importance of the Republic day. The webinar is sure to provide a sense of patriotism and nationality among the Cadets.





NATIONAL SCIENCE DAY CELEBRATION

Title of the Activity	National Science Day Celebrations
Organising Agency/Department	Dept.Of.Physics
Date	28-February- 2022
No. of Students Participated	30
Resource Person/Coordinator	Dr.Rajani Jacob
Outcome	The students benefited through experiential learning. They gained more skills in preparing and presenting slides. It also helps them in boosting their confidence and communication skills.



We celebrated National Science Day 2022 by organizing activities like competition and presentation with the support of Academy of Physics Teachers (APT), Kerala. We conducted an intercollegiate power point presentation competition on 'Integrated Approach in Science and Technology for Sustainable Future'.

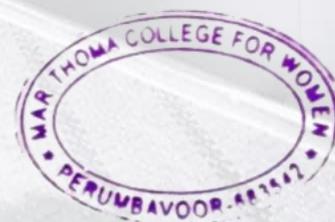
An interdepartmental powerpoint presentation has been arranged in the college on 28 February 2022. Groups consisting of 5 students, from the four science departments of our college- Mathematics, Physics, Zoology and Chemistry, presented relevant topics including the details of contribution

of scientists in the field of fundamental discoveries.

In connection with National Science Day, a one-day **science exhibition** was also arranged on 3 March 2022 by our students. They arranged various interesting experiments and the students from various departments participated in this exhibition. They exhibited various interesting optics & electronic experiments and innovative projects like automatics, hand sanitizer, earthquake detector, dancing laser show etc. Students



explained the experiment vastly and the explained the principle behind the experiments.



WORLD DIABETES DAY

Title of the Activity	World Diabetes Day Observance
Organising Agency/Department	NSS
Date	24-February- 2022
No. of Students Participated	91
Resource Person/Coordinator	Dr. Sinsen Joseph, Medical Officer, Homeo Dispensary Perumbavoor
Outcome	Got an opportunity to raise awareness about the impacts of diabetes on the health of people.

NSS Unit organised an awareness class on “ No to Diabetics” on 24 February 2022 at 11.30PM in college auditorium. Dr. Sinsen Joseph, medical Officer Homeo Dispensary Perumbavoor led the session. He talked in detail about prediabetic screening and homeopathic intervention. Diabetic screening of all staff and students of the college was performed on 02 march 2023. Homeopathic treatment methods were prescribed for patients having diabetics and preventive methods are prescribed for others.



Sybil Varghese

Principal - in - charge
Mar Thoma College For Women
Perumbavoor - 683 542



