



**MAR THOMA COLLEGE FOR WOMEN
PERUMBAAVOOR**

CRITERION 7

**Institutional Values &
Best Practices**

2017-2022

7.1.1 Gender Equity



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Seminar on “ Protection of Women from Domestic Violence”

Title of the Activity	Seminar on the protection of Women from Domestic Violence
Organizing agency/Department	Women's Cell
Date	01/03/2018
No. of students participated	75 students
Resource person	Dr.Kochurani,Dept.of Economics,Bharat Matha College
Outcome	To create awareness about the Domestic Violence Act and the profound effects it has on victims and society as a whole



**Mar Thoma College for Women
Perumbavoor**

Seminar on : " The protection of Women
from Domestic Violence"
by Women cell

Date: 1/3/2018
Venue: Conference Hall
Time: 2.30 pm

Programme convenors
Ms. Anandhi.R
Ms.Jintumol Raj

A Seminar on "Protection of Women from Domestic Violence" was conducted by the Women's Cell of Marthoma College For Women, Perumbavoor on 01/03/2018. The session featured a talk delivered by Dr. Kochurani from the Department of Economics at Bharat Matha College, Thrikkakara. A total of approximately 75 students from various departments actively participated in the seminar. The event was organized under the guidance of Mrs. R. Anandhi and Mrs. Jintumol Raj P. The main objective of the seminar was to raise awareness about the laws pertaining to domestic violence and to empower women by enhancing their self-esteem and self-confidence. Furthermore, the seminar aimed to emphasize the importance of

eliminating discrimination and all forms of violence against women and girl children.

2017-2018

List of Participants

S.No	Name
1	AMALU .D. JOHN
2	AMRUTHA .M. BALAN
3	ANJALY PRAKASH
4	ARCHANA SHAJI
5	ASWATHY JAYARAM
6	ASWINI K.P
7	BASIMA M.B
8	CHAITHRA SREEVALSA
9	CHRISTY .K.STANLY
10	DEVIKA JAYAN
11	FATHIMA N.J
12	GREESHMA T.A
13	HARIPRIYA N
14	JEENA JOSE
15	KAFILA ALI
16	NIMISHA TITTUS
17	REVATHY .P. RAJAN
18	RIYA MATHEW
19	ROSEMOL .K.PAUL
20	SALHATH E.A
21	SHILPA B.U

S.No	Name
22	RILBA MERIN PAUL
23	SANJU VIJAYAKUMAR
24	SHALU S
25	SHILPA BABU
26	SURUMI E.S
27	SUSAN PRASAD
28	T.J VISHNUPRIYA
29	ANN MERIN BABY
30	ANNAM A.D
31	ANURADHA K
32	ATHIRA R
33	DHANUSREE VIJAI
34	KRISHNA RAJ M.S
35	MEENU THOMAS
36	NEBHA AFSAL
37	SIMI SEBASTIAN
38	SOORYA P. SHAJI
39	SOUMYA BALAKRISHNAN
40	SREELAKSHMI MOHANACHANDRAN
41	UNNIMAYA SANTHOSH
42	VARSHA THYAGARAJAN

2017-2018

43	ABHIRAMI K.BABU
44	AMRUTHA S.BABU
45	ANAKHA MURALI
46	ARATHY RAJAN
47	ASWANI THANKACHAN
48	DHIFILA SADIGH
49	DIVYA DAS
50	EVELIN M.VARGHESE
51	FARSANA ISMAYIL
52	FASNA YOUSAF
53	MARTHA JOY
54	MIDHUNA BABY
55	MUBEENA IBRAHIM
56	NUSRATH SHAJI
57	PRATHIBHA PRADEEPKUMAR
58	SNEHA BABU
59	ANJALI A.R

60	ANJANA C.A
61	ANJITHA SASI
62	ANUMOL P.M
63	ARATHY SHAJI
64	ARISHMA K.R
65	ASNI A.A
66	BALASUNDARI K.S
67	HARITHA SHAJI
68	HASNA ASIA
69	JEETHU P.R
70	LAKSHMI P SURESH
71	LAKSHMI PRIYA MANOJ
72	MEERA VARGHESE
73	PRIYA BHASKARAN
74	SANDRA SURESH
75	ANJALY ELDHOSE

Talk on the Topic : “ Nava Keralathil Sthree”

Title of the Activity	Talk show on the topic, "Nava Keralathil Sthree"
Organizing agency/Department	National Service Scheme
Date	22/06/2017
No. of students participated	50 students from various Departments
Resource person	Dr. Rosan Abraham, Dept. of History
Outcome	To recognise the famous women writers and their contributions.



On June 22, in celebration of Reading Week, the National Service Scheme of Marthoma College For Women, Perumbavoor organized a talk show titled "Nava Keralathil Sthree" (Women in New Kerala). The event aimed to highlight the achievements and contributions of renowned women writers. The inauguration was graced by Jayasree M.J, faculty, Department of Hindi. The talk show witnessed enthusiastic participation from students representing various departments. They presented on influential women writers, shedding light on their remarkable contributions to literature.

List of Participants

S.No	Name	S.No	Name
1	ADHEENA VARGHESE	20	DONA MARIAM ROY
2	SARANYA M P	21	JINU JOHN
3	SONA SHAJAN	22	ANAGHA R. NAIR
4	ANUJA SAJEEVAN	23	SAHLA T. EBRAHIM
5	JAINU PAUL	24	FINIYA ELDOSE
6	ANUMOL MANI	25	AMBILY ANIL KUMAR
7	MEKHA RADHAKRISHNAN	26	JIYA KURIAKOSE
8	LIYA VINCENT	27	SRUTHY RAJ
9	KEERTHI T.S.	28	AMEERUNNISA M.S.
10	SWATHY JAYAN	29	SIVAPRIYA A.S.
11	CHITHRA GOPALAKRISHAN	30	REMYA SANTHOSH
12	RESHMA REJI	31	JEENA JOHNSON
13	SREELAKSHMI T.R.	32	ANJITHA RAVI
14	ASNA K.A.	33	ATHIRA K.T.
15	GREESHMA KRISHNAN	34	MONA JOSE
16	THASNI K.M.	35	SHYHA K.S.
17	P. NANDANA	36	SAFNA BASHEER
18	SANDRA SUNIL	37	APARNA SASI
19	KARTHIKA RAJAN	38	ARSHA S. KUMAR

Class on Enhancing Communication Skills

Title of the Activity	Class on Enhancing Communication Skills
Organizing agency/Department	Department of English
Date	14/07/2017
No. of students participated	50 students
Resource person	Students and Faculties of the Department
Outcome	To effectively communicate one's ideas and thoughts in English

During the summer vacation, the English Association of Mar Thoma College For Women, Perumbavoor organized a series of programs aimed at enhancing communication skills. The students and faculty members of the English Department actively participated in conducting these classes, specifically focused on English communication skills for children and women in the local community. The objective of these programs was to emphasize the importance of effective communication, as it plays a crucial role in both personal and professional relationships. By improving communication skills, individuals can foster deeper connections and understanding with others. It also enables them to avoid conflicts, find compromises, and make better decisions. The classes provided valuable training and guidance to the children and women of the neighborhood, equipping them with the necessary tools to enhance their communication abilities. Through these initiatives, the English Association aimed to empower individuals by imparting valuable skills that can positively impact their lives.

2017-2018

List of Participants

S.No	Name
1	AMITHA ROSE JOY
2	ANUPRIYA P. R.
3	ATHULYA P. P.
4	AISHA BUSTHANA P.
5	AKSHAYA SUNDARAN
6	AMEEN RUKSANA
7	ANEETTA JOHNSON
8	ANUSREE P. S.
9	DARSANA R.
10	MEERA DELEEP
11	NEELU K. THOMAS
12	RESHMA S.
13	RESHMA SASI
14	SHILPA BRIGHT
15	ALISHA BENNY
16	ANJANA T. K.
17	ASEEFA MUFTHIYA
18	ASNA A. U.
19	ATHIRA BIJU
20	FATHIMA KABEER
21	GADHA G KARTHA

S.No	Name
22	RESHMA K. B.
23	RESHMA RAGHUNADHAN
24	SAHIRA M. M.
25	SREELAKSHMI OMANAKUTTAN
26	SULAKSHMI DEVI V. S.
27	ABEENA M M
28	ABHIMA SUBASH
29	AISHA DILEEP
30	AMEENA E A
31	AMINA K.K
32	AMINA P M
33	AMIYA SUBAIR
34	AMMU PRAKASH
35	ANAGHA ASOKAN
36	ASHNA K.H
37	CHRISTY ANNA VARGHESE
38	DEEPTHI BENJAMIN
39	FATHIMA ALIYAR
40	FATHIMA K A
41	NANDANA M NAIR
42	SAKIYA PARVIN N M

Flash Mob on “ Famous Women Personalities “

Title of the Activity	Flash Mob -on remembering all the women carved a space for themselves
Organizing agency/Department	Department of English
Date	08/03/2018
No. of students participated	50 students
Resource person	Students of the Department of English
Outcome	To recognise the achievements of women & promote Gender Equality

On March 8, 2018, as part of International Women's Day, students organized a Flash Mob to honor and remember all the women who have made significant contributions and carved a space



for themselves. The event aimed to commemorate International Women's Day, raising awareness about the ongoing need for activism and advocacy on behalf of women. It also served as a platform to recognize the achievements of women and promote gender equality. The Flash Mob celebrated the empowerment of women, emphasizing the

importance of creating an inclusive, equitable, and safe world for all. By coming together in this lively and energetic display, the participants aimed to inspire and encourage others to join the movement towards gender equality. The event served as a powerful reminder of the progress made and the work still to be done in ensuring women's rights and opportunities are upheld.

Seminar on “Gender Sensitization : Expectations & Reality”

Title of the Activity	Seminar on “Gender Sensitization;Expectations and Reality”
Organising agency/Department	Women Cell funded by the Kerala State Women's Development Corporation Ltd.
Date	18 March 2019
No. of students participated	30
Resource person	Dr R Anitha , Principal DB College, Thalayolaparambu
Outcome	To promote understanding & address the diverse challenges faced by women in our society

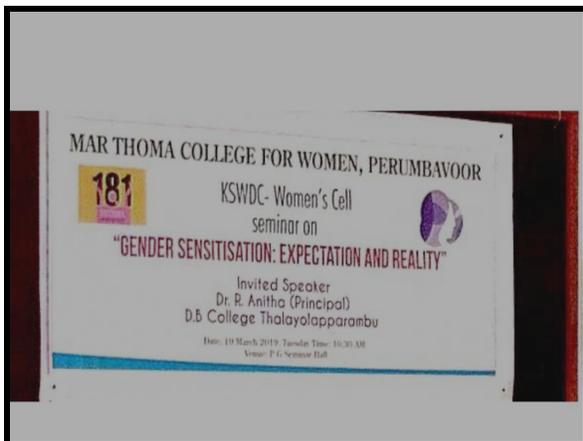
In association with the Kerala State Women's Development Corporation Ltd., the Women's Cell of Mar Thoma College for Women, Perumbavoor, organized a seminar titled "Gender Sensitization: Expectations and Reality" on March 18, 2019. The seminar took place in the PG



Seminar Hall, featuring Dr. R Anitha, Principal of DB College, Thalayolaparambu, as the resource person. Dr. Lisy Cherian, Principal of Mar Thoma College for Women, delivered a talk addressing the serious issues faced by women in our society. The seminar focused on gender sensitization, which involves teaching gender sensitivity and promoting behavior modification by raising awareness of gender equality concerns. Dr. Anitha's talk specifically centered on the disparity between expectations and reality regarding gender sensitization in our society. She also emphasized the importance of women's legal rights and their proper utilization to combat exploitation. The seminar proved to be an eye-opening experience for the students

providing them with valuable insights into their rights and fostering an understanding of the significance of gender equality. The event served as a platform for empowering students and promoting a more inclusive and equitable society.

2018-2019



List of Participants

S.No	Name
1.	Alisha Benny
2.	Safna Basheer
3.	Vrinda Vijayan
4.	Savitha K.Manoj
5.	Anjitha Devassy
6.	Arsha S.Kumar
7.	Jinu John
8.	Jeny Rose Job
9.	Linta Jose
10.	Aneeja George
11.	Varsha M. Vijay
12.	Alisha Benny
13.	Safna Basheer
14.	Vrinda Vijayan
15.	Savitha K.Manoj

S.No	Name
16.	Anjitha Devassy
17.	Arsha S.Kumar
18.	Jinu John
19.	Jeny Rose Job
20.	Linta Jose
21.	Aneeja George
22.	Varsha M. Vijay
23.	Lakshmi Narayanan
24.	Mariya Emina Babu
25.	Neeraja Ponnu
26.	Swathy Jayan
27.	Safna Basheer
28.	Neha Grace Sajan
29.	Greeshma K.R.
30.	Ammu C,Vinod

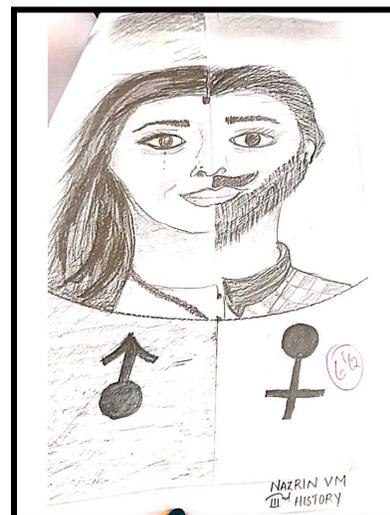
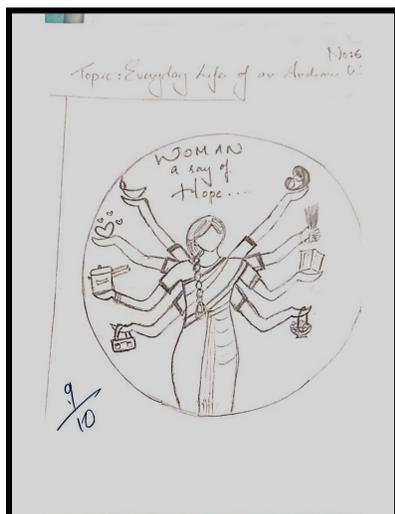
Logo Design Competition on the theme " The Everyday Life of an Indian Women"

Title of the Activity	Logo Design Competition : Centered on the theme " The Everyday Life of an Indian Women"
Organising agency/Department	Women Cell
Date	
No. of students participated	22
Resource Person	Nil
Outcome	To enhance students' soft skills while promoting awareness about the vital role of women in society

The Women Cell of Mar Thoma College for Women organized a logo designing competition on the theme "The Everyday Life of an India Woman."With the participation of 22 students from various Departments the competition aimed to showcase their creativity and design skills. During the competition,which lasted for one hour, the students demonstrated their artistic talents and created impressive logos.After careful evaluation,the winners were announced. Vismaya P.R. secured the first position, followed by Nazrin V.M. in second place, and Kalyani Surendran in third place. Dr. Lisy Cherian,the Principal of Mar Thoma

College for Women, presented the winners with well-deserved prizes. This event served a dual purpose:

to raise awareness about the significance of women in society and to enhance the students' soft skills. The active participation and enthusiasm displayed by the students contributed to the success of the program. By channeling their creativity, the students gained a deeper understanding of the everyday experiences and contributions of Indian women. The competition provided a platform to empower students and celebrate the important roles women play in our society.



2018-2019

List of Participants

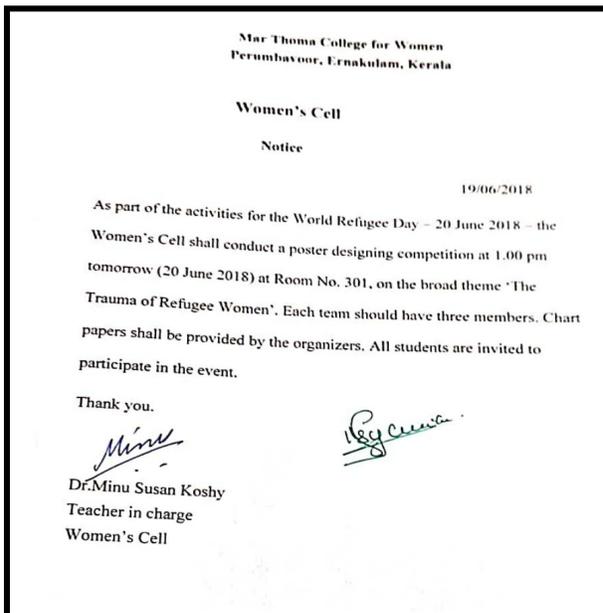
S.No	Name
1	Alisha Benny
2	Safna Basheer
3	Vrinda Vijayan
4	Savitha K.Manoj
5	Anjitha Devassy
6	Arsha S.Kumar
7	Jinu John
8	Jeny Rose Job
9	Linta Jose
10	Aneeja George
11	Varsha M. Vijay

S.No	Name
12	Abhirami Ajayan
13	Farsana M.J.
14	Liny Benny
15	Vismaya P,R,
16	Kalyani Surendran
17	Swetha Mary Kurian
18	Karthika S.
19	Lakshmi Narayanan
20	Mariya Emina Babu
21	Neeraja Ponnu
22	Nazrin V.M.

Poster Designing Competition on the theme " The Trauma of Refugee Women "

Title of the Activity	Poster Designing Competition on the theme "The Trauma of Refugee Women "
Organising agency/Department	Women's Cell
Date	20 June 2018
No. of students participated	21
Outcome	To develop soft skills among students while fostering awareness about the challenges confronted by refugee women

The Women's Cell of Mar Thoma College for Women organized a poster designing competition on the theme "The Trauma of Refugee Women" in Room No: 301 at 1:00 pm as part of World Refugee Day. The competition comprised teams of three members each. Seven teams from



various departments of the college participated in the program. The organizers provided chart papers for the competition, and the duration was one hour. The winners of the competition are as follows: First prize - Anjana Ajith, Niya Merin Mathew (II B.Sc. Physics) Second prize - Fathima Usman, Haritha B. Kumar, and Farzin Fussel (II B.Com) Third prize - Keerthy T.S., Nazrin V.M., and Aswathy N.A. Also, Parvathy V.G., Linny Benny, and Achitha Kareem were recognized. The program aimed to raise awareness about the social, economic, and mental issues faced by refugee women in their host countries. Additionally, it sought to enhance the soft skills of students, which

was successfully achieved through active student participation.

List of Participants

Poster Making

① 11nd History
Keerthi T.S. 3rd
Nazrin V.M.
Aswathy N.A.

② 11nd Zoology
Karthika Rajan
Karthika S.
Kalyani Surendran

③ 11nd Physics 1st
Arijana Ajith
Niya Merin Mathew
Varsha M. Vijay.

④ 11nd Bcom (Finance) 2nd
Fathima Usman
Haritha B. Kumar
Farzin Fussel

⑤ 11nd Maths 3rd
Parvathy V.G.
Liny Benny
Achiitha Kareem

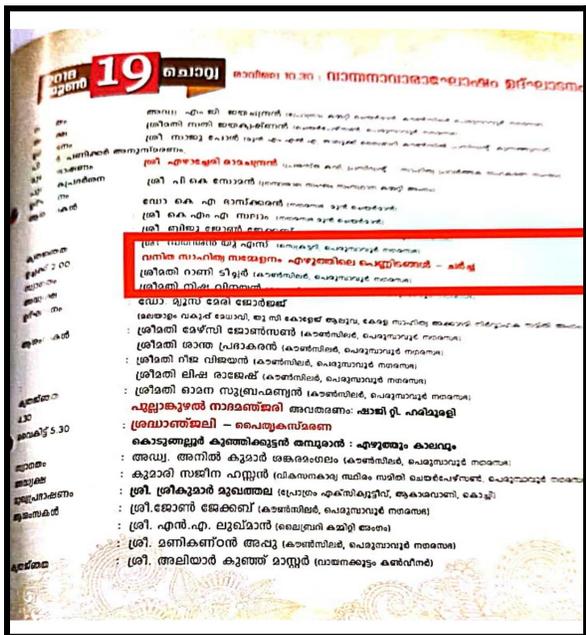
⑥ 11nd Bcom (Computer) 1st
Josmin Joseph
Archana Raju
Amita Elsa Jacob ha

⑦ 11th English
Nuraja Krishnan katty
Shilpa Bright
Aseefa Mufthiya

Participation in Women Literature Conference: Ezhuthile Pennidangal

Title of the Activity	Participation in Women Literature Conference : Ezhuthile Pennidangal
Organising agency/Department	Municipality, Perumbavoor
Date	19 June 2018
Resource Person	Dr. Muse Mary George, HOD, Department of Malayalam, Union Christian College, Aluva
No. of students participated	25
Outcome	To gain insight into the challenges encountered by women in the realm of literature

As a part of reading week celebrations, Perumbavoor Municipality organized a Women Literature Conference named “Ezhuthile Pennidangal” on 19 June 2018 at 2.45 pm at Municipal Library, Perumbavoor. 25 members of the Women’s Cell participated in the event. The program was inaugurated by Dr. Muse Mary George, HOD, Department of Malayalam, Union Christian College, Aluva. Following that, Dr. Muse Mary George delivered a talk on the suppression faced by women writers and the importance of finding a place in literature. Writers like Ranjitha Haridas, Fousiya Mansil and Thasmi also shared their views about women literature. The participation in the event helped the students to get aware of the importance of women in literature and also to know the difficulties faced by women writers in freedom of expression.



Seminat Report : A Report on the Varitha
Sadhitha Sammelanam 2018

Alisha Benny
 Roll no: 185
 III BA English
 Mar Thoma College for Women

Women's Literature Conference was held on 19-6-2018 at Municipal office Perumbavoor. The program was co-ordinated by the Assistant Professor Dr. Minu Susan Koshi, department of English, Marthoma College for Women Perumbavoor. The program was at 2:45pm or many writers like Dr. Muse Mary George, Fousiya Kar, Rajitha Haridas and Thasmi along with many other councilors of Perumbavoor Municipality has participated in it.

The introduction of the seminar was given by the writer Dr. Mose Mary George. She had started with the suppression faced by women. She also described that place of women in literature is

women in the field of literature when women writes a work openly

Dr. Mose Mary George talked about news-paper as a symbol of intelligence and the patriarchal portrayal was women as irrational and not at all intelligent. Before 1600 B.C. a writer Sappho wrote many books but it was burnt by the seculars and till now her death is a myth. The major themes of women writings were family life, love, failure etc.

Dr. Mose Mary George concluded by her speech by saying that the writing was considered as a critical phase of a person and women writings were considered as a great sin.

At 3:20pm the writer Rajitha Haridas took the role. She pointed out one of the reasons that why women started writing. They used writing as a medium to express their feelings and also to communicate. When they begin writing they were able to express their opinions freely. She concluded by saying

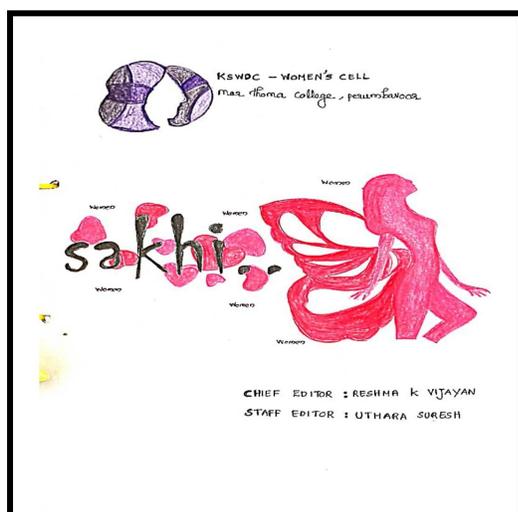
List of Participants

S.No	Name
1	Dr. Minu Susan Koshi
2	Alisha Benny
3	Safna Basheer
4	Vrinda Vijayan
5	Savitha K. Manoj
6	Anjitha Devassy
7	Arsha S. Kumar
8	Jinu John
9	Jeny Rose Job
10	Linta Jose
11	Aneeja George
12	Varsha M. Vijay
13	Aksamol Sunny

S.No	Name
14	Arya H. Karta
15	Sandra K.S.
16	Jaseela
17	Karthika Das
18	Namitha K.B.
19	Fathima C.A.
20	Sandra Krishnan
21	Swathy Jayan
22	Safna Basheer
23	Neha Grace Sajan
24	Greeshma K.R.
25	Ammu C, Vinod

Release of Manuscript Magazine : Sakhi

Title of the Activity	Release of manuscript magazine: Sakhi
Organising agency/Department	Women's Cell
Date	30 March 2019
Participants	Students from various departments of the college.
Outcome	To enhance students' writing & artistic skills



On 30th March 2019, the Women's Cell of Mar Thoma College for Women published a manuscript magazine titled "Sakhi." The magazine's theme revolved around "The Role of Women in Society." Dr. Minu Susan served as the Women's Cell Coordinator, while Ms. Uthara Suresh held the position of staff editor. Reshma K. Vijayan took on the role of chief editor for the magazine.

"Sakhi" included

Collection of writings, poems, stories, and drawings contributed by students from various departments within the college. The magazine provided an avenue for students to express their creativity, develop their soft skills, foster innovative thinking, and gain awareness about the significant role of women in society.

EDITORIAL TEAM	
1. Patron	Dr. Lissy Cherian Principal
2. Faculty - In-charge of women's cell	Dr. Minu Susan Koshy
3. Staff Editor	Ms. Uthara Suresh
4. Chief Editor	Reshma. K. Vijayan
5. Editorial Team	Ms. Anitha Benny Ms. Midhuna Ann Mathews Anjana Sajikumar Anu Johny Vismaya P.K

Seminar on “ Adolescent Health Issues and Care”

Title of the activity	Seminar on “ Adolescent Health Issues and Care”
Organising Agency/Department	Youth Red Cross
Date & Time	27 August 2019, 10 AM
Number of students participated	
Resource Person	Mrs.Aishwarya(RBSK) Nurse Taluk Hospital Perumbavoor Mr.Dileep Kumar, Junior Health Inspector(JHI),Taluk Hospital Perumbavoor
Outcome	-To comprehend the different stages of adolescence -To gain awareness about different communicable diseases



On 27th August 2019, the Youth Red Cross organized a seminar at our college focused on adolescent health issues and care. The seminar witnessed the active participation of all college students. Adolescence encompasses various transitions across physical, social, emotional, and intellectual domains, making adolescent health a crucial concern. The seminar consisted of two sessions, the first being conducted by Mrs. Aishwarya, a nurse from Taluk Hospital Perumbavoor (RBSK). Her session was highly informative and enlightening for our students. The second session was led by Mr. Dileep Kumar, Junior Health Inspector (JHI), also from Taluk Hospital Perumbavoor, and focused on communicable diseases. The primary objective of the seminar was to promote health education among teenagers and raise awareness about infectious diseases. This seminar played a significant role in emphasizing the importance of adolescent health and related issues

Logo Design Competition on “ Gender Equality”

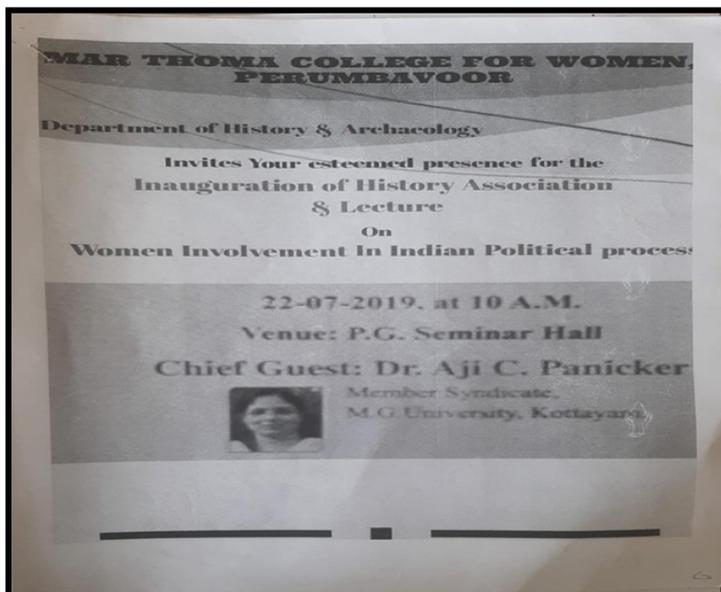
Title of the activity	Logo Design Competition
Organising Agency/Department	Women Cell
Date & Time	19 June 2019
Number of students participated	30
Resource Person	
Outcome	To foster creativity skills & cultivate an understanding of the importance of Gender Equality

Gender equality refers to the equal rights, responsibilities, and opportunities for people of all genders. It emphasizes the consideration of the interests, needs, and priorities of both women and men, while recognizing the diverse groups within each gender. On 19th June 2019, the Women Cell of our college organized a logo design competition on the theme of "Gender Equality." The competition was held under the guidance of Dr. Minu Susan Koshy, Assistant Professor in the Department of English. A total of 30 students participated in this event. Following the logo design competition, a slogan-making competition took place.

Women Involvement in Indian Political Process

Title of the Activity	Women involvement in Indian Political Process
Organising Agency/ Department	Department of History
Date & Time	22/07/2019
Number of students participated	98
Resource Person	Dr. Aji C Panicker
Outcome	To understand the importance of women in the Indian Political Process

As part of the inauguration of the History association, the Department of History and Archaeology organized a lecture on the involvement of women in the Indian political process. The program took place on July 22, 2019, at the PG seminar hall. Dr. Aji C. Panicker, a member of the MG University syndicate in Kottayam, delivered the lecture, which was attended by 98 students from the Department of History.



2019-2020

List of Participants

S.NO	NAME
1	BIBINA
2	ABHIRAMI OA
3	VRINDA JAYAKUMAR
4	SREEKUTTY
5	RENJUSHA
6	THEOFILSA MATHEW
7	VISMAYA SASI
8	KEERTHI TS
9	ASNA MOL
10	ARYANANDA SUPRAN
11	ANJITHA RAVI
12	FATHIMA MT
13	FASEENA KARIM
14	MARIYAM BEEVI TA
15	JESNA KAREEM
16	PANCHAMI KRISHNA A
17	AISHWARYA MOHANAN
18	BHAGYA AGNUS JAMES
19	ARYA BABY
20	AMINA MA

S.NO	NAME
21	SHEREENA OS
22	HASEEBA HAJA
23	ALFIYA SUBAIR
24	SAFARINA M MAHIN
25	NEJUMA MUHAMMAD
26	ANUMOL MANI
27	FASNA M.M
28	SILPA B
29	VARSHA SUNIL
30	ASHWANI SATYAN
31	FASNA ASHRAF
32	ANJU RAJU
33	HASEENA CY
34	NASIYA KA
35	SNEHA JOSE
36	ANAKHA BIJU
37	ARYA R
38	FASLA TA
39	FASEELA KA
40	TASNI PS

2019-2020

41	HASEENA PARVEEN PKP
42	SOJA MATHAI
43	NASRIN BM
44	ANEENA VA
45	JAINU PAUL
46	VISHNUPRIYA BIJU
47	LIBIYA
48	JEENA JOHNSON
49	ANAKHA PR
50	ATHIRA KT
51	AMINA MT
52	LEKSHMI KB
53	JOSMI JOHN
54	PAYAL KUMARA
55	RANI MONI
56	ATHIRA SANAL
57	ANASWARA BS
58	SALIHA KS
59	SETHULEKSHMI C
60	SANDRA TS

61	KALAVATHY S
62	SARANYA AS
63	SREELEKSHMI PK
64	AKSHARA RAVI
65	SARIKA SASI
66	SHARAFIYA CA
67	MINI GEORGE
68	ASWATHI RAJU
69	ANEETA M KURIAN
70	JIYA JOY
71	KRISHNAPRIYA KS
72	FATHIMA SALIM
73	ELEENA MATHEW
74	JASMINE CM
75	SNEHA BIJU
76	GEETHU PA
77	ANUPAMA PN
78	VAISHNAVI MV
79	ANJALI VA
80	ASWATHY SABU

2019-2020

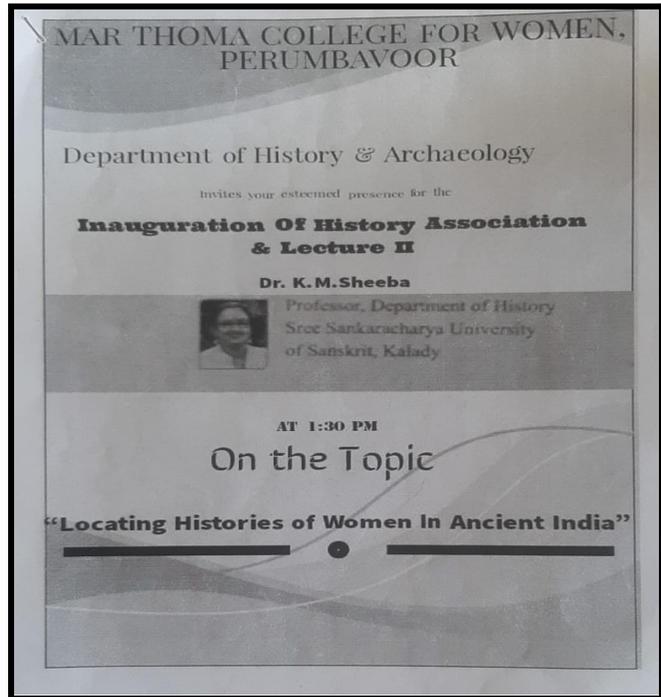
81	LEKSHMI REJOY
82	DELTA SOLI GEORGE
83	MANJU VR
84	RADHIKA RAVEENDRAN
85	RESHMA KK
86	FATHIMA MARIYAM
87	SYAMILY SASI
88	NATHA FATHIMA IRSHAD
89	SAFEENA AM

90	REMYA SANTOSH
91	AISHA MARVA
92	ANJU VARGHESE
93	ASWATHI NA
94	BINI ELDHOSE
95	AMALENDU ER
96	ATHULYA SASI
97	BIBINSHA T
98	MERIN MATHEWS

Locating Histories of Women In Ancient India

Title of the Activity	Locating Histories of Women in Ancient India
Organising Agency/ Department	Department of History & Archaeology
Date & Time	22/07/2019
Number of students participated	101
Resource Person	Dr. K M Sheeba
Outcome	To explore the lesser known & overlooked histories of women in India

On July 22, 2019, at 1:30 PM, the Department of History and Archaeology organized a lecture titled "Locating Histories of Women in Ancient India" to inaugurate the History Association. The lecture took place in the PG seminar hall. Dr. KM Sheeba, Professor in the Department of History at Sree Sankaracharya University of Sanskrit, Kalady, led the lecture. A total of 101 students from the Department of History actively participated in this program.



Inaugural Lecture I
History Association
Topic - Locating Histories of Women
in Ancient India

Participant List

Serial NO	Name of the Participant	Department	Signature
1)	Abhisrami A.A	Mar Athanasia College H.S -long	[Signature]
2)	Asnamol E.M	"	[Signature]
3)	Theofila Mathew	"	[Signature]
4)	Sonakutty M.S	"	[Signature]
5)	Shilpa V	"	[Signature]
6)	Ajitha Ravi	"	[Signature]
7)	Arya Baby	"	[Signature]
8)	Farna Akbar	"	[Signature]
9)	Fathima M.P	"	[Signature]
10)	Jasna Karim	"	[Signature]
11)	Anu mol mani	"	[Signature]

12)	Bibina V.B	"	[Signature]
13)	Ranjana A	"	[Signature]
14)	Keerthi T.S	"	[Signature]
15)	Arjunanatha Supran	"	[Signature]
16)	Nirmaya Sasi	"	[Signature]
17)	Nidha jagannath	"	[Signature]
18)	Farna M.M	"	[Signature]
19)	Ngurna mohammed	"	[Signature]
20)	Arsha M.A	"	[Signature]
21)	Aishwarya motaran	"	[Signature]
22)	Fazeena Kabeem	"	[Signature]
23)	Bhagya Agnes James	"	[Signature]
24)	Narsha Sunil	"	[Signature]
25)	Sahana M. manis	"	[Signature]
26)	Atiya Subair	"	[Signature]
27)	Panchami Ushra	"	[Signature]
28)	Kaara thya	"	[Signature]
29)	Shabeena O.S	"	[Signature]
30)	Madhya Bevi T.S	"	[Signature]
31)	Ashwani Settyan	"	[Signature]

32)	Diya kalash	"	[Signature]
33)	Soja Mathai	"	[Signature]
34)	Argha Biju	"	[Signature]
35)	Hasena C.J	"	[Signature]
36)	Saha Jose	"	[Signature]
37)	Jean Johnson	"	[Signature]
38)	Vishnupriya Biju	"	[Signature]
39)	Hasena parween P.K	"	[Signature]
40)	Argha ER	"	[Signature]
41)	Iiya jog	"	[Signature]
42)	Shafiqia C.A	"	[Signature]
43)	Akshara Ravi	"	[Signature]
44)	Sree Lakshmi P.K	"	[Signature]
45)	Aneeta M Karolan	"	[Signature]
46)	Papal Kumari	"	[Signature]
47)	Lakshmi K.B	"	[Signature]
48)	Athira K.T	"	[Signature]
49)	Josmi John	"	[Signature]
50)	Rahi Mani	"	[Signature]
51)	Saika Sasi	"	[Signature]
52)	Anaswara B.S	"	[Signature]
53)	Athira Saral	"	[Signature]

54)	Amina mi	"	[Signature]
55)	Salha K.S	"	[Signature]
56)	Kalavathy S	"	[Signature]
57)	Aiswathy Raju	"	[Signature]
58)	Saranya A.S	"	[Signature]
59)	Sardha T.S	"	[Signature]
60)	Faseela K.A	"	[Signature]
61)	Raja R	"	[Signature]
62)	Raju Raju	"	[Signature]
63)	Thasni P.S	"	[Signature]
64)	Nasija K.A	"	[Signature]
65)	Nazrin V.M	"	[Signature]
66)	Jaina Pooal	"	[Signature]
67)	Fagla T.A	"	[Signature]
68)	Libiya Bhu	"	[Signature]
69)	Aneena V.A	"	[Signature]
70)	Mini George	"	[Signature]
71)	Sethulakshmi C	"	[Signature]
72)	Fathima salim	"	[Signature]
73)	Delta Soly George	"	[Signature]
74)	Radhika Raveendran	"	[Signature]
75)	Ranija Sandosh	"	[Signature]
76)	Safara A.M	"	[Signature]

79)	Kaishna Polya K.S	"	<u>Jushna</u>
80)	Greetha P.A	"	<u>Greetha</u>
81	Jasmin C.M	"	<u>Jasmin</u>
82	Vishnavi M.V	"	<u>Vishnavi</u>
83	Aswathy Sabu	"	<u>Aswathy</u>
84	Eleena madhew	"	<u>Eleena</u>
85	Sneha Biju	"	
86	Manju V.R	"	<u>Manju</u>
87	Reshna K.K	"	<u>Reshna</u>
88	Syamili Sasi	"	<u>Syamili</u>
89	Meera Mathew	"	<u>Meera</u>
90	Nada Fathima Ishtad	"	<u>Nada Fathima</u>
91	Fathima Mariyam	"	<u>Fathima</u>
92	Lakshmi Rejog	"	<u>Lakshmi</u>
93	Sneha Biju	"	<u>Sneha</u>
94	Anupama P.V	"	<u>Anupama</u>
95)	Eleena Bi Binsha TI	"	<u>Bi Binsha</u>
96)	Aisha Maswa	"	<u>Aisha</u>
97)	Bini Elahose	"	<u>Bini</u>
98)	Athulaja Sasi	"	<u>Athulaja</u>
99)	Amalendhu ER	"	<u>Amalendhu</u>
100)	Aswathy N.A	"	<u>Aswathy</u>
101)	Anju vas ghesa	"	<u>Anju</u>

Webinar on Women's Protection Laws

Title of the Activity	Webinar on Women's Protection Laws
Organising agency/Department	Women Cell
Date	25 November 2020
No. of students participated	
Resource person	Jayanthi Surendran
Outcome	To understand women rights and familiarize with the women protection laws.

സീതലയം
സ്ത്രീ സൗഹൃദ പദ്ധതി
കേരള സർക്കാർ ഹോമിയോപ്പതി വകുപ്പ്, എറണാകുളം ജില്ല

Online Poster Making Competition
In connection with
International Day For The Elimination Of Violence Against Women
Nov. 25
Say NO To Violence Against Women.

Result

- 1. Gayathri V. Karthikeyan**
(Mar Athanasius College Of Engg., Kothamangalam)
- a) Abhima Subhash**
(Mar Thoma College for Women, Perumbavoor)
- b) Ebin Siby**
(RLV College Of Music & Fine Arts, Tripunithura)
- 3. Arya P.R.**
(RLV College Of Music & Fine Arts, Tripunithura)
- 4. Lakshmi Sankar**
(Mar Thoma College for Women, Perumbavoor)

ഗവ. താലൂക്ക് ഹോമിയോ ആശുപത്രി മുവട്ടപ്പുഴ, എറണാകുളം ജില്ല
0485 - 2836566

സീതലയം
സ്ത്രീ സൗഹൃദ പദ്ധതി
കേരള സർക്കാർ ഹോമിയോപ്പതി വകുപ്പ്, എറണാകുളം ജില്ല

Women's Cell, Mar Thoma College For Women, Perumbavoor

Nov. 25
Faculty Time - 10.30 am - 11.30 am

Adv. Jayanthi Surendran
വിഷയം
International Day for the elimination of violence against women

സീ സൗകക്ഷണ നിയമങ്ങൾ
ഉദ്ദേശ്യം :- ലോ. കീന അനി അറസ്റ്റ്, (ആക്രമിച്ച് സൂത്രം)
ആശംസകൾ:- ലോ. ജി.ജി. ജോർജ്ജ് (പ്രീസിഡന്റ് ഓർത്തോഡോക്സൽ കോളേജ്)

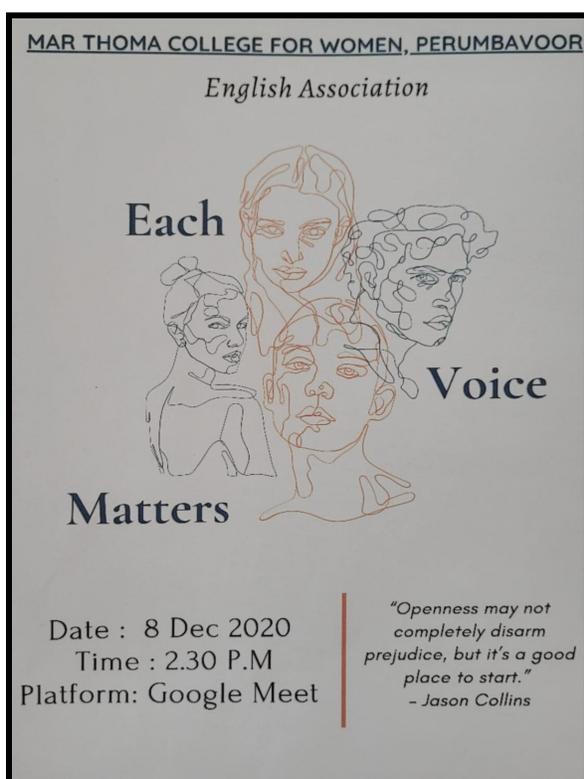
ഗവ. താലൂക്ക് ഹോമിയോ ആശുപത്രി മുവട്ടപ്പുഴ, എറണാകുളം ജില്ല
0485 - 2836566

In observance of the International Day for the Elimination of Violence against Women, a webinar was conducted by the Seethalayam Project, Ernakulam district, in collaboration with the Women Cell of Mar Thoma College for Women, Perumbavoor. The webinar took place on 25th November 2020 at Muvattupuzha Taluk Homoeopathy, Government of Kerala. Advocate Jayanthi

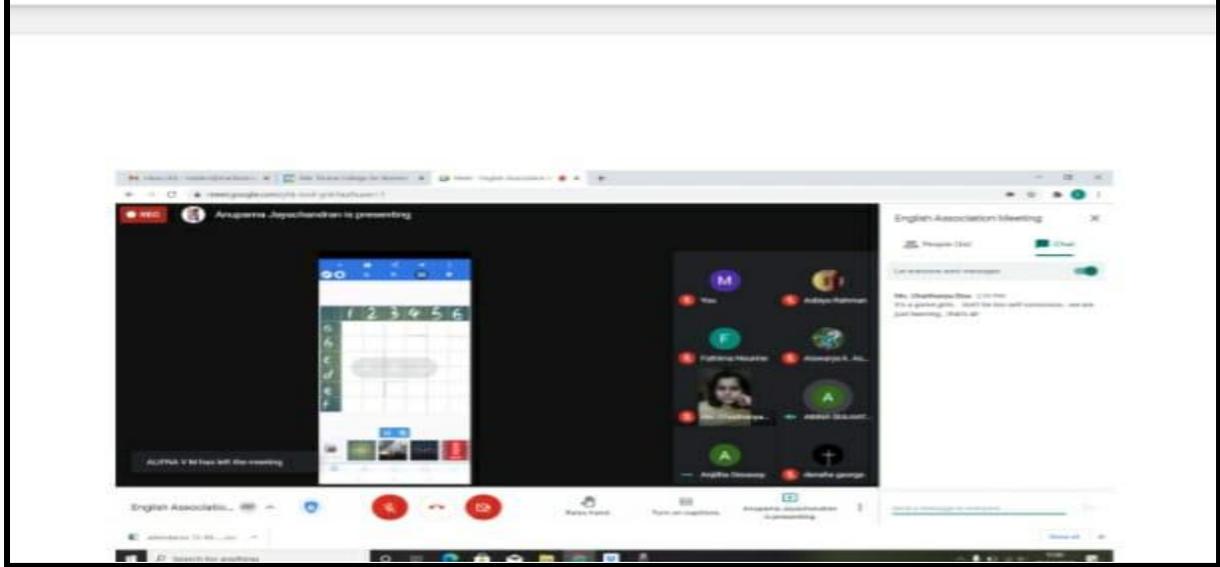
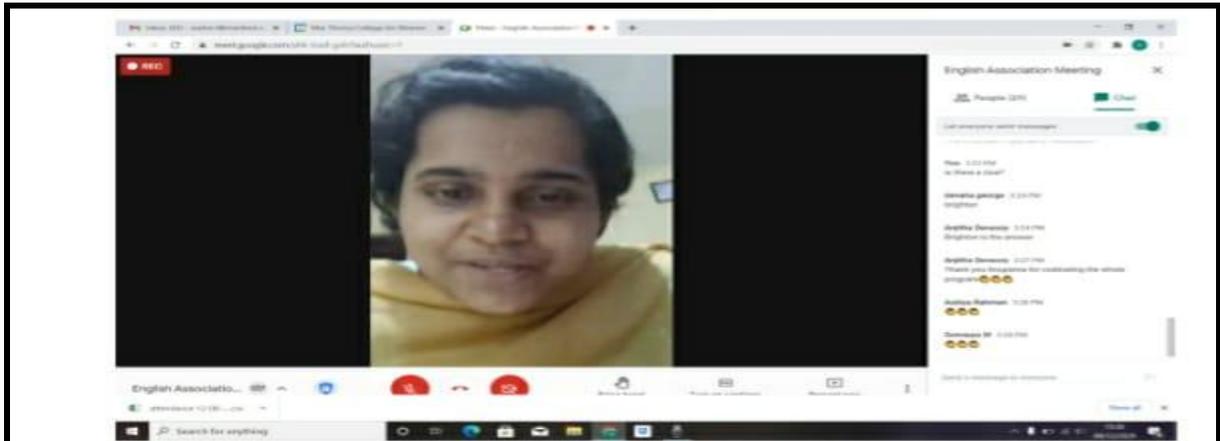
Surendran delivered a session on the topic "Women Protection Laws." The primary objective of this program was to enhance students' awareness regarding the current status of women and explore avenues for improvement.

Each Voice Matters: Focussing on Gender Awareness & Rights of Gender Minorities

Title of the Activity	Each Voice Matters
Organising Agency/ Department	Department of English
Date	8 December 2020
No. of Students Participated	75
Resource Person	
Outcome	To understand the various rights of gender minorities



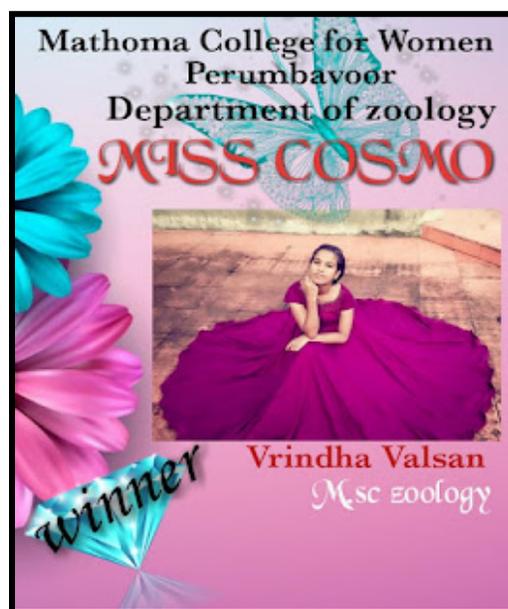
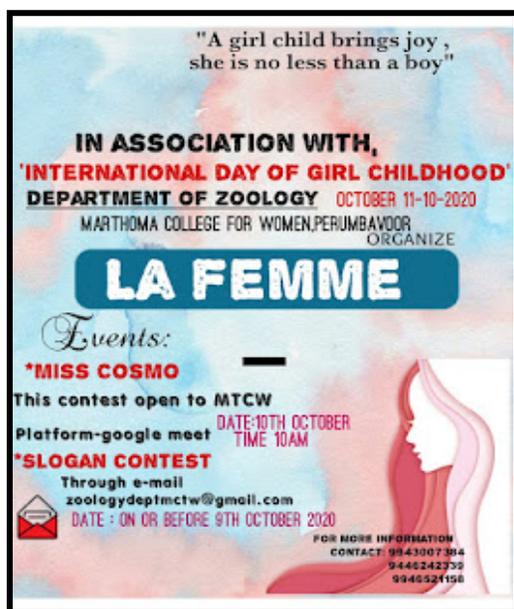
A webinar titled "Each Voice Matters" was conducted on 8th December 2020 at 2.30 pm via Google Meet, focusing on gender awareness and the rights of gender minorities. The session witnessed the participation of 75 students. The primary objective of this program was to promote gender equality and women's empowerment. It aimed to provide girls with decision-making and life skills that would contribute to their development into womanhood. By raising awareness about gender issues and the rights of gender minorities, the webinar aimed to create a more inclusive and equitable society. The session served as a platform to engage students in discussions and activities related to gender awareness. It emphasized the significance of each individual's voice in shaping a more just and equal world for all genders.



International Day of Girlhood : Slogan Writing Competition & Miss Cosmo Competition

Title of the Activity	La Femme
Organising Agency/ Department	Department of Zoology
Date	11 October 2020
No. of Students Participated	25
Resource Person	
Outcome	To improve creative thinking & writing skills

In commemoration of the International Day of the Girl Child, we organized an event called "La Femme." The event featured an intercollegiate slogan writing contest and a Miss Cosmo contest exclusively for Mar Thoma College for Women (MTCW) students. Miss Lekshmi S. Nair, HR Lead at Vysheshika Pvt Ltd, and Ms. Supriya Susan Kurian, the college librarian, served as the judges. The slogan writing contest saw the participation of 25 contestants, with Shabna Yousaf from Sree Sankara, Kalady securing the first position, followed by Anju Anilkumar from MTCW in second place, and Aswathymol from Morning Star, Angamali, in third place. The Miss Cosmo contest attracted 11 participants, and Vrinda, an MSc. Zoology student, claimed the title of Miss Cosmo. Deva Renjini, a second-year B.Com Taxation student, emerged as the first runner-up, while Fathima Nazrin, also a second-year B.Com Taxation student, secured the second runner-up position.



Marthoma College for women
Perumbavoor
Department of zoology

MISS COSMO

1st



RUNNER UP

Deva Ranjini kavissery
B.com Finance & Taxation

Marthoma College for women
Perumbavoor
Department of zoology

MISS COSMO

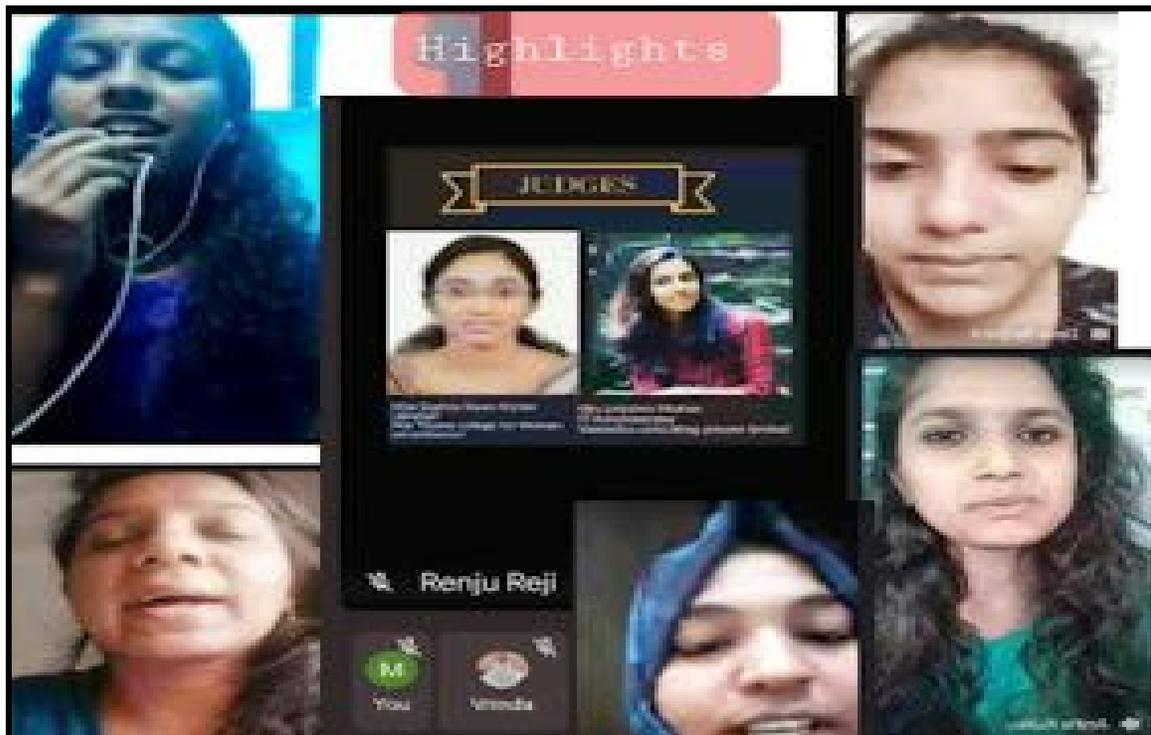
2nd



RUNNER UP

Fathima Nazrin
B.com Finance & Taxation

Highlights



JUDGES

Ranju Reji

You

Vinoda

Webinar on Physical Activity & Bone - Persuading women to exercise

Title of the Activity	Physical Activity & Bone-Persuading Women to Exercise
Organising Agency/ Department	Department of Physical Education
Date	9 January 2021
No. of Students Participated	112
Resource Person	Mr. Sudeesh C.S
Outcome	To get an insight about the importance of exercise

The Department of Physical Education arranged a webinar on 9th January 2021, titled "Physical Activity & Bone: Encouraging Women to Exercise." Mr. Sudheesh C. S., Assistant Professor at Lakshmibai National College of Physical Education, Thiruvananthapuram, served as the resource person for the webinar. The main purpose of this program was to emphasize the importance of maintaining physical fitness in order to prevent and manage noncommunicable diseases like heart disease, stroke, diabetes, and more. By advocating for regular exercise, especially among women, the webinar aimed to raise awareness about the impact of physical activity on bone health and overall well-being. During the session, participants gained valuable insights into the benefits of exercise and were encouraged to prioritize physical activity in their daily lives. The webinar served as a platform to educate attendees about the correlation between physical fitness and the prevention of various health conditions, empowering them to lead healthier lifestyles.


MAR THOMA COLLEGE FOR WOMEN
 PERUMBAVOOR
 Department of Physical Education
Presents
 WEBINAR SERIES 2
Physical Activity and Bone - Persuading Women to Exercise



Mr. Sudheesh C.S.
 Assistant Professor
 Lakshmibai National College
 of Physical Education
 Thiruvananthapuram



9
 JANUARY
 2021
 TIME: 4 P.M.

Convenor
 Dr. VINEEDKUMAR K.
 9447892891

List of Participants

Physical Activity and Bone-Pursuing Elements Exercise

Timestamp	Name	Department	Class	Mobile number
1/6/2021 11:08:14	Bhavana S	BA English	1st year	8593098020
1/6/2021 11:08:30	Preethi Sara Joseph	English		9495335860
1/6/2021 11:12:21	Alam salim	BA English	First year BA English	8592958274
1/6/2021 11:12:44	Parvathy vs	BA English	1st year BA english	9539158629
1/6/2021 11:12:45	Heleen Mary V Paul	BSc Zoology		9048180815
1/6/2021 11:14:48	Heleen Mary V Paul	BSc Zoology		9048180815
1/6/2021 11:15:52	Heleen Mary V Paul	BSc Zoology		9048180815
1/6/2021 11:16:48	Stany mary Philip	1st year BA	English	8593925941
1/6/2021 11:18:58	Farsana Usman	BA History	1st year	6238730827
1/6/2021 11:21:33	Ameetha Satheesh	Zoology	1st year zoology	9745490916
1/6/2021 11:21:37	Anan Ajmal	BA history	1st year	9605223273
1/6/2021 11:21:50	Preethika prakash	B.com	1st year	7029431836
1/6/2021 11:22:06	Amala Joshy	Department of commerce	B.com finance and taxation	7034923033
1/6/2021 11:22:10	Aleena Kochumon	Commerce	B.com finance & taxation	6238544647
1/6/2021 11:22:17	Sreethu V Nair	Boom Finance & Taxation	Dgree first year	8137920991
1/6/2021 11:22:42	Aindra C Hari	Boom finance and taxation	Commerce	9207870112
1/6/2021 11:23:05	Shahabunnisa P. Jaleel	B. Com finance & taxation	1st year	9530349802
1/6/2021 11:23:09	Kripa Kurian	Commerce	B.com f& t 1st year	8608152273
1/6/2021 11:23:09	Devipriya KR	1st year Boom (F&T)	1st year Boom (F&T)	7736901798
1/6/2021 11:23:26	Arathy surendran	Boom finance and taxation	Boom	7510505529
1/6/2021 11:23:49	Aleena Kochumon	Commerce	B.com finance & taxation	6238544647
1/6/2021 11:23:57	Apama T. A	B. A english		9946042380
1/6/2021 11:24:18	Bincy Varghese	Boom finance and tax	1st year	9744815118
1/6/2021 11:24:35	Sheha paul	Boom finance and taxation	First year	8606329203
1/6/2021 11:25:20	Arjunmol kr	Bsc zoology	1st year	9744178203
1/6/2021 11:25:55	Karthika. S	BA History	Physical activity and bond	9778185277
1/6/2021 11:27:00	Lekshmi Mohandas	Bsc zoology	1st year	7736877216
1/6/2021 11:27:42	Heleen Mary V Paul	BSc Zoology	First Year	9048180815
1/6/2021 11:27:58	Aswathy. V. A	B. Com finance & Taxation	1 year	7029304392
1/6/2021 11:28:26	Aadhya A Manoj	Commerce	Boom (Finance and Taxat)	9188470981
1/6/2021 11:28:49	Heleen Mary V Paul	BSc Zoology	First Year	9048180815
1/6/2021 11:29:48	Fathima shabana pm	Bsc zoology	first year	9747778197

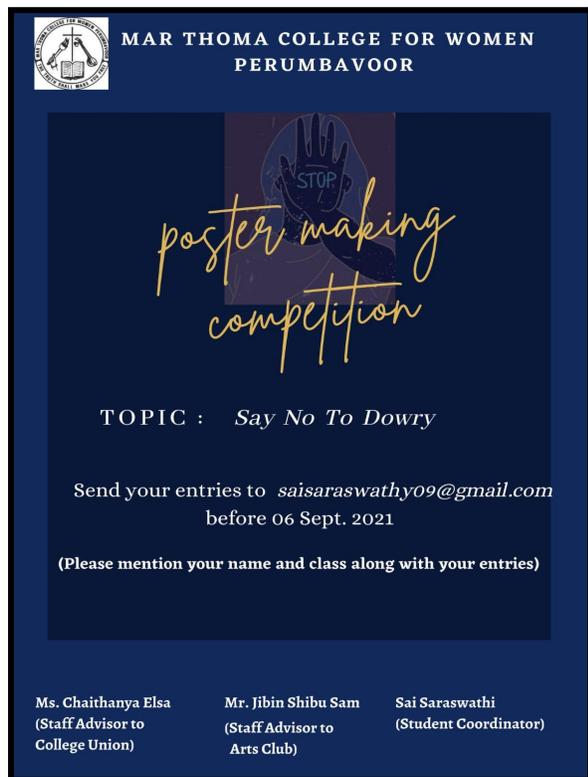
1/14/2021 13:44:41	Preethika prakash	Bsc chemistry	1 st year	9526066391
1/14/2021 14:38:37	Anjana Bhaskaran	ilium	1st year	9445469331
1/14/2021 14:53:21	Ummu habeeba	BSc chemistry	Chemistry	7736339341
1/14/2021 14:53:28				
1/14/2021 18:27:37	KRISHNAPRIYA E.S	B voc tourism & hospitali	2 nd year	8129407192
1/14/2021 17:58:06	Ramzya Ummer	English	1 BA English	7736961004
1/14/2021 19:04:13	Jayalakshmi Nadesan	1st B.com Finance and Ta	1st B.com	9495853827
1/14/2021 21:02:11	Nandini B	B Voc	Tourism And Hospitality M	6238179637
1/15/2021 11:02:11	Anaga Tm	B voc Tourism and hospita	Degree	7591988436
1/15/2021 11:04:20	Anagha k. a	B. Voc Tourism and Host	Degree	7034530532
1/15/2021 11:27:41	Geethu k. R	B. Voc tourism & hospitali	degree	7306049022
1/15/2021 12:21:27	Meenu p. p	Bvoc	Tourism and hospitali ma	9061191330
1/15/2021 12:25:14	Annamya George	1st year B. Voc	Tourism & hospitali man	6037989718
1/15/2021 12:31:12	Akhila babu	BvocTmM	1 year Bvoc	9048374613
1/15/2021 12:32:26	Berna molly varghese	Bvoc	Tourism and hospitali ma	7736988742
1/15/2021 12:37:24	Jaseela Irshad	B voc	Tourism and hospitali ma	8861723177
1/15/2021 12:51:12	Ashitha C.A	B voc Tourism and hospita	1st year	9544132673
1/15/2021 14:52:37	Muhana M.M	Bvoc Tourism and Hospita	Degree	9773358961
1/15/2021 14:52:37	Aswathy. V. A	B. Com finance & Taxat	1yr B. Com fin&Tax	7025304392
1/15/2021 14:53:33	Muhana M.M	Bvoc Tourism and Hospita	Degree	9773358961
1/15/2021 20:06:00	Maria Mini Eldhose	Mathematics	III B.Sc Mathematics	8863079019
1/15/2021 20:37:07	Anitha Pdiv	Bvoc	Tourism and hospitali m	7356724761
1/15/2021 22:54:03	Amruthpriya M Bose	Commerce	B. Com finances and taxat	9947323741
1/16/2021 9:48:38	Devika Siby	Boom finance and taxation	Boom finance and taxation	9846309690
1/17/2021 17:37:14	Shahanas T.S	Physics	First year	8621428317
1/18/2021 7:48:17	Devipriya KR	Boom (F&T)	1st year Boom (F&T)	7736901798
1/18/2021 14:05:32	RAMSEENA SHAMEER	PHYSICS	FIRST YEAR BSC PHYSIC	8589098571
1/18/2021 14:08:36	SANA SAYED	PHYSICS	FIRST YEAR BSC PHYSIC	7736478000
1/18/2021 14:08:42				
1/18/2021 16:50:28	Resiya Mol M S	BSc Maths	1st year	9562265229
1/18/2021 17:16:13	Naijya A.A	B.Sc Physics	1st yr Physics	98959 02918
1/20/2021 15:28:28	Nafila Nasir	history		7994512792
1/21/2021 21:02:50	anahya Elizabeth Simon	Bvoc tourism and hospitali	Bvoc thm	7025113533

1/25/2021 9:18:17	Nancy Sara John	B. Voc Tourism and Hospitl	Faculty	9747330290
1/26/2021 22:14:35	Raina T. R	B. Voc RETM	1 st year	9778248941
1/26/2021 22:18:41	Godsy Devasay	B. Voc	1st year	8592037101
1/28/2021 12:26:05	Sajna T.R	B Voc RETM	1st year	7025805209
1/30/2021 11:48:17	Anuaha R	BA History	Degree	8592943711
1/30/2021 11:48:20	Aasya N	B.A History	Fast year	9639135893
1/30/2021 11:48:20	Sara Farsana	BA history	Degree	8330865529
1/30/2021 11:49:30	Esther. P	BA History	First year	8301813875
1/30/2021 11:50:31	Anna poulose	BA History	1st year	7736197636
1/30/2021 11:52:07	Aleena mariya	BA history	First year	9744703391
1/30/2021 11:52:48	Sreekuthy M.S	Department of History & A	2nd BA History	9605661821
1/30/2021 11:55:09	Varsha C	BA History and Archaeology	1st year	8078915940
1/30/2021 11:55:52	Anan Ajmal	BA history	First year	9605223273
1/30/2021 11:57:31	Zulfia Saim	BA History	1 year	9605301316
1/30/2021 11:59:27	Shimi George	BA History	1st year	8943846183
1/30/2021 12:00:34	ARYANANDHA SUPRAN	B. A HISTORY	DEGREE SECOND YEAR	7736786243
1/30/2021 12:01:25	Faranmol shereef	BA history model 2	archaeol 1st year	8643376289
1/30/2021 12:01:34	Farsana Usman	BA History	1st year	6238730827
1/30/2021 12:03:17	Aiysha k. m	BA History	First year	9048288226
1/30/2021 12:04:30	Aleena jose	BA history		9778168403
1/30/2021 12:05:57	Aana K. Ajas	BA History	1st year	9667509058
1/30/2021 12:07:59	Aswathy va	BA history and Archaeology	Degree	8599026159
1/30/2021 12:08:49	Fathima PA	BA history	1st year	7736954797
1/30/2021 12:32:57	Suriya VS	BA History		9947130348
1/30/2021 12:33:49	Aswathy E.P	BA History	1 st year	9497448037
1/30/2021 12:39:43	Jasmin c.m	B.A History And Archaeol	2nd year	8547606485
1/30/2021 12:57:57	Aghna Jiji	Ba history and archaeology	1st year	8281342883
1/30/2021 13:04:38	Dye Supri	History	1 BA History	8921202078
1/30/2021 13:11:58	Angeli Lulu	BA History	First year	9647833262
1/30/2021 13:13:37	Angeli Lulu	BA History		9649178201
1/30/2021 13:29:35	Akhila p.s	Ba History	First year digri	9649178201
1/30/2021 13:30:36	Vidya S.L	BA History model II	Arche First year	9649500828
1/30/2021 14:06:17	Naciya mol k.a	BA history	1st year	9845428684

1/7/2021 10:44:27	Chippy K.S	Bsc Chemistry		7034935450
1/7/2021 10:45:20	Ameena E.A	Chemistry	1st year	9645377392
1/7/2021 10:48:05	Jeseena mol cm	Chemistry	1st year	9656137893
1/7/2021 10:55:28	Anagha Joy	Chemistry	1st year	9778244671
1/7/2021 11:19:09	SIFNA CS	BSc chemistry	1st year	9895067227
1/7/2021 12:06:52	Christy Anna Varghese	Chemistry	1st year Bsc Chemistry	8606171501
1/7/2021 12:07:01	Fathima K.A	Bsc chemistry	1st bsc chemistry	9865909068
1/7/2021 13:11:44	Abhirami JS	Bsc chemistry	1st year	9048568300
1/7/2021 14:12:49	Chalthanya Elsa Achankur	English		9567062075
1/7/2021 14:14:04	Chalthanya Elsa Achankur	English		9567062075
1/7/2021 20:14:57	Preethika prakash	Bsc chemistry	1 st year	9526066351
1/8/2021 13:15:10	Hallsa C.M	BA english	First year ba english	8606667201
1/8/2021 19:07:33	Ramzya ummer	BA English	1st year	7736961004
1/9/2021 10:06:04	Anuaha R	BA History	1st year	8592943711
1/9/2021 11:32:34	Nasle jaleel	BA English	First year degree	8138955439
1/9/2021 15:38:36	Amitha Kareem	English	First Year UG	7902629070
1/9/2021 15:53:29	Jayalakshmi Nadesan	B.com Finance and Taxat	1st year B.com	9495853827
1/9/2021 17:33:05	Naijya A.A	Physics	1st B.Sc Physics	9895902918

Poster Designing Competition on the theme " Say no to dowry "

Title of the Activity	Poster Designing Competition on the theme "Say no to dowry "
Organising agency/Department	College Union
Date	6 September 2021
No. of students participated	21
Outcome	To raise awareness about the challenges faced by women as a result of dowry



**MAR THOMA COLLEGE FOR WOMEN
PERUMBAVOOR**

*poster making
competition*

TOPIC : *Say No To Dowry*

Send your entries to saisaraswathy09@gmail.com
before 06 Sept. 2021

(Please mention your name and class along with your entries)

Ms. Chaitanya Elsa
(Staff Advisor to
College Union)

Mr. Jibin Shibu Sam
(Staff Advisor to
Arts Club)

Sai Saraswathi
(Student Coordinator)

The College Union of Mar Thoma College for Women organized a poster designing competition on the theme "Say no to dowry" in the PG Seminar Hall at 1.00 pm . Each team of the competition included three members. Teams from various departments of the college participated in the program. Chart papers were provided by the organizers. Duration of the competition was 1 hour. Winners are as follows:

First prize - Ameena E A

Second prize- Aleena Kochumon

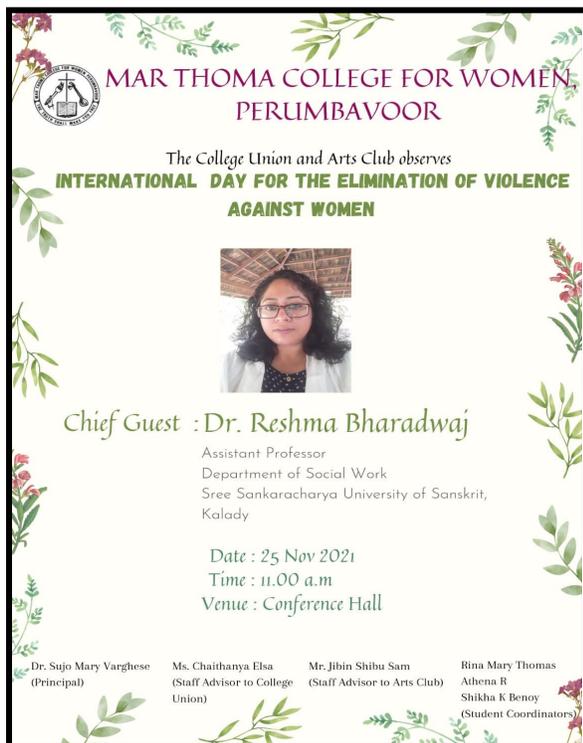
Third prize- Aneeta Anil

Dowry Prohibition Act was enacted on May 01 1961 in India ,intended to prevent giving or receiving of dowry. Even then, many women in this country are facing exploitation and problems in the name of dowry The program was aimed to create awareness about the issues faced by women due to dowry and the need for its prohibition along with the enhancement of soft

skills of students which was achieved by the active participation of the students.

Interactive session for the Elimination of Violence Against Women

Title of the Activity	Interactive session as a part of International Day for the Elimination of Violence Against Women.
Organising agency/Department	College Union
Date	25 November 2021
Resource Person	Dr. Reshma Bharadwaj
Number of students participated	38
Outcome	To gain awareness of the violence and exploitation experienced by women in society, as well as the legal rights afforded to them.



**MAR THOMA COLLEGE FOR WOMEN
PERUMBAVOOR**

The College Union and Arts Club observes
**INTERNATIONAL DAY FOR THE ELIMINATION OF VIOLENCE
AGAINST WOMEN**

Chief Guest : Dr. Reshma Bharadwaj
Assistant Professor
Department of Social Work
Sree Sankaracharya University of Sanskrit,
Kalady

Date : 25 Nov 2021
Time : 11.00 a.m
Venue : Conference Hall

Dr. Sujo Mary Varghese (Principal) Ms. Chaitanya Elsa (Staff Advisor to College Union) Mr. Jibin Shibu Sam (Staff Advisor to Arts Club) Rina Mary Thomas, Athena R, Shikha K Benoy (Student Coordinators)

The College Union of Mar Thoma College for Women organized an interactive session in the PG Seminar Hall at 2.00 pm on November 25, 2021, as part of the International Day for the Elimination of Violence Against Women. This day is celebrated annually to raise awareness and prevent physical and sexual violence faced by women in society. The theme for 2022 was "UNITE! Activism to end violence against women and girls." The session aimed to support and invest in strong, autonomous women's rights organizations and feminist movements, which play a crucial role in ending violence against women and girls. During the interactive session, discussions were held regarding the alarming increase in physical and sexual violence in recent years. Students actively shared their views on the topic and provided valuable suggestions. Various aspects of women's legal rights were also

discussed during the session. Overall, the program proved to be beneficial for the students, raising awareness about the violence and exploitation faced by women in society, as well as providing insights into their legal rights.



List of Participants

S. No	Name	S.No	Name
1	Sreelakshmi S.	20	Treesa Mary Bose
2	Jaseera Fairoosa P.	21	Pooja Krishnan K.
3	Nandana Prabhakaran	22	Fathima Kareem
4	Jyolsna Sunny	23	Devika Shybu
5	Muthulekshmi	24	Neelima Regi
6	Sunantha P.S.	25	Sandra Sathyan
7	Anju T.M.	26	Hindbeevi
8	Abhisree Prakash	27	Vismaya P.R.
9	Abhirami Prakash	28	Jiya Joy
10	Gopika Vijayan	29	Riya P.a.
11	Greeshma Rajkumar	30	Saranya A.S.
12	Rohini P. Mukundan	31	Panchami Krishna
13	Susmi George	32	Ayisha K.M.
14	Surya Sasi	33	Anaswara B.S.
15	Sruthymol A.S.	34	Anakha Murali
16	Amina P.M.	35	Anitta Jose
17	Aleema Pareekunj	36	Khadeeja Salah
18	Thasni P.M.	37	Krishnapriya Babu
19	Varsha V.	38	Divya K.S.

Bible Quiz Competition on the theme “ Women in the Word”

Title of the Activity	.Bible Quiz Competition on the theme “ Women in the Word”
Organising agency/Department	Student’s Christian Movement (SCM)
Date	10 March 2021
No. of participants	
Outcome	To understand the significance of women in the Bible

The Student’s Christian Movement of Mar Thoma College for Women organized a quiz competition as a part of International Women’s Day in the college Chapel at 1.00 pm on 10 March 2022. The theme of the competition was “Women in the word”. Throughout the bible women have played a key role in fulfilling God’s plan. They have also held positions of leadership and responsibilities in spreading the Gospel. Students participated in the competition. This program was under the guidance of Preethi Sara Joseph (SCM Staff in Charge). The student coordinators were Rinnah Mary Thomas and Dilna Arackal. The competition provides an opportunity for students to know the importance of women in the Bible.


Mar Thoma College for Women, Perumbavoor
STUDENTS' CHRISTIAN MOVEMENT (SCM)

Remembering Women in the Bible

SCM celebrates International Women's Day
with Women in the WORD.

All students of the College are invited to take part in
the Bible Quiz
in the College Chapel
on Thursday, 10 March, 2022
at 1:00 p.m.

Faculty Convenor: Preethi Sara Joseph, Dept. of English
Student Convenors: Rinnah Mary Thomas & Dilna Arackal

Inter-collegiate Dance Fest on the theme " Issues Faced by Women "

Title of the Activity	Inter-collegiate Dance Fest on the theme " Issues Faced by Women "
Organising agency/Department	Women's Cell
Date	14 March 2022
No. of students participated	
Outcome	Enhancement of creativity and artistic skills along with the awareness about issues faced by women in this society.



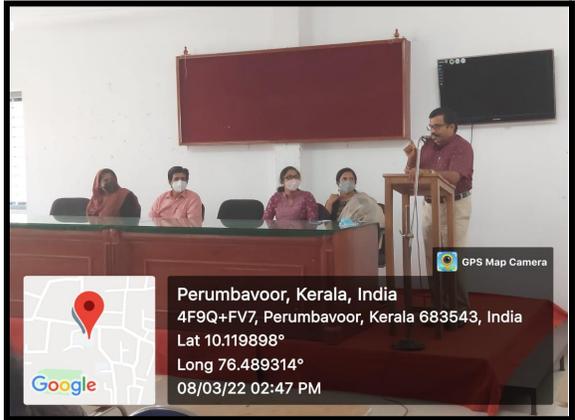
The Women's Cell of Mar Thoma College for Women organized an inter collegiate dance fest on the theme "Issues faced by women " in the College Auditorium at 2.00 pm on 14 March 2022 as a part of International Women's Day. Students from various nearby colleges participated in the event. Students participated in teams. All the performances were focussed on various levels of issues faced by women in this society. The level of creativity of the students were evident from their performances. Winners are as follows:
 First prize - St. Peter's College, Kolenchery
 Second prize- Mar Thoma College for Women.
 The event was helpful for the students to enhance their creativity and artistic skills along with the awareness about issues faced by women in this society.



Seminar on International Women's Day

Title of the Activity	Seminar on international women's day
Organising agency/Department	Women's Cell in association with Department of History & Archeology
Date	8 March 2022
No. of students participated	
Outcome	To create awareness about issues faced by women in this society.

In honor of International Women's Day, the Women's Cell of Mar Thoma College for Women in Perumbavoor, in collaboration with the Department of History & Archaeology, held a seminar on March 8, 2022. The seminar was graced by Advocate Shenly Sebastian as the resource person, and Ms. Sheeba Baby, Vice Chairperson of Perumbavoor Municipality, delivered an enlightening talk. The primary aim of the seminar was to foster a broader understanding of gender equality and to instill awareness among the students regarding the status and dignity of women.





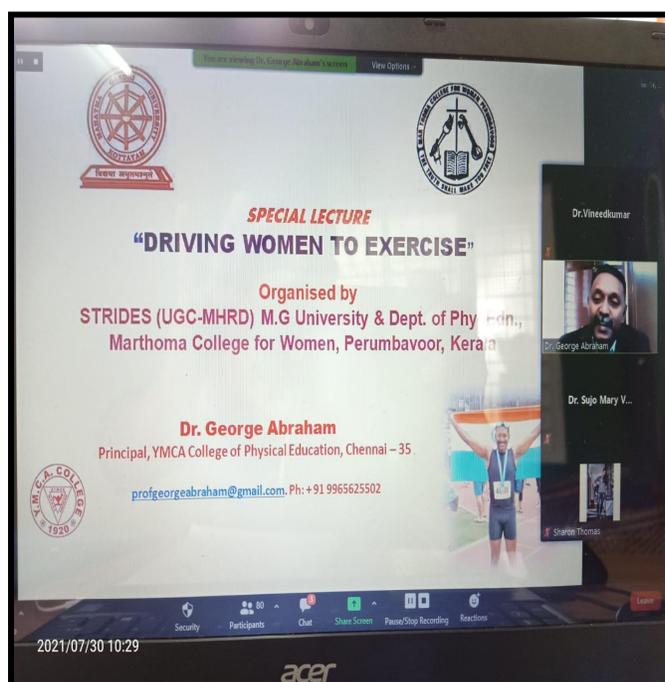
Special Lecture on Driving Women To Exercise

Title of the Activity	Lecture on Driving women to exercise
Organising agency/Department	Department of Physical Education
Date	30 July 2021
No. of students participated	
Outcome	Create a general awareness on relation between exercise and health of women

On July 30, 2021, STRIDES M.G University and the Department of Physical Education at Mar Thoma College for Women in Perumbavoor jointly organized a lecture titled "Driving Women

To Exercise." The esteemed resource person for the event was Dr. George Abraham, Principal of YMCA College of Physical Education in Chennai. The purpose of this talk was to inspire and educate our students about the importance of exercise in our daily lives. During the lecture, Dr. George Abraham discussed the main principles of exercise, including specificity, progression, adaptation, and reversibility. By regularly practicing exercise based on these principles, we can improve our overall health and well-being. The talk aimed to create awareness among students about the significant relationship between exercise and women's health. This lecture not only encouraged our students but also provided them with valuable

knowledge regarding the benefits of exercise in our daily lives. It prompted thoughtful consideration about the connection between exercise and the health of women, empowering students to prioritize their physical well-being.



Talk - Women Empowerment And Women Health

Title of the Activity	Women empowerment and women health
Organising agency/Department	NSS & Vaidyaratnam Oushadhasala
Date	8 March 2022
No. of students participated	
Outcome	Create a general awareness on health of women and the need of women empowerment

On March 8, 2022, in commemoration of International Women's Day, the National Service Scheme (NSS) of Mar Thoma College for Women in Perumbavoor, in collaboration with Vaidyaratnam Oushadhasala, organized a talk and interactive session on the theme "Women Empowerment And Women Health."



The program was inaugurated by Adv. Eldhose Kunnappilly, honorable MLA of Perumbavoor. Dr. G Vishnu, Senior Physician at Vaidyaratnam, served as the chief guest and resource person. The guidance and support for the program were provided by Dr. Melvi Chandy, the NSS Staff in Charge. This interactive session aimed to address the students' doubts and concerns regarding gender equality, women's health, and the significance of women's empowerment. It provided a platform for open discussions and valuable insights. The talk shed light on these important topics, fostering a better understanding among the participants. By organizing such an event, the NSS and Vaidyaratnam Oushadhasala contributed to promoting women's empowerment and highlighting the significance of women's health.

The program served as an opportunity for students to gain knowledge, engage in discussions, and broaden their perspectives on these crucial matters.

Gender Sensitisation Campaign

Title of the Activity	Gender sensitisation campaign
Organising agency/Department	NSS & IQAC
Date	1 September 2021 to 3 September 202
No. of students participated	81
Outcome	Create an awareness on gender equality



In collaboration with Mahila Sakthi Kendra Ernakulam, the National Service Scheme (NSS) of Mar Thoma College for Women in Perumbavoor organized a gender sensitization camp titled "Kanal." This campaign, aimed at creating awareness on gender equality and the need to eliminate gender discrimination, took place from September 1 to September 3, 2021, in an online format. The camp featured esteemed resource persons, Dr. Shamshad from Sree Sankaracharya University of Sanskrit and Adv. Farha Azeez from the High Court of Kerala, who provided valuable insights on the topic. Dr. Sujo Mary Varghese, Principal of Mar Thoma College for Women, delivered her remarks, emphasizing the importance of the program. Under the guidance of Dr. Melvi Chandy, the NSS Staff in Charge,

the camp aimed to foster gender sensitization and promote a more equitable and just society, free from gender-based discrimination. It provided an opportunity for participants to enhance their understanding of gender-related issues and work towards creating a society that values equality and respect for all individuals.



International Day of the Girl Child

Title of the Activity	Observance of International Day of the Girl Child
Organising agency/Department	Department of History and Archaeology in association with Kunnathunadu Taluk Legal Services Committee
Date	11 October 2021
Resource Person	Smt. Jyothish Ben, Honourable Judge, MACT, Perumbavoor
Outcome	To raise awareness about the importance of girl child.

Perumbavoor
Department of History & Archaeology
in association with
Kunnathunadu Taluk Legal Services Committee

Observing
International Day of the Girl Child

11 October 2021, 2.30 pm. *Venue: P. G. Seminar Hall*

Programme Schedule

Welcome Speech : Bhama K. Mohan
(Faculty, History Dept.)

Presidential Address: Sreekutty M.S.
(Secretary, History Association)

Inauguration : Smt. Jyotish Ben
(Hon'ble Judge, MACT, Perumbavoor)

Felicitation : Dr. Sujo Mary Varghese
(Principal)

: Smt. Deepa M.S.
(Women Protection Officer, Ernakulam)

: Shri. Rajendran C.N.
(Secretary, Legal Services
Committee, Taluk Council)

Memento to Rank Holders

Vote of Thanks : Saranya A.S.

The Department of History and Archaeology in association with Kunnathunadu Taluk Legal Services Committee observed International Day of Girl Child on 11 October 2021 at 2.30 pm in the PG Seminar Hall. The program was inaugurated by Smt. Jyothish Ben, Honourable Judge, MACT, Perumbavoor. Following that she delivered a talk on the potential of girls in this society. Smt. Deepa M.S. (Women Protection Officer) and Mr. Rajendran C.N. (Secretary, Legal Services Committee, Taluk Council) also shared their thoughts with the students. International Day of Girl Child is observed every year to recognize girl's rights and the unique challenges girls face around the world. It focuses attention on the need to address the challenges girls face and to promote girl's empowerment and the fulfillment of their human rights.

Following the event, mementos were given to the rank holders of B.A. History and Archaeology in

the previous year. The observance was helpful for the students to understand the importance of girls in this society and also their legal rights.



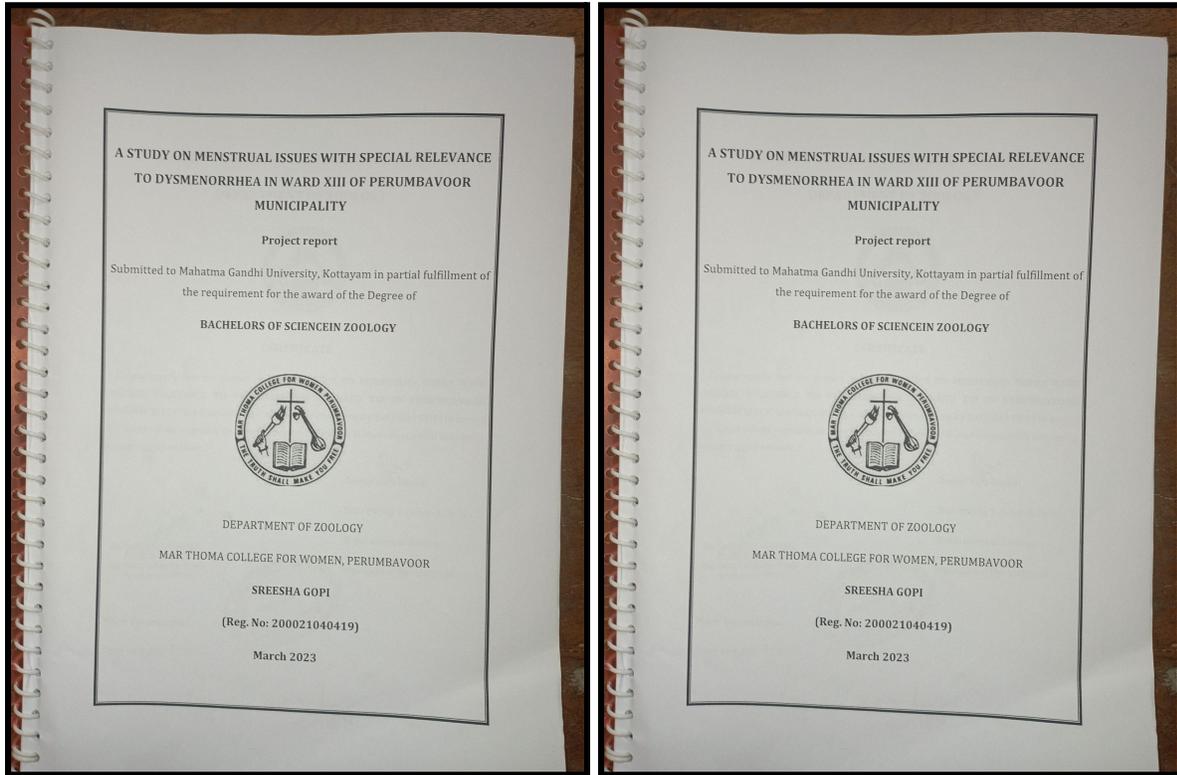
STUDENT'S PROJECTS RELATED TO GENDER SENSITIZATION FROM 2017-2022

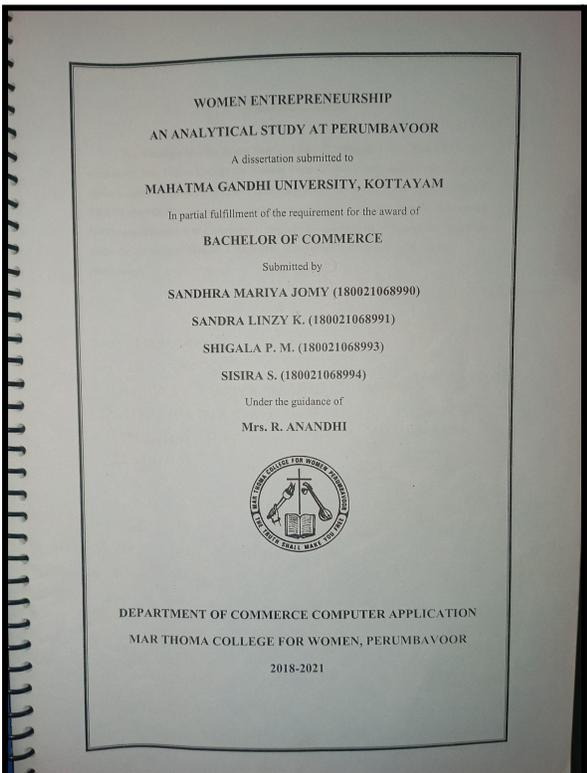
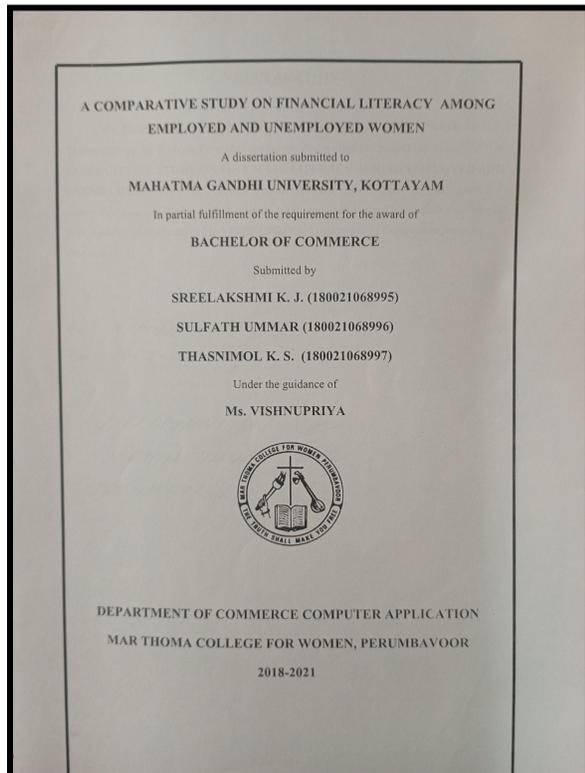
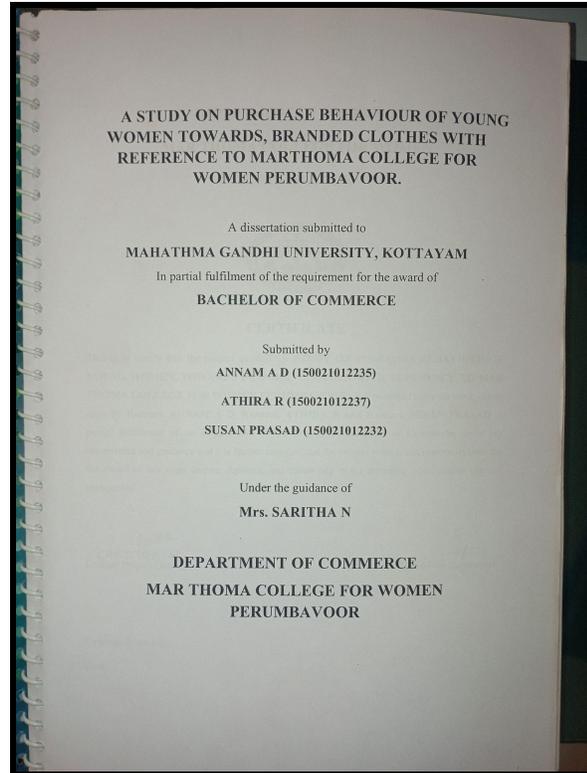
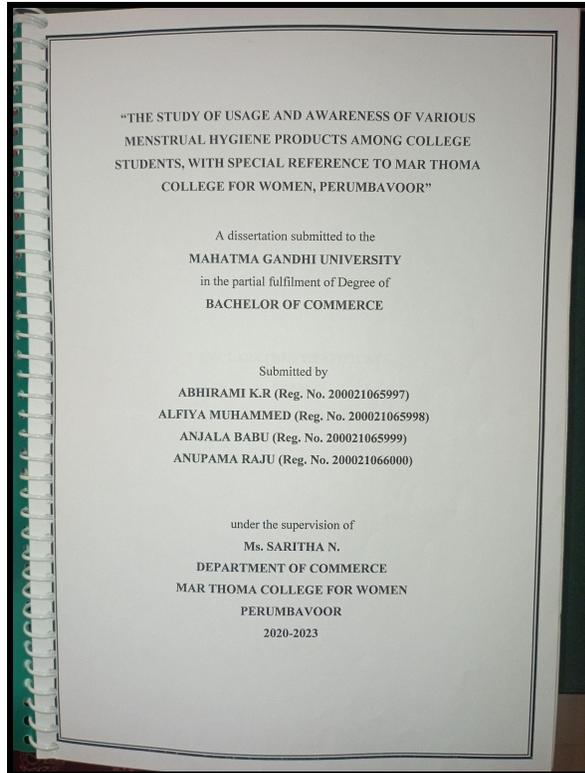
Sl.No	Name of the student	Department	Title of the project	Supervising Teacher
1	Sreesha Gopi	Zoology	A study on the menstrual issues with special relevance to dysmenorrhea in ward XIII of Perumbavoor Municipality	Mrs. Reemy Sara Mathai
2	Nivya K.J.	Zoology	A study on postpartum syndrome in ward XIX of Koovappady Panchayath	Mrs. Reemy Sara Mathai
3	Sreelakshmi K.J Sulfath Ummar Thasnimol K.S.	Commerce	A comparative study on financial literacy among employed and unemployed women.	Ms. Vishnupriya T.J.
4	Annam A.D Athira R. Susan Prasad	Commerce	A study on the purchase behavior of young women towards branded clothes with reference to Mar Thoma College for Women, Perumbavoor	Mrs. Saritha N.
5	Devika Jayan Greeshma T.A. Soorya P.Shaji	Commerce	Role of Kudumbasree project in enhancing the financial resource of rural women.	Mrs. Saritha N
6	Abhirami K.R. Alfiya Muhammed Anjala Babu Anupama Raju	Commerce	The study of usage and awareness of various menstrual hygiene products among college students with special reference to Mar Thoma College for Women, Perumbavoor	Mrs. Saritha N
7	Sandra Mariya Jomy Sandra K.Linzy Shigala P.M. Sisira S.	Commerce	Women entrepreneurship; An analytical study at Perumbavoor	Mrs. R.Anandhi
8	Aiswarya K. Ashokan	English	A feminist reading of Shashi Deshpande's ' <i>The dark holds</i>	Dr,Minu Susan Koshi

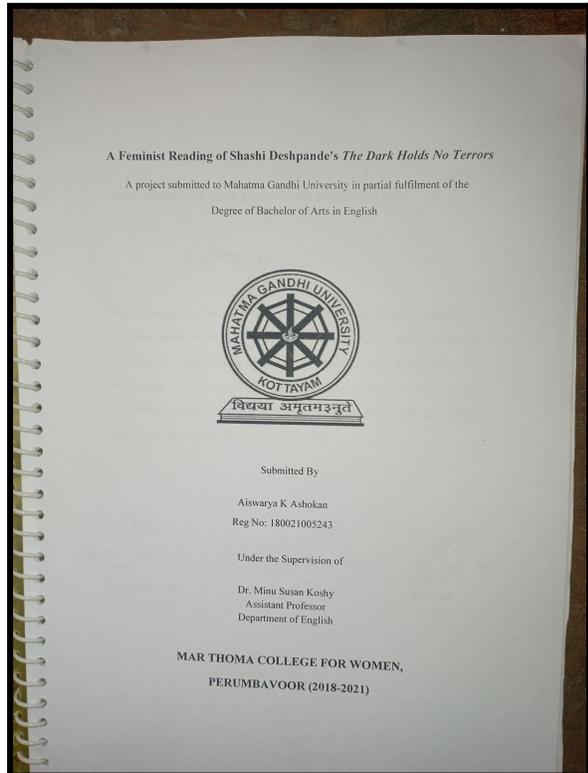
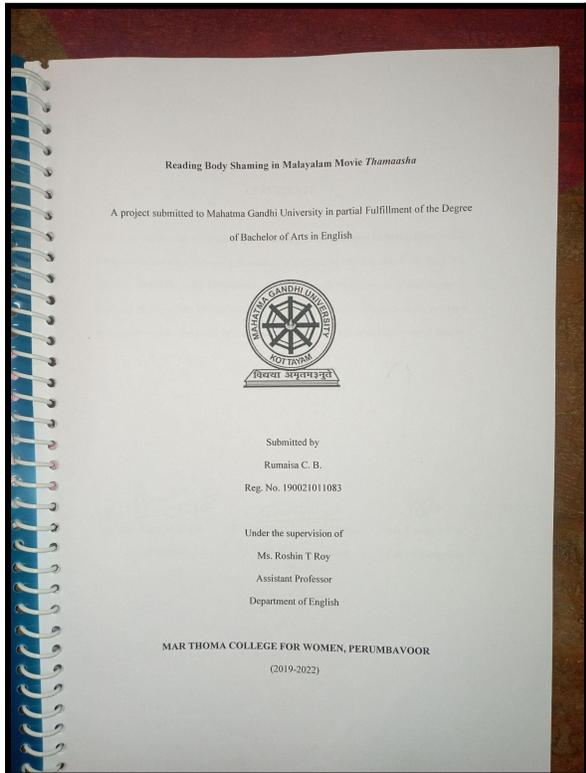
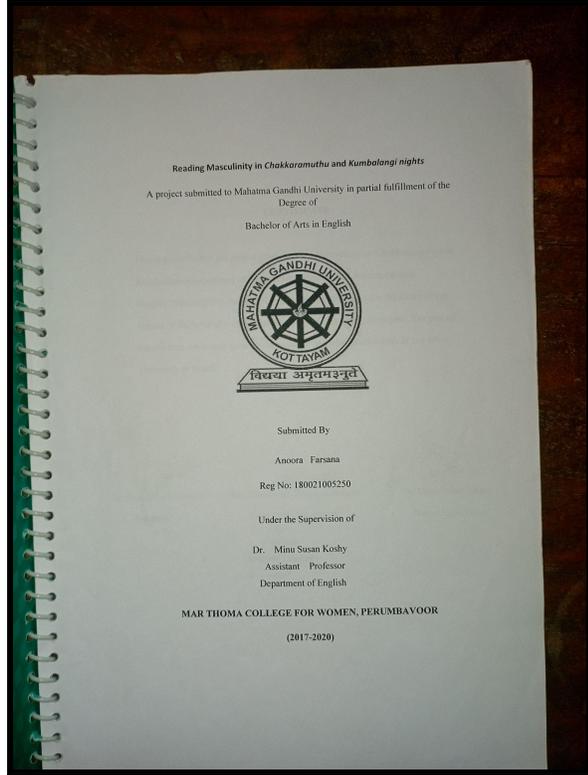
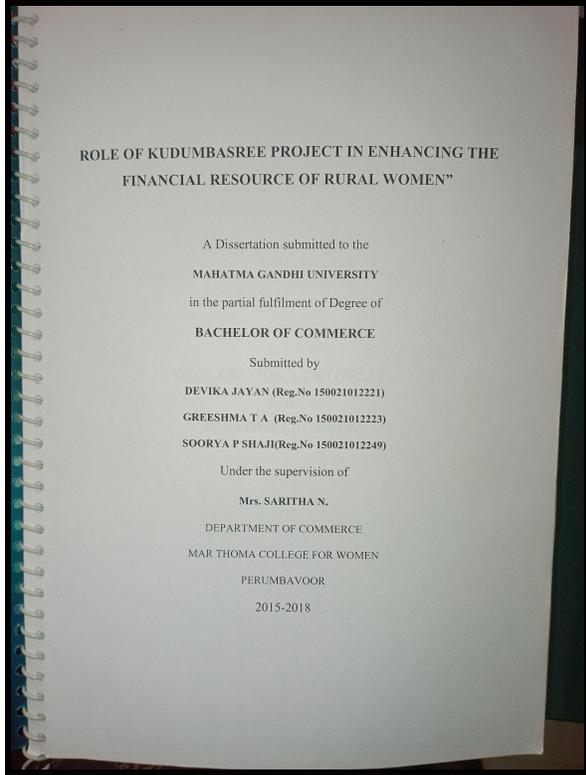
			<i>no terror'</i>	
9	Rumaisa C.B.	English	Reading body shaming in Malayalam movie ' <i>Thamasha</i> '	Ms. Roshin Joy
10	Vinaya Priya Venugopal	English	Representation of transgender identity in ' <i>Njan Marykkutty</i> '	Ms. Roshin Joy
11	Anoora Farsana	English	Reading masculinity in ' <i>Chakkaramuth</i> and ' <i>Kumbalangi nights.</i> '	Dr,Minu Susan Koshi
12	Anitha Sasi	English	Feminism in the movie " <i>Ozhimuri</i> "	Ms..Chaithanya Elsa Achankunj
13	Riya Ann Sanju	English	Analysis of male gaze theory in the movie ' <i>Varathan</i> '	Ms. Roshin Joy
14	Fathima Sahadhiya N.B.	English	Reading masculinity in ' <i>Bulbul</i> '	Dr,Minu Susan Koshi
15	Ramziya Ummer	English	Reading women:A feminist analysis of ' <i>Freedom Fight</i> '	Dr,Minu Susan Koshi
16	Sahira M.M.	English	A feminist reading of Taslima Nazrin's ' <i>Lajja</i> '.	Ms. Roshin Joy
17	Anusree K.C.	English	Feminist analysis of ' <i>Draupadi:India's first daughter.</i> '	Ms.Chaithanya Elsa Achankunj
18	Sisira Sivan	English	I am a pool of many:A study of gender and age transition subcultures in the novel ' <i>Orlando</i> ' by Virginia Woolf.	Ms. Sangeetha Rachel Koruth
19	Thasni A.A.	English	A feminist reading on the film " <i>English Vinglish</i> ".	Dr. Renu Raj
20	Aparna T.A.	English	Reading feminism in Jude Anthany Joseph's <i>Sara's</i> and Jeo Baby's ' <i>The great Indian kitchen</i> '.	Dr,Minu Susan Koshi
21	Sruthy Suresh	English	Reading Sanjay Leela Bansali's ' <i>Ganghubhai</i>	Dr,Minu Susan Koshi

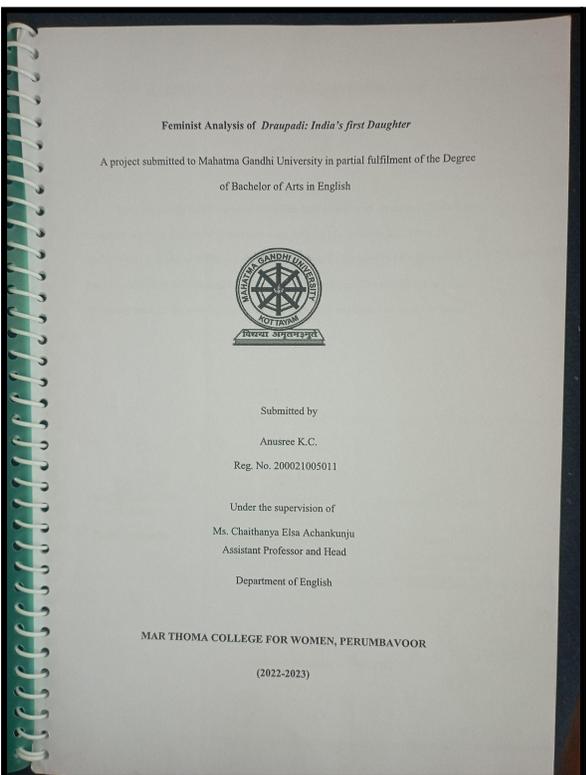
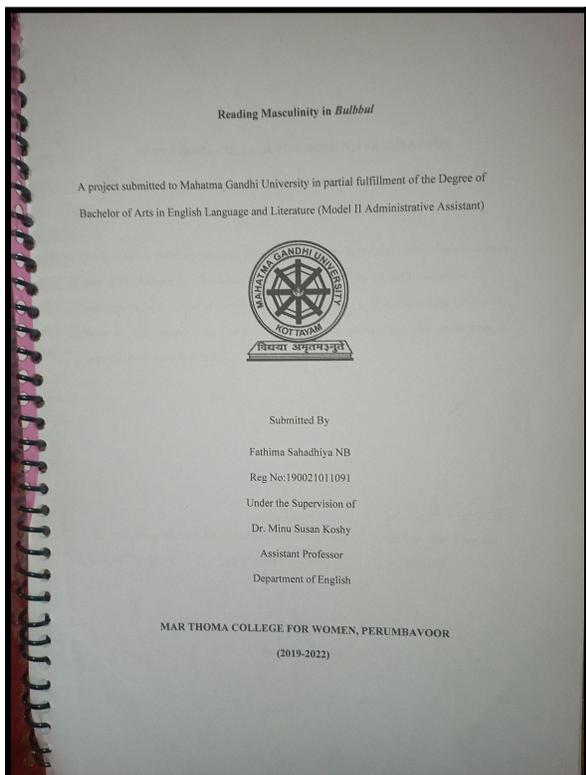
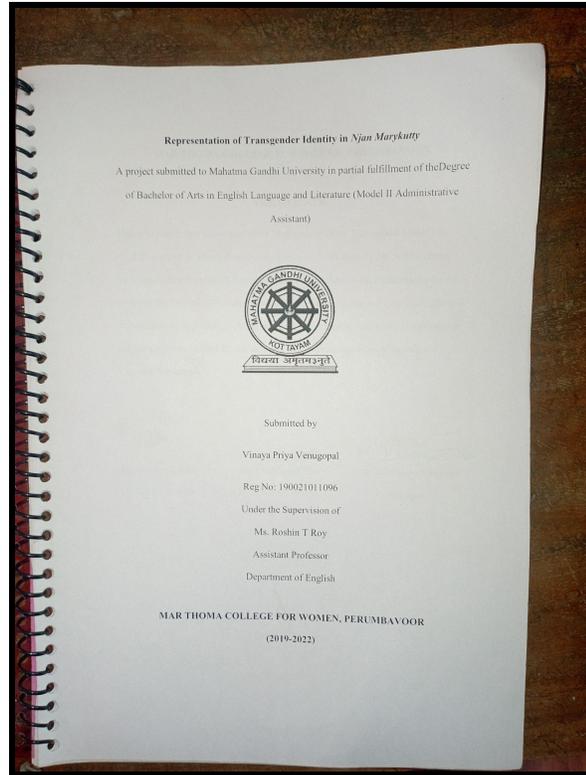
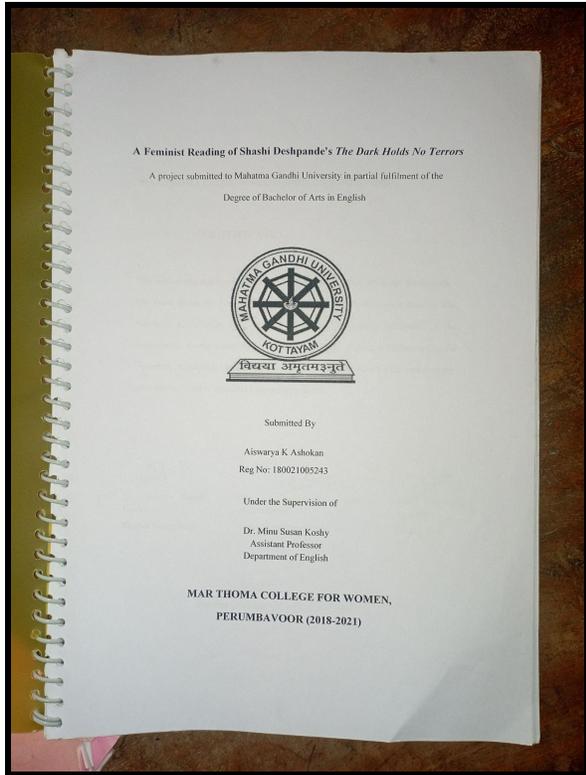
			<i>Kathiawadi</i> ‘ as feminist text.	
22	Athulya Sudhakar	English	A feminist reading of “Eating Wasps	Ms, Preethi Sarah Joseph
23	Rizvana T.R.	English	Subverting masculinity and the norm:An analysis on the movie ‘ <i>Ambily</i> ’.	Ms. Jenita Elizebeth George
24	Megha Chandran	English	Voicing out the feminism in Sudha Murthy’s <i>Dollar Bahu</i> .	Dr,Minu Susan Koshi
25	Asna Sherin	English	Reading feminism in’ <i>Chak De India</i> and <i>Bigil</i> ’	Ms, Preethi Sarah Joseph
26	Ashna Jiji	History	Gender in architecture: A case study of <i>Paliam Nalukettu</i> .	Dr. Bibin Kuriakose
27	Aiswarya Mohan	History	Sustainable development Kerala model in a feminist view.	Dr. Bibin Kuriakose
28	Keerthy T.S.	History	<i>Parukkutty Nethyaramma</i> and The making of Cochin	Dr. Bibin Kuriakose
29	Sainunnisa M.M,	History	Evolving dressing styles of Mappila Muslim women of Kerala from 1970 to present.	Ms. Shela Mary Varghese
30	Abitha Clayer K.Mathew	History	Women in blue:Mapping the trajectories of women cricket in Kerala	Dr. Bibin Kuriakose

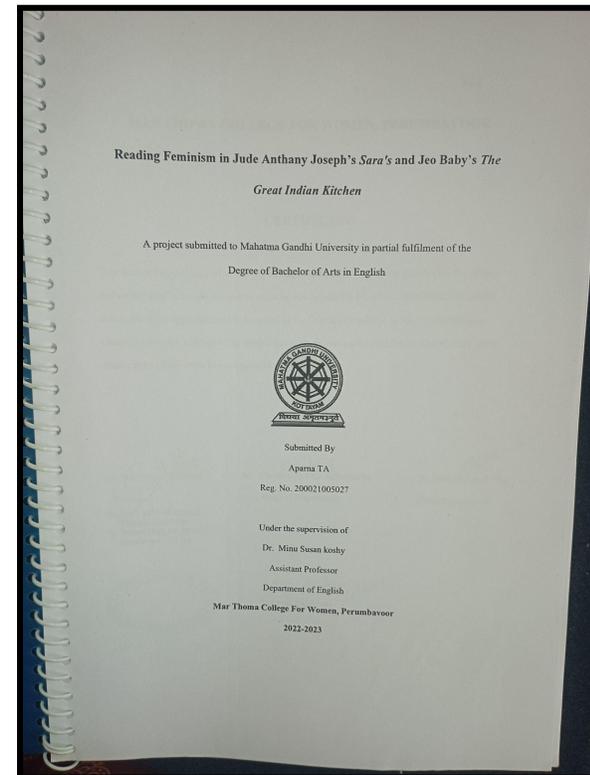
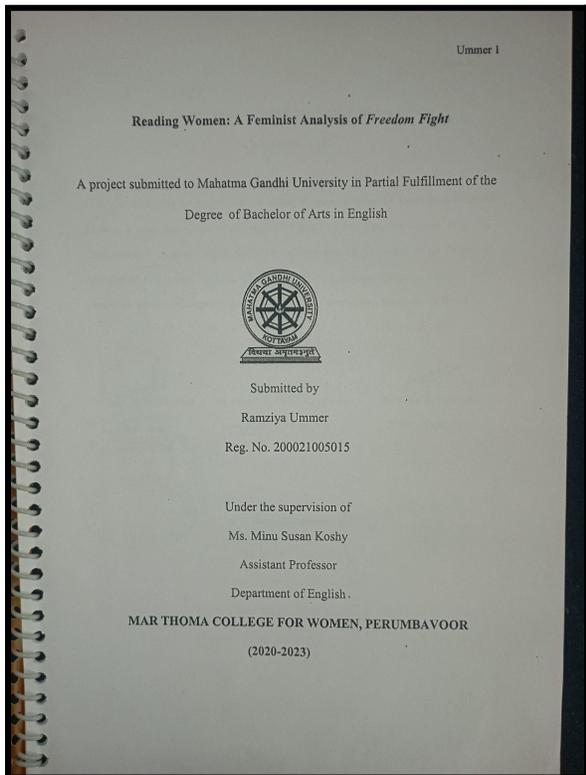
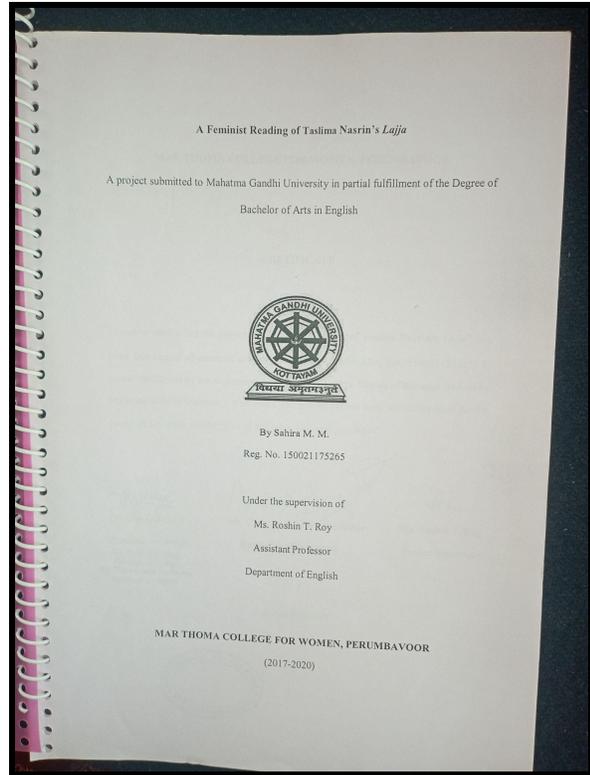
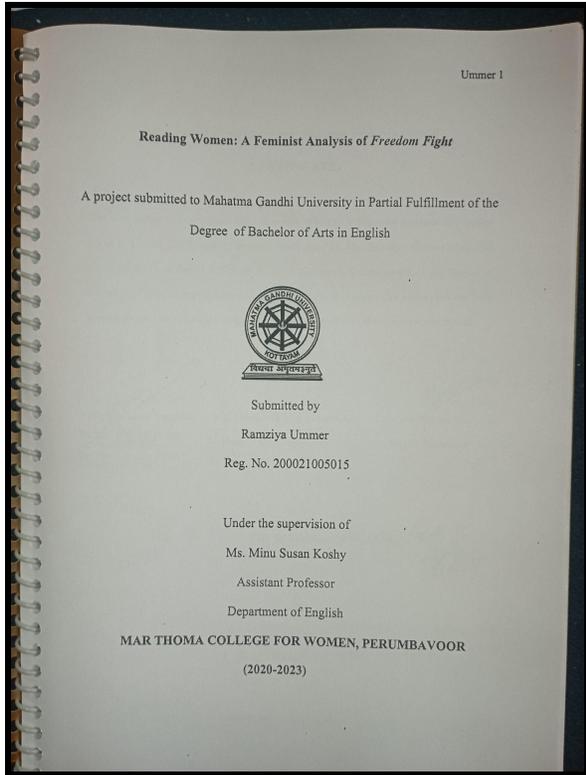
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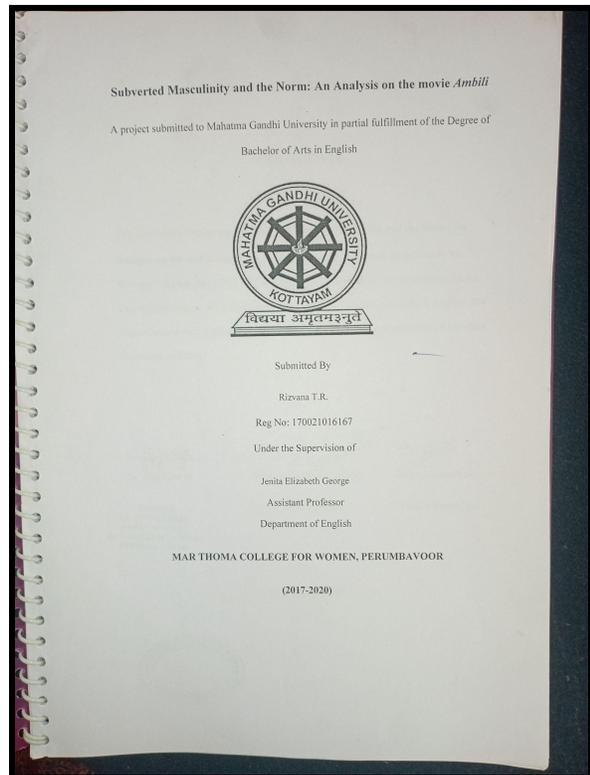
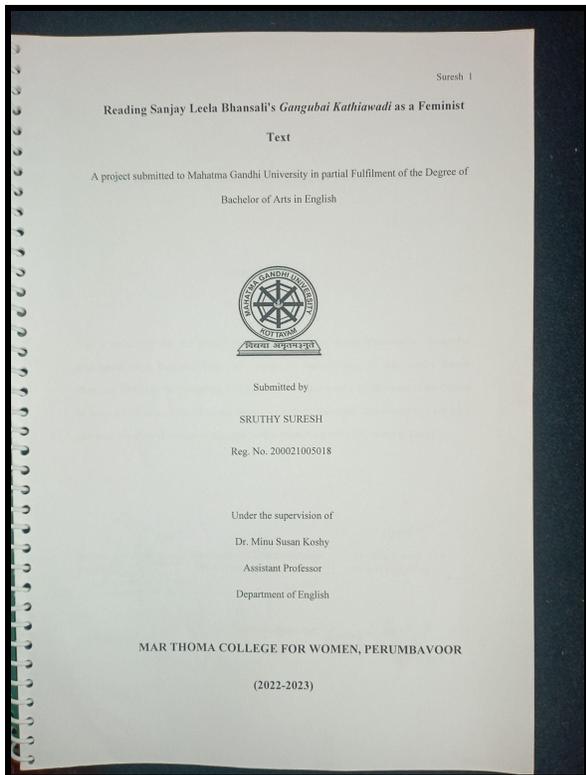
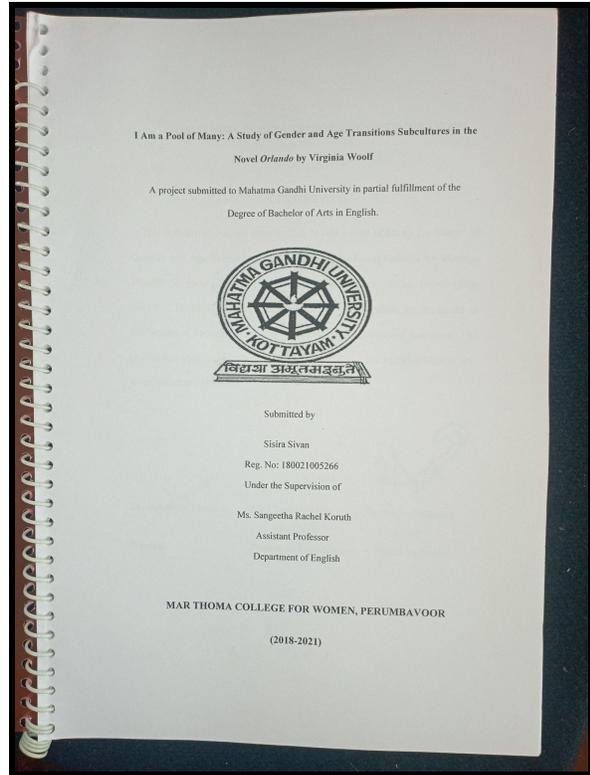
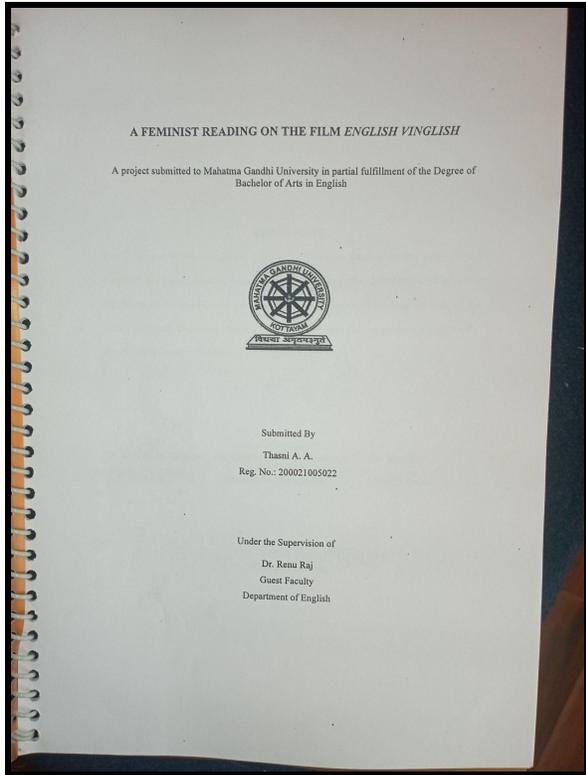


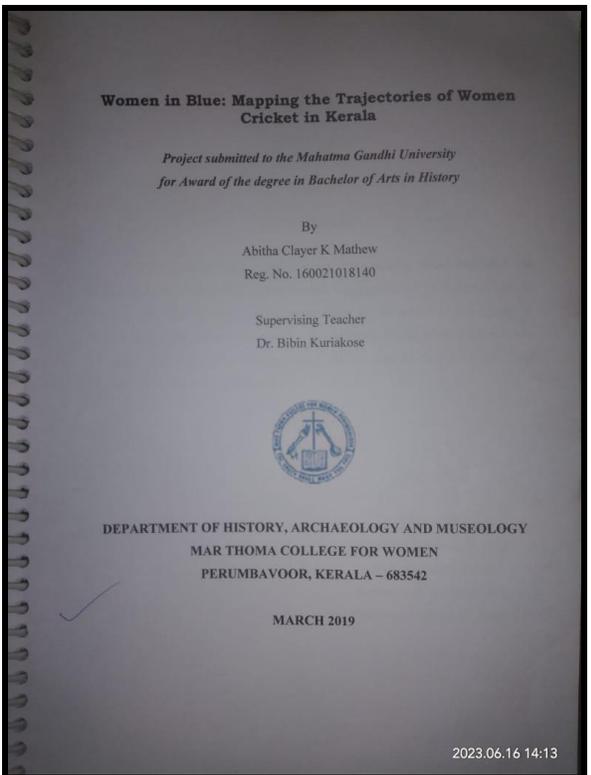
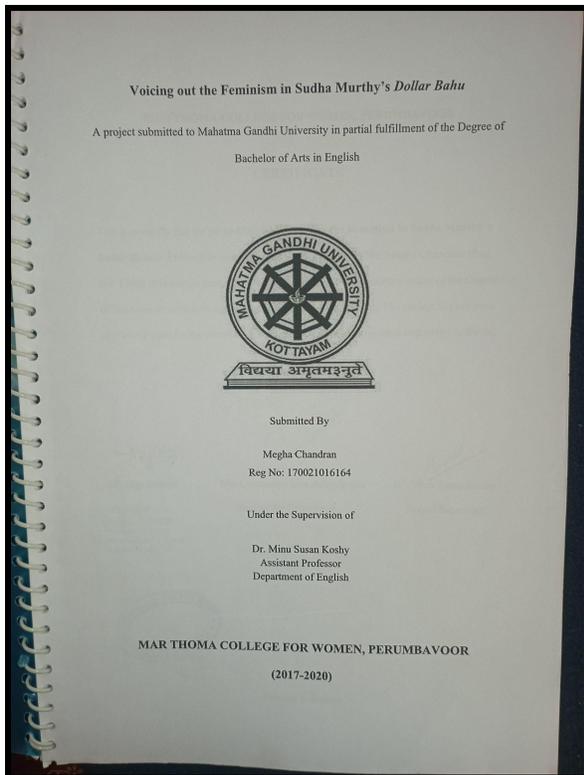
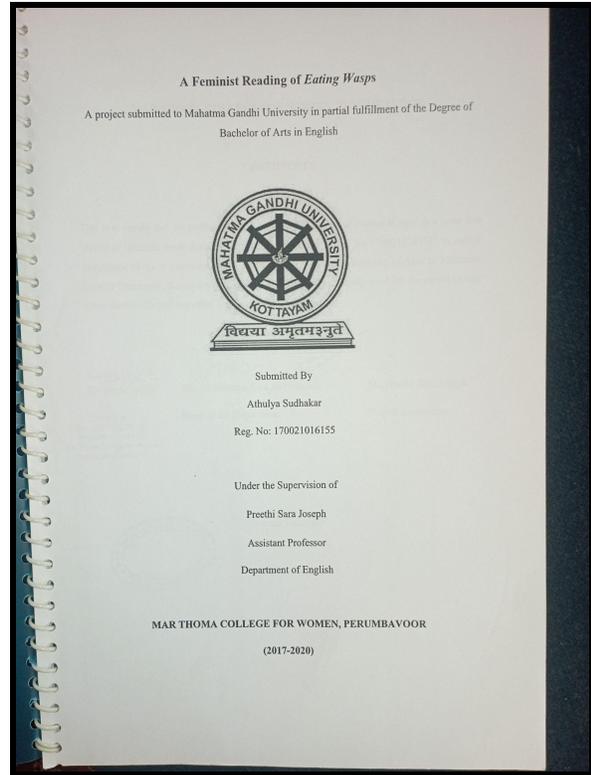
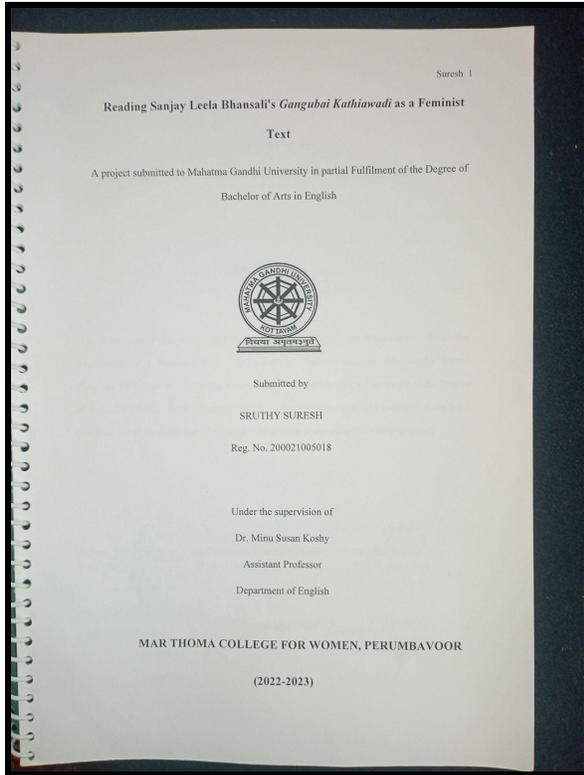


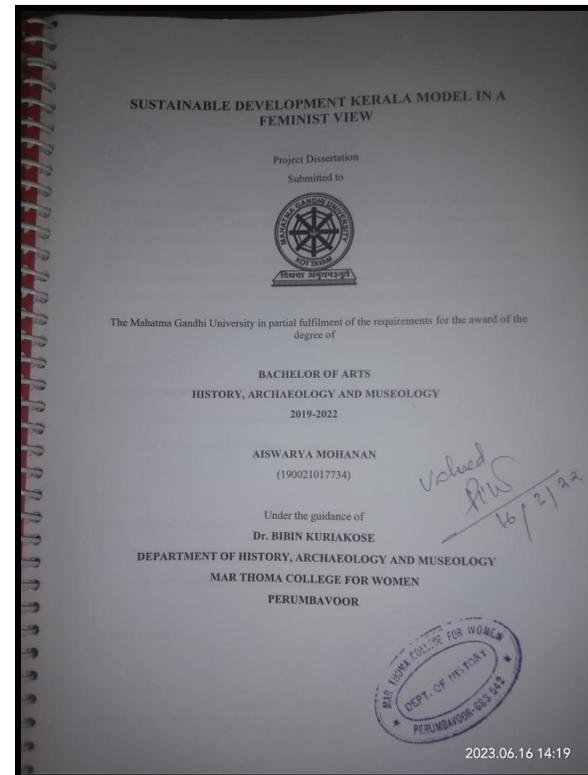
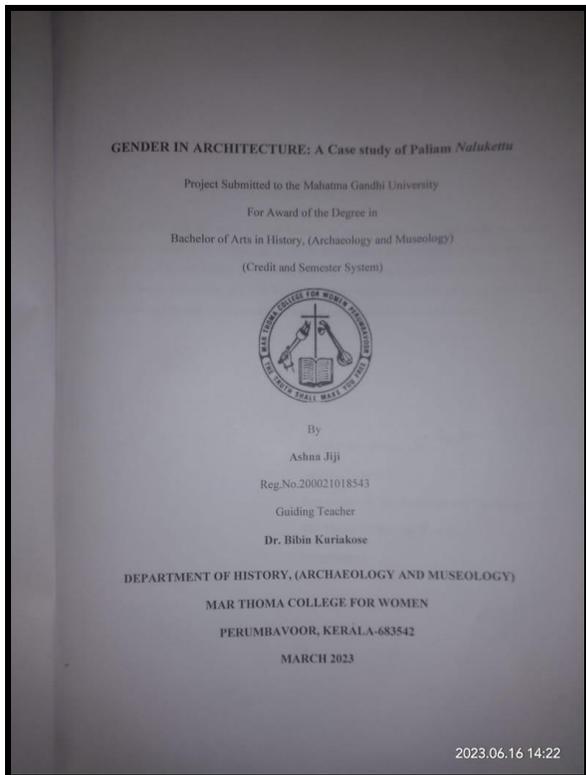
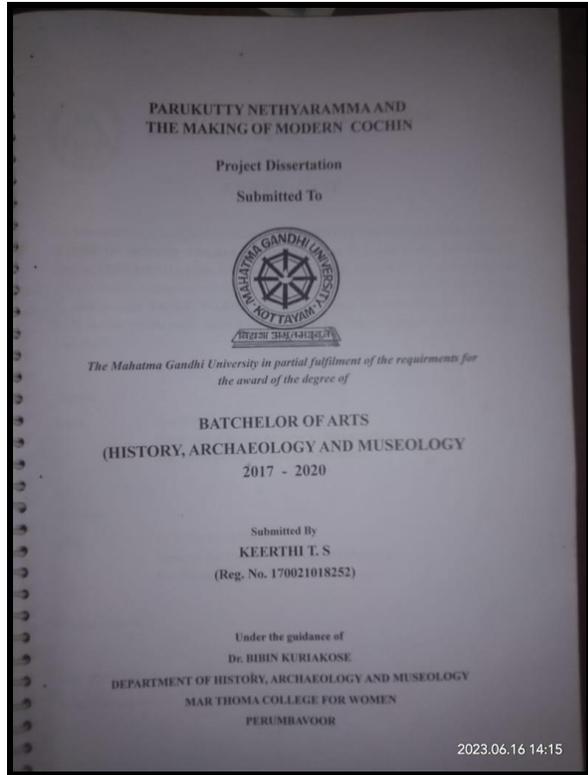
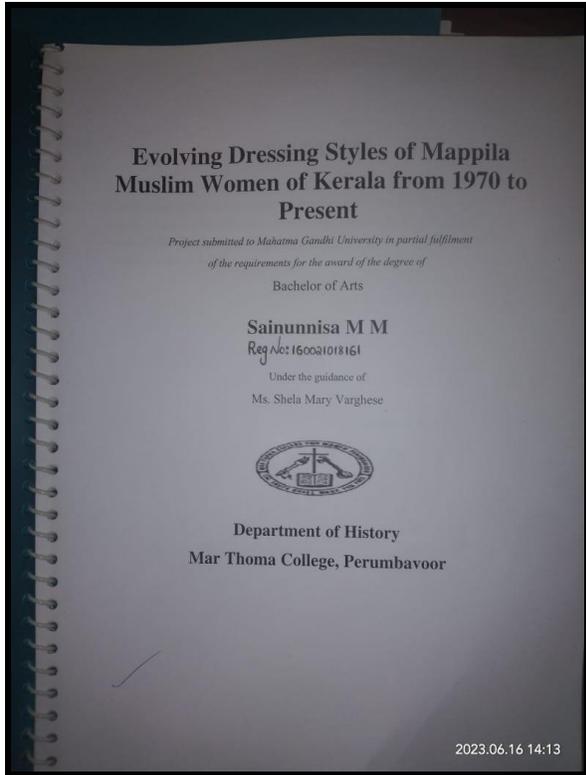












RESEARCH PAPERS PUBLISHED/PRESENTED BY FACULTIES ON GENDER EQUITY ISSUES

Sl. No.	Name of the faculty	Title of the paper	Journal/ Magazine/ Conference/Seminar
1	Mrs. Sangeetha Rachel Koruth	“The Other side of India -Partition : The Decanonization of the Patriarchs.”	3 Day International Conference on Memory , War, Violence & Displacement : India & Canada
2	Dr. Minu Susan Koshy	“Coloured” Articulations of the Domestic: Reading Domesticity in African- American Women’s writings”	Journal of Language, Literature and Popular Culture(1.1) of the Federal University of Nigeria in September, 2019
3	Dr. Minu Susan Koshy	“Little Glass Slippers on the American Silver Screen: An Inquiry into Hollywood Adaptations of Charles Perrault’s “Cinderella””	Studies in Language and Linguistics(June 2020), Los Angeles.

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Education, Society and Human Studies
 ISSN 2690-3679 (Print) ISSN 2690-3687 (Online)
 Vol. 1, No. 1, 2020
 www.scholink.org/ojs/index.php/wshs

Original Paper

“Little Glass Slippers” on the American Silver Screen: An Inquiry into Hollywood Adaptations of Charles Perrault’s “Cinderella”

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Received: April 17, 2020 Accepted: April 28, 2020 Online Published: May 7, 2020
 doi:10.21158/wshs.v1n1p20 URL: <http://dx.doi.org/10.21158/wshs.v1n1p20>

Abstract

Considered as a form of translation, adaptations involve intertextual transfers of stories, novels and poems into the symbolic system of the cinema. This process could be construed as an attempt on the part of the “translators” to “consume and erase the memory of the adapted text or to call it into question” as also “pay tribute by copying” (Hutchson, p. 7). Adaptations of folktales present a particularly challenging and at the same time, interesting task in that unlike novels or short stories, which are mostly in the written form and hence possess a fixed plot, folktales are mostly in the oral tradition and thus present regional and chronological variations. This accounts for the multiple adaptations of “Cinderella” or “The Little Glass Slipper”, one of the most popular tales by Charles Perrault, across and more importantly, within cultures, during different historical periods. In this paper, I attempt a diachronic comparative study of multiple adaptations of “Cinderella”, focusing on different ‘versions’ of the tale embodied in films produced in the USA, from the early 20th century to the contemporary times. The study would take into account the issues of race, gender class as also the varying themes, keeping in mind the historical conditions under which the films were produced.

Keywords:
adaptations, semiotic system, multiple translations, film studies, gender roles, race, diversity

“Little Glass Slippers on the American Silver Screen: An Inquiry into Hollywood Adaptations of Charles Perrault’s “Cinderella” by Dr. Minu Susan Koshy

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Published: 29-06-2019

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The Other Side of India-Partition: The Decanonisation of the Patriarchs

Abstract

Despite all the squabble and commotion around the most controversial document of the year "India's Daughter"(2015) which is based on the real story of the rape victim Delhi, we are yet to brood on how many such daughters have been ignored in past decades India's history. Many men and women historiographers have done extensive study on India Partition and contributed to the archives of Indian History. But none of them has attempted to focus on the heroic deeds of women activists or experiences of women victims during Partition. It is at this context we understand the relevance of the memoirs of the social activists who worked incessantly for the rehabilitation and revival of rape victims during Partition. The rescuing enterprise of Rameshwari Nehru, Mridula Sarabhai, Kamlaben Patil, Anis Kidwai and Susheela Nayyar is an instance of faith that women's potency cannot be shrouded in furtiveness and they are not unequal to men. The survival propensity of ordinary women and the service rendered by women activists during the violence ridden partition of India make them stalwarts of women's history of India. History should open to discuss the valour and indomitable spirit of these women so that it remains a record of equality and tolerance. Our history is incomplete without including her heroines and martyrs.

“The Other side of India -Partition : The Decanonization of the Patriarchs” by Mrs. Sangeetha Rachel Koruth.