

MAR THOMA COLLEGE FOR WOMEN PERUMBAVOOR

CRITERION 7

Institutional Values & Best Practices

2017-2022

7.3.1 Institutional Distinctiveness



7.3. INSTITUTIONAL DISTINCTIVENESS

W.I.N.G.S. - Women Inspiring New Generations of Success

As enshrined in our vision, empowerment of women from rural and suburban society in all aspects is the distinctive feature of our institution. Since most of our students are from economically and socially backward circumstances, we support them to overcome their adversities and achieve their goals and transform them in to ideal individuals of the society.

Various curricular and co-curricular activities that ensure social, academic, economic, artistic, spiritual and emotional enhancement of the students were conducted by our institution through clubs, cells and associations to achieve the goal of women empowerment.

	powerment of Students –For Strengthening Social lities, Personality Development and Improving the Perception
	quity and Gender Equity.
Clubs/Cells / Associations/Programme	Key Activities
Women's Cell	 Seminars and Lectures on Women Empowerment Awareness Classes Self Employment trainings Innovative Workshops Manuscript Magazines Interdepartmental Competitions on Gender Equity Related Themes. Menstrual Hygiene Classes and Distribution of Menstrual Cups.
Youth Red Cross	 Seminars and Awareness Talks Blood Donation Camps
Internal Grievance Cell	 Confidential Fetching of Complaints through Complaint Boxes. Addressing and Resolving of Academic and Non-academic Grievances of Students.
Counselling Facility	 Trained Counselor for Personal Counseling. Ensured Confidentiality
Mentoring and Tutorial System	 Personal Mentor and Tutor for each Student Building close relationship among Teachers, Students and Parents Helps Students in Stress Management.
Value Education Classes	 Inculcates students with essential social values. Imparting the significance of tolerance and respect towards cultural diversities.

II. Empowerment of Human Rights – For creating awareness among students about their individual rights.

UNBAVOOR.

Anti-Ragging Cell	 Awareness Classes
	 Appropriate actions against ragging complaints.
Anti Drug Forum (Lahari Vimukthi Club)	 Awareness Classes Anti Drug Awareness Seminars Awareness Rallies Awareness Campaigns Street plays Organizing Competitions for Awareness against Drug Abuse Observation of International Day against Drug Abuse and Illicit Trafficking. Direction of Short Film against Drug Abuse-"Sports Spirit" Participation in Intercollegiate Competitions against Drug Abuse.
Anti Sexual Harassment Cell	■ Ensures security and Safety of Students
Equal Opportunity Cell	 Ensures Equality Among Students
SC/ST,OBC and Minority Cells	 Ensure the awareness of Central and State Scholarships and Benefits. Ensure the Wellness of Students and prevent any kind of Discrimination.

Competent Walk With a Scholar Programme (WWS)	 Ce, Self Determination and Innovative Thinking of Students College Level Mentoring Committee. Induction Program Ice Breaking Program to First Year Mentees. External Mentoring by Eminent Personalities. Mock Tests and Group Discussions Motivation Camps
Scholar Support Programme (SSP)	 College Level Mentoring Committee. Classes on Common English. Distribution of Stationary Kit to Students. Participation in Employability Enhancement Programme. External Mentoring Sessions on Life Skills, Learning Skills and IT Skills. Power Point Presentations and Tutorials. Group Discussions Short Projects and Assignments.
Young Innovators Programme (YIP)	 Motivational Classes for Innovative Thinking. Lectures on Problem Solving Methods. Collection of Innovative Ideas of Students on Various Domains. Participation of Students in National and State Level Competitions.

	Empowerment and Employment – For securing financial Employment by the Students
Career Guidance and Placement Cell Additional Skill	 Career Guidance Classes Coaching and Trainings by Reputed Institutes. PSC Coaching Conduction of Placement Drives Training Sessions
Acquisition Programme (ASAP)	Conduction of Foundation Courses and Weekend Skill Courses.Campaigns
Mar Thoma College New Initiative Programmes (MCNIP)	 Diploma Courses Diploma in Indian and International Finance and Accounts Diploma in Computer Application Certificate Courses in Various Domains Coaching Classes and Training Programmes
	 PSC Coaching Classes NET Coaching Python Coaching TCS Summer Training Program Bank Coaching Capital Marketing Training LED Bulb and Star Making Training English Coaching Classes
	 Incandescence Language Consultancy Service Classes on Tailoring Beautician Course Food Processing Vermiculture and Composting Techniques Apiculture Spanish Language

d Artistic Empowerment - For the development of Artistic Students
Short film ScreeningsFilm Review Writing
 Workshops Inter- Departmental Drama Competitions Staging of One Act Plays
 Conduction of Arts Fest Conduction of Onam and Christmas Celebrations Participating Students in Intercollegiate competitions and Workshops. Organizing various competitions. Installation of Food Stalls.
 Observance of Reading Week. Organizing Competitions- Reading, Book Review, Essay Writing etc. Information Literacy Programs on Library Software

	and Digital Library.
EBSB(Ek Bharath Shresht Bharath) Club	 Cultural Interactions with other States of India (Language, Literature, Cuisine, Festivals, Cultural Events and Tourism) Visits to the Partner State
Speaker's Club	 Weekly meetings on Speaker's Corner Opportunity for Students to Express their Ideas and Suggestions on Various Topics, Elocution Competitions.
Literati (Annual Interdepartmental Fest)	Conduction of Various Competitions Western Solo Song Just A Minute Spell Bee Collage Face Painting Spot Dance Quiz Letter Writing Poster Making Debate English Queen Competition
The Brain's Trust	LecturesQuiz Competitions
Health Club	Observance of various daysQuiz Competitions

VI. Political	Empowerment of Students- For Evoking Democratic Spirit and
Ens	uring Participation of Women in Political Decision Making
Electoral Literacy Club	 Model Parliament Participation in National Student's Parliament Elocution and Essay Writing Competitions

VII. Spiritua	ll Empowerment – For Developing Beliefs Around the Meaning
	of Life
Students Christian	 Morning Worships
Movement	 Carol Services
	 Founder's Day Services

Day Observances
Environmental Awareness Programs Campaigns Beyond the Campus Activities Flood Relief Activities
E

- Training Programs
- Health and Hygiene Programs

Evidence of Success

- Our students achieved seminal success in the academic arena by securing ranks and grade positions in the University level and progressed into various state, national and international institutions and Universities.
- Majority of students who secured ranks in the University level comes from the socially marginalized sections of society and the same has been duly acknowledged by the policy makers, Chief Minister of the State, academicians and common people of the region.
- One of the major examples of our institutional distinctiveness comes from Ms. Payal Kumari, daughter of a migrant laborer, secured first rank in B.A. History and Archaeology Mahatma Gandhi University examinations in 2020, first time in the educational history of the state.
- Apart from the curricular aspects our students participated in the national level competitions in cycling, women cricket and basket ball. Four of our students represented the Mahatma Gandhi University in south zone inter-university women cricket team and became the champions.
- Successful entrepreneurs in various domains.
- Vibrant NCC unit and several awards for NCC Cadets in national and state level Sainik Camps.
- Prizes and grades in M.G. University youth festival.

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



W.I.N.G.S. (Women Inspiring New Generations of Success)

Women's Cell

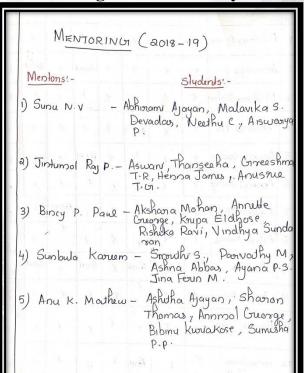


Youth Red Cross





Mentoring and Tutorial System



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Value Education Classes



Walk With a Scholar Programme (WWS)





Scholar Support Programme (SSP)



Career Guidance and Placement Cell







Arts Club







EBSB(Ek Bharath Shresht Bharath) Club

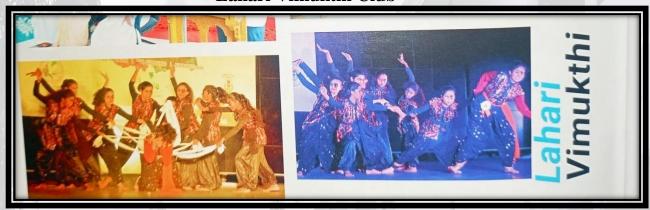








Lahari Vimukthi Club



Students Christian Movement

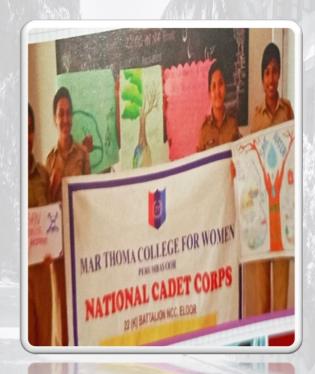






National Service Scheme

National Cadet Corps (NCC)







OUR W.I.N.G.S.

RANK HOLDERS









Rank:1

Rank:4



Fathima Mariyam



Anupama N

Alfiya Subair

B.A.English Language & Literature Model II **Administrative Assistant**

Rank:3







Anjitha Devassy



Swetha Mary Kurien

B.Sc Physics Model II Applied Electronics

Rank:6





Rank:8



Congratulations & Best wishes

Mar Thoma College for Women, Perumbavoor









Congratulations... Brid ASNA K. A.



12440)

For securing THIRD RANK with A+ grade in M.Sc. Mathematics programme of M G University, Kottayam.



2020-22 M.Sc. BATCH **DEPARTMENT OF MATHEMATICS**

gratulations DEEPIKA Y.

For securing THIRD RANK with A grade in the M. Sc. Zoology programme of M. G. University, Kottayam



2020-2022 BATCH DEPARTMENT OF ZOOLOGY (M.SC S/F)
MAR THOMA COLLEGE FOR WOMEN, PERUMBAVOOR





Rank holders in the past 5 years



SUCCESS AMIDST OF ADVERSITIES

Migrant worker's daughter wins first rank in MGU exam

Labourer father ensured her education despite heavy odds

G. KRISHNAKUMAR

The name Payal Kumari stood out when Mahatma Gandhi University released the list of toppers in the various undergraduate programmes on Thursday.

Born into a migrant worker family from Bihar, Payal stunned many after she came first in the BA Archaeology and History (Model 2) examination as a student of Mar Thoma College for Women, Perumbavoor. Pramod Kumar, her father, who had left Gosaimadhi village in Sheikhpura district of Bihar Sheikhpura district of Bihar in 2001, has been settled in Ernakulam since 2011 as a manual labourer. "This rank belongs to my



Payal Kumari

father, who worked hard despite odds to see that my education was never dis-rupted. I am also thankful to my teachers, especially Bi-pin Sir of the History department for helping me sail through all challenges," an elated Payal said in flawless Malayalam on Thursday.

Pramod Kumar, who had to drop out of school after Class 8, made sure that his children received proper education. He is now employed at a paint shop in the city. Their rented home at Kangarappady houses Payal's mother Bindu Devi, a homemaker, and siblings Akash Kumar and Pallavi Kumari. mari

She had scored 83% marks in Class X and 95% in Plus Two as a student of Go-vernment Higher Secondary School, Edappally. Payal said that she would like to take up a postgraduate programme in Archaeology and History. "I have also plans to pursue Civil Services," she said.

പായൽ കുമാരിക്ക് ആശംസ അർപ്പിച്ച് രാഹുൽ ഗാന്ധി വയനാട് ▶ അന്താരാ ഷ്ട കുടിയേറ്റ തൊഴി പരെ നവം ലാളി ദിനമായ വെള്ളി നടത്തിയ യാഴ്ച മഹാത്മാഗാന്ധി യടുക്കണ സർവകലാശാലയിൽ ദർശനം ബി.എ. ആർക്കിയോ ഡ്ജി നട ളജിയിൽ ഒന്നാം റാങ്ക് ന്നു. ഇതി നേടിയ ബിഹാർ സ്വ എ. ഹരി ദേശിനി പായൽ കുമാ ക്കുകയാ രിക്ക് ട്വിറ്ററിൽ ആശം ടപടി സ്വീ സയർപ്പിച്ച് കോൺഗ്ര പായൽ കുമാരി സ് നേതാവ് രാഹുൽ ഒരു മണി ഗാന്ധി എം.പി. രാഹുലിൻെ വയനാട് ഓഫിസ് വിശദീകര അകൗണ്ടിൽ നിന്നാണ് പായൽ കുമാരിയുടെ യടുക്കുക വീഡിയോ അദ്ദേഹം പങ്കുവെച്ചത്. കുടിയേറ്റ തൊ . The language ഴിലാളികളെ രണ്ടാംതരം പൗരന്മാരായി കാണുന്ന ർ കോടതി ഇന്നത്തെ അവസ്ഥയിൽ പായലിൻെറ നേട്ടം അഭ് ്രാകാതെ മാനാർഹമാണെന്ന് അദ്ദേഹം കുറിച്ചു, പെരുമ്പാവൂർ വായുതിൽ എസ്.എസ്.വി. കോളേജിൽ എം.എ. ഹിസ്റ്ററിക്ക് പ്ര വേശനം ലഭിച്ച പായലിന് തുടർ പഠനത്തിന് ആശ

Sri. Rahul Gandhi Congratulating Payal Kumari



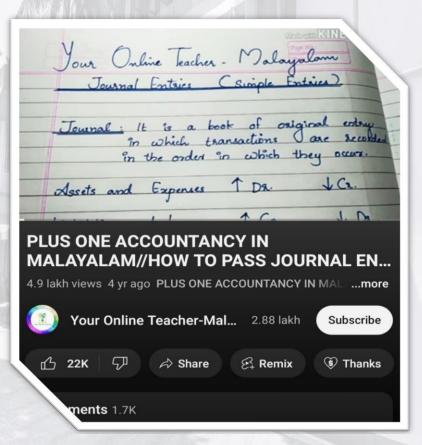


Fathima Mariyam of B.A. History and Archaeology secured first rank in the M.G.University Examinations, 2021. She appeared for her fifth semester examinations while she was on COVID-19 isolation period and attended her sixth semester examinations after six days of her childbirth.



SUCCESSFUL ENTREPRENEUR





Fathima Usman (Department of Commerce, 2017-20 Batch) owns her YouTube Channel with 2.88 lakhs subscribers.



ACHIEVERS IN SPORTS



Aditya Roy (II B.Com. F&T) and Mayoori M.B. (I B.Sc. Zoology)n Represented Kannur District in the Under - 23 Kerala State Cricket Tournament.



Arya Baby (II B.A. History) and Sona Paul (II B.Com. F&T), Represented Wayanad Distriction in the Under-23 Kerala State Cricket Tournament



Arya Baby (II B.A. History)
Selected to MG. University Cricket Team
'019-20 and Runner Up in the South Zone
Inter University Cricket Tournament.



Athira Sanal (I B.A. History)
Selected to M.G. University Cricket Team
2019-20 and Runner Up in the South
Zone Inter University Cricket Tournament



Jiya Joy (I B. A. History)
Selected to MG. University Cricket Team
2019-20 and Runner Up in the South Zone
Inter University Cricket Tournament



Jiya Joy (I B A History)
Represented Idukki District in the
Under-23 Kerala State Cricket
Tournament



Mariya Chacko (II B.A.English) Silver Medal in the M.G. University Inter Collegiate Taekwondo Championship 2019-20



Renjusha A. (II B.A. History)
Member of Kerala State Under - 19
Cricket Team. Participated in the
National Championship.



Renjusha A. (II B.A. History) Represented Malappuram District in the Under-23 Kerala State Cricket Tournament



Renjusha A. (II B.A. History)
Selected to M.G. University Cricket Team
2019-20 and Runner Up in the South
Zone Inter University Cricket Tournament



Sreelekshmi Sreeji (I B.Voc. Fashion Technology) Bronze Meda in the M.G. University Inter Collegiate Taphyopolo Championship 2019-20

