

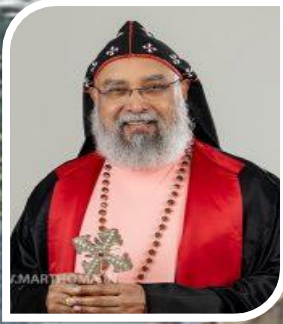


# The Mar Thoman Herald

Mar Thoma College for Women, Perumbavoor

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

FEBRUARY 2024 - MAY 2024 | VOLUME 1 | ISSUE 2



Rt. Rev. Dr. Isaac Mar  
Philoxenos  
Manager



Ms. Sherin T. Abraham  
Principal-in-Charge

## Vision of the College

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

## Core Values

- A To be Adept
- R To be Righteous
- I To act with Integrity
- S To be Service Oriented
- E To be Empowered

## From the Principal's desk

Dear all,

As we reflect on the past quarter, I am filled with immense pride and gratitude for the remarkable achievements and initiatives that have taken place at our college.

I am delighted to recognize the remarkable achievements of our students and staff during this period. Many of our students and faculty members served as resource persons in various prestigious forums. Their involvement underscores our commitment to leadership and knowledge dissemination.

Our summer camps, conducted by various departments for school students, were a phenomenal success. These camps not only provided valuable learning opportunities but also served as a beacon of inspiration for young minds.

As we step into a new academic year, let us continue to strive towards our vision of empowering women through education, innovation, and leadership. Together, we can create a nurturing and empowering environment where every woman has the opportunity to realize her full potential.

Wishing you all a blessed and successful academic year ahead.

Warm regards,  
Sherin T Abraham

**Our Motto: 'Truth shall make you free'**

Remarkable Events

• Scivista

As part of the National Science Day Observance, a two-day Science exhibition named **Scivista** was organised on 15 & 16 February, 2024 by the **Science Departments** of the College. Around 1000 students from Vyasa Public School, St. Mary's School, St. Thomas School, Govt. Boys School, Asram L. P. School, Government School Imury and more participated in it.



Optical Fantasm by Dept. of Physics



Bio-beats by Dept. of Zoology



Chemistry meets magic by Dept. of Chemistry



Mathematical Musings by Dept. of Mathematics

• Reunion of 1983 - 85 predegree batch

A reunion of the **predgree 1983-85 batch** was held on February 23, 2024 in the PG Seminar Hall. Around 70 from the batch turned up to attend the reunion along with a few teachers, who were honoured by the students. Their enthusiasm was as and when they were in their teenage.



• Basketball Tournament

The 5th Mar Thoma Ever Rolling Trophy Inter Collegiate Basketball Tournament for Women was organised by the **Department of Physical Education** (instituted by Dr. Salim Varghese, Former Head of the Department of English) in the College Basketball Court on 12 March, 2024. Mr. Jackson Peter, former



Indian Basketball Player inaugurated the tournament. AISAT College, Kalamassery emerged as the winners and our college team became the runners up.



• Valedictory Ceremony

A Valedictory ceremony was conducted for the 2024 outgoing batch of students on 15 March, 2024 in the College Auditorium. Dr. V. P. Markose, Retired Professor, Department of Malayalam, UC College, Aluva, was the guest of honour. Followed by his talk, there was a candle lighting ceremony and then the hat throwing.



• Blood Donation Camp

The health club of the Department of Zoology along with IQAC, YRC, NSS, NCC, UBA organised a blood donation camp in collaboration with the IMA Blood Bank, Aluva, on 26 March, 2024 in the college. 27 units of blood was collected from the camp and donated.



## Remarkable Events

- **Key Handover of Snehaveedu**

The **Key Handover ceremony of the Snehaveed**, completed by the **NSS Unit** of our College, as part of **NSS MGU- K Chittilappilly Foundation Snehaveed Project**, was held on 27 March, 2024. Mr. Biju John Jacob, Chairman, Perumbavoor Municipality, handed over the key to Ms. Jaya C. A., resident of Kaduval Colony, Perumbavoor.



- **Orientation for +2 students**

An orientation of the upcoming Honours Degree Under Graduate Programme was given for the parents and students of plus two, on 23 April, 2024 afternoon in the PG Seminar Hall. Dr. Biju Pushpan, Syndicate member of MGU and Dr. Sumesh A. S., MGU Honours Degree Regulations Committee Convenor, served as the resource persons.



- **U3A Meeting**

A meeting of the U3A (University of third generation), **Butterfly Unit Perumbavoor**, of retired people above the age of 55, was held on 23 April, 2024 in our college. It was a full day



program in which the morning session, official in nature, was held in the PG Seminar Hall and in the afternoon an entertainment session was organised in the College Auditorium.

- **Summer Camp**

A summer camp for school students was organised in our college, by the **Department of English in collaboration with our Computer Centre** from 29 April to 4 May, 2024 and by the **Department of Physics** on 3 & 4 May, 2024. It was with much enthusiasm that a bunch of students participated in it.



The English Department offered a course on “Basics in English Grammar and Communication” in which 18 students participated enthusiastically.



The Department of Physics organised classes on “Nuances in Physics – Under the sky” during the camp in which around 30 students participated.



## Remarkable Achievements

- Our College secured the **Best College 2024 Award**, instituted by the Vayana Poornima. The award was presented to our principal Ms. Sherin T. Abraham by Adv. Eldhose Kunnappilly, MLA, during the College Day function on 6 March, 2024.



### Remarkable Achievements

- Our Principal, Ms. Sherin T. Abraham and the College Union Chairperson Ms. Rejitha K. L. was honoured with the **Vanitha Rathnam Award** instituted by Vayana Poornima, which was also given away by Adv. Eldhose Kunnappilly, MLA during the College Day function on 6 March, 2024.



- One of our students, Ms. Anamika Johns won the Vave Life **International Table Tennis League 2024** held in Singapore. It is a matter of great pride for the college that our student has made a mark at an international level.



- Our college cricket team bagged the runners up trophy in the **M. G. University Inter Collegiate Cricket Tournament 2023-2024** for women.



- Ms. Afina Kasim from the Department of Zoology won A grade in 'On the spot painting' in the **M. G. University Kalolsavam 2024**.



- Ms. Arya Soman of B. Com. FT received the **Kavyasree Award** instituted by the Vayana Poornima on 9 April, 2024.



### Remarkable Achievements

- Yet again the students of our college have made us proud by placing themselves in the **top 10 ranks in the M. G. University Degree Examinations**. 5 students from the Department of English, 3 students from the Department of History, 1 student from the Department of Physics and 2 students from B. Voc. Fashion Technology & Merchandising, have secured ranks through their excellence in academics.

### Internal Quality Assurance Cell (IQAC)

- **Orientation for Science Teachers**

An Orientation of the upcoming U.G. Honours Programme, for teachers of all the Science Departments was organised on 5 April, 2024 in association with IQAC in the PG Seminar Hall. Dr. Libin Kuriakose, Associate Professor, Department of Physics, St. Thomas College Pala, who is also a part of the FYUGP MG University Implementation Committee served as the resource person.




- **Orientation for Commerce Teachers**

The Department of Commerce in association with IQAC organised an Orientation of the upcoming U.G. Honours Programme, for all Commerce teachers, both Finance & Taxation and Computer Applications, on 29 April, 2024 in the PG Seminar Hall. Dr. Manoj Narayanan K. S., Professor and Head of the Department of Commerce, Baselius College, Kottayam, who is the chairperson of the B.o.S. of Commerce (U.G.), served as the resource person for the program. Teachers from nearby colleges also participated in the programme.




### Department of Zoology

- A **professional guidance** session was conducted by the Department of Zoology in association with Anton's medico, exclusively for final year life science students, on 27 February, 2024 from 3 PM to 4 PM, in which students of both Zoology and Chemistry were benefitted. 
- The Department of Zoology, in collaboration with the Social Forestry Wing, Govt of Kerala, conducted a **Quiz Competition on the theme "Forests, Wildlife and conservation"**, on 18 March, 2024 at 11 AM in the PG Seminar Hall. A total of 16 teams participated in the competition. 
- **Atlantis**, the digital magazine launched by the Department of Zoology was released by Mr. Jiju John Y. on 20 March, 2024. 

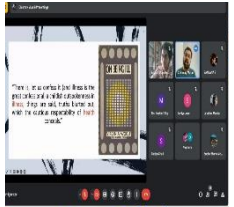



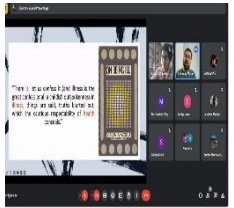
### Department of English

- The English Research Forum and the Centre for Women's Studies in association with the IQAC organised a lecture on **"Reimagining Manhood: Exploring Masculinity in Digital Space"**, on 19 March, 2024. Ms. Abina Sulhath (Assistant Professor, Department of English, MES T.O. Abdulla Memorial College, Kunnukara), an alumna of the Department of English (2018-21 batch), served as the resource person. 






### Department of English

- The English Association organised a webinar on the topic **'An Introduction to Health Humanities'**, in which Dr. Chinmay Murali, Assistant Professor, Department of English, S. D. College, Alappuzha, served as the resource person. 
- The Playhouse (Drama Club of the Department of English) in association with IQAC organised a workshop on **Concepts of Acting**, on 28 May, 2024. Prof. Ramesh Varma, Head (Retd.), Department of Theatre, Sree Sankaracharya University of Sanskrit, Kalady, led the workshop. 



### Department of Mathematics

- A one day **Workshop on Latex** was organised in the Computer Centre for the P.G. students of the department, on 17 February, 2024. Dr. Pravas K., Asst. Professor, Department of Mathematics, Maharajas College led the workshop. 
- The Department of Mathematics organised an Inter Collegiate Competition **NO LIMIT 2.0** on 1 March, 2024. The competition was conducted in 3 levels and cash prizes were awarded at each level. Teams from 10 Colleges participated in the competition. 
- The Annual Manuscript Magazine of the Department named **Aesthetic Algorithms**, was released on 18 April, 2024 by our Principal Ms. Sherin T. Abraham. The talents of the students of the department are showcased through this venture. 



### Department of Commerce

- The Department of Commerce, Finance & Taxation, organised a seminar on **Introduction to Securities Market**, on February 12, 2024 in the PG Seminar Hall. The session was taken by Ms. Saranya Arjunan, Asst. Manager, SEBI and Mr. Supratim Mitra, Deputy Vice President, NSDL.



- The Department of Commerce organised a **Best Manager Competition** on 19 February, 2024 in the PG Seminar Hall. The competition was conducted by GIIMS Institute of Logistics and Niranjana B. Nair of III B. Com. FT emerged as the winner.



### Department of Physics

- The Department of Physics arranged an **Industrial Visit** for the students to the National Institute of Oceanography (NIO), Goa during a study tour held from 10 to 13 February, 2024. Scientists of NIO took a class on scientific research and studies on the unique oceanographic features of the Northern Indian Ocean.



### Department of Malayalam

- The Department of Malayalam in association with Vayana Poornima, organised a **Poetry Recitation Competition**, as part of the World Poetry Day, on 21 March, 2024 in the College Auditorium. There was a total of 15 participants,



including the students of the college and also from outside the college. From among them, Ms. Arya Soman of III B. Com. Finance & Taxation bagged the first prize.

### Department of Physical Education

- The **Annual Athletic Meet** was organised by the Department of Physical Education on 6 February, 2024. Blue house comprising of B. Com. Finance & Taxation and B. Voc., won the overall trophy and yellow house comprising of the Departments of History and Mathematics were the runners up.



This time shotput and 100 m race were conducted for the staff too in which both teaching and non-teaching staff participated enthusiastically.

- The Department of Physical Education conducted a **Badminton Tournament** for the students and also for male and female staff of the College in the 1<sup>st</sup> week of March, 2024. Ms. Saranya M. P. became the winner among the students. Mr. Jibin Shibu Sam, became the winner in the tournament for the male staff and Ms. Krishnendu Sivaraman emerged as the winner among the female staff.

### Department of B. Voc.

- The Department of B. Voc. Fashion Technology and Merchandising in association with IQAC presented a fashion exhibition **IZEL 2024**, on 23 February, 2024 in the College Auditorium. The exhibition included dresses, jewellery, home furnishing items etc., made by the students themselves. All the items displayed, showcased the mesmerizing talents of the students.



### College Union & Arts Club

- The Arts fest **Navam 2k24** was held on 1 & 2, February, 2024. The inauguration was done by Mr. Sreejith Edavana, Director of the movie Cicada in the presence of his entire team. Our students showcased their various talents through the onstage events held on these 2 days.



The offstage events of Navam 2k24 were conducted on 29, 30 & 31, January. The Department of Commerce - Finance and Taxation won the overall trophy and the Department of Commerce - Computer Applications emerged as the runners up.

The certificates for the winners of the various competitions were distributed on 5 March, 2024.



- The College Union & Arts Club organised the **College Day** on 6 March, 2024. Dr. M. I. Punnoose, Principal, UC College, Aluva, was the chief guest for the day. The distribution of endowments, reading of the annual report by the principal and cultural programmes by the students filled the day. There was also a musical concert performed by the band Pepperwine, which made the day livelier.



### Career Guidance & Placement Cell

- The Career Guidance Cell in association with Mar Thoma College of Management and Technology, conducted an **MBA Orientation Programme** on 5 February, 2024. The resource person was Dr. Philip Thomas, The Director of Mar Thoma College of Management and Technology. 38 students from different streams participated in the seminar.



- The Career Guidance and Placement Cell in collaboration with the District Employment Exchange, Ernakulam, organised an **Employment Registration Campaign** on 13 February, 2024. 15 students registered through the programme.



- The Career Guidance and Placement Cell in association with Kerala Knowledge Economy Mission conducted a workshop on **“Introduction for Digital Workforce Management System”** on 19 February, 2024. Mr. Sadiq Ahmad led the talk. Around 60 students from the college participated in the programme.



- The Career Guidance Cell in association with District Employability Centre conducted a **Career Orientation for First and Second Year Under Graduate students**, on 29 February, 2024. The resource person was Ms. Ami Venki, a Soft Skill Trainer. 78 students from the college benefited from the programme.



### Career Guidance & Placement Cell

- The Career Guidance & placement cell in association with Drive Management Services conducted a **Placement Drive** on 20 March, 2024, instituted by Tata Electronics. Out of 26 students who participated, 23 students got selection.



### Electoral and Literacy Club

- The Electoral Literacy Club and the NSS Unit of our College in association with Nehru Yuva Kendra, Koovappady Block, conducted an **Intensive Voter Awareness Programme**, on 11 March, 2024. Resource persons were Mr. Jaison Mathew, Deputy Tahsildar, Kothamangalam, Mr. Sajeev Bhaskar, Deputy Tahsildar, Kunnathunadu.



### National Service Scheme (NSS)

- A talk on **Emotional Well-being** was organised by the NSS unit of our College on 7 February, 2024, in association with Kerala SCM. The talk was delivered by Dr. Sijiya Binu, Chairperson, Athma-My Mind My Care.



- The NSS volunteers of our college visited **Pakalveed**, a day care centre for the mentally challenged, in Karattupallikkara, Perumbavoor, on 14 February, 2024.

### National Service Scheme (NSS)

The Volunteers arranged cultural programmes and games to entertain the beneficiaries of Pakalveed.

- The NSS Unit of our College, in collaboration with Goonj (India NGO of the year winner), organised a successful **Collection Drive** aimed at gathering various goods, especially those no longer needed by people. The event spanned two weeks and involved collections from staff and students of the college, sorting through donated items, and other tasks.



- An **Adalath for UDID card registration and updation** was organised by the Kerala Social Security Mission in collaboration with Perumbavoor Municipality and Mar Thoma College for Women, on 29 February, 2024 at the Hariharaiyyer Memorial Hall, Municipal Library Perumbavoor. The NSS volunteers of the college offered their service in registration assistance, document verification, data entry, and updation.



- The NSS Unit No. 57 and Women Cell of the College, in association with YWCA, Perumbavoor,



organised an **Awareness Class on Menstrual Hygiene and the Use of Menstrual Cups**, on 20 March, 2024. Dr. Rino Raveendran, Project Associate, HLL Life Care Ltd.,

led the session. Menstrual Cups were distributed free of cost to the NSS Volunteers as part of the project.



### National Service Scheme (NSS)

- As part of the **Snehaveed Project**, our NSS Unit raised funds and provided financial aid to a student of our college (third year UG) towards the completion of the her house construction. The work was completed in March 2024.

### National Cadet Corps (NCC)

- The NCC Cadets of our College, SUO Lakshmi Sasidharan, CSM Binciya Mujeeb, and CDT Fathima Farisa M.U, got an opportunity for an **Interaction with Sri. Benny Behanan, Member of Parliament**. He shared his experiences in his political life with the cadets.
- SUO Joshny Shais and UO Aleena Joy attended **Pre IGC TSC 1 camp**. It was conducted from 10 May to 19 May, 2024 at FISAT College, Angamaly. They were also selected to Pre IGC TSC-II in Obstacle Training.
- CSM Fathima Nazrin M.N. and CPL Bibi K.S. were selected to attend **All India NCC Girls Trekking Expedition 2024**. The trekking was conducted from 16 May to 23 May, 2024 at Nilgiri Tamil Nadu(TN) Trek-II.



- The **Pipping Ceremony** of new rank holders of the NCC Unit was held on 31 May, 2024. The occasion was graced by the presence of Maj. Dween Paul, Administrative Officer of 22(K)BN., NCC Eloor, Associate NCC Officer Lt. Dr. Sangeetha Racheal Koruth, our Principal, Ms. Sherin T. Abraham, IQAC co-ordinator, Dr. Vineedkumar and HoDs.

### National Cadet Corps (NCC)

Also in the pipping ceremony, Ms. Joshny Shais was nominated as the Senior Under Officer (SUO) and Ms. Aleena Joy was nominated as the Under Officer (UO).



### Institution's Innovation Council (IIC)

- IIC in association with Kerala Innovation and Strategic Council (K-DISC) organised '**YIP 6.0 Ideathon**' - an orientation program and idea submission drive for first year students, on 19 February, 2024 in the PG Seminar Hall. Experts from K-DISC guided the students to register for Young Innovators Programme (YIP) competitions and idea submission.



### Student Christian Movement (SCM)

- The SCM of our College organised a **Career Guidance and Civil Service Orientation class** in association with Mar Thoma Yuvajana Sakhyam, Kottayam-Kochi Diocese, IQAC and Career Guidance and Placement cell on 29 February, 2024. Mr. Gothaman M, IPM IAS Academy, Trivandrum, led the session and motivated the students towards civil service and also explained about the career opportunities available for them. Also Rev. Justin Philip, Vice President of Mar Thoma Yuvajana Sakhyam, Kottayam-Kochi Diocese and Rev. Ashwin C Jais, Student Chaplain, Ernakulam circle, delivered felicitations.



## Student Achievements

- M. G. University Rank Holders  
2021-24 batch**

**B. A. English (Administrative Assistant)**



Sneha Banu Menon  
Rank 1



Sahala Zanam  
Rank 2



Annmary T. Jeby  
Rank 4



Sona Sibi  
Rank 9



Mubeena N. M.  
Rank 10

**B. A. History (Archaeology and Museology)**



E. K. Krishnapriya  
Rank 4



Sandra Sani  
Rank 7



Krishnapriya R.  
Rank 9

**B. Sc. Physics  
(Applied Electronics)**



Revathi Rajeev  
Rank 2



Rajana D.  
Rank 1



Rose Maria K. B.  
Rank 2

**B. Voc. Fashion Technology  
& Merchandising**

- Ann Mary Jeby of B.A. English and Dr. Minu Susan Koshy presented a paper titled "Animated Tales of the Plasticene: A Comparative Inquiry into the Portrayal of Plastic in Cartoons from India and the USA", at the National Seminar on Visual Narratives, on 2 February, 2024 at BCM College, Kottayam.



- Four students from Integrated Physics participated in the 17th Energy and Environment Conservation Study Camp 2024, held at Athirapally on 3, 4 & 5 February, 2024.



- Two students of our college, Ms. Resiyamol M. S. of the Department of Mathematics and Ms. Fathima V. M. of the Department of History, got an opportunity to attend the 'Nava Kerala Sadass - Interactive Session with the Chief Minister and College Students', held at Calicut on 18 February, 2024.



- Ms. Sneha Bhanu Menon of B.A. English and Ms. Roshin T. Roy, Assistant Professor, Department of English, presented a paper titled "Disposable Lives' and Regal "Death Worlds'" in the two-day International Seminar on Beyond the Word: Navigating the Frontiers of English Literature, organised by the Post Graduate and Research Departments of English, St. Xavier's College Aluva and Sree Sankara College, Kalady, on 19 February, 2024.



- Ms. Anitha Thomas of B.Sc. Physics 2018-21 batch, qualified the GATE examination conducted in 2024.

### Faculty Achievements

- Dr. Paulose Thomas, Asst. Professor, Department of Physics, published International Journal Paper, Feba Anna John, Paulose Thomas, George Jacob & Ajith James Jose (2023) Effective interactions and dielectric study of polymer nanocomposite thin films of polyvinylidene fluoride and graphene oxide, Composite Interfaces.
- Dr. Anupama P., Asst. Professor, Department of Physics, served as the resource person for Thejas Energy Camp organised by Energy Conservation Society held at Vazhachal, on 2 February 2024.
- Ms. Chaithanya Elsa Achankunju, Asst. Professor, Department of English, presented a Paper titled 'Environment Rights, Political Policies, Women in The Four Winds' in the two-day International Seminar on Beyond the Word: Navigating the Frontiers of English Literature, organised by the PG and Research Departments of English, St. Xavier's College Aluva and Sree Sankara College, Kalady, on 19 February, 2024.
- Ms. Preethi Sara Joseph, Asst. Professor, Department of English, delivered a lecture on Nuts and Bolts of Research: An Overview, in an invited lecture organised by the Department of English, MES T.O. Abdulla Memorial College, Kunnukara, on 25 March, 2024.
- Dr. Vinod V., Asst. Professor, Department of History (Archaeology & Museology), delivered a lecture on 'Archaeology: in search of Cultural Materials' in The Rev. Fr. Antony Thattil Memorial Lecture, jointly organised by the Departments of History and Economics, on 20 March, 2024.
- Dr. Vineedkumar K., Associate Professor, Department of Physical Education showed an exemplary performance at the M. G. University Physical Education Teachers Sports Meet 2024 held on 26 March, 2024 by winning 5 first prizes and 3 second prizes.
- Dr. Vinod V., Asst. Professor, Department of History (Archaeology & Museology), participated in an article writing workshop for Journal of Antiquity, UK held at Nepal in March, 2024.

### Faculty Achievements

- Dr. Sangeetha Rachel Koruth, Asst. Professor, Department of English, delivered a lecture on The Broken Psyche: Unveiling the Vignettes of Trauma, in a webinar organised by the P.G. and Research Department of English, S. D. College, Alappuzha, on 3 April, 2024.
- Dr. Minu Susan Koshy, Asst. Professor, Department of English, presented a paper titled "‘Othered’ Odours of Culinary Work in Indian Narratives: Decoding Cultural Representations of the ‘Stench’ of Dried Fish in India", at the International Conference on "Work and Smell: Comparative Perspectives" organised by Goldsmiths, University of London from 25-26 April, 2024.
- Ms. Chaithanya Elsa Achankunju, Asst. Professor, Department of English, led a lecture on 'Introduction to Memory Studies', in a webinar organised by S.D. College, Alappuzha, on 30 May, 2024.

### Renovated Facility

The Archaeological Museum, under the Department of History, underwent a renovation and our Manager, Most Respected Rt. Rev. Dr. Issac Mar Philoxenos Episcopa Thirumeni inaugurated the renovated Museum on 26 February, 2024.



The members of the Governing Council and Mar Thoma Higher Education Commission also were present for the inauguration.

### Condolences

Mr. T. V. Varghese (76), Retired Chemistry Lab Assistant, was called to Eternity on 26 April, 2024. To condole the sad demise of Mr. T. V. Varghese, known as Kunjunjchettan to all, a condolence meeting was held in the College Auditorium on 29 April, 2024.



### Editorial Board

**Seira Susan Prasad, Assistant Professor, Department of Mathematics  
(and all Teachers in charge of Departments, Associations, Clubs and Cells)**