

# The Mar Thomian Herald

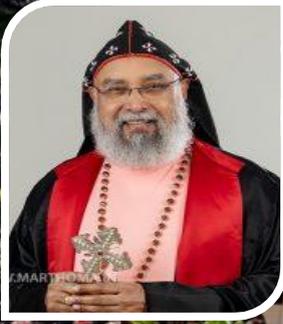
Mar Thoma College for Women, Perumbavoor

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

JUNE 2024 - SEPTEMBER 2024

VOLUME 2

ISSUE 1



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.

## College Emblem

The emblem of the college symbolizes the aim and purpose of the college – “The pursuit of academic excellence and the development of the personality of women students in a Christian atmosphere”. The girls (symbolized by the bangled hand) develop their intellectual (symbolized by the book) and artistic (symbolized by the veena) abilities in the Christian atmosphere (represented by the cross) of the college.

## From the Principal's desk

*Dear All,*

*I am thrilled to congratulate our staff and students on their impressive achievements and the successful conduct of various activities, new initiatives, and celebrations.*

*Special accolades to our clubs, associations, and departments for their innovative endeavours. I also congratulate everyone on the memorable Onam celebration.*

*Most notably, I extend a warm welcome to our first-year students, the inaugural batch of our Honours Degree program, marking a significant milestone in our college's history.*

*The collective efforts, enthusiasm, and teamwork of the entire college community have made this time truly remarkable. Keep shining and striving for excellence!*

*Warm regards,  
Sherin T. Abraham*

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

Remarkable Events

Gandhiji's great-grandson visits Mar Thoma College for Women, Perumbavoor, giving a lecture on Changing India in the 21<sup>st</sup> Century.

**MAR THOMA COLLEGE FOR WOMEN, PERUMBAVOOR**  
(AFFILIATED TO MAHATMA GANDHI UNIVERSITY, KOTTAYAM)  
RE-ACCREDITED WITH 'A+' GRADE BY NAAC

Department of History, Archaeology & Museology

Cordially invites you to attend the  
25<sup>th</sup> Very Reverend A.A.Pylee Memorial Lecture  
(Silver Jubilee Year)

TOPIC  
**Changing India in the 21<sup>st</sup> Century**

**Sri. TUSHAR GANDHI**  
AUTHOR & GREAT-GRANDSON OF  
MAHATMA GANDHI & KASTURBA GANDHI

**11<sup>TH</sup> SEPTEMBER  
2024, 10 A.M.**

**VENUE  
COLLEGE AUDITORIUM**

**Rt. Rev. Dr. Isaac Mar Philoxenos**  
College Manager

**H.G. Mathews Mor Aphrem**  
Bishop Angamaly Diocese

**Hon. Justice K. NARAYANA KURUP**  
Guest of Honour

**Smt. Sherin T Abraham**  
(Principal in charge)

**Dr. Vinod V.**  
(Head, Dept. of History & Archaeology)  
(Convenor)

**Dr. Abi Pylee | Mr. Ajith Issac**  
(Sponsors)

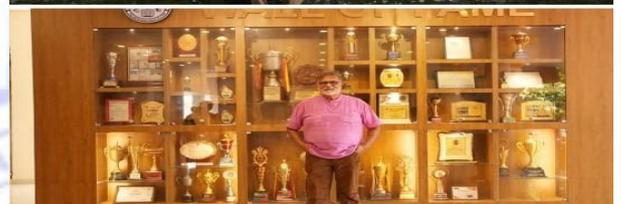
**Joint Convenors**  
Kum. Meenatchi B Nair  
Smt. Vincy Vijayan  
Shri. Gison Thomas  
Dr. Jijo Jayaraj  
Dr. Bibin Kuriakose



Tushar Arun Gandhi

14 Sep · 🌐

Two photographs from my recent visit to Marthoma College for Women at Perumbavoor, Kerala. One with a beautiful collage on a wall behind me and the other with their wall of fame.



Like



Send



Share



Reemy Sara Jacob + 98

**The Moment**  
~preethisarajoseph

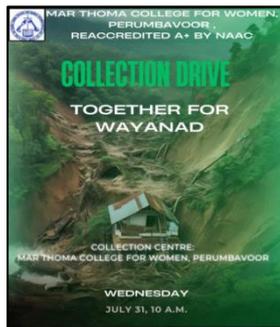
A moment we took  
For moments of the past.  
Many moments we spent,  
Taking moments of theirs,  
For making moments for us.  
In time, the moments  
Brought home a moment -  
Special, Sacred, Significant.  
The sole moment,  
As he stood,  
Between his ancestors who made the moment for the  
country, watching.  
That moment became the moment,  
That captured the soul,  
Of the past, the present and the future moments,  
For us to cherish forever.

In the significant event of the 25<sup>th</sup> Very Rev. A. A. Pylee Memorial Lecture, Mahatma Gandhi's great-grandson, Shri Tushar Gandhi visited Mar Thoma College for Women, Perumbavoor to deliver a thought-provoking lecture on "Changing India in the 21<sup>st</sup> Century." The lecture sparked engaging discussions on social justice and the role of youth in nation-building. The staff and students of the college expressed their appreciation for his insights, highlighting the relevance of Gandhiji's legacy today. The event was indeed a memorable one for the college community as it carried everyone from a moment of the past, through the present, to the future.

## Remarkable Events

### Collection Drive for Wayanad

The college community including the students, teaching and non-teaching staff of our college had initiated a **Collection Drive** to support the residents of Chooralmala and Mundakkai in the Wayanad district, who had to endure hardships after a massive landslide devastated their settlements.



### International Yoga Day



On 21 June, 2024, the NSS and NCC units of our college in association with IQAC celebrated the International Yoga Day. The theme for the day was **'Yoga for Women Empowerment'**.

The resource person Ms. Ajithanath. G. delivered a very effective class on yoga. Along with the NSS volunteers, NCC cadets, few other students and staff members attended the programme and made it a success.



### Anti Ragging Awareness Mahautsav

In observance of the **Anti-Ragging Day** on 12 August, followed by the Anti-Ragging Week from 12 to 18 August, the UGC and Centre for Youth (C4Y), and the UGC National Anti-Ragging Monitoring Agency, suggested many activities to be conducted in higher education institutions.



As part of this, on 16 August, 2024, the NSS Unit of our college projected a movie which conveyed the message **"Say No to Ragging"**. The Anti ragging pledge was taken by the students and staff during the college assembly. Also a digital poster making competition was carried out in association with the Institution's Innovation Council (IIC) of our college.

### Protest March

In response to the atrocities against the rape and murder incident at R. G. Kar Medical College, Kolkata, the college community organized a **Protest March** to Perumbavoor town on 21 August 2024. All staff and students of the college participated in the march wearing black dress/uniform to express solidarity to this cause.



Our College in Media

കിസാൻ സർവീസ് സൊസൈറ്റി ചേർന്നു നടത്തിയ സർവീസ് സൊസൈറ്റി ഏകദേശം 1000-ൽ അധികം പേർ പങ്കെടുത്തു. ഏകദേശം 1000-ൽ അധികം പേർ പങ്കെടുത്തു.



പൊതുവാൾ മാർത്തോമ്മാ വനിതാ കോളേജിലെ നാഷണൽ സർവീസ് സൊസൈറ്റി യൂണിറ്റിന്റെ നേതൃത്വത്തിൽ ഹരിതകർമ്മസേവനം നടത്തിയ ചിത്രം.

വിശിതകർമ്മസേവനം അംഗീകരണത്തിന് അർഹിച്ചു

പൊതുവാൾ മാർത്തോമ്മാ വനിതാ കോളേജിലെ നാഷണൽ സർവീസ് സൊസൈറ്റി യൂണിറ്റിന്റെ നേതൃത്വത്തിൽ ഹരിതകർമ്മസേവനം നടത്തിയ ചിത്രം.

വൈകാരിക ക്യാമ്പ് കോളേജിൽ

കോളേജിൽ വൈകാരിക ക്യാമ്പ് നടത്തിയ ചിത്രം.

വനിതാ ശാക്തീകരണത്തിൽ മുന്നേറി മാർത്തോമ്മാ കോളേജ്

പൊതുവാൾ മാർത്തോമ്മാ വനിതാ കോളേജിൽ വനിതാ ശാക്തീകരണത്തിൽ മുന്നേറി മാർത്തോമ്മാ കോളേജ്.



പൊതുവാൾ മാർത്തോമ്മാ വനിതാ കോളേജിന്റെ പ്രവേശന ഓട്.

കോഴ്സുകൾ പൊതുവാൾ മാർത്തോമ്മാ വനിതാ കോളേജിൽ കോഴ്സുകൾ.

പ്രതിജ്ഞാവാചനം പ്രതിജ്ഞാവാചനം.



പൊതുവാൾ മാർത്തോമ്മാ വനിതാ കോളേജിലെ ഏകദേശം 1000-ൽ അധികം പേർ പങ്കെടുത്തു.

മാർത്തോമ്മാ വനിതാ കോളേജിൽ ഔഷധ ഉദ്യാനം

പൊതുവാൾ മാർത്തോമ്മാ വനിതാ കോളേജിൽ ഔഷധ ഉദ്യാനം.



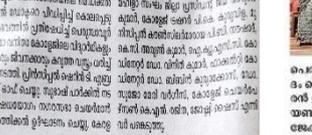
പൊതുവാൾ മാർത്തോമ്മാ വനിതാ കോളേജിലെ ഏകദേശം 1000-ൽ അധികം പേർ പങ്കെടുത്തു.

യോക്ട്‌റുടെ കൊലപാതകം: മൗനജ്വലനം നടത്തി പ്രതിഷേധം

യോക്ട്‌റുടെ കൊലപാതകം: മൗനജ്വലനം നടത്തി പ്രതിഷേധം.

കൊൽക്കത്ത സംഭവം: കോളേജ് വിദ്യാർത്ഥിനികൾ മൗനജ്വലനം നടത്തി

കൊൽക്കത്ത സംഭവം: കോളേജ് വിദ്യാർത്ഥിനികൾ മൗനജ്വലനം നടത്തി.



പൊതുവാൾ മാർത്തോമ്മാ വനിതാ കോളേജിലെ ഏകദേശം 1000-ൽ അധികം പേർ പങ്കെടുത്തു.



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മലയാള മനോരമ

തുഷാർ ഗാന്ധി നാളെ മാർത്തോമ്മാ വനിതാ കോളേജിൽ

തുഷാർ ഗാന്ധി നാളെ മാർത്തോമ്മാ വനിതാ കോളേജിൽ.

ജനാധിപത്യവും മതേതരത്വവും പ്രതിസന്ധിയിൽ - തുഷാർ ഗാന്ധി



ജനാധിപത്യവും മതേതരത്വവും പ്രതിസന്ധിയിൽ - തുഷാർ ഗാന്ധി.



പൊതുവാൾ മാർത്തോമ്മാ വനിതാ കോളേജിലെ ഏകദേശം 1000-ൽ അധികം പേർ പങ്കെടുത്തു.

രാജ്യത്തിന്റെ പൊതുസ്വത്ത് ചിലരിലേക്ക് ചുരുങ്ങുന്നു: തുഷാർ ഗാന്ധി



രാജ്യത്തിന്റെ പൊതുസ്വത്ത് ചിലരിലേക്ക് ചുരുങ്ങുന്നു: തുഷാർ ഗാന്ധി.

പൊതുവാൾ മാർത്തോമ്മാ വനിതാ കോളേജിലെ ഏകദേശം 1000-ൽ അധികം പേർ പങ്കെടുത്തു.

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## Four Year Under Graduate Programme (FYUGP)



The **Inauguration of Four Year Under Graduate Programme** of the Government of Kerala and MG University was held in the college on 1 July, 2024. Prof. Dr. P. G. Shankaran, Hon. Vice Chancellor of Cochin University of Science and Technology served as the chief guest. The Four Year Under Graduate Programme was inaugurated by Hon. Chief Minister Shri Pinarayi Vijayan in the presence of Dr R. Bindhu, Hon. Minister of Higher Education which was witnessed by the students through online platform. The newly admitted students, parents, teachers and staff of the college attended the program. Prof. Dr. P. G. Shankaran gave an inspiring message on the importance of vocation-based education and the importance of Honours Programme. He also felicitated the rank holders and achievers of the various departments in the college and also the achievers in sports.



**An Online Orientation Class on the UG Honours Programme** to be implemented from 2024, organized by Higher Education Department, Kerala, was arranged at Mar Thoma College for Women, Perumbavoor on 28 June 2024. The Hon. Minister of Higher Education, Dr. R. Bindu addressed the audience. Dr. Sujo Mary Varghese, Nodal Officer of the MGU-UGP Honours Programme of the college thanked the Hon. Minister and the resource persons Dr. Sudheendran K. and Dr. Shafeeque V. and also the teachers gathered.

## College Library

The library of our college celebrated the **Reading Week**, by conducting various activities to encourage reading. A book exhibition was held on 9 and 10 July 2024 in the college auditorium, along



with fun events like "Read a Book and Complete the Story", "Find the Book", "Lyrical writing" and "Character Hunt" etc. in the college library.

### Association of Retired Mar Thoma College for Women Staff (ARMS)

The annual reunion of retired staff members of Mar Thoma College for Women, Perumbavoor, was held on 6 July 2024, in the P.G. Seminar Hall. The founder Principal Prof. K. I. Jacob released the name and logo of the retired staff association "ARMS".



### Department of Commerce - Finance & Taxation

- The Commerce Association organized an orientation programme on Design and Decor, led by Mr. Lovewin K. Cherian, an expert in the field.



- The Commerce Association successfully organized a presentation on **India's 2024 Budget Analysis**, led by third-year students. The event took place on 30 August 2024, with six student groups participating in an in-depth analysis of the upcoming 2024-25 budget.



- A **Business quiz** and updates on current business news were organized by the Department of Commerce on 27 September 2024, creating an atmosphere of learning and engagement.



### Department of Commerce - Finance & Taxation

- On 24 July 2024, the Commerce Association organized its **inauguration ceremony**, which was marked by an insightful seminar on cultivating an entrepreneurial mindset. The guest speaker for the event was Ms. Meena Thomas, the Chief Operating Officer (COO) of Agappe Diagnostics Ltd.



- The Department of Commerce signed an **MOU with 'Arth Nirmiti'** - A Financial Literacy Initiative on 27 September, 2024.



### Department of Commerce - Computer Application

- The Association of Commerce, Computer Application, was inaugurated by Mr. Krishnakumar P. G., Assistant Professor, PG & Research Department of Commerce, Panampilly Memorial Government College, Chalakudy on 29 July 2024. It was followed by a **Project Orientation Programme** for the final year degree students of B. Com. Computer Application and B. Com. Finance & Taxation.



- A **Company Secretary Orientation Programme** was held on 24 July 2024, to introduce the students to the role and responsibilities of a company secretary. Mr. Nikhil George Pinto, Company Secretary, Kochi Chapter, served as the resource person.



### Department of English

- The English Association organized an invited **lecture on "Shakespeare Today"** on 2 September 2024. Dr. N.P Ashley, Assistant Professor, Department of English, St. Stephen's College, served as resource person.



- The Department of English organized an **Orientation Programme** for the students on 18 July 2024.



Mr. Lovewin Cherian, Mission Facilitator, Chola served as the resource person.

- The English Association conducted a **study visit** to Fort Kochi, as part of their course paper field visits, on 23 July 2024.



### Department of English

- The Centre for Women's Studies of the Dept. of English, in association with the IQAC and Mar Thoma Research Foundation, organized a **lecture on "The Representation of Gender in Media"**, on 2 August, 2024. Dr. Preethi Kumar, Assistant Professor and Head, Dept. of English, St. Teresa's College (Autonomous), Ernakulam, served as the resource person.



### Department of History

- The Department of History organized a **one-day faculty workshop** on the topic, Bridging Pedagogy and Method: On teaching ‘Introducing History’, in association with the Expert Committee, UG History Board of Studies, MG University, Kottayam, on 31 July 2024.

- The Department organized an **orientation workshop** to the first-year students on the topic “How to study History”. The lecture was delivered by Dr. Sebastian Joseph, Head Environmental History & Anthropocene studies, TIES Kottayam.



- The Department organized the **25<sup>th</sup> Very Rev. A A. Pylee memorial lecture** on the topic “Changing India in the 21<sup>st</sup> Century” by Shri. Tushar Gandhi, Author & Great Grandson of Kasturba and Mahatma Gandhi on 11 September 2024.



- The Archaeology Museum** of the department was opened after its renovation and was inaugurated by Shri. Tushar Gandhi, Author & Great Grandson of Kasturba and Mahatma Gandhi on 11 September 2024.



- The Heritage club of the department conducted a **one-day field visit** to the cultural landscapes of Perumbavoor. Major heritage buildings at Nagancheri Mana were visited through the same in July 2024.

- The Department of History organized a cycle rally as part of Environment Day observation.



### Department of Malayalam

- On 7 August 2024, a literary gathering ‘**Sahithya Camp**’ for college students was organized at the Chavara Cultural Center, under the auspices of the Ernakulam Chavara Cultural Center and the Moolya Shruthi magazine. 5 students and Dr. Jiju John, Faculty of Dept. of Malayalam, participated in the meeting which was inaugurated by Professor M.K. Sanu. After the workshop, a poetry writing competition was held, in which Ms. Fazna Sabu from our college secured second place, with a cash prize.



- In connection with the **Reading Week Celebration**, a Malayalam song writing competition was held on 10 July 2024, organized jointly by the college library and the Malayalam Department.



### Department of Mathematics

- The **inauguration** of the **Mathematics Association** was carried out by Prof. Manju K. Menon, Vice-principal, St. Paul’s College, Kalamassery on 27 September 2024 in the P. G. Seminar Hall. After the inauguration, there was a talk on ‘**Mathemagic**’ by Prof. Manju K Menon.



- The students of the department gifted cards and flowers made by themselves to all the teachers of the college, as part of Teachers Day celebration, on 5 September 2024.



## Department of Physics

- The Department of Physics celebrated **National Space Day 2024** by conducting various activities like quiz and video presentations. The students of the department visited Asram HSS



Perumbavoor, GHSS Kallil, GHSS Kongorpilly, St. Joseph's Convent Senior Secondary School Pulluvazhy, St. Thomas HSS Keezhillam and Mar Kauma HSS Vengoor and conducted Space Quiz (preliminary round).



- The Department conducted an **invited lecture** on Introduction to Vibration Physics: Concept and Applications, on 9 September 2024. Mr. Ajesh Kumar M, Scientist, Naval Physical & Oceanographic Laboratory (NPOL), DRDO served as the resource person.



- The **Physics Association** was inaugurated by Dr. Prijith S. S., Scientist, Space Physics Laboratory, VSSC, ISRO, Thiruvananthapuram on 10 September 2024. Dr. Prijith S. S., delivered a talk on Satellite Remote Sensing: Science and Applications.



- The Department of Physics conducted a **Power Quiz** in association with KSEB Officers Association on 26 September 2024. Many students from different departments participated in it.

## Department of Physics

Ms. Aruna Sasi (II B.Sc. Physics) and Ms. Anna M. R (III IP) got first and second prizes respectively and also got selected for the district level competition.



- Integrated M.Sc. Physics students attended an **Interactive Session** with 'Manjummel Boys' organized by Perumbavoor municipality in association with municipal library as part of Reading Day Celebration.



## Department of Vocational Studies- Tourism and Hospitality Management

The students of the department showcased a **DIY landmark exhibition 'The Royal Route'** for 'Deeksharambh', the Orientation Programme for the first year students, in the College on 1 July 2024.



The second and third year students of the department were taken on a 12- day trip to Delhi-Agra-Rajasthan from 25 September to 6 October 2024, as part of the '**Yatra**' series, an initiative organized by the Department for field study and practical experience. As part of the 'Yatra' series, the first-year students of the Department were taken on a one-day trip to Paniyeli Poru on 27 September 2024.

## Department of Vocational Studies- Tourism and Hospitality Management

'Horizon', the Department Association, conducted a **Quiz Contest** on the occasion of the **World Tourism Day**, on 27 September 2024.



## Department of Vocational Studies- Fashion Technology and Merchandising

- **Collection of Swatch Pieces from Different Textiles and Stitching Units** - On 16 August 2024, the students of B. Voc. FTM went to



different fabric stores to collect fabric swatches of different materials and to get more knowledge about the different textures, their quality and their price ranges.

- **Embroidery Workshop on World Environment Day** - On 5 June 2024, the students of FTM conducted a workshop on World Environment Day. This workshop focused on making Embroidery Cards and Hoop Art.



## Department of Vocational Studies- Fashion Technology and Merchandising

The students made embroidered products and distributed among the teachers of different departments and gave them a brief description of how to make these handcrafted products.

- **Brooch Making Workshop**-The students of B. Voc. FTM conducted a workshop on Brooch making. The product was made on



Muslin fabric with embroidered flower patterns. These Brooches were given to the Guest who came for the Freshers Day inauguration.



- **Father's Day Card Making Workshop**- As part of Father's Day (16 June), on 14 June 2024, II-year students of B. Voc. FTM made Father's Day cards and distributed among all the fathers in our college campus including teaching and non-teaching staff.
- **Exhibition On Fresher's Day** - On 1 July, 2024 the students of the Department of B. Voc. Fashion Technology and Merchandising, conducted an exhibition to show off the works done by the students of the department as part of Fresher's Day. The works included pillow covers, clay models, embroidery works, ornaments, a bean bag which were all handcrafted by the students.

## Department of Zoology

- The Department of Zoology conducted a **collage presentation competition** on 5 June, 2024, as part of Environment Day celebration. First prize was bagged by Ms. Nivedita Velayudhan, III year B. Sc. Zoology student.

- The Department of Zoology organized the **First Year Induction Programme** with a series of vibrant and engaging events such as **Green Day: Ramp Walk**, **Azurian Day: Formation by Students**, **Floral Day: Representation of ideas and You tell: Let's speak**, from 3 July to 8 July 2024.



- The Zoology Department conducted a bridging activity, **Hands on Biology** on 10 July, 2024 that aimed to engage students to develop creative models like Microscope, working model of Kidney, Terrarium, Structure of cell etc. to inspire others about the fascinating world of biology. First prize was shared by Ms. Arundhathy Narayanan and Ms. Aswathy of first year B. Sc. Zoology.
- The Department of Zoology conducted a special exhibition titled **"Jungle Majesty"** that exhibit the extraordinary traits of Tiger on 12 July, 2024.



- The Department of Zoology organized a skill training **workshop on Agarbati Making** on 8 July, 2024.

- In observance of **World Elephant Day** on 12 August, 2024, the Department of Zoology exhibited a special art titled **"The Gaja Art"**. The third year B. Sc. Zoology students crafted an Elephant head model.

- The Zoology Department held a successful **Association inauguration** by Ms. Shahina Basheer, Assistant Librarian, MES college, Marampally followed by a talk on the topic: **Optimizing Research Planning Through Comprehensive Literature Search** on 3 September, 2024 at P.G. Seminar Hall as part of research orientation.



- The Zoology department in collaboration with Anton's Medicode organized a **career orientation** on 2 September, 2024. Ms. Anusha Paul was the resource person.

- On 7 September, 2024, the Department of Zoology conducted a **hands-on workshop entitled "Hands-grown Green"**, on the production of Microgreens.

- With the aim of promoting scientific temper among peers, a **Science Forum** was started in the month of August, wherein new discoveries, research prospects and findings were discussed by PG and UG students.



## College Union & Arts Club

- The College Union organized an **Orientation Program** on 5 June 2024 for second-year and third-year students. The session was handled by Dr. Sijiya Binu, Chairperson, Athma - My mind My care.



- The five-day induction program for first-year students took place from 1 July to 5 July, 2024.

### Day 1: Inauguration - Viganolsavam



Prof. Dr. P. G. Sankaran, Honorable Vice Chancellor of Cochin University, inaugurated the function and delivered an inspiring address.

### Day 2: Know Your Department

On the second day, students participated in departmental sessions to gain insights into their respective fields of study.

### Day 3: Know Your Peers

Dr. Jenish Paul, Assistant Professor, Department of Chemistry led a session aimed at fostering camaraderie among students.



### Day 4: Introduction to MGU-UG Honours Program

The fourth day focused on introducing the MGU-UG Honours Program.

### Day 5: Know Your Campus

The final day of the induction program included a guided campus tour. Students visited key facilities, including libraries, laboratories, and recreational areas.

## The Freshers Day

The Freshers Day celebration at our college took place on 26 July, 2024, marking a vibrant welcome for the incoming first-year students.



The event featured a variety of activities, including the **Novita Fashion Show** and cultural performances.



## Onam Celebration

The Onam celebration at our college took place from 9 September to 12 September, 2024. The celebration began with **Kodiyettu**, the hoisting of the Onam flag. The second day featured **Pookkalamalsaram**.

The third day was dedicated to **Onakalikal**. The final day of the Onam celebration began with a **Megathiruvatira**



followed by **Shingarimelam**. The highlight of the day was the **Onasadhya** for all the students and staff of the college.

National Service Scheme (NSS)

SWACHHATA HI SEVA 2024

Under the banner of Swachhata Hi Seva 2024, NSS Volunteers organized mega cleaning drive inside the college, Asram LP School and municipality which lasted for a period of almost 2 weeks, from 17 September to 2 October, 2024. Also, a rally was arranged from the college.



FUND RAISING PROGRAM

The NSS Unit of our college organized a Saree sale and Chips sale in the college for the purpose of fund raising to help the landslide affected people, which lasted for 2 weeks. The Unit successfully collected sufficient fund for the same.



ANNAM

The NSS Unit of our college started an initiative titled 'Annam'. Under this project, food was distributed to the needy people at the streets of Perumbavoor. This initiative commenced on 24 September 2024. This project is being conducted successfully till now.



ORIENTATION FOR FRESHERS

The NSS Unit organized an orientation program for first year volunteers on 30 August and 4 September 2024. The resource persons were Mr. Jobin George, Fr. Eldhose K. Joy, Dr. Melvi Chandy and Ms. Roshin T Roy. This helped them to know more about NSS, its motto and various other aspects.



USHADHA UDHYANAM

On 15 July 2024, the NSS Unit in association with Nagarjuna Ayurveda, setup a medicinal garden in our campus. Adv. Eldhose Kunnappilly (M.L.A., Perumbavoor) inaugurated the program.



HARIDHA VAADIKA

The Mar Thoma College for Women, NSS Unit No:57, honoured the Haritha Karmasena members on 5 June 2024. The Principal Ms. Sherin T. Abraham inaugurated the occasion. The Haritha Karmasena members shared their experience. They along with NSS Volunteers made the programme a success.



PALLIATIVE CARE

On 1 October 2024, as a part of International Day of Older Persons, the NSS Volunteers visited Pakalveed (an old age home) situated at Perumbavoor. Many entertainment programs were arranged by the students.



DIGI KERALA SURVEY

The NSS volunteers conducted Digi Kerala survey. 52 students successfully completed the survey of 30 houses each. Volunteers completed the survey in a week.



## National Service Scheme (NSS)

### THANMUDRA REGISTRATION

On 30 August 2024, NSS volunteers of the college offered their service in registration assistance, document verification, data entry and updation of UDID card.



### ENVIRONMENTAL DAY

On 5 June 2024, the NSS Unit celebrated World Environment Day. The NSS Unit emphasized on the theme: OUR LAND OUR FUTURE. The Principal Ms. Sherin T. Abraham inaugurated the occasion by planting a sapling. Saplings were distributed to students and faculties.



### WORLD ELDER ABUSE AWARENESS DAY

On 15 June 2024, the NSS volunteers along with Vayomithram coordinators took a pledge to protect the elders from abuse. The NSS volunteers along with the Programme Officers and Vayomithram Coordinators made the event a success.



### BLOOD DONORS DAY

On 14 June 2024, the NSS Volunteers celebrated World Blood Donor Day, by hanging posters in college and created awareness.



### WORLD DAY

#### FOR INTERNATIONAL JUSTICE

On 17 June 2024, Chief Guest Smt. Smitha George inaugurated the occasion and took a class on justice. NSS volunteers along with Programme Officers and TLSC members made the programme a success.



### INDEPENDENCE DAY

On 15 August 2024, Mar Thoma College for Women, celebrated the 78<sup>th</sup> Independence Day Programme in front of the college. The Principal Ms. Sherin T. Abraham hoisted the flag. The NSS volunteers sang the NSS song, distributed chocolates and performed a dance.



### PRAVESHANOLSAVAM

On 3 June 2024, Asram LP School invited their new students. The NSS Programme officers Dr. Anupama P., Dr. Avani T. and some NSS Volunteers participated in the programme. NSS Programme officers distributed prizes to the students and the NSS Volunteers distributed sweets to the students.



### National Service Scheme (NSS)

#### WELCOME FRESHERS

On 1 July 2024, as freshers stepped into the college, the NSS volunteers gave them a warm welcome. The First 4-year degree was inaugurated in the college. NSS volunteers distributed sweets to the students.



#### TEACHERS DAY

On 5 September 2024, the NSS Unit of our college celebrated Teachers Day. The NSS Volunteers made cards for our beloved teachers and distributed it happily.



### National Cadet Corps (NCC)

- On 5 June 2024, as part of **World Environment Day celebrations**, the NCC Unit of our college distributed plant saplings to teachers and other staff of the college. Associate NCC Officer Lt. Dr. Sangeetha Rachel Koruth and the Principal Ms. Sherin T. Abraham delivered a lecture on environment conservation.



- On 12 June 2024, as part of **Anti-Child Labour Day**, the NCC unit of the college contributed more than 100 note books, few bags and painting kit to promote education among the students at Government U. P. school, Aimury.



### National Cadet Corps (NCC)

- On 26 July, the NCC unit commemorated **Kargil Vijay Diwas**. The cadets performed a mime which described the life of soldiers, and their love and passion towards the nation. On 25 July 2024, the cadets conducted candle lightning ceremony to venerate the honourable deeds of our martyred soldiers during Kargil war.



- On 6 August 2024, as part of **Hiroshima day** the cadets performed a flashmob on anti-war theme. It decried the hollowness of atomic bombs and wars, and its devastating impact on common people.
- On 6 August 2024, **enrolment** of first year cadets were held in the presence of Associate NCC Officer Lt. Dr. Sangeetha Rachel Koruth and other officers. A total of 24 first year students were selected to the NCC Unit of the college.



### National Cadet Corps (NCC)

- The 78<sup>th</sup> **Independence Day** of India was celebrated with great enthusiasm and patriotism on 15 August, 2024. The event commenced at 8:30 am in the college. The programme began with the hoisting of the national flag by the Principal, Ms. Sherin T. Abraham, accompanied by the others singing the National Anthem. A solemn wreath-laying ceremony was also held to pay tribute to the nation's freedom fighters and martyrs, with the principal and Associate NCC Officer Lt. Dr. Sangeetha Rachel Koruth laying wreaths on the memorial plaque.



- The NCC cadets of the college also attended a webinar on 14 August, on the freedom movement and independence of India, led by Dr. Sreejith K., Associate Professor and former Assistant NCC Officer, which provided valuable insights into the nation's struggle for independence. Additionally, the cadets enthusiastically participated in a Tiranga rally held at the Battalion in Eloor, showcasing their spirit and patriotism.



### Career Guidance and Placement Cell

#### Mega Recruitment Drive-ICICI

The Career Guidance and Placement cell in association with ICICI Bank, organized a Campus Recruitment Drive on 12 July 2024. 17 candidates attended the interview. 3 of the students from our college reached final round selection process.



#### Career Seminar in association with Easy Link Academy

The Career Guidance and Placement cell, in association with Easy Link Academy, conducted a seminar on Global Career Opportunities and Placement Options on 29 July 2024. 76 final year UG students participated in the seminar.



### Entrepreneurship Development Club

The ED club organized an exhibition and **sale of Khadi and Handloom products** in the college auditorium on 21 August 2024. The Principal, Ms. Sherin T. Abraham inaugurated the exhibition. The exhibition was received wholeheartedly by the staff and students of the college.



## Institution's Innovation Council (IIC)

The Innovation Ambassadors of our college conducted various **classes on start-ups, IPR and early-stage entrepreneurs** to our students during the month of August 2024. **Solution Sprint- internal Hackathon for Smart India Hackathon -2024** was conducted for students in our college. Students from different departments participated in it and the selected students submitted their ideas to Smart India Hackathon-2024.



## Staff Recreation Club 'Prajna'

The **Staff Recreation Club 'Prajna'** was **inaugurated** by our college treasurer Shri. P. K. Kuruvila on 29 August 2024. Dr. Bibin Kuriakose & Smt. Arya M. L, staff secretaries for the year 2024-25 were assigned with the charge of the club. The inaugural ceremony was followed by an **'Anthakshari competition'**.



The club has initiated **'the book contribution event'**, by facilitating the staff to contribute books to the library, on their special days.

The **'Prajna club'** had also put forth a 10 day- Onam celebration for staff. The entire college community had participated in all the events with much vigor & enthusiasm.

## Student Christian Movement

**Year Beginning Meeting:** The Student Christian Movement conducted a prayer meeting on 3 June, 2024 at 9:30 am in the college auditorium, as a new academic year was about to begin. Rev. Bijoy M. John, the College Chaplain, delivered a message and led the prayer.



**Mind Vibe:** The Student Christian Movement organized a program on 21 August, 2024 for all the students of the college named 'Mind Vibe', which was the first episode of a motivational series of talks planned by Rev. Ashwin C. Jaise, Student Chaplain of the Mar Thoma Youth Centre, Ernakulam.



## Women Cell

The Academic and Research Wing, Dhisha, in association with Women's Cell of the college, conducted a **one-day workshop** on 'Psychological First Aid with a Gender Lens Focus on Marginalized Populations' on 28 September 2024. Ms. Athira K.R, coordinator of the workshop and volunteer of Dhisha provided felicitation for the workshop. After the inauguration, Dr. Hena N. N., Psychologist and Cofounder of SEK Foundation, led the workshop.



## Unnat Bharat Abhiyan (UBA)

The UBA organized a program called '**Ek Ped Maa Ke Naam**' on 19 August 2024. As part of the event, saplings were planted in the villages of Koovapady, Aimury, Perumbavoor, and Kodanad. This initiative was aimed to promote environmental awareness and honour mothers by planting trees.



## Student Achievements

### Paper Publications/Presentations

1. Kareem, Shabana; Mathai, Reemy Sara (Dept. of Zoology) An Indian Case Study on Mitochondrial Neurogastrointestinal Encephalomyopathy. Archives of Medicine and Health Sciences 12(2):p 269-271, May–Aug 2024. | DOI: 10.4103/amhs.amhs\_295\_23.
2. Usman, Nazrin; Mathai, Reemy Sara (Dept. of Zoology). Prevalence and Impact of Work-Related Musculoskeletal Disorders: A Case Study from Perumbavoor Municipality, Kerala, India. Indian J. Prev Soc Med, 2024; 55 (3): 160-165.
3. Krishnendu K.K., Krishna V.S, Laya S. Pillai, Anjima D. of Integrated MSc Physics attended National Conference in Recent trends in science and technology organized by St. Thomas College, Pala and presented papers on “Enhancing Mechanical Properties of Natural Rubber and Synthesis of Nano-scaled MgO”.

### University Ranks

1. Ms. Aiswarya Sunil secured **7th rank** in M.Sc. Zoology Degree examination of M.G. university.
2. Ms. Rajana D and Rose Maria K B secured **I and II rank** respectively in B. Voc. Degree examination of M. G. University.

## Student Achievements

The CMA Satellite Study Centre of the Department of Commerce has achieved a remarkable milestone by attaining a **100% success rate in the CMA Foundation exams**. Among the successful candidates, Archana Ravikumar notably emerged as one of the top scorers in Kerala.



Third year Integrated M.Sc. Physics students served as resource persons in a talk on India's Space Saga organized by Break Through Science Society as part of National Space Day Celebrations.



Third year Integrated M.Sc. Physics students Anna M. R., Manjari Bhattathiri, Jyothsana, Nanda Anish got the first three prizes in the Space Quiz conducted by ISRO, as part of National Space Day 2024.

SUO Joshny Shais attended PRE-IGC TSC 1 at FISAT Angamaly from 10 May 2024 to 19 May 2024. She attended IGC-TSC at Bethany Academy, Vannikulam from 16 July 2024 to 25 July 2024.



UO Aleena Joy attended PRE-IGC TSC 1 at FISAT Angamaly 10 May 2024 to 19 May 2024. She attended IGC-TSC At Bethany Academy, Vannikulam from 16 July 2024 to 25 July 2024.



CSM Fathima Nazrin M N attended All India NCC Girls Trekking Expedition – 2024 Tamilnadu (Tn) Trek.



### Student Achievements

- CPL Bibi K S Attended All India NCC Girls Trekking Expedition – 2024 Tamilnadu (Tn) Trek.



- 41 students of B. Com (Tax and CA) registered for the Certificate Programme in Banking, Finance and Insurance, a CSR initiative of Bajaj Finserv which provides an opportunity to graduates and opens up numerous job opportunities in the BFSI industry.

### Faculty Achievements

- ◆ Lt. Dr. Sangeetha Rachel Koruth served as NCC Camp Officer at Annual Training Camp of NCC held at Bharath Mata School of Legal Studies from 13 September to 22 September 2024.

- ◆ Dr. Minu Susan Koshy presented a paper titled "The Inter-State Migrant as Homo Sacre: Reading the Mediatized Objectification of Migrant Laborers in Kerala" at the 13th Biennial MESEA Conference held at the University of Eastern Finland from 12 June 2024-14 June 2024.

- ◆ Dr. Minu Susan Koshy published a paper titled "Towards an 'Indian' Waste Culture: Reconceptualizing Waste Worlding as Thrift Mechanism in the Indian Kitchen" at the Virtual Summer Institute on 'Waste Worlding' organized by Bucknell University, USA, from 3-6 June 2024.

- ◆ Dr. Minu Susan Koshy published a paper titled "Broken Rhythms of the 'Cracked' City: Rhythm analyzing Cityscapes in Select Holocaust and Partition Novels" in Time and Temporality in Asian and European Modernity (DOBU-Verlag, Germany) in August 2024.

- ◆ Dr. Minu Susan Koshy published a paper titled "Mapping Rhythms in the Metropolis: A Rhythm analytic Reading of Mumbai in Anjali Joseph's Saraswati Park" in Writers of Indian Diaspora: Critical Essays (CSP, UK) in September 2024.

### Faculty Achievements

- ◆ Dr. Minu Susan Koshy served as External Examiner for half-yearly presentations of Ph. D. scholars at St. Teresa's College, Ernakulam, on 11 July 2024.

- ◆ Dr. Minu Susan Koshy delivered a lecture titled "Into the World of Words: Navigating the Landscape of Language and Literature" at St. Xavier's College, Aluva, on 21 August 2024.

- ◆ Ms. Chaithanya Elsa Achankunju presented a paper titled 'Re-establishing Ecological Identity: An Intersection of Memory and ecological Restoration in Shella Tomy's Valli' in the International Conference on Memory, Security and Sustainability' organized by the Centre for Memory Studies, Indian Institute of Technology, Madras, Chennai, from 16-18 September 2024.

- ◆ Ms. Preethi Sara Joseph presented a paper titled "Food Matters: Reading Power Dynamism in Alphabet Soup for Lovers" 22 June 2024 in the Southwest Popular/American Culture Association's 2024 Summer Salon Online Conference held from 20-22 June 2024.

- ◆ Ms. Reemy Sara Mathai presented a paper at the 7<sup>th</sup> International Food, Agriculture and Veterinary Congress held in hybrid mode on August 20-21, 2024/ Adana, Turkey.

- ◆ Ms. Reemy Sara Mathai received the best research paper award in Science and Research category for presenting the research paper titled "Sodium chloride from essential mineral to DNA damager" in the 3-day International Conference on Interdisciplinary Dialogues organized by Chinmaya Vishwa Vidyapeeth from 10 to 12 August 2024.

- ◆ Dr. Vinod V, has served as a Resource Person in workshop titled "Ceramic Petrology: Recent Trends" organized by the department of Archaeology, University of Kerala, Kariavattom Campus, Thiruvananthapuram from 21 to 23 August 2024.

### Faculty Achievements

- ◆ Dr. Vinod V, has been appointed as the member of UG History Board of Studies, for the academic year 2024-25.
- ◆ Dr. Vinod V has served as a resource person in the Maestro Lecture Series, organized by the St. George Higher Secondary School Puthenpally, Ernakulam in the topic “Archaeology: Digging out the Past” on 13 August 2024.
- ◆ Dr. Bibin Kuriakose has been appointed as Convenor of Expert Committee, UG Board of Studies, History, Mahatma Gandhi University, Kottayam, in July 2024.
- ◆ Dr. Bibin Kuriakose has served as Resource Person, for Social Science Faculty Day, in the Ilahia Public School, Muvattupuzha, in August 2024.
- ◆ Dr. Bibin Kuriakose has served as a resource person in the orientation lecture on the Relevance of Indian Constitution, St. Thomas Higher Secondary School, Keezhilam, in September 2024.
- ◆ Dr. Bibin Kuriakose has served as the resource person in the History Association inauguration of St. Peters college, Kolenchery.
- ◆ Dr. Bibin Kuriakose inaugurated the reading day celebration activities of Mar Baselius Augen Public school, Kodanad.
- ◆ Dr Sujo Mary Varghese served as Resource Person for the Higher Secondary Teachers Training Program held at Government Higher Secondary School, Perumbavoor on 21 June, 2024 on the topic 'Orientation towards Four Year Under Graduate Programme of the Government of Kerala'.
- ◆ Ms. Vincy Vijayan has presented a paper entitled “Disasters and Ecological Balance: The Kerala Balance in the Two-Day International Conference on Navigating the future: Integrating Ecological Preservation Sustainable Development and Global Economic Growth” organized by New Mans College Thodupuzha, on 27 and 28 September 2024.

### Faculty Achievements

- ◆ Ms. Elizabeth Mathew (Guest Lecturer of Physics Department) has successfully defended her Ph.D. thesis at Kerala University and got awarded the doctoral degree.
- ◆ The Principal, Ms. Sherin T Abraham along with the faculty members, Dr. Vineeth Kumar, Dr. Sujo Mary Varghese, Dr. Vinod V, Ms. Serene Anna Sam, Mr. Gismon Thomas, Mr. Jibin Shibu Sam, attended the Budget Analysis organized by Malayala Manorama at Le Meridian Ernakulam on 25 July 2024.
- ◆ Mr. Sam Babu has participated in the One Day Staff Training Programme of FYUGP for the non-teaching staff of affiliated colleges by the College Development Council, M. G. University, Kottayam on 9 August 2024.
- ◆ Mr. Gismon Thomas published a paper on “Role of social welfare societies in multidimensional social development - special reference to Palai social welfare society” in the UGC Care Group-I Jorunal, Arimaa Nokku, in September 2024.

### New Appointments

- ◆ **Dileep Mathews Thomas** Appointed as Office Attendant on 19 September 2024.
- ◆ **Habin Babu John** Appointed as Office Attendant on 20 September 2024.
- ◆ **Sony Mariyam Mathew** Appointed as Office Attendant on 23 September 2024.



### Editorial Board

*Dr. Rajani Jacob, Asst. Professor, Department of Physics (and all Teachers in charge of Departments, Associations, Clubs and Cells).*