

5.1.3. Capacity building and skills enhancement initiatives taken by the institution include the following

**1.Softskills,2.Languageandcommunicationskills,3.Lifeskills
(Yoga,physicalfitness,healthandhygiene),4.ICT/computing skills**

2022-23

A)SOFT SKILLS

1. Student Orientation Programme - ‘Horizon’

Organized by: Department of Commerce, Finance, and Taxation

Date: June 24, 2022

Time: 9:30 AM

Venue: PG Seminar Hall

Chief Guest: Mr.Lovewin K. Cheriyan

The Department of Commerce, Finance, and Taxation organized a comprehensive Student Orientation Programme titled "Horizon" on June 24, 2022, at the PG Seminar Hall. The event aimed to welcome and acquaint new students with the department's academic culture, facilities, and opportunities. The programme commenced with a warm welcome extended to all new students joining the department. Faculty members provided an overview of the department's curriculum, research activities, and extracurricular opportunities. These sessions were conducted to facilitate interaction between students and faculty, allowing for queries and discussions. Mr. Love win K. Cheriyan, esteemed Chief Guest, delivered a motivating keynote address, emphasizing the importance of education, career goals, and personal development. Students were briefed on the various academic resources available, including library facilities, research databases, and academic support services. The programme included guidance on campus facilities, student organizations, and recreational activities to encourage holistic development. Students had the opportunity to network with senior students, faculty members, and the Chief Guest, fostering camaraderie and mentorship.

The Student Orientation Programme - Horizon, organized by the Department of Commerce, Finance, and Taxation, provided a comprehensive introduction to new students, equipping them with the knowledge and resources necessary for a successful academic journey. The event concluded on a positive note, inspiring students to embark on their educational pursuits with enthusiasm and determination.



Mar Thoma College for Women
Perumbavoor

DEPARTMENT OF COMMERCE

Student Orientation Programme

Horizon

"To follow knowledge like a sinking star"

Alfred Lord Tennyson

Chief Guest:

Mr. Lovewin K Cherian

Former Programme Secretary ,SCM Kerala Region

Date:24/06/2022

Venue:PG Seminar Hall

TIME:9.30 AM

	Name	Class	
1.	Srvari Ajith	B-com I year Taxation	
2	Colonia Joy	"	
3	Fathima Nehru	"	
4	Deepa Mari Johny	"	
5	Joshny Shais	"	
6	Rameesa Parween Ps	"	
7	Shruya Deep	"	
8	Grouth Nandhana J	"	
9	Saramel K.M	"	
10	Ansa Benny	"	
11	Anna Maria Jacob	"	
12	Cia Rose George	"	
13	Healen maria Wilson	"	
14	Aleca Shaju	"	
15	Ashaly Rajappan	"	
16	Abhirami Prakash	B.com III rd year (Tax)	
17	Nitha Krishnan	"	
18	Ammupriya M BOSE	"	
19	Abhisree Prakash	"	
20	Aardra C Hari	"	
21	Gayathri M.R	"	
22	Aswathy V.A	"	
23	Swathylakshmi Ravi	"	
24	Aswani Raj	"	
25	Ann Leya George	"	
26	VishnuPriya Karuppuswami	"	
27	Chris T. Esther	"	
28	Sona Sebastian	"	
29	Amudha Alias	"	
30	Sneha Paul	"	
1	Keerthi B Nair	"	
2	Nitha Varghese	"	

33	Fathima P.H	"	Fathima
34	Shahabunnisa P Jalcel	"	Shah @
35	Radhya A Manoj	"	Radha
36	Sreerthu V Nair	"	Sreer
37	Fathima Shaji	"	Fathima
38	Minamol	"	Minamol
39	Meenu k.s	"	Meenu
40	Azathy Suresndran	"	Azathy
41	Jayalakshmi naderan	"	Jayalakshmi
42	Anjana bhaskaran	"	Anjana
43	Aleena Kochumon	"	Aleena
44	Ann Prasanth	"	Ann
45	Elizabeth Dunny	"	Elizabeth
46	Sai Saraswathi	"	Sai
47	Dnupriya K.R	"	Dnupriya
48	Deviika Sibu	"	Deviika
49	Sumayya A.I	"	Sumayya
50	Alfiya Muhammed	B.com CA, 3rd year	Alfiya
51	ABHIRAMI K.R	B.com CA 3rd year	Abhirami
52	ANJALA BABU	B.com CA 3rd year	Anjala
53	MANJU MANI	B.com C.A 3rd year	Manju
54	Alisha Sara	B.com F&T 3rd year	Alisha
55	Krupa Kusian	B.com F&T 3rd yr	Krupa
56	Biny. Varghese.	B.com F&T 3rd yr	Biny
57	Sivani TS	B.com F&T 1st year	Sivani
58	Farisha E F	B.com F&T 1st year	Farisha
59	Athira Mani	B.com F&T 1st year	Athira
60	Sreebhadr V.K	B.com F&T 1st year	Sreebhadr
61	Nazrin C. Sudheer	B.com F&T 1st year	Nazrin
62	Saathy Santhosh	"	Saathy
63	Aleena Jay	"	Aleena

2. Project Orientation Programme

Organized by: Department of Commerce, Finance, and Taxation

Date: July 19, 2022

Time: 9:30 AM

Venue: PG Seminar Hall

Chief Guest: Mr.Vishwajith V Vinod and Dr.Bincy Baby

The Department of Commerce, B.Com Finance and Taxation in association with B.Com Computer Application, organized a Project Orientation Programme on July 19, 2022, at the PG Seminar Hall. The programme aimed to provide insights and guidance to students embarking on their project journeys. Two esteemed resource persons graced the occasion: Mr. Vishwajith - Research Scholar, Cochin University of Science and Technology (CUSAT) dealt with introduction to research gap and Dr. Bincy Baby Assistant Professor in commerce - St. Peter's College, Kolenchery explained Data analysis and interpretation. The event commenced promptly at 9:30 AM and featured comprehensive sessions led by the distinguished speakers. Mr. Vishwajith shared his expertise garnered from his research pursuits at CUSAT, offering valuable perspectives on project methodologies and research frameworks. Dr. Bincy Baby, from St. Peter's College, Kolenchery, enriched the programme with her profound insights into project management and the significance of interdisciplinary approaches in contemporary academia. The sessions were interactive, fostering engaging discussions and clarifying queries raised by the attentive audience comprising B. Com Finance and Taxation, and B. Com Computer Application students. Overall, the Project Orientation Programme proved to be an enriching experience, equipping students with the requisite knowledge and motivation to embark on their project endeavours successfully. We extend our heartfelt gratitude to Mr. Vishwajith and Dr. Bincy Baby for their invaluable contributions, and we look forward to implementing the insights gained to excel in our academic pursuits.



Project Orientation class

19/07/2022

SL No	Name of the student	Batch	Signature
1	Danipriya K.R	B.COM(FET) 3 rd year	
2	Jai Saraswathi	B.Com(FandT) 3 rd year	
3	Arathy Surendran	B.com(FET) 3 rd year	
4	Tayalakshmi Nadesan	B.com(FET) 3 rd year	
5	Anjana Bhaskaran	B.com(FET) 3 rd year	
6	Ammupriya M. Bose	"	
7	Nilha Krishnan	"	
8	Aashwini V.K	"	
9	Deviika Sibin	"	
10	Sumayya A.I	"	
11	Fakuma Shaji	"	
12	Shahabunnisa P Jalcel	"	
13	Amala Joshy	"	
14	Nisha Shiyas	"	
15	Amudha Alias	"	
16	Meenu K.S	"	
17	Mina mol vb	"	
18	Nitha Varghese	"	
19	Elizebeth Sunny	"	
20	Vishnupriya Kanuppuswami	"	
21	Sona Sebastian	"	
22	Ann leya George	"	
23	Kaerthi B Nair	"	
24	Sneha Paul	"	
25	Charis T Esther	"	
26	Aleensa Kochumon	"	
27	Ann Peasanth	"	
28	Bincy Varghese	"	
29	Aswani Raj	"	
30	Nikhitha Paalachen	B.com(CA) 3 rd year	
31	Alena K.A	B.com(CA) 3 rd year	
32	Reseena K.R	B.com(CA) 3 rd year	

3. Webinar on 'Research Methodology: An Overview'

Research Methodology: An Overview	
Title of the Programme	Research Methodology: An Overview
Organizing Department	Zoology
Name of the Coordinator	Abhijith sanal, II B.Sc. Zoology, Newman College (Student Coordinator)
Name of the Resource Person	Reemy Sara Mathai, HoD, Dept. of Zoology
Date	31/8/2022
Duration	2.00 pm to 3.30 pm
Platform	Google Meet
Number of Participants	60
Objective	<ul style="list-style-type: none">• To Develop research aptitude among the students
Outcome	<ul style="list-style-type: none">• The students achieved awareness on scientific research process

In collaboration with the Department of Zoology of Newman College, Thodupuzha, the Department of Zoology of Mar Thoma College for Women, Perumbavoor organised a talk on 31st August 2022 on the topic "Research Methodology: an overview". It was mainly

focussed on the programme specific outcome for undergraduate Zoology students.

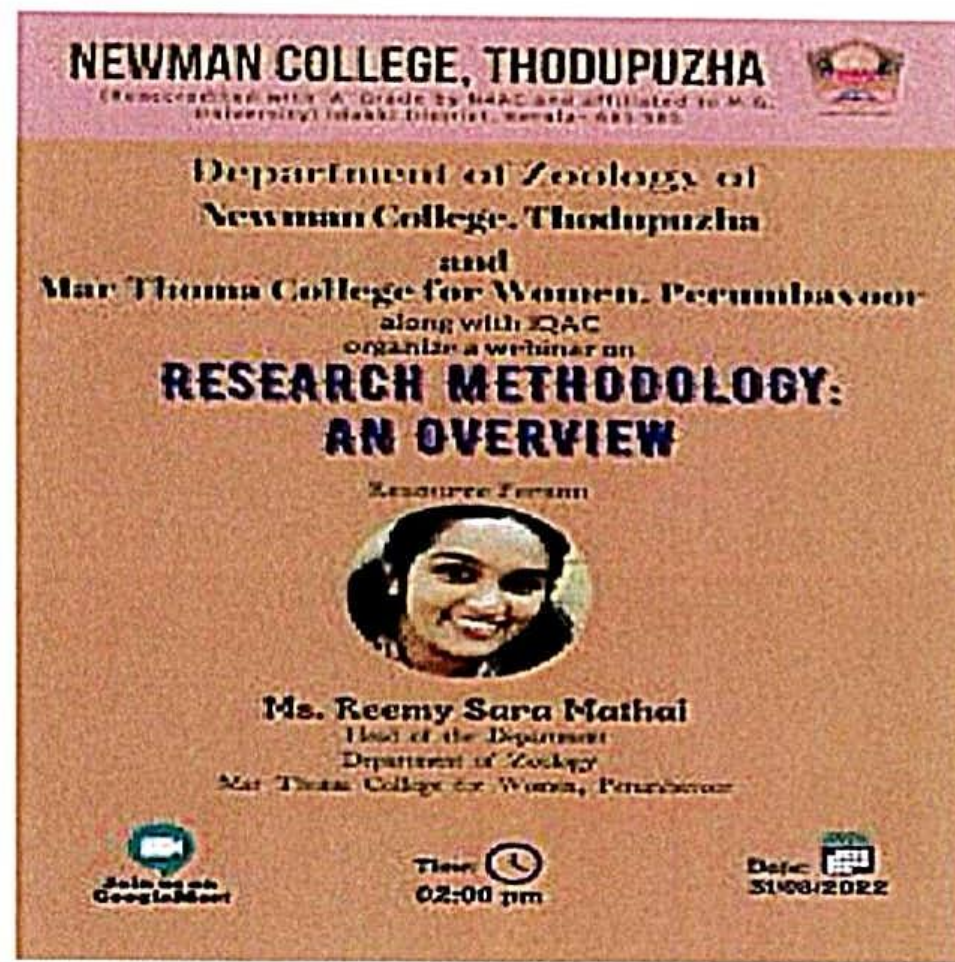


Figure 1: Program Brochure



Figure 2: Screenshot of the Program

List of Participants

Sl. No	Name of the student
1	VISMAYA. K
2	DR.BIJU JACOB THOMAS
3	AI SWARYA LAKSHMI S
4	HELEN MARY V PAUL
5	ALPHIN ROSE MATHEW
6	ARDHRA KRISHNAKUMAR

7	ELNA ELDHOSE
8	BEEMA SUNEER
9	IRENE DAVID
10	SUHAANA
11	SWAFVA KK
12	ANJITHA RAJU
13	AMRUTHA K SUDHAN
14	ROSEMARY JAMES
15	SOUPARNIKA SATHEESHAN
16	KRISHNENDHU.K.P
17	ABHIMON P DINESH
18	NEENUMOL BIJU
19	ASHITHA RASHEED
20	REEMY SARA MATHAI
21	TESLIN MARIATE SEVY
22	AMILDA ROSE CHACKO
23	ANSHITHA JEBBAR

24	ALEENA ANTONY
25	ARYA CHANDRAN
26	KESIAMOL MATHEW
27	GOPIKA T S
28	ALEENA VARGHESE
29	ELNA ELDHOSE
30	ARDHRA KRISHNAKUMAR
31	TESSA JOSE
32	MANEESHA MANOJ
33	FATHIMA SHABANA PM
34	AMEGHA SATHEESH
35	JEWEL JOBY
36	NAZRIN USMAN
37	HRUDYA JAIMON
38	ANJANA TS
39	ANJANA TS
40	HRUDYA JAIMON

41	SIVAPRIYA R THURUTHEL
42	NIVYA.K.J
43	ALFIYA SHAJI
44	ALFIYA SHAJI
45	JABIRALI P S
46	VISMAYA. K
47	SAJANA MOIDEEN KUNJU
48	ANASWARA SURESH
49	LAKSHMI LALJI
50	SREEKUTTY.VS
51	AFINA KASIM
52	SANDRA T C
53	DIYA. S
54	HARIPRIYA H
55	ANSHA P. S
56	NITHA FATHIMA
57	RIFA FATHIMA

58	MERIN MARIYAM
59	AISWARYA ROY
60	NAZRIN USMAN



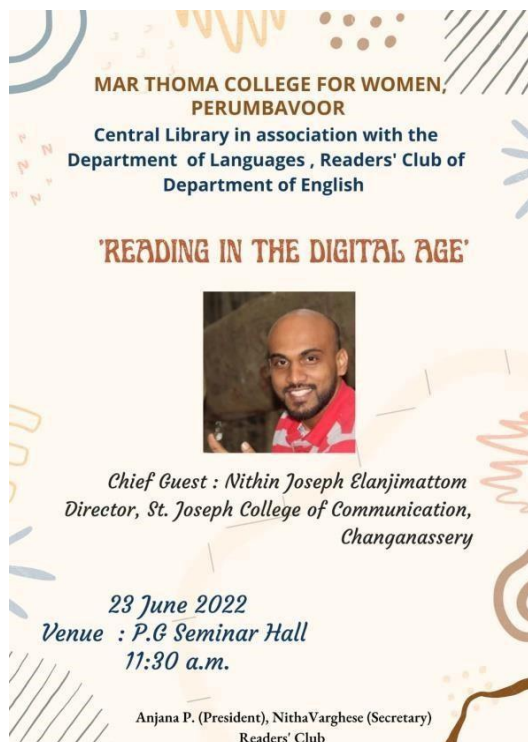
Sybil Varghese
Principal-in-charge
Mar Thoma College For Women
Perumbavoor - 683 642

Bijal
DR. BIJOL THOMAS
PRINCIPAL-IN-CHARGE
NEWMAN COLLEGE
THODUPUZHA

4. 'Are You Okay' an Interactive Session (NSS)

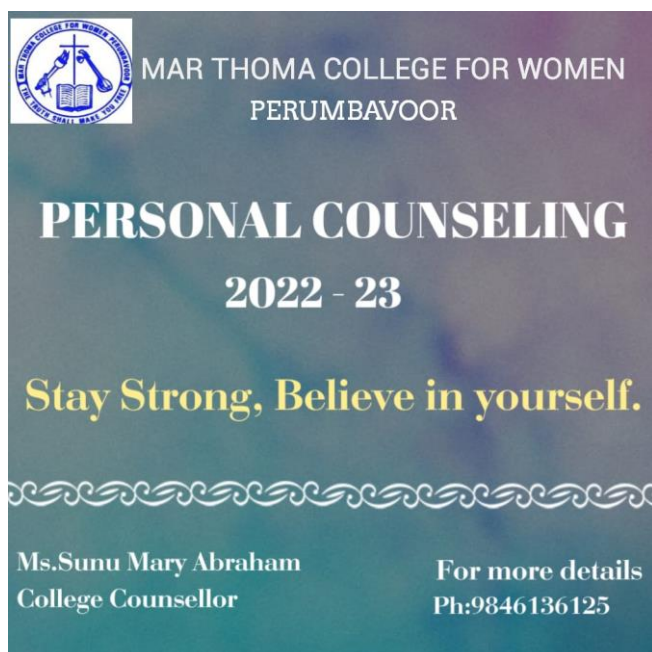
B) LANGUAGE AND COMMUNICATION SKILLS

1. A Seminar on 'Reading In The Digital Age'



C) LIFE SKILLS

1. Personal Counselling



2. Inter National Yoga Day Celebration

Department of Physical Education organized the International Yoga Day on 21st June 2022 in association with N.S.S and N.C.C units of the college. Mass yoga programme was conducted at the college auditorium. 154 students participated and the resource persons were Mr.Sajeev P.G, Mr.M .T Reji and Mrs.RemyaHareesh from Pathanjali Yoga Training and Research Centre .



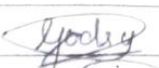
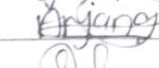



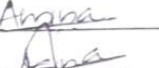

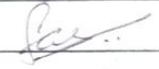


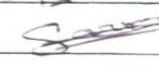






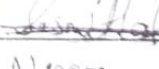








MAR THOMA COLLEGE FOR WOMEN, PERUMBAVOOR

INTERNATIONAL YOGA DAY CELEBRATION...2022

Sl. NO.	NAME	CLASS	SIGNATURE
1.	Krishna V.S	Integrated Physics	Krishna
2.	Lakshmi Sasietharan	Bsc. Chemistry	Lakshmi
3.	Alemer Paul	Bsc. Maths	Alemer
4.	Unnima p.m	BSC Chemistry	Unnima
5.	Anagha Sajeeran	B.com Tax	Anagha
6.	ALMAS M J	B.com Tax	Almas
7.	Binta Sajeer	B.com Tax	Binta
8.	Nandana Manoharan	"	Nandana
9.	Sneha Bhanu Menon	B.A English	Sneha
10.	Lakshmi Lali	BSC Zoology	Lakshmi
11.	Anziya Aboobakker	BA English	Anziya
12.	Aiswarya Lakshmi S	Bsc Zoology	Aiswarya
13.	Rifa Fathima A.J	B.S.C Zoology	Rifa
14.	Nutha Fathima	Bsc Zoology	Nutha
15.	Nandana A.S	B.A History	Nandana
16.	Anjana K.R	B.s.c chemistry	Anjana
17.	Safna Noushad	Bsc chemistry	Safna
18.	Chandini P.S	B.A History	Chandini
19.	Amma Sunil	Bsc chemistry	Amma
20.	Riya P.A	B.A History	Riya
21.	Anugraha A.U	BA History	Anugraha
22.	Neslin T.N	BA History	Neslin
23.	E.K. Krishna Praga	BA History	E.K. Krishna
24.	Sree Kuty V.S	BSC Zoology	Sree Kuty
25.	Krishnakripa N Siv	Bsc Maths	Krishnakripa
26.	Almas Yoosaf	Bsc Maths	Almas

MAR THOMA COLLEGE FOR WOMEN, PERUMBAAVOOR

INTERNATIONAL YOGA DAY CELEBRATION...2022...

Sl. NO.	NAME	CLASS	SIGNATURE
27	Goodsy Devassy	B.VOC REIM	
28	Anjana MA	BFI English	
29	Sena Sibi	BA English	
30	Salwa Salim	BA English	
31	Mubeena N.M	BA English	
32	Alfiya N.A	" "	
33	Amina Mujeeb	" "	
34	Asna CH	" "	
35	Niba Nassrin	BCom comput	
36	Fasila KA	" "	
37	Niya Anna Shibu	" "	
38	Bincyja Mujeeb	BSc Maths	
39	Anju Mol KR	B Sc Zoology	
40	Sara Mol MA	"	
41	Jeena Tiji	BCom CA	
42	Nandana Mohan	B com F&T	
43	Maswa Rahim	BA english	
44	Anjima D	Integrated physia	
45	Vismaya KV	BA History	
46	Biyana A	BA History	
47	Helna Rose C.S	B.Com Computer	
48	Sahala Zanam	B.A English	
49	Susmitha M	BA English	
50	Alzeena T.V	BA English	
51	Dilba Arackal	B-A English	
52	Aswathy Unnikrishnan	B com CA	

INTERNATIONAL YOGA DAY CELEBRATION.....2022.....

Sl. NO.	NAME	CLASS	SIGNATURE
53	Aleena Alex	B.Com 2nd Fmt	Aleena Alex
54	Nishanma B Nany		Nishanma B Nany
55	Ajnev	Eng 2nd year	Ajnev
56	Nithya	B.com compo 2	Nithya
57	Aniya Fatima	"	Aniya
58	Alma Kabros	B.com compo 2	Alma Kabros
59	Anjana p. Ajikumar	B.A English	Anjana
60	Nazrin Usman	B.Sc Zoology	Nazrin
61	Ananya K.R	B.com FT	Ananya
62	Anagha .v.s	BA English	Anagha
63	Alafya Aloo Fatima	B.Sc Zoology	Alafya
64	Jyothy Lakshmi	BA History	Jyothy
65	Rimah Mary Thomas	B.com FT	Rimah
66	Lakshmi Nandana P. J.	B.com F&T	Lakshmi
67	Anji	B.com F&T	Anji
68	Navya Sudheer	B.com F&T	Navya
69	Saranya K.S	III rd BSC chemistry	Saranya
70	Ra Sreesha Rajeev	II nd BSC chemistry	Ra Sreesha
71	Devathy .v.s	II nd BSC chemistry	Devathy
72	Arthika Bhaskar C.A	II nd BSC Maths	Arthika
73	Giladees Marya Thomas	II nd BSC Maths	Giladees
74	Aparna Johnson	II nd B.A history	Aparna
75	Anna Jose	II nd B.A History	Anna
76	Meenakshi K.S	II B.A History	Meenakshi
77	Sandra Sami	"	Sandra
78	Aswathi K S	"	Aswathi

MAR THOMA COLLEGE FOR WOMEN, PERUMBAVOOR

INTERNATIONAL YOGA DAY CELEBRATION.....2022.....

Sl. NO.	NAME	CLASS	SIGNATURE
79	Jiya Sabu	BSc Maths	Jiya
80	Alshitha Sundharan	B.com Tax	Alshitha
81	Azha Velayudhan	B.com Tax	Azha
82	Sneha p Sreenivasan	B.com Tax	Sneha
83	Azha Jeyendran	B.com Tax	Azha
84	Nalhan Nalin	BSc Chemistry	Nalhan
85	Pazha E.M	BSc chemistry	Pazha
86	Farsana Sulthana	BSc chemistry	Farsana
87	Fatima KH	BSc chemistry	Fatima
88	Birsha K.S	B.com C.A	Birsha
89	Gonai Pravarthi R.	B.com C.A	Gonai
90	Reshma Ramesh	B.com C.A	Reshma
91	Fathimath Sahla V.N	B.com C.A	Sahla
92	Pavathy Senthush	B.com C.A	Pavathy
93	Athilakshmi Anil	BSc Maths	Athilakshmi
94	Sreevidya M.	BSc Maths	Sreevidya
95	Aradhya Krishnakumar	BSc zoology	Aradhya
96	Devipriya KB	B.com F&T 11 th	Devipriya
97	Divya Sivas	BA English Tu	Divya
98	Anrose Johny	B.com F&T II	Anrose
99	Arya Soman	B.com F&T II	Arya
100	Geethiya M.S	B.com F&T	Geethiya
101	AKSHA M.A	BSc zoology 4	AKSHA
102	Krishnamurthy K.G	BSc Chemistry	Krishna
103	Shabima	BSc physics	Shabima
104	Farisha	BSc Physics	Farisha

MAR THOMA COLLEGE FOR WOMEN, PERUMBAVOOR

INTERNATIONAL YOGA DAY CELEBRATION...2022...

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MAR THOMA COLLEGE FOR WOMEN, PERUMBAVOOR

INTERNATIONAL YOGA DAY CELEBRATION...2022

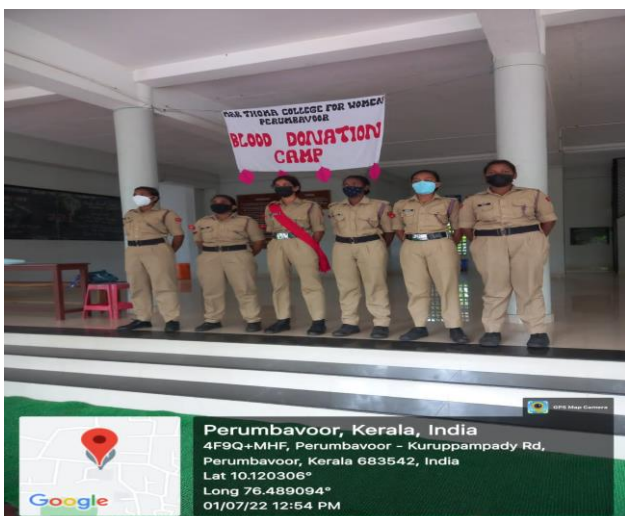
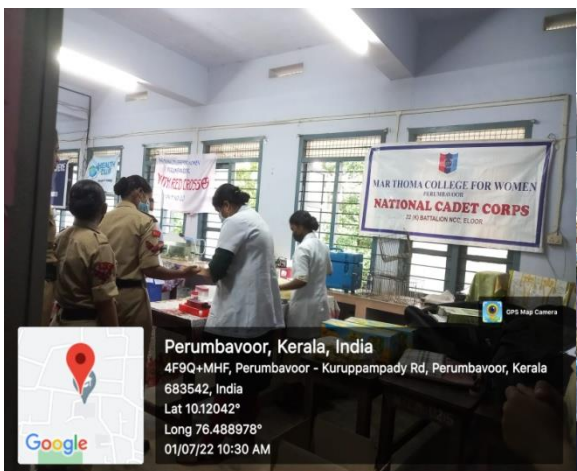
Sl. NO.	NAME	CLASS	SIGNATURE
125	Abhrami Arun	II BSc Zoology	Abhrami
126	Jewel Joby	II BSc Zoology	Jewel
127	Farsana Nasrin	II B.A English	Farsana
128	Sumantha P.M	II Bcom -tax	Sumantha
129	Sejana Madiheen	II BSc Zoo	Sejana
130	Vismaya K	II BSC Zoology	Vismaya
131	Daya Das P.K	II BSc Physics	Daya
132	Geetha G. Partha	III BSc Chem.	Geetha
133	Amudha Alias	III B.Com F&T	Amudha
134	Abhishek Prakash	III Bcom P&T	Abhishek
135	Soufya K.K	II BA History	Soufya
136	Alkha Lakshmi	II BA History	Alkha
137	Arya Udayan	II BA History	Arya
138	Asha Asharuf	II BA History	Asha
139	Mulceeda Akbar	II BA History	Mulceeda
140	Nandhya Nish	II BA History	Nandhya
141	Krishna priya R	II BA History	Krishna
142	Vijisha B	II BA History	Vijisha
143	Ealini	II BA History	Ealini
144	Anaswara . E S	II BSc chemistry	Anaswara
145	Southi Suresh	"	Southi
146			
P.			

INTERNATIONAL YOGA DAY CELEBRATION.....2022.....

ON YOUR DREAMS

3. Blood Donation Camp

As a part of World Blood Donor Day, NCC unit of the college in collaboration with NSS, YRC and Health Club arranged a blood donation camp on 1 July 2022. Many NCC cadets came forward for donating blood and many actively participated in volunteering too.



4. Seminar on Forests and Wildlife

The seminar on Forests and Wildlife Conservation organised by the department of Zoology in collaboration with the Social Forestry wing of the Government of Kerala was held on July 1, 2022 at the PG Seminar hall at 11.30 am. It was a significant event aimed at educating and raising awareness among the participants about the importance of preserving our natural ecosystems. The seminar was conducted by Mr. Unnikrishnan, a retired Indian Forest Service (IFS) officer, who brought a wealth of knowledge and experience to the discussion. It not only disseminated valuable information but also instilled a sense of responsibility and urgency among the 58 participants to contribute towards safeguarding our natural heritage. Such initiatives are crucial in fostering a culture of environmental stewardship and ensuring the preservation of forests and wildlife for generations to come.

 **MAR THOMA COLLEGE FOR WOMEN, PERUMBAVOOR**
DEPARTMENT OF ZOOLOGY AND NSS (Unit No. 57)
In collaboration with
SOCIAL FORESTRY DIVISION
KERALA FORESTS & WILDLIFE DEPARTMENT
in connection with the Vanamahotsav 2022 organise

Seminar on "Forests and wildlife" to create environmental consciousness
Resource Person:
Mr. Unnikrishnan (IFS-Rtd.)
Venue: P.G. Seminar Hall

Butterfly Garden inauguration by
Mr. Zakkir Hussai, *Honorable Chairperson, Perumbavoor Municipality*
Presence: Ms. Annie Martin (*Ward Councilor*)
Mr. A. Jayamadhavan (*DFO, Ernakulam*)

Date: 1 July 2022 (Friday)
Time: 11 A.M.

Dr. Sujo Mary Varghese (Principal)	Programme Coordinators: M.K. Jayakumar (S.F.O)	T.M. Rasheed (<i>Forest range Officer</i>)	Ms. Reemy Sara Mathai (<i>HoD, Dept. of Zoology</i>) Dr. Melvi Chandy, Ms. Roshin Roy (<i>NSS PO</i>)
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Participants list

1. Gopika Vijay
2. GreeshmaRajkumar
3. Khadeeja Salah
4. KrishnapriyaBabu
5. PreethamMadhavan
6. RohiniP.Mukundan
7. Sruthimol A.S
8. Surya Sasi
9. Susmi George
10. AmeghaSatheesh
11. Anugraha Justin
12. ArchanaMohan
13. AryaChandran
14. ElnaEldhose
15. Helen Mary V Paul
16. Kesiamol Mathew
17. Lakshmi SankarLaiju
18. MerinEldhose
19. Sandra T.C
20. SreeshaGopi
21. Anjumol K.R
22. BismiRahmath
23. Fasila P.M

24. FathimaShabana P.M
25. FathimathNoora K.N
26. Lakshmi Mohandas
27. NeelimaReji
28. Nivya K.J
29. Sumayya E.A
30. Aiswarya Lakshmi S.
31. Anaswara Suresh
32. Diya S.
33. FathimaZafrin K.A
34. Lakshmi Lalji
35. LiyaSanthosh
36. Sreekutty V.S
37. AbhiramiArun
38. AfinaKasim
39. Ardhra Krishna Kumar
40. Aysha M.A
41. Jewel Joby
42. Maneesha Manoj
43. Nafiya Noor Fathima K.
44. NazrinUsman
45. NithaFathima
46. RifaFathima A.J
47. SajanaMoideenkunju
48. Saramol M.A
49. Vismaya K.
50. FidhaFathima
51. Neehara K.S
52. Sneha S
53. Archana P
54. Devipriya P.S
55. Asna
56. KrishaMadhu
57. GouariSudhakaran
58. NivedidaVelayudhan

5. Organ Donation Day Campaigning (NSS)

6. Workshop on Hand Wash and Dish Wash Making

Program Name	Workshop- Dishwash&Handwash Making
Organizer	Department of Chemistry
Resource Person	Ms.Reshma Mathew Guest Lecturer Department of Chemistry Mar Thoma College For Women, Perumbavoor
Beneficiaries	61 students of B.Sc. Chemistry
Date and Year	30 th August 2022
Duration	2 Sessions - One Day

Objectives

- To familiarize students about the preparation of dishwash and handwash
- Analyze the role of washing and cleansing agents to maintain health and hygiene

Summary

Dishwash liquid soaps are primarily used for hand washing of glasses, plates, cutlery, and cooking utensils etc. and it also has two main end-user segments, such as residential and commercial. It is usually a highly-foaming mixture of surfactants with low skin irritation. The demand for liquid dishwash soap is growing, owing to the comfort and ease of application and lesser wastage. These have adequate performance properties such as: high efficiency in grime removal; no smudges or streaks on the cleaned surface; good foaming properties, high product efficiency; adequate consistency; easy rinsing of washed dishes; non-toxicity and safety for the skin.

Hand hygiene is one of the most important elements of infection control. The aim of hand washing is to remove transient micro organisms, acquired through everyday tasks, from the surface of the hands. Washing hands properly removes dirt, viruses and bacteria to stop them spreading to other people and objects, which can spread several illnesses and infections. As several contagious diseases and infections are spreading today, hygiene products like dishwash and hand wash have a significant role in our day to day life.

Department of Chemistry organized a workshop on “Dishwash and Handwash making” in the academic year 2021-2022. Our IInd and IIIrd year students prepared dishwash liquid and hand wash on 30th August 2022, under the guidance of Ms.Reshma Mathew. The products were distributed among the students and staff of the college. This programme gave a platform for students to understand the

process of preparation and packing of dishwash and hand wash. They became aware of the materials used for its preparation. The workshop also provided awareness on the importance of these hygiene products in our day to day life.

Outcome

This programme helped the students to familiarize the method of preparing dishwash and handwash as their own. Thus they were able to make homemade hygiene products in a cheaper way. It also helps them to develop entrepreneur skills. All the students actively participated in the preparation and selling of the products.

Brochure

The brochure features a bright orange background with a dark brown base. At the top left is the Mar Thoma College logo. The title 'MAR THOMA COLLEGE FOR WOMEN PERUMBAVOOR' is in bold red letters. Below it, 'Department of Chemistry' is in black, and 'DISH WASH AND HAND WASH MAKING' is in large green letters. An illustration of a woman in a lab coat pouring liquid from a flask is on the right. A brown sign hanging from a string on the left displays the date '30/08/2022' and venue 'Chemistry Dept.'. At the bottom left, a cartoon boy with a stethoscope points upwards next to the text 'Safe Hand, Safe Life'. On the bottom right, a yellow box contains contact information for Abhirami J.S. and Ms. Reshma Mathew.

 **MAR THOMA COLLEGE FOR WOMEN
PERUMBAVOOR**

Department of Chemistry

**DISH WASH AND HAND WASH
MAKING**

Date : 30/08/2022
Venue : Chemistry Dept.

*Safe Hand,
Safe Life*

Contact :
Abhirami J.S.
(Student-in-Charge)
9048568300
Ms. Reshma Mathew
(Teacher-in-Charge)
8301836803



LIST OF STUDENTS - DISHWASH & HANDWASH MAKING (2021-2022)

Sl. No:	NAME	YEAR
1	ABHIRAMI J S	III DC CHEMISTRY
2	ALIFNA K B	III DC CHEMISTRY
3	ANAGHA JOY	III DC CHEMISTRY
4	ANVIYA MARIAM BOBBY	III DC CHEMISTRY
5	ASNA P A	III DC CHEMISTRY
6	CHIPPY K S	III DC CHEMISTRY
7	FATHIMA MUNAJ	III DC CHEMISTRY
8	LINAMOL C K	III DC CHEMISTRY
9	MEERA BABU	III DC CHEMISTRY
10	PREETHIKA PRAKASH	III DC CHEMISTRY
11	ABEENA M M	III DC CHEMISTRY
12	ABHIMA SUBASH	III DC CHEMISTRY
13	AISHA DILEEP	III DC CHEMISTRY
14	AMEENA E A	III DC CHEMISTRY
15	AMINA K K	III DC CHEMISTRY
16	AMINA P M	III DC CHEMISTRY
17	AMIYA SUBAIR	III DC CHEMISTRY
18	AMMU PRAKASH	III DC CHEMISTRY
19	ANAGHA ASOKAN	III DC CHEMISTRY
20	ASHNA K H	III DC CHEMISTRY
21	CHRISTY ANNA VARGHESE	III DC CHEMISTRY
22	FATHIMA ALIYAR	III DC CHEMISTRY

23	FATHIMA K A	III DC CHEMISTRY
24	GADHA G KARTHA	III DC CHEMISTRY
25	GAYATHRY K G	III DC CHEMISTRY
26	JESEENA MOL C M	III DC CHEMISTRY
27	NANDANA M NAIR	III DC CHEMISTRY
28	SANDRA P NAIR	III DC CHEMISTRY
29	SANIJA SIVAN	III DC CHEMISTRY
30	SIFNA C S	III DC CHEMISTRY
31	SREESHMA RAJEEV	III DC CHEMISTRY
32	UMMU HABEEBA E A	III DC CHEMISTRY
33	VAISHNAVI K R	III DC CHEMISTRY
38	ALEENA RAJU	II DC CHEMISTRY
39	ANJANA K R	II DC CHEMISTRY
40	FARSANA SULTHANA T A	II DC CHEMISTRY
41	FATIMA K H	II DC CHEMISTRY
42	FAZIYA E M	II DC CHEMISTRY
43	KRISHNAPRIYA K M	II DC CHEMISTRY
44	LAKSHMI SASIDHARAN	II DC CHEMISTRY
45	NATHA NASRIN T S	II DC CHEMISTRY
46	SAFNA NOUSHAD	II DC CHEMISTRY
47	SRUTHI SURESH	II DC CHEMISTRY
48	U MEENAKSHI PANICKER	II DC CHEMISTRY
49	AATHIRA BHARATH C A	II DC CHEMISTRY
50	AMMU SUNIL	II DC CHEMISTRY

51	AMRIN AZEEZ	II DC CHEMISTRY
52	ANASWARA E S	II DC CHEMISTRY
53	ARYA VINOD	II DC CHEMISTRY
54	ATHULYA VINOD	II DC CHEMISTRY
55	BLESSY M B	II DC CHEMISTRY
56	DEVOOTTY N S	II DC CHEMISTRY
57	KRISHNENDHU K G	II DC CHEMISTRY
58	NANDANA RAVI	II DC CHEMISTRY
59	SEETHAL K SASI	II DC CHEMISTRY
60	SHAHANA P S	II DC CHEMISTRY
61	UNNIMAYA P M	II DC CHEMISTRY

7. Lahari Vimuktha Keralam


8. Awareness Class on Drug Abuse

On 22 September, NCC, NSS, YRC and Women's Cell in association with IQAC and DREAM Kochi organised an awareness class on Drug abuse. Mr.ShibinShaji Varghese served as the resource person in which he talked on the negative effects of drug on human body and also about the different types of addiction one can have. He also shared numerous tips that would help one to get rid of those addictions. He also offered help on behalf of Dream Kochi for the ones who suffer from the use of drugs. This class is sure to provide awareness against the ill effects of using drugs.


**MAR THOMA COLLEGE FOR WOMEN
PERUMBAVOOR**

**NCC,NSS,YRC and Women's Cell
in association with
DREAM Kochi
Presents**

AWARENESS CLASS ON DRUG ABUSE



Resource Person
Shibin Shaji Varghese
District Coordinator-Dream Kochi
Intervention Team Member-Childline Kochi



**Date:22 September 2022
Time:2 P.M
Venue: College Auditorium**

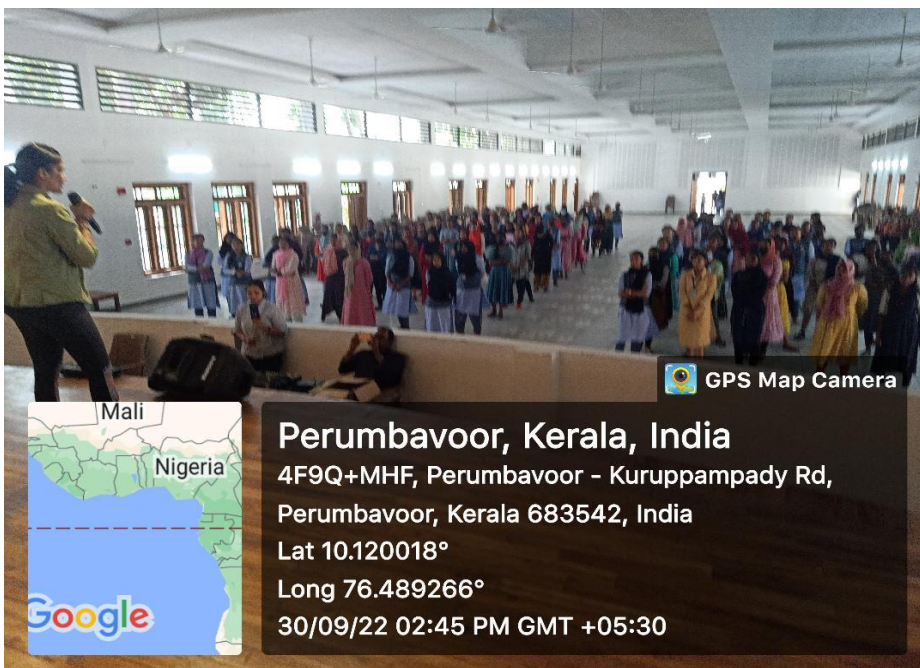




9. Menstrual Cup Awareness (NSS)

10. Orientation Programme on Zumba Dance

Orientation programme on Zumba was organized by the department of Physical Education on 30th September 2022 at college auditorium. Ms.MinnaLikhin was the resource person. 124 students were attended the programme. Students were oriented on Zumba training which provides instructors with the knowledge and skills needed to create fun and engaging workouts that help participants improve their cardiovascular fitness, flexibility, coordination, and overall health.



MAR THOMA COLLEGE FOR WOMEN, PERUMBAVOOR

DEPARTMENT OF PHYSICAL EDUCATION

PROGRAMME: Orientation Programme on Zumba

DATE: 30.09.22

SI NO	NAME	CLASS	SIGNATURE
1	Nandana Raju	II nd B.com F&T	Nandana
2	ARYA VIJAYAN	I nd B.A. History	Arya
3	Salwa salim	II nd BA English	Salwa
4	Rabiya M. Noufal	"	Rabiya
5	Fathima Fauzana	"	Fathima
6	Susmitha M.	"	Susmitha
7	Afne E-A	"	Afne
8	Alzeena T-N	"	Alzeena
9	Aparna Sivan	I st B.Com Tax	Aparna
10	Anna Maxiya	"	Anna
11	Jashny Shais	"	Jashny
12	Ansa	"	Ansa
13	Bibi K. S	"	Bibi
14	Deepa Maxiya	"	Deepa
15	Rameesa Parveen P.s	"	Rameesa
16	Krishna P.k	"	Krishna
17	Gausi Nardhana	"	Gausi
18	Sapamk.M	"	Sapam
19	Sheha Bhanu Menon	II nd B.A English	Sheha

MAR THOMA COLLEGE FOR WOMEN, PERUMBAVOOR

DEPARTMENT OF PHYSICAL EDUCATION

PROGRAMME: Orientation Programme on Zumba

DATE: 30.09.22

SI NO	NAME	CLASS	SIGNATURE
20	Navya Sudheer	II nd Bcom F&T	<u>Navya</u>
21	Fathima A.S	I st History	<u>Fathima</u>
22	Ayisha	"	<u>Ayisha</u>
23	AIRYA N.A	II nd BA English	<u>Ayisha</u>
24	Asna C.H	II nd BA English	<u>Asna</u>
25	Adithya P. Shanil	I st BSC Maths	<u>Adithya</u>
26	Nandhini Murali	"	<u>Nandhini</u>
27	Devika Vijay	"	<u>Devika</u>
28	Anjana	"	<u>Anjana</u>
29	Krishnapriya	"	<u>Krishna</u>
30	Ashwathy	"	<u>Ashwathy</u>
31	Asna	"	<u>Asna</u>
32	Risana Salom	I st "	<u>Risana</u>
33	Nasliq	"	<u>Nasliq</u>
34	Arya Soman	II nd year B.com F&T	<u>Arya</u>
35	Nayla Bashere	"	<u>Nayla</u>
36	Sona Sibi	II nd BA English	<u>Sona</u>
37	Krishnaia P.B	"	<u>Krishna</u>

MAR THOMA COLLEGE FOR WOMEN, PERUMBAVOOR

DEPARTMENT OF PHYSICAL EDUCATION

PROGRAMME: Orientation Programme on Zumba

DATE: 30.09.22

SI NO	NAME	CLASS	SIGNATURE
38 4	Nikhila Sasindran	2nd B.com Tax	Nikhila
39 2	Fathima VM	1 st BA History	Fath
40 3	Fathimath Sahara M.A	1 st BA History	Fath
41 4	Anusree	1 st BA History	Anusree
42 5	Geysi Parvathy	1 st BA History	Geysi
43 6	Shreya Dilip	1 st B.com	Shreya
44 7	Fathima Nazrin M N	1 st B.Sc Chemistry	Fathima
45 8	Anusree . N	1 st year B.Sc Chemistry	Anusree
46	Jyotsna Susan Joseph	"	Jyotsna
47	Ravya K.S	"	Ravya
48	Krishnapriya V.R	"	Krishna
49	Seetalakshmi Santhosh	"	Seetalakshmi
50	Sangeetha M.S	"	Sangeetha
51	Arya P. Krishnan	"	Arya
52	Anaya M.R	"	Anaya
53	Ameesha Muhammad	"	Ameesha
54	Fidha Kauram	1 st B.com (A)	Fidha
55	Ashna vahid	"	Ashna

MAR THOMA COLLEGE FOR WOMEN, PERUMBAVOOR

DEPARTMENT OF PHYSICAL EDUCATION

PROGRAMME: Orientation Programme on Zumba

DATE: 30.09.22

SI NO	NAME	CLASS	SIGNATURE
56	Healen maria Wilson	Bcom Ist yr Tax	<u>Healen</u>
57	Athira Mani	B.com "	<u>Athira</u>
58	Nazrin.c.Sudhakar	"	<u>Nazrin</u>
59	Aleena Shaji	"	<u>Aleena</u>
60	Ana th KR	"	<u>Ana</u>
61	Ansalina E.V	"	<u>Ansalina</u>
62	Sreebhadrha VK	"	<u>Sreebhadrha</u>
63	Sivani TS	"	<u>Sivani</u>
64	Lia Lia Rose George	"	<u>Lia</u>
65	Farisha E.F	"	<u>Farisha</u>
66	Aleesha	I Msc Maths	<u>Aleesha</u>
67	Raseena	"	<u>Raseena</u>
68	Saieetha	"	<u>Saieetha</u>
69	Meerapna	"	<u>Meerapna</u>
70	Ananya.K.R	1 nd B.com Tax	<u>Ananya</u>
71	Jyotsana	I "	<u>Jyotsana</u>
72	Farsana P.M	II Msc Maths	<u>Farsana</u>

DEPARTMENT OF PHYSICAL EDUCATION

Orientation Programme on Zumba







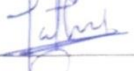





DATE: 30.09.22

SI NO	NAME	CLASS	SIGNATURE
73	Anzija Aboobakker	II nd BA English	Anzija
74	Aseya Velayudhan	II nd Bcom F&T	Aseya
75	Sumantha . pm	II nd Bcom F&T	Sumantha
76	Lakshmi Raju	II nd Bcom F&T	Lakshmi
77	Pragathi . B	II nd B.com F&T	Pragathi
78	Vishnu priya . Karappuswami	III B . com F&T	V. Priya
79	Sneha paul	"	Sneha
80	Keerthi B. Nair	"	Keerthi
81	Nitha vargese	"	Nitha
82	Sona sebastian	"	Sona
83	Anilees George	"	Anilees
84	Saathy Santhosh	"	Saathy
85	Aswani Raj	"	Aswani Raj

DEPARTMENT OF PHYSICAL EDUCATION

PROGRAMME:

DATE: 30.09.22

SI NO	NAME	CLASS	SIGNATURE
86	Araya Sudhan	2nd Bcom Tax	
87	Aparna Rayan	5 th Bcom tax	
88	Gireeshma Jayan	1 st B. voc	
89	Maya	1 st B. voc	
90	Sunaina	1 st B. voc	
91	Sadiya Miroza	1 st Bcom CA	
92	Fathima Noushad	1 st Bcom CA	
93	Sana Rafeek	1 st Bcom CA	
94	AMARTHANJALI	1 st Bcom CA	
95	Amudha Alias	III rd Bcom F&T	
96	Swathy Lalitha Priya	"	
97	Gayathri Ajith	I st Msc Maths	

DEPARTMENT OF PHYSICAL EDUCATION

DATE: 30.09.22

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MAR THOMA COLLEGE FOR WOMEN, PERUMBAVOOR

DEPARTMENT OF PHYSICAL EDUCATION

PROGRAMME:

Orientalism Programme on Zumba

DATE: 30.9.22

SI NO	NAME	CLASS	SIGNATURE
106	Sandea Suzendran	2nd B.Com Tax	Sandea
107	Rasheelha M.S	1st BA History	Rasheelha
108	ADILA.C.S	"	Adila
109	Maria V.E	"	Maria
110	Karthika Baiju	"	Karthika
111	Gauri parvathy Babu	"	Gauri
112	Gouri Parvathy Nair	"	Gouri
113	Afiya Ali	"	Afiya
114	Helna Shaji	"	Helna
115	Thasni A.A	B.A Eng	Thasni
116	Bhavana S	III BA Eng	Bhavana
117	Susmitha M	II BA Eng	Susmitha
118	Afnamol K.K	I BA Eng	Afnamol
119	Mehra	"	Mehra
120	Sanjana	"	Sanjana
121	Sora	"	Sora
122	Sreelakshmi	"	Sreelakshmi
123	Saniya	"	Saniya
124	Fathima Thanha	BSc chem	Fathima

11. Workshop on Jewellery Making

The B.voc Fashion technology and merchandising organised an event related to “JEWELLERY MAKING” which was held on :

- Date : 11th October 2022 -12th October 2022
- Time : 10am – 3:30pm
- Venue : 201
- Conducted by : Sumitha Dinesh (Entrepreneur)

The event was related to making accessory by Ms Sumitha, which conducted as an offline session. Jewelry making is the process of creating ornamental pieces worn for personal decoration or adornment. The materials can range from stone to precious metals, and the techniques are versatile and limitless. The two days of accessory design workshop typically included makingjewelleriessbyusing beads, stone ,mud It was very wonderful class, were we made different types of prints and pendants

. Really it was very helpful and we made a demo of t-shirt too. She also showed her handmade and eco friendlyjewellery. It was really amazing and felt more inspiring and enthusiast to do on our clothes,bags, clutches too and also to build our creativity. Overall, in generally it was really an inspiring, informative, creative, relaxing class which is recommended for types of age group.





Participation list:

NoafIssac
 AnjanaAjayan
 Fathima C A
 JisniJaleel
 Rajana D
 Aneeta Thomas
 Anamika P Baby
 Anamika P Baby
 Amala J
 Sneha Krishna
 Binitha Varghese
 Nandana K S
 Swathy Sunil
 SnehaSubramanyan
 AthulyaVenugopal
 Anshidha M.A
 Rose Maria K.R

12. Anti-Drug Awareness

On 10 October, NCC Unit of the college in association with NSS organised an anti drug campaign 'VIMUKTHI'. Respected MLA Mr.EldhoseKunnappilly officially inaugurated the campaign. He spoke on the harmful effects of drugs and also asked the students to work for the eradication of drugs from the society.



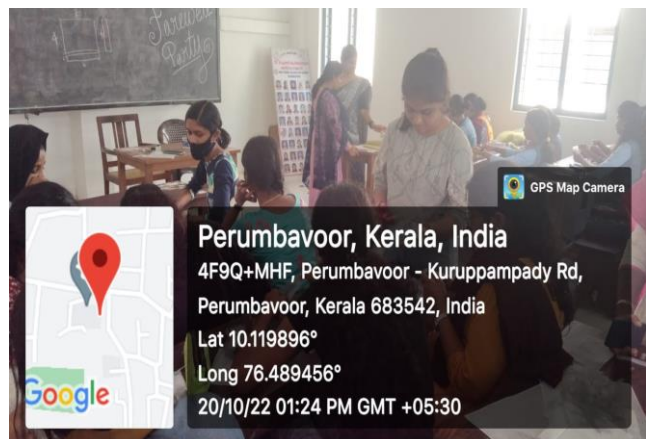
13. Workshop on Accessory Making

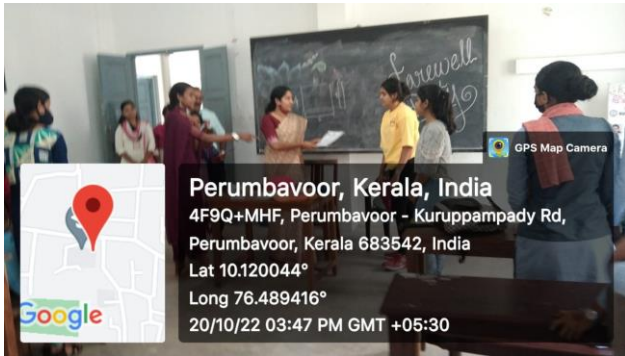
The B.voc Fashion technology and merchandising organised an event related to “ACCESSORY DESIGN” which was held on :

- Date : 19th October 2022
- Time : 10am – 3:30pm
- Venue : 201
- Conducted by : Maria xavier (Alumni)

The event was related to making accessory by Ms. Maria Xavier conducted as an offline session. During this class the students were introduced to bag making by using net material and also they had had the wonderful opportunity to express their skills onto used reused shoes painting on them and making them more beautiful and reusable.

The student had a great time during this class by experimenting different ways they can use their creative talents onto fabric and shoes and how they can customize them to suit their needs.





Participation list:

1. JisniJaleel
2. Rajana D
3. Aneeta Thomas
4. Anamika P Baby
5. Anshidha M.A
6. Binitha Varghese
7. AnjanaAjayan
8. FathimathuZahara PS
9. FathimaHabeena PH
10. SruthySreejesh
11. ShaminaShihab
12. Anshidha M.A
13. Soumya Ann
14. Sandra PS
15. Ahalya MP
16. Maria Sajan

14. A Talk on the Topic ‘Queueing Theory and Its Applications’

Program(Name)	Seminar on Queueing theory and its applications
Organizor	Post Graduate Department of Mathematics, Mar Thoma College for Women, Perumbavoor.
Associating Partner	IQAC of Mar Thoma College for Women, Perumbavoor
Beneficiary	50 Students & 8 faculty members
Date & Year	03 November 2022
Resource Person	Dr.K P Jose, Associate Professor and Head, PG and Research Department of Mathematics, St. Peters College, Kolenchery
Coordinator	Dr.Shalitha Jacob, HoD, Department of Mathematics, Mar Thoma College for Women, Perumbavoor. Mr.Gopikrishna S. Nair, Ms.Silvey Paul, Association-in-charge
Duration	1 hour 30 minutes
Objective	To make an understanding about Queueing theory and its applications
Outcome	It helped students to have an insight into the applications of Queueing theory

Department of Mathematics, Mar Thoma College for Women, Perumbavoor organized a seminar on ‘Queueing theory and its applications’ in association with IQAC of our college, as part of the association inauguration on November 03, 2022. The seminar held on **03rd November 2022** at 2.30 pm. Dr. K P Jose, Associate Professor and Head, PG and Research Department of Mathematics, St. Peters College, Kolenchery was the resource person. The program started with the prayer song, followed by the formal welcome by Dr.Shalitha Jacob, HoD, Department of Mathematics. The presidential address was delivered by Dr.Sujo Mary Varghese(Principal). The speaker started with an overview of Queueing Theory and its applications in various domains such as in the area of supply chain planning and control, including inventory control. The main focus of the session was on how to apply queueing theory in chain processes. The session was very enlightening and beneficial to the students of the department. An interactive session with the resource person was conducted after the talk. The seminar was attended by 50 students of the department. The program ended with vote of thanks by Resiyamol M S.

Brochure of Seminar



**MAR THOMA COLLEGE FOR WOMEN,
PERUMBAVOOR**

MATHEMATICS ASSOCIATION & IQAC

PRESENTS

**SEMINAR ON
"QUEUEING THEORY AND ITS APPLICATIONS"**

Resource person



DR. K. P. JOSE

Associate professor and Head
PG & Research Department of Mathematics
St. Peter's College, Kolenchery

Date : 03/11/2022 | Time : 2:30 pm | Venue : PG seminar hall

Dr. Shalitha Jacob
HoD, Dept. of Mathematics

Mr. Gopikrishna S Nair
Ms. Silvey Paul
Association-in-charge

Resiyamol M S
Association secretary

List of Participants

EVENT: Association Inauguration and seminar on "Queueing theory and its applications"

DATE : 03 November 2022

VENUE : PGT Seminar Hall

SINo.	Name	Class	Signature.
1.	Arunima Mishra	III rd DC Maths	Arunima
2.	Ananya Azam	"	Ananya
3.	Nanya Dasgupta	"	Nanya
4.	Sreeshma Shaji	"	Sreeshma
5.	Amrta AK	"	Amrta
6.	Ardra Anandhan	"	Ardra
7.	Deepthi Rajendran	II M.Sc Mathematics	Deepthi
8.	Kaerthi Rajendran	"	Kaerthi
9.	Gayathri Ajith	"	Gayathri
10.	Farsana F.M	"	Farsana
11.	Shimna C.S.	"	Shimna
12.	Aarsha N.S	"	Aarsha
13.	Sooryanmol K.S	"	Sooryanmol
14.	Vrinda P.V	"	Vrinda
15.	Jeeva Gopal	"	Jeeva
16.	Erveshma Rajan	"	Erveshma
17.	Mithula Shashendran	"	Mithula
18.	Attulya Senthosh	III rd DC Maths	Attulya
19.	Farzana P.A	"	Farzana
20.	Meenakshi V.T	II DC Maths	Meenakshi
21.	Aleena Paul	"	Aleena
22.	Bincy M. Muneer	"	Bincy
23.	Sefiya TS	"	Sefiya
24.	Aparna Johnson	"	Aparna
25.	Tiya Sabu	"	Tiya
26.	Glados Mariya Thomas	"	Glados
27.	Pawathy P.P	"	Pawathy
28.	Krishnakripa N Siv	"	Krishnakripa
29.	Abhishek Anil	"	Abhishek
30.	Asna pareeth	I st DC Maths	Asna
31.	Anjana Vijay	1 st II	Anjana
32.	Adithya P Shanil	"	Adithya

33	Naslia K.S.	1 st DC Maths	Naslia
34	Aswathy M.U	"	Aswathy
35	Krishna Priya T.R	"	Krishna
36	Risana Salam	"	Risana
37	Nandhini Murali	"	Nandhini
38	Devika vijayan	"	Devika
39	Mereena Toji	1 st HSc Maths	Mereena
40	Mariga Mini Eldhose	"	Mariga
41	Saijeetha T.J	"	Saijeetha
42	Aleesha Ravhan MA	"	Aleesha
43	Raseena Kareem	"	Raseena
44	Resiya Mol M.S	3 rd BSc Maths	Resiya
45	Najumunnisa Ebrahim	"	Najumunnisa
46	Thaskeena Koyan	"	Thaskeena
47	Ansala Johnson	"	Ansala
48	Shirin Shahul Hameed	"	Shirin
49	Farsana Sakkeer	"	Farsana
50	Mumthaz K Sulaiman	"	Mumthaz



GPS Map Camera



Perumbavoor, Kerala, India
4F9Q+MHF, Perumbavoor - Kuruppampady
Rd, Perumbavoor, Kerala 683542, India
Lat 10.119858°
Long 76.489182°
03/11/22 02:20 PM GMT +05:30







15. LED Star Making

Department of physics, Mar Thoma College for women, Perumbavoor organized a star making programme, 'Save and Shine'. Students of Physics Department make LED stars in the month of November and December 2022. These stars were sold among the staff and students of the college in reasonable prizes.



Mar Thoma College for Women Perumbavoor

Department of Physics



Save and Shine



*Oh, I wish I were a sparkling Christmas star.
Oh, I wish I were a sparkling Christmas star.
Then my light would shine it's true
To guide Santa straight to you.
Oh, I wish I were a sparkling Christmas star.*



LED Star making workshop

To get your Stars 

Aiswarya Ramesh

8547054989



16. World Aids Day Equalise :World Aids Day(NSS)

17. Training Workshop on CPR

18. Fabric Painting Magic Workshop

The B.voc Fashion technology and merchandising organised an event related to “ACCESSORY DESIGN” which was held on :

- Date : 20th October 2022
- Time : 10am – 3:30pm
- Venue : 201
- Conducted by : RekhaAnilkumar (specialised teacher in pidilite , works in fevicryl , taking classes at various institutions and colleges)

The event was related to making accessory using fevicrylmouldit were Ms.Rekha conducted as an offline session. Accessory designing is **conceptualizing and designing various fashions with apparel and apparel-based products such as jewellery, shoes, footwear, bags, and many more.** The one day of accessory design workshop typically making jewelleryes were using mouldit,3D outliner,glasspaint,small mirror, wooden piece and making designs for the patch working in T-shirts, clutches,bags....etc. 3D outliner,fabric painting were complete the design.

It was very wonderful class, were we made different types of prints and pendants. Really it was very helpful and we made a demo of t-shirt too. She also showed her handmade and eco friendlyjewellery. It was really amazing and felt more inspiring and enthusiast to do on our clothes,bags, clutches too and also to build our creativity. Overall, in generally it was really an inspiring, informative, creative, relaxing class which is recommended for types of age group.

Participation list:

Amala J
Sneha Krishna
Binitha Varghese
Nandana K S
Devika J J
LinsaMol K.L
IndulekhaVenugopal
JisniJaleel
Rajana D
Aneeta Thomas
Anamika P Baby
Anshidha M.A
Rose Maria K.R
Swathy Sunil
SnehaSubramanyan



19. Food Fest

20. Workshop on 'Education and Healthy Living'

21. Free Eye Camp and Awareness Class(NSS)

22. Workshop on 'Fundamentals of Stitching And Designing'(women cell)

D) ICT / COMPUTING SKILLS

1. Virtual Lab Workshop

2. Workshop on introduction to DCA course

Programme	Certificate course in Diploma in Computer Application
Organizer	Institute of Human Resources Development(IHRD)
No. of students enrolled	43
Year	2022
Duration	6 months
Scope	Diploma in Computer Application [DCA] is a 6 month short term program that provides an in-depth understanding of computer applications, equips students with practical and technical skills, and imparts knowledge on various computer tools and applications that are used in day-to-day life.
Course in charge	Jency K J
Objective	DCA, Diploma in Computer Applications, is a 6 month diploma course in the field of Computer Applications which involves the study of numerous computer applications such as MS Office, Internet Applications, Operating System, Database Management System (DBMS), Tally, HTML among other subjects.



**MAR THOMA COLLEGE FOR WOMEN,
PERUMBAVOOR**

**DCA (Diploma in Computer
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**PSC Approved & IHRD
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**Admission started for March
2022 batch**

**For more details contact:
9562969839**



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batch**

For more details contact : 9562969839

September 2022 batch

Sl no	Name of students	Result
1	Abeena M M	Passed
2	Afina Kasim	Passed
3	Aisha Dileep	Passed
4	Ananya K R	Failed
5	Anaswara E S	Passed
6	Anugraha T S	Passed
7	Athira M E	Passed
8	Bismi Rahmath	Passed
9	Blessy M B	Passed
10	Fathima Munaj	Passed
11	Fathima Noora	Passed
12	Krishnendhu K G	Passed

13	Lakshmi Raju	Passed
14	Neelima Reji	Passed
15	Parvathy K S	Passed
16	Razeya Beevi	Passed
17	Rifa Fathima A J	Passed
18	Sandra T C	Passed
19	Selvi Lihithakshan	Passed
20	Shahana P S	Passed
21	Fathima K H	Passed
22	Leenu Narayanan	Discontinued

March 2023 batch

Sl no	Name of students	Result
1	APARNA SIVAN	Passed
2	ALEENA JOY	Passed
3	SRUTHY SANTHOSH	Passed
4	ANNA MARIA YACOB	Passed
5	SAHANA MOL MUHAMMED	Passed
6	NINCY N JOY	Passed
7	KRISHNAPRIYA V R	Passed
8	ANUJA M R	Passed
9	APARNA RAJAN	Passed
10	SREELAKSHMI P S	Passed
11	KRISHNAPRIYA T R	Passed
12	RISANA SALAM	Passed
13	AMRUTHA K K	Passed
14	GOURI NANDHANA J	Passed
15	DEEPA MARIA JOHNY	Passed

16	BIBI K S	Failed
17	SIVANI T S	Passed
18	FATHIMA THANHA	Passed
19	SREYA DILEEP	Not attended
20	NAZRIN C SUDHEER FIDHA FATHIMA	Passed
21	CIA ROSE	Passed
22	ARAFY RAJAPPAN	Passed
23	ANSALNA A Y	Passed
24	KRISHNA P K	Passed
25	MARIYA PAUL	Passed
26	SREEBHADRA V K	
27	SREELAKSHMI SANTHOSH	
28	ALEENA SHAJU	
29	HEALEN MARIA WILSON	
30	FATHIMA FARISA M U	
31	SANJANA S	
32	AFNAMOL K K	
33	SADIYA SHAJI	
34	THASLEEMA T S	