



MAR THOMA COLLEGE FOR WOMEN PERUMBAVOOR

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

ANNUAL REPORT 2022-2023





MAR THOMA COLLEGE FOR WOMEN

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INTRODUCTION

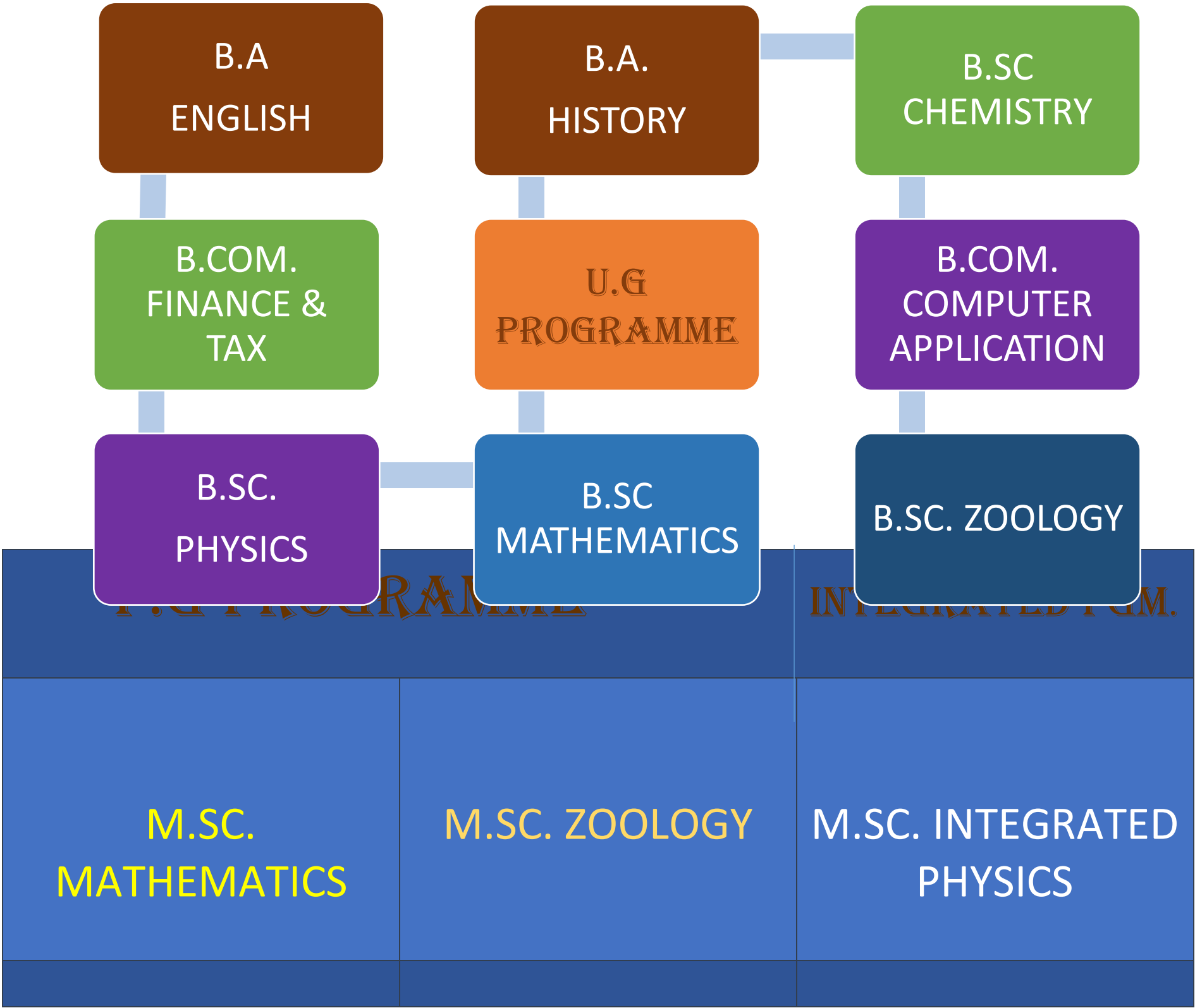
Mar Thoma College for Women Perumbavoor, owned by Mar Evangelistic Association, endeavors to educate young women, focusing on their integrated, all-round development in terms of intellectual, social, moral, physical, cultural and ethical aspects, with the aim of shaping them into benevolent human beings contributing to the development of the country.

COURSES OFFERED

We offer eight U.G. and two P.G. Programmes, out of which one U.G. and one P.G. Programmes are in self-financing stream. In addition to these, three B.Voc courses are also offered. The State Government has sanctioned an Integrated 5-Year M.Sc. Programme in Basic Science – Physics under the new generation scheme this year



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B.VOC. RENEWABLE ENERGY TECHNOLOGY & MANAGEMENT

B.VOC. FASHION TECHNOLOGY & MERCHANDISING

B.VOC TOURISM & HOSPITALITY MANAGEMENT



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ADMISSION AND COMMENCEMENT

- The College opened after mid-summer vacations on 1 June 2022. The classes for the Academic Year 2022-23 commenced on 1 June 2022. An Orientation programme was conducted for the students by the College Union and Arts Club on 9 June 2022 and the message was delivered by Mr. Shaji George, Principal (Retd.), St Thomas Teacher's Training College, Thiruvalla.
- The Centralized Allotment Process of Mahatma Gandhi University, Kottayam, for First Year U.G & P.G programmes began in the month of August. The Classes for First Year U.G and P.G Courses commenced on 1 September, 2022 and 31 August 2022 respectively. A prayer service was conducted on 2 September, 2022 by Rev. Danial Mathew in the College chapel as a fresh beginning to the new entrants.

On 28 June, 2022 an orientation programme for the staff was conducted in the College Seminar Hall. Rev Alexander Thomas, Principal, St. Thomas Senior Secondary School, Punalur, enlightened the staff on "Spirituality and Competence" and Dr. Jose Mazhuvanchery, Principal, Lakshmi College, North Paravoor spoke on the topic, "Witness to Society".

The total no of students who enrolled in both Aided & Self Financing streams for the year is 167. The total student strength as on 31 December 2022 is 694. Dr. Paulose Thomas, Assistant Professor in Physics, served as the Nodal Officer for the MG University CAP Admission process.



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INSTITUTIONAL HIGHLIGHTS/ ACHIEVEMENTS

UNIVERSITY RANKS

1st Rank

- Akhilendhu T Anil (B.Sc Physics)
- Sikha K Binoy (B.Voc Renewable
- Dinet Joy (B.Voc Fashion)

2nd Rank

- Athena R(B.Voc Renewable)
- Asnitha Rahim (B.Voc Fashion)

3rd Rank

- Fathima salha (B.A English)
- Deepika Y (M.Sc Zoology)
- Anna Lal (B.Voc Renewable)

4th Rank

- Safunnisa T M (B.Voc Renewable)

5th Rank

- Sethulakshmi C (B.A History)
- Princy Johny (B.Voc Renewable)

6th Rank

- Anusha M.S (B.A English)
- Krishnapriya K.S (B.A History)
- Alphiya Abdul Khader (B.Voc Tourism)
- Sneha Anand (B.Voc Renewable)

10th Rank

- Panchami Krishna A (B.A History)
- Akhila K. S (B.Voc Tourism)



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The butterfly garden planted by the Department of Zoology, in association with the Social Forestry Department, Government of Kerala, was inaugurated on 1 July 2022 by Mr Zakkir Hussain, Municipal Chairperson, Perumbavoor Municipality, in the presence of Mr. A Jayamadhavan, DFO, Ernakulam. A Seminar on "Forests and Wildlife", to create environmental consciousness, was conducted on the day and the session was handled by Mr. Unnikrishnan, IFS officer (Retd.).

The RUSA Funded College Administrative Block, Computer Centre and the extended Library was inaugurated by Dr. R Bindu, Minister of Higher Education, Govt. of Kerala, on 24 November 2023.

The Institution's Innovation Council obtained a commendable score of 3.5 for the academic year 2022-23.

Ms.. Maria Mini Eldhose of 1st M.Sc. Mathematics participated in the Bottle Art competition held on 6 January 2023, conducted as part of the Mega Intercollegiate competitions id 2023 organized by Newman College, Thodupuzha.

Ms. Ameena A.K. of III DC Mathematics participated in the "Thasnim Memorial Inter Collegiate Seminar Presentation Competition" on 22nd October 2022 held at UC, College, Aluva.

Aiswarya Ashokan, Ameena A. K., Athulya Santhosh, Mumthaz K Sulaiman, Najumunnisa Ebrahim and Resiya Mol M S of III DC Mathematics participated in the "Mathematics in You" programme organized by the Department of Mathematics and Statistics, MES College, Marampally, Aluva on 23 January 2023.



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AWARDS

Krishnendhu K and Laya S Pillai of Integrated M.Sc Physics presented a paper in the multidisciplinary online International Conference organized by St. Stephens College, Uzhavoor. They secured the second and third positions respectively in the competition.

Shahanas T S of III B.Sc Physics secured first prize in the All Kerala quiz competition conducted by Breakthrough Science Society.

Shahanas T S and Daya Das P.K of III B.Sc Physics secured third prize in the 8th intercollegiate Energy Quiz Competition 2022, conducted by Energy Management Centre and Energy Conservation Society, Kerala in Sacred Heart College Chalakudy.

Krishnendu K K and team of the Dept. of Physics secured the 2nd prize in Thiruvathira conducted by our college as part of the Arts Festival.

Krishnendu K K participated in the Western Stringed Instrument competition in the MG University Art's Festival.



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Laya S Pillai of Integrated Physics secured the second prize in the preliminary level of Power Quiz, organized by the Department of Physics in association with KSEB.

Vrindha P.V. of 2nd M.Sc. Mathematics was a member of the runner-up team in the MG University Intercollegiate Cricket Tournament.

The College Table Tennis team won the Runner up position in the M G University inter collegiate Table Tennis Tournament 2022-23.

Aneesha Ganesh of II B. Voc. Fashion Technology was selected to M.G. University Table Tennis Team 2022-23.

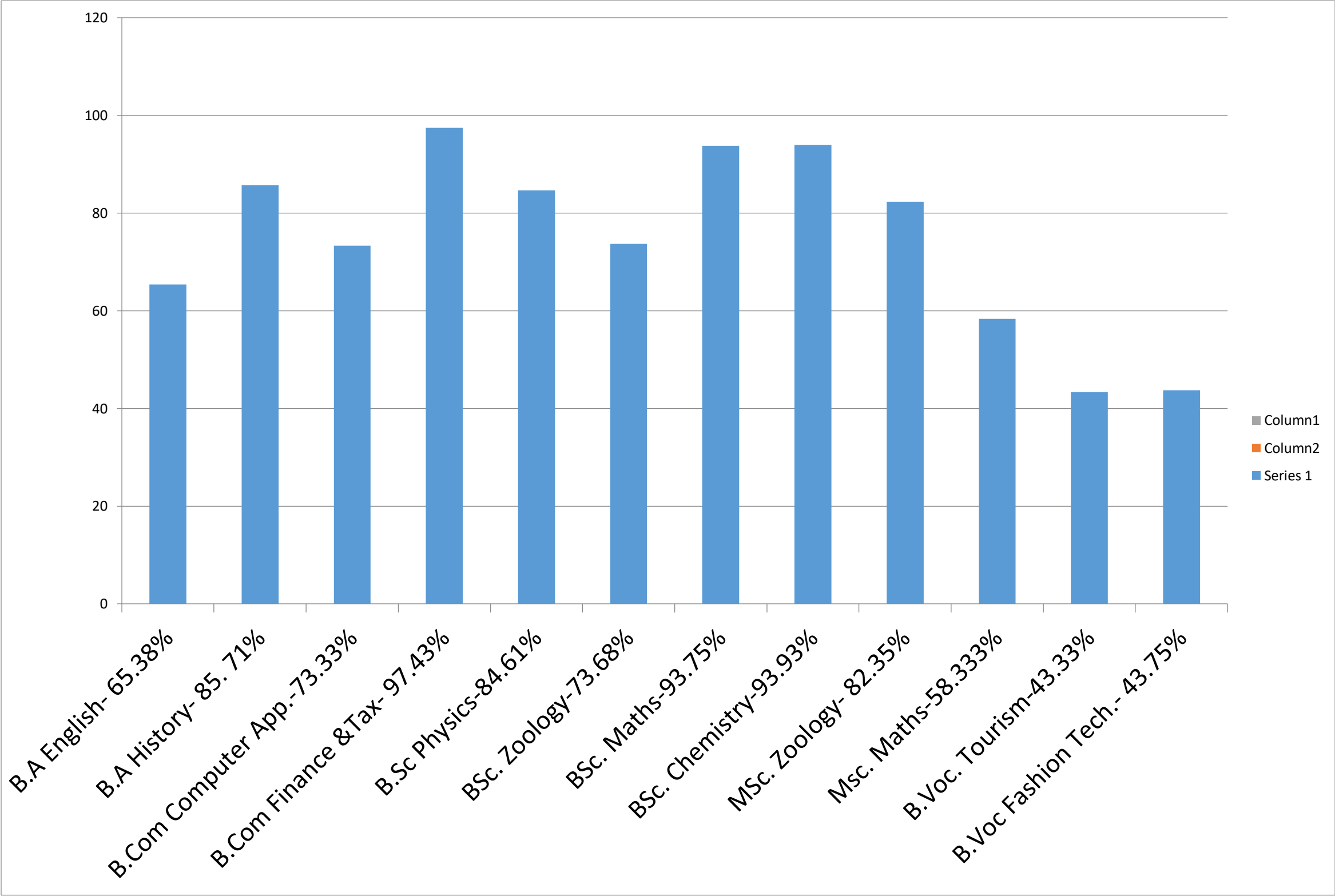
The College Cricket team won the Runner up position in the M G University inter collegiate Cricket Tournament 2022-23.

Gauri Sudhakaran of I B.Sc. Zoology won the Miss Kerala Women Physique title 2023.



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PASS PERCENTAGE



STAFF DETAILS



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SL NO	DETAILS OF STAFF	NO. OF STAFFS
1	Teaching staff (Aided stream)	27
2	Teaching staff (Self Financing stream)	15
3	Guest Faculty	13
4	Non-Teaching staff	9
5	Management staff	19
Total		83

RETIREMENT

SL NO	NAME OF THE STAFF	DATE OF RETIREMENT
1	Dr. Biju Jacob Thomas, Associate Professor of Zoology	31 March 2023
2	Mr. George Varghese, Library Assistant	31 January 2023

NEW APPOINTMENTS



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Ms. Miseriya Majeed, Assistant Professor of Mathematics

Ms. Seira Susan Prasad, Assistant Professor of Mathematics

Ms. Jismy Varghese, Assistant Professor of Mathematics

Ms. Manju Varghese, Assistant Professor of Mathematics

Dr. Rinu Elizabeth Philip, Assistant Professor of Hindi

Dr. Jijo Jayaraj, Assistant Professor of History

Mr. Jiju Johny, Assistant Professor of Malayalam



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INTERNAL QUALITY ASSURANCE CELL

Dr. Anupama P, Assistant Professor & Head, Department of Physics served as the coordinator and Dr. Minu Susan Koshy, Assistant Professor, Department of English served as the secretary. The IQAC plays a major role in the overall development of the College by initiating academic and extra-curricular activities of benefit to the students as well as the local community. This year the Cell focused on the overall development of the College as well as its preparedness for assessment. This year, the IQAC has been actively involved in preparing the Self-Study Report (SSR) for NAAC assessment. As part of this, various orientation sessions and workshops were held for the teachers. External audits were held with auditors being invited from prestigious institutes. Dr. Sony Kuriakose Assistant Professor, Nirmala College Muvattupuzha and Mr. N.K.Nikhil , Assistant Professor, Rajagiri college of social sciences visited the college for academic audits. The IQAC organized several programmes for the professional development of the teaching staff. An Orientation program on staff was organised by IQAC on the topics Spirituality and Competency of Teaching and Witness to Society on 28 June 2022. Rev. Alexander Thomas and Mr. Jose Mazhuvancherry were the resource persons. IQAC Organised a faculty development program on Quality Initiatives in Higher Education Institution and SSR preparation on 21 July 2022 .Rev. Dr. Gigi Thomas, Dean of studies, Mar ivanios college Trivandrum was the resource person. A session on Outcome-Based Education was held on 14 September 2022 with Mr.Deepak Babu, Assistant Professor, Rajagiri college of social science as the resource person so as to provide expert guidance to faculty members in outcome mapping and grading. IQAC also organised a workshop on



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professional reporting on 9 November 2022 with Mr.N.K.Nikhil as resource person. A two day workshop on Educational and Healthy Living was also organised on 23 and 24 February 2023. More than 40 seminars and workshops were conducted by various departments and clubs in association with the IQAC. The Cell also ensured the active functioning of the Institution's Innovation Council (IIC), Innovation and Entrepreneurship Development Cell and other clubs for the development of a spirit of innovation. The College also participated in NIRF and ARIIA rankings. The IQAC took initiative in the launch and work of the Unnat Bharat Abhiyan Scheme in the College. An orientation programme titled 'Samvardhana', was conducted for first year students by the IQAC in order to acquaint them with the activities of the various clubs and cells in the institution. Besides, various programmes and orientation sessions were organized to train students in basic life skills and to provide them guidance in career development which includes Certificate, Diploma programs, Enrichment programs, Capacity building programs . The sub-committees of the IQAC, namely SHAKTI for the monitoring the quality initiatives, VEEKSHAN for collecting and analyzing feedback, LAKSHYA for resource mobilisation and supervision of e-facilities and The Voice for grievance redressal function actively in the college. The IQAC monitors the activities of all the clubs and cells in the College and ensures that quality initiatives are undertaken. The IQAC remains committed to working for the overall progress of the College, contributing proactively to all facets of its development.



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NATIONAL SERVICE SCHEME (NSS)

SL. No	PROGRAMMES	ABOUT
1	Environment day celebrations	The NSS Unit and IQAC of the college organized Environmental Day celebrations on June 6 and 7, 2022. Tree saplings were collected from the Forest Department. Trees were planted at KSRTC Depot, Perumbavoor on 06 June 2022 at 10.00 a. m.
2	Menstrual cup awareness	The programme was organized by the Ministry of Health and Family Welfare in association with HLL Management Academy (HMA), HLL Lifecare Limited, on 9th June 2022 at 1.30 PM
3	Women self-defence training workshop	In association with Ernakulam Rural Police, organized Women Self Defense Training Workshop on 14 June 2022 at 1.30 PM. Senior civil police officers from Aluva, Mrs. Rosa K. O, Mrs. Ambili M. M. and Mrs. Biji K. N., led the session. 150 students participated in this training workshop
4	Vayojaka chooshana viruda dhinam	Observed 15 June 2022 at 10.30 AM as Vayojaka Chooshana Virudha Dhinam and took a pledge.
5	Lahari Virudha dhinam	Took a pledge on 16 June 2022 at 10.30 A.M. as part of observing International Day for Drug Abuse and Illicit



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		Trafficking. 40 NSS volunteers participated in this pledge
6	International Yoga day	In association with NCC Unit and Department of Physical Education, celebrated Yoga Day on 21 June 2022 at 10.30 A.M. 154 students participated in this programme. Yoga awareness campaigning was conducted by NSS volunteers on 23 June 2022. 6 NSS Volunteers participated in this programme
7	Flash mob on drug abuse	In association with the NCC Unit and Department of Police conducted a flash mob and a street play on 24 June 2022 at 8.45 A.M. in Gandhi Square, Perumbavoor, to create awareness against drug abuse. 15 NSS Volunteers participated in this programme
8	Quiz competition	Conducted an online quiz competition on 26 June 2022 at 4.00 P.M. in connection with the observance of International Day Against Drug Abuse and Illicit Trafficking.
9	Blood donation camp	In association with the NCC Unit, YRC, and the Department of Zoology conducted blood donation camp on 1 July 2022 at 10.00 A.M.
10	Butterfly garden inauguration	NSS Unit No. 57 and the Department of Zoology in collaboration with the Social Forestry Division Kerala Forests & Wildlife Department, in connection with the Vanamahotsav 2022 jointly organized the Butterfly Garden Inauguration on 1 July 2022 at 10.45 A.M.



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11 Seminar	NSS Unit No. 57 and the Department of Zoology in collaboration with the Social Forestry Division Kerala Forests & Wildlife Department in connection with the Vanamahotsav 2022 jointly organized seminar on “Forests and Wildlife” to create environmental consciousness on 1 July 2022 at 11.30 A.M.
12 Tree plantation	Trees were planted at the side of the college auditorium by NSS volunteers on 27 July 2022.
13 Hiroshima day	Conducted Samathana Yathra on 8 August 2022 at 10.30 A.M. A meeting regarding Hiroshima day was also conducted on that day. 60 NSS volunteers participated in this programme.
14 Digital exhibition	In association with the NCC Unit commemorates Partition Horror Remembrance Day as per the instructions of the University Grants Commission and conducted Digital Exhibition on 12 August 2022 at 12.30 P.M.
15 Wall painting	NSS Unit No.57 participated in wall painting as part of Azadhi Ka Amrit Mahotsav
16 Flag distribution	Distributed flags as part of HAR GHAR TIRANGA. 5 NSS volunteers participated in this
17 Independence Day celebration	Celebrated 75th Independence Day on 5 June 2022. All NSS volunteers stood in the shape of India and 75 and took photos. At the time of the flag hoisting, 75 NSS



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		volunteers sang Vande Mataram. After Flag hoisting, cultural programmes were conducted.
18	Organ donation day	Conducted organ donation day campaigning on 16 August 2022.
19	Old age home visit	Visited Abhaya Bhavan, Koovappady on 31 August 2022 at 10.00 A.M. 4 NSS volunteers participated in this.
20	Lahari vimuktha keralam	Nss volunteers has attended the seminar organised by Ernakulam Rural Jilla Police, Perumbavoor sub division at Vyapara Bhavan, Perumbavoor
21	Awareness class on drug abuse	NSS Unit No.57, NCC Unit, YRC and Women's Cell, in association with IQAC and Dream Kochi, organised an Awareness Class on Drug Abuse on 22 September 2022.
22	NSS day at tripunithura	The NSS volunteers has attended the programme organised by the Govt. College Thrippunithura as part of NSS Day celebration on 24th September 2022
23	NSS Volunteer Secretary Camp	NSS Volunteer secretaries has attended the camp conducted at Newman College Thodupuzha on 23&24th September 2022
24	Menstrual cup distribution	As part of the awareness class conducted on 9th June 2022, menstrual cups were ordered. This opportunity was given to the whole college and all the students and teaching and non-teaching staff participated in it.
25	Bethlehem Abhaya Bhavan-Koovappady:	Celebrated NSS Day with the people of Bethlehem, Abhaya Bhavan, Koovappady. We have collected some food items for them from our college through a programme called "Karunardhram." As part of this



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		programme, boxes were kept in front of the college and the students were requested to put food items in them.
26	International Sign Day	In association with the Department of English organises “Why Sign Language Matters” on 30 th September 2022.
27	Gandhi Jayanthi	NSS Unit No.57 wishes Gandhi Jayanthi
28	Anti-Drug Awareness Campaign	In association with NCC, YRC, and Lahari Vimukthi Club organised Anti -Drug Awareness Campaign on 11 October 2022.
29	Awareness Campaigning on “Say No To Drugs”	Conducted awareness campaign on 11 October 2022
30	Quiz Competition (Anti Drug Campaign)	Conducted Quiz programme on 11 October 2022
31	World Mental Health Day	Conducted “Are You Okay” an interactive session as part of World Mental Health Day on 12 <i>October</i> 2022.
32	Preparing Young Volunteers For Activities Against Drugs:-	NSS Unit No .57, NCC Unit, YRC and Lahari Vimukthi Club in association with Punarjani De-addiction clinic, Govt. Homeo Hospital Muvattupuzha and the Department of Ayush Homeopathy jointly organised a training on “Preparing Young Volunteers for Activities Against Drugs” on 13 October 2022.



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33	Anti-drug pledge	Take a pledge on 19 October 2022
34	Pothichoru	NSS Volunteers distributed pothichoru for the needy people in and around Perumbavoor town.
35	Kerala piravi rally	In association with Perumbavoor Municipality has organised a rally on 1st November 2022.
36	INDUCTION PROGRAMME :2	Conducted career guidance and confidence building in association with Rexona Confidence Academy.
37	Mini-camp “unarvu”	Conducted Mini Camp “Unarvu” from 25 November 2022 to 27 November 2022.
38	Survey	A Survey was conducted on adopted village on 24 November 2022.
39	World aids day equalise	On 5th December 2022, NSS Unit No.57 has conducted an awareness class in association with Nehru Yuva Kendra Ernakulam & District Aids Control Council.



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40	Two days training workshop on CPR	NSS Unit no.57, Health Club, YRC & IQAC in association with SB Global Education Private Limited, organised two day training workshop on CPR on 6th&7th December 2022.
41	Energy conservation rally	Department of Physics & NSS Unit No.57, in collaboration with OORJA KIRAN 2022-2023, Perumbavoor NIYOJAGA MANDALAM (Ernakulam Jilla), organized an Energy Conservation Rally on December 15, 2022, and collected signs from all participants.
42	Road safety	An interactive session on road safety was organized by NSS Unit No. 57 on December 19, 2022. The session was led by Pink Police Perumbavoor.
43	Republic day	The 74th Republic Day was celebrated with all its solemnity and grandeur at Mar Thoma College for Women on 26 January 2023. The ceremony started with the NSS song. The principal of the college, Dr. Sujo Mary Varghese, took the salute and unfurled the National Flag of India. After the flag was hoisted, the principal gave a speech on the current situation in India and how we can reduce the unrest by being responsible citizens. After the speech, NCC Programme Officer Lt.Dr. Sangeetha Rachiel Koruth said a few facts about Republic Day and invited NCC Cadets to the NCC parade. After the parade, NSS volunteers sang patriotic songs. The whole college joined the singers, and the surroundings reverberated with the song.



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44	Flash mob	NSS volunteers conducted a flash mob as part of the Republic Day celebrations on the college campus on February 7, 2023
45	Dress donation	On March 1, 2023, NSS Unit No. 57 of Mar Thoma College, Perumbavoor, with the help of all the NSS volunteers, collected and donated dresses to the members of Balika Mandiram, Asramam, Perumbavoor
46	Free eye camp and awareness class	<p>Conducted a free Eye Checkup Camp for the whole college on March 8, 2023. An awareness lecture on Glaucoma was delivered by Dr.Liji Susan Thomas (Taluk Hospital Perumbavoor). Smt. Glini S. delivered an enlightening message on the topic "Women and Eyecare." All the teachers, students, and non-teaching staff of the college actively participated in the programme.</p> <p>Apart from all these activities, all the NSS volunteers of the college actively participated in the weekly NSS activities like cleaning the college, cleaning the butterfly garden, and manuring and watering tapioca plants</p>

NATIONAL CADET CORPS (NCC)



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SL NO.	NAME OF THE PROGRAMME	ABOUT
1	International Yoga Day	On 21 June 2022, NCC unit of the college began its official activities by celebrating 8th International Yoga Day. A yoga training session was conducted in which all cadets participated with great enthusiasm. Three resource persons came from Patanjali Yoga Training and Research Centre (PYTRC). They explained about the benefits and importance of yoga in our day to day life. The cadets took initiative to perform yoga dance and to arrange competitions like plank challenge and yoga posture photo contest. Many NCC cadets and students from the college participated in the plank challenge .This challenge helped to instill in them the spirit of sportsmanship.
2	International day Against Drug Abuse and Illicit Trafficking	On 24 June 2022, to commemorate the International day against drug abuse and illicit



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		<p>trafficking, NCC cadets in association with the Department of Police demonstrated a nukkat natak (street play) at new private bus stand Perumbavoor. It is believed that the efforts of NCC cadets were able to create awareness about the ill effects of using drugs.</p>
3	Piping Ceremony	<p>On 13 June 2022, NCC unit of the college organised piping ceremony. The new office bearers are as follows;</p> <p>SUO Lakshmi Sankar Laiju,UO Daya Das P.K,CSM Gadha G Kartha,CQMS Amudha Alias ,SGT Lakshmi Sasidharan,SGT Niranjana B Nair,CPL Abhirami Prakash,CPL Abhisree Prakash,CPL Safiya T.S,CPL Binciya Mujeeb,LCPL Divya Sivan,LCPL Manju Mani,LCPL R Anjalikrishna,LCPL Aleena Paul,LCPL Aleena Alex,LCPL Navya Sreedharan</p>



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4	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.
5	Kargil Vijay Diwas Commemoration	On 26 July, to celebrate the victory of the Indian Armed Forces in Operation Vijay, NCC cadets of the college performed a theme dance showcasing the victorious war of Kargil. They paid a tribute to the martyrs and brave heroes of the war on this very day. The cadets portrayed the life of soldiers, the hardships they faced and also about their enormous contributions for the country.
6	Nagasaki Day	To observe Nagasaki Day on 09 August 2022, cadets created a video presentation. They also made Sadako bird which symbolises honour, good fortune, loyalty and longevity.



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7	Partition Horrors Remembrance Day	On 12 August 2022, to commemorate the Partition Horrors Remembrance Day the NCC cadets along with the NSS unit presented a video which depicted the victims and the sufferings of people during the partition of India. It was a way to remind the trauma, struggles and sacrifices of our citizens during the period of partition.
8	Independence Day	On 15 August, the NCC unit celebrated the 75 th Independence Day, NCC cadets of the college participated in the flag hoisting ceremony held in the college. They demonstrated NCC parade and also sang national anthem and NCC song. Cadets were also engaged in poster and video making .The NCC unit of the college conducted a national webinar on the topic " 75 th year of Independence of India and its relevance".Resource person Lt. Cdr. Ashwanth P (Redt) Indian Navy spoke about his



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		experiences as a Naval officer and also explained about the role NCC has played in his life to mould him into a great officer
9	Awareness Class on drugs	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. Shibin Shaji 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 an awareness against the ill effects of using drugs.
10	Gandhi Jayanti	On 02 October, NCC unit of the college celebrated Gandhi Jayanti. The cadets



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		organised a poster making competition on the theme "Gandhi and Freedom Struggle".
11	Freedom Memorial	As a part of Azadi Ka Amrit Mahotsav, the NCC Unit of the college built a freedom memorial in memory of all the freedom struggle martyrs. It was inaugurated by honoured MLA Mr. Eldhose Kunnappilly on 10 th October. The freedom memorial stands as a symbol which amplifies the hardships that many faced during the freedom struggle. It is sure to provide a sense of nationality and patriotism in the minds of cadets.
12	Freedom Art Museum	On 10 th October NCC Unit of the college created a freedom art museum which was inaugurated by respected MLA Mr. Eldhose Kunnappilly. Cadets through their hardwork and unity were able to give their best through this work. They were able to create many



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		models such as war tanks, war ships, fighter planes, canon ,freedom fighters collage, charka etc.
13	Anti-Drug Campaign	On 10 October, NCC Unit of the college in association with NSS organised an anti-drug campaign 'VIMUKTHI' .Respected MLA Mr. Eldhose Kunnappilly 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.
14	Make a Reel Contest	On 19 October 2022, NCC unit of the college in association with Dream Kochi organised a flashmob on the theme of drug abuse. The cadets through this were able to portray the issues a drug addict could face. Mr. Shibu Shaji Varghese, district coordinator of Dream Kochi also inaugurated their new initiative 'MAKE A REEL CONTEST' in the presence



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		of ANO Lt. Dr. Sangeetha Rachel Koruth. He asked the students and teachers of the college to actively participate in the contest thus spreading awareness on drug abuse.
15	Enrolment	On 14 October 2022, official selection of first year cadets were held in the presence of Associate NCC Officer Lt. Dr. Sangeetha Rachel Koruth and Senior Under Officer Lakshmi Sankar Laiju. Total of 25 students were selected to the NCC unit of the college.
16	Street Play	On 20 October 2022, NCC unit of the college organised a street play and flash mob to spread the message against drug abuse among migrant labourers in Perumbavoor town. The cadets performed the play on Bhai Bazaar and Plywood factory. The cadets were able to give awareness about the harmful effects of using drugs. All the cadets and migrant labourers



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		pledged that they won't encourage the use of drugs.
17	Day At Sea	As a part of Navy day and NCC day celebrations on 27 November 2022, UO Daya Das P.K, CSM Gadha G Kartha and CQMS Amudha Alias got an opportunity to sail onboard on INS SUJATHA on 21 November 2022. The cadets were able to be a part of various seamanship evolutions. The day at sea was aimed at familiarising the cadets with life onboard ship and motivate them to join Indian Armed Forces.
18	Survey	As a part of Unnat Bharat Abhiyan on 25 November 2022, NCC cadets of the college conducted a survey at Ashamannur Grampanchayat. The survey aimed at understanding the needs of people in the village. Cadets covered a total of 150 houses from 14 wards. Necessities of the villagers



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		such as street lights and water scarcity were reported to the officials.
19	NCC Day	On 27 November 2022, to celebrate the 74 th NCC Day, the NCC unit of the college visited Government U.P School Aimury. Seminars on 'First Aid' and 'Joining NCC and Armed Forces' were conducted. The NCC unit of the college with the aid of other college staff and students were able to provide 50 steel plates and sports items to the students. The visit of NCC cadets served as an inspiration to the students of the school to join NCC and to get awareness on many aspects of joining Defence forces.
20	World AIDS Day	On 1 December 2022, NCC unit of the college organised a flash mob along with NGO Rajagiri to create an awareness on aids among the migrant labourers of Perumbavoor. The cadets depicted how the diseased are isolated from the society and asked them not to do so.



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		Cadets were able to make them understand the need of supporting the diseased.
21	CATC 2022(Combined Annual Training Camp)	CATC camp at Mar Thoma College for Women, Perumbavoor was held from 23 December to 30 December 2022. It was conducted under the aegis of 22(K) Battalion, Eloor. Approximately 556 students from various colleges and schools participated in the camp.Lt. Col. Vikrant Adhikari served as the Camp Commandant, Major S Sreenivasan served as the Camp Adjutant and Lt. Dr. Lisha P, Lt. Dr. Sangeetha Rachel Koruth, Lt. Akhil, Lt. Vinumon served as the Camp Instruction Officers.Three seminars were conducted during the camp: 'Interactive session with NCC cadets on drug abuse' by Ebrahim K.S (Preventive Officer, Excise Division Officer, Ernakulam), Motivational Class by Col. Padmanabhan(Former Commanding Officer,22 (K) Battalion,NCC and Kargil War Veteran) and Motivational Class by Mr. Vivek



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		<p>Kumar IPS .Cultural programmes were conducted during the camp which enhanced the confidence level of cadets. These activities help to foster the team spirit and a sense of responsibility among the cadets. The camp was aimed at giving basic training in arms to the cadets and also to inbuild in them the qualities of integrity, punctuality, discipline as well as for their physical and mental development. The camp helped in providing practical knowledge in various fields such as obstacle training, drill and weapon training. The camp also helped in motivating the cadets to join the armed forces.</p>
22	Republic Day	<p>On 26 January 2023, NCC unit of the College celebrated Republic Day. The day began with the unfurling of the national flag by Principal Dr. Sujo Mary Varghese, followed by the republic day message by ANO Lt. Dr. Sangeetha Rachel Koruth. Cadets demonstrated guard of honour, formation parade and sang ncc song and national anthem.</p>



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INSTITUTION INNOVATION COUNCIL

Institution's Innovation Council (IIC) of Mar Thoma College for Women, Perumbavoor was established in the academic year 2020-2021 and got a 3-star rating for the activities in that year. For the academic year 2021-2022 our IIC got 3.5-star rating out of 5.

Activities completed for IIC 4.0 from June to August 2023

- **Session on Innovation Prototype Validation and Converting Innovation into a Start-up.**

As an activity of the Mentor-Mentee scheme, our Mentor institute St. Xavier's College, Aluva arranged a session on Start-ups on 18 June 2022.

- **Session on Intellectual Property Rights**

A workshop on Intellectual Property Rights and IP management for star up was arranged online on 24 July 2022. Dr. Rajani Jacob, Asst. Professor in Physics from Mar Thoma College for Women, Perumbavoor led the session.

- **Session on How to plan for a start up**

A session on 'How To Plan For A Start Up: Legal And Ethical Steps' was arranged online on 26 July 2022. Ms. Serene Anna Sam, Asst. Professor in Commerce, from Mar Thoma College for Women, led the session.



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- **Talk on Opportunities for Early Stage Entrepreneurs**

A talk on accelerators/incubation-opportunities for student and faculties-early stage entrepreneurs has been arranged on 15-08-2022. Resource Person was Dr. Vinod V, Asst. Professor, Dept. of History.

- **Talk on Angel Investors**

A talk on Angel Investors and funding opportunities for early stage entrepreneurs has been arranged on 18-08-2022. Resource Person was Dr. Melvi Chandy, Asst. Professor, Dept. of Physics.

- **Entrepreneurship Day Talk**

As part of Entrepreneurship Day Celebration-2022 a workshop has been arranged to our students on making custom gifts, on 29-08-2022. Resource Person was Ms. Fidha Afrin, Alumna of Department of English.

Impact Lecture Session

Ministry of Education's Innovation Cell (MIC) sanctioned our proposal to conduct Impact Lecture Session. Two lectures were organized through online mode as part of Impact Lecture Session-1, on 25 June 2022 at 5.00 pm, with the funding assistance of MIC. Ms. Soniya John Markose, Assistant Professor & HoD, Department of Communicative English, St. Xavier's College for Women, Aluva, was the resource person for lecture- 1 on the topic 'Innovation, Startups and Entrepreneurship'. Mr. Ajay Basil Varghese, Assistant Professor and Nodal Officer of TBI & IEDC, Adi Shankara Institute of



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Engineering and Technology, Kalady, served as the resource person for the lecture-2 on the topic 'Innovation to entrepreneurship journey'. 295 students registered for the session.

Mentor- Mentee Scheme

Our college was selected as a Mentee Institute by St. Xaviers College, Aluva under the Mentor- Mentee scheme of MIC and two IIC calendar activities were organized by the mentor institute for IIC 4.0 during May-June 2023. Dr. Rajani Jacob and Dr. Melvi Chandy attended the I&E Exposure Visit cum Training Programme, organised by IIC, St. Xavier's College for Women, Aluva on 16 - 17 May 2022.

Activities completed for IIC 5.0 from August to March 2023

- Celebrated Innovation Day, Education Day and National Science Day by conducting competitions and exhibitions in association with other departments.
- Conducted My Story Motivational Sessions and workshops in association with other departments.
- Participated in MIC driven activities.

Achievements

- . Three faculty members (Dr. Anupama P., Ms. Reemy Sara Mathai and Dr. Rajani Jacob) attended **IIC regional Meet** at Kochi on 06 August 2022 and participated in poster presentation.
- . 9 Faculty members (Dr. Anupama P., Ms. Sherin T Abraham, Ms. Reemy Sara Mathai, Dr. Vinod V., Ms. Serene Anna Sam, Dr. Paulose Thomas, Dr. Melvi Chandy, Mr. Jibin



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Shibu Sam and Dr. Rajani Jacob) completed Innovation Ambassador Training-Advanced Level.

CAREER GUIDANCE CELL

Unnat Bharat Abhiyan (UBA)

The programme is an initiative under the Ministry of Education (MoE) and is inspired by the Gandhian vision of self-sufficient ‘village republics’, based on local resources and using decentralised, eco-friendly technologies so that the basic needs of food, clothing, shelter, sanitation, health care, energy, livelihood, transportation, and education are locally met. The initiative enables higher educational institutions to work with the people of rural India in identifying development challenges and evolving appropriate solutions for accelerating sustainable growth. The following villages have been identified and approved by the District Collector under the scheme for our College: Aimury, Asamannoor, Koovappady, Kodanad and Perumbavoor. Survey has been conducted in the villages. Various initiatives are planned to be conducted here. Ms. Preethi Sara Joseph, Assistant Professor in English, serves as the coordinator of the Unnat Bharat Abhiyan programme.

Mahatma Gandhi National Council Of Rural Education (MGNCRE)



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MGNCRE is an initiative of the Ministry of Human Resource Development, Government of India, to promote the development of rural India through the intervention of Higher Education. It contributes towards the development of the Campus and related areas under the heads of Greenery, Water Management, Waste Management, Energy Management, Sanitation and Hygiene. Ms. Preethi Sara Joseph, Assistant Professor in English, serves as the coordinator of the Mahatma Gandhi National Council of Rural Education programme

Ek Bharat Shreshtha Bharat (EBSB)

An initiative of the Ministry of Education, EBSB is a scheme to celebrate the cultural diversity of our country through mutual interaction between people of different States and UTs. Every State and UT in the country is paired with another State/UT of the country for a time period, during which they would carry out a structured engagement with one another in the spheres of language, literature, cuisine, festivals, cultural events, tourism etc. Kerala has been paired with Himachal Pradesh. EBSB in collaboration with the NSS Units of the College, painted the Freedom Wall in connection with the Azadi Ka Amrit Mahotsav. Competitions were also conducted in connection with Rashtriya Ekta Diwas. Ms. Preethi Sara Joseph, Assistant Professor in English, serves as the coordinator of the Ek Bharat Shreshtha Bharat programme

All India Association for Christian Higher Education (AIACHE)



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The All India Association for Christian Higher Education (AIACHE) is a professional Association of more than five hundred Christian higher education institutions in India. It stands for character formation, value inculcation and co-operative skill training for a better altruistic society. Founded in 1967, AIACHE is a voluntary organisation registered under the Societies Registration Act (1860). Several of our faculty members have also become integral part of the AIACHE-AsiaNetwork, a collaboration of researchers and academicians of related fields from across the world. Ms. Preethi Sara Joseph, Assistant Professor in English, serves as the coordinator of the All India Association for Christian Higher Education programme

ALUMINI ASSOCIATION

The Alumni Association meeting for the academic year 2022-23 was held on 26th January 2023. Around 60 members from various departments - teachers and non-teaching staff - of the college were present at the meeting. The function began at around 11 am with a prayer song. Ms. Bincy CJ, Secretary of the Alumni Association, delivered the Welcome Speech and presented the minutes of the previous alumni meeting, held on 26th January 2022. Principal Dr. Sujo Mary Varghese gave the principal's message and expressed her happiness and joy in meeting the alumni and students. In her speech the



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principal paid homage to our former principal Dr. Aleyamma Saji Varghese who left for her heavenly abode in August 18, 2022 and our retired lab assistant Mr. Jacob Mathew whose death on the 24th January came as a shock to all of us. The gathering paid silent tribute to the departed souls by observing two minute silence.

Dr. Sheena Kaimal N. (Principal in charge, SSV college, Airapuram) who is an alumna, was the chief guest for the meeting. She shared her beautiful memories about the college. She also shared her mental attachment with her favourite teacher, Dr. Latha Prem, whom was also there at the meeting. Through her words. She expressed that how deeply a teacher can support her students in the painful moments life. According to her, the ability to Love is the power of every person and her love towards the college is endless. She said that the support of her teachers and the training she obtained during her college days made her capable of facing the challenges in the life and also gave the knowledge and opportunity to coordinate events. After keynote address the meeting was officially inaugurated by lighting the lamp.

MG University rank holders from various departments like History, zoology, English, Physics, B Voc. Fashion Technology and merchandising, Renewable energy, Technology and management and class toppers from the Departments of B.Com, chemistry. B.Sc Zoology & Maths were honoured by presenting mementos. The retiring staffs, Dr. Biju Jacob Thomas, Associate Professor, Dept of Zoology), Mr. George Varghese (Reji Chettan, Library Assistant) were also honoured by the chief Guest. Then



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Mr. George Varghese and Kum Akhilendu T. Anil expressed their happiness and gratitude towards the love and honour given by the alumnae.

After the formal sessions, the alumnae member Mrs. Prathibha V.R. (senior Accountant, D.D. office) felicitated the meeting and shared her beautiful memories about the college during her pre degree period. She also suggested that awaking others about our college and college facilities is the most important thing that an alumna can do for our college. The retired teachers from various departments, Dr. Latha Prem Kumari B (Dept of English), Dr. Lisy Cherian (Dept of Mathematics), Dr. Biju Thomas Mathew (Dept of Commerce) felicitated the meeting and shared their beautiful memories with their Students and college. One of our alumni Ms Archana K J. who regularly attend our meeting, also shared her beautiful memories with the teachers and friends during her predegree and degree periods. The alumni meet was made colourful by the wonderful dance performance by. Ms. Sivapriya (Guest Lecturer, Dept. of History) and Ms. Ankitha Ayyappan (Alumna, Dept of Zoology). Ms. Vidya S (3rd BA History) and Ms. Athira C (Alumna Dept of Zoology) entertained the meeting with cultural programmes.

After the interactive session, the alumni executive committee members for the academic year 2023-2024 was elected and as per the discussions and nominations, the Following Alumnae were elected to the executive committee



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- **Secretary - Anju Jose (Bsc Mathematics 2014-17),(Ph-8593802443)**
- **Treasurer - Dr.Vinod V (Ph -7012140532)**

Executive Members :

- **Fathima P A (B.sc Mathematics 2014-17)(Ph -9495066183)**
- **Anju ajith (B.com 2014-17) (Ph-9946564493)**
- **Beema Sainudhen(B.com 2014-17)(Ph - 9656923172)**
- **Anuradha K (B.com 2015-18)(Ph-7025218443)**
- **T J Vishnupriya (B.com 2015-18)(Ph -9072978734)**

Only because of the support from our executive committee members and staff coordinators, the meeting was conducted smoothly. The helping hand behind the whole function include Dr.Vinod V , the staff coordinator and all other executive committee members. A special mentioning is needed about the meeting moderator Mr.Gismon Thomas (Faculty Dept of History) for his lively presentation. The meeting came to an end by 1:00 pm and Dr.Vinod V (Faculty in charge of Alumni Association) delivered the vote of thanks

LACOSTE- RUBILEE JUBILIEE CELEBRATION ON 4 MARCH 2023



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The 40th Ruby Jubilee of the institution was commemorated and celebrated under the guidance and presence of all the patrons and well-wishers of the institution in the college auditorium on 4 March 2023. The occasion was entitled as “Lacoste” signifying “something impressive or excellent”. As the title suggests the celebration was undoubtedly rendered impressive by the manifestation of eclectic feats, unleashing of talents and significant coordination of the Principal, the convenors and subcommittee members of the programme. Lt.Dr. Sangeetha Rachel Koruth and Ms.Supriya Susan Kurian served as convenors under the constant supervision of the Principal Dr Sujo Mary Varghese and Mr. Kuruvilla P.K (College Treasurer). The jubilant event was inaugurated by the Manager of the institution Rt. Rev. Dr. Joseph Mar Barnabas Suffragan Metropolitan. The felicitation speeches were rendered by the patrons of the institution- ShriBiju John Jacob (Municipal Chairman, Perumbavoor Municipality), Mr.KuruvilaP.K(College Treasurer), Rev.Daniel Mathew (College Chaplain), Mrs. Annie Martin (Ward Councillor), Dr.LisyCherian (Former Principal and Governing Council Member) and Mr.Nibu C Y (P.T.A Vice President).

The occasion also witnessed the inception of the Fashion Forum of the college. The Forum was inaugurated by two pronounced personalities namely Mr Jude Anthany Joseph, a renowned film director, screenwriter and actor of the Malayalam film industry and Dr.LekhaSreenivas, Associate Professor in Fashion Technology, St. Teresa’s College, Kochi. The celebration also captured a pageant of fashion designs- “Fashion Carnival” organised by the Department of Fashion Technology and Merchandising of the college



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under the guidance of Ms.Sony T James. The Carnival aided to identify the best model with elegance and attitude-“Miss Eleganza”, won by Ms.BincyVarghesesof B.com Finance and Tax; and the “Best Designer” of the college, won by Ms. Maria Sajan of B.Voc Fashion Technology. The programme was furthermore ornamented with the graceful whirls and twirls of the much-celebrated “Arrow Dance Company” who were the first runner up winners of “D4 Dance 2017” (MazhavilManorama) .The celebration of the event culminated with the metrical cadence of the water drums played by “Beatz Garage.”The celebration was a milestone event of the institution with the varied mind blowing exhibition of students’ histrionic, dance and designing skills at the Fashion Carnival, the esteemed presence of noted dignitaries;the wholehearted participation of the students, teaching, nonteaching and retired staff; and the voluminous presence of the alumni of the college.

24th VERY REVERENED A.A PYLEE MEMORIAL LECTURE

The 24th Very Rev. A.A Pylee memorial lecture was conducted by the Department of History and Archaeology on 20th March 2023 at the College Auditorium under the



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presidentship of Abraham Mathew Achan, Director, Marthoma Guidance Centre, Ernakulam. The memorial lecture was led by Dr. S S Lal, former UN technical officer, World Health Organization on the topic “Women and International Career Opportunities”. The meeting was attended by principal Dr. Sujo MaryVargheese, Dr. Vinod V, Head, Department of History, Mr. P K Kuruvilla, Treasurer and Eji Mathew, Member, Amat family. The students and staff of the college had active interaction with the resource person.

OTHER ACTIVITIES

SL NO.	ACTIVITIES	ABOUT
1	Health Club	<p>The Faculty-in-charge of the Health Club for the current year was Dr. Biju Jacob Thomas. Ms. Sumayya E.A of 3rd BSc. Zoology served as the Health Club Secretary.</p> <p>. In connection with the World Bicycle Day Observance, a cycle slow race competition was arranged, in which Afina of B.Com CA bagged first prize.</p>



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- A blood donation awareness campaign was conducted in last week of June, which was followed by the Blood donation camp in July 1 which was organized in collaboration with the YRC and IMA, Aluva. 49 pint of blood was donated.
- In collaboration with the Social Forestry Wing of the Kerala Forests and Wildlife department, an Anti-drug Awareness rally was held on October 31, 2022.
- With the distribution of Iron tablets to staff and students, the Iron deficiency day was observed on Nov 29.
- A training workshop on CPR was organized in collaboration with the YRC and NSS on 6-7 Dec, 2022 in which 60 students participated.
- In Collaboration with the Government Taluk Hospital, the deworming pills were distributed to students below the age of 18yrs as part of deworming day observance on January 24, 2023



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- In collaboration with the Government Taluk Hospital, Perumbavoor, the Health club and YRC conducted various programs in connection with the Anemia Mukth Bharath initiative of the government. Poster competition, healthy snack making contest, quiz, exhibition and seminar was arranged on February 7, 2023

Mental Health Club

- The Faculty-in-charge of the Mental Health Club for the current year was Mrs. Reemy Sara Mathai. Ms. Fathima Shabana of 3rd BSc. Zoology served as the Mental Health Club Secretary.
- Trash-to-Art initiative of the department was started as part of this club. Students created several useful products including the butterfly garden arch from trash items. To provide opportunities for experiential and participatory learning as well as to rejuvenate the students, a night camp was organized in 21st Games were arranged for staff and students in connection with Christmas celebration.



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2	Morning Assembly	<p>Dr. Anupama P. IQAC Coordinator & Asst. Prof., Department of Physics served as the coordinator.</p> <p>Morning assembly is held on every Wednesday, except the first Wednesday of every month from 9.00 am to 9.30 am. Each department takes the initiative to celebrate national and international days of importance like Independence day, Republic day, International Womens day, National legal literacy day, World environment day, World students day, World health day etc. Students performed skit, dance, or song related to the theme of the days. To increase student participation interactive sessions were conducted by organizing quiz competitions based on the theme. Celebrating such days created awareness and promoted understanding about different cultures, traditions, and issues that affect our society. This also provided a platform for the students to showcase their talents and skills. Apart from the department-specific announcements, the principal and coordinator used to make common announcements related to the college activities, upcoming events, or any important news</p>
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		<p>related to the students. During the assembly prizes of the events held in the previous week were also distributed which will motivate students to actively participate in the future events as well.</p>
3	Lahari Vimukthi Club	<ul style="list-style-type: none"> Poster Designing Competition <p>A poster designing competition was held in association with Youth Red Cross on 23rd June 2022 as part of International Day against Drug Abuse and Illicit Trafficking. 12 students participated in the competition.</p> <p>First Prize: DevipriyaK.B II B.Com (Finance & Taxation)</p> <p>Second Prize: Anjana J III B.Voc Tourism & Hospitality Management</p> <p>Third Prize: GeethuK.R III B.Voc Tourism & Hospitality Management</p> Photography Competition <p>A photography competition was held in association with Youth Red Cross on the occasion of World Photography Day on 31 August 2022. The topic of the contest was</p>



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‘Reflections of Life’. The winners of the competition are: First Prize: Bincy Varghese III B.Com (F&T)

Second Prize: Fahima Shaji III B.Com (F&T)

- **Drugs Awareness Seminar**

A Drug awareness seminar was conducted in association with Perumbavoor Police Department and the Lahari Vimukthi Club of the college on 15th September 2022. The seminar was inaugurated by the Principal, Dr.Sujo Mary Varghese. SI Greeshma Chandran, ASI Reji Jose, and Civil Police Officer Subair M.P addressed the students. Physical trainers Mr. Shantanu and Ms. Gauri introduced the students to basic exercise postures to keep the body and mind relaxed as well as fit.

- **Drug Awareness Seminar**

2 student volunteers, Ms. Muthulekshmi Saravanan (II B.Com) and Ms. Salwa Salim (II Eng) and the faculty member in charge of the Lahari Vimukthi Club, Ms.Serene Anna Sam attended the drug awareness



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seminar organised by Ernakulam District Rural Police, Perumbavoor Subdivision on 17th September 2022 at Vyaparabhavan Perumbavoor. Perumbavoor Assistant Superintendent of Police, Mr Anuj Paliwal inaugurated the session. Dr. Shaji S, Chief Psychiatrist, Bethsada Hospital Perumbavoor was the resource person for the session. Child Welfare Committee (CWC) member, Smt Nyci, Koovapady SCDS Project Officer Smt Suhara attended the session.

- **Inaugural Ceremony Of Anti-Drug Campaign**

Chief Minister Sri Pinarayi Vijayan inaugurated the first phase of the state's wide ranging campaign against drug menace and substance abuse on 6th October 2022. The CM's inaugural speech was telecasted live through online media and it was shown to the students of the college.

- **Rally Against Drugs**

As part of the Kerala Government's anti drug campaign, a rally was organised by Lahari Vimukthi Club, NSS and NCC on 10 October 2022 to create awareness about drug



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abuse. More than 50 students participated in the rally. The rally organized to create awareness on the growing menace of drug-addiction among youngsters was flagged off by Advocate Eldhose Kunnappilly, MLA, Perumbavoor.

- **Quiz Competition**

Lahari Vimukthi Club in association with NSS organised a quiz competition on 11th October 2022. This Anti Drugs Themed Quiz contest to create awareness against the ill effects of drugs in the society.

- **Training Session For Students**

Lahari Vimukthi Club in association with NSS, NCC and Punarjani De-addiction Clinic, Govt Homeo Hospital Muvattupuzha organised a training session on 13th October 2022 on the topic 'Preparing young volunteers for activities against drugs'. The session was inaugurated by Mr. Mahesh Kumar M. Excise Inspector Perumbavoor. The resource person was Dr. K.R Harish Babu, CMO, GHD, Thrikkakkara. Ward Counsilar, Smt. Annie Martin felicitated the meeting.



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- **Pledge Against Drug Abuse**

The Lahari Vimukthi Club organised a pledge against drug abuse on 19th October 2022. The students were made aware of the need to abstain from drugs and substance use. The oath was read out by the Principal, Dr, Sujo Mary Varghese to all the students of the college.

- **Drug Awareness among Migrant Labourers**

A drug awareness campaign was organised in Perumbavoor by Lahari Vimukthi Club and NCC in association with the Labour Department, Excise Department and Rajagiri Outreach Project for the migrant labourers in the locality on 21st October 2022. The campaign was inaugurated by Perumbavoor Municipal Chairman , Sri. T.M Zakkir Hussain. The NCC cadets presented a street play and flashmob in the workplaces and camps of the labourers.

- **Cycle Rally And Cultural Rally**

A group consisting of students and one staff from the college participated in a Cycle rally organised by the



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Perumbavoor municipality as part of its anti drug campaign on 28.10.22. The rally started from Perumbavoor Boys Highschool ground and ended at the Municipal Stadium. They also participated in the Cultural rally and Mega medical camp organised during the same day.

- **Anti-Drugs Campaign, Pledge And Rally**

The Department of Social Forestry, in association with Lahari Vimukthi Club and Dept of Zoology organised an anti drug campaign and oath taking against drug usage on 31st October 2022. The students were made aware of the negative effects of drug and their consequences by Sr. Rasheed T M, RFO, Perumbavoor and Sri. Hareesh Harshan V S, SFO. They also participated in a rally which was flagged off by Principal Dr. Sujo Mary Varghese.

- **Anti- Drug Human Chain**

All the students, teaching and non teaching staff of the college formed a human chain against drugs as part of Perumbavoor Municipality and State Government's anti



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		<p>drug campaign on 1st November 2022. The students were part of the chain which extended from Millupady Junction to Pattal Junction, Perumbavoor. All the staff and students took a pledge against drugs during the human chain.</p>
4	Entrepreneurship Development Club	<p>The Entrepreneurship Development Club in association with Institution's Innovation Council (IIC) organised a workshop on “How to plan for startups: Legal and Ethical Steps” on 26 July 2022.</p> <p>The resource person for the session was Ms. Serene Anna Sam, Innovation Ambassador and Asst Professor, Dept of Commerce, Mar Thoma College for Women, Perumbavoor. 52 students participated in the session. The session discussed on the process of idea creation and diffusion and the current startup scenario in the country. The sources of funds in startups such as angel investing, equity financing, venture capital, crowd funding etc were also discussed.</p> <p>As part of the entrepreneurial talks series, the Entrepreneurship Development Club organised an</p>



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		<p>interactive session with Sri. Antony N.P, Managing Director of Pavizham Group. The company deals mainly with rice and rice products across the globe. Apart from this, the company also markets tamarind, salt, coconut oil, rice bran oil etc. Sri. Antony talked about the manufacturing procedures in the firm. He also enlightened the students about the various career opportunities in the field and also the need for students to upskill themselves to be better prepared for the current job trends in the market.</p>
5	Women Cell	<p>The activities of the Women's Cell are as follows:-</p> <p>Induction programme to Diploma course in Beauty Parlour and Management</p> <p>On 14 November 2023, Women's Cell conducted an Induction Programme under "Samvardhana" of IQAC in Diploma Course in Beauty Parlour & Management". The resource person of the programme was Ms. Sini T S, Beauty Consultant, Ashna Beauty Parlour, Onnam mile,</p>



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Perumbavoor. The programme was conducted to give awareness on benefits of undertaking the course in beauty parlour and management under the aegis of IHRD. The session was very useful for the students who wish to undertake entrepreneurship in beauty parlour. IQAC coordinator, Dr. Anupama P and Women's Cell convenor Dr. Dr. Sangeetha Rachel Koruth also spoke to the students.

Diploma in Beauty Parlour and Management

As part of women empowerment and welfare mission of the college- "Sansidhi", the Women's Cell of the college offered Government approved Diploma course in "Beauty Parlour and Management" under IHRD. The duration of the course is 4-6 months. The classes are held on every Mondays and Wednesdays from 2:30 p.m. to 4:30 p.m by a beauty consultant. The course fees is Rs. 3000. The course will help the women in enhancing their skills and owning an independent business

Workshop on "Education and Healthy Living"

On 23 & 24 February 2023, 2 days workshop on "Education & Healthy Living" was conducted in



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association with IQAC. The programme was conducted in collaboration with “Ayushmanbhava Project”, Government District Homeopathy Hospital, Ernakulam. The workshop was conducted for the entire staff . The workshop was led by Dr. Sagar, NAM Medical Officer and Dr. Nithin C.S, Naturopathy Medical Officer. They took sessions on the importance of education in leading a healthy living. Educational attainment predisposes a person to experience more positive health outcomes both in their ability to navigate their own healthcare and to make positive decisions related to personal health behaviors. Yoga classes were also provided by the Yoga Trainer, Ms. Fathima Shaji. Different Yoga postures were taught to improve mental well-being. The resource person spoke on importance of Yoga in boosting alertness and enthusiasm. The workshop was very beneficial and teachers could impart this knowledge to the students.

Workshop on “Fundamentals of Stitching and Designing”

On 8 March 2023, as part of Women’s Day Celebrations, Women’s Cell conducted a workshop on “Fundamentals



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		<p>of Stitching and Designing”. The workshop was led by Ms. Sony T James , faculty of B.Voc Fashion Technology and Merchandising, Mar Thoma College For Women. The students were able to learn stitching and basic lessons of sewing. They made towels on their own and made beautiful designs on them. Students acquired basic sewing skills to do alterations and repairs.</p>
6	Youth Red Cross	<p>Activities organised by YRC unit in 2022-2023 is as follows:-</p> <ul style="list-style-type: none">• Youth Red Cross in association with Lahari Vimukhthi club conducted a poster designing competition as part of International Day against drug abuse and illicit trafficking on 23/06/22 Each year, individuals like yourself, entire communities and various organizations all over the world join to observe World Drug Day to help raise awareness of the major problem that illicit drugs pose to society.• Together we can tackle the world drug problem



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		<ul style="list-style-type: none"> • On July, 2022 Red Cross in association with IMA Blood Bank organized a blood donation camp at Zoology lab.40 units of blood has been collected from students. Donor card has been distributed to the donors. • YRC and Lahari Vimukhthi club had arranged a photography competition on the topic. • On 15 November, 2022 an Induction Programme has been conducted to the first year degree students to create an awareness regarding the club activities. • Two day training workshop on CPR was organized by YRC in association with SB Global Education Pvt Ltd. • In association with Anemia Mukhth Bharath in collaboration with The Govt. Taluk Hospital, Perumbavoor a healthy snack competition was organized.
7	Student's Christian Movement	<p>The activities of the Student's Christian Movement are as follows:-</p> <p>Founder's Day</p>



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40th Founders' Day was held on 24 November 2022 at the college auditorium. The programme began with a holy communion in the college chapel at 8.30am and public meeting started at 10.30 am. Rt. Rev. Dr. Thomas Mar Theethos Episcopa and Mr. Jyothis Mohan IRS were the chief guests of the programme. The College chaplain and teaching staff also attended the program. The College is the dream of the late Thomas Mar Athanasius Suffragan Metropolitan of the Mar Thoma Syrian Church. The vision of the college is 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

Christmas Carol Service

The Christmas Carol Service was organized by the SCM on 23 December 2022 at 10 am. The Chief Guest was Rev. Abraham C Mathew (vicar St. Thomas Mar Thoma Church Kothamangalam).

Anti-Drug Awareness Programme With Drama



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		<p>An anti-drug awareness program was conducted on 10 Nov 2022 at 11 am in the college auditorium. The program was conducted in association with ICPF. A drama on theme drug awareness was performed here. The program was inaugurated by Dr. Sujo Mary Varghese, the College Principal.</p> <p>Heartbeats Musical Program</p>
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HOSTEL

There were 40 students in the college hostel. Ms. Mini Varghese served as hostel warden

FACULTY HIGHLIGHTS AND ACHIEVEMENTS

SL NO	NAME OF STAFF	HIGHLIGHTS AND ACHIEVEMENTS	DATE
1	Sherin T Abraham (Assistant	• Participated in the question bank upgradation initiative of Mahatma Gandhi University and contributed to the creation	4 July 2022



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	Professor of Commerce)	<p>of the question bank of Third Semester UG CBCS Examination.</p> <ul style="list-style-type: none"> • Attended and completed a workshop on Professional Reporting, organized by the Internal Quality Assurance Cell, Mar Thoma College For Women, Perumbavoor. • Attended a NAAC sponsored 2-day National Seminar on Implementation of NEP in Higher Education Institutions, organised by the Internal Quality Assurance Cell, St. Teresa's College (Autonomous) Ernakulam. 	<p>11 September 2022</p> <p>17-18 January 2023</p>
2	Dr Sujo Mary Varghese (Assistant Professor of Commerce and Principal-in-Charge)	<ul style="list-style-type: none"> • Participated in the Two-Day Workshop for Principals of Colleges on 27 and 28 January 2023, conducted by the UGC Academic Staff College • Participated in "Excellentia'23, a Symposium on Accreditation organized by the Department of Higher Education, Government of Kerala on 10 February 2023 at RSET Auditorium, Rajagiri Valley, Kakkanad 	<p>27&28 January 2023</p> <p>10 February 2023</p>
3	Ms.Serene Anna Sam (Assistant Professor of Commerce)	<ul style="list-style-type: none"> • Served as resource person for the workshop on "How to plan for startups: Legal and Ethical Steps" on 26 July 2022 organised by The Entrepreneurship 	<p>26 July 2022</p>



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		Development Club in association with Institution's Innovation Council (IIC).	
4	Dr.Avani T (Assistant Professor of Commerce)	<ul style="list-style-type: none"> • Attended a 30 Days Online Induction Programme from 11 October 2022 to 09 November 2022 at the UGC-Human Resource Development Centre (HRDC) University of Kerala, Kariavattom Campus. • Served as Practical Examiner for the Department of English, SH College. • Acted as question paper setter for "International Business" for third semester M.A/M.Sc./M.Com Degree Examination. • Acted as question paper setter for Vocational Course on "Information Technology and Computer Applications" for first semester BA English.. 	<p>11 october to 9 November 2022</p> <p>20 July 2022</p> <p>October 2022</p> <p>July 2022</p>
5	Ms.Chaithanya Elsa Achankunju (Assiatant Professor of English)	<ul style="list-style-type: none"> • Served as Resource person for "Soft Skill Training" as part of the 'Induction Programme Transitional Curriculum 2023', at Nangeli Ayurveda Medical College, Kothamangalam. • Delivered a talk on "<i>The Theatre of the Absurd</i>" in the Invited Lecture 	<p>3 March 2018 23</p> <p>18 June 2022</p>



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		<p>Programme organized by the Department of English, Golaghat Commerce College, Golaghat, in association with Don Bosco College, Golaghat, Assam.</p> <ul style="list-style-type: none"> Presented a paper titled “The Incongruity Between Physical State And Remembrance In <i>The Last Gift</i>” in the Dan Thottakkara Memorial National Seminar 2022 organised by the Department of English and the Centre for Research, in collaboration with the School of Letters, M.G. University, Kottayam. 	26 September 2022
6	Lt.Dr. Sangeetha Rachel Koruth, Assistant Prof. of English	<ul style="list-style-type: none"> Ph.D in English awarded by the Faculty of Arts, University of Kerala on the topic “The Leaves of Memory: A Psychoanalytic Re-reading of the Trauma of Partition of India”. 	5 August 2022



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7	Preethy Sara Joseph, Assistant Prof. of English	<ul style="list-style-type: none"> ● Attended a One-Day National Virtual Workshop on “Narrative Nuances in Text and Screen” organised by The School of Social Sciences and Languages, Vellore Institute of Technology, Chennai, India. ● Attended a webinar on “What does a Woman Want? Psychoanalysis and the Postcolonial Context” by the Department of Humanistic Studies, IIT (BHU). ● Attended “The Road Less Travelled: National Webinar on 21st Century Literary Trends” organised by the School of English and Foreign Languages, The Gandhigram Rural Institute (Deemed to be University), Gandhigram. ● Attended an FDP on "Quality Initiatives in Higher Education Institution and SSR Preparation" organised by the IQAC of 	<p>04 June 2022</p> <p>06 June 2022</p> <p>15 July 2022</p> <p>21 July 2022</p>



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	<p>Mar Thoma College for Women, Perumbavoor.</p> <ul style="list-style-type: none">● Attended a Two-Day Multidisciplinary Online National Conference on “Embodied Identities: The Body in Cultural Spaces” organised by Forum for Research in English, Centre for Advanced Studies and Research in English Language and Literature, Department of English, Farook College (Autonomous), Calicut.● Presented a paper titled “Becoming Jayabharathi: Awakening the ‘Monstrous’ Feminine” in the Two-Day Multidisciplinary Online National Conference on “Embodied Identities: The Body in Cultural Spaces” organised by Forum for Research in English, Centre for Advanced Studies and Research in English Language and Literature, Department of	<p>21&22 February 2023</p> <p>22 February 2023</p>
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		English, Farook College (Autonomous), Calicut.	
8	Dr.Minu Susan Koshy, Assistant Professor of English	<ul style="list-style-type: none"> • Attended an FDP on “Gender Discourses in the Contemporary Society” organized by St.Teresa’s College (Autonomous), Ernakulam, in association with UGC-STRIDE of Mahatma Gandhi University, Kottayam, from 27 February 2023 to 4 March 2023. • Attended a 6-Day Course on “Introduction to Vedas and Vedanta” organized by Open Pathshala, from 27 February 2023 to 4 March 2023. • Attended an FDP on "Quality Initiatives in Higher Education Institution and SSR Preparation" organised by the IQAC of Mar Thoma College for Women, Perumbavoor, on 21 July 2022. 	<p>27 February to 4 March 2023</p> <p>27 February to 4 March 2023</p> <p>21 July 2022</p>



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	<ul style="list-style-type: none">• Selected as Academic Counsellor for BA and MA in English, Sree Narayanaguru Open University, Kollam.• Published a paper titled “Of ‘Exotic’ Eastern Lands: Reading Orientalism in Michael Ondaatje’s <i>Anil’s Ghost</i>” in <i>English Literature: Major Trends, Themes and Styles</i>”.• Served as resource person for the UGC-NET preparatory sessions organized under UGC Schemes by The English and Foreign Languages University, Hyderabad, and delivered three lectures on Literary Theory.• Received 12-month Research Grant of the Mumbai Research Centre of the Asiatic Society of Mumbai for a project titled “Rhythm analysing	<p>--</p> <p>February 2023</p> <p>February 2023.</p> <p>1 October 2022</p>
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		<p>Mumbai in (Post) Pandemic Indian Popular Culture”.</p> <ul style="list-style-type: none"> Published a book titled <i>Reconceptualizing Material Culture in the Tricontinent: When Objects Write Back</i> co-edited with Dr.Roshin George, published by Cambridge Scholars Publishing, UK. 	January 2023
9	<p>Dr.Vinod.V (Assistant Professor of Archaeology)</p>	<ul style="list-style-type: none"> Served as resource person in the training programe for museum professionals entitled ‘Reframe/reinstall/rearticulate ‘organised by the Department of Archaeolog , Government of Kerala. Served as resource person in the Attappadi Archaeological research Survey ‘organised by the Department 	<p>15-18 March 2023</p> <p>14-16 February 2023</p>



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		<p>of Archaeology, Government of Kerala.</p> <ul style="list-style-type: none">• Served as resource person in the inauguration of the certificate course in History, 'Museology in India' at St. Peters College, Kolenchery in association with Sree Sankara College Kalady.• Served as internal examiner in MA Museology examination, at Sree Sankaracharya University of Kalady.	<p>15 November 2022</p> <p>1 February 2023</p>
		<ul style="list-style-type: none">• Served as Additional chief Examiner, for the CBCS Degree Examination, Kottayam at BCM College kottayam.• Served as Additional chief Examiner, for the CBCS Degree Examination, Kottayam at Alphonsa College Pala.	<p>28 June 2022</p> <p>5 January 2023</p> <p>1 February 2023</p>



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		<ul style="list-style-type: none"> Served as Additional chief Examiner, for the CBCS Degree Examination, Kottayam at Alphonsa College Pala. 	
10	Dr.Bibin Kuriakose (Assistant Professor of History)	<ul style="list-style-type: none"> Served as Chief Superintendent, for the CBCS Degree Examination, Kottayam at MA College Kothanmangalam. Served as Resource person of Orientation program for first yerar Hiastory Student Sree Sankara College Kalady. Served as Chief Suprent, for the CBCS Degree Examination, Kottayam at MA College Kothanmangalam. Served as External expert, M A History, Sree Sankara Charya University Kalady. 	12 December 2022 18 November 2022 5 January 2023 16 January 2023
11	Dr. Jijo Jayaraj, (Assistant	<ul style="list-style-type: none"> Participated and presented a paper entitled “The Untold History of a Havoc: Flood in Munnar 1924”in 	19 January 2023



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	Professor of History)	<p>the International Seminar conducted by the Department of History, Brennan College, Dharmadom, Thalassery.</p> <ul style="list-style-type: none"> Served as a Resource person in the national seminar entitled “Environmental History of Kerala: Knowledge, Development and Movements” organised by the Dept. of History, Farook College, Kozhikkode. 	15-17 March 2023
12	Shri Gismon Thomas (Faculty of History)	<ul style="list-style-type: none"> Appointed as the Additional chief superintendent of Examinations, M G University, Kottayam at Nirmala College, Muvattupuzha, for conducting CBCS Degree examinations for the Academic year. 	--



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		<ul style="list-style-type: none"> • Delivered an orientation lecture at IHRD Engineering College, Muttom on the topic “Personality Development for NSS Volunteers”. 	24 December 2022
		<ul style="list-style-type: none"> • Served as a Resource Person on Human Rights at a seminar conducted by St Mary's HSS ARAKULAM. 	16 August 2022
		<ul style="list-style-type: none"> • Served as Additional Examiner, for the CBCS Degree Examination, Kottayam at MA College Kothamangalam. 	12 December 2022
		<ul style="list-style-type: none"> • Served as Additional Examiner, for the CBCS Degree Examination, Kottayam at MA College Kothamangalam. 	5 January 2023
		<ul style="list-style-type: none"> • Served as Quiz Master at Nirmala College, Muvattupuzha. 	10 January 2023
13	Dr Biju Jacob Thomas	<ul style="list-style-type: none"> • Attended the Faculty Development Programme on “Science and Allied Subjects”, organized by the College 	12-17 December 2022



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	(Associate Professor of Zoology)	Development Council, MG University, Kottayam.	
14	Ms Reemy Sara Mathai (Assistant Professor of Zoology)	<ul style="list-style-type: none"> • Served as resource person for the Webinar on “Research Methodology: An Overview”, conducted by the Department of Zoology, Newman College, Thodupuzha. • Completed Innovation Ambassador Training - foundation level and advanced level – organized by the Ministry of Education’s Innovation Cell in September 2022. • Attended IIC regional meet in KMEA on Aug 6, 2022. • Attended the workshop on professional reporting on 11 September 2022. 	<p>31 August 2022</p> <p>September 2022</p> <p>6 August 2022 11 September 2022</p>



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15	Dr. Anupama P (Assistant Professor of Physics)	<ul style="list-style-type: none"> • Served as external auditor for the Academic and Administrative Audit of Mar Thoma College, Chungathara. • Completed Innovation Ambassador Training-Advanced Level- organized by the Ministry of Education's Innovation Cell. • Attended “Excellentia 23”, a symposium on accreditation organised by the Department of Higher Education, Govt. of Kerala at Rajagiri Valley, Kakkanad. • Attended a “Two-Day Science Academics Lecture workshop on Magnetism” jointly organized by Indian Academy of Sciences, Bangalore, Indian National Science Academy, New Delhi and the National 	<p>2 March 2023</p> <p>--</p> <p>10 February 2023</p> <p>19&20 January 2023</p>



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		<p>Academy of Sciences, Allahabad held at St. Dominics college, Kanjirappally.</p> <ul style="list-style-type: none"> • Participated in the fifth National Energy Congress organised by the Energy Conservation Society at Angamaly. • Attended the IIC regional meet at Kochi on 06 August 2022 and participated in poster presentation. 	<p>12- 14 December 2022</p> <p>6 August 2022</p>
16	<p>Dr.Paulose Thomas (Assistant Professor of Physics)</p>	<ul style="list-style-type: none"> • Published a co-authored book chapter titled “Carbon nanotubes for nano electronics and microelectronic devices” with Anju K Nair, Kala M S, N Kalarikkal, in <i>Handbook of Carbon Nanotubes</i>, published by Springer Nature Switzerland AG 2022, edited by J. Abraham et al. (https://doi.org/10.1007/978-3-319-70614-6_33-1.) 	--



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		<ul style="list-style-type: none"> • Attended PFMS meeting on “RUSA Scheme Component and Advance Training of PFMS” at CET Trivandrum • Completed Innovation Ambassador Training- Advanced Level – organized by the Ministry of Education’s Innovation Cell. 	--
17	Dr. Rajani Jacob (Assistant Professor of Physics)	<ul style="list-style-type: none"> • Participated in the fifth National Energy Congress organized by the Energy Conservation Society from 12-14 December 2022 at Angamaly. • Attended IIC regional meet at Kochi on 06 August 2022 and participated in poster presentation. • Completed Innovation Ambassador Training- Advanced Level – organized by the Ministry of Education’s Innovation Cell. 	12-14 December 2022 6 August 2022 --



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18	Dr. Melvi Chandy (Assistant Professor of Physics)	<ul style="list-style-type: none"> • Attended a one day program on 30 June 2022 and 20 March 2023 for NSS program officers at Mahatma Gandhi University Kottayam. • Attended two day orientation program for NSS program officers on 20 & 21 July 2022 at Bharat Matha School of Legal Studies, Aluva. • Participated in the fifth National Energy Congress from 12-14 December 2022 at Angamaly, organised by Energy Conservation Society. • Completed Innovation Ambassador Training- Advanced Level – organized by the Ministry of Education's Innovation Cell. 	<p>30 June 2022 & 20 March 2023</p> <p>20 & 21 July 2022</p> <p>12-14 December 2022</p> <p>--</p>



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19	Dr. Vineeth Kumar (Associate Professor of Physical Education)	<ul style="list-style-type: none">• Nominated as University level Joint coordinator of Campus Fitness Drive Programme of M.G. University, Kottayam.• Selected as North Zone convener of M G University Inter collegiate competitions 2022-23.• Published an International Journal of Applied Research on the topic A study on impact of folk dance on Body composition• Published an International Journal of Physical Education, Sports and Health on the topic Effect of Plyometric Training on Explosive Strength of college girls• International Journal of Physiology, Nutrition and Physical Education on the topic Effect of Aerobic dance on Muscular Endurance	
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- Published an International Journal of Applied Research on the topic Impact of Hatha yoga on flexibility of high school boys
- Published an International of Physical Education, Sports and Health on the topic Analysis of comparative effect of Aerobic dance and folk dance on flexibility
- Published an International Journal of Applied Research on the topic Effect of ladder training on Explosive strength of college girls.
- Published an International Journal of Applied Research, on the topic Comparative effect on Aerobic dance on folk dance on Muscular strength
- Published an International Journal of Physiology, Nutrition and Physical



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		Education on the topic a Study on Comparative effect of Aerobic dance on Body composition	
20	Ms. Anandhi R	<ul style="list-style-type: none"> Participated and presented a paper titled " The inclination of entrepreneurship among Commerce students " at the two day International Conference on " New Horizons in Commerce, Finance and Economics " organized by Chinmaya Vishwa Vidyapeeth, Kochi in collaboration with Shri Ram College of Commerce, University of Delhi on 16/02/2023 and 17/02/2023. 	16&17 February 2023
21	Ms. Supriya Susan Kurian	<ul style="list-style-type: none"> Attended the Online Refresher Programme organized by the UGC-Human Resource Development Centre, Dr. Harisingh Gour Vishwavidyalaya, Central University, 	26 May-8 June 2022



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		Sagar from 26 May 2022 to 8 June 2022.	
22	Treesa mariya Mathew	<ul style="list-style-type: none"> • Attended five days Internship programme at CIALS Aviation Academy from 10 October 2022 to 14 October 2022. 	10-14 October 2022
23	Tony Pinhero	<ul style="list-style-type: none"> • Published a book chapter titled “Non-canonical Conformal Attractors for Single Field Inflation”[arXiv:1703.07165 [hep-th]], Int. J. Mod. Phys. D 31 (2022) 12, 2250090. • Ms Bindu Mathew, Mr Eldho Uthup, Mr. Sam Babu and Mr. Dileep T S, Administrative Staff participated in the service training for the Non-Teaching staff organized by the Dy. 	



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		Director of Collegiate Education, Ernakulam at Morning Star Home Science College, Angamaly on 2 and 3 December 2022.	
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PUBLICATIONS BY TEACHING STAFF

SL NO	NAME OF STAFF	PUBLICATIONS	DATE
1	Chaithanya Elsa Achankunju, Assistant Professor of English	Published a paper on “the Interface Between the Local and The Global: A Bio regionalist Reading of <i>The Gun Island</i> ” in the peer-reviewed journal, <i>The International journal of Creative Research Thoughts</i> (ISSN: 2320-2882) in 2022.	
2	Dr. Minu Susan Koshy, Assistant Professor of English	<ul style="list-style-type: none"> Published a paper titled “Of ‘Exotic’ Eastern Lands: Reading Orientalism in Michael Ondaatje’s <i>Anil’s Ghost</i>” in <i>English Literature: Major Trends, Themes and Styles</i> in February 2023. Published a book titled <i>Reconceptualizing Material Culture in the Tricontinent: When Objects Write Back</i> co-edited with Dr.Roshin 	



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		George, published by Cambridge Scholars Publishing, UK, in January 2023.	
3	Dr. Paulose Thomas, Assistant Professor of Physics	<ul style="list-style-type: none"> Published a co-authored book chapter titled “Carbon nanotubes for nano electronics and microelectronic devices” with Anju K Nair, Kala M S, N Kalarikkal, in Handbook of Carbon Nanotubes, published by Springer Nature Switzerland AG 2022, edited by J. Abraham et al. (https://doi.org/10.1007/978-3-319-70614-6_33-1.) 	
4	Dr. Vineethkumar, Associate Professor	<ul style="list-style-type: none"> International Journal of Applied Research on the topic A study on impact of folk dance of Body composition (Vol.-8, Issue- 10) International Journal of physical Education, Sports and Health on the topic Effect of Plyometric Training on Explosive strength of college girls (Vol-8, Issue-10) International Journal of Physiology, Nutrition and Physical Education on the topic Effect of Aerobic dance on Muscular Endurance. (Vol-7, Issue-1) International Journal of Applied Research on the topic Impact of Hatha yoga on flexibility of high school boys. (Vol.-8, Issue-4) International Journal of Physical Education, Sports and Health on the topic Analysis of comparative effect of Aerobic dance on folk dance on flexibility (Vol.-9 Issue 3) International Journal on applied Research on the topic Effect of ladder training on 	<p>October 2022</p> <p>April 2022</p> <p>June 2022</p> <p>April 2022</p> <p>June 2022</p> <p>May 2022</p>



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		Explosive strength of college girls (Vol.-8 Issue 5)	June 2022
		<ul style="list-style-type: none"> • International Journal of Physiology, Nutrition and Physical Education on the topic A study on comparative effect of Aerobic dance and folk dance on Body composition. (Vol.-7 Issue 1) • International Journal of Applied Research on the topic Comparative effect of Aerobic dance and folk dance on Muscular strength. (Vol.-8 Issue 6) 	June 2022

PARTICIPATION OF STAFF IN FACULTY DEVELOPMENT PROGRAMME/ PROFESSIONAL DEVELOPMENT PROGRAMME

Sl No.	Name Of Participant	Title of the FDP/Programme	Date of the Programme
1.	Dr. Shalitha Jacob Dept. of Mathematics	1. Participated in One week Faculty Development Programme on “Data Analysis And Visualisation”. 2. Participated in One week Faculty Development Programme on “Data Analysis Using R”.	30/11/2022 to 06/12/2022 12/12/2022 to 18/12/2022 20/12/2022 to 10/01/2023



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		<p>3. Two Weeks Refresher Course in EVS</p> <p>4. Participated in the 2 days workshop on “Education & Healthy Living” organized by Women’s Cell, IQAC, MTCW in association with “ Ayushmanbhava Project”, Government District Homeopathy Hospital, Ernakulam</p>	<p>23/02/2023 to 24/02/2023</p>
2.	Dr. Minu Susan Koshy Dept. Of English	<p>1. Participated in One Week Faculty Development Programme on “Gender Discourses in the contemporary Society” jointly organized by UGC-STRIDE, MG University, Kottayam and Department of Sociology.</p> <p>2. Participated in the 2 days workshop on “Education & Healthy Living” organized by Women’s Cell, IQAC, MTCW in association with “ Ayushmanbhava Project”, Government District Homeopathy Hospital, Ernakulam</p>	<p>27/02/2023 to 04/03/2023</p> <p>23/02/2023 to 24/02/2023</p>
3.	Dr. Paulose Thomas	<p>1. Participated in the nature awareness camp held at Ernakulam National Park, Munnar Wildlife Division.</p> <p>2. Participated in the 7 Days National Level Online Faculty Development Programme on</p>	<p>21/03/2023 to 22/03/2023 10/05/2023 to 17/05/2023</p>



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		<p>OBE organized by Nirmala College, Muvattupuzha.</p> <p>3. Participated in the 2 days workshop on “Education & Healthy Living” organized by Women’s Cell, IQAC, MTCW in association with “ Ayushmanbhava Project”, Government District Homeopathy Hospital, Ernakulam</p>	<p>23/02/2023 to 24/02/2023</p>
4.	<p>Dr. Sangeetha Rachel Koruth</p> <p>Dept. Of English</p>	<p>1. Participated in 7Days National Level Online Faculty Development Programme on OBE organized by Nirmala College, Muvattupuzha</p> <p>2. Participated in 2 days workshop on “Education & Healthy Living” organized by Women’s Cell, IQAC, MTCW in association with “ Ayushmanbhava Project”, Government District Homeopathy Hospital, Ernakulam</p> <p>3. Participated in the nature awareness camp held at Ernakulam National Park, Munnar Wildlife Division.</p>	<p>10/05/2023 to 17/05/2023</p> <p>23/02/2023 to 24/02/2023</p> <p>21/03/2023 to 22/03/2023</p>
5.	<p>Gopikrishna S. Nair</p>	<p>1. Participated in 7Days National Level Online Faculty Development Programme on</p>	<p>10/05/2023 to 17/05/2023</p>



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	Dept. of Mathematics	OBE organized by Nirmala college, Muvattupuzha 2. Participated in 2 days workshop on “Education & Healthy Living” organized by Women’s Cell, IQAC, MTCW in association with “ Ayushmanbhava Project”, Government District Homeopathy Hospital, Ernakulam	23/02/2023 to 24/02/2023
6.	Jiju John Y Dept. of Malayalam	Participated in 7 Days National Level Online Faculty Development Programme on OBE organized by Nirmala College, Muvattupuzha	10/05/2023 to 17/05/2023
7.	Dr. Jijo JayaraJ Dept. of History	1. Participated in the nature awareness camp held at Ernakulam National Park, Munnar Wildlife Division. 2. Participated in 7 Days National Level Online Faculty Development Programme on OBE organized by Nirmala College, Muvattupuzha	21/03/2023 to 22/03/2023 10/05/2023 to 17/05/2023
8.	Athira M	1. Participated in the 7 Days National Level Online Faculty Development Programme on	10/05/2023 to 17/05/2023



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		<p>OBE organized by Nirmala College, Muvattupuzha</p> <p>2. Participated in the 2 days workshop on “Education & Healthy Living” organized by Women’s Cell, IQAC, MTCW in association with “ Ayushmanbhava Project”, Government District Homeopathy Hospital, Ernakulam</p>	<p>23/02/2023 to 24/02/2023</p>
9.	Manju Varghese	Participated in the One week Faculty Development Programme on “Scientific Language” organized by the Department of Mathematics, School of Basic Sciences, Assam Kaziranga University, Jorhat, Assam, India	26/04/2023 to 02/05/2023
10.	Seira Susan Prasad	Participated in the One week Faculty Development Programme on “Scientific Language” organized by the Department of Mathematics, School of Basic Sciences, The Assam Kaziranga University, Jorhat, Assam, India	26/04/2023 to 02/05/2023
11.	Dr. Rinu Elizabeth Philip	Participated in the 7 Days National Level Online Faculty Development Programme on	10/05/2023 to 17/05/2023



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		OBE organized by Nirmala College, Muvattupuzha	
12.	Miseriya Majeed	Participated in the One week Faculty Development Programme on “Scientific Language” organized by the Department of Mathematics, School of Basic Sciences, The Assam Kaziranga University, Jorhat, Assam, India	26/04/2023 to 02/05/2023
13.	Ms. Chaithanya Elsa Achankunju Dept. of English	1.Participated in the 7 Days National Level Online Faculty Development Programme on OBE organized by Nirmala College, Muvattupuzha 2. Participated in the 2 days workshop on “Education & Healthy Living” organized by Women’s Cell, IQAC,MTCW in association with “ Ayushmanbhava Project”, Government District Homeopathy Hospital, Ernakulam	10/05/2023 to 17/05/2023 23/02/2023 to 24/02/2023
14.	Dr. Vinod V Dept. of History	1. Participated in 8 Days Practical Workshop on Prehistory, Numismatics, Art and Architecture, Museology and Conservation 2. Participated in 7 Days National Level Online Faculty Development Programme on	09/12/2022 to 16/12/2022 10/05/2023 to 17/05/2023



MAR THOMA COLLEGE FOR WOMEN

		<p>OBE organized by Nirmala College, Muvattupuzha</p> <p>3. Participated in the 2 days workshop on “Education & Healthy Living” organized by Women’s Cell, IQAC, MTCW in association with “ Ayushmanbhava Project”, Government District Homeopathy Hospital, Ernakulam</p>	<p>23/02/2023 to 24/02/2023</p>
15.	Dr. Jismy Varghese	<p>1. Participated in One week Faculty Development Programme on “Scientific Language” organized by the Department of Mathematics, School of Basic Sciences, The Assam Kaziranga University, Jorhat, Assam, India</p> <p>2. Participated in One week Faculty Development Programme on Moodle Based Learning Management System and Course Design (Basic Course) conducted online by the Faculty Development Centre Of the Kerala State Higher Education Council (KSHEC), Thiruvananthapuram hosted by Learning Centre of SNGS College , Pattambi</p>	<p>26/04/2023 to 02/05/2023</p> <p>18/05/2023 to 23/05/2023</p>
16.	Dr. Avani T	<p>1. Participated in the UGC- Sponsored live Online Induction Programme conducted by</p>	<p>11/10/2022 to 09/11/2022</p>



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	Dept. of Commerce	<p>the UGC Human Resource Development Centre, University of Kerala, Kariavattom , Trivandrum.</p> <p>2. Participated in the 2 days workshop on “Education & Healthy Living” organized by Women’s Cell, IQAC, in association with “ Ayushmanbhava Project”, Government District Homeopathy Hospital, Ernakulam</p>	<p>23/02/2023 to 24/02/2023</p>
17.	Dr. Anupama P Dept. of Physics	<p>1. Science Academics’ Lecture workshop on Magnetism held at St. Dominic’s College,Kanjirapally, Kottayam</p> <p>2. Participated in the 2 days workshop on “Education & Healthy Living” organized by Women’s Cell, IQAC, in association with “ Ayushmanbhava Project”, Government District Homeopathy Hospital, Ernakulam</p>	<p>19/01/2023 to 20/01/2023</p> <p>23/02/2023 to 24/02/2023</p>
18.	Serene Anna Sam	<p>1. Participated in the 2 days workshop on “Education & Healthy Living” organized by Women’s Cell & IQAC, MTCW in association with “ Ayushmanbhava Project”, Government District Homeopathy Hospital, Ernakulam</p> <p>2. Successfully completed online Two-Week Interdisciplinary Refresher course in</p>	<p>23/02/2023 to 24/02/2023</p> <p>23/02/2023 to 09/03/2023</p>



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		<p>“ADVANCING RESEARCH METHODOLOGY” at Teaching Learning Centre Ramanujan College , University of Delhi.</p> <p>3. Successfully completed the 4-day International Online Workshop on Sampling & Questionnaire Design: Quantitative & Qualitative organized by IQAC, Sree Sankara College, Kalady in association with Lore & Ed Research Associates< Kottayam.</p> <p>4. Participated in 7- Day Online FDP on Literature Review Writing</p>	<p>07/03/2023 to 10/03/2023</p> <p>22/05/2023 to 28/05/2023</p>
19.	Gismon Thomas	Participated in the 2 days workshop on “Education & Healthy Living” organized by Women’s Cell, IQAC, in association with “ Ayushmanbhava Project”, Government District Homeopathy Hospital, Ernakulam	23/02/2023 to 24/02/2023
20.	Aiswarya K R	Participated in the 2 days workshop on “Education & Healthy Living” organized by Women’s Cell, IQAC, in association with “ Ayushmanbhava Project”, Government District Homeopathy Hospital, Ernakulam	23/02/2023 to 24/02/2023
21.	T J Vishnupriya	Participated in the 2 days workshop on “Education & Healthy Living” organized by Women’s Cell, IQAC, in association with	23/02/2023 to 24/02/2023



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		“ Ayushmanbhava Project”, Government District Homeopathy Hospital, Ernakulam	
22.	Saritha N	Participated in the 2 days workshop on “Education & Healthy Living” organized by Women’s Cell & IQAC, MTCW in association with “ Ayushmanbhava Project”, Government District Homeopathy Hospital, Ernakulam	23/02/2023 to 24/02/2023
23.	Preethi Sara Joseph	Participated in the 2 days workshop on “Education & Healthy Living” organized by Women’s Cell & IQAC, MTCW in association with “ Ayushmanbhava Project”, Government District Homeopathy Hospital, Ernakulam	23/02/2023 to 24/02/2023
24.	Amy Maria Paul	Participated in the 2 days workshop on “Education & Healthy Living” organized by Women’s Cell & IQAC, MTCW in association with “ Ayushmanbhava Project”, Government District Homeopathy Hospital, Ernakulam	23/02/2023 to 24/02/2023



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25.	R. Anandhi	Participated in the 2 days workshop on “Education & Healthy Living” organized by Women’s Cell & IQAC, MTCW in association with “ Ayushmanbhava Project”, Government District Homeopathy Hospital, Ernakulam	23/02/2023 to 24/02/2023
26.	Sherin T. Abraham	Participated in the 2 days workshop on “Education & Healthy Living” organized by Women’s Cell & IQAC, MTCW in association with “ Ayushmanbhava Project”, Government District Homeopathy Hospital, Ernakulam	23/02/2023 to 24/02/2023
27.	Jibin Shibu Sam	Participated in the 2 days workshop on “Education & Healthy Living” organized by Women’s Cell & IQAC, MTCW in association with “ Ayushmanbhava Project”, Government District Homeopathy Hospital, Ernakulam	23/02/2023 to 24/02/2023
28.	Dr. Sujo Mary Varghese	Participated in the 2 days workshop on “Education & Healthy Living” organized by Women’s Cell & IQAC, MTCW in association with “ Ayushmanbhava Project”,	23/02/2023 to 24/02/2023



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		Government District Homeopathy Hospital, Ernakulam	
29.	Dr. Rajani Jacob	Participated in the 2 days workshop on “Education & Healthy Living” organized by Women’s Cell & IQAC, MTCW in association with “ Ayushmanbhava Project”, Government District Homeopathy Hospital, Ernakulam	23/02/2023 to 24/02/2023
30.	Dr. BibinKuriakose	Participated in the 2 days workshop on “Education & Healthy Living” organized by Women’s Cell & IQAC, MTCW in association with “ Ayushmanbhava Project”, Government District Homeopathy Hospital, Ernakulam	23/02/2023 to 24/02/2023
31.	Anu Mary Varghese	Participated in the 2 days workshop on “Education & Healthy Living” organized by Women’s Cell & IQAC, MTCW in association with “ Ayushmanbhava Project”, Government District Homeopathy Hospital, Ernakulam	23/02/2023 to 24/02/2023
32.	Tony Pinhero	Participated in the 2 days workshop on “Education & Healthy Living” organized by	23/02/2023 to 24/02/2023



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		Women's Cell & IQAC, MTCW in association with " Ayushmanbhava Project", Government District Homeopathy Hospital, Ernakulam	
33.	Aneetta Varghese	Participated in the 2 days workshop on "Education & Healthy Living" organized by Women's Cell, IQAC, MTCW in association with " Ayushmanbhava Project", Government District Homeopathy Hospital, Ernakulam	23/02/2023 to 24/02/2023
34.	Dr. MelviChandy	1)Participated in the nature awareness camp held at Ernakulam National Park, Munnar Wildlife Division. 2)Participated in the 2 days workshop on "Education & Healthy Living" organized by Women's Cell, IQAC, MTCW in association with " Ayushmanbhava Project", Government District Homeopathy Hospital, Ernakulam	21/3/2023 to 22/3/2023 23/02/2023 to 24/02/2023
35.	Bhama K Mohanan	Participated in the 2 days workshop on "Education & Healthy Living" organized by	23/02/2023 to 24/02/2023



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		Women's Cell, IQAC, MTCW in association with " Ayushmanbhava Project", Government District Homeopathy Hospital, Ernakulam	
36.	Dr. Anu Joy	Participated in the 2 days workshop on "Education & Healthy Living" organized by Women's Cell, IQAC, MTCW in association with " Ayushmanbhava Project", Government District Homeopathy Hospital, Ernakulam	23/02/2023 to 24/02/2023
37.	Reshma Matthew	Participated in the 2 days workshop on "Education & Healthy Living" organized by Women's Cell, IQAC, in association with " Ayushmanbhava Project", Government District Homeopathy Hospital, Ernakulam	23/02/2023 to 24/02/2023
38.	Arya ML	Participated in the 2 days workshop on "Education & Healthy Living" organized by Women's Cell, IQAC, MTCW in association with " Ayushmanbhava Project", Government District Homeopathy Hospital, Ernakulam	23/02/2023 to 24/02/2023



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39.	KeerthiSasidharan	Participated in the 2 days workshop on “Education & Healthy Living” organized by Women’s Cell, IQAC, MTCW in association with “ Ayushmanbhava Project”, Government District Homeopathy Hospital, Ernakulam	23/02/2023 to 24/02/2023
40.	Roshini T Roy	Participated in the 2 days workshop on “Education & Healthy Living” organized by Women’s Cell, IQAC, in association with “ Ayushmanbhava Project”, Government District Homeopathy Hospital, Ernakulam	23/02/2023 to 24/02/2023
41.	EmildaSebastiaben	Participated in the 2 days workshop on “Education & Healthy Living” organized by Women’s Cell, IQAC, MTCW in association with “ Ayushmanbhava Project”, Government District Homeopathy Hospital, Ernakulam	23/02/2023 to 24/02/2023
42.	Silvey Paul	Participated in the 2 days workshop on “Education & Healthy Living” organized by Women’s Cell, IQAC, MTCW in association with “ Ayushmanbhava Project”,	23/02/2023 to 24/02/2023



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		Government District Homeopathy Hospital, Ernakulam	
43.	Dr. Anjali PP	Participated in the 2 days workshop on “Education & Healthy Living” organized by Women’s Cell, IQAC,MTCW in association with “ Ayushmanbhava Project”, Government District Homeopathy Hospital, Ernakulam	23/02/2023 to 24/02/2023
44.	Jlinsy Thomas	Participated in the 2 days workshop on “Education & Healthy Living” organized by Women’s Cell, IQAC,MTCW in association with “ Ayushmanbhava Project”, Government District Homeopathy Hospital, Ernakulam	23/02/2023 to 24/02/2023
45.	Dr. Gayathri K	Participated in the 2 days workshop on “Education & Healthy Living” organized by Women’s Cell, IQAC, MTCW in association with “ Ayushmanbhava Project”, Government District Homeopathy Hospital, Ernakulam	23/02/2023 to 24/02/2023
46.	Dr. K. Vineed Kumar	Participated in the 2 days workshop on “Education & Healthy Living” organized by	23/02/2023 to 24/02/2023



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		Women's Cell, IQAC, MTCW in association with " Ayushmanbhava Project", Government District Homeopathy Hospital, Ernakulam	
47.	Reemy Sara Mathai	Participated in the 2 days workshop on "Education & Healthy Living" organized by Women's Cell, IQAC, MTCW in association with " Ayushmanbhava Project", Government District Homeopathy Hospital, Ernakulam	23/02/2023 to 24/02/2023
48.	Jintumol Raj P	Participated in the 2 days workshop on "Education & Healthy Living" organized by Women's Cell, IQAC, in association with " Ayushmanbhava Project", Government District Homeopathy Hospital, Ernakulam	23/02/2023 to 24/02/2023
49.	Sunu N.V	Participated in the 2 days workshop on "Education & Healthy Living" organized by Women's Cell, IQAC, in association with " Ayushmanbhava Project", Government District Homeopathy Hospital, Ernakulam	23/02/2023 to 24/02/2023



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50.	Dr. Biju Jacob Thomas	Participated in the 2 days workshop on “Education & Healthy Living” organized by Women’s Cell, IQAC, MTCW in association with “ Ayushmanbhava Project”, Government District Homeopathy Hospital, Ernakulam	23/02/2023 to 24/02/2023
51.	Hephzy T Paul	Participated in the 2 days workshop on “Education & Healthy Living” organized by Women’s Cell, IQAC, MTCW in association with “ Ayushmanbhava Project”, Government District Homeopathy Hospital, Ernakulam	23/02/2023 to 24/02/2023
52.	Manju K G	Participated in the 2 days workshop on “Education & Healthy Living” organized by Women’s Cell, IQAC, MTCW in association with “ Ayushmanbhava Project”, Government District Homeopathy Hospital, Ernakulam	23/02/2023 to 24/02/2023
53.	Treesa Maria Mathew	Participated in the 2 days workshop on “Education & Healthy Living” organized by Women’s Cell, IQAC, MTCW in association with “ Ayushmanbhava Project”,	23/02/2023 to 24/02/2023



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		Government District Homeopathy Hospital, Ernakulam	
54.	KeerthyKlshore	Participated in the 2 days workshop on “Education & Healthy Living” organized by Women’s Cell, IQAC, MTCW in association with “ Ayushmanbhava Project”, Government District Homeopathy Hospital, Ernakulam	23/02/2023 to 24/02/2023
55.	Anu Jose	Participated in the 2 days workshop on “Education & Healthy Living” organized by Women’s Cell, IQAC, MTCW in association with “ Ayushmanbhava Project”, Government District Homeopathy Hospital, Ernakulam	23/02/2023 to 24/02/2023
56.	Sreekumar N	Participated in the 2 days workshop on “Education & Healthy Living” organized by Women’s Cell, IQAC, MTCW in association with “ Ayushmanbhava Project”, Government District Homeopathy Hospital, Ernakulam	23/02/2023 to 24/02/2023



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57.	Hemamambika V	Participated in the 2 days workshop on “Education & Healthy Living” organized by Women’s Cell, IQAC, MTCW in association with “ Ayushmanbhava Project”, Government District Homeopathy Hospital, Ernakulam	23/02/2023 to 24/02/2023
58.	Cincy Varghese	Participated in the 2 days workshop on “Education & Healthy Living” organized by Women’s Cell, IQAC, MTCW in association with “ Ayushmanbhava Project”, Government District Homeopathy Hospital, Ernakulam	23/02/2023 to 24/02/2023
59.	Sony T james	Participated in the 2 days workshop on “Education & Healthy Living” organized by Women’s Cell, IQAC, MTCW in association with “ Ayushmanbhava Project”, Government District Homeopathy Hospital, Ernakulam	23/02/2023 to 24/02/2023
60.	Ms. Bindhu Mathew	Participated in the 2 days workshop on “Education & Healthy Living” organized by Women’s Cell, IQAC,MTCW in association with “ Ayushmanbhava Project”,	23/02/2023 to 24/02/2023



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		Government District Homeopathy Hospital, Ernakulam	
61.	Mr. EldhoUthup	Participated in the 2 days workshop on “Education & Healthy Living” organized by Women’s Cell, IQAC,MTCW in association with “ Ayushmanbhava Project”, Government District Homeopathy Hospital, Ernakulam	23/02/2023 to 24/02/2023
62.	Mr. Sam Babu	Participated in the 2 days workshop on “Education & Healthy Living” organized by Women’s Cell, IQAC, MTCW in association with “ Ayushmanbhava Project”, Government District Homeopathy Hospital, Ernakulam	23/02/2023 to 24/02/2023
63.	Ms. Supriya Susan Kurian	Participated in the 2 days workshop on “Education & Healthy Living” organized by Women’s Cell, IQAC, MTCW in association with “ Ayushmanbhava Project”, Government District Homeopathy Hospital, Ernakulam	23/02/2023 to 24/02/2023
64.	Ms. Princy George	Participated in the 2 days workshop on “Education & Healthy Living” organized by Women’s Cell, IQAC, MTCW in association	23/02/2023 to 24/02/2023



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		with “ Ayushmanbhava Project”, Government District Homeopathy Hospital, Ernakulam	
65.	Ms. Karishma Karan	Participated in the 2 days workshop on “Education & Healthy Living” organized by Women’s Cell, IQAC, MTCW in association with “ Ayushmanbhava Project”, Government District Homeopathy Hospital, Ernakulam	23/02/2023 to 24/02/2023
66.	Ms. AbiyaThampi K	Participated in the 2 days workshop on “Education & Healthy Living” organized by Women’s Cell, IQAC, MTCW in association with “ Ayushmanbhava Project”, Government District Homeopathy Hospital, Ernakulam	23/02/2023 to 24/02/2023
67.	Mr. Dileep	Participated in the 2 days workshop on “Education & Healthy Living” organized by Women’s Cell, IQAC, MTCW in association with “ Ayushmanbhava Project”, Government District Homeopathy Hospital, Ernakulam	23/02/2023 to 24/02/2023



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DEPARTMENTAL ACTIVITIES

SL NO	NAME OF DEPARTMENT	DEPARTMENTAL ACTIVITIES
1	DEPARTMENT OF MATHEMTICS	<p>The inauguration of the activities of Mathematics Association for the academic year 2022-2023 was held on 3rd November 2022 at 1.30 PM in the PG Seminar hall. The Chief Guest was Dr. K.P. Jose, Associate Professor and Head, PG & Research Department of Mathematics, St. Peter's College, Kolencherry. A talk on the topic 'Queueing Theory and its Applications' was also given by the chief guest on this occasion. The seminar discussed the basics of queueing theory and its applications in everyday life.</p> <p>Competitions</p> <p>As part of the Kerala Piravi Celebrations, the Department of Mathematics conducted a Poster-Making Competition and Kadamkadha Competition for the students of our college on 1 November 2022 at 10.30 AM in Room no 219. The event was</p>



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organized by Ms. Anu Jose, Guest Lecturer of the department. 83 students from various departments participated in the events. The poster making competition was judged by the teachers of our department. The winners of the competitions were:

Kadamkadha Competition

1. Shariya Suresh & Nikitha Polachan 3rd B.Com C.A. 1st position
2. Angala Asif, Alfiya Mohamed 3rd B.Com C.A. 2nd position Abhirami K.R & Aparna A.S.

Poster Making Competition

Abina Subhash -3rd BSc Chemistry- 1st position

Santa Claus competition

As part of Christmas Celebrations 2022, the Department of Mathematics, in association with the College Union and Arts Club, organized an interdepartmental Santa Claus competition “Kris Kringle” on 23rd December 2022 on the badminton court. Students from various departments actively participated in the contest. The contestants were



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judged based on their live performance and attire. Aleena Paul of 2nd DC Mathematics secured the first prize, Krishnapriya of 1st DC Mathematics secured the second prize.

Cake Sale - The Department of Mathematics organized a one-week cake sale from 19th to 23rd December 2022 as part of Christmas Celebrations. They sold sell 120 cakes of different flavors and the whole college cooperated for the same.

Food Fest

On 23rd December 2022, the Department of Mathematics organized a food fest in which we included homely food such as snacks, refreshments, desserts and lively foods. The whole college cooperated and it was a success. They organized the fest to meet the fund to conduct inter collegiate competitions.

Inter Collegiate Competition- No Limit

An inter-collegiate competition -NO LIMIT - was held in the College auditorium and P.G. Seminar



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Hall on 8th February 2023 by the Department of Mathematics. It was overwhelming to see that 35 students from 5 colleges participated in the event. The event included six competitions-Rapid brain, Poster making, Math relay Treasure hunt, JAM (just a minute talk) and Puzzle solving. The event started at 9.45 a.m. and ended with the prize distribution ceremony. The Principal, Dr. Sujo Mary Varghese, distributed prizes to the winners of the event.

Winners of ‘No Limit’

MA College, Kothamangalam won the first prize with 46 points and the participants were Adila Meeran, Merlin Sabu, Huda Muhammed, Afrin Salam, Ardhra Santhosh, Sibin Babu and Aravind B Menon

St Paul’s College, Kalamassery were the runners up with 33 points and the participants were M S Mary Sandra, Dixeena Varghese, Jomol Judit, Sheyona Rodrigues, Arya K.B and Annmary Jude



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Individual prize winners were Mr.Aravind B Menon for JAM and Mr.Abhishek P S for Puzzle Solving event.

Achievements

- Asna K.A (2020-22 M.Sc. Batch) secured 3rd rank with A⁺ in M.G. University M.Sc Mathematics CSS Degree examination August 2022.
- Vrindha P.V. of 2nd M.Sc. Mathematics was a member of the team who got runner up in the MG University inter collegiate Cricket Tournament.

Mathematics Competitions

- Kum. Maria Mini Eldhose of 1st M.Sc. Mathematics participated in the Bottle Art Competition conducted as part of the Mega Intercollegiate competitions id 2023 organized by Newman College, Thodupuzha on 6th January 2023.
- Ms. Ammena A.k. of III DC Mathematics



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		<p>participated in the “ Thasnim Memorial” Inter Collegiate Seminar Presentation Competition on 22nd October 2022 held at UC, College, Aluva.</p> <ul style="list-style-type: none">• Aiswarya Ashokan, Ameen A. K., Athulya Santhosh, Mumthaz K Sulaiman, Najumunnisa Ebrahim and Resiya Mol M S of 3rd DC Mathematics participated in the ‘Mathematics in You’ organized by the Department of Mathematics and Statistics, MES, College, Marampally, Aluva on 23rd January 2023. <p><u>Manuscript Magazine</u></p> <p>Department of Mathematics decided to release a Manuscript Magazine in this academic year.</p>
2	DEPARTMENT OF ZOOLOGY	<p>The Faculty-in-charge of the Zoology Association for the current year was Mrs. Reemy Sara Mathai.</p>



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Ms. Lakshmi Sankar Laiju of 3rd BSc. Zoology served as the Association Secretary.

The Activities of 2022-23 began with the Environment Day observance on 8th June 2022. A poster presentation competition themed “Best environment friendly practices that can be implemented in the campus” was conducted, in which 5 teams from different departments participated.

In collaboration with the Social Forestry wing of the Kerala Forests and Wildlife, a butterfly garden was setup in the college. It was inaugurated on 1 July 2022 by Mr. Zakkir Hussain, Perumbavoor municipal chairman, in the presence DFO, Mr. Jayakrishnan A., which was followed by a seminar on Forests and Wildlife by Mr. Unnikrishnan, Rtd. IFS officer.

In observance of the World Tiger’s Day, an essay writing contest was arranged on August 3 in which Sandra Sani bagged the first prize.



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	<p>A part of the Independence Day Celebrations, a thematic dance presentation, mehendi contest, Just-A-Minute, Guess the State, Recreate and a community service were organized.</p> <p>In collaboration with Newman College, Thodupuzha, a webinar on “Research Methodology: An Overview” was conducted on August 31, 2022. Mrs. Reemy Sara Mathai served as the resource person for the webinar.</p> <p>In the month of November, students were taken to various places in Thrissur as part of study. They were also taken to the UC college exhibition to enhance experiential learning.</p> <p>A career guidance class was arranged in collaboration with the Irez academy on 20th January, 2023 for both UG and PG students.</p> <p>A department Alumni meet was held on January 26, 2023 and more than 30 alumni spent time with the faculty till 5pm.</p> <p>A Research orientation seminar on “The Research Prospects in Zoology” was organized for the UG and</p>
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		<p>PG Zoology students on 14 February 2023 in the PG seminar hall. Dr. Gigi K. Joseph, Assistant Professor, Nirmala College served as the resource person.</p> <p>A mime was presented by 1st BSc students and a poem written by Gopika of 2nd M.Sc in connection with Social Justice Day (20 Feb) observance on 22 February 2023.</p> <p>In collaboration with the Social forestry wing, water pots were kept in the college campus and a seminar was conducted on March 14, 2023. The program was arranged in connection with the World Forest Day observance and the program was inaugurated by Mr. Biju John, Perumbavoor Municipal Councillor.</p> <p>The Science forum of the department was also functional with quarterly discussions on recent research developments.</p>
3	DEPARTMENT OF PHYSICS	<p>The Department of Physics offers B.Sc. Physics (Vocational-Model II Applied Electronics) from the year 2001 onwards and a new course-Integrated</p>



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Programme in Basic Sciences-Physics from 2021 onwards. The Department aims to upskill in all areas of Physics. Besides, the Department promotes Vocational Education Training and Energy & Environmental Protection.

Head of the Department: Dr. Anupama P.

Lecturer- in- Charge of Physics Association: Dr. Rajani Jacob

The following students were selected as the office bearers.

Association Secretary: Ms. Krishnendu K. (II IP Physics)

Committee Members: Ms. Aiswarya Ramesh (III B.Sc. Physics)

Ms. Syamini Sasi (II B.Sc. Physics)

Ms. Saliha V N (I B.Sc. Physics)

Ms. Anna M R (I IP)

With the whole hearted support of the Head of the Department and other teachers of the department, Physics Association initiated and supported various social activities, training programmes and coaching



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for curricular and extra-curricular activities. The details of the programs conducted are given below.

Major Achievement

- Rank I in the MG University BSc Physics Model II (Applied Electronics) examinations during the academic year 2021-2022 secured by Akhilendu T Anil.

VIRTUAL LAB WORKSHOP – Department conducted a virtual lab workshop on 08 July 2022 for all the students from science stream. Resource person was Mr. Saneesh P. F, Project Manager, Am Vishwa Vidyapeedham.

INDEPENDENCE DAY CELEBRATION

Physics Association conducted various programmes as part of Independence Day celebration:

- E-Booklet -Memories of freedom movements published.



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- Animation movie – Let them fly was created presented by the students.
- Documentary – 75 Indian scientists and history Indian independence was presented.

THE PLASMA EXHIBITION

Students of Physics department visited the plasma exhibition – A Scientific outreach program organized by **Institute for Plasma Research (IPR)** on 22 September 2022 at Bhavan's Adarsha Vidhyayalaya, Kakkanadu, Cochin

WORLD SPACE WEEK CELEBRATIONS

The Department organized Sun Spot Watching and Expert talk on Sun and Solar System in association with Breakthrough Science Society on 07 October 2022. Resource Persons of the programme were Mr. Harikumar K.S, State executive Committee Member, Break through Science Society, Kerala Chapter and Mr. P.P. Sajeevkumar, District Secretary, Break through Science Society,



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Ernakulam Chapter, Adv. Sajeev T Prabhakar,
Amateur Astronomer.

INNOVATION DAY CELEBRATION

The Department of Physics, in association with the Institution's Innovation Council (IIC), and the IQAC, celebrated Innovation Day on 15th October 2022 to commemorate the birth anniversary of former President of India, Bharat Ratna Dr. A.P.J Abdul Kalam and conducted an online quiz.

PHYSICS ASSOCIATION INAUGURATION

Physics Association was inaugurated by Mr. A. Satheesh, Scientific Officer, Kudankulam

Nuclear Power Plant Tamil Nadu on 7 November 20

He delivered a lecture on “Nuclear Reactors”.

LED STAR MAKING

The students of the Department of Physics under the leadership of faculties of the department made LED stars and sold them during the months of November



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	<p>and December, with the profits going towards a good cause. The funds were donated to Daivadan, an Old Age Home in Malayattoor, during a visit on December 22, 2022. Celebrating Christmas at the old age home was a joyous occasion for both the residents and the members of the Department of Physics. This is an excellent example of how science and technology can be used for a noble cause. It is also commendable that the profits were donated to an Old Age Home, which is an often-neglected segment of society. By contributing to this cause, the Department of Physics has shown that they care about the welfare of the elderly and are willing to take concrete steps to support them.</p> <p>ENCON 2022</p> <p>The Department of Physics of our college was organizing partner of the 5th National Energy Congr ENCON 2022, which was held in Angamaly fr December 12-14, 2022. The theme of the congress "Energy Efficiency, Renewable Energy, and Gr</p>
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Technologies". The congress was supported by Government of Kerala, the Energy Management Centre, KSEB, and the Energy Conservation Society. Teachers and students of Integrated M.Sc Physics participated in the three-day seminar, which featured a variety of keynote speeches, presentations, and panel discussions on various topics related to energy efficiency, renewable energy, and green technologies. Overall, the ENC 2022 was a great opportunity for the students to learn about the latest developments in the field of energy efficiency, renewable energy, and green technologies.

NATIONAL ENERGY CONSERVATION DAY CELEBRATIONS

Energy Conservation Rally and Signature Campaign

The Department of Physics in association with Energy Management Centre, Urjamithra and C conducted an Energy Conservation rally and signature campaign on 15 December 2022. The rally was inaugurated by Mr. Sakeer Hussain, Municipal Chairman.



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Perumbavoor at Subhash Park, Perumbavoor. More than hundred students participated in that campaign.

Energy Efficiency And Energy Conservation Workshop

As part of National Energy Conservation Week Celebrations 2022, the Department of Physics in Mar Thoma College for Women Perumbavoor in association with Energy Management Centre, Kerala conducted one day 'Energy Conservation and Energy Efficiency Workshop'. Rs. 1 lakh was sanctioned by EMC for conducting the programme. The specific topic of sessions was 'Energy Storage'. The workshop started with an inaugural session followed by technical sessions. 52 delegates from all over Kerala attended the programme.

• Resource persons for the Inaugural Session:

Mr. Manoj K, Assistant Executive Engineer, Electrical Sub Division, KSEB, Perumbavoor.



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Special guest of the programme was the ‘**Akhshaya U Award Winner 2021**’ of Kerala State, **Mr. N. P. Antony**, Managing Director of Pavizh Group.

- **Resource persons for the Technical Session:**

1.Mr. Muhammed Afsal Pary, Deputy Manager-
Energy & Electrical Safety, TCC Ltd.

2.Mr. Baby Kuriakose, GM, Renergy Systems
India Pvt Ltd.

NATIONAL SCIENCE DAY CELEBRATION 2023

- On 28th February 2023, the Department of Physics, celebrated National Science Day at the PG Seminar Hall, with the theme "Global Science for Global Wellbeing". The event's inauguration and keynote address were given by Prof. Dr. V P N Nampoori, formerly a professor of photonics at CUSAT. He spoke about the legacy of Sir C V Raman and his contributions to



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the field of physics, particularly in the study of light scattering. He emphasized the importance of science in addressing global challenges such as climate change, poverty, and health.

SCIENCE EXHIBITION: EXPLORING THE WONDERS OF SCIENCE

- The Department of Physics at Mar Thoma College for Women, Perumbavoor celebrated National Science Day from 27 February 2023 to 1 March 2023. As part of this celebration, the students of the Department of Physics organized a science exhibition in the Physics Lab. The exhibition aimed to showcase the scientific knowledge and creativity of the students.

VISIT TO PONDICHERY UNIVERSITY

- On February 4th, 2023, a group of students from the Department of Physics visited Pondicherry University. During their visit, the students had the opportunity to tour several facilities,



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including the Physics General Lab, Photonics Lab, and Central Instrumentation Facility.

COMPETITIVE EXAMINATIONS AND COACHING

- Talent Search Exam (TSE-2022-23) was conducted in association with Academy of Physics Teachers (APT), Kerala. Students from first, second and third year BSc Physics and Integrated Physics classes attended the exam. Krishna V S of second Integrated Physics qualified to second level of the exam.

ACHIEVEMENTS OF STUDENTS

- Krishnendu K and Laya S Pillai of Integrated M.Sc Physics presented a paper in the multidisciplinary online International Conference organized by St. Stephens College, Uzhavoor. They secured the second and third positions respectively in the competition.
- Shahanas T S of III B.Sc Physics secured first prize in the All Kerala quiz competition



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		<p>conducted by Breakthrough Science Society.</p> <ul style="list-style-type: none"> • Shahanas T S and Daya Das P.K of III B.Sc Physics secured third prize in the 8th intercollegiate Energy Quiz Competition 2022, conducted by Energy Management Centre and Energy Conservation Society, Kerala in Sacred Heart College Chalakudy. • Krishnendu K K and team of the Dept. of Physics secured the 2nd prize in Thiruvathira conducted by our college as part of the Arts Festival. • Krishnendu K K participated in the Western Stringed Instrument competition in the MG University Art's Festival. • Laya S Pillai of Integrated Physics secured the second prize in the preliminary level of Power Quiz, organized by the Department of Physics in association with KSEB.
4	DEPARTMENT OF CHEMISTRY	



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The activities of the Chemistry Association during the year 2022-23 were organised under the guidance of Dr. Anu Joy, Faculty in-Charge of Chemistry Association. Ms. Gadha G Kartha (III B.Sc. Chemistry) was selected as association secretary. The association conducted various enriching programmes to enhance the academic and interpersonal skills of students.

Association activities for the year 2022-23 started with Music Day celebration on 22 June 2022. Students from various departments participated and Ms. Anjali Krishna from B.Com (Tax) was selected as the Melody Queen.

As part of the Independence day celebration, various programmes such as Doodle Art, Rhythmic Quiz, Painting competitions etc were conducted for all students.

Onam was celebrated on 2 September 2022. The programme was colourful and fun-filled with various games and entertainment activities. Chemistry



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	<p>Association got second prize in Pookkalam competition organized by College Union.</p> <p>As part of Ozone day Celebrations, a quiz competition was conducted on 19 September 2022.</p> <p>Hand wash and dish wash making workshop was conducted and it was inaugurated by Dr. Sujo Mary Varghese on 14 October 2022. Hand wash and dish wash was made by the students of Chemistry department and sold to students and staff of the college.</p> <p>The Chemistry Association was officially inaugurated on 18 November 2022. Dr. Ajitha A R, Senior Researcher, IIUCNN, M.G University, Kottayam was the chief guest. And they organized the Fresher's Day for the first year students of the department on afternoon session. Various tasks and games were given to them to showcase their talents.</p> <p>Students of the department shared the joy of Christmas on 23 December 2022 by cake cutting, crib making, carol songs etc. They bagged second</p>
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		<p>prize in crib making competition organized by College union.</p> <p>An industrial visit was conducted to The Travancore Cochin Chemicals Ltd., Ernakulam on 17 January 2023. The final year students and faculties of Department of Chemistry participated in the trip.</p> <p>As a part of college tour, final years were taken to Munnar on 28 February 2023.</p> <p>Final year students participated in K.U. Joseph Memorial Intercollegiate Science Quiz Competition 8 March 2023 organised by Newman College, Thodupuzha and bagged the third prize.</p>
5	DEPARTMENT OF HISTORY, ARCHAEOLOGY AND MUSEOLOGY	<p>The Department of History celebrated Environmental day on 6 June, 2022 and conducted various activities like poetry recitation, awareness talk and meetings, exchanged ideas and took oath to keep the green going.</p> <p>The Department conducted Reading Day lecture led by Lt. Dr. Deepu P, Assistant Professor in Malayalam, NSS College, Nilamel on the topic</p>



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“Reading in the digital age. 98 personals including students, scholars and faculties were participated in the online webinar in which Dr. Deepu talked about the process of writing and the impact the impact of reading on someone’s life.

Th Department conducted Book Review competition as part of World reading Week Celebrations on 24 June, 2022. An inter departmental book review completion was also conducted and prizes were distributed to the winners.

The Department celebrated Independence Day on 22 August ,2022 as part of Azadi ka Amrit Mahotsav. The department of History organised a quiz programme on 22nd August 2022. The programme participated as two members include a team. The winners of the programme were Gopika Vijayan and Sruthymol A. S. 1st M.Sc. Zoology students bagging the 1st prize, Fathima Aliyar and Amina K. K from 3rd B.sc Chemistry bagging the 2nd prize and Anjima D and Laya S Pillai from 2nd Integrated M.sc Physics securing the third prize.



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		<p>The fresher's day for first year students was organized by the History Association on 14th October 2022. The senior students welcomed 1st year students. An ice-breaking session was organized along with various cultural programme and were warmly welcomed by all the students and faculties of the department</p>
6	DEPARTMENT OF ENGLISH	<p>The English Association, in collaboration with the IQAC, conducted a workshop on on how to crack NET and the preparatory steps to be taken to tackle the exam while taking undergraduate programme itself on 6 June 2023. Ms. Maria John Paul, the alumna of the Dept. Of English and currently Guest Lecturer, Sacred Heart College, Thevara served as the resource person of the workshop.</p> <p>The English Association in association with IQAC conducted a webinar on “Independence –Then and Now” with Mr. Renjith Kumar A.P, Assistant Professor, P.G. Dept. Of History, Government</p>



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	<p>College, Perambra as the resource person on 24 August 2023. The webinar was conducted as part of Azadi Ki Mahotsav initiative of central government. The speaker briefed on different aspects of the term “independence” before and after 1947.</p> <p>The Research Forum of the Dept. Of English in association with IQAC conducted a seminar on Research Methodology with Ms. Rose Mary Jose, Senior Research Fellow at P.G Dept. Of English, Sacred Heart College, Thevara as the resource person, on 30 August 2022.</p> <p>The English Association in association with the IQAC organized a programme commemorating The Rashtriya Ekta Diwas on 26 October 2022. The presidential address of the programme was given by the Principal. The students arranged a PowerPoint presentation and a unity dance was presented by Sruthi Suresh of III B. A. English.</p> <p>The Department of English in association with IQAC organized a seminar on the topic “Tales of the Future: Science Fiction in the Anthropocene” on 11</p>
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		October 2022. The resource person for the day was Dr Aravind R Nair, Assistant Professor of the Department of English, Sacred Heart College, Thevara, Ernakulam.
7	DEPARTMENT OF COMMERCE (F&T)	<p>The Commerce Association comprises the staff of commerce department and students of B. Com classes. To undertake the activities of the association, an executive committee was formed. This facilitates the students of commerce to come together and interact and enrich their horizon in the subject matter related to their studies. The students get an opportunity to know, understand and learn about the world of commerce.</p> <p>Activities</p> <ul style="list-style-type: none">• Conducted an <i>intra-department quiz competition</i> as part of world environment day on June 6 in room no: 116. Students from other departments actively participated in the same. Mr.Jibin Shibu Sam, Assistant Professor, was the Quiz master.



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- As part of reading week celebration, Department of Commerce organised an *intra-department book review competition (Malayalam/English)* on 20/06/2022. 20 students participated for the review competition from various departments. The students also contributed 2 books to college library.
- On 24/06/22, A *Student Orientation Programme*– “HORIZON” was organised by the department. Mr.Lovewin K Cherian was the resource person. To follow like a sinking star was the theme of the session. All the students actively participated and enjoyed the session.
- An *Investor Awareness Program* was organised by the department in association with SEBI on 29/06/2022. Mr.Shankar Sundareshan was the resource person of the program
- On 19/07/22, A *project orientation programme* was organised to final year degree B.Com students .Morning session was handled by



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Mr.Viswajith V Vinod, Research Scholar, CUSAT. Afternoon session was handled by Dr.Bincy Baby, Assistant Professor, St Perters College , Kolenchary.

- ED club in association with IIC arranged a session for students on “*How to plan for startup- lega Land ethical steps* “on 26.6 2022. Mrs Serene Anna Sam, Assistant professor, Dept of Commerce was the resource person.
- On 13.8.2022, the department organised an online BSc IPF capital market awareness training programme on the topic *Investor education and financial planning*.
- As part of independence week celebration several programmes were organised by the department from 15 to 19 August.
- 16/08/22-Quiz competition
- 17/08/22-Cartoon competition



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	<ul style="list-style-type: none">● 9/08/22-Speech competition (Great Indian freedom fighters)● 19/08/22 Patriotic song competition● Magic meals(distributed food packets in Perumbavoor locality)● Creative casket(sharing innovative ideas)● On 22/12/2022 as part of Christmas week celebration, <i>intra department Christmas card making</i> competition was held. Students from different department actively participated.● A <i>food fest 'savoury carnival'</i> was organized by department on 23/12/2022● 2.2.2023 Department of Commerce and ED club arranged a Field Visit to Pavizham Helatheir Diet Private Limited to second year B.Com degree students. Mr NP Antony (MD), Pavizham Rice,has given a talk regarding manufacturing procedures and carrier opportunities in the industries.
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		<ul style="list-style-type: none"> On all Wednesdays students come together and discuss the current and relevant issues. Days of National importance were also commemorated.
8	DEPARTMENT OF ORIENTAL LANGUAGES	<ul style="list-style-type: none"> Hindi Day Celebrations The Hindi Department of Mar Thoma college in association with IQAC celebrated "Hindi Divas" competitions (Hindi recitation, poster making, Elocution) on 16- 09-2022 ,10:30 AM at the college auditorium. The winners for Hindi Recitation were Ms. Fidha Jiju (I B.com F&T) and Ms.Anjali Krishna(II B.Com F&T) and the winners in Poster making were Ms.Husna Yahiya(II B.Com CA) and Ms.Aishavi K (II B.Com CA) Keralappiravi Celebrations Mar Thoma College for Women jointly organized the Keralappiravi celebrations with



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	<p>various language departments (Malayalam, Hindi, English) and IQAC on 01-11- 2022 at Perumbavoor. Ms.Gayatri KG, III B.Sc chemistry started the opening ceremony by singing a prayer sodelivered the opening prayer. Dr Sujo Mary Varghese,Principal presided over the function. Ms. Gopika TG, Former Vice Chairperson of College Union delivered the welcome address. Chief Dr. Anupama P IQAC Coordinator and Ms.Anushree N (1 B.Sc Chemistry) felicitated the event. In the event, Dr. Sujo Mary Varghese gave a Keralappiravi message. Ms.Gayatri KG, III B.Sc Chemistry recited the poem 'Tathaka Enna Dravida Rajkumari' by KG Vayalar. Akhia Elizabeth Aju, (1 B.Com F&T) rendered a light music. Students of B. Com Computer Applications sang a Folksong. Ms. Anjali PP, Faculty expressed her gratitude by concluding the opening ceremony. Anchoring was done by Ms. Abhima Subhash (III B.Sc Chemistry) and Ms. Anushree (1 B.Sc Chemistry). After the inaugural ceremony, students and teachers presented various</p>
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		cultural programmes. The Kerala Piravi celebrations concluded at 4pm.
9	DEPARTMENT OF PHYSICAL EDUCATION	<p>Annual Athletic Meet</p> <p>Annual Athletic Meet of the year 2022-23 was conducted on 1 February 2023 . The Principal, Dr.Sujo Mary Varghese, inaugurated the meet at 9.45 am. Various Track and Field Events were conducted. Closing ceremony was at 3.30 pm. Principal gave away the prizes during the closing ceremony. Abhisree Prakash of Blue House won the Individual Championship. Green House won the Trophy for overall Runner-up with 16 points and the Champion house of Annual Athletic meet 2022-23 was Blue House with 58 points. Inter House Tug of War competition was conducted and the Red House won the competition.</p> <p>Tournaments</p>



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Table Tennis, Carrom board and Chess Tournaments were organized by the department. Badminton Tournament for staff and students were organized.

Yoga

In Association with NSS and NCC unit of the college Inter National Yoga Day celebrations were conducted on 21st June 2022 at college auditorium.

National Sports Day

Shuttle Badminton Service contest for staff and students was organized in connection with National Sports Day on 29th August 2022. 62 students and 16 staff members were participated in the contest.

Orientation on Zumba Dance

Orientation programme on Zumba dance for staff and students was organized on 30th September 2022 at college auditorium. 123 students were participated in the programme.

Campus Fitness Drive

To ensure the development of physical fitness of students, Physical fitness assessment test was conducted for I st year degree students.



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Achievements

- The College Table Tennis team won the Runner up position in the M G University inter collegiate Table Tennis Tournament 2022-23.
- Aneesha Ganesh of II B. Voc. Fashion Technology was selected to M.G. University Table Tennis Team 2022-23.
- The College Cricket team won the Runner up position in the M G University inter collegiate Cricket Tournament 2022-23.
- Gauri Sudhakaran of I B.Sc. Zoology won the Miss Kerala Women Physique title 2023.
- Athira Sanal, Arya R., Nandhini P T and Rejitha K L were selected to the MG University Cricket Team 2022-2023 and won the South Zone Inter University Cricket Tournament 2022-23.
- Students participated in the MG University Inter collegiate Cricket, Table Tennis, Tug of War, Cycling and Athletics competitions.



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10	DEPARTMENT OF B.COM COMPUTER APPLICATIONS	<p>The following students were selected as office bearers for the Association for the academic year 2022-23:</p> <p>Secretary - Nikitha Paulachan</p> <p>Join Secretary - Amana Jenna C S</p> <p>Association in charge - T J Vishnupriya</p> <p>Independence Day Celebrations</p> <p>As part of Azadi Ka Amrit Mahotsav, celebrating the commemoration of 75 years of India's Independence, our Department organized handwriting competition and word puzzle games on 17 August 2022. The overall programme was coordinated by Ms. Anandhi. R (Assistant Professor, Dept. of Commerce Computer Application) , Abhirami K R and Sreenidhi P B (student coordinators, 3rd B.Com).</p> <p>Freshers Day and Inauguration</p> <p>The activities of the Commerce Computer Application Association for the academic year commenced with the Inaugural function on 7th October 2022. It was officially inaugurated by one of our alumni Ms Nasna Ajmal, an entrepreneur who</p>
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also works as admission counselor and manager at Mithra School of Medical scribing, Thodupuzha. Afterwards a warm welcome was given to the freshers. Various entertainments were staged on this occasion.

Industrial Visit

An Industrial visit was organized by the department to Milma, Thripunithura on 30 November 2022.

UC College Centennial Vista

On 10 November 2022 First year, Second year and final year students of our department attended the National level exhibition organized by UC college Aluva celebrating its Centenary.

Project Orientation Programme

A project orientation programme was organized by our department in collaboration with the department of Commerce Finance and Taxation on 19th July 2022. The sessions were handled by Mr. Viswajith V Vinod (Research Scholar) and Dr. Bincy Baby (Assistant Professor, Dept. Of Commerce, St Peter's College, Kolenchery)



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Celebrations

All the important days were celebrated by our Association. Onam Celebration was held on 2nd September 2022. The Onam feast was arranged by the association. All the teachers and students participated in the programme. The students have participated in different competitions conducted by the college union. Our Department won first prize in group song, 2nd prize in thiruvathira competition and won the tug of war competition . The students of our Department also shared the joy and glory of Christmas. We have shared the joy of Christmas by distributing cake. Students actively participated in the Christmas programme arranged by the College. The students of our department actively participated in the Annual Athletic meet of our college on 1st February 2023. Our department along with the department of Physics won the runner up trophy.

Faculty Exchange Programme

Ms. T J Vishnupriya involved in the Faculty Exchange Programme organized on 10th, 11th &



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		12th October 2022 in collaboration with PG Department of Commerce, St. Kuriakose College of Management and Science, Kuruppampady
1 1	DEPARTMENT OF B.VOC	<p><u>FASHION TECHNOLOGY AND MERCHANDISING</u></p> <p>B. Voc FTM conducted various activities pertaining to skill-based education including the following.</p> <ul style="list-style-type: none">• 4th semester FTM students attended a one-day industrial visit to Manju Garments on 25/7/2022. They also visited Black Jully Manufacturing Unit ,Kothamangalam on 26/7/2022.• B. Voc Fashion Technology and Merchandising Students of 4thSem attended 2-week Internship Programme at Fabeon exports P.V.T Ltd, Malappuram from 23/8/2022 to 8/9/2022.• Department of Fashion Technology and Merchandising signed an MOU with Yeldo Mar Baselios College, Kothamangalam, for Student



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		<p>Exchange Programme for Classes on SNLS Machines.</p> <ul style="list-style-type: none">• B. Voc Fashion Technology and Merchandising organized a 2-day Workshop on Jewelry making as a part of the syllabus, on 11th and 12th of October 2022.• B. Voc Fashion Technology and Merchandising organized a one-day Workshop on Accessory Making by Alumni on 20/10/2022.• B. Voc FTM students organized a farewell party for 2019-2022 batch students.• Fresher's day Programme was conducted by 2020 and 2021 batch for first years (2022) batch.• B. Voc FTM students of 2020 and 2021 batches organized "Artistic day" celebration on 26/10/2022 and arranged an art gallery, face-art, mehndi design, food stall.• Department of Fashion Technology and Merchandising participated in the 6 days Exhibition for Based Material Recycle Products
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at UC College Aluva as a part of 100-year Celebration .and secured 3rd prize. The participants were Ms.Maria Sajan, Ms.Amala J, Ms.Gopika N.V and Ms.Noaf issac

- FTM Conducted ‘Fabric Painting Magic Workshop’ on 19/12/2022 for 1st year and 2nd year students of Vocational studies.
- FTM Students Participated in Spectrum Fashion show at St. Joseph’s College of Communication, MediaVillage, Changanassery Kottayam on 1/12/2022.
- FTM Students Participated in Milagro-2023 Fashion Show at MES College on 7/02/2023.
- B. Voc FTM students Presented a “Fashion Carnival” on the occasion of the Ruby Jubilee Celebrations of the college on 04 March, 2023

Achievements

- Anjana Sajikumar (2018-2021) secured 1st rank in the M G University B. Voc degree Examinations, April 2022.



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- Keerthi Babu (2018-2021) secured 2nd rank in the M G University B. Voc degree Examinations, April 2022.
- Dinet Joy (2019-2022) secured 1st rank in the M G University B. Voc degree Examinations, April 2022.
- Asnitha Rahim (2019-2022) secured 2nd rank in M G University B. Voc degree Examinations, April 2022.

RENEWABLE ENERGY TECHNOLOGY AND MANAGEMENT

- Students of B. Voc RETM Department attended a 3 day National Workshop from 15/11/2022 to 17/11/2022 on “Green Hydrogen Pathways To Sustainable Future.in Connection With the Arrival of Energy Observer at Cochin” organized by Energy Management Centre and Cochin Shipyard.



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- Students of the Department of B.Voc RETM attended the Job Fair Expo 2022 conducted by KREEDA on 11/11/2022.
- Students of the Department of B.Voc RETM attended a Power Quiz organized by KSEB on 20/10/22.
- Students of the Department of B.Voc RETM attended a 4-day training Programme on Renewable Energy for Women jointly conducted by ANERT, Department of Labor and Skills, Government of Kerala from 2/02/2023 to 06/02/2023 at Ernakulam.

Achievements

- Sikha K Binoy(2019-2022) secured 1st rank in M G university B. Voc degree Examination April 2022
- Adheena R (2019-2022) secured 2nd rank in M G university B. Voc degree Examination April 2022



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- Anna Lal(2019-2022) secured 3rd rank in M G university B. Voc degree Examination April 2022
- Saifunisa TM(2019-2022) secured 4th rank in M G university B. Voc degree Examination April 2022
- Princy Joney(2019-2022) secured 5th rank in M G universityB. Voc degree Examination April 2022
- Sneha Anadh(2019-2022) secured 6th rank in M G university B. Voc degree Examination April 2022

TOURISM AND HOSPITALITY MANAGEMENT

- Industrial visit was conducted at Hotel Holiday Inn, Kochi for the third year students on 26/07/2022.
- As part of Independence Day, Poster making, Speak up, Relay, Patriotic song and Treasure Hunt competitions were held on 17/08/2023.



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	<ul style="list-style-type: none">• The team B.Voc Organized Onam Celebration, - ‘Aaravam 2k22’ conducting different competitions on 01/09/2022.• On College Onam Celebration department secured third prize for Pookalam Competition.• 21 students (2020-2023) and one faculty (Treesa Maria Mathew) attended five days Internship programme at CIALS Aviation Academy on 10/10/2022 to 14/10/2022• “Voyager 2K22” fest by organized 2020- 2023 batch as part of World Tourism Day, the programmes like exhibition, share your travel experience, reveal the destination, fancy dress, quiz, poster making, photography, food fest etc... The fest conducted on 25/10/2023 & 26/10/2023• As part of Kerala Piravi, the programmes like Essay writing Competition, Tag line etc.. the fest conducted on 02/11/2022• Conducting three days training programme on “Travel Agency Operations”, Resource person
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	<p>Biju Xavier, Managing Director Kairali Holidays Kochi with first year & third year students on 21/11/2022 to 23/11/2022</p> <ul style="list-style-type: none">• Signed a MOU with Speed Wings Aviation Academy & conducted Career guidance Section resource person become Raneesh Rahman on 25/11/2022• Destination Visit to Munnar with first year students on 16/12/2022• “Zrak 2k23” fest as part of National Tourism day organised some programmes like Mapping Contest, find me, dump charades, draw the taleetc. The fest conducted on 27/01/2023• “Pionero 2K23” Five students (2020-2023 batch) participated three days Tourism fest at Henry Baker College Melukavu on 06/01/2023-08/01/2023 and secured second prize for quiz competition• Study Tour to Coorg & Mysoore with third year students on 15/03/2023 to 18/03/2023
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		<p>Achievements</p> <ul style="list-style-type: none">• Alphiya Abdulkader (2019-2022) secured 6th rank in M G university B.Voc degree Examination April 2022• Akhila K S (2019-2022) secured 10th rank in M G university B.Voc degree Examination April 2022
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