



# St. Mary's College, Thrissur-680020

## Day Celebrations Report 2018-2019

### ENVIRONMENT DAY

#### **Exhibition on the craft materials made from waste plastics**

To encourage the students to reuse the plastic materials in a creative way, an exhibition on the craft materials made from waste plastics was conducted by Department of Botany on 5/6/2018. Various items like flower vases, show pieces, flowers etc. made from waste plastic materials were displayed in the exhibition.



#### **Oath taking ceremony to beat plastic pollution**

An oath taking ceremony with the intention to beat plastic pollution was conducted for the students of the Botany Department on June 5th the World Environment Day. The ceremony was led by Dr Regi Raphael K., Head, Dept. of Botany on 5/6/2018.



### **Talk on “Plastic pollution-challenges and remedies’**

Mr. Anoop E.V. (Professor and Head, Department of Wood Science, Forestry College, KAU, Mannuthy) delivered a talk on the topic “Plastic pollution- challenges and remedies’ for the students of the Botany department. He emphasized on the reduce, refuse, reuse and recycle aspects of plastics and suggested alternative sources to avoid plastics



### **Monsoon hygiene tips announcement by Department of Microbiology**

Association activity of Department of Microbiology commenced on World environment day, June 5<sup>th</sup> with the announcement of Monsoon Tips as a measure to prevent the spread of monsoon related diseases. Announcements were done during lunch break about the signs, symptoms, identification tests, preventive measures, routes of transmission of various diseases including Dengue, Chikungunya, Malaria, Dysentery, Typhoid, Cholera, etc. General measures of hygiene and food safety habits were also the part of announcement. Announcements continued till 12/06/2018



## A talk on the theme “Plastic Waste Management”

Department of Biotechnology organized a talk by Mr. S. Sreelal, District Coordinator, Clean Kerala Company Limited on the theme “Plastic Waste Management” at Chavara Seminar Hall on 5<sup>th</sup> June 2018. An exhibition on refurbished worn out plastic was also arranged at the same venue



## Distribution and Planting of tree saplings

Tourism Club of our college was inaugurated by Smt.Celine P C, Assistant Professor, Retd. Faculty of the Department of History on the Environment Day of this year. The ceremony was done by distributing tree sapling. An awareness talk was also conducted to understand the importance of environment rebuilding



## Invited lecture on “Beat The Plastic Pollution”

On 5<sup>th</sup> June 2018, Department of Commerce conducted an invited lecture on “Beat The Plastic Pollution” by Dr. Augustine Antony, former Professor and HOD of Plant Biotechnology CPBMB and Associate director of Research, Kerala Agricultural University. This session helped our students to know how the use of plastic affect our present and future generations. He also provided a brief statistical information regarding the use of plastic as well as diseases formed out of these.



## **E-Waste Clearance Mission**

In an effort to ensure that the E-Waste emanating out of the villages, are recycled and disposed off scientifically, Dept of Computer Science and Applications made arrangements to collect E-Waste from all the departments of the College on 07/06/2018, for scientifically recycling the same in association with Clean Kerala Company limited which is a leading recycling organization under the Local Self Government Department, Government of Kerala. The venture was implemented successfully in the college and all the departments participated in the same to make it successful.



## **Poster Making on the topic “Beat the Plastic Pollution”**

On 7<sup>th</sup> June 2018, Department of Commerce conducted an interdepartmental poster making competition on the topic “Beat the Plastic Pollution”. 10 students from various departments are participated in the competition.



## **Invited talk on “Monsoon diseases prevention and treatment”**

Department of Microbiology in association with Thrissur Corporation and UBA (Unnath Bharath Abhiyaan) conducted various cleaning activities and surveys in different Parts of Thrissur. On 7<sup>th</sup> June an awareness talk was conducted for students of Microbiology on Monsoon Diseases- Preventive and treatment measures at 8.30 am in the Chavara Seminar Hall. An invited talk was delivered by Mr Mohammed Iqbal, Health Inspector and Mr Nazar, Junior Health Inspector, Thrissur Corporation, Thrissur. The invited talks gave a detailed information about the prevailing monsoon diseases, symptoms, diagnosis and also on preventive measures.



### **“Monsoon Diseases Prevention and Treatment”- Awareness Survey**

On 7/ 6/2018 survey and awareness on Monsoon diseases was conducted in Pallikkulam ward (Ward 35), in association with Thrissur Corporation. 20 students from III UG Microbiology were active volunteers in this survey. On 28<sup>th</sup> June 2018, 3<sup>rd</sup>UG students and Dr. Jimtha John C (Faculty member) conducted the same survey at Mayilppadam 12<sup>th</sup> Ward of Thrissur Corporation.



### **Cleaning and Survey at Madakkathara Grama Panchayath in association with UBA**

On 8<sup>th</sup> June 2018, 12 PG students from our department participated in Cleaning programme in association in UBA, at Madakkathara Grama Panchayath. On 22<sup>nd</sup> June, 2018, cleaning and Monsoon disease survey was also conducted in Madakkathara Grama Panchayath. 2<sup>nd</sup> year UG and 1<sup>st</sup> PG Students, Dr. Meera C.R. and Dr. Dhanya K.C.(Faculty members) participated in the programme.



## **Elocution Competition -Beat Plastic Pollution**

Department of English conducted an Elocution competition on the topic Beat Plastic Pollution on 08 June 2018. First Prize: Ms Jeenu Maria of III BA English. Second Prize: Ms. Anjali V Asokan of III BA English.



## **Essay Competition on “Beat plastic pollution”**

Department of Chemistry organized an Essay Competition on the focal theme “Beat plastic pollution” on 11<sup>th</sup> June 2018. Eleven students participated in the competition. Ms. Jisha of Dept of Malayalam judged the competition and the winners were

- Ms. Saranya Unnikrishnan, I MA History, 1<sup>st</sup> prize.
- Ms. Vimitha K.S, I MA History, II Prize
- Ms. Hasnath V.H, III DC History, III Prize



## **Environment Awareness Poster Exhibition: Save our Earth**

Competition on Report and Review of Various environmental issues was organized on 20-6-2018. In connection with Environment awareness a poster exhibition Save Our Earth was arranged by Department of Economics on 22-6-2018. The exhibition highlighted the issues connected with environment and development. Students took a pledge to conserve nature for present and future generations.



### **Photography Competition on: “Our Environment”**

Department of Vocational Studies organized a Photography Competition on the Topic: “Our Environment” on 26<sup>th</sup> June 2018. Photography works of students from various department were received. From more than 60 photos, 3 students were selected as winners and distributed certificates to the price winners.

The Prize Winners:

First Prize:

1. Hiba Abdul Lateef (BSW)
2. Roswin Francis (B.Voc)

Second Prize:

1. Jeeshma Jaison (B.Voc)



### **Health Education**

Department of Psychology conducted a Health Education Class for the residents in slum area near Divanjimoola on 29/06/2018, Friday. An awareness on Nipah Virus and Monsoon diseases was given to them. The class was given by the faculty Ms. Hena Joy and 1<sup>st</sup> PG students of the department of Psychology.



### **WORLD BLOOD DONOR'S DAY**

Department of Management Studies conducted a procession with pluck cards throughout the campus to pass on the information on importance of donating blood. The event was conducted on 14<sup>th</sup> of June 2018 at St. Mary's College, Thrissur. Total of 65 students from 2<sup>nd</sup> year and 3<sup>rd</sup> year BBA classes participated in the programme.



### **INTERNATIONAL YOGA DAY**

Department of Management Studies organized a yoga session on 21st June 2018. Resource person for the programme was Ms. Siji Andrews, Yoga trainer, Pranah Yoga and Health Centre. She dealt with the topic "Beating Menstrual Cramps with Yoga". Trainer explained the need of being healthy and the benefits of Yoga to the students. The students were demonstrated few asanas which would help them in coping the menstrual cramps and doing way with gynecological problems like PCOD. The demonstration was done by Miss Dayana Rose student of 2nd year BBA who has been practicing Yoga for many years.





Department of Vocational Studies conducted a YOGA Training Class to the students. Smt.Kalyani Menon, Instructor ,Sri Sri Ravishankar Art of Living explained different asanas helpful in daily life.. Different yoga postures like “Pranamasana, Hasta Uttanasana, Hastapaadasana, Aekpaadprasarnaasana, parvatasana, Ashtanga Namaskara, Bhujangasana, Adho Mukha Svanasana, Ashwa Sanchalanasana, Hasta Uttanasana, Pranamasana” and their benefits were demonstrated to the students.



### **WORLD POPULATION DAY**

Department of Economics organized competitions in Essay Writing, Elocution on 20-7-2018 and Poster making on 23/7/2018. The theme of this year’s activities was Population Explosion



## KARGIL DAY

On 31<sup>st</sup> July 2018, Department of Management Studies conducted Kargil Remembrance Day Celebration with a Talk by Shri. Gopinathan Nair, Secretary – Jilla Sainik Welfare Association, Thrissur. The talk was organized with the focus of in-building national feeling in the young minds of the department.



## INTERNATIONAL YOUTH DAY

Every year the 12<sup>th</sup> of August is observed as the commemoration of International Youth Day (IYD). The theme for International Youth Day 2018 is “**Safe Spaces for Youth**”. To create awareness on this, Department of Biotechnology in association with Red Ribbon Club has organized an inter-department debate competition on the topic “Safe space for youth” on 14<sup>th</sup> August 2018.



## INDEPENDENCE DAY

Dr Sr Magie Jose, our Principal hoisted the national flag and delivered an independence day speech. Later NSS volunteers marched in the town to pass on the message of ‘Swachh Bharath Mission’.



On 15th August 2018, in association with UBA, Department of Microbiology conducted Independence day celebrations at Punnamparambu village of Thekkumkara panchayat. The second year students of the microbiology department performed a short skit which highlighted the necessity to be vigilant during the monsoon season. It also put forward some safety measures to be followed during the rainy season, like, keeping the surroundings clean, using mosquito nets and to not let water collect in any stray containers. After the skit, the Microbiology Department gifted the anganvadi children with umbrellas and toffees, making the children smile with joy.



### TEACHER'S DAY

College Union conducted Teachers Day on 5<sup>th</sup> September 2018. All the teachers were fondly invited with roses and there was teacher's day message from Principal. Appreciation certificates were given away after that. There was also experience sharing by faculty Dr Binu K, non-teaching faculty Ms. Lathika and Student Miss Gladwino.



## HINDI DAY

Department of Hindi conducted Group Discussions, Essay Writing Competition, Recitation etc on 18/09/2018



## INTERNATIONAL DAY FOR THE PRESERVATION OF THE OZONE LAYER

Department of Chemistry, organized two day programmes in connection with Ozone day celebrations 2018 with the support of KSCSTE, Govt. of India on the focal theme “Keep cool and carry on! The Montreal Protocol” on 18 & 19 September 2018. The Programmes was inaugurated by Dr. Sr. Magie Jose, Principal, St. Mary’s College, Thrissur. This was followed by an Interuniversity Science Quiz Competition. The quiz competition was led by Mr. Santhosh P Jose, Dept of Physics, Vimala College Thrissur. An Environmental Friendly Poster Making Competition was also held in which the students of our college participated with enthusiasm.

On the second day i.e. 19<sup>th</sup> September 2018, two invited talks by two eminent personalities were organized. The first session was handled by Dr. Vijay Kumar P, Project Scientist, Department of Atmospheric Science, CUSAT. This was followed by a thematic film – *Home* which highlighted the importance of earth. The second session was a talk by Dr. Renjith S, Scientist B, SCTIMST, Trivandrum.



Department of Biotechnology organized a poster exhibition on the importance of ozone layer on 19<sup>th</sup> September 2018. The exhibition was arranged at the corridors of biotechnology lab.



### **RASHTRIYA EKTHA DIWAS**

The cadets celebrated Rashtriya Ekta Diwas on 30<sup>th</sup> October on the remembrance of death anniversary of Sardar Vallabhbhai Patel. Col. H Padmanabhan inaugurated the program. NCC Cadets performed cultural programs including dance, patriotic song and mime. All the students of the College participated in the programme.



## **ALZHEIMER'S DAY**

To overcome, the stigmatization and misinformation that surrounds dementia, Department of Biotechnology organized a visit to Alzheimer's day care center, "Smrithipatham". This government Alzheimer's day care center provide consolation to the local Alzheimer's patients residing at Kurukkanpara, Kunnamkulam. on 3<sup>rd</sup> October 2018.



## **WORLD STROKE DAY**

On 29/10/2018 NSS Unit conducted an awareness talk in connection with world Stroke Day in collaboration with DMO (Health) Thrissur.



## **WORLD ANIMATION DAY**

As part of World Animation Day, on 30/10/2018, Department of Vocational Studies (Multimedia) conducted a State Level Workshop on Character designing for Animation, Mr. Anuraj faculty, DePaul College Angamaly was the resource person. 34 Students from 3<sup>rd</sup> Year Multimedia and 12 Students from 2<sup>nd</sup> Year Multimedia participated in the Workshop, 15

Students from different institutions also participated. In total the program had 61 students as participants.



### **KERALA PIRAVI**

Kerala Piravi was celebrated on 1 November 2018. Students and teachers took the pledge on mother-tongue written by Sri.M.T.Vasudevan Nair. An Exhibition based on the theme “Re Build Kerala” and Malayalee Manga competition was conducted.



### **CHILDREN’S DAY**

BSW students celebrated Children’s Day at ZMLP School- Kolazhy, on 14<sup>th</sup> November 2018. Ms. Jincy guided and accompanied the students. The students conducted various games and awareness classes for the children. The students delivered a speech about “Children’s Day” to create awareness among children.



### **SAVINGS DAY**

On 16<sup>th</sup> November 2018 Department of Commerce conducted an Inter Departmental Extempore Competition on the topic “Demonetization and Indian Economy”. 8 students of various department participated in this competition. Sandra joy (Bcom) bagged the first prize. Priyanka Rajan (B Com) and Achanya Suresh (BA English) got second & third prize respectively.



### **HUMAN RIGHTS DAY**

Department of Commerce conducted a flash mob on 10<sup>th</sup> December 2018, to spread the importance of human rights. Students showcased and spread awareness of the fundamental rights of humans. 25 students participated in the event and it attracted the students of the entire college.





## **INTERNATIONAL COMMERCE DAY**

Department of Commerce conducted an interdepartmental logo making competition. The task for logo designer was to design a suitable logo for Department of Commerce. A time period of one week (15<sup>th</sup> December- 21<sup>st</sup> December) was allotted for this purpose. 5 students had participated in the competition. Logo designed by Anju Abraham of I M Com was selected as the best logo.



## **CHRISTMAS**

As a part of Christmas Celebration, various activities such as carol song competition, christmas card making competition, star making competition and rosary making competitions were conducted by the College Union on 21.12.2018.



### NATIONAL YOUTH DAY

Post graduate Department of History, organized an ‘Interuniversity Extempore Competition’ for college students in connection with National Youth Day on 17th January 2019. The National Youth day is observed to commemorate the birthday of Swami Vivekananda. Students from various colleges were participated in the competition.



To ignite the minds of youth a talk by Sr. Stenny Grace, psychologist was organized for the formation and counselling of children and youth on 17<sup>th</sup> January 2019. 109 students participated.



### **CONSUMER DAY**

On 22/01/2019 Department of Commerce conducted a musical drama in connection with Consumer Day Celebration. Students arranged a drama which enhanced the students to understand about the rights of consumers and they passed message regarding consumer court ie how the complaints should be given and what kind of complaints are accepted by the consumer court. It was an effective session for students of all streams.



### **REPUBLIC DAY**

Dr Sr Magie Jose, our Principal hoisted the national flag and delivered a Republic day speech On 26<sup>th</sup> Jan 2019. In addition to the regular parades, NCC cadets conducted ceremonial parades on Republic Day.



Department of History conducted postal stamp Exhibition on “National Freedom Fighters” at G.U.P.S Konnathakunnu, Vellangallur in connection with Republic day on 22<sup>nd</sup> January 2019. Freedom fighters like Gandhi, Patel, Tilak along with women and regional activist for freedom were exhibited. Participants remarked it as very useful and interesting



### **NATIONAL MARTYR'S DAY**

On 30-01-2019, Department of Economics conducted a quiz competition on Life and Work of Gandhiji based on the questions related to Mahatma Gandhi and his life to observe Gandhiji's death Anniversary. 45 UG students and 3 PG students from various departments participated in the competition.



### **SAFE INTERNET WEEK**

In connection with Safe Internet week celebration the Field Outreach Bureau, under The Ministry of Information and Broad Casting, Official Media Unit of The Government of India organized a seminar on Women Empowerment in association with the Department of Computer Science and Applications and Women Cell of St. Mary's College, Thrissur on 14<sup>th</sup> February 2019.

The two sessions were led by Dr.K.Suresh and Prof.V.R.Ramachandran on the topics "How to Keep You Safe Online and Offline" and "Schemes for Women in Central and Union Budgets" respectively. It was then followed by the Cultural programs on the theme Women Empowerment by Song and Drama Division.



### NATIONAL SCIENCE DAY

As part of National Science Day, A Poster making competition was conducted by Department of Microbiology for the students on the theme: Healthy Ways To Beat Cancer



Department of Microbiology organised a cancer awareness Webinar: “Introduction to cancer biology by Dr Divyasree P, Visiting Scholar, American University of Sharjah on 7/2/19



On behalf of National Science Day, the Department of Chemistry organised a science popularization seminar on 15 February 2019. The seminar was on topic Evolution of Science by Mr Aravind K, Assistant Professor SB College, Changanassery.

College Level Science Writing Competition for U G and PG students of was conducted. The participants were urge to post a write-up on the theme “Science for the people and people for science” on of Chemistry Departmental Facebook page.11 students participated in the competition.

Mariya Ghee Varghese of 1<sup>st</sup> DC Chemistry, Melna Joy of 2<sup>nd</sup>DC Chemistry, and Sriya Sreenivasan of 3<sup>rd</sup> DC Chemistry won the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> prizes respectively.



### **WORLD WETLAND DAY**

The 3rd year UG and PG students were taken to the Chettuva Wetlands as part of the World Wetland Day celebrations on 1-2-2019 to provide them an opportunity to experience the features of the mangrove vegetation. An oath taking was also conducted by the students to ensure the protection of wetlands.





Dr. Vijayan, Former Director, Kerala Biodiversity Board, Kerala delivered a talk on 'Wetlands and their importance' to the UG and PG students on 20/02/2019.



An intercollegiate Power point and Poster competition was conducted on the topic 'Wetlands and Climate change' was conducted as part of World Wetland day celebration on 01/03/2019.

The winners of the power point competition were :

- I prize: Divya Venugopal, (Carmel College, Mala),
- II prize: Lavanya CP (St. Thomas College, Thrissur)
- III prize: Anjali Girijan, (St. Marys College, Thrissur).

The winners of poster competition:

- I prize: Nasla P. (Carmel College, Mala),
- II prize: Gayathri Velayudan ( St. Marys College, Thrissur)
- III prize: Anjana Unni (Vimala College, Thissur).



## PI DAY

The Department of Mathematics celebrated Pi day on 20th February 2019. Pi (Greek letter “ $\pi$ ”) is the symbol used in mathematics to represent a constant -the ratio of the circumference of a circle to its diameter -which is approximately 3.14159. Prof. S. Arumugham, Senior Professor and Dean, Kalasalingam University, Anand Nagar, Krishnankoil gave an informative talk on “Hanoi Tower” as part of Pi day celebrations.



## WOMEN'S DAY

In connection with International Women's Day Celebrations department of Mathematics conducted an inspirational talk on the topic “The Secrets to become a Successful Woman through Gender Realization” by Dr. Sr. Smitha Rose C G, Assistant Professor, Department of Mathematics, St. Mary's College, Thrissur



Department of Commerce conducted a seminar on 15<sup>th</sup> March, 2019 on the topic. “Today's food habits and Way to motherhood”. The session was handled by Mr. Ajay Kumar, Health inspector,



Pavaratty Panchayath. The programme started with a warm welcome by student representative Ms. Greeshma M Nair. The lecture was very informative and thought provoking. At the end of the session, students cleared their doubts regarding various modern day food habits. Ms. Bavana B from first M.com delivered vote of thanks and formally ended the session.



The Department of English conducted **Wonder Woman competition** on 7th March, 2018 at 2 p.m. in the Jubilee hall. The programme witnessed the performances of 2 teams; one from the Department of Management Studies and the other from the Department of English. There were ten participants from each group. The first place was bagged by the Department of English for portrayal of Sister Lini, a Nurse, who lost her life serving the patients affected with Nippah Virus. The second place was to the Department of Management Studies for depicting the sacrifices of a Mother.

