



St. Mary's College, Thrissur-680020

Capacity Building and Skills Enhancement Initiatives - Life Skills (Yoga, Physical fitness, Health and Hygiene) - 2020-2021

Awareness Video series on *Pradirodham Jaagrathayiloode*

The Department of Microbiology conducted an online awareness series for the general public about the precautions and preventive measures for the pandemic COVID 19 and Monsoon Diseases, from 13.05.2020 to 18.05.2020. Videos were uploaded in Marian Webisode, the Youtube platform of St. Mary's College, Thrissur.

Awareness Video series by Faculties of Department of Microbiology in Marian Webisode

	Topic	Resource Person	Youtube link
1.	കൊറോണ നൽകുന്ന സന്ദേശം	Dr. C R Meera, Assistant Professor & HOD	https://www.youtube.com/watch?v=G-yxvjoT4TU
2.	മഴക്കാലരോഗങ്ങൾ - ടെഫോയ്, കോളറ, എലിപ്പനി - അറിയേണ്ടതെല്ലാം	Dr. Dhanya K C, Assistant Professor	https://www.youtube.com/watch?v=nhazWXHxNg4&t=20s
3	പ്രതിരോധിക്കാം ചിങ്ങുൻസുനിയയെയും ജപ്പാൻ ജ്വരത്തെയും	Mrs Elizabeth P Thomas, Assistant Professor	https://www.youtube.com/watch?v=nA300SOoBeE
4.	മഴക്കാലരോഗങ്ങൾ -അറിയാം, അകറ്റാം, മലമ്പനിയും വൈറൽ പനിയും	Dr Mabel Merlen Jacob, Assistant Professor	https://www.youtube.com/watch?v=alD7jAEAr9o
5	മുൻകരുതലിലൂടെ അതിജീവിക്കാം മഞ്ഞപ്പിത്തത്തെയും നിപ്പയെയും	Dr Greeshma P V, Assistant Professor	https://www.youtube.com/watch?v=naCOeENW7gE
6	ഡെങ്കി പനിയും കുരങ്ങു പനിയും-സൂക്ഷിച്ചാൽ ദുഃഖിക്കേണ്ട	Dr Athul Sandeep P, Assistant Professor	https://www.youtube.com/watch?v=GzGI4TzVHDU

National Webinar on Hygienic Kitchen Practices in The Context of COVID-19

Department of Microbiology organized a National webinar on Hygienic Kitchen Practices in The Context of COVID-19 on 28.05.2020 by Dr Mrs. N Anadavally, (FAO & WHO Consultant, HACCP Auditor), Managing Director, Food Safety Solutions International, Cochin.



Free Webinar On
"HYGIENIC KITCHEN PRACTICES
IN THE CONTEXT OF COVID-19 "
on 28/05/2020

Time: 10 AM to 11 AM

Resource Person
Dr N Anandavally
(WHO & FAO Consultant; HACCP Auditor),
Managing Director,
Food Safety Solutions International, Cochin.

Registration Link : <https://forms.gle/drDmFrmXcUmoXh57A>

By
Department of Microbiology
St Mary's College, Thrissur-20,
Kerala, India.

Awareness Talk on COVID 19

Dr C R Meera, Asst. Professor & HOD, Department of Microbiology, St Mary's College, Thrissur-20 gave an awareness talk on COVID 19 via Podcast. Podcast link - <https://anchor.fm/meeraspodcast/episodes/COVID-19-eeqems>

National Webinar on Inflammation, Cancer & Nutraceuticals: How are they linked?

The Department of Microbiology organized a National Webinar on “Inflammation, Cancer & Nutraceuticals: How are they linked?” by Dr. Ajaikumar B K, Professor, Cancer Biology Laboratory, Indian Institute of Technology Guwahati, Assam on 03.06.2020.



**NATIONAL WEBINAR ON
INFLAMMATION, CANCER AND NUTRACEUTICALS:
HOW ARE THEY LINKED?**
Date: 03-06-2020
Time: 10.30 am to 12.00 pm

By
DEPARTMENT OF MICROBIOLOGY
ST MARY'S COLLEGE, THRISSUR-20
KERALA
Registration link: <https://forms.gle/4C7mBHGxuUpmx1aw8>

INVITED SPEAKER

Ajaikumar B. Kunnumakkara, Ph.D.
Professor,
Cancer Biology Laboratory,
Department of Biosciences and Bioengineering
Indian Institute of Technology Guwahati,
Guwahati, Assam-781039, INDIA.
(Coordinator, DBT-AIST International Center for
Translational and Environmental Research
(DAICENTER) at IITG
Secretary: Society for Nutraceuticals and
Chronic Diseases
Joint Secretary: Society for Translational Cancer
Research)

International Webinar on Pharmaceutical and Non-Pharmaceutical Interventions for the Management of COVID-19

Department of Microbiology organized an International Webinar on Pharmaceutical and non-pharmaceutical interventions for the management of COVID-19 by Dr Sharda Awasthi, Assistant Professor, Osaka Prefecture University, Japan on 24.06.2020




Department of Microbiology,
St. Mary's College, Thrissur
INTERNATIONAL WEBINAR

**Pharmaceutical and Non-pharmaceutical
Interventions for the Management of COVID-19**

DR. SHARDA AWASTHI
Specially Appointed Asst. Professor
Osaka Prefecture University, Japan

Date : 24/06/2020
Time : 1.30-2.30 pm

Registration Link <https://forms.gle/izCcmY3mNMI7WTx9>

National Webinar on Lifestyle and Cardiovascular Diseases

The Department of Microbiology organized a National Webinar on “Lifestyle and Cardiovascular Diseases” by Dr. Mini.S, Associate Professor, Department of Biochemistry, University Of Kerala, Kariavattom, Thiruvananthapuram on 25.07.2020.



The poster is rectangular with a light blue background and a decorative border of small red hearts. At the top center, it reads "National Webinar on Lifestyle and Cardiovascular Diseases". Below this, it specifies "Date: 25.07.2020", "Time: 10 am to 11 am", and "Platform: Google Meet". The resource person is identified as "Dr. Mini. S", Professor & Head, Department of Biochemistry, University of Kerala, Kariavattom, Thiruvananthapuram, Kerala, India. The event is organized by the Department of Microbiology, St. Mary's College, Thrissur-20, Kerala, India, as part of an Alumnae Lecture Series - I. It offers free registration and an E-Certificate to participants. A registration link is provided: <https://forms.gle/GQkSQuEJUVkhuWSB7>. On the left side, there are two logos: the top one is the University of Kerala crest, and the bottom one is a stylized illustration of a person with a heart and a pulse line.

Motivational talk on the topic “ Life is beautiful”

The Department of Botany organized a motivational talk on the topic “ Life is beautiful” on 07-08-20 through google platform. The talk was headed by Mrs. Sareena Haneefa K, (Dept. Alumna, batch 1997-2000) Joint Coordinator, Career Guidance Adolescent Counseling Cell, Education Department, Govt. of Kerala (Faculty, Mundur, HSS, Palakkad).



The poster is rectangular with a white background and a pink border. At the top center, it reads "ST. MARY'S COLLEGE, THRISSUR" and "affiliated to the University of Kerala. The recognized by UGC with A grade". Below this, it says "DEPARTMENT OF BOTANY" and "Organizes a motivational talk: 'Life is beautiful' exclusively for students of Botany department". The speaker is identified as "Our Alumna Mrs. SAREENA HANEefa K. (Faculty, Mundur HSS PALAKKAD, Joint Co-Ordinator of Career guidance adolescent counselling cell, Education Department, Govt. of Kerala)". The platform is "Google meet", the date is "7th August, 2020", and the time is "1:30 pm to 2:30pm". A registration link is provided: <https://forms.gle/foWk4p3ZowwvWuOg2A>. A Google Meet link is also provided: <https://meet.google.com/vpr-rzsn-yfc>. At the bottom, it lists "Dr. Regi Raphael K. [400 996 173 8410]" and "Sincy C. E. Student coordinator". There are some green tree icons at the bottom right.

Class on How Novel Corona Virus causes death

A video class on 'How novel Corona Virus causes death' by Dr C R Meera, Assistant Professor & HOD, Department of Microbiology, Thrissur was given on 25.09.2020. Youtube link - https://www.youtube.com/watch?v=cQzWxX0va_o&t=15s

International Webinar on 'Nutritive Value of Fruits and Vegetables'

The Department of Botany organized an International Webinar on the topic: 'Nutritive Value of Fruits and Vegetables'. Lini Alappat MS, RD, LD, CNSC, Clinical Dietitian, West Central Georgia, Regional Hospital, Georgia, an alumna of the Department (batch 1997-2000) was the resource person of the talk. The talk was conducted through google platform.



Talk on 'Voluntary Blood Donation- Challenges in COVID -19 Pandemic'

Red Ribbon Club in association with the Department of Biotechnology organized a talk on Voluntary Blood Donation - Challenges in COVID - 19 Pandemic on 29.10.2020 by Dr. Sajith V, Associate Professor, Department of Blood Transfusion, Government medical College, Thrissur. The talk tried to instill a charitable mind among the students, to extend their able help towards donating blood to all the needy by promotion of Regular voluntary blood donation.

A poster for a talk. At the top left is the St. Mary's College Thrissur logo. Text reads: "ST.MARY'S COLLEGE THRISSUR (Affiliated to the University of Calicut, Re-accredited by NAAC with A grade) RED RIBBON CLUB In association with DEPARTMENT OF BIOTECHNOLOGY Organizes". A large red heart is connected to a red ECG line. Text reads: "A Talk on: VOLUNTARY BLOOD DONATION, CHALLENGES IN COVID-19 PANDEMIC by Dr. Sajith V, Associate Professor, Department of Blood Transfusion, Government Medical College, Thrissur." Below this is a graphic of a hand dropping a red blood cell. Text reads: "Free registration, certificate will be issued to all participants". A box contains: "Platform : Google meet Date : 29th October 2020 Time : 3.30- 4.30pm". At the bottom, names and roles are listed: "Dr.Sr.Magie Jose Principal", "Dr.Anu P A HOD,Department of Biotechnology", "Tisha Liza Tomy Faculty Co-ordinator", and "Arumima Jithendran Student Co-ordinator".

Cookery Show on '*prakruthipaachakareethiyil cake nirmaanam*'

A cookery show By Smt. Alphonsa CR was Organised by the Alumnae association of St.Mary's College, Thrissur on 08.12.2020 at 2.00 pm via Google Meet and was be telecasted via Official YouTube channel of college (<https://m.youtube.com/watch?v=UrV18l3pWIQ>).



Talk on Women's Health - Nation's Wealth

Talk by Dr. Rony Ignatius (Alumnae 1985-87), on Women's Health - Nation's Wealth was arranged for First DC students on 30.12.2020 at 2.00 pm, organized by Elder Marian association, St. Mary's College, Thrissur via Google Meet and was be telecasted via Official YouTube channel of college (<https://youtu.be/XEMPc3giRaQ>).



Yoga and meditation by Department of Psychology

Second year PG Psychology students took an in-depth yoga and meditation practice for a period of one week from 08/02/2021 - 12/02/2021 as part of their academics. 19 students participated.



National Webinar on Natural products as potential anti-cancer lead molecules

The Department of Microbiology organized a National Webinar on 11.02.2021 from 2 to 3 pm on the topic “Natural products as potential anti-cancer lead molecules. Resource person was Dr Ruby John Anto, Ph D, FNASc, Scientist G, Cancer Research, Rajiv Gandhi Centre for Biotechnology (RGCB), Thiruvananthapuram.

The poster is purple with white and yellow text. It features the St. Mary's College logo on the top left and a '75th Anniversary' badge on the top right. The main title is in yellow, and the resource person's name is in yellow. The organizing department is in white. Logos for World Cancer Day and the 'I Am and I Will' slogan are on the right side.

National Webinar on
“Natural Products as Potential Anticancer Lead Molecules”

Department of Microbiology, St Mary's College, Thrissur-20, Kerala, India

Resource Person
Dr Ruby John Anto, PhD, FNASc
Scientist G, Cancer Research, Rajiv Gandhi Centre for Biotechnology (RGCB), Thiruvananthapuram

In connection with
World Cancer Day
4 February
“I Am and I Will”
Together, all of our actions matter

Organised by
Department of Microbiology,
St Mary's College, Thrissur-20

Free Registration, E-Certificate will be provided to the participants

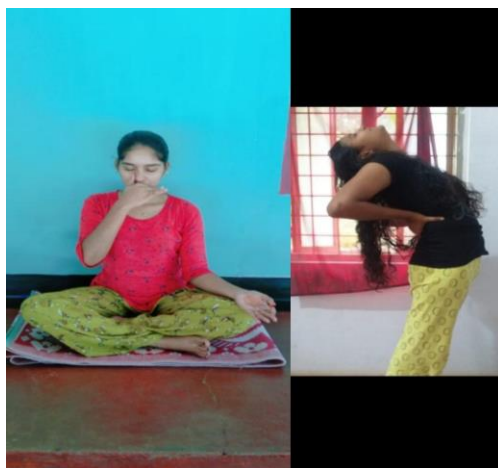
Talk on COVID -19 and Corona viruses

The Department of Biotechnology arranged an invited talk on COVID -19 and Corona viruses on 25th February 2021 by Dr. Pratheesh P.T., Assistant professor and Head, Department of Biochemistry, Nehru Arts and Science College, Coimbatore. The talk followed by the inauguration stressed on the present pandemic issues.



Yoga & Meditation by Department of BBA

Department of Management Studies organized an online Yoga & meditation Class for 2nd year students on 22nd June 2021. 44 students actively participated in the session. The programme motivated students to follow a healthy routine in their daily life.



Talk on Healthy Living: For Brain and Body

The Department of Biotechnology in association with the Physical education department, conducted a talk on Healthy Living: For Brain and Body in connection with National Nutrition Day on 09th September 2021. The resource person of the event was Abhilash PA, Physical Education Director, JDT Islam, Kozhikode. Total 75 candidates joined the event.

ST.MARY'S COLLEGE THRISSUR
(Affiliated to the University of Calicut, Re-accredited by NAAC with A grade)

NATIONAL NUTRITION WEEK 2021

DEPARTMENT OF BIOTECHNOLOGY
In association with
DEPARTMENT OF PHYSICAL EDUCATION

Organizes A Talk on
HEALTHY LIVING : FOR BRAIN AND BODY

09 SEP 7:00 pm

Resource Person
Abhilash P A
Physical Education Director
JDT Islam Kozhikode

Dr.Sr.Magio Jose Principal
Lt.Anu D Alappat HOD,Department of Physical Education
Dr.Saritha Francis HOD,Department of Biotechnology
Divya V R Student Co-ordinator

പ്രതിരോധം ജാഗ്രതയിലൂടെ - Awareness programme about the precautions and preventive measures against Monsoon Diseases

Microbiology Department organised an invited talk on "അറിയാം ചെറുക്കാം മഴക്കാലരോഗങ്ങൾ" by Dr Reena, Medical Officer, Thrissur on 15th September 2021 through online mode through Google meet and live telecast through You Tube Channel of St Mary's College.

“പ്രതിരോധം ജാഗ്രതയിലൂടെ-2021”

മൈക്രോബയോളജി വിഭാഗം,
സെന്റ് മേരീസ് കോളേജ്, തൃശ്ശൂർ-20
അവതരിപ്പിക്കുന്ന ബോധവൽക്കരണപരിപാടി

**“അറിയാം ചെറുക്കാം
മഴക്കാലരോഗങ്ങൾ”**
(15th September, 2021 from 2 to 3 PM)

Resource Person
Dr Reena K J
District Medical Officer
Thrissur

Programme Link: <https://meet.google.com/ryk-jcxy-qkr>
YouTube live through Marian Webisode

As part of Monsoon Diseases Awareness Programme- പ്രതിരോധം ജാഗ്രതയിലൂടെ-2021, II UG Microbiology students prepared awareness videos on different Monsoon Diseases which was telecasted through Marian Webisode. Details of the programme are as follows.

	Topic	Participants	Date	Link
1	Common Cold & Influenza	Nayana P D, Afeeda Jasmin K P, Anagha K S, Aysha Anwar M M, Dionamaria Davis, Fathima P S, Fidha Shahana, Safa Thasneem, Shabna Sherin	17/09/2021	https://www.youtube.com/watch?v=u11kVy3EhhI
2	Malaria	Thasni C B, Anett K Francis, Aryananda S A, Aswathy K R, Athira C K, Aysha Sana K H, Fathima Nasrin, Hafsa Sama K H, Navya P S	18/09/2021	https://www.youtube.com/watch?v=zbkuwiCpM0
3	Typhoid	Athira, Akhila Rajesh, Alphy P Roy, Ashida P I, Asin Biju Irin Antony, Irin Theresa Paul, Samini Balakrishnan, Unnimaya T D	19/09/2021	https://www.youtube.com/watch?v=2VqbxtEvmfM
4	Diarrhea	Siya Sojan, Aleena Antony, Alfi K Joseph, Annmaria Anto, Farsana Fathima, Harsha Joy, Nayva P, Shelin Jose V, Sneha K	20/09/2021	https://www.youtube.com/watch?v=PEVlSePZkAc&t=47s
5	Cholera	Anupama C, Pravitha Vijayan, Hency T V, Sanika Surendran, Anamika R P Angel Mary V M, Arshana K A, Akhila K G, Sulthana Usman	21/09/2021	https://www.youtube.com/watch?v=RHBb8kyMGP8
6	Dengue	Vishnupriya V, Anitta Biju, Bhavya K B, Devika Sathyan, Dona Suresh, Jayachithra M, Lina Biju, Riya Joy, Sikha V R	22/09/2021	https://youtu.be/Ej2Raqho24Y

Talk on Ozone: Our Common Future

The Department of Biotechnology celebrated World Ozone Day on 16th September 2021, and as a part of this observation a talk was conducted on the topic- Ozone: Our Common Future by Dr. Subin K Jose, Assistant Professor, Department of Geology and Environmental Science, Christ College, Irinjalakuda. 80 students from different departments participated.



The poster features the St. Mary's College Thrissur crest on the left and the University of Calicut logo on the right. The central text reads: "ST.MARY'S COLLEGE THRISSUR (Affiliated to the University of Calicut, Re-accredited by NAAC with A grade) DEPARTMENT OF BIOTECHNOLOGY As a part of WORLD OZONE DAY 2021 Organizes a talk OZONE : OUR COMMON FUTURE". A large image of the Earth under a black umbrella is on the left. A portrait of Dr. Subin K. Jose is on the right. Below the portrait, it says "RESOURCE PERSON Dr.Subin K.Jose Assistant Professor Dept. of Geology and Environmental science Christ College Irinjalakuda". At the bottom, a calendar icon shows "16" and a clock icon shows "2:00 PM".

Dr.Sr.Magie Jose
Principal


Dr.Saritha Francis
HOD,Department of Biotechnology

Prasanna R Kovath
Faculty Co-ordinator

Devika Krishna
Student Co-ordinator

Haritham Workshop

The Department of Chemistry organized the Haritham Workshop , a wonderful opportunity to apply chemistry in our daily life on October 13, 2021 at the chemistry lab for post graduate students. Mr. Sreejith V. S, Technical officer Vigyan Sagar Thrissur guided the workshop. Soap, pain balm, Sanitizer, Hand wash and Phenyl were prepared.

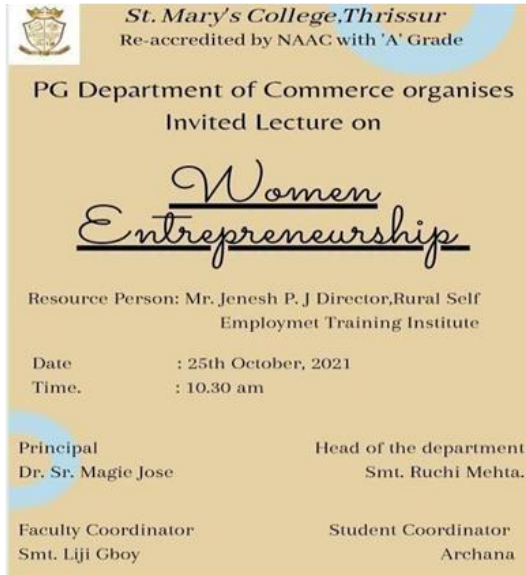


The poster for the Haritham Workshop features the Department of Chemistry logo on the left. The text reads: "Department of Chemistry St. Mary's College Thrissur Organize Haritham Workshop A wonderful opportunity to apply chemistry in our life Resource Person: Mr. Sreejith V.S Technical officer ,Vigyan Sagar ,Thrissur Products Soap, Hand Wash, Phenyle, Pain Balm, Sanitizer Venue: Chemistry Lab Date : 13-10-2021". A photo on the left shows a group of students in a chemistry lab setting, with a male instructor standing at the front.

Patron: Dr. Sr. Magie Jose, Principal
Organizing Committee:
Dr. T. Geetha HOD
Dr. Manu Sebastian, Dr. Binicy Joseph, Dr. Remya Govind K
Smt. Riya Jose , Smt. Jain Philo P.J
Student Coordinator: Palmey George

Invited Lecture on Women Entrepreneurship

PG Department of commerce conducted an Invited Lecture on Women Entrepreneurship on 25th October 2021 by Mr. Jenesh P J, Director, Rural Self Employment Training Institute, Thrissur. 89 students participated in the session.



St. Mary's College, Thrissur
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PG Department of Commerce organises
Invited Lecture on

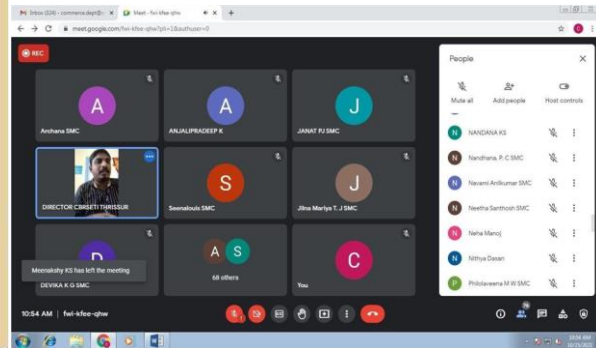
Women Entrepreneurship

Resource Person: Mr. Jenesh P. J Director, Rural Self
Employment Training Institute

Date : 25th October, 2021
Time. : 10.30 am

Principal: Dr. Sr. Magie Jose
Head of the department: Smt. Ruchi Mehta.

Faculty Coordinator: Smt. Liji Gboy
Student Coordinator: Archana



Free eye camp

The Elder Marian Association organized a free eye camp for II DC Students of St. Mary's College on 10.11.2021 in collaboration with Malabar Eye Hospital, Thrissur. More than 550 students underwent eye checkup and 86 were found to have issues related to eye vision and were directed for further detailed consultation at Malabar Eye Hospital. The camp includes free consultation and treatment if needed.



Cookery Show

The Elder Marian Association organized a Cookery Show on 23.11.2021. Ms. Dimple Joseph, renowned host of cookery shows conducted demonstration session on Granola Bar, a tasty and healthy bar for all age groups. The programme was live streamed through College official YouTube channel from 2.00 pm.



Hands-on Training Programme on “Spawn production and cultivation technique of Oyster mushrooms”

A two-day Free Hands-on Training Programme on Spawn production and cultivation technique of Oyster mushrooms was conducted for I PG students on 14th and 15th December, 2021 by Dr C R Meera, Assistant Professor, Department of Microbiology. Students were given training on spawn preparation using boiled wheat grains, spawn inoculation, substrate preparation, sterilization and bag preparation, mycelium running, fruiting body production, harvest etc.

