



## St. Mary's College, Thrissur-680020

### Capacity Building and Skills Enhancement Initiatives - Life Skills (Yoga, Physical fitness, Health and Hygiene) - 2021-2022

#### Yoga & Meditation by Department of BBA

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



**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.



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	<a href="https://www.youtube.com/watch?v=u11kVy3EhhI">https://www.youtube.com/watch?v=u11kVy3EhhI</a>
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	<a href="https://www.youtube.com/watch?v=zbkuwiCpM0">https://www.youtube.com/watch?v=zbkuwiCpM0</a>
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	<a href="https://www.youtube.com/watch?v=2VqbxtEvmfM">https://www.youtube.com/watch?v=2VqbxtEvmfM</a>

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	<a href="https://www.youtube.com/watch?v=PEVlSePZkAc&amp;t=47s">https://www.youtube.com/watch?v=PEVlSePZkAc&amp;t=47s</a>
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	<a href="https://www.youtube.com/watch?v=RHBb8kyMGP8">https://www.youtube.com/watch?v=RHBb8kyMGP8</a>
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	<a href="https://youtu.be/Ej2Raqho24Y">https://youtu.be/Ej2Raqho24Y</a>

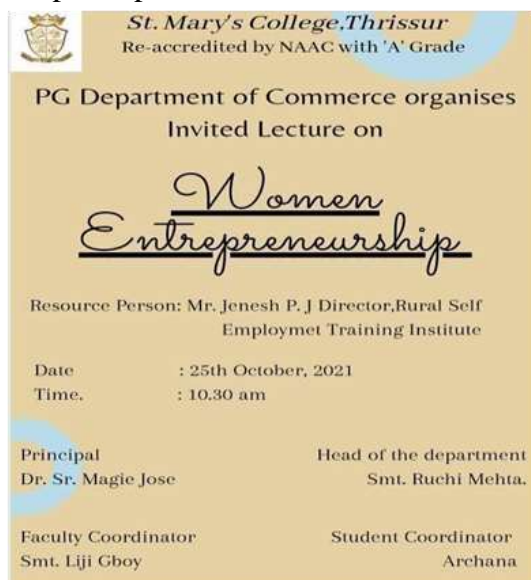
## Haritham Workshop

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.



## Invited Lecture on Women Entrepreneurship

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



## 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 14<sup>th</sup> and 15<sup>th</sup> 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.



## Talk on life skills

Aluminae in association with Dept. of Botany organized a talk on Life skill. The talk was guided by Shaukath Sir, receiver of Kerala Sahithya Academy Award in 2007. The programme was conducted on 11/1/2022. The session was packed by all degree first and second year students of Department of Botany. Nearly 84 students were benefitted by this programme. Students were given awareness on healthy relationship practices between parents, friends and students. Students also had an opportunity to clear their doubts regarding various problems they were facing in the youth generation.





## Invited Lecture on Cytogenetics

The Department of Biology conducted an invited talk on 28<sup>th</sup> January 2022 at 10 am via online mode. Dr. Suresh Kumar, Scientist B, Jubilee Centre for Medical Research was the chief guest. He delivered a session on the topic “Cytogenetics: Basics and its applications in diagnosing genetic disorders”. The invited lecture focused on Chromosomes – its structures and aberrations as a measure of identifying genetic disorders.



**INVITED TALK**  
**ON:**  
Cytogenetics: Basics and its Applications in Diagnosing Genetic Disorders

**PLATFORM:**  
Google meet

**TIME:**  
10:00 AM

**DATE:**  
28 JANUARY 2022

**St Mary's College Thrissur**  
Affiliated to the University of Calicut  
Re-accredited by NAAC with A+ grade

**CHEIF GUEST**  
**Dr. Suresh Kumar R**  
**SCIENTIST B**  
**JUBILEE CENTRE FOR MEDICAL RESEARCH**  
**JMMC&RI**  
**THRISSUR**

**DEPARTMENT OF BIOLOGY**

**ASSOCIATION INAUGURATION**

**DR. DR. MADIE JEE** PRINCIPAL  
**DR. ANI P A** HEAD OF THE DEPARTMENT  
**DR. KAYEEN VADAKAN** FACULTY CO ORDINATOR  
**MS. SIDRA JOY** STUDENTS COORDINATOR



## Workshop on How to make a sanitizer

Department of Chemistry organized a Workshop 'How to make a sanitizer' on 16<sup>th</sup> March 2022 at Chemistry Lab, for the postgraduate students. Dr. T Geetha, HOD of chemistry, St. Mary's College Thrissur, inaugurated the workshop. Smt. Jain Philo P.J, Asst. Professor on contract guided the workshop. 17 students participated in the workshop.



## Clean Campus

The Department of Biology as part of health and hygiene, conducted a campus cleaning programme called “Clean Campus” in association with Suchitwa Mission, Thrissur on 06-06-2022. 20 Students actively involved in this activity.



**DEPARTMENT OF BIOLOGY**  
**St. Mary's College**  
Thrissur - 680020  
(Affiliated to the University of Calicut & Re-accredited by NAAC with A' Grade)  
In Association With  
**SUCHITWA MISSION, THRISSUR**  
Organizes  
**CAMPUS CLEANING**  
As Part Of  
**WORLD ENVIRONMENT DAY**  
on 6<sup>th</sup> June 2022

Principal: Dr. Sr. Mayla Jose  
Head of the Department: Dr. Anil P. A.  
Faculty Co-ordinator: Dr. Kayeen Vadakkam  
Student Co-ordinator: Ms. Gopika M.



## Talk on Brain tumor

Department of Applied Biotechnology in connection with World Brain Tumor Day, conducted a talk on “Brain tumors: An overview” on 08th June 2022. The resource person for the event was Dr Ranitha Ravindranath, MBBS, M.S, DNB General Surgery, Govt Medical College, Kottayam. Total 40 candidates attended the session.



The poster is yellow with a blue brain illustration on the left showing a red tumor. It features the college logo and name at the top, the event title in a pink box, and the speaker's name and photo on the right. The date and time are in the center, and the Google Meet link is below. Faculty and student coordinators are listed at the bottom.

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

**WORLD BRAIN TUMOR DAY 2022**

**DEPARTMENT OF APPLIED BIOTECHNOLOGY**

*Organises A Talk*  
*on*  
*"Brain tumors: An overview"*

08-June-2022  
6.00-6.45 p.m.

<https://meet.google.com/qyg-eado-vqj>

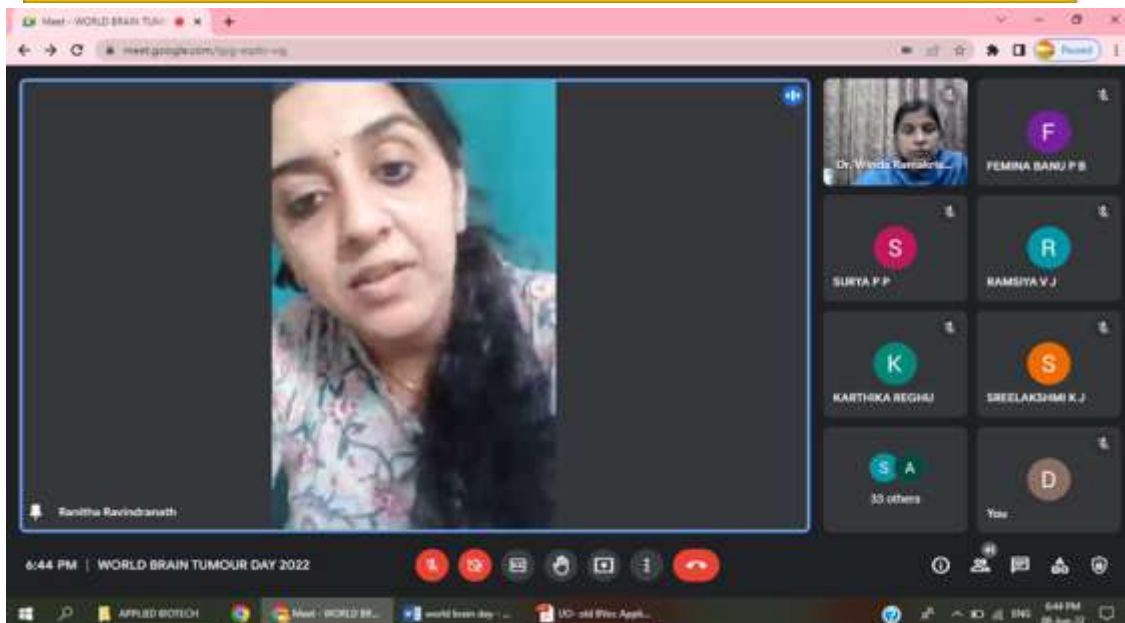
**Dr Ranitha Ravindranath**  
MBBS,MS,DNB General Surgery  
Govt. Medical College, Kottayam

*Dr.Ss. Magic Jose*  
Principal

*Dr.Vinda Ramakrishnan*  
Head of Department

*Dr. Reshma.V.G*  
Faculty co-ordinator

*Gopika R, 3<sup>rd</sup> B.Vec*  
Student co-ordinator



The screenshot shows a Google Meet interface. The main video window displays Dr. Ranitha Ravindranath. A sidebar on the right shows a grid of participants: Dr. Vinda Ramakrishnan, FEMINA BANU P B, SURYA P P, RAMSIYA V J, KARTHIKA BEGHU, SREELAKSHMI K J, 33 others, and You. The bottom status bar shows the time as 6:44 PM and the meeting title 'WORLD BRAIN TUMOUR DAY 2022'. The Windows taskbar at the bottom shows several open applications.

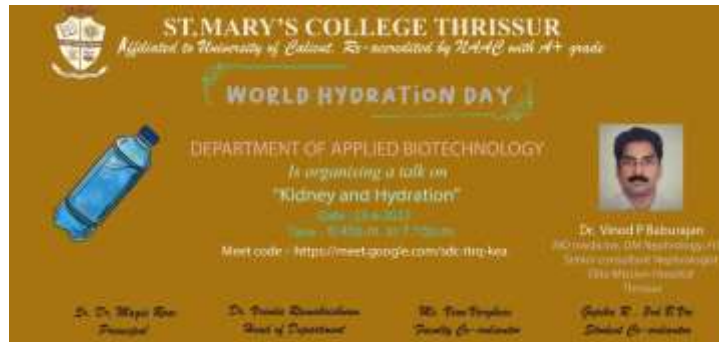
**Session on Various yoga postures, pranayamas and its benefits**

Second Year PG Psychology students took an in-depth yoga and meditation practice for a period of one week as part of their academics. 20 students participated for the same.



## Talk on Kidney and Hydration

As a part of World hydration day, Department of Applied Biotechnology have organized a talk on “KIDNEY & HYDRATION” on 23-06-2022. The session was led by Dr Vinod P Baburajan, MD Medicine, DM Nephrology, Elite Hospital, Thrissur



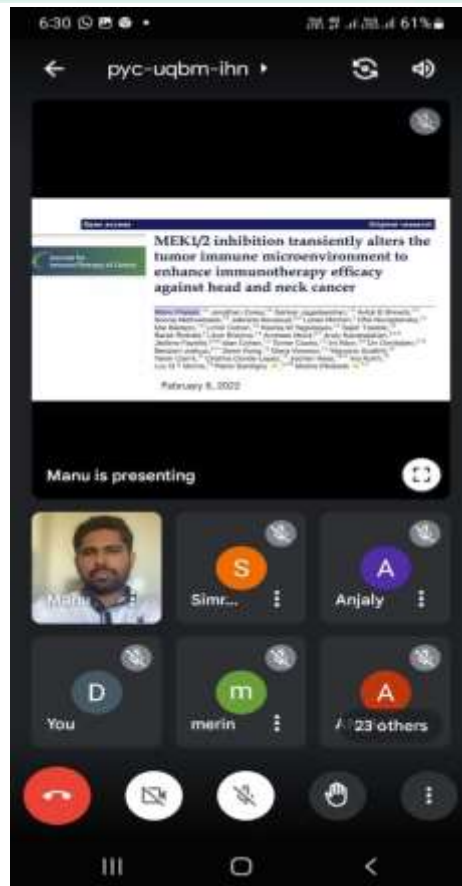
## International Yoga day Celebration

The International Yoga Day was celebrated on 21st June 2022 to bring peace, harmony, happiness and success to every soul in the world. As part of this, Department of Vocational Studies (B.Voc) conducted a YOGA Training Class. Smt.Kalyani Menon, Instructor from Sri Sri Ravishankar Art of Living explained different asanas that are helpful in daily life. The students performed Yoga between 9.00 AM and 10.30 AM. Different yoga postures like “Mayoorasanam, Kukudasanam, Soorya Namaskaram” etc were practiced.



## Talk on Gastrointestinal cancer

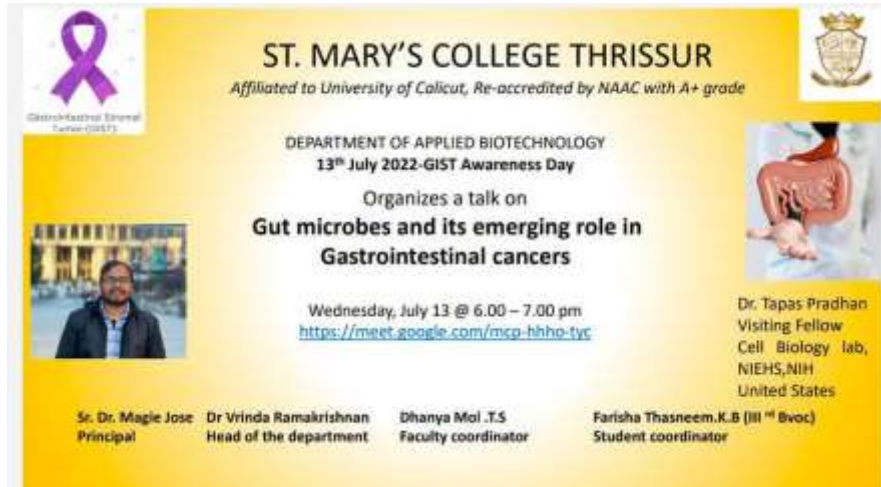
Department of Applied Biotechnology in connection with World Cancer Immunotherapy awareness day (4<sup>th</sup> July 2022) conducted a talk on “Immunotherapy: The future of cancer treatment” between 6.00-6.30pm. The resource person for the event was Dr. Manu Prasad. 40 candidates and faculties attended the session.





## Talk on Gut Microbes and its role in Gastrointestinal cancer

Department of Applied Biotechnology in connection with World Gastrointestinal stromal tumor awareness day (13<sup>th</sup> July 2022) conducted a talk on “Gut microbes and its emerging role in Gastrointestinal cancers” on 13<sup>th</sup> July 2022 between 6.00-7.00pm. The resource person for the event was Dr. Tapas Pradhan. 40 candidates and faculties attended the session.



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DEPARTMENT OF APPLIED BIOTECHNOLOGY  
13<sup>th</sup> July 2022-GIST Awareness Day

Organizes a talk on  
**Gut microbes and its emerging role in Gastrointestinal cancers**

Wednesday, July 13 @ 6.00 – 7.00 pm  
<https://meet.google.com/mcp-hhho-tyc>

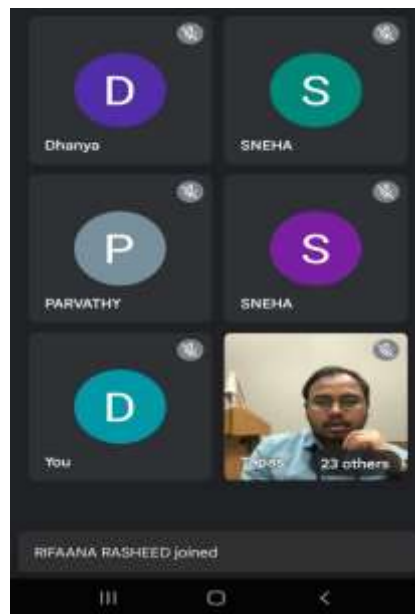
Dr. Tapas Pradhan  
Visiting Fellow  
Cell Biology lab,  
NIEHS,NIH  
United States

Sr. Dr. Magie Jose  
Principal

Dr Vrinda Ramakrishnan  
Head of the department


Dhanya Mol .T.S  
Faculty coordinator

Farisha Thasneem.K.B (III<sup>rd</sup> Bvoc)  
Student coordinator




## Talk on Ayurveda and Lifestyle

The Department of Applied Biotechnology organized a talk on Ayurveda and lifestyle on 22/08/22. The programme condensed with the inaugural speech of Dr.Gisha Elizabeth. Dr.Anumod Kakkassary MD (Ayu), delivered an interesting and informative talk on the importance of Ayurvedic in our life.



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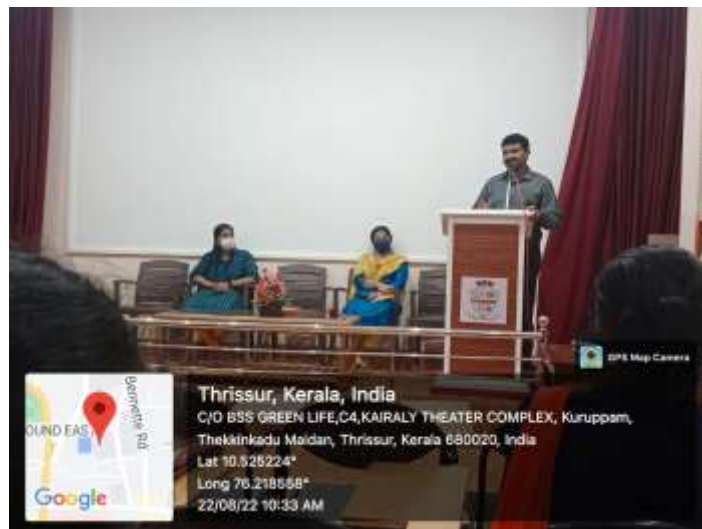


ആയുർവേദവും  
ജീവിതശൈലിയും  
പ്രസംഗം : ഡോ.അനുമോദ്  
കാക്കടേരി

തീയതി : ഫിബ്രുവരി 6 (22/08/2022)  
സ്ഥലം : ജൂനിയറഹാൾ  
സമയം : 10.00 - 11.00

സമാഹരണ പ്രസംഗം : കൃമാദീപ്യ  
ഉദ്ഘാടന പ്രസംഗം : ഡോ.ജിഷ എലിസബത്ത്  
നന്ദി പ്രകാശനം : കൃമാദീപ്യ

ഏവർക്കും സൗഗന്ധം



## 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 09<sup>th</sup> September 2021. The resource person of the event was Abhilash PA, Physical Education Director, JDT Islam, Kozhikode. Total 75 candidates joined the event.



Nutrition week Webi...  
REC

Sana Sid...  
DIVYA.V.R.  
Viva Mari...  
LIVIYA  
NEERAJA  
You  
Abhilash PA

### Functions of food



#### 1. Physiological Functions.

- To provide energy to the body
- To provide foods for building, maintenance and repairing of body
- Regulate activities of the body like breathing, maintenance of body temperature, muscle contraction etc.
- Maintenance of health.

#### vitamins.

- CHO are used for energy needs, so daily intake will depend on how many calories one need.
- However quantity required more than 130 g/ day for children and adult.

AGE	RDA (g/day)
0-6 months	60
7-12	95
1-8 years	130
9-18	130
19+	130
Pregnancy	175
Lactation	210

#### Source

- Sugars:** found in fruits, honey, soft drinks, milk, and sugar.
- Starch:** Found in cereals, flour, bread, potatoes, root vegetables, etc.

## Talk on Ozone: Our Common Future

The Department of Biotechnology celebrated World Ozone Day on 16<sup>th</sup> 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 logos of St. Mary's College Thrissur and Christ College Irinjalakuda. 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 graphic shows a globe under a grey umbrella. A photo of Dr. Subin K. Jose is shown next to his name and title: "RESOURCE PERSON Dr. Subin K. Jose Assistant Professor Dept. of Geology and Environmental science Christ College Irinjalakuda". A calendar icon shows "16" and a clock icon shows "2 00 PM".

Dr. Sr. Magie Jose  
Principal

Dr. Sritha Francis  
HOD, Department of Biotechnology

Prasanna R Kovvula  
Faculty Co-ordinator

Devika Krishna  
Student Co-ordinator