

## **COLLEGE DAY REPORT FOR THE ACADEMIC YEAR 2015-2016**

“My soul proclaims the greatness of the Lord and my spirit rejoices in God, my Saviour for the Almighty has done great things for me”. As St. Mary’s College celebrates her 70<sup>th</sup> Jubilee she can look back with pride and satisfaction at her long glorious chronicle studded with achievements and can look forward with hope and expectation towards the bright future that stretches ahead of her. Starting as the pioneering first grade Women’s College of Thrissur district in 1946 she had been bifurcated in 1967 due to space constraint and from 1979 had gone from strength to strengths and is now offering **14 UG, 10 PG and a PhD programme**. Today when we celebrate the **70<sup>th</sup> College Day**, I am sure our patroness Mother Mary with her son Jesus is closely watching each and every activity going on here and thus helping us to aspire for greater things in life.

With great joy and pride I would like to place on record the result of the NAAC 3<sup>rd</sup> Cycle re-accreditation which took place in 2015. The college came out with flying colours and secured **A Grade with CGPA of 3.30 points**. Glory to God who has made this possible. I take this opportunity to thank the staff, students, alumnae, parents and well-wishers for their whole hearted support and co-operation. I cannot but help mention with gratitude the great dedication and commitment shown by my staff and students in working even in the summer vacation to make the NAAC Peer Team Visit a grand success.

To commemorate the 70 glorious years of the College, a grand jubilee day, in proportion to the grandeur of the College, consisting of three events- **Aadaraneeyam**, an event to honor the dedicated services of the former Staff of the College, a Mega **Women’s Meet** celebrating the excellence and social commitment of 7 women Gems of the society and an exhibition, on the magnificent history of the College, highlighting the milestones in the 70 years since its establishment was organized by the IQAC on January 14, 2016. Former Managers, Principals and staff both teaching and administrative turned up in large numbers and were deeply moved by the grateful tribute paid to them. The fabulous Women’s Meet was an unparalleled event, showcasing the achievements of seven remarkable women who have excelled in their various walks of life and more than that who have made a difference in the society through their social commitment. The exhibition, **‘St. Mary’s Through the Ages’**, organized by the Dept. of History celebrated the splendid moments in the grand chronicle of this pioneering College since 1946.

**Yuva Mastermind**, a joint venture of Malayala Manorama, and IBS is a mega competition which gives the College students of Kerala a platform for exhibiting their research projects. Every year more than a 1000 entrees from professional and non-professional Colleges are screened for the winners. This year, our 7 Post Graduate students of Biotechnology and Microbiology under the leadership of Dr. Deepa G. Murikan secured the coveted second prize which included a cash award of Rs. 60,000 and a Prasasthipathram for the project, **HERBAL MOSQUITO REPELLENT** and it was selected for MG University Student Startup incubator.

The **Sports** students of St. Mary’s spread her fame far and wide, and this year 3 of her students Ms. Sumi George, Riya T.C. and Anju Murali represented India in the Asian Power Lifting Championship at Hong Kong and secured 3 medals in the International Competition.

The **alumnae** of St. Mary’s College have been adding laurels to the College and this year one more alumna, Ms. Dhanya K., did her proud by becoming, one of the toppers in the Civil Service Examination held last year. She was felicitated at a meeting organized in her

honor during the Marian Fest. Her motivating words inspired young St. Marians to aspire for greater and bigger opportunities and challenges.

Thrissivaperur **Satsang** honored Sr. Dr. Jacintha C. C. Renowned Malayalam writer Dr. M. Leelavathi presented a memento of appreciation for her commendable services to the society on February 23, 2016. Presently the college offers 14 UG Courses and 10 PG Courses. It is indeed a great joy to pronounce that we are doing quite well in the overall success rate.

We have **3 UGC sponsored Add-on Courses**, 11 Skill Enhancement Programmes and 11 Departmental Certificate Courses this year. **Seminars** were organized by various Departments. They are History, Economics, Chemistry, BVoc and BSW. **Associations of various departments** were inaugurated by eminent personalities: **42 Publications and 69 Paper Presentations** are there to the credit of our faculty: Our faculty updated themselves by attending various **Seminars and Workshops**:

The institution has always given importance to student participation in **helping the needy** in the community:

- The NSS volunteers collected a sum of Rs.5000 for helping the poor students as part of “**Sahapatikku Snehapurvam**”, an initiative by the Govt. of Kerala.
- A sum of Rs. 30,000 was collected for **Chennai Flood Relief Fund** and it was handed over to *Mathrubhumi*.
- Thirteen of our sisters donated blood to IMA.
- To commemorate the year of Mercy of the Catholic Church, the College has introduced ‘**Karunardram**’- serving lunch to the people in the streets once in a week. All the departments take turns to distribute more than 100 food packets to the destitute in the streets.
- **Marian Monsoon Fest-2015** was successful in raising an adequate amount to help the little unfortunates among St. Marians.
- 10 of our students received **Scholarship from TEACH** - Thrissur Educational And Charitable Hub, Don Bosco College, Mannuthy
- A donation of Rs.6000 was given for the purchase of Chess Boards for the blind.

IQAC, PTA, Alumnae and SMART are the four pillars which support the College in all its activities.

- **IOAC** also very actively organized programmes like an invited lecture for the faculty on Women Empowerment by Prof. Beate Kowalsky, Faculty, Technical University, Germany and the third Sr. Dr. Rani George Endowment Lecture and Intercollegiate paper presentation competition.
- **PTA** stands as a backbone for all that is happening in the College. They actively participated in the “Marian Monsoon Fest” organized by the College, with various innovative activities and contributed
  - Rs. 75000 towards the participation of students in the International Power lifting Championship.
  - Rs 21560 collected through food fest and sale of Christmas cakes towards student welfare fund
  - Rs 75000 towards the Endowment Fund in honour of the retiring Principal Sr. Dr. Jacintha C.C.
  - Rs 2,000,00 towards renovation of College Office
  - Rs 1,000,00 towards installation and upgradation of Computer Software.

- Departments conduct their PTA meetings regularly and keep the parents informed of the progress of their wards.

➤ **Elder Marians:**

- Participated in the inaugural session of St Mary's Square Out- Reach sponsorship Project- Summer camp.
- Conducted a free Eye Camp on October 16, 2015. Cataract operation was done for 3 members free of cost. Spectacles were distributed to 10 members freely and Rs 14000/- was spent for medical camp.
- Alumnae Lecture Series.
- Reverie Cover Designing competition.
- Gem of St. Mary's Contest, in which Ms. Tanya Alfy of III BSc Mathematics was crowned as the Gem.

➤ **SMART**

- The retired teachers' association members meet occasionally in the college and celebrate Christmas, Onam, and other important events.
- Handed over Rs.25,000 to support the students to participate in the Weight-lifting Championship held at Hong Kong.
- Make an active involvement in social activities of the College.

### **College Union**

- College Union Election was conducted in the parliamentary form on September 15 2015.
- The union for the year 2015-2016 was inaugurated on August 28, 2015 by former principal and Provincial Superior Rev. Sr Felicitia.
- Organised **THANIMA 2015-2016** in relation with Kerala Piravi.
- Organized a Biryani Fest and the fund so collected was given to the Student Welfare Fund.

The College and various Departments have **MOUs, Linkages and Collaborations** with various organizations: In connection with **World Environment Day** a number of Programmes were conducted by various departments: All the departments were also involved in **L'aria Fresca and Swatch Bharath** activities: A number of **Competitions** were conducted by various departments:

### **Departmental Highlights**

#### **Department of History**

- Organized a Two day National seminar on the Topic, Signature of Women in Environment Protection: A History of Abiding Struggles in India.
- Announced 'Intercollegiate Online Photography Competition'.
- In connection with 84<sup>th</sup> birth anniversary of A P J Abdul Kalam, Remembrance Day was organised by sharing their thoughts on "India in his Dreams".
- In connection with 140<sup>th</sup> birth anniversary of Sardar Vallabhai Patel, an Invited talk on 'The Role of Sardar Patel (Iron man of India) in uniting Indian states' was organised.
- In association with *Thrissivaperur Satsang* an assessment Programme '**2015 -A year that was**' was organised.
- Organised an Exhibition unveiling the 70 years' history of St Mary's college

## Department of Economics

- Celebrated its 70<sup>th</sup> Anniversary.
- Organized the first UGC Sponsored National Seminar on the topic “Infrastructure and Economic Development: Present Scenario, Challenges and Future options” in collaboration with South Indian Bank.
- An Interactive Session on Role of Banks In Current Economic Scenario- A comparison of India and Italy was arranged with Dr. Vitto Scelaro, Banking Inspector, Italy and Rev Fr. Denny, Social Worker, Italy.
- As part of **Alumnae Lecture Series**, organized five Lectures by eminent personalities.

## Department of Mathematics

- Organized an interactive session on “Effective Parenting” for the parents of students in the Department.
- A Quiz was conducted by III DC Students for second and first year students on General Mathematics.
- **Department of Botany**
- Organised 3 invited lectures and 2 workshops.
- Students and teachers from Sacred Heart School, Thrissur visited the department and the faculty provided consultancy on the topic “Urban Farming Methods”.
- Daya Bai, a social activist visited Herbal and Botanical Garden and she was provided with different types of medicinal plants at her request.

## Department of Chemistry

- Organized UGC Sponsored One Day National Seminar on “Recent Advances in Chemistry”.
- As part of ‘ENVIRONMENT DAY’ celebrations a competition on making handmade eco-friendly plastic substitutes was conducted.
- The Department assisted National Green Corp Society in organizing National Children’s Science Congress of Thrissur district
- Supported by Kerala State Council for Science, Technology & Environment and DST, Govt. of India, the Department organized a scientific lecture and various competitions like poster making, Quiz competition and essay writing as part of National science day celebrations.
- Organised various invited lectures by eminent personalities.

## Department of Biotechnology

- The students were taken for an industrial visit to SCMS Institute of Bioscience and Biotechnology Research & Development, South Kalamassery, Cochin and Neera plant, Kalamassery.
- Observed World Alzheimer’s day by organizing a competition “**Know your brains**”. It included various memory based tests – Sudoku competition, Memory enhancer etc.
- As part of Youth Day celebrations, in collaboration with KSACS, observed Youth day and Dr.Indu S, a Post doc Fellow, RGCB, Trivandrum, delivered a motivating and inspiring talk on “**Research aspects and opportunities in Biotechnology with special reference to Stem Cell technology**”.
- An AIDS awareness talk on “**AIDS- FRUIT TO HUMAN GREEDY DESIRES**” by Dr. SreejithSreenivasan was organised, in collaboration with KSACS.

- The Department, in association with KSACS and funded by IMA, organized a voluntary Blood Donation Camp.
- An invited lecture by Dr John Anto Pulicken, Post-Doctoral Associate, Massachusetts Medical School, United States was conducted in collaboration with the Department of Microbiology.

### **Department of Microbiology**

- An Exhibition to generate awareness on prevention and treatment of Monsoon diseases was conducted for the general public.
- Awareness Classes for school students in the nearby schools on the topic Monsoon diseases were given by the faculty and students in Holy Family Higher Secondary School, Chembukkavu and in Sacred Heart School, Thrissur.
- An invited lecture by Dr. K.E.Usha, Professor, Central Nursery, Kerala Agricultural University, Vellanikkara on “Family Organic Farming” was organised.
- IV Semester students of the department underwent a week training in the Serology and Microbiology Departments of Jubilee Mission Medical College and Research Centre, Trichur.
- A “Campaign on Breast Cancer’ was conducted.
- A Three day Hands on Training Programme was organised for III DC students at BRS, Kannara.
- Conducted Cancer Awareness Week -2016 in association with Kerala State Council for Science Technology and Environment (KSCSTE) and DST, Govt: of India.
- Free Cancer Detection Camp was conducted in association with Regional Cancer Centre (RCC) Extension Centre, Palakkad.
- Organised an invited talk by Dr Neetha George, Gynaecologist, Jubilee Mission Medical College & Research Centre, Trichur, on the topic “Uterine and ovarian cancer in Women”.
- Intercollegiate competitions in Power point presentation, Essay writing, and Poster making were conducted.
- An exhibition on “Cancer among Women: Prevention & Treatment Strategies” was conducted.
- Hair Donation Camp was organised in association with Hair Bank, Trichur Unit.

### **Department of Computer Application**

- Conducted a two day UGC Sponsored National Seminar.
- Digital India Week was celebrated.
- As part of Faculty Exchange Program, Ms. Betsy Chacko, Head of the Department, has given a lecture on the topic Cryptography to III BCA students of Carmel College, Mala, and Sr. Smitty V Isidore, Head of the Department, Carmel College, Mala gave a lecture on the topic Hashing (Data Structures) to II BCA students of St. Mary’s College.
- Ms. Manasy Jayasurya delivered a lecture on “CLOUD COMPUTING” in connection with the Inauguration of Computer Science Association at Keralavarma College, Thrissur.
- An intercollegiate competition “TECHIE CHAMP” was conducted and 16 colleges participated in it.
- Cent percentage of MSc.Computer Science students presented research papers in UGC Sponsored National seminars at various places and 5 International publications also came out from them.

### Department of English

- Organized a Three Day Orientation Programme on *Literary Theory and Preparing for NET Examination* by Prof. Vijayaraghavan A.R(Retd.), Professor, Govt. Achutamenon College, Kuttanelloor.
- An invited lecture on the topic 'Bible and Gender Studies' by Prof. Beate Kowalski, Faculty of Theology and Human Sciences, Technical University, Germany was organised.
- A Book Exhibition was organized in collaboration with Green Books.
- Conducted a Workshop on Communicative Skills in English and Critical thinking for the students of The College of Forestry, Kerala Agricultural University, Vellanikkara.
- Organized DEAR (Drop Every Activity and Read) in connection with 'Vayanavaram' and every member of the college was inspired to read for 5 minutes during the lunch interval.
- In collaboration with Thrishivaperur Sathsang, Santhwana Sparsham, to provide awareness on the need for organ donation and its methods was organized .
- Every student of the department is inspired to cook and share food with everyone in the department and submit their food recipes through the Cook and Book programme.
- I DC and II DC English students visited Asianet News Channel, Cochin on December 3, 2015 as part of their experiential learning.

### Department of Commerce

- Conducted a Bridge Course for I B.com students.
- Conducted an Interdepartmental Orientation class for students to find the right career and to identify their skills and abilities to establish themselves in that career they choose.
- Organised an interdepartmental fair "Femessionals-2016".
- In connection with World Savings Day, Department conducted interdepartmental savings day celebration.
- Conducted an Inter departmental Seminar talk on **IFRS awareness and career opportunities in international financial Sector**
- Conducted Inter departmental seminar talk on SAP
- Conducted a session on Career Guidance and Placement.

### Department of Psychology

- Conducted an intelligence test for 25 students of Sacred Heart L.P School.
- Conducted a Career Aptitude Test for the final degree year students of St. Mary's College, Thrissur in the month of July.
- Took a class on the topic 'Life Skills for Adolescence' for the High School students of St. Joseph's C.G.H.S.S. Thrissur.
- A Life Skill Orientation Programme was organized.
- Visited Santhi Dham Counselling Centre, Thrissur and attended Five days workshop on Cognitive Behaviour Therapy.
- Organized a yoga training class for first and second year Msc Psychology students.
- As part of the practical exposure to one of the research methods- Observation, the students of second year MSc psychology, visited Scared Heart convent L.P School, Thrissur, for five consecutive days.

### **Department of Languages**

- In connection with Vayanadinam, Department of Malayalam, conducted a programme 'Oridathoridath.....'
- Department of Malayalam celebrated Keralappiravi on November 2<sup>nd</sup> and conducted a programme 'Kavyakairali'.
- Department of Malayalam conducted a Drama Festival.
- In connection with Drama Week, Dept.of Hindi, presented a Hindi Drama 'Rehearsal' Written by Om Prakash Aadithy.
- Dept. of Hindi conducted Hindi Day celebrations and Dr. Sandhya E.N of Paremakkavu Arts & Science College, Thrissur inaugurated the function.

### **Department of Vocational Studies**

- A One Day Seminar on "Animation & VFX Technology" was successfully organized for Multimedia Students.
- In collaboration with Kerala Forest and Wild Life, a Two Day Nature Education Camp was organised at Vazhachal for 2<sup>nd</sup> year students.
- As part of World Photography Day, Department conducted an Exhibition of Photographs.
- In Association with Sarvodayam Vocational Higher Secondary School, Aryampadam, a Three Day Training for the V.H.S. school students about MS Excel and Tally at Software Development Lab of the College was conducted.
- Multimedia Lab was inaugurated by St Mary's College Principal Sr.Dr.Chrislin.
- Organized a One Day Orientation Programme for the students of Sarvodayam Vocational Higher Secondary School, Aryampadam.
- The Department associated with Mumbai International Film Festival (MIFF), in organising a Three Day Film Festival at Regional Theatre, Thrissur.
- Multimedia Recording Studio was inaugurated by Manoj George, 1st Grammy Award Winning Indian Violinist.
- In association with Indian Systems of Medicine, Thrissur, a health orientation class on "Menstrual Cycle and its Related Problems" by Dr. Agnes Cleetus, Senior Medical Officer, Govt. Ayurvedic Dispensary, Pullur was organized.

### **Department of Social Work**

- Social Work in collaboration with Manasika Academy of Psychological Studies, Thrissur conducted a One Day National Seminar on 'Learning Disorders and Its Effective Management by Enhancement of Mental Ability with Behavioral Technology'.
- In collaboration with Social Justice Department and ARDS, the Department observed World Alzheimer's Day by participating in a Memory Walk 'Remember Me'.
- In collaboration with Vayojanamithram, a project of Social Justice Department, the Department observed Old Age Day at Govt. Old Age Home Ramavarnapuram.
- Participated in Car Free Day by participating in street plays, collages, different games etc.
- The Department Of Social Work observed world AIDS Day on 1<sup>st</sup> December 2015 at Athani.
- Organised a Rural Camp at Gavi ( 25<sup>th</sup> October 2015 to 29<sup>th</sup> October 2015)
- Students volunteered 'Our Responsibility to Children' (ORC), a project of Thrissur City Police.

- In connection with Child friendly panchayath programme, various activities like Formation of children's club, Balasabha, Awareness classes, Painting competition, essay competition, life skill classes were conducted.

### **Department of Physics and Science Forum**

- Invited Lecture on Solar Panel by Mr. AntoChirayath, Electronic Technician, was organised.
- A journey through the life and quotes of Dr. APJ Abdul Kalam in the form of a Poster Presentation was organised.
- Organised a Quiz on Nobel Prize Winners

### **Department of Sociology**

- In-order to give orientation for Civil Service Exam the Department of Sociology and IPERT Civil Service Academy jointly organized a lecture on 'Way to Civil Service' for first and second year students of our college.
- The Department and Career Guidance Cell, in association with Kerala State Election Commission, organized two phases of election ID card campaign for the staff and the students.
- In association with Kerala State RUTRONIX, the department organized a scholarship examination, 'Employment Oriented Computer Education' for the second year students of our college.

### **Department of Zoology**

- Conducted a class on methods of soil conservation and light in aquatic life as part of St Mary's Square Out- Reach sponsorship Project.
- Organized an Intercollegiate Powerpoint Presentation Competition on Soil conservation sponsored by KSCSTE
- Thrissur District Collector, Ms. Jaya IAS released Southern Birdwing Butterfly as part of Fly a Butterfly Programme.
- Maintains a Butterfly Garden through planting hundreds of butterfly host plants.
- Students presented papers in various National Seminars.

### **Department of Physical Education**

- Conducted Calicut University Hockey Championship.
- In collaboration with Chess Olympians Academy conducted BLIND V/S. SIGHTED Chess competition.

### **Administrative Staff**

- Sewing machines were distributed to two of our staff.
- All the out-door workers of the College were honored.
- Visited Child Home, Ramavarmapuram and distributed Christmas cakes and watches to the children there.
- Participated in Blood Donation Camp.

### **St. Mary's Square Outreach Sponsoring Project**

It is a sponsorship project for the under privileged school children of St. Mary's Convent U.P. School, Chiyaram. The various programmes organized under this project include:

- SUMMER CAMP on 28<sup>th</sup>&29<sup>th</sup> April 2015.



- Vayanavaram Competition.
- One day Workshop on “Positive Parenting” by Department of Psychology.
- Class on “pollution, Environmental Pollution, Medical Plants and Different types of Soils by Dept. of Economics.
- Visit to KFRI and a class on different types of forests, trees, plants, lichens etc and an orientation about KFRI by Dr.K.Mohandas, HOD, Extension Department, KFRI.
- A Seminar and Quiz Competition on the Topic-“Value Based Education and the Role of Education in Student’s Lives by BBA Department.
- Class on “Child Sexual Abuse and short film ‘Komal’ by Dept. of Social Work.

### **Spiritual Enlightenment Programmes**

To enhance the moral and spiritual growth of each and every member of the institution various activities are organized:

- Retreat for Staff and students
- Holy Mass and Confession on every first Friday
- Teacher’s prayer meeting on all Thursdays
- Night Prayer vigil on 1st Saturday of every month
- Christmas celebrations and so were arranged.

### **Xavier Board of Higher Education in India & AICUF**

- Participated in seminars ,workshops, prayer sessions and Bible courses
- Two of our faculty members have participated in the“Regional Meet 2015 of Kerala North Region” .

### **Jesus Youth**

- Participated in Campus Youth Meet 2015 at Don Bosco College, Mannuthy.
- As part of Onam celebrations Jesus Youth members visited Mulayum, Leprosy Rehabilitation Center and distributed gifts to the residents.
- A flash mob was conducted to welcome the newly joined Jesus youth members .
- The members made a huge rosary as part of the Rosary month and conducted a tableau relating to Rosary.
- As part of Christmas celebrations visited Juvenile Home, Padukkadu.
- Sr. Dr. Chrislin’s feast was celebrated on 01 January, 2016 with Jesus Youth members presenting a drama on Sister’s life story.
- Our students participated in ALEETHIA a Youth gathering on 23<sup>rd</sup> January, 2015 which included talks by Mr. Sasi Immanuel , Sr. Dr. Chrislin and Fr. Antony.
- Conducted an awareness programme on abortion in collaboration with Prolife
- Regular prayer meetings.
- Monthly one day campus team meetings and adoration programme, Chat with Jesus on Second Saturdays.

### **Campus Ministry**

- Annual Adoration day was held for Staff and students.
- An Orientation Programme was organised for teaching and ministerial staff members
- Carmel Day was celebrated by distributing sweets and scapular to all Catholic staff and students
- Orientation Class was given by Fr Dr. Babu Panattuparambil, Rector, and MaryMatha Seminary to welcome first year students and parents.
- As part of St. Mary’s Convent Golden Jubilee celebrations, Manager Sr.Philosudha distributed Rs.50,000 as Scholarship to 20 students of St. Mary’s College.
- Conducted Vachanamezhuthu competition for the staff and students

## **CLUB ACTIVITIES**

### **Entrepreneur Development Club/ Creative Club**

- As part of 70<sup>th</sup> Day Celebration of St Mary's college, college has conducted a Women's Day Meet.
- Organized a class on "STOCKING FLOWER"

### **Road Safety**

- Demonstration on safe driving by Indraprastha Motors Thrissur, was performed in the college premises followed by a Quiz on Safety Driving.
- A class on Road Accidents and safety measures was conducted.
- Club conducted a Quiz Competition on Road Safety Bill 2015.
- As part of the Road Safety Week Observance, the Club, in collaboration with Kerala Kaumuthi Thrissur and Thrissur Regional Motor Vehicle Department, conducted a seminar on Safe Road Culture. The seminar was inaugurated by Adv. Therambil Ramakrishnan, MLA, Thrissur.

### **Literary and Library Club**

- 'Meet the Author' programme was conducted and the students met Mary Zarah, the author of *Vodka Sambar*.
- Organized an invited lecture on 'Creative Writing' by Dr. Syam Sudhakar, Assistant Professor and Creative Writer, St. Thomas College, Thrissur.

### **Tourism**

- Organised 'Intercollegiate Online Photography Competition'.
- Members attended a talk at Vilangankunnu on *Conservation of Endangered Animals* by Dr. E A Jaison, KFRI, Peechi.
- D.T.P.C conducted district quiz competition.

### **Fine Arts**

- 'VAIBHAVVA 2K15', the college arts festival, was inaugurated by playback singer Franko. VAIBHAVVA 2K15' was celebrated from October 27-31 2015.
- Arranged a musical performance of Mr. Sudhir Kumar, Guinness Record Winner.
- Honored violinist Manoj Kumar, the first Indian Grammy Award Winner.

### **Career Guidance Cell**

- Career Guidance Cell in association with Kerala State Election Commission, organized two phases of election ID card campaign for the staff and the students.
- Organised various selection and placement programmes.

### **Blood Donors Forum**

- The Blood Donor's Forum of Department of Biotechnology conducted an awareness class on Blood Donation and its importance.
- The Department of Biotechnology, in association with KSACS and funded by IMA organized a voluntary Blood Donation Camp.

## **Bhoomithra Club**

- Celebrated World Environment day by planting tree saplings in the sports ground of the college.
- Organized an interdepartmental Essay Competition on the topic “Sustainable Method of Waste Management”.
- Organized an Interdepartmental Quiz Competition on the topic “Sustainable Environment Present & Future”.
- Celebrated World Wetland day by conducting an intercollegiate poster competition on the topic “Wetlands for our Future”.

## **Research Forum**

- Organized three National seminars and two workshops
- Faculty members published papers in National and international Journals and participated and presented Papers in Seminars.
- Two of our faculty members completed the formalities for FDP.
- The faculty is working on 7 minor projects.

## **Planning Forum**

- Power point presentation and inter-departmental quiz programme as a Tribute to poet Thiruvalluvar.
- Commemoration of Indian Independence with a mime on “The life of Indian Soldier”.
- Wall Magazine Competition on “Faces of India”.
- Manuscript Magazine, ‘**Rupees**’, was released.
- Survey on Motor Transportation in Thrissur District’ was conducted.
- Meet the Entrepreneur Programmes.
- Quiz on Women Achievers.
- Observation of World Population Day.

## **NCC**

- NCC cadets of our college participated in International Day of Yoga by performing Yoga at Vimala College, Thrissur.
- Celebrated Environment Day by planting trees on College ground.
- Tanya Alfy attended National Integration Camp at Udaipur, Rajasthan.
- Donated blood for giving awareness about the importance of blood donation.
- Collected an amount for the purpose of buying Chess board to the National Blind Chess Players.
- Gave reception to Miss. Prasilya Delenchi Madan from Panvel Mumbai, for giving motivation for her Cycle Expedition covering an area of 1800kms.
- Cadets successfully completed 35 regular parade sessions.
- 15 cadets attended the C’ Certificate exam and 18 cadets attended B’ Certificate Exam.
- Christeena Jose, commander of Ernakulam group, attended IGC RDC at KPA, Ramavarmapuram.

## **NSS**

- In collaboration with IMA , Thrissur Medical College, the NSS Unit conducted a Blood Donation Camp and Spinach distribution.
- Attended Nature Education Camp at Silent valley.

- A Flash Mob, highlighting the relevance of cleanliness, was organized by the NSS Volunteers in the College ground.
- Visited SOS Village.
- A Seven Day Camp was organised.
- Maintains a vegetable garden in the campus.

### **Library**

The **Library** has a sizable collection of resources. 5 lakh rupees was given for the Digitalisation of the Library from the MP Fund. Our library housekeeping activities are automated with fully integrated multi-user library software working under Windows. Our Head Librarian, Sr. Joel presented a paper, 'Best Practices and Innovations in the Library' at KCLA Conference at Marian College, Kuttikkanam. Our Library staff visited various libraries to improve the working of the Library.

### **Counselling Centre**

Counselling Centre of the College has been working incessantly to provide psychological counselling to the students and the public. About 1250 people including 600 students, 150 youth and 100 couples have benefitted from the counselling services of the main counsellor, Sr. Grace Thomas.

### **Sports Achievements**

Our students participated in 7 events in the Calicut University Inter Collegiate Championships out of which we got first in Powerlifting, Hockey and Yoga, secured second in Swimming, third in Judo, Kabaddi and Kho-kho. We are also the runners up of Calicut University Inter Collegiate Weightlifting Championship.

- Special appreciation to Sumi George for being the STRONG WOMAN of Calicut University and Swathikrishna C. Nair for being the Best Lifter of Calicut University.
- Our students won the following medals in the championships:
  - Riya T.C. and Swathikrishna C.Nair Secured Silver and Bronze Medal respectively in Powerlifting.
  - Swathi Krishna C. Nair secured Silver medal in Weightlifting.
- Riya T.C., SwathiKrishna C.Nair & Anju Murali represented Kerala in Senior & Junior national Championships.
- Kavya N.R. and Shiny John represented Kerala in Junior National Wrestling Championship.
- 10 of our players represented Calicut University in the All India Inter University Hockey Championship.
- Our students also represented Calicut University in the All India Inter University Championships. They are:
  - Greeshma P.R. and Krishna K.V. – Yoga
  - Swathi Krishna C. Nair and Muneera – Weightlifting
  - Eaby M. Kaviyan ,DivyaK.Raj, Dhilsha D. and Dona K.Job – Swimming
  - Eswari C.and Shiny John - Judo
  - Anjana L. and Midhuni M. – Kabaddi
  - Sneha Raj Alappat – Athletics

## **CONCLUSION**

St. Mary's College can be jubilant about her fast paced academic co-curricular and infrastructural expansion in recent years. But we cannot be complacent and have to strive with greater energy and strength to take innovative steps to raise the College to meet international standards. Though our College has undertaken various community development activities, along with our progress, we should be always alert to societal needs and endow our students with deeper and greater social commitment.

I conclude the College report dedicating the College once again at the feet of Mother Mary, our Patroness, who has been constantly watching over the College and miraculously protecting her in her dire needs as was manifested at the third cycle of NAAC re-accreditation.

Hail St.Mary's Hail to Thee !

Thank you all for your patient listening.

We look forward to your continued support and cooperation in all our activities in the future.