



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

## **Capacity building and skills enhancement initiatives - Life Skills (Yoga, Physical Fitness, Health and Hygiene) -2019-20**

The day starts with five-minute meditation for all students and staff. The meditation is held after the morning prayer. Department of Physical Education leads the session.



## **Awareness programme on Monsoon Diseases –Prevention and Control Measures**

In connection with World Environment Day, Department of Microbiology organized an awareness programme on Monsoon Diseases –Prevention and Control Measures from 05.06.2019. Awareness programme included announcement of monsoon tips in college during lunch break. Monsoon tips included the signs, symptoms, identification tests, preventive measures, routes of transmission of various diseases including Dengue, Chikungunya, Malaria, Dysentery, Typhoid, Cholera, etc. Also tips on the recently emerged threatening disease, Nipah was given. General measures of hygiene and food safety habits were also the part of announcement. Announcements continued till 14.06.2019.



## **International Yoga Day celebration**

The International Yoga Day was celebrated on 21.06. 2019 to bring peace, harmony, happiness and success to every soul in the world. As part of this, Department of Vocational Studies conducted a Yoga Training Class to the students. Smt. Kalyani Menon, Instructor from Sri Sri Ravishankar Art of Living explained different asanas that is helpful in daily life. Different yoga postures like “Mayoorasanam, Kukudasanam, Soorya Namaskaram etc were practiced”.



## Talk on Closer to Ayurveda, Safer to Health

Dept. of Botany organized a talk on 'Closer to Ayurveda, safer to health' by Dr. Rajagopalan K.V, Kottakkal Aryavaidyasala, Kottakkal on 26.06.2019. Students were given awareness on healthy life practices and food habits. Dr. Anjana, Kottakkal Arya Vaidyasala delivered a talk on 'Sthree rogas'.



## **Awareness Programme on Importance of Nutrition and Diet on Health**

The Students of Botany Department were given an awareness programme on ‘Importance of Nutrition and Diet on Health’ by Mrs. Anu Jose, Nutrition Wellness coach, Herba Life, Thrissur on 7.8.2019.



## **Distribution of Diet Cards**

Cards exhibiting recommended diet plans prepared by students of Biotechnology Department were given to teaching and Ministerial Staff of our college on 25<sup>th</sup> September 2019.



## **Awareness class on Women's Health- Nation's Wealth**

Dr. Roni Ignatius, BAMS, 'Ayur thought', Thrissur, gave an awareness class on "Women's Health – Nation's Wealth" to I DC students on 14.10.2019. A health card to monitor menstrual cycle was distributed to the students.



## **Cookery show**

A cookery show on healthy foods was conducted for I Sem Botany students by Santha Rajagopal, renowned host of Cookery Shows on 14.10.2019.



## Workshop on Lets Learn and Make

On 12.12.2019, St. Mary's college hosted a full day workshop entitled "Lets Learn and Make" led by Department of Chemistry. The workshop enabled the students to learn and make products like Soap, Transparent Soap, Hand wash, Phenyle and Pain balm. The training was handled by Mr. Sreejith, Technical officer, Vigyan sagar, Thrissur.



## Awareness Video series on *Pradirodham Jaagrathayiloode*

Department of Microbiology conducted an online awareness series for 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	<a href="https://www.youtube.com/watch?v=G-yxvjoT4TU">https://www.youtube.com/watch?v=G-yxvjoT4TU</a>
2	മഴക്കാലരോഗങ്ങൾ - ടൈഫോയ്ഡ്, കോളറ, എലിപ്പനി - അറിയേണ്ടതെല്ലാം	Dr. Dhanya K C, Assistant Professor	<a href="https://www.youtube.com/watch?v=nhazWXHxNg4&amp;t=20s">https://www.youtube.com/watch?v=nhazWXHxNg4&amp;t=20s</a>
3	പ്രതിരോധിക്കാം ചിക്കൂന്ഗുനിയയെയും ജപ്പാൻ ജ്വരത്തെയും	Mrs Elizabeth P Thomas, Assistant Professor	<a href="https://www.youtube.com/watch?v=nA300SOoBeE">https://www.youtube.com/watch?v=nA300SOoBeE</a>
4	മഴക്കാലരോഗങ്ങൾ -അറിയാം, അകറ്റാം, മലമ്പനിയും വൈറൽ പനിയും	Dr Mabel Merlen Jacob, Assistant Professor	<a href="https://www.youtube.com/watch?v=alD7jAEAr9o">https://www.youtube.com/watch?v=alD7jAEAr9o</a>
5	മുൻകരുതലിലൂടെ അതിജീവിക്കാം മഞ്ഞപിത്തത്തെയും നിപ്പയെയും	Dr Greeshma P V, Assistant Professor	<a href="https://www.youtube.com/watch?v=naCOeENW7gE">https://www.youtube.com/watch?v=naCOeENW7gE</a>
6	ഡെങ്കി പനിയും കുരങ്ങു പനിയും- സൂക്ഷിച്ചാൽ ദുഃഖിക്കേണ്ട	Dr Athul Sandeep P, Assistant Professor	<a href="https://www.youtube.com/watch?v=GzGI4TzVHDU">https://www.youtube.com/watch?v=GzGI4TzVHDU</a>



## 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?

Department of Microbiology organised 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/4CTmBHGauiDpmx1a8B>

**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 organised 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/i2CcmNY1mNMR7WU5r>

## **National Webinar on Lifestyle and Cardiovascular Diseases**

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.



**National Webinar on  
Lifestyle and Cardiovascular Diseases**

**Date: 25.07.2020    Time: 10 am to 11 am    Platform: Google Meet**

**Resource Person: Dr. Mini. S**  
Professor & Head, Department of Biochemistry, University of Kerala,  
Kariavattom, Thiruvananthapuram, Kerala, India

**Organized by**  
Department of Microbiology, St. Mary's College, Thrissur-20, Kerala, India  
Alumnae Lecture Series - I

Free Registration, E-Certificate will be provided to the participants  
Registration Link: <https://forms.gle/GQkSQuEJUvkhUWSB7>

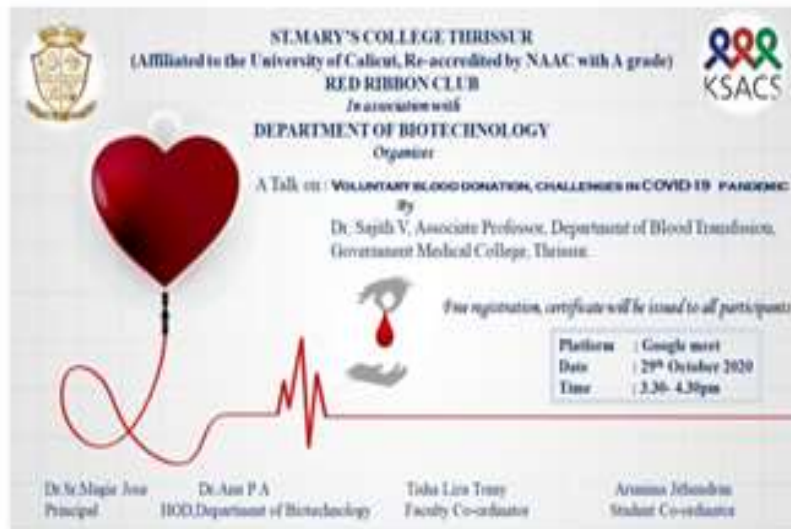
## **Class on How Novel Corona Virus causes death**

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](https://www.youtube.com/watch?v=cQzWxX0va_o&t=15s)

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

Department of Biotechnology organized a talk on Voluntary Blood Donation - Challenges in COVID - 19 Pandemic on 29.10.2020. The resource person was Dr. Sajith V, Associate Professor, Department of Blood Transfusion, Government medical College, Thrissur.



## Yoga and Meditation Practice

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



## Capacity building and skills enhancement initiatives (Yoga, Physical Fitness, Health and Hygiene) -2018-19

### **Meditation**

The day starts with five-minute meditation for all students and staff. The meditation is held after the morning prayer. Department of Physical Education leads the session.

### **Announcement of Monsoon Tips**

From 05.06.2018 to 12.06.2018, announcement of Monsoon Tips as a measure to prevent the spread of monsoon related diseases were done by Department of Microbiology. Announcements were done during lunch break about the signs, symptoms, identification tests, preventive measures, and 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.



## **Awareness talk on Monsoon Diseases- Preventive and treatment measures**

On 07.06.2018, an awareness talk was conducted for students of Microbiology on Monsoon Diseases- Preventive and treatment measures by Mr Mohammed Iqbal, Health Inspector and Mr Nazar, Junior Health Inspector, Thrissur Corporation, Thrissur. They gave a detailed information about the prevailing monsoon diseases, symptoms, diagnosis and preventive measures.



## **Cookery Show**

A cookery show was organised on 20.06. 2018. BSc Botany students attended the programme. Ms. Santha Rajagopal, renowned host of Cookery Shows conducted demonstration session on Pavbaji.



## **International Yoga Day Celebration**

The International Yoga Day was celebrated on 21st June 2018 to bring peace, harmony, happiness and success to every soul in the world. As part of this, Department of Vocational Studies conducted a YOGA Training Class to the students. Smt.Kalyani Menon, Instructor from Sri Sri Ravishankar Art of Living explained different asanas to the students.



## **A session on Beating Menstrual Cramps with Yoga**

Department of Management Studies organized a yoga session on the topic “Beating Menstrual Cramps with Yoga” on 21.06.2018. Resource person for the programme was Ms.Siji Andrews, Yoga trainer, Pranah Yoga and Health Centre.



## Talk on Plastic Pollution – Challenges and Remedies

Mr. Anoop E.V, Prof and Head, Dept. of Wood Science, Forestry College, KAU delivered a talk on ‘Plastic Pollution – Challenges and Remedies’ for Botany Students on 02.07.2018.



## Invited Talk on *Sthree Arogyam Naturopathyiloode* and Yoga Training

On 25.07.2018 an invited talk and yoga training was conducted for Botany and Microbiology Students. The invited talk on the topic “*Sthree arogyam naturopathyiloode*” was delivered by Dr Anjana, Govt: Homeopathy Hospital, Thrissur. Yoga training session by Mrs Supriya, Registered Yoga Trainer, Thrissur





## Talk on Women's Health – Nation's Wealth

Talk on “Women's Health – Nation's Wealth” by Dr. Roni Ignatius, BAMS, 'Ayurthought', Thrissur was arranged on 14.08.2018 for I DC students. Health card to monitor menstrual cycle was distributed to students.



## Zumba Dance Training

Women Cell of St. Mary's College organized regular Zumba Dance Training for teachers and students on weekly basis starting from 06.09.2018. The class was conducted by Zumba international licensee ZIN Vinu S Menon on Tuesday, Wednesday and Thursday after regular class time.



## Health Awareness Classes

Women cell in collaboration with Amala Institute of medical sciences, Thrissur And Saroja Multi Speciality Hospital conducted several Health Related Talks and awareness classes for students. The programme started from 25.09.2018 and continued on 3<sup>rd</sup> and 4<sup>th</sup> Friday of every month. Doctors from AIMS and Saroja hospital and MD students of Amala College took classes on various health related topics. All students attended the sessions on rotation basis. Dr. Sruthi Harish (Assistant Professor, Dept of Community Medicine, AIIMS), Dr. Saju C R (Head, Dept of Community Medicine, AIIMS), Dr. Jerry (MD Preventive Medicine, AIIMS) conducted classes on various days.

The talks covered Reproductive health and Menstrual Hygiene, Prevention and control of communicable disease outbreak after flood, Importance of Nutrition among young adults, Family planning methods, Breast cancer, Prevention and control of Diabetes, Importance of breast feeding, HIV/ AIDS, Mental health, etc.



### **An awareness class on Alzheimer's disease**

On 25.09.2018, an awareness class was conducted in connection with Alzheimer's day by Dr. Sureshkumar, Social Worker Cum Administrator: Alzheimer's and Related Disorders Society of India.

### **Talk on Women –The Multitasker**

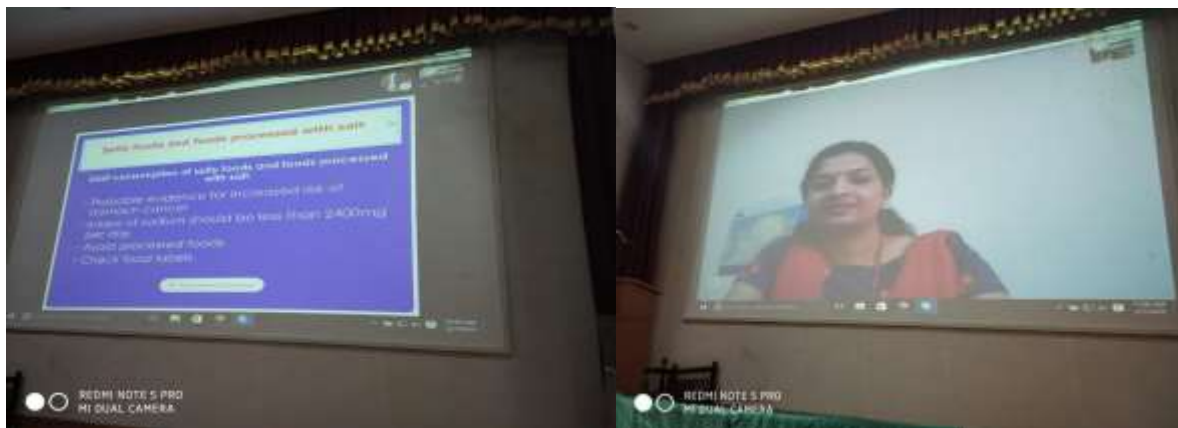
Dr. Vineetha S, Consultant Gynecologist, District Hospital, Thrissur gave a talk on the topic “Women –The Multitasker” on 28.09.2018.



## Cancer Awareness Programme

As a part of Cancer Awareness programme on the theme 'I am & I Will-Healthy ways to beat cancer', Dr Achuthan C Raghavamenon, Associate Professor, Amala Cancer Research centre, Thrissur delivered a talk on "Cancer - Therapeutic role of natural products" to Microbiology Students on 06.02.2019.

Department of Microbiology organised a Webinar on the topic: "Cancer: Causes and Prevention" by Dr Harikumar K B, Scientist E1, Rajiv Gandhi Centre for Biotechnology, TVM on 07.02.2019 for Microbiology Students as a part of Cancer awareness programme on the theme 'I am & I Will-Healthy ways to beat cancer' and another Webinar on the topic: "Introduction to Cancer Biology" by Dr Divyasree P, Visiting Scholar, American University of Sharjah, Sharjah on 07.02.2019 for Microbiology Students as a part of Cancer awareness programme on the theme 'I am & I Will-Healthy ways to beat cancer'.



## **Talk on Life style disease PCOD and Ayurveda**

Classes were conducted by Dr.D. Ramanathan, MD Sitaram Ayurveda Speciality Hospital & General Secretary-AMMOI on the topic ‘Life style disease – Ayurveda’ and by Dr. R. Bhagavathy Ammal, Sitaram Ayurveda Speciality Hospital on ‘PCOD – Ayurveda’ on 01.03.2019.



## **Seminar on Today’s food habits and Way to motherhood**

Department of Commerce conducted a seminar on the topic “Today’s Food Habits And Way To Motherhood” on 15.03.2019. The session was handled by Mr. Ajay Kumar, Health inspector, Pavaratty Panchayath.



## Yoga and Meditation Practice

As part of academics, all Second PG Psychology did an in-depth yoga and meditation practice for a period of one week.



## Capacity building and skills enhancement initiatives (Yoga, Physical Fitness, Health and Hygiene) -2017-18

### **International Yoga Day celebration**

As a part of International Yoga Day celebration on 21.06.2017, Department of Vocational Studies conducted a Yoga Practice Session.



### **Monsoon Diseases Awareness class**

On 06.06.2017, Monsoon Diseases Awareness class was arranged as two sessions, one for NCC and Sports students and one session for I DC students by Asna Ashraf, II PG Microbiology student.



## TB Awareness Programme

On 06.06.2017, in collaboration with District TB Hospital, Thrissur, an awareness programme was conducted for all IDC students of St Mary's College by Department of Microbiology. The staff members of District TB Hospital presented a very informative skit on the spread of *Tubercle bacilli*, prevention, diagnosis and treatment of the disease in an interesting way.



## Talk on Life Style Diseases

A talk on “Life Style Diseases” (Sujok) by Suj. Ragesh was arranged on 12.06.2017





## Invited Talk on HIV

Department of Biotechnology organized an invited talk on HIV by Mr. P.K. RAJU, Technical Assistant and District Health Officer, DMO office, Thrissur on 15.09.2017.



## An invited talk on Liver Diseases in Women

An invited talk was organized on 22.11.2017 on the topic “Liver Diseases in Women”. The talk was delivered by Dr Praveen Kumar, Govt: Medical College, Thrissur.





## Yoga and Meditation Practice

Yoga and meditation are relaxation techniques. II PG Psychology students performed in-depth yoga and meditation practice for a period of one week as an academic practice.



## Capacity building and skills enhancement initiatives (Yoga, Physical Fitness, Health and Hygiene) -2016-17

### **Talk on Organic farming in families**

Dr. S. Estelitta, Professor and Head, Communication Centre, Kerala Agriculture University, Mannuthy delivered an invited talk on the subject “Organic farming in families” on 03.06.2016.



### **Yoga Practice Session**

On 21.06.2016, Department of Vocational Studies arranged a Yoga Practice Session.



### **Talk on Nutritional values of Amala**

A talk on 'Nutritional values of Amala' by Dr. Rajithan, Superintendent of Oushadhi Panjakarma Ayurvedha Hospital was arranged on 18.07.2016.



### **Talk on Medicinal uses of pulses**

A talk was conducted on "Medicinal uses of pulses" by Dr. Rony P Mathew, BAMS, Ayurvedic practitioner on 22.07.2016.



### **Invited talk on *Mazhakkalarogangalum pradhividhiyum- Ayurvedathil***

An invited talk was delivered on “*Mazhakkalarogangalum pradhividhiyum- Ayurvedathil*” by Dr. Hemamalini, Medical Officer (NHM), Chalavara, Palakkad 07.09.2016.



### **Talk on Mental Health among Students**

Department of Psychology arranged a talk on ‘Mental Health among Students’ on 04.10.2016, by Sr. Tesna George, Asst. Director, Carmel Santi Dham Institute of Counselling Psychology, Thrissur.



## **Cookery Show**

A cookery show was hosted by Mrs. Santha Rajagopal, Renowned host of Cookery Shows for the degree students on 25.10.2016.



## **Invited talk on Stress Management**

An invited talk on ‘Stress Management’ was arranged by Dr. Sindhu Pradeep, Special Counsellor, Women Cell, Thrissur on 17.11.2016 as two sessions. The first batch included the II DC and II PG students (1.30 – 2.30 pm) and the Second batch was of I DC and I PG students (2.30 – 3.30 pm). Techniques for easy learning, mind relaxation practice, importance of moral values, etc. were elaborated.







### **Class on Women's Health – Nation's Wealth**

A class on “Women's Health – Nation's Wealth” was arranged by Dr. Roni Ignatius, BAMS, 'Ayurthought', Thrissur, on 19.12.2016 and Dr. Sr. Marriette A Therattil distributed health card to IDC students.



### **An educational program on Health and Hygiene**

An educational program for adolescent Girls on Health and Hygiene was conducted on 27.01.2017 Dr. Sr. Ruby, Gynecologist, Amala Institute of Medical Sciences.



## **Training on Martial Art**

Women Cell arranged a Short Training on Martial Art in collaboration with the Police. The training session with demonstration was conducted on 15.02.2017. Sreedevi PK and Shiji, Civil Police Officers trained the students.



## **Yoga and Meditation Practice**

As part of academics, all II Year PG Psychology students underwent an in-depth yoga and meditation practice for a period of one week.



## Capacity building and skills enhancement initiatives (Yoga, Physical Fitness, Health and Hygiene) -2015-16

### **Awareness Programme on Monsoon Diseases - Prevention and Treatment**

Awareness Programme on Monsoon Diseases - Prevention and Treatment was given on 05.06.2015 by Dr. Uma Maheswari Thankachi, Epidemiologist, District Medical Office, Thrissur was arranged.



### **Lecture on Waste Management**

Department of Botany organized a lecture on “Waste Management” on 08.06.2015 by Indira Gopinath, Palliative Care member, to make awareness among the students about how to reduce and recycle the waste products.



## **Yoga training session**

A Yoga training session was arranged for students on 21.06.2015 by Ms. Aneesha MP, Yoga Trainer.



## **Cookery Show**

Mrs. Santha Rajagopal, renowned host of cookery shows conducted demonstration session on “Corn Soup and Sandwich with dates Spread” on 24.07.2015.



### **Invited talk on Family Organic Farming**

An invited talk by Dr. K.E.Usha, Professor, Central Nursery, Kerala Agricultural University, Vellanikkara was arranged on 12.10.2015.



### **Campaign on Breast Cancer**

A ‘Campaign on Breast Cancer’ was conducted at St Mary’s College, Thrissur, on 02.11. 2015, by the Department of Microbiology in association with M I Mission Hospital, Thrissur. There was an invited talk by Dr Vijayan Nair, Chief Surgeon, M I Mission Hospital, Thrissur on “Breast cancer”. Sr Cherupushpam, Principal, M I Mission Nursing School, Thrissur detailed about the self-examination methods of breast cancer.



### **Class on Menstrual Cycle and its Related Problems**

Department of Vocational Studies organized a health orientation class on “Menstrual Cycle and its Related Problems” by Dr. Agnes Cleetus, Senior Medical Officer, Govt. Ayurvedic Dispensary, Pullu, at Jubilee Hall on 29.12.2015.



### **Talk on AIDS- Fruit to Human Greedy Desires**

The Department of biotechnology in collaboration with KSACS conducted an AIDS awareness talk on “AIDS- Fruit to Human Greedy Desires” by Dr. Sreejith Sreenivasan on 07.01.2016.



### **Invited Talk on General Awareness on Women Cancer**

Department of Microbiology organized an invited talk on General awareness on Women Cancer by Dr Chitrathara, MD, M Ch, FAIS; Surgical Oncologist & Urologist, Lakeshore Hospital, Cochin, on 01.02.2016.



### **Invited talk on Uterine and ovarian cancer in Women**

Department of Microbiology arranged an Invited talk by Dr Neetha George, Gynaecologist, Jubilee Mission Medical College & Research Centre, Trichur, on the topic “Uterine and ovarian cancer in Women” on 03.02.2016.



## **Awareness Talk on Women's Health**

An awareness talk on Women's Health by Dr. Seena, Ayurveda Medical Officer, Nenmanikkara, Thrissur was arranged by Department of Biotechnology on 29.02.2016



## **Yoga and Meditation Practice**

Second PG Psychology students performed an in-depth yoga and meditation practice for a period of one week.

