



St. Mary's College, Thrissur-680020

2021-22

Annual Elder Marian meeting was conducted virtually through google meet and was live telecasted through youtube on 26.01.2022 at 10.00 am (Google Meet link: <https://meet.google.com/hnb-vtdr-krv>, Youtube Link for meet : https://youtu.be/_xWRIf0ir8) and Department alumnae meetings were conducted by various Departments on various days. Alumnae of Biotechnology department contributed an amount of 10000/- for scholarship, Alumnae of Department of Economics contributed a sum of Rs 50000/- for supporting a deserving former student and alumni of Department of Computer sciences contributed an amount of 60,000 for buying laptops.

- Alumnae Talk series by Dept of Psychology of the academic year 2021 - 2022 was led by Ms. Sadiya Bathul P., Consultant Psychologist on 23 July 2021 via google meet. The session began at 10.00 AM on the topic 'Budding as a Psychologist'. Ms. Sadiya was a student of 2016 - 2018 M.Sc. Psychology batch, and won the title of 'Gem of St. Mary's' during her college days. She started the session with sharing her Therapy experiences. This interaction session was much needed and informative for the students who are pursuing their post-graduation.
- Alumnae Association, Department of English, St. Mary's college, Thrissur conducted a Digital card making competition as a part of Teacher's day celebration 2021 under the guidance of Alumnae members Sreekutty and Sreesha P R. The competition was titled "Thank you Teacher".
- On 04.08.2021, Eldermarian Association organized a Debate on the topic 'Choose the Challenge' via google meet. Meeting URL: <https://meet.google.com/kjz-csxs-evr>. 36 Students from various departments participated in the programme. Mrs. Soja KK, Advisory Committee Member of *Sthree Shakthi Kendram*, Ayyanthole was the moderator for the debate.

- Elder Marian Association organised a Talk on ‘A B C of Gender’ for students and parents on 18.08.2021. Resource person for the programme was Dr. R. Ramya, Assistant Professor and Head of the Department, Research Department of Economics, Sri C. Achutha Menon Government College, Thrissur. The programme was organised through Google meet and was telecasted through the official youtube channel of the college. Google meet link - <https://meet.google.com/mfg-jkfc-szc>, YouTube live streaming Link - <https://youtu.be/U8mc59vPWTg>
- Economics Association and Planning Forum organised a Session on Basics of Research Methodology on 18-08-2021 at 11.30 am through Google Meet. The session was handled by Ms. Vidhya A K, Research Scholar, Dr. John Matthai Centre, University of Calicut (Alumnae BA Economics 2010-13). She discussed on various steps and preparations needed for PG dissertation and MPhil or Ph.D thesis. The session was arranged for PG students.
- Economics association and Planning Forum organised a session on UGC NET in Economics on 14-09-2021 through Google Meet. The session was handled by Ms. Jacqueline N J, MA, NET (Alumnae BA Economics 2015-18) running an institution on UGC NET coaching for Economics Students. She discussed on various topics and preparations needed for the first and second paper of the exam. The session was arranged for PG students. 19 students participated.
- Economics association and Planning Forum organised an Expert class on Opportunity Cost Theory in International Trade on 23-09-2021 at 12.30 PM through GoogleMeet. The session was handled by Dr. Flowarin A D, Asst. Prof on contract, College of Cooperation, Banking and Management, KAU, Vellanikkara. (Alumnae BA Economics 2004-07). She has presented the topic in an innovative way citing examples and present day trade pattern. The session was arranged for PG students.
- Organised an Expert class on Sustainable Development- An Overview on 1-10-2021 at 12.30 PM through GoogleMeet. The session was handled by Riji K S, HSST, Govt Higher Secondary School, Uduma, Kasargod (Alumnae BA Economics 2009-12). She highlighted the need for sustainable development even

when the country should acquire the status of developed countries. She discussed on the topic environment and development which should go hand in hand. The session was attended by BA Economics students.

- In connection with Gandhi Jayanthi, Economics Association and Planning Forum conducted a Quiz competition on Life and Contribution of Gandhiji in Freedom Struggle on 2-10-2021. Keerthana Haridas, Alumnae BA Economics 2020 led the Quiz. 52 Students from the Department participated in the Competition.
- Elder Marian Association organised a Quiz Competition on History of the Freedom Movement in Kerala in collaboration with the PG Department of History, St.Mary's College, Thrissur on 09.11.2021 in connection with the 75th Year of Indian Independence Golden Jubilee Celebrations.
- Considering the long periods of screen time that students are spending due to the covid pandemic and online class mode of education that may adversely affect eye health, Elder Marian Association decided to provide free eye camp for our students.
- Elder Marian Association organised 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.
- Elder Marian Association organised a free eye camp for III DC Students of St.Mary's College on 02.03.2022 in collaboration with Malabar Eye Hospital, Thrissur. More than 440 students underwent eye checkup and 80 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.
- As part of Alumnae Activity for the academic year 2021-22, Department of Computer Science and Applications organised a career motivation session with alumnae on 18th November 2021 for the final year BCA students. The invited alumni was Ms Manjusha Narayanan, Senior Software Developer, Wipro

Technologies, Bangalore. She discussed various career options after graduation and dealt with the challenges that the students may face while applying for an IT job. She also shared her insights on campus placement and gave a brief idea on how to crack a job interview. The session was really informative and the students could understand how to build up a successful career.

- 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 our official YouTube channel. All the faculty and students of the college attended the programme.
- Elder Marian Association organized a talk on Life skills by Shaukath, receiver of Kerala Sahithya Academy Award (2007) in association with Dept. of Botany on 11/1/2022. The session was attended by 84 students (first and second year degree students of Botany Department). Students were given awareness on healthy relationship practices between parents, friends and others. The session was highly interactive and students actively discussed various problems they were facing as a youth generation.
- GEM of St. Mary's Competition was organized by the Elder Marian Association. Off stage certificate verification and Personal interview were done on 17.01.2022 among the passing out students of UG and PG batches of our college and the 9 selected contestants were screened through the on stage round conducted via Google meet on 20.01.2022. GEM of St. Mary's title was won by Aparna CJ, III DC English, First Runner up was Anupama George, III DC Chemistry and Second Runner up was Neeraja K, III DC Microbiology.
- Women need to be empowered, for that they should be made aware of their rights and Duties. A session on Women Rights and Laws was arranged for I and II BA Economics students on 28-1-2022 through Google Meet. The session was handled by Ms Sreelaja Satheesan, BA LLB (Alumnae BA Economics 2015-18). She discussed on the domestic violence, sexual abuse, POCSO, Juvenile Justice etc. and the formalities to be followed in case of above issues. She also guided the students to be bold enough to report any instance of harassment on time

<https://drive.google.com/file/d/1NVzgOF53H8U9aKoyrsDwoPEs0KYzh80A/view>

- PG Department of Commerce, St.Mary's College Thrissur organized an Alumnae Motivational talk on 29th January 2022 through Google meet. The Session was handled by Miss. Minnu K.R, Audit Executive, Orion Innovation. She discussed about various employment opportunities and threats existing in today's competitive world. She also made the students aware about various soft skills required to attend an interview. The students from both M.Com and B.Com participated in the programme.
- Department of Biotechnology inaugurated the association activities for the academic year 2021-22 on 8th February 2022. Dr. Divya M S (2001-2004 BSc Batch alumnae), Scientist C, Department of Pathology, Hospital Wing, Sree Chithira Tirunal Institute for Medical Sciences and Technology, Thiruvananthapuram, inaugurated the association activities and delivered a talk on 'Engineering Stem Cells for Regenerative Applications'. The talk was very informative and inspiring. Madam also talked about her research experience and study scope of stem cell biology outside India.
- PG Department of Commerce, St. Mary's College Thrissur organized an Alumnae Motivational talk on 10th February 2022 through Google meet. The Session was handled by Ms. Sruthi Sreenivasan for final year M. Com students.
- Department of Management studies organized an inspirational talk by former student Aiswaria Anand, student of DCSMAT on 11/03/2022 at 1.30 pm at Chavara Hall.
- Department of Management studies organized an inspirational talk by former student Begum Rehna Sultana (Vice president of Junior Chamber International, an entrepreneur, having a boutique 'Young Style', 'To Go Glorious 2021-Times of India, Best stylish title winner) on 14/03/2022.
- Ms. Aswathy T. L., Junior Psychologist, Compass Clinic, Thrissur led Alumni Talk Series on 15 March 2022. The session was on the topic 'Mental Status Examination'. Ms. Aswathy was a student of 2019 - 2021 M.Sc Psychology

batch. The students had a great opportunity to take part in the talk and clarify their doubts before they start to deal with their internships.

- Elder Marian Association, organised a Talk on Women's Health – Nation's Wealth on 19.03.2022 by Dr. Roni Ignatius. This was arranged for first UG students and was streamed online via our official Youtube channel. Youtube link <https://youtu.be/RdVf2AqFXPg>



Alumni talks series by Dept of Psychology



Digital card making competition

ST. MARY'S COLLEGE
THRISSUR
(AFFILIATED TO UNIVERSITY OF CALICUT, ACCREDITED WITH A GRADE BY NAAC)

Eldermarians organizes

DEBATE PROGRAM

TOPIC : *Choose the challenge*

DATE: 4/8/2021

TIME: 3:00pm-4:00pm

MODERATOR : SOJA K K
ADVISORY COMMITTEE
MEMBER OF 'THREE SHAKTHI
KENDRAM, AVYANTHOLE

All are cordially invited

Debate on the topic 'Choose the Challenge'

St. Mary's College, Thrissur-680020
Elder Marian Association

Resource Person
Dr. R. Ramya
Asst. Professor & HOD, Dept. of Economics,
Sri C. Achutha Menon Govt. College, Thrissur

Talk on
A B C of Gender

Date : 18.08.2021
Time : 3 pm – 4 pm
Platform : YouTube live stream
<https://youtu.be/U8mc59vPW7g>

All are cordially invited

Talk on 'A B C of Gender'

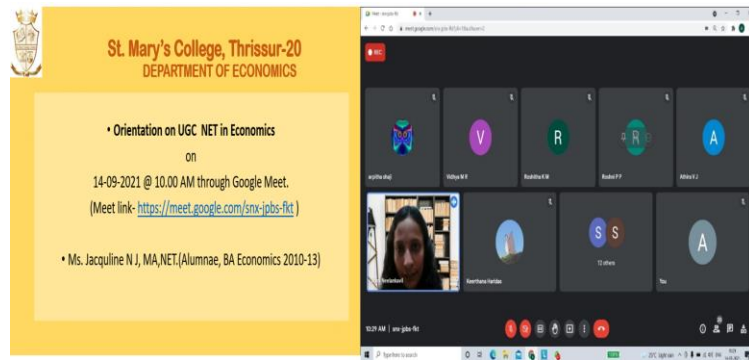
Department of Economics
St. Mary's College, Thrissur
organizes

**A TALK ON
BASICS OF RESEARCH METHODOLOGY**

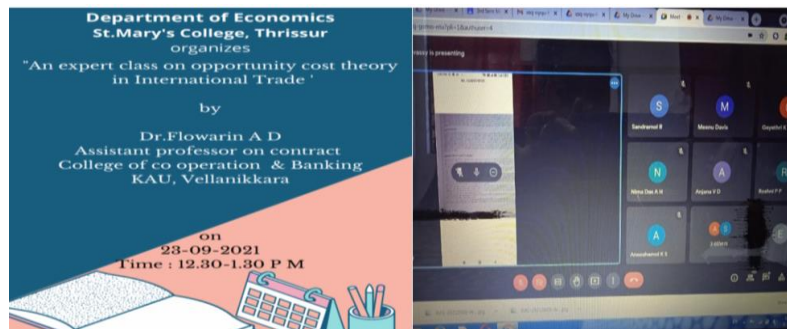
by
Vidya A K
Ph.D Scholar
Dr. John Mathai Centre, University of Calicut
(BA Economics 2010-2013)

On
16-08-2021
Time - 11.30 -12.30 PM
Through google meet

Talk on Basics of Research Methodology



Session on UGC NET in Economics



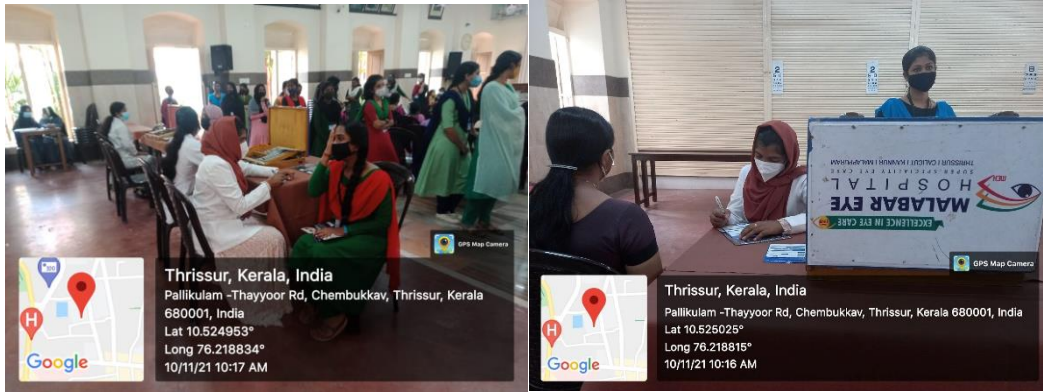
Expert class on Opportunity Cost Theory in International Trade



Expert Class on Sustainable Development- An Overview



Quiz Competition on History of the Freedom Movement in Kerla



Free eye camp for students



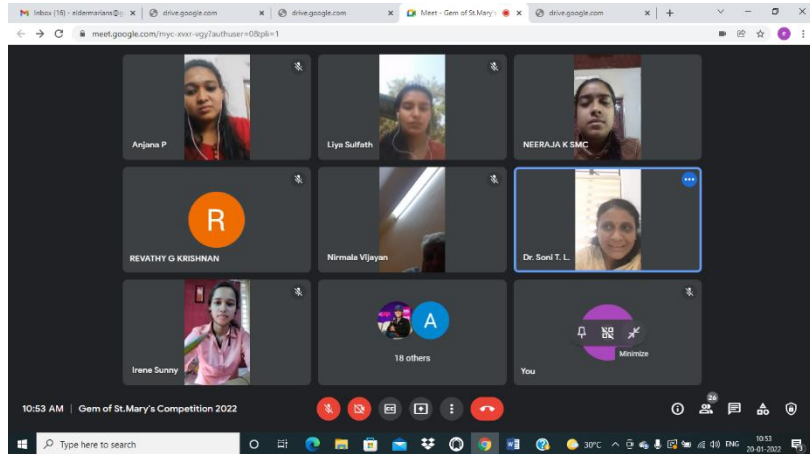
Career motivation session



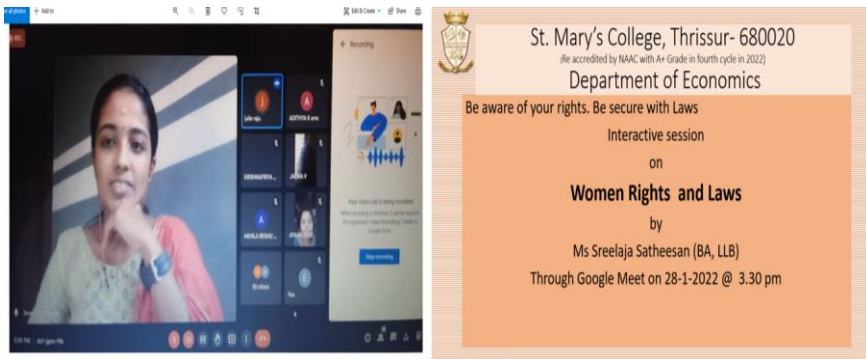
Cookery Show



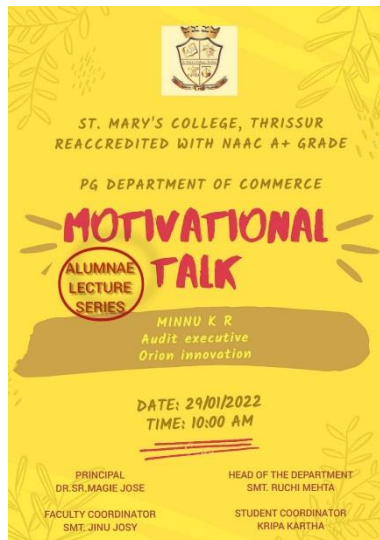
Talk on Life skills



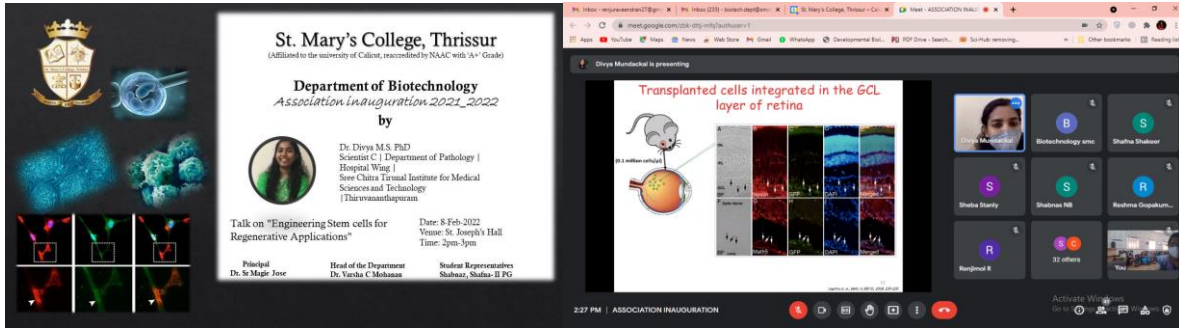
GEM of St. Mary's Competition



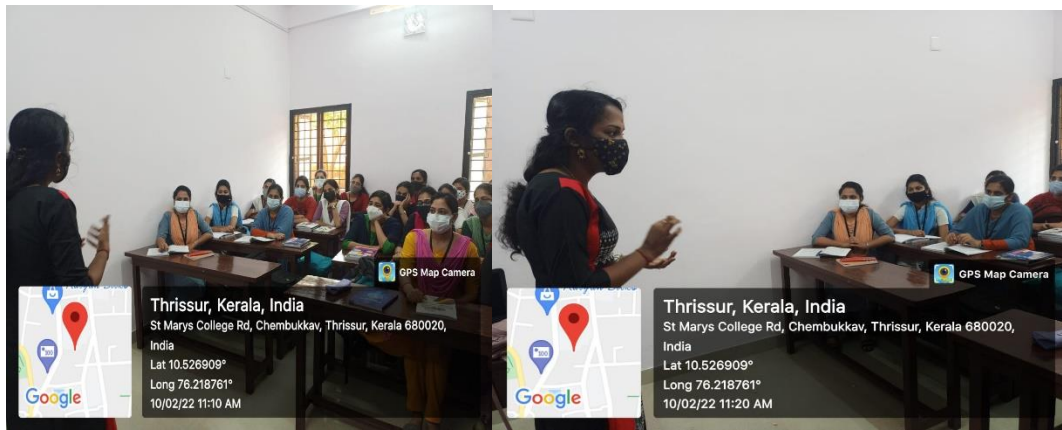
Session on Women Rights and Laws



Alumnae Motivational Talk by Miss. Minnu K.R, Audit Executive, Orion Innovation



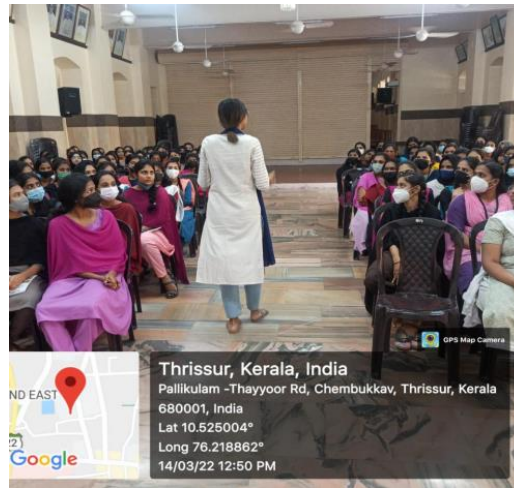
Talk on ‘Engineering Stem Cells for Regenerative Applications’



Alumnae Motivational Talk by Ms. Sruthi Sreenivasan



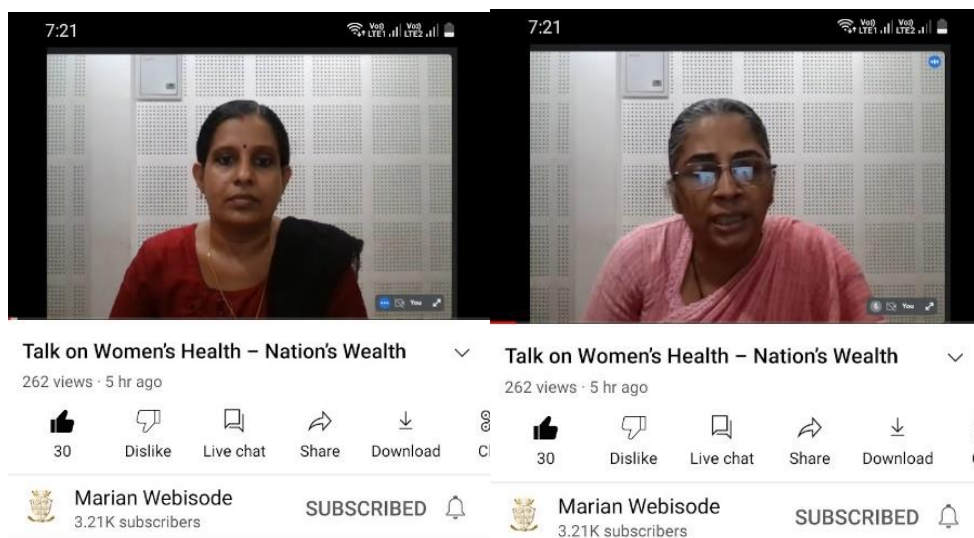
Alumnae inspirational talk by Ms. Aiswaria Anand



Alumnae inspirational talk by Ms. Begum Rehna Sultana



Alumni talks series by Dept of Psychology



Talk on Women's Health – Nation's Wealth