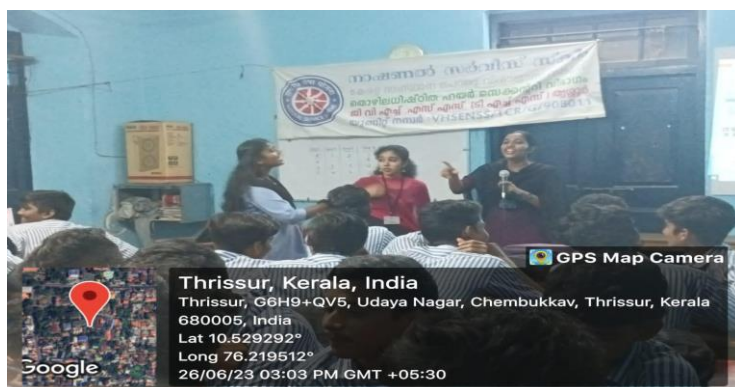


Department of Commerce

Awareness Of International Day Against Drug Abuse

The department of Commerce conducted an Awareness Programme for high school students on the International Day for Drug Abuse and Illicit Trafficking on 26/06/2023.

The programme was organized by a team of 12 students and they had visited 5 Government schools of nearby localities. The aim was to induce within the students the harmful effects of Drug Abuse and to spread awareness among the students of High School. The team of students executed the programme well through various fun centric activities and short films and games which left an everlasting impact on the minds of the participants.



Department of Biotechnology Invited Talk On Women Mental Health

Guest: Dr. Megha AP, Consultant physician Daya Hospital Thrssur

Date: 04-08-23

Dr Megha discussed about Some mental disorders more common in women than men, including depression ,anxiety and eating disorders. There are also disorders unique to women. For example, some women experience symptoms of depression at times of hormone change, such as: During or after pregnancy (perinatal depression)

ST.MARY'S COLLEGE, THRISSUR
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DEPARTMENT OF BIOTECHNOLOGY
Organizes
A Talk On
Women's Mental Health

Date : 3rd August 2023, Thursday
Time @ 1.30 pm
Venue: St.Chavara Seminar Hall

Dr. Megha A.P MBBS, MD Psychiatry
Consultant Psychiatrist
Daya General Hospital, Thrissur
Elite Mission Hospital, Thrissur

Dr. Sr. Beena T L
Principal

Dr. Ben Raj
HOD

Prasanna R Kovath
Faculty Coordinator

Saryamol S
Student Coordinator



Department of Biotechnology Invited Talk On Nutritional Awareness

Topic: Nutritional Awareness


Guest: Herbalife
Date: 07-09-23

Discussed some topic related to nutrition awareness


Healthy eating: Learn about food groups, sustainable nutrition, and healthy eating patterns.

Diet quality: Understand what makes up a high-quality diet. **Meal planning:** Get tips for creating and maintaining a healthy eating pattern. **The Importance of Good Nutrition**


Reduce the risk of some diseases, including heart disease, diabetes, stroke, some cancers, and osteoporosis. Reduce high blood pressure. Lower high cholesterol. Improve your well-being. Improve your ability to fight off illness. Improve your ability to recover from illness or injury.





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



Department of Biotechnology
In association with Herbalife organizes
a
NUTRITIONAL AWARENESS TALK

 Chavara Hall


 07/09/2023

 12:30 pm - 1:30 pm

Dr. Sr. Beena T L
Principal

Dr. Ben Raj
HOD

Smt. Nisha K. P
Faculty co-ordinator



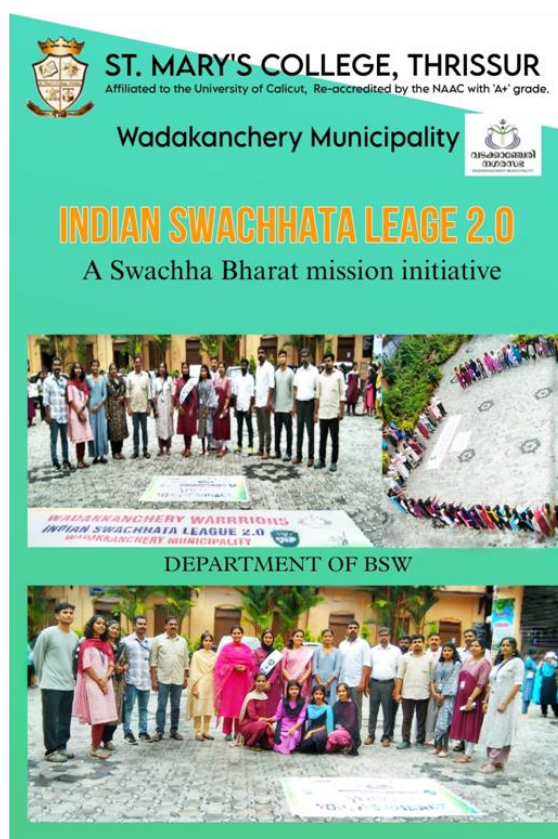
Thirissur, Kerala, India
6609+4FH, St Mary's College Rd, Keerankulangara, Thirissur, Kerala 680020, India
Lat 10.525478°
Long 76.21869°
07/09/23 01:42 PM GMT +05:30

GPS Map Camera

Google

Department of Social work Indian Swachhata League 2.0

The 'Indian Swachhata League' is India's first inter-city competition led by youth towards building Garbage Free Cities under Swachh Bharat Mission-Urban 2.0. As part of ISL 2.0, Department of Social Work in collaboration with Wadakanchery Municipality organized many events such as rally, fashion show, waste art, photography competition, reels making, digital poster making, flash mob, street play etc. from 16th September Saturday to 22nd September Friday 2023. I, II and III year BSW students (100) participated and bagged many prizes. On 18th September 2023, a team of 17 members from Wadakanchery Municipality came to the college and evaluated the activities, made awareness on clean city and also visited the campus. They awarded Best college and Department for conducting extension activities in connection with Indian Swachhata League 2.0 in the academic year 2023-24.





Department of Social work
ALZHEIMERS DAY 5K RUN

Department of Social Work participated in the ALZHEIMERS DAY 5K RUN organized by ESAF Foundation, Mannuthi in collaboration with Department of Social Justice, Thrissur and Thrissur Corporation on 22nd September 2023 at 7.00 am from Thekke Gopura Nada, Thekkinkadu Ground, Thrissur. The students actively participated and spread the significance of Alzheimers Day. The programme was inaugurated by Mr. M K Varghese, Hon'ble Mayor, Thrissur Municipal Corporation. The programme was flagged by Ms. Ajitha Begum IPS, DIG, Thrissur Range. I, II and III BSW students actively participated in the programme wear in tea shirt with a programme logo and cap.





Department of Microbiology

Invited Talk On ‘Unravelling The Secret Life Of Cancer Stem Cells: Current State And Future Prospects’

Activities of Microbiology Association 2023-2024 was inaugurated by Dr. Manu Aryan, Assistant Professor, Dept. of Immunology, Amala Cancer Research Centre, Thrissur on 12.10.2023 followed by an invited talk on ‘Unravelling the secret life of Cancer Stem Cells: Current state and future prospects’.



Department of Microbiology
St. Mary's College, Thrissur -20
(Affiliated to University of Calicut/Re-accredited by NAAC with A')

**Microbiology Association Inauguration
(2023-2024)**
&
Invited Talk on

**"Unravelling the Secret Life of Cancer Stem
Cells: Current State and Future Prospects"**

12th October 2023
10.00 am
@ Jubilee Hall

Chief Guest
Dr. Manu Kanjoormana Aryan
Asst. Professor, Dept. of Immunology,
Amala Cancer Research Centre,
Thrissur, Kerala, India



Department of Social work

Street Theatre Workshop

Street theatre is a form of theatrical performance and presentation in outdoor public spaces without a specific paying audience. The main objective of our street theatre workshops is to have fun and to learn and develop some new and existing skills and talents. Participants will learn on their own, in pairs and small groups and there will be a strong focus on the building of trust and group dynamics. Department of Social Work in collaboration with IQAC organized one day Street Theatre Workshop for I BSW students (27 students) on 14th October 2023 at 10.00 am to 4.30 pm in Room No.317. The Resource person of the day was Mr.Saijith N S, Street Theatre Trainer and Assistant Professor, Department of Social Work, Christ College (Autonomous), Irinjalakuda. There were various sessions and activities held related to performers, audience, director, theater space, design aspects (scenery, costume, lighting, and sound) and text (which includes focus, purpose, point of view).





Thrissur, Kerala, India
G6G9+4F9, St Mary's College Rd, Chembukkav, Thrissur, Kerala 680020, India
Lat 10.525053°
Long 76.218682°
14/10/23 01:29 PM GMT +05:30

GPS Map Camera

Department of Social work

Trainer's Training Programme On Drug Laws

Department of Social Work in collaboration with Anti Narcotic Cell, Excise Vimukthi Mission, Thrissur and District Legal Service Authority, Thrissur conducted a Trainer's Training programme on Drug laws – 'Ariyam Lahariyude Niyamam' on 17th October 2023 at 10.00 am to 3.30 pm in Jubilee hall. Sr. Dr. Beena T L, Principal, St. Mary's College, Thrissur welcomed the audience. The programme was inaugurated by Smt. Saritha Raveendran, District Legal Service Authority Sub Judge and Secretary, Thrissur and the programme was presided by Sri S Shanavas, Deputy Excise Commissioner, Thrissur. Smt. Swapna K P, Anti Narcotic Cell, Nerkootam Coordinator, St.Mary's College, Thrissur felicitated the programme. About 300 students and faculty coordinators from schools and colleges were participated in the programme. After this, two sessions were held on the topic 'Drug Laws and Court Procedures' by Smt.Saritha Raveendran, District Legal Service Authority Sub Judge and Secretary, Thrissur and 'Drug Laws and punishment' by Sri.P K Satheesh, Vimukthi Manager and Assistant Excise Commissioner, Thrissur. Ms.Stephly Francis, HOD, Department of Social Work was the moderator of the training sessions. Vote of thanks was delivered by Sri.K Y Shafeeq, Vimukthi Coordinator, Thrissur. The students were able to clarified their doubts. Anti Narcotic Cell Coordinators –Ameesha C S and Faba C E and Liya (II BSW students) attended. BSW students also volunteered the programme.





Department of Microbiology

Interaction With India's Oldest Organic Band "Elements Fair Organic"

Department of Applied Biotechnology in Association with IIC, Department of Botany, Biology, Biotechnology and Microbiology organized an interaction with India's oldest organic band "Elements Fair Organic" on 17th November 2023 at Chavara Hall. The managing director of the company Mr. Tomy Mathew handled the session and shared his journey of establishing the company and process of organic certification of products.

St Mary's College Thrissur
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DEPARTMENT OF APPLIED BIOTECHNOLOGY
In collaboration with IIC,
Department of Biology, Botany, Biotechnology and Microbiology
is organizing

An interaction with
India's oldest organic brand:
#elements fair . organic

VOTING WITH YOUR SHOPPING BAG
Bridging the physical and virtual distance between the producer (farmer/producer) and the consumer.
An interaction with India's oldest organic brand.
#elements fair . organic
17th Nov 23
10:30 am to 2:30 pm

MR. TOMY MATHEW
MANAGING DIRECTOR
ELEMENTS HOMESTEAD PRODUCTS PVT. LTD.

Faculty Coordinators
Ms. Vinu Varghese
Ms. Vinny Vincent
Dr. Keerthy Vijayan
Ms. Dhanyamol TS
Ms. Merin Johnson

IIC Coordinator
Ms. Rajitha M

HOD
Dr. Manjusha Rani

Student Coordinators
Ms. Roshna
Ms. Anusree KS

Principal
Dr. Sr. Beena T L

Chavara Hall

17
12:30

St Mary's College Thrissur
Re-accredited by NAAC with A+ Grade

DEPARTMENT OF APPLIED BIOTECHNOLOGY
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Chavara Hall

17
12:30

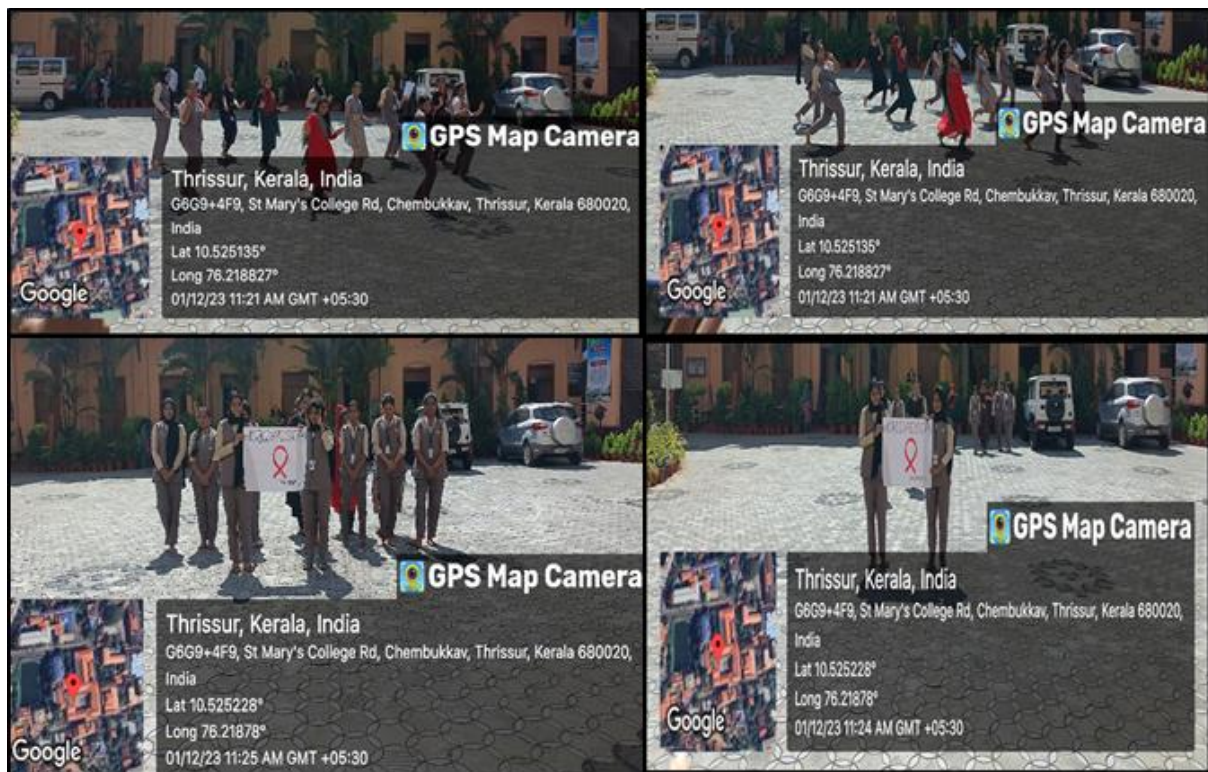
Department of Microbiology
Awareness Session In Association With Jubilee Mission Medical College And Research Institute

Awareness class was arranged for II DC students of Microbiology, Biotechnology and Botany Students in association with Jubilee Mission Medical College and Research Institute on 22.11.2023 from 12.30 pm to 1.30 pm in St. Joseph's Seminar Hall. Dr Chithra Valsan, Professor & HOD, Department of Microbiology, Dr Rosmi Jose, Associate Professor, Dept of Microbiology and Dr Jane Mathew, Assistant Professor gave insightful awareness regarding the threats of pathogens gaining antimicrobial resistance.



Department of Psychology
Flash mob- Awareness about HIV& AIDS

On 01/12/2023, World AIDS Day the students of Department of Psychology St. Mary's College, Thrissur, organized a flash mob in front of Kalajyothi open stage ground at 11:20 am. At the end of the flash mob there is a concluding speech regarding AIDS by our 2nd PG student Aiswarya K.M. The aim of the flash mob programme was to raise awareness about HIV& AIDS among the students. The 1st PG & 2nd PG students participated in the flash mob.



Department of Social Work Workshop On Neuropalliative Care

Palliative care employs a collaborative approach to assist patients and their caregivers, addressing practical needs and offering bereavement counseling. It establishes a supportive system to enable patients to lead active lives until the end. The Department of Social Work, in collaboration with the Neuropalliative and Supportive Care Clinic at NIMHANS, Bangalore, conducted a Sensitization Program on Neuropalliative care on January 20, 2024, from 9:30 AM to 1:00 PM. Dr. Priya Treesa Thomas, Additional Professor in the Department of Psychiatric Social Work and project PI, facilitated the session, with Ms. Aswathy C, Research Coordinator, and Ms. Soja Joseph, Psychiatric Social Worker, serving as co-trainers. The session covered topics related to the social worker's role in palliative care and the necessary skills to engage with patients and their families. The session was enriched with diverse activities, and 42 third-year BSW students actively engaged in the program, contributing to its high level of involvement and interest.





Department of Microbiology

Webinar On Diabetes.. And How It Catches Your Eye On

A webinar on Diabetes and how it catches your eye was organised by Department of Microbiology on January 23, 2024 during 6.00 -7.00 pm in google meet. The resource person was Dr Manjusha Rajesh (Alumni 1996-98), MBBS, DNB, Consultant Ophthalmologist, Dr Sreekanth eye care hospital, Kozhikode. Dr Mabel Merlen Jacob, Assistant Professor, Department of Microbiology welcomed the resource person and the webinar attendees. Dr Manjusha discussed at length about diabetes, general symptoms and prophylaxis. The talk also explained diabetic eye complications such as Diabetic retinopathy, corneal ulcers etc, their diagnosis, treatment and management.

St. Mary's College, Thrissur
Reaccredited by NAAC with A+ grade

Invited Talk
on
Diabetes.. and how it catches your eye!

23/01/24
6.00 - 7.00pm
Google Meet

Dr. Manjusha Rajesh
MBBS, DNB,
Consultant Ophthalmologist,
Dr Sreekanth eye care hospital,
Kozhikode

Organised by
Department of Microbiology

Dr. Sr Beena T L, Principal
Dr. Dhanya K C, HOD
Dr. Mabel Merlen Jacob, Program Co-Ordinator
Dr. C R Meera, Ms. Elizabeth P Thomas
Ms. Ruveena T N, Dr. Greeshma P V, Ms. Acha P Antony

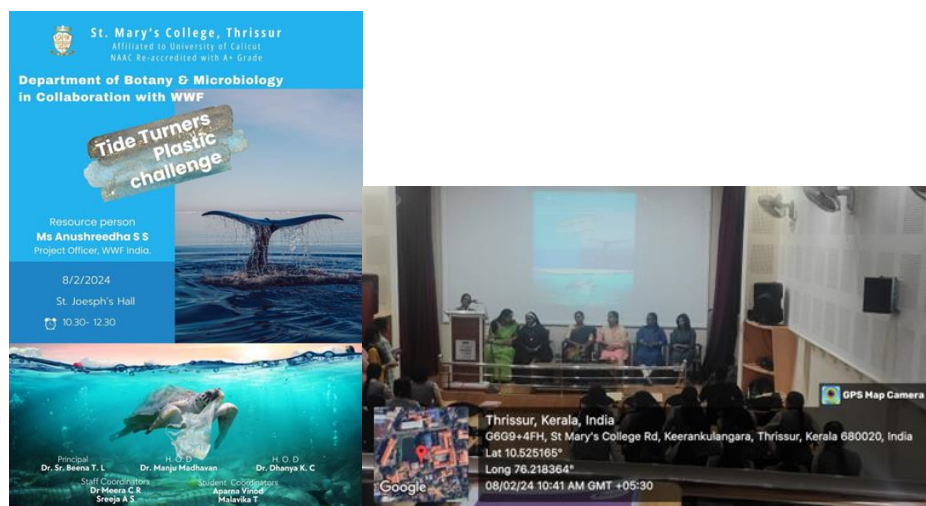
DIABETIC RETINOPATHY
Blood vessels in the retina leak or bleed - distorted vision
NON-PROLIFERATIVE - MILD, MODERATE, SEVERE

Normal Retina
Diabetic Retina

Department of Microbiology

Awareness Session On Tide Turners Plastic Challenge

Department of Microbiology in association with Dept of Botany and WWF organised an awareness session on Tide Turners Plastic Challenge on 08.02.2024 at St. Joseph's Seminar Hall from 10.30 am to 12.30 pm. All I DC Microbiology and Botany students attended the session handled by Ms. Anushreedha SS, Project Officer, WWF India.



Department of Psychology
Awareness program on MSM Suraksha Project

Jeevani well-being center in collaboration with the Department of Psychology, St. Mary's College, Thrissur organized an awareness program on MSM Suraksha Project. The resource person was Ms. Anjaly K.G., Project Manager, Life Foundation Suraksha Project. The topics discussed were Gender and sexuality, MSM community, LGBTQ, HIV/AIDS – signs and symptoms, transmission, testing, prevention and control, other STI/STDs. Live demonstrations were also provided. The session was very interactive and informative. The programme was conducted on 15/02/23.



Department of Microbiology Webinar On Advances In Gynecological Cancers

The Department of Microbiology and Biochemistry organized a Webinar on Advances in Gynaecological Cancers in association with IQAC on 17.02.2024 from 7.00 to 8.00 pm. The resource person was Dr. Rekha G Muricken (Alumni 1993-95), Believers Church Medical College Hospital, CHanganassery, Kerala. The talk was very informative and discussed various aspects of Gynaecologic cancers, HPV vaccination, etc.

The image displays a promotional banner for a webinar and a presentation slide. The banner on the left is for 'ST. MARY'S COLLEGE, THRISSUR' and 'RECENT ADVANCES IN GYNAECOLOGIC CANCERS', organized by the Department of Microbiology & Biochemistry in collaboration with IQAC. It lists Dr. Rekha G. Muricken as the resource person and provides the date (17.02.2024) and time (7.00 to 8.00 pm). A list of organizing committee members is also included. The presentation slide on the right, titled 'Is there a screening test for ovarian cancer?', features an illustration of a blood drop and a test tube. It states that women with ovarian cancer may have high blood levels of a protein called CA-125, but that CA-125 testing is not a reliable way to screen for ovarian cancer. A small video inset shows Dr. Rekha G. Muricken presenting.

ST. MARY'S COLLEGE, THRISSUR
NAAC RE-ACCREDITED WITH A+ GRADE

RECENT ADVANCES IN GYNAECOLOGIC CANCERS

Organized by
Department of Microbiology & Biochemistry in collaboration with IQAC

Dr. Rekha G. Muricken
Believers Church Medical College Hospital
Changanassery
Kerala

17.02.2024
7.00 to 8.00 pm

Organizing Committee

Dr. Sr. Beena T.J. (Principal)	Dr. Dhanya K.C. (HOD, Microbiology)	Dr. Deepa G. Muricken (HOD, Biochemistry)
Dr. Deline Dominic A. (IQAC Coordinator)	Dr. Mabel Merlen Jacob	Program Coordinators
Dr. Lilly Mathew Irinpan (IQAC Assistant Coordinator)	Dr. Greshma P.V	Ruvena T.N
Dr. Meera C.R. (IQAC Assistant Coordinator)	Asha P. Antony	Elizabeth P. Thomas

Is there a screening test for ovarian cancer?

Women with ovarian cancer may have high blood levels of a protein called CA-125

However, CA-125 testing is not a reliable way to screen for ovarian cancer

Rekha is presenting

ViewAndOvarianCancer.com

Department of Psychology

Awareness talk on Menstrual Hygiene & Menstrual Cup

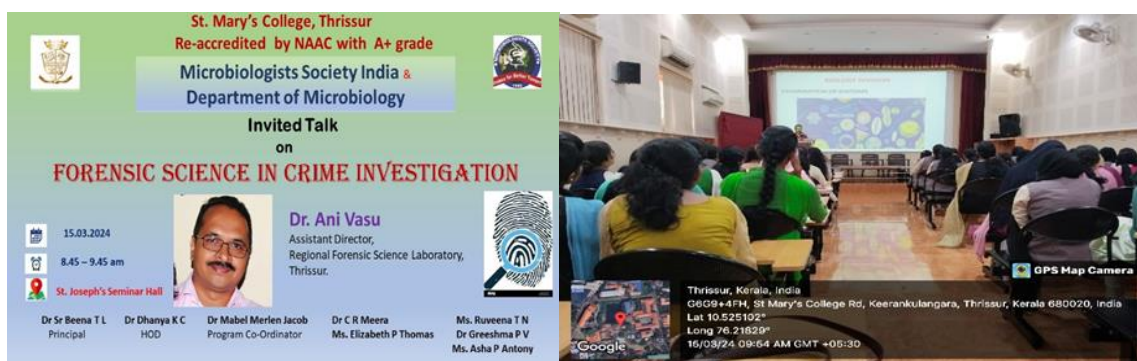
On 23/02/2024 the Department of Psychology, St. Mary's College, Thrissur in association with Women in IMA organized an awareness talk on "Menstrual Hygiene & Menstrual Cup" at St. Joseph seminal hall from 1.30 pm to 2:30 pm. The resource person was Dr. (Lt. Col) B. Vipin, Senior Resident, Department of Obstetrics & Gynecology, Amala Institute of Medical Science, Thrissur.

The resource person provided a detailed explanation about female uterus, menstruation, menstrual hygiene, menstrual cup, history of menstrual cup, technique to insert& remove the menstrual cup. During the session a menstrual cup was passed among the audience to understand more about the menstrual cup. The session builded a confidence among the audience to try of using the menstrual cup. The talk was very informative and useful.



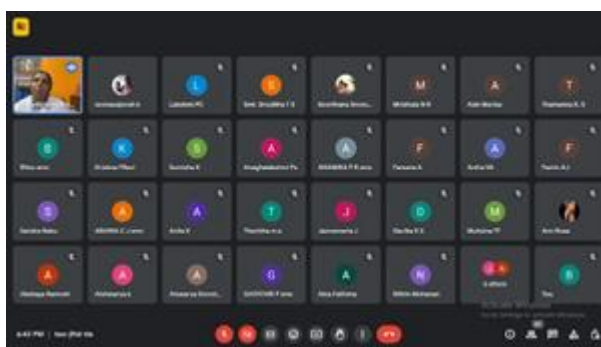
Department of Microbiology Invited Talk On Forensic Science In Crime Investigation

An invited talk on Forensic Science in Crime Investigation by Dr. Ani Vasu, Assistant Director, Regional Forensic Science Laboratory, Thrissur was organized on 15.03.2024.



Department of BVoc International Yoga Day Celebration

The International Yoga Day was celebrated on 21st June 2023 to bring peace, harmony, happiness and success to every soul in the world. As part of this, Department of Software Development (B.Voc) conducted a YOGA Training Class to the students through Online(Google Meet). Smt. Sreeja Ajith, (Director of Swasthy School of Yoga and Counseling, Ponkunnam) explained different asanas that is helpful in daily life. The students performed Yoga between 6.30 pm to 7.30 pm through Google Meet. Different yoga postures like “Mayoorasanam, Kukudasanam, Soorya Namaskaram etc are practiced”, finally ended with Pranayama and meditation. Around 140 students participate in this session.



Department of Psychology

International Yoga Day Celebration

In connection with International Yoga Day, the Department of Psychology conducted an awareness programme for Psychology students on the topic “Mental Health and Wellness Through Yoga” on 21 June 2023. The talk highlights the benefits of practicing yoga in one’s daily life and a demonstration session was also conducted. The session was led by Ms. Smijimol K. J., Faculty, Department of Psychology, St. Mary’s College, Thrissur. The students practiced various yoga postures and techniques after the awareness talk.

