



## **Criterion V**

### **Student Support and Progression**



### **5.1.3 Life Skills**

### **2020-2021**



## **LIFE SKILLS 2020-2021**

### **1. NATIONAL WEBINAR ON “ROLE OF YOGA DURING COVID PANDEMIC”**

#### **Brochure**

**National Webinar**  
On



**“Role of Yoga during Covid 19 pandemic”**

**July 22, 2020 1.30 - 2.30 pm**

Organized by  
**Department of Botany**  
Vimala College (Autonomous), Thrissur

Organizing Committee Members:  
Smt. Smitha PS Coordinator 9400975042  
Dr. Shajee T Thomas, BOD  
Dr. Manya Mathan  
Dr. Sr. Shiny Mathan  
Dr. Jayachandran M  
Ms. Anjana V  
Ms. Nazeer Patrick



**Speaker**

**Dr. Nitin Patil**  
Head, Dept. of Integrative Medicine  
(Yoga & Ayurveda)  
Sri. Devaraj Urs Medical College, Kolar





**VIMALA COLLEGE (AUTONOMOUS)**  
THRISSUR, KERALA

**About the Department**  
The Department of Botany was established in 1987 with B.Sc Course in Botany and M.Sc Programme in Botany started in the year 2015-2016. Graduation and Post Graduation in Botany is an intense and collaborative programme designed to provide students with teaching, research and soft skills required for a successful career. We are strongly committed to promote innovative skills and competitiveness among our students as one of our core mission.

**Registration link:**  
<https://forms.gle/Kar95YwNJWtRZu5p1>

- ★ Open to all
- ★ All participants will receive an e-certificate after submitting the feedback form
- ★ Kindly join 5 minutes prior to the webinar



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## **2. WEBINAR ON PROSPECTS OF PSYCHOLOGY**

### **Brochure**



### **Report of the programme**

Name of the Event : Prospects of Psychology  
Date : 26<sup>TH</sup> November 2020  
Time : 7 PM TO 8 PM  
Venue : Online Mode  
Organized by : Department of Psychology

A webinar was organised by psychology department of Vimala college on November 26, 2020 from 07.00pm to 08.00pm. The main purpose of the event is to create more knowledge about psychology among students. It was very well planned webinar and many students participated in the webinar.

The webinar was conducted by the faculty coordinator Dr Sinto P Anto, Assistant professor and head department of Psychology, Vimala College. The webinar was started with welcome speech by Anjali Muraleedharan, the student coordinator from department of psychology. The resource person, Ms Ashwathy Prasad clinical psychologist trainee, Amritha Institute of Medical sciences, Kochi, gave informative speech about the prospects of psychology. She started her webinar



  
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section explaining what is psychology and shared her personal belief that psychologist frequently can be called innovators because they are engaged in evolving new approaches from established knowledge to meet the changing needs of people and organisation. Then she defined about the 3 domains of the prospect of psychology that is, academic, research and clinical practice. After that she explained about the 15 sub fields of psychology clinical, counselling, criminal/forensic, child, educational, cognitive, organizational, community, engineering, health, rehabilitation, sports, evolutionary, social and research psychology. Then explained about the difference between psychologist and clinical psychologist and made clear that there are certain rights and privileges for clinical psychologist in Indian scenario than a psychologist. Then she made a comment that specialised masters in psychology give us good foundation for career. After that she explained about psychology in India, how to become a psychologist and the terms to understand to be a psychologist and she ended her webinar section after the explanation about the difference between the psychologist and a psychiatrists, that psychiatrists are trained medical doctors, they can prescribe medication and they spend as much of their time with patients on medication management as a course of treatment. Whereas psychologist focus extensively on psychotherapy and treating emotional and mental suffering in patients with behavioural intention. They also conduct psychological test, which is critical in assessing a person's mental state and determines the most effective course of treatment. Then the webinar was concluded by Amitha Ashraf with vote of thanks. After that an e-certificate was given to students for participation.

At the end of the webinar there was an interactive section between the resource person and students. As the end was approaching there was a self satisfaction for students after gaining knowledge about prospects of Psychology.

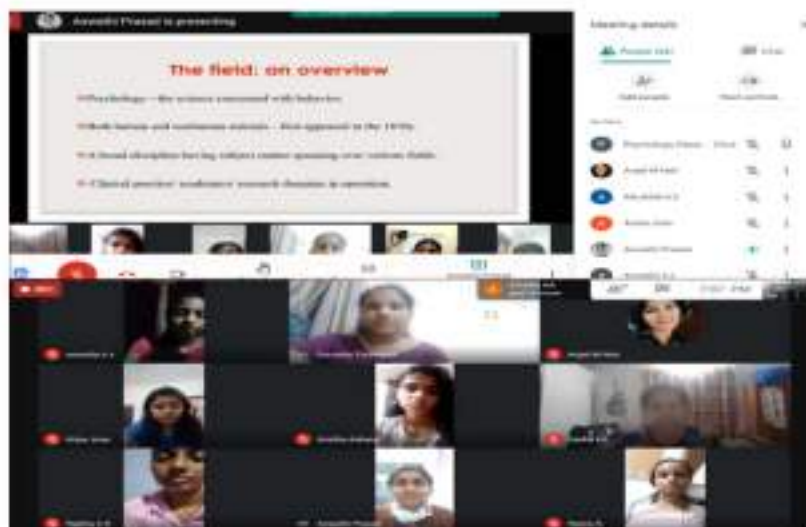


  
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## Photos



## Copy of Certificate for the participants



  
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## 3. Essential Life Skills for Successful Youth

Brochure

**VIMALA COLLEGE (AUTONOMOUS), THRISSUR**  
**DEPARTMENT OF PSYCHOLOGY**  
 Organises webinar in collaboration with  
**Women Development Cell**  
 In connection with **National Youth Day**  
**TOPIC: ESSENTIAL LIFE SKILLS FOR SUCCESSFUL YOUTH**  
**18<sup>th</sup> JAN**  
**10.30 AM**  
**Dr. Firdousiya PC**  
 Assistant Professor  
 Department of Psychology  
 Amal college of Advanced Studies, Nilambur  
 Click here to join the meeting  
 Participation Certificates will be provided  
**Student Coordinators:**  
 - Mithuna P  
 - Mubeen Ali Mohammed  
 - Muskan T S  
 - Parvathy Theandara  
 - Harsha Kaveendran  
 - Vidhya Priya KK  
 191 Res Department  
**FACULTY COORDINATOR:**  
**Dr Sinto P Anto**  
 Assistant Professor and Head Department of Psychology  
 Vimala College, Thrissur

Report

Name of the Event: Essential Life Skills for Successful Youth

Date: 18<sup>TH</sup> January 2020

Time: 10.30 AM to 11.30 AM

Venue: Online Mode

Organized by: Department of Psychology

In connection with National Youth day, a webinar was organized by the Department of Psychology in collaboration with women development cell of Vimala College on January 18, 2021 from 10:30 to 11:30am. The main purpose of the webinar was to create awareness about essential life skills for successful youth. It was a well organized webinar with the participation of many students.



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The webinar was organized by the faculty coordinator, Dr Sinto P Anto, Assistant Professor and Head of the Department of Psychology, Vimala College. The resource person, Dr Firdousiya PC, Assistant professor, Department of Psychology, Amal College of advanced studies, Nilambur gave a very informative talk about the essential life skills for successful youth. The webinar started with a prayer by Neenu TS, student coordinator from the department of psychology. The gathering was then welcomed by Midhuna P (student coordinator). The resource person started the webinar by explaining what is Life skills and made everyone clear that they are the abilities for adaptive and positive behavior that enable individuals to deal effectively with the demands and challenges of every day life. Then she explained about the main 10 core life skills which are Self-awareness, Empathy, critical thinking, creative thinking, Decision making, Problem solving, Effective communication, Interpersonal relationship, Coping with emotions, and Coping with stress. Each of these Skill were explained well and also their relevances. The session was made much more interesting by giving task to the students for analyzing their creative thinking. She concluded her talk by explaining some of the very relevant key messages and then there was an interactive session between the resource person and the students.

The webinar was concluded by a vote of thanks by Harsha Raveendran and e certificates were also issued to the students for their participation. The session was so helpful that all the students had a self satisfaction at the end, as they could gain knowledge about the life skills for a successful youth.

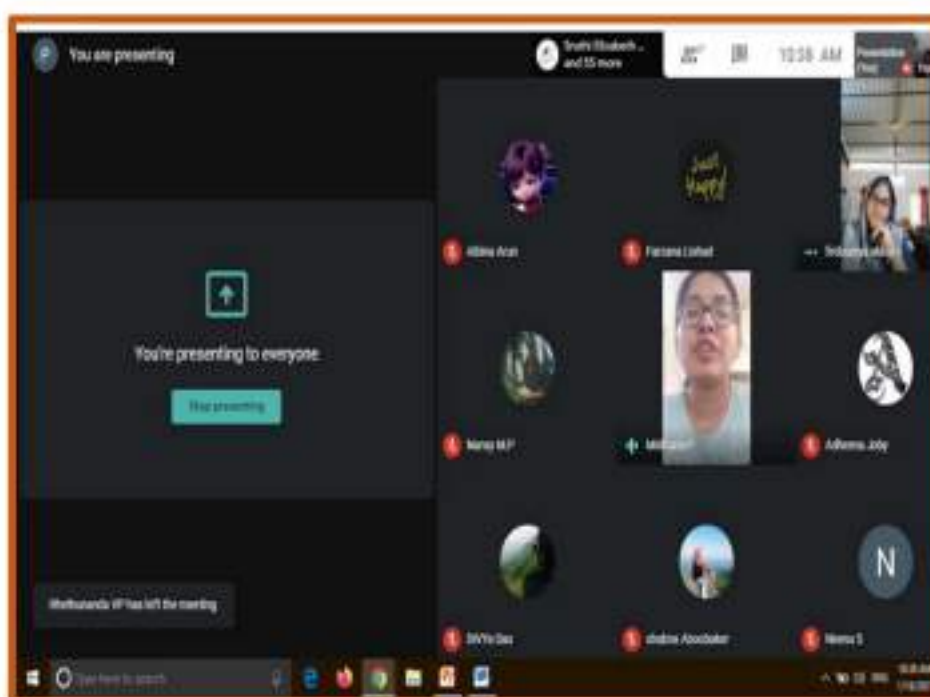
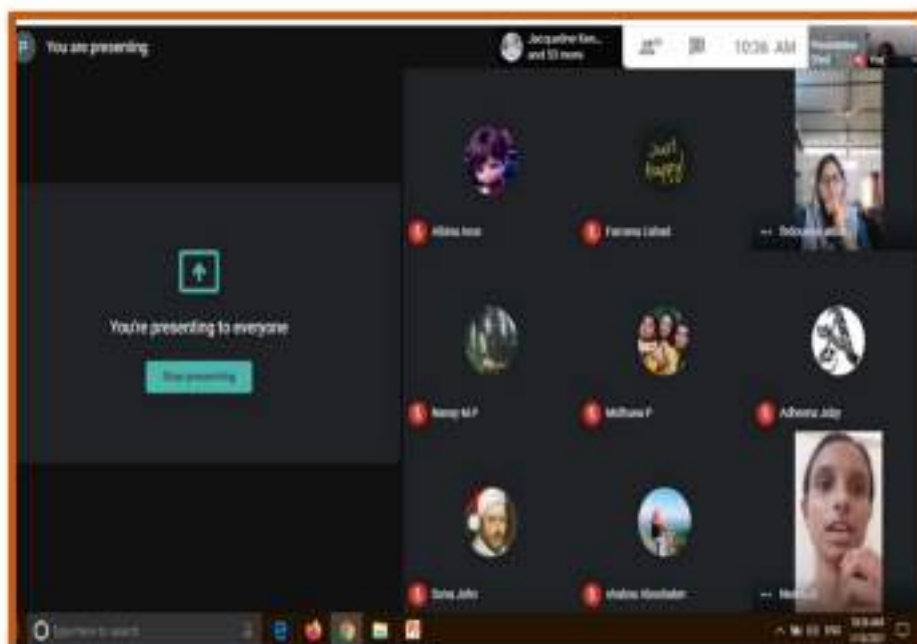


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## Photos



  
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## 4. INTERPERSONAL RELATIONSHIP AND WELL BEING

Brochure

**DEPARTMENT OF PSYCHOLOGY**  
**VIMALA COLLEGE(AUTONOMOUS),THRISSUR**

Organizes  
webinar series  
in connection with

**Topic:**  
**"Interpersonal Relationship and Well Being"**

**8<sup>th</sup> Oct 2020**

**1.30 pm -2.30 pm**

**Smt.Soumya Mohan C**  
Head of the Department  
Department of Behavioural  
sciences

Kerala Police Academy  
Ramavarma Puram

Student Coordinators:  
Parvathy Thondattil  
(SI Bsc.Psychology)  
Nidhi Wilson  
(SI Bsc.Psychology)

[Click here for  
Registration](#)

[Click here to join  
the meet](#)

Faculty Coordinator  
Dr.Siritha P Anto,  
Assistant Professor and Head  
Department of Psychology,  
Vimala College, Thrissur

Registration free  
Participation Certificates will be Provided



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## Report

Name of the Event: Interpersonal relationships and Well being

Date: 8<sup>th</sup> October 2020

Time: 1.30 PM

Venue: Online Mode

Organized by: Department of Psychology

Department of Psychology organised webinar on the topic "Interpersonal relationships and Well being" on October 8<sup>th</sup>. The session started with a silent prayer at 1.30 pm. Dr Sinto P Anto, Head of the Department of Psychology welcomed the resource person and the participants. Smt Soumya Mohan C, Head of the Department of Behavioral Sciences, Kerala Police Academy was the resource person for the day. She explained about interpersonal relationships and its importance in daily life. She discussed the PERMA model and the scope of positive psychology. She quoted many examples from her life and the students enriched from the talk. Students actively involved in the session. 180 participants attended the webinar and the session ended at 2.45pm.

REC soumya mohan is presenting

### PERMA

- The 5 central elements of the PERMA Model cover the areas of well-being and happiness psychology, (Martin Seligman), the father of positive psychology
- Positive emotions-
- Engagement/Flow
- Relationships
- Meaning
- Accomplishments

Webinar on Interpersonal relation... X

People (167) Chat

Let everyone send messages

Dr Sinto P Anto 1:35 PM Good afternoon mate

ADITHYAN P V 1:35 PM Yes

GOPIKA R S 1:35 PM yes mam

soumya mohan C 1:35 PM Yes mam

Alomaria Jolly 1:35 PM Good afternoon Mam...

ANISHMA A K 1:37 PM Good afternoon mam

ANALI SAGUNIMAI has left the meeting

Aradhya Aradhya 1:35 PM

Kripa George 1:35 PM

arathy joshi 1:35 PM

Parthasarathy ... 1:35 PM

Dip Jyoti 1:35 PM

Evelyn Geo 1:35 PM

Send a message to everyone



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### List of registered Participants

Name
FARZANA LISHAD
PARVATHY THONDATTIL
AMITHA ASHARAF
MOHSINA ALI MOHAMMED
ANJALI M NAIR
CHRISTY M R
AKHILA GOKULAN
RIYA E R
STEFY JESTINE
DR INDU M S
SWEETY SONY
GADHA.K.B
DR.DR.BINU. K
BLESSY SHAJU
ANNMARIYA DAVIS
SREESHMA K R
NIVEDYA. A. R
ALFA THOMAS
SANMARIYA KURIAN P
SNEHA RENNY
HARITHA GAUTHAM
ANJALI.K
ALEENA JOJU
SREELAKSHMI M U
MIKHIYA
AYANA B
ARSHIDHA E.M
FEMIN JACOB
DIONAMARIA DAVIS THATTIL
FLAVIA PAZHAYATTIL
ARYA AVUNDITHARAKKAL
MARIYA KURIYAN
SWATHI RAJAGOPAL



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ANGEL THOMAS
KRISHNAPRIYA KS
ANJANA GIREESAN
ATHULYA KS
JASANA SUSAN JAMES
DIVYA:P
AKSHAYA NAIR
AYESHA A.J
KRISHNA K RAVI
MALAVIKA T S
AMALU SURESH
FATHIMA ASNA T A
MERIN JAMES
AIWARYA SRAMBIKKAL
MUHSINA KA
MARIASIA DEVASSY
TANIYA ANN VARGHESE
DEVI RAHUL
AIWARYA P
TESSY KURIAN
MARIYA LAZAR
TASHA MARIA SEBASTIAN
DEEPTHY ES
SONA P SABARIDAS
KEERTHANA.K.V
AMRUTHA.R
NAMITHA BABU
SHIMEGA VARGHESE P
SUNAINA PS
STENIYA P.T
MANEESHMA. K. P
SRUTHI T
AIWARYA JAMES
AYSWARYA T R
MEDHA.S.MENON
AYANA.K
EMA MARY JOSE
HONEY T
ARSHA JOHN
SOWMYA.P
GREEDHMA. P
BINCY WILSON
SUKANYA.K



  
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NEHA ANTONY AKKARA
ANNA JAMES
ANAGHA R
ADITHYA P V
ANUJA BABY
SANDRA MARIYA NS
ANJANA M N
ANU A R
NIMNA NOUSHAD
KRISHNAJA MOHANDAS
SHERIN FRANCIS
CATHY JOSE
NANSY. M.P
NEHLA ASHRAF OP
GINU MATHEWS
HARITHA H
RINU E R
YOVANA DANTY
ABILA BABY
ATHIRA . U
SHABNA A A
KAVYA MURALY
JWALA JOSE
JOMOL JOHN
JITTYMOL VARGHESE
ANUPAMA VARGHESE
ANISHA
ROSHNI DAS
ALEENA VJ
ANEETTA VIJAYAN
NIYA RAJ T
NANDHANA.V.B
SHIRIN ABOOBACKER
ARATHY S NATHAN
SRUTHI KK
SREELAKSHMI. PR
RIYA SAJAN
SONA JOHN
ANILA VB
ALEENA PT
NIVYA R THYCHERIL
RENA FATHIMA
CHRISTY K SAJU



  
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PRISI ROS VARGEES
AISWARYA MR
ASWATHY K S
LENAMOL C.S.
ALEENA BAIJU
NICY VARGHESE
ADITHYA KA
EDWEENA RAJU
DANA
JOSHIYA PJ
MIDHUNA. P
ATHIRA A A
MUHSINA.V.S
SANDHRA A
CYNTHIA ROSE
NEENU T S
DEVIKA C DAS
MEGHA.V
SETHULAKSHMI PANAKKAL
LISONA ROBIN
THERESE JOSEPH
ATHIRA V NAIR
SAFA
SOBISHA K S
SALITHA MB
JAYAPRIYA V
SOORYABALA.G
JANITHA DAS
RINCY RAPPAL
SHIMA SHAJU
CHRISTINA SARA SAM
ROSE MOHANLAL PYNADATH
JOMIYA JOJU C
DIYA JOY
AYARIN N GEORGE
AKSHAYA U
BASILA BASHEER
HELEN VINCENT
ANGELIENA K GEORGE
NEREPARAMBIL SONIYA VARKEY
JASNA JOHNSON
MALAVIKA MENON
ANAGHA.K.U



  
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SREESHMA A.V
SHIVANI ROSHAN
HARITHA K.H
NAVYA VINOD
ARUNIMA JONES
AMRITHA K B
SNEHA TB
DELNA DAVIS
AMRUTHA E A
SRUTHI VK
HANNA YESUDAS
NITHYA KH
ANJITHA E AJITH
CHRISTINA SARA SAM
SANDRA BIJU
DALIYA DOMINIC
NESRIN T.K
STEFFY MS
VIDHYA KRISHNAN
SHARANYA.M.S
GAYATHRI P SHAJI
ANULAKSHMI VS
DHANYAMOL KK
ARUNIMA SUNIL R S
SANEENDRA SARAVANAN
PRATHIBHA KUMARI MP
SIVANIDAS. C.B
ATHIRA KR
SNEHA CS
RESHMA PB
CHRISTEENA T M
AIWARYA. JOSHY
TESSA
JESSICA JENSON ERINJERY
FIYAMARY VARGHESE
FLEMY PAULSON
RANI MARIYA E.S
RAJANA T R
PRAJILA. M
SANILA.PC
KOCHURANI SHAJU
SNEHA JAYAPRAKASH
SREEDEVI PV



  
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SIGMA SIVADAS E
AKHILA VK
ANJANA C R
NIMA JOSE C
RITHIKA K P
ANAGHA SHANMUGHAN
SAHALA BASHEER
SINTA JOSE K
DEVIKA RAJESH MENON
LAKSHMI JAYACHANDRAN
MALAVIKA SURESH
NAVYA V.R
NEHA V R
SONU VARGHESE
HIMA PAUL
SURYA P R
ALPHINE RAJESH
JINI VARGHESE
SRUTHI ELIZABETH SAM
VINUSHA SANKAR T
ANITTA JOY
EYELEEN ANNA GEO
ATHIDI SAJEEV
SHABNA CHANDRAN
ANUSREE M P
PHOEBE P MATHEW
NIRANJANA VINCENT
NAVYA.P.R
ANN MARIA SHAJI K
NANDANA P BHASI
GRACE MARY SAJAN
APARNA. K. M
ASHIKA GEORGE
SAANJANA SANTHOSH
KRISHNENDHU VR
ANITTA THOMAS
ANUPAMA C M
ANU C BENNY
SURYA K. S
GRACE MARIA BENNY
ARDRA K S
ANUSREYA ELIAS
GOPIKA TR



  
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ANILA K
ROSANA MARY JAIN
RHETHUNANDA V P
AGNEYA M
GRACE KRIPA AKKARAPATTY
ANJANA. K
TANIYA REJI
ANJANA SP
GODSEE MEJO
HARISHMA RADHAKRISHNAN
ANU ROSHAN
NANDANA KP
ANJANA K S
ARCHANA V U
ALEENA RAPHY
NIMITHA K DINESH
ANAGHA. K. U
ANEESHMA.A.K
PAYYAPILLY NIDHI WILSON
MEENAKSHI CD
NIMISHA DAVIS
RAJITHA C K
ANJALI SIVASANKARAN
NANDANA V R
ALNA E.F
MARIA JOJU
ANJALI ANIL
JISMA C A
NEHA WILSON
MAYA JOSE
NANDANA CHANDRAN
SAMEERA T S
ANJITHA NJ
ANJALI KRISHNA P S
SREEDEVI MM
KRIPA GEORGE AKKARA
MERIN JAMES
JUBIYA JACOB
APARNA K P
ASHTAMI HARINARAYANAN
GOPIKA V S



  
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### Webinar feedback collected via Google Form

Name (as to be printed on the certificate)	Did the seminar meet your expectations	Communication skill of the participant	Over all rating of the webinar
KRISHNAJA MOHANDAS	Yes	Excellent	Excellent
MIDHUNA. P	Yes	Excellent	Excellent
ROSE MOHANLAL PYNADATH	Yes	Poor	Excellent
ALEENA JOJU	Yes	Excellent	Excellent
PAYYAPILLY NIDHI WILSON	Yes	Excellent	Excellent
DEVIKA C DAS	To some extent	Good	Good
MEENAKSHI CD	Yes	Good	Good
ARATHY S NATHAN	Yes	Excellent	Excellent
NEENU T S	Yes	Excellent	Excellent
CHRISTINA SARA SAM	Yes	Good	Excellent
SIGMA SIVADAS E	Yes	Excellent	Excellent
THERESE JOSEPH	Yes	Excellent	Good
SWEETY SONY	Yes	Excellent	Excellent
AYESHA A J	To some extent	Good	Good
MEENAKSHI CD	Yes	Good	Good
AIWARYA. JOSH Y	Yes	Excellent	Excellent
TESSA RAJU AKKARAPPATTY	Yes	Good	Good
DEEPTHY ES	Yes	Excellent	Excellent
ASHIKA GEORGE	Yes	Excellent	Excellent
ANUPAMA C M	Yes	Good	Good
NEREPARAMBIL SONIYA VARKEY	Yes	Excellent	Excellent
SHABNA A A	To some extent	Excellent	Excellent
SREELAKSHMI M U	To some extent	Excellent	Excellent
ARSHA JOHN	Yes	Excellent	Excellent
SMRITHY SIVATHASAN KALATHIL	Yes	Good	Excellent
ANUJA BABY	Yes	Excellent	Excellent
JANITHA DAS	Yes	Excellent	Excellent
NIMNA NOUSHAD	Yes	Excellent	Excellent
ROSHNI DAS	Yes	Excellent	Excellent
YOVANA DANTY	Yes	Excellent	Excellent
DIVYA. P	Yes	Excellent	Excellent



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ANJITHA E AJITH	Yes	Excellent	Excellent
VIDHYA KRISHNAN N.K	Yes	Good	Excellent
ANJANA GIREESAN	Yes	Good	Good
NANSY.M.P	Yes	Excellent	Excellent
PRAJILA. M	Yes	Excellent	Good
JITYMOL VARGHESE	Yes	Good	Excellent
AISWARYA. JOSHY	Yes	Excellent	Excellent
KRISHNA K RAVI	Yes	Excellent	Excellent
NEHLA ASHRAF OP	Yes	Excellent	Excellent
ARUNIMA JONES	To some extent	Good	Good
BINCY WILSON	Yes	Excellent	Excellent
SHIVANI ROSHAN	Yes	Excellent	Excellent
HARITHA K.H	Yes	Excellent	Excellent
KOCHURANI SHAJU	To some extent	Good	Good
AYESHA A.J	To some extent	Good	Good
ALPHINE RAJESH	Yes	Good	Excellent
DALIYA DOMINIC	Yes	Excellent	Excellent
EMA MARY JOSE	Yes	Excellent	Excellent
RINU E R	To some extent	Good	Good
VIDHYA KRISHNAN N.K	Yes	Excellent	Excellent
ROSHNI DAS	Yes	Excellent	Excellent
AMRITHA K B	Yes	Excellent	Excellent
SNEHA JAYAPRAKASH	Yes	Excellent	Excellent
SANEENDRA SARAVANAN	No	Good	Excellent
ASHTAMI HARINARAYANAN	Yes	Good	Good
DHANYAMOL KK	Yes	Good	Excellent
RIYA E R	Yes	Excellent	Excellent
ANISHA	Yes	Good	Excellent
JINI VARGHESE	Yes	Excellent	Excellent
SHARANYA.M.S	Yes	Excellent	Excellent
SURYA P R	Yes	Good	Good
ANN MARY ANTONY	To some extent	Excellent	Good
MAYA JOSE	Yes	Good	Excellent
NEHA V R	Yes	Good	Good
GOPIKA V S	Yes	Good	Excellent
HANNA YESUDAS	Yes	Excellent	Excellent
HELNA JOBY	Yes	Excellent	Excellent
RINU E R	To some extent	Good	Good
EMA MARY JOSE	Yes	Excellent	Excellent
NAVYA V.R	Yes	Good	Good



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## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

ANJALI M NAIR	Yes	Excellent	Excellent
CATHY JOSE	Yes	Excellent	Excellent
AMITHA ASHARAF	Yes	Good	Good
PAYYAPILLY NIDHI WILSON	Yes	Excellent	Excellent
VINUSHA SANKAR T	Yes	Excellent	Excellent
ALPHINE RAJESH	Yes	Good	Excellent
PARVATHY THONDATTIL	Yes	Excellent	Excellent
ANAGHA. K. U	Yes	Good	Good
ANJANA K S	Yes	Excellent	Excellent
JUBIYA JACOB	Yes	Good	Good
ASWATHY K S	Yes	Excellent	Excellent
NANDANA PN	Yes	Excellent	Excellent
NEREPARAMBIL SONIYA VARKEY	Yes	Excellent	Excellent
SIVANIDAS. C. B	Yes	Good	Good
ANJANA S NAIR	Yes	Excellent	Excellent
JESSIJA JENSON ERINJERY	Yes	Excellent	Excellent
NEHA ANTONY AKKARA	Yes	Excellent	Excellent
SOORYABALA.G	Yes	Excellent	Excellent
HARISHMA RADHAKRISHNAN	Yes	Good	Excellent
NITHYA K H	Yes	Excellent	Excellent
ANU ROSHAN	Yes	Excellent	Excellent
NEHA ANTONY AKKARA	Yes	Excellent	Excellent
MALAVIKA MENON	Yes	Excellent	Excellent
NESRIN T.K	Yes	Excellent	Excellent
SANILA. PC	Yes	Excellent	Excellent
ALEENA ANTONY	Yes	Excellent	Excellent
CHRISTEENA T M	Yes	Excellent	Excellent
ALEENA BAIJU	Yes	Excellent	Excellent
DALIYA DOMINIC	Yes	Excellent	Excellent
DALIYA DOMINIC	Yes	Excellent	Excellent
DALIYA DOMINIC	Yes	Excellent	Excellent
RAJITHA C K	Yes	Good	Excellent
SONA JOHN	Yes	Good	Good
SONU VARGHESE	Yes	Excellent	Excellent
SNEHA TB	To some extent	Good	Good
FIYA JOHN	Yes	Poor	Good
FARZANA LISHAD	Yes	Excellent	Excellent
AMRUTHA.R	Yes	Excellent	Excellent
NAMITHA BABU	Yes	Good	Good



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SHABNA CHANDRAN	Yes	Excellent	Excellent
AMITHA ASHARAF	Yes	Excellent	Excellent
SOWMYA.P	Yes	Excellent	Excellent
RANI MARIYA E.S	To some extent	Excellent	Excellent
AMRITHA K B	Yes	Excellent	Excellent
NEHA WILSON	Yes	Excellent	Excellent
SHIMEGA VARGHESE P	Yes	Good	Excellent
SWETHA M R	To some extent	Good	Good
SHIMEGA VARGHESE P	Yes	Good	Excellent
DIYA JOY	Yes	Excellent	Excellent
ALEENA BAIJU	Yes	Excellent	Excellent
GRACE MARY SAJAN	Yes	Excellent	Excellent
ADITHYA KA	Yes	Excellent	Excellent
GADHA.K.B	Yes	Good	Excellent
KAVYA MURALY	Yes	Good	Excellent
NAVYA VINOD	Yes	Excellent	Excellent
ALEENA V.J	Yes	Excellent	Excellent
MOHSINA ALI MOHAMMED	Yes	Good	Good
AKSHAYA NAIR	To some extent	Good	Good
ANJALI P M	No	Good	Good
STEFFY. MS	Yes	Excellent	Excellent
APARNA K S	Yes	Excellent	Good
FLEMY PAULSON	Yes	Excellent	Excellent
AMITHA ASHARAF	Yes	Good	Good
ANNAJAMES	Yes	Excellent	Excellent
ALBINA ARUN	Yes	Excellent	Excellent
GINU MATHEWS	Yes	Excellent	Excellent
RHETHUNANDA V P	Yes	Good	Good
SANDRA BIJU	Yes	Excellent	Excellent
SHARANYA.M.S	Yes	Excellent	Excellent
STEFY JESTINE	Yes	Good	Good
TANIYA REJI	Yes	Excellent	Excellent
ALEENA BAIJU	Yes	Excellent	Excellent
DEVI RAHUL	Yes	Excellent	Excellent
ANJALI ANIL	Yes	Excellent	Excellent
ANEETTA VIJAYAN	Yes	Good	Excellent
SRUTHI ELIZABETH SAM	Yes	Good	Good
GAYATHRI P SHAJI	Yes	Excellent	Excellent
DELNA DAVIS	Yes	Excellent	Excellent
SREEDEVI MM	Yes	Excellent	Excellent



PRINCIPAL IN-CHARGE,  
VIMALA COLLEGE  
(AUTONOMOUS)  
THRISSUR - 688 028



## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

SREEDEVI MM	Yes	Excellent	Excellent
ARUNIMA SUNIL R S	Yes	Good	Good
ANULAKSHMI SUKUMARAN	Yes	Good	Good
SONAL RAPHEL	Yes	Good	Excellent
AGNEYA M	Yes	Good	Excellent
DIVYA K	Yes	Excellent	Excellent
CARMEL MARY VADAKKETHALA	Yes	Good	Good
CARMEL MARY VADAKKETHALA	To some extent	Good	Good
SRUTHI VK	Yes	Good	Excellent
GOPIKA T R	Yes	Excellent	Good
ANAGHA SHANMUGHAN	Yes	Good	Good
ANAGHA SHANMUGHAN	Yes	Good	Good
VRINDA T RAMACHANDRAN	Yes	Excellent	Excellent
SAMEERA K.J	Yes	Good	Good



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## 5. EFFECTIVE STRESS MANAGEMENT

### Brochure



**DEPARTMENT OF PSYCHOLOGY  
VIMALA COLLEGE  
(AUTONOMOUS), THRISSUR**  
Organizes  
Webinar Series  
in connection with

**Topic: "Effective Stress Management"**



**Ashwathy Prasad**  
Clinical Psychologist Trainee,  
Amrita Institute of Medical  
Sciences, Kochi

000000  
888  
6<sup>th</sup> Oct 2020  
1.30 - 2.30pm

Click here  
to join the meet

Click here for  
Registration

Registration Free  
Participation Certificates will be provided  
Target Participants: UG or PG Students

Student Coordinators:  
Haritha Johnson  
(S5 Sociology)  
Beulah James  
(S5 Sociology)

Faculty coordinator:  
Dr Sinto P Anto,  
Assistant Professor and  
Head Department of Psychology  
Vimala College, Thrissur



  
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## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

### Report

Name of the Event: Effective Stress Management

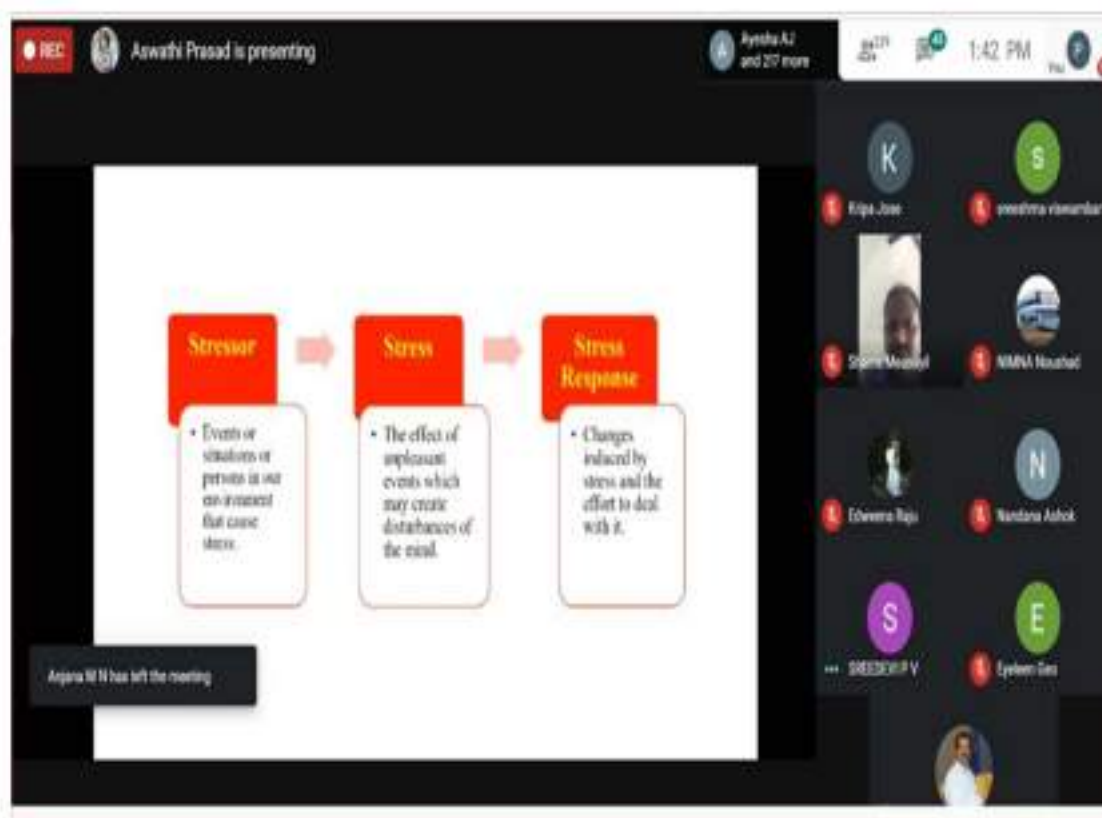
Date: 6<sup>th</sup> October 2020

Time: 1.30 PM

Venue: Online Mode

Organized by: Department of Psychology

Department of Psychology organised webinar series in connection with World Mental Health Day from October 6<sup>th</sup> to 10<sup>th</sup>. Webinar on the topic 'Effective Stress Management' was organised on 6<sup>th</sup> October. Miss Haritha Johnson of S6 Sociology introduced the resource person. Dr Sinto P Anto welcomed the resource persons and the participants. Smt Ashwathy Prasad, Clinical Psychologist Trainee, Amrita Institute of Medical Sciences, Kochi was the resource person for the day. She gave an overview on stress and stress related disorders. She spoke about different types of stress. She explored the different coping strategies that can be used in everyday life. Students actively involved in the session. 250 participants attended the webinar. The webinar concluded with vote of thanks by Beulah James of S6 Sociology.



  
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# VIMALA COLLEGE (AUTONOMOUS), THRISSUR

## A. Webinar Feedback

Name	Did the seminar meet your expectations	Communication skill of the participant	Over all rating of the webinar
DR SINTO P ANTO	Yes	Excellent	Excellent
AIWARYA T A	Yes	Excellent	Excellent
ADITHYA P V	To some extent	Good	Good
SUBHASH BHASKARAN	To some extent	Good	Good
AMITHA ASHARAF	Yes	Excellent	Good
DELLA DIXON	To some extent	Good	Good
ARYA DADU	Yes	Good	Good
ALEENA ANTONY	Yes	Excellent	Excellent
ANJITHA E AJITH	Yes	Excellent	Excellent
AAGI K A	Yes	Excellent	Excellent
MOHSINA ALI MOHAMMED	To some extent	Excellent	Good
ROSE MOHANLAL PYNADATH	Yes	Excellent	Excellent
KRISHNA K RAVI	Yes	Excellent	Excellent
HANNA YESUDAS	Yes	Excellent	Good
AYSWARYA T R	Yes	Excellent	Excellent
SWATHI RAJAGOPAL	Yes	Excellent	Good
JESSJA JENSON ERINJERY	Yes	Excellent	Excellent
PRISI ROS VARGEES	To some extent	Good	Good
RAJANA T R	Yes	Good	Excellent
ATHIRA. U	Yes	Excellent	Excellent
BEULAH JAMES	Yes	Excellent	Excellent
MARIA ROSE THADATHIL	Yes	Excellent	Excellent
KOCHURANI SHAJU	To some extent	Good	Good
VIDHYA KRISHNAN N.K	Yes	Good	Good
NIMA JOSE C	Yes	Good	Excellent
DELNA DAVIS	Yes	Excellent	Excellent
JITYMOL VARGHESE	Yes	Excellent	Excellent
DEVI RAHUL	Yes	Excellent	Excellent
ARYA AVUNDITHARAKKAL	Yes	Good	Good
NEERAJA S KUMAR	Yes	Good	Good
STENIYA P.T	Yes	Good	Good



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## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

SONA JOHN	Yes	Excellent	Excellent
PREEMI POLY	Yes	Good	Good
JISNA JOSEPH	Yes	Excellent	Excellent
SEBASTIAN JOSEPH	Yes	Good	Good
ATHIRA KR	Yes	Good	Good
KAVYA MURALY	Yes	Good	Excellent
HAMNA BEEVI	Yes	Good	Excellent
AYANA B	Yes	Good	Excellent
TWINKLE ANILKUMAR	Yes	Good	Excellent
SREEDEVI PV	Yes	Good	Good
ANUPAMA VARGHESE	Yes	Good	Excellent
SNEHA K	Yes	Excellent	Excellent
ARUNIMA JONES	To some extent	Good	Good
SHIMA SHAJU	To some extent	Good	Good
ANN MARIA SHAJI K	Yes	Excellent	Good
SHIVANI ROSHAN	Yes	Excellent	Excellent
STEFFY. MS	To some extent	Excellent	Good
DEVIKA C DAS	Yes	Excellent	Excellent
SHINYPK	Yes	Good	Excellent
VEENA P.V	Yes	Excellent	Excellent
BLESSY SHAJU	Yes	Good	Good
SANILA. PC	Yes	Excellent	Excellent
ANUPAMA C M	To some extent	Good	Good
EMA MARY JOSE	To some extent	Good	Good
SREELAKSHMI M U	Yes	Excellent	Excellent
GINU MATHEWS	To some extent	Good	Good
SHIRIN ABOOBACKER	Yes	Good	Good
SHARANYA.M.S	Yes	Good	Excellent
AKSHAYA NAIR	Yes	Good	Good
ANILA VB	Yes	Good	Good
ASHIKA GEORGE	Yes	Excellent	Excellent
HARITHA K.H	Yes	Excellent	Excellent
JINI VARGHESE	Yes	Excellent	Excellent
ALEENA GIGU	Yes	Good	Good
SANEENDRA SARAVANAN	Yes	Excellent	Good
KEERTHANA.K.V	Yes	Good	Excellent
NISMA M A	Yes	Good	Good
ANEESHA JOSEPH C	Yes	Good	Good
STEFY JESTINE	Yes	Good	Good
ANNMARIYA DAVIS	Yes	Excellent	Excellent



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## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

PRAJILA. M	Yes	Good	Good
SNEHA TB	To some extent	Good	Good
SHIMEGA VARGHESE P	Yes	Good	Excellent
NANSY.M.P	Yes	Good	Excellent
NIGI JOHN C	Yes	Good	Good
RIYA SAJAN A	Yes	Good	Excellent
SHANA TP	Yes	Good	Good
NANDITA.N.A	Yes	Good	Good
ARDHRA S	Yes	Good	Excellent
SNEHA CS	To some extent	Good	Good
ASWATHY K S	Yes	Good	Excellent
NEHLA ASHRAF OP	Yes	Good	Excellent
JOSHIYA PJ	Yes	Good	Excellent
PARVATHY V	Yes	Good	Excellent
AGNA TENNY	To some extent	Good	Good
BILSA A B	Yes	Good	Good
TANIYA REJI	Yes	Excellent	Excellent
NANDHANA .V.B	Yes	Excellent	Excellent
SOWMYA.P	Yes	Excellent	Excellent
TESSY KURIAN	Yes	Good	Good
PARVATHY THONDATTIL	Yes	Excellent	Excellent
ANJANA K S	Yes	Excellent	Good
SWATHI RAJAGOPAL	Yes	Excellent	Excellent
ASWATHI RAGHURAJ	Yes	Excellent	Excellent
GOPIKA T S	Yes	Excellent	Excellent
AKHILA GOKULAN	Yes	Good	Good
ADITHYA KA	Yes	Good	Excellent
ARSHA JOHN	Yes	Good	Good
DALIYA DOMINIC	Yes	Good	Good
CYNTHIA ROSE	Yes	Excellent	Excellent
SOORYABALA.G	Yes	Good	Good
ANUSREE G NAIR	Yes	Excellent	Excellent
ALEENA JOE MEVADA	To some extent	Good	Good
ARCHANA AV	Yes	Good	Excellent
RIYA E R	Yes	Good	Good
RINCY RAPPAL	Yes	Good	Good
ROSHNI DAS	Yes	Excellent	Excellent
VISHNUPRIYA M S	To some extent	Good	Good
ANULAKSHMI VS	Yes	Good	Excellent
AYESHA A.J	Yes	Good	Good



*[Signature]*

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THRISSUR - 688 028





## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

LINA BIJU	Yes	Excellent	Excellent
SONAL RAPHEL	Yes	Good	Good
KRISHNAPRIYA P RAMESH	To some extent	Excellent	Good
SHABNA A A	Yes	Good	Good
ALFA THOMAS	Yes	Excellent	Excellent
ARSHA VINCENT DE PAUL	Yes	Good	Good
APARNA K VENUGOPALAN	Yes	Excellent	Excellent
SRUTHI ELIZABETH SAM	To some extent	Excellent	Good
MARIYA LAZAR	Yes	Good	Excellent
SNEHA RENNY	To some extent	Good	Good
NAVYA V.R	Yes	Good	Good
DHIYA PROMITHA	Yes	Excellent	Excellent
JASNA JOHNSON	Yes	Good	Excellent
NIVEDYA. A. R	Yes	Excellent	Excellent
ALEENA V.J	Yes	Excellent	Excellent
LINA BIJU	Yes	Excellent	Excellent
NAVYA V.R	Yes	Good	Good
CHRISTEENA TM	Yes	Excellent	Excellent
JYOTHY LAKSHMY P R	Yes	Excellent	Excellent
ANU ANN ANTONY	Yes	Good	Good
VINUSHA SANKAR T	Yes	Excellent	Excellent
MEDHA.S.MENON	Yes	Good	Excellent
SMRITHI PRAKASH	Yes	Excellent	Excellent
NAVYA V.R	Yes	Good	Good
KRISHNENDHU VR	Yes	Good	Good
ARCHANA K S	Yes	Excellent	Excellent
ANJALLK	Yes	Excellent	Excellent
NAVYA V.R	Yes	Good	Good
DEVIKA GOPI	Yes	Excellent	Excellent
SAANJANA SANTHOSH	To some extent	Good	Good
GAYATHRI K H	Yes	Excellent	Excellent
RHETHUNANDA V P	Yes	Excellent	Excellent
CHRISTY M R	To some extent	Good	Good
JALEETHA JACOB P	Yes	Good	Good
RESHMA A T	No	Good	Good
AKHILA VK	To some extent	Good	Good
ANAGHA K	Yes	Good	Good
NAMITHA BABU	Yes	Good	Good
CHRISTINA CAMMILLUS	Yes	Excellent	Excellent



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THIRUVANANTHAPURAM-695 005





## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

ANJANA PAULY	Yes	Good	Good
KRIPA JOSE	Yes	Good	Good
RINU E R	To some extent	Good	Good
ANJANA. P.M	To some extent	Excellent	Excellent
MAYA JOSE	Yes	Good	Excellent
FIYAMARY VARGHESE	Yes	Excellent	Good
SETHULAKSHMI PANAKKAL UDAYAN	Yes	Good	Good
RANI MARIYA E.S	To some extent	Excellent	Good
ANEETTA VIJAYAN	Yes	Good	Excellent
ANJALI M NAIR	Yes	Good	Good
NAVYA V.R	Yes	Good	Good
MARIYA CJ	Yes	Good	Good
RANI MARIYA E.S	To some extent	Excellent	Good
FLEMY PAULSON	To some extent	Excellent	Excellent
AISHWARYA N U	Yes	Good	Good
ANJANA GIREESAN	Yes	Good	Good
EDWEENA RAJU	Yes	Good	Excellent
APARNA K VENUGOPALAN	Yes	Excellent	Excellent
ALEENA JOJU	Yes	Good	Good
MALAVIKA MENON	Yes	Excellent	Excellent
ARDHRA S	Yes	Good	Excellent
AMRUTHA K.D	Yes	Excellent	Excellent
VRINDA T RAMACHANDRAN	Yes	Excellent	Excellent
GRACE MARY SAJAN	Yes	Excellent	Excellent
SHERY SHAJU	Yes	Excellent	Excellent
RINU E R	To some extent	Good	Good
SHARANYA.M.S	Yes	Excellent	Excellent
AISWARYA JAMES	Yes	Excellent	Excellent
SMRITHI PRAKASH	Yes	Excellent	Excellent
YOVANA DANTY	Yes	Excellent	Excellent
JESLIN JOY	Yes	Excellent	Excellent
NANSY.M.P	Yes	Good	Excellent
SETHULAKSHMI PANAKKAL UDAYAN	Yes	Good	Excellent
ANAN NAJAATH V K	Yes	Excellent	Good
MALAVIKA. P. M	Yes	Good	Good
JAYAPRIYA V	Yes	Excellent	Excellent
AMRUTHA.R	Yes	Excellent	Excellent



*[Signature]*

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THRISSUR - 686 009



## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

MIDHUNA.P	Yes	Excellent	Excellent
HELEN VINCENT	Yes	Excellent	Excellent
NEENU T S	To some extent	Good	Good
TANIYA ANN VARGHESE	Yes	Excellent	Excellent
SHABNA A A	Yes	Good	Good
DEROSIA DEVASSY	Yes	Excellent	Excellent
ANNA JAMES	Yes	Excellent	Excellent
SIVANIDAS. C. B	Yes	Excellent	Excellent
KAMAL LAKSHMI V.J	Yes	Excellent	Excellent
JANITHA DAS	Yes	Good	Excellent
LAKSHMI T PRADEEP	Yes	Excellent	Excellent
BILNA WILSON	Yes	Excellent	Excellent
ARATHY S NATHAN	Yes	Excellent	Excellent
STENY SIMON O	Yes	Excellent	Excellent
BINCY WILSON	Yes	Good	Good
SWEETY SONY	Yes	Excellent	Excellent
HARITHA JOHNSON	Yes	Excellent	Excellent
SUNAINA PS	Yes	Good	Poor
SETHULAKSHMI PANAKKAL UDAYAN	Yes	Excellent	Excellent
BILNA WILSON	Yes	Excellent	Excellent
DEEPTHY ES	Yes	Excellent	Excellent
ANISHA	Yes	Good	Excellent
EYELEEN ANNA GEO	Yes	Good	Good
DEEPTHY ES	Yes	Excellent	Excellent
NEENU T S	To some extent	Good	Good
AMRITHA K B	Yes	Excellent	Excellent
NITHYA KH	Yes	Excellent	Excellent
THERESE JOSEPH	Yes	Good	Good
ARATHY S NATHAN	Yes	Excellent	Excellent
NIMNA NOUSHAD	Yes	Excellent	Excellent
NIVEDYA. A. R.	Yes	Excellent	Excellent
PRATHIBHA KUMARI MP	Yes	Good	Good
ANUJA BABY	Yes	Good	Excellent
ANJANA GIREESAN	Yes	Excellent	Excellent
MARIASIA DEVASSY	Yes	Excellent	Excellent
FARZANA LISHAD	Yes	Good	Excellent
JOSPHINE JOSE	To some extent	Excellent	Good
CHERUB ROSE SAJAN	To some extent	Good	Good
SREELAKSHMI M U	To some extent	Excellent	Excellent



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## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

SHAREEN SALEEM	Yes	Excellent	Excellent
CHRISTEENA T M	Yes	Excellent	Excellent
STENY SIMON O	Yes	Excellent	Excellent
CATHY JOSE	Yes	Excellent	Excellent
SNEHA JAYAPRAKASH	Yes	Good	Excellent
DEEPTHY ES	Yes	Excellent	Excellent
SANDRA K S	Yes	Good	Good
SUKANYA. K	Yes	Excellent	Good
RAVEENARAVI C H	Yes	Good	Good
DEEPTHY ES	Yes	Excellent	Excellent
AIWARYA. JOSHY	Yes	Excellent	Excellent
GOURI GP	Yes	Excellent	Excellent
ATHIRA M. K	Yes	Good	Good
ANJANA GIREESAN	Yes	Excellent	Excellent
SHARANYA.M.S	Yes	Excellent	Excellent
SHABNA A A	Yes	Good	Good
SONU VARGHESE	Yes	Excellent	Excellent
STENY SIMON O	Yes	Excellent	Excellent
SMRITHY SIVATHASAN KALATHIL	Yes	Excellent	Excellent
STENY SIMON O	Yes	Excellent	Excellent
SURYA P R	Yes	Good	Good
ARUNIMA SUNIL R S	Yes	Good	Excellent
NIVYA VARGHESE	Yes	Good	Good
SREEDEVI MM	Yes	Excellent	Excellent
NAVYA VINOD	Yes	Excellent	Excellent
ANAGHA SHANMUGHAN	Yes	Good	Good
SHARANYA.M.S	Yes	Excellent	Excellent
NAVYA VINOD	Yes	Excellent	Excellent
SREESHMA K R	Yes	Excellent	Excellent
GINU MATHEWS	Yes	Good	Good
AMRITHA K B	Yes	Excellent	Excellent
SONU VARGHESE	Yes	Excellent	Excellent
SRUTHI T	Yes	Excellent	Excellent
NIVYA R THYCHERIL	Yes	Good	Good
ALEENA BAIJU	Yes	Excellent	Good
KRISHNENDHU VR	Yes	Good	Good
MEGHA M A	Yes	Good	Good
NESRIN T.K	Yes	Excellent	Excellent
DHANYAMOL KK	Yes	Good	Excellent



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## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

JANITHA DAS	Yes	Good	Excellent
ANN MARIYA	Yes	Excellent	Excellent
ANUSREE G NAIR	Yes	Excellent	Excellent
JASANA SUSAN JAMES	Yes	Good	Excellent
HELEN VINCENT	Yes	Excellent	Excellent
MANEESHMA. K. P	Yes	Good	Good
ARSHA JOHN	Yes	Good	Good
SURYA P R	Yes	Good	Good
SETHULAKSHMI PANAKKAL UDAYAN	Yes	Good	Good
SETHULAKSHMI PANAKKAL UDAYAN	Yes	Excellent	Excellent
EDWEENA RAJU	Yes	Excellent	Excellent
DIVYA. P	Yes	Excellent	Excellent
FARZANA LISHAD	Yes	Good	Excellent
DEEPTHI V.S	To some extent	Excellent	Good
SREESHMA A.V	Yes	Good	Excellent
ANUJA BABY	Yes	Good	Excellent
MUBASHIRA P.K	Yes	Good	Good
SANDRA MARIYA NS	Yes	Good	Good
SANDRA MARIYA NS	To some extent	Good	Good
ATHIRA A A	To some extent	Good	Good
RESHMA PB	Yes	Good	Good
AMRUTHA.R	Yes	Excellent	Excellent
SURYA P R	Yes	Good	Good
JAYAPRIYA V	Yes	Excellent	Excellent
RINU E R	To some extent	Good	Good
GAYATHRI P SHAJI	Yes	Excellent	Excellent
HELNA P F	Yes	Good	Good
AMRITHA K B	Yes	Excellent	Excellent
MARIYA CJ	Yes	Good	Good
SURYA P R	Yes	Good	Good
SRUTHI VK	Yes	Good	Good
ADITHYA KA	Yes	Good	Excellent
DEVIKA C DAS	To some extent	Good	Good
ABILA BABY	To some extent	Good	Good



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## **6. COVID-19 PANDEMIC AND EMOTIONAL WELL BEING OF YOUTH**

Brochure- Report- Photos

A. Brochure

The brochure is for a webinar organized by the Department of Psychology at Vimala College (Autonomous), Thrissur. It is a collaboration with the Field Outreach Bureau, Government of India, Ministry of Information and Broadcasting - Thrissur. The topic is 'Covid 19 pandemic and Emotional well being of Youth'. The resource person is Dr. S.V. Subramanian, Senior Consultant, Child and Adolescent Clinic, GOVT Mental Health Centre, Thrissur. The webinar is scheduled for August 20, 3 to 4.30 pm. The faculty coordinator is Dr. Sinto P Anto, Assistant Professor and Head, Department of Psychology, Vimala College (Autonomous), Thrissur. The brochure features the college logo, the Government of India logo, and a photo of Dr. S.V. Subramanian.

**DEPARTMENT OF PSYCHOLOGY**  
**VIMALA COLLEGE (AUTONOMOUS), THRISSUR**  
*In collaboration with*  
**FIELD OUTREACH BUREAU, GOVERNMENT OF INDIA**  
**MINISTRY OF INFORMATION AND BROADCASTING - THRISSUR**

**Organises a webinar on**

**Topic:**  
*'Covid 19 pandemic and Emotional well being of Youth'*

**Resource Person**  
**Dr. S.V. Subramanian**  
Senior Consultant  
Child and Adolescent Clinic  
GOVT Mental Health Centre,  
THRISSUR

**20** **3 to 4.30 pm**

**Faculty Coordinator: Dr. Sinto P Anto**  
Assistant Professor and Head  
Department of Psychology  
Vimala College (Autonomous), Thrissur



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## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

### B. Report

Date: 20<sup>th</sup> August 2020

Time: 4 PM

Venue: Online Mode

Organized by: Department of Psychology

Department of Psychology, Vimala College(Autonomous), Thrissur in collaboration with Field Outreach, Thrissur conducted a webinar on Covid 19 Pandemic and Emotional Well being of Youth on August 20th, 2020. The programme commenced at 3 pm. Dr Sinto P Anto, Head of the Department of Psychology, welcomed the dignitaries and the participants of the webinar. Dr George Mathew, Assistant Director and Head, Field Outreach Bureau, Thrissur inaugurated the programme and he explained about the relevance of building resilience among youth to face the challenges in Pandemic situations. Dr Subrahmanian, Senior Consultant, Child and Adolescent Clinic, Government Mental Health Centre, Thrissur was the resource person for the day. He discussed about various challenges of youth during Covid 19 pandemic situations. He explained about Coronaphobia which is known as mass fear of covid 19 pandemic. Covid 19 has created lot of stress among the public which lead to various mental illnesses including suicide and drug abuse etc. Lot of researches have to be conducted to study the impact of pandemic on the mental well being of youth. Interactive session was done at the end of the session to discuss the issues faced by the participants. Miss Sreedevi M M delivered the vote of thanks. Session concluded at 5 pm.

### C. Photo



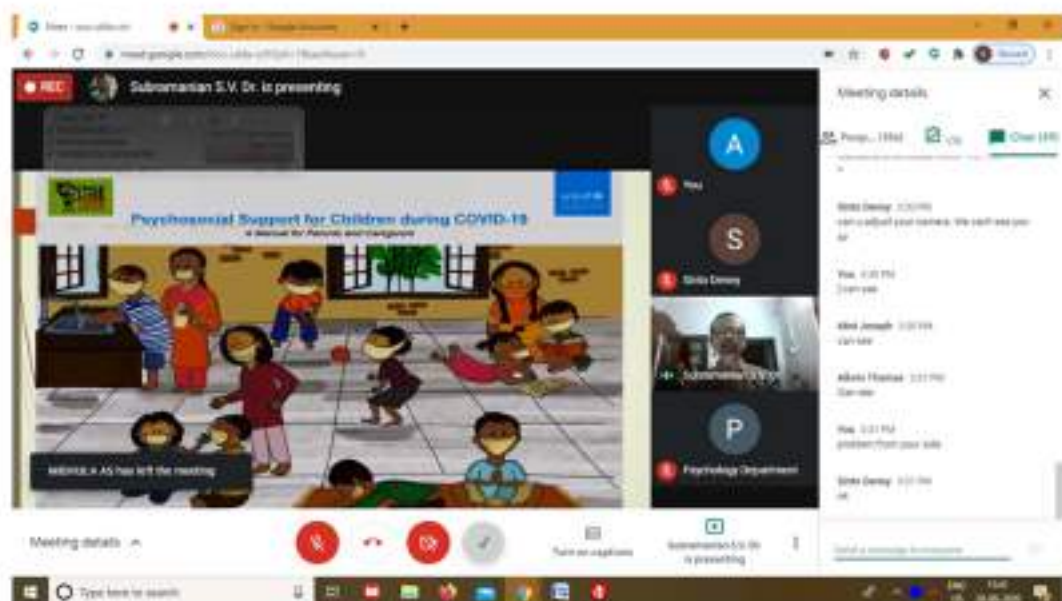
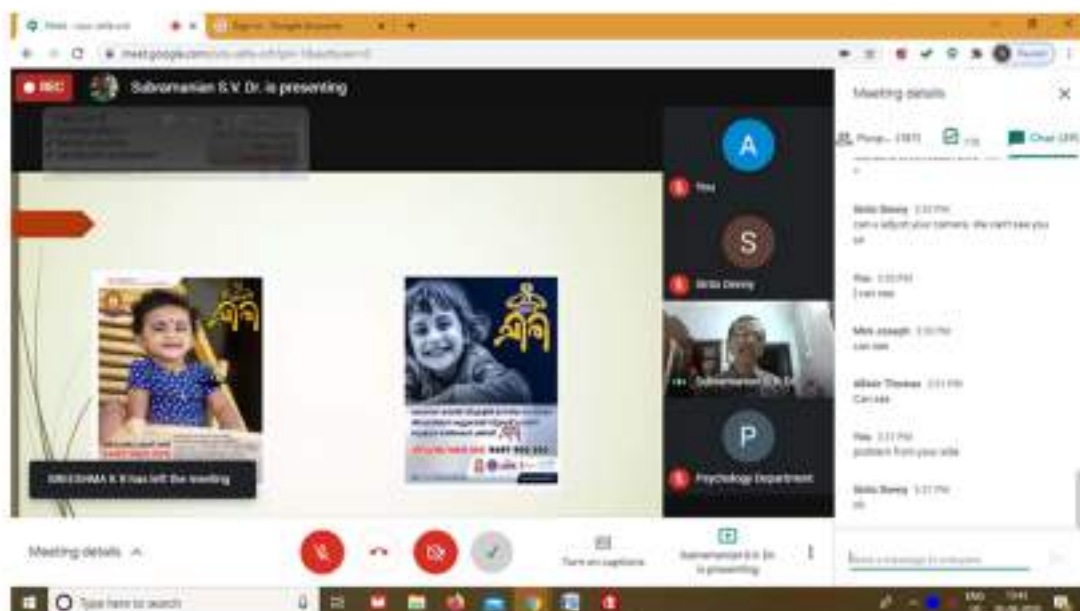
*[Signature]*

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# VIMALA COLLEGE (AUTONOMOUS), THRISSUR



*[Signature]*

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THRISSUR - 686 029

Assessment Period (2016 - 2021)



## Copy of Certificate to Participants



*[Signature]*  
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## 7, 8 & 9. . HIGHER STUDIES AND INTERVIEW SKILLS

Brochure

**CAREER GUIDANCE AND PLACEMENT CELL  
VIMALA COLLEGE (AUTONOMOUS)  
THRISSUR**

**ORIENTATION ON HIGHER STUDIES  
AND INTERVIEW SKILLS**

**RESOURCE  
PERSON**



**Mr. Jomy J L,  
Career Consultant**

WEBINAR SERIES-9	WEBINAR SERIES-11
Date-11-02-2021, Time-4.30 pm	Date-13-02-2021, Time-4.30pm
Participants- B Sc Students	Participants-B com Students
Registration form: <a href="https://forms.gle/3dEawABPm25eCQ8Q8">https://forms.gle/3dEawABPm25eCQ8Q8</a>	Registration form: <a href="https://forms.gle/H6C31532NkyChw3">https://forms.gle/H6C31532NkyChw3</a>
Zoom meeting ID-938 0344 3205	Zoom meeting ID-694 9418 0812
Passcode-951026	Passcode-067776
WEBINAR SERIES-10	WEBINAR SERIES-12
Date-12-02-2021, Time-4.30pm	Date-14-02-2021, Time-4.30pm
Participants- BA Students	Participants- PG Students
Registration form: <a href="https://forms.gle/LpP6H34GvbnmX72">https://forms.gle/LpP6H34GvbnmX72</a>	Registration form: <a href="https://forms.gle/H1BQAp5U48C3E36">https://forms.gle/H1BQAp5U48C3E36</a>
Zoom meeting ID-934 9418 8834	Zoom meeting ID-937 8807 1400
Passcode-067776	Passcode-846263



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## 10. How to Crack Civil Service Exams

Brochure



**THE PLACEMENT CELL (CGPT)**  
**VIMALA COLLEGE**  
**(AUTONOMOUS)**  
THRISSUR

AS PART OF OUR WEBINAR SERIES  
ON CAREER GUIDANCE,

**EXCELSIOR 2020**  
ORGANIZES

**WEBINAR NO. 02:**  
**HOW TO CRACK**  
**THE**  
**CIVIL SERVICES**  
**EXAMINATION ?**

BY  
**JYOTHI VIJAYAKUMAR**  
FACULTY,  
KERALA STATE CIVIL  
SERVICE ACADEMY



AUGUST 22, 2020  
4PM - 5PM  
VIA GOOGLE MEET  
[CLICK HERE TO REGISTER](#)

CO-ORDINATORS  
DR. FEEBARANI JOHN  
MR. SREEKUMAR V  
Email: [cgptonline2020@gmail.com](mailto:cgptonline2020@gmail.com)

OPEN  
TO  
UG&PG

STUDENT CO-ORDINATORS  
MS. ASHLIN JAMES  
MS. ANUSREE MB



  
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## Report

Name of the Event: How to Crack Civil Service Exams

Date: 22<sup>nd</sup> August 2020

Time: 4 PM

Venue: Online Mode

Organized by: Career Guidance and Placement Cell

The placement cell (CGPT) of Vimala College conducted a webinar on the topic "How to crack the Civil Service Examination?" on 22 August 2020, as a part of the webinar series 'EXELSIOR 2020'. The webinar began at 4.00 pm and lasted for one hour. The programme began by welcome speech by the coordinator, Dr. Feeba Rani John and then the session started by our honorable resource person Jyothi Vijayakumar, faculty of Kerala state civil service academy. She delivered a general awareness about Civil Service Examination. It was a very useful and informative session for all aspirants and helped to gain knowledge about how to write the examination. The participants cleared their doubts by asking questions and the end of the session was marked down by Ms. Ashlin James.

## Photo



  
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**11.MOTIVATIONAL TALK AND INTERACTIVE SESSION  
WITH S SUSREE IPS**

A. Brochure

**CAREER GUIDANCE AND PLACEMENT  
CELL**




**VIMALA COLLEGE (AUTONOMOUS)  
THRISSUR  
ORGANIZES**

**EXCELSIOR 2020**  
(A WEBINAR SERIES ON CAREER GUIDANCE)

**WEBINAR NO. 05:  
MOTIVATIONAL  
TALK AND  
INTERACTIVE  
SESSION**

WITH  
**S. SUSREE IPS**  
ASP, Bhubaneswar



**INTERACT WITH  
THE YOUNGEST FEMALE  
IPS OFFICER IN THE  
COUNTRY**

**SEPTEMBER 8, 2020  
02:30PM - 03:30PM  
VIA GOOGLE MEET**

[CLICK HERE TO REGISTER](#)

**CO-ORDINATORS**  
DR. BINU K  
MR. SREEKUMAR V  
DR. FEEBARANI JOHN  
Email: [cgptonline2020@gmail.com](mailto:cgptonline2020@gmail.com)

**STUDENT CO-ORDINATORS**  
MS. ASHLIN JAMES  
MS. ANUSREE N B



  
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## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

### Report

**Name of the Event:** Motivational Talk and Interactive Session with S Susree IPS

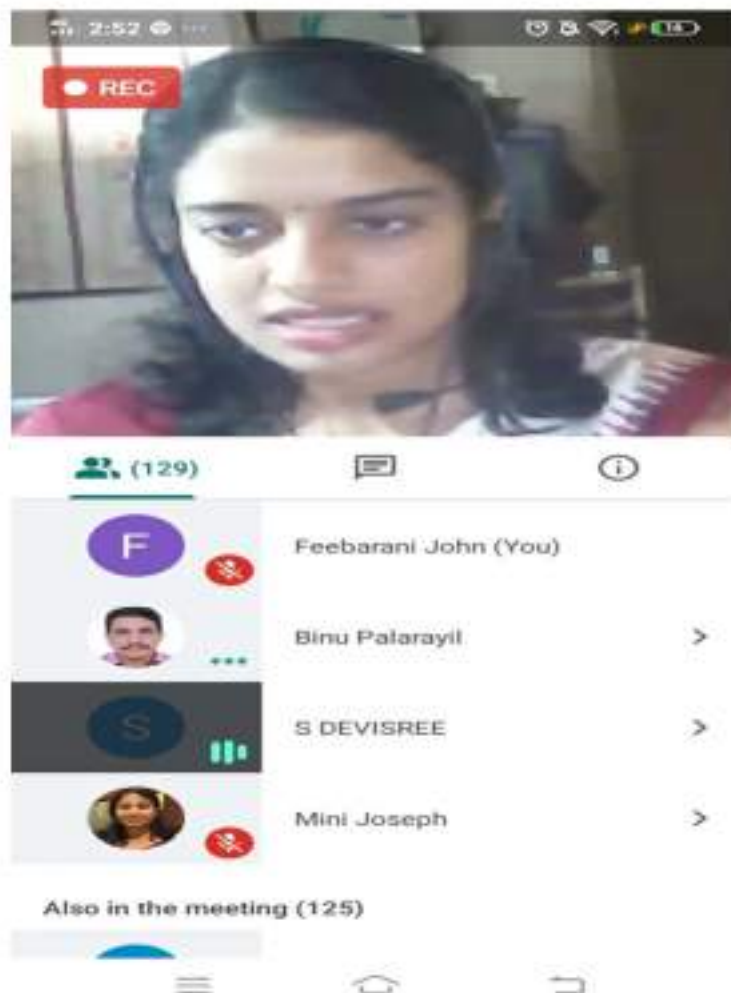
**Date:** 8<sup>th</sup> September 2020

**Time:** 2.30 PM to 3.30 PM

**Venue:** Online Mode

As part of Excelcior 2020, Career Guidance and Placement Cell organized an interactive session with S Suree IPS from 2.30PM to 3.30 PM on 8<sup>th</sup> September 2020 for the students of the college. She explained her journey of excellence with the students and motivated them with her experiences.

### Photos



  
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## 12. HEALTHY LIVING

### A. Syllabus

Dept of Malayalam  
Add On Course in Healthy Living VMADDML01

	TITLES	HOURS
1	Healthy Body -Exercices	10
2	Yoga for Health	10
3	Healthy Food Habits	9
4	Naturopathy	6
5	Health &Beauty	6
6	Mental Health& Counseling	4
7	Organic Living	5

### SYLLABUS IN DETAIL

#### Module 1 .Healthy Body

Unit 1 Exercices  
UNIT 2: Healthy Diet  
Unit 3-Health & Beauty

#### Module 2-Yoga

UNIT 1 - Theory



  
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UNIT 2- Practical

## Module 3-Naturopathy

UNIT 1 - Organic Food

UNIT 2-Organic Farming

## Module 4-Mental Health

UNIT 1 - Counselling

### B. List of Students

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2	B. A. FUNCTIONAL ENGLISH	Neethu Justin	neethujustin@gmail.com	9497171306
3	B. A. FUNCTIONAL ENGLISH	Stephy Susan Kuruvilla	stephyskuruvilla@gmail.com	9188683032
4	B. A. FUNCTIONAL ENGLISH	Nayana s kottarathil	nayanakottarathil@gmail.com	6282741092
5	B.A. Economics	SREEJI NR	sreejisreeji03@gmail.com	9048366501
6	B.A. English language and literature	Ameesha KS	ameesha2001ks@gmail.com	8590154986
7	B.A. Malayalam	Anu R	anu08052001@gmail.com	9048628381
8	B.A. Malayalam	Sandra Chandran	sagarsandra77@gmail.com	8943482227
9	B.A. Sociology	Daliya Dominic	daliyadominic843@gmail.com	9400419517
10	B.A. Sociology	Strffy. Ms	Sebsteffy@gmail.com	9037298087
11	B.A. Sociology	Vidhya Krishnan	vidhyakrishnan308@gmail.com	9526001718



*[Signature]*

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## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

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24	B.A. Sociology	Sruthi vk	Vksruthi91@gmail.com	6235208559
25	B.A. Sociology	Sruthy. K	Sruthyjudo@gimal.com	9188095001
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27	B.A. Sociology	Aiswarya Joshy	aiswaryajoshy2000@gmail.com	7736532540
28	B.A. Sociology	Navya vr	navyavr3@gmail.com	7034294522
29	B.Sc. Home Science (FCS)	Sruthy ks	sruthiks05092001@gmail.com	8589910509



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## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

30	B.Sc. Home Science (FCS)	Kavya N.M	Kavyanm375@gmail.com	7736721699
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39	B.Sc. Home Science (FCS)	Sreya k.p	sreyakpnambeesan@gmail.com	9061798496
40	B.Sc. Home Science (FCS)	TASHA MARIA SEBASTIAN	tashamaria1410@gmail.com	7907235609
41	B.Sc. Home Science (FCS)	Angeliena k George	angelinageorge63133@gmail.com	6235697043
42	B.Sc. Home Science (FCS)	Neha Vijayagopal O R	symphonyhousevijayan@gmail.com	7025735855
43	B.Sc. Home Science (FCS)	Niya joy	Niyajoy941@gmail.com	7510545515
44	BA English Literature	Celin	Celinchalissery7@gmail.com	9745833273
45	BA English Literature	Ardhra sasi	ardhrasasi2001@gmail.com	9061447790
46	B.Sc. Home Science (FCS)	Sona porinchu	sonajoyson966@gmail.com	9846344922
47	B.Sc. Home Science (FCS)	SNEHA GOPINATH	snehagopinath036@gmail.com	7306463661




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## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

### 13. WEBINAR ON INTRODUCTION TO SEXUALITY EDUCATION


Brochure


 **VIMALA COLLEGE**  
(AUTONOMOUS)  
THRISSUR

**Department of Social Work**

**Introduction  
to  
Sexuality Education**

**Mrs. Savitha Shenoy**  
Project Officer, KSACS



**27th March, 2021 // 12:30 PM - 3:30 PM**  
 <https://meet.google.com/idp-nyjq-hwm>



  
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### Report

#### WEBINAR ON INTRODUCTION TO SEXUALITY EDUCATION

The Department Social Work, Vimala College, Thrissur had organized the first webinar session of the expert lecture series on the topic introduction to sexuality education. The lecture was organized on 27<sup>th</sup> March 2021 from 12:30p.m. to 03:30p.m on Google meet. The webinar was organised for the first and second year MSW students. Nearly 40 students participated in the webinar. Mrs. Savitha Shenoy, Project Officer of Kerala AIDS Control Society was the resource person.

The program had begun with prayer by Amrutha R. Dr. Asha P Rao and Ms. Albia Mary George were present in the webinar. Yovana Danty, first year MSW student was the program coordinator. Yovana introduced and welcomed the resource person.

The lecture was mainly focused on sexuality and concepts related to it. The speaker talked about sexuality, gender and the difference between sexuality and gender. Menstruation and the various problems associated with it were also discussed by the speaker. Various matters related to menstrual cycle including the menstrual hygiene, menstrual cramps and do's and don'ts during menstruation were also discussed. Also the speaker mentioned about LGBTQ.

The session was interactive. Students' activity participated in the question answer session after the lecture. The speaker answered all the questions and doubts raised by the students. The students also gave feedback to the resource person.

The session was concluded by 3:30 pm with an official vote of thanks by Ms. Yovana Danty.

Faculty Coordinator

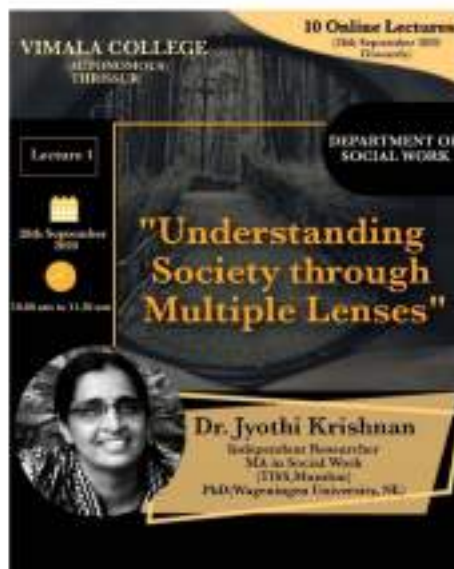


  
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## 14. UNDERSTANDING SOCIETY THROUGH MULTIPLE LENSES

Brochure



Report

DEPARTMENT OF SOCIAL WORK  
UNDERSTANDING SOCIETY THROUGH MULTIPLE LENSES  
EXPERT LECTURE SERIES BY DR. JYOTHI KRISHNAN

### SESSION I

Topic: Introduction session Date: 18th September 2020 Time: 10.00 am to 12.00 am

A session was led by Ms. Jyothi Krishna on the induction week of 1st year MSW students on 18th September 2020 regarding the realities of the society. The sessions trust on the relevance of understanding the realities prevailing in the society which is having a vulnerable face. The actions should get emerged from understanding and for that knowledge from readings and experience is necessary. Necessity to get engaged with people to know more about life and the importance to show ethics on deeds and records was emphasized. The importance of Anganawaadi and the service it renders to society was also discussed. All of the students from first year and second year were presented and the session span before one hour.



  
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## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

### SESSION 2

Topic: Understanding Society through Multiple Lenses (Poverty and Inequalities) Date: 28th September 2020

Time: 1.30pm to 3.30pm

The Department Of Social Work, Vimala College (Autonomous) Thrissur, organized a webinar on the topic 'Understanding Society through Multiple Lenses' on 28th September 2020. The orator for the program was Dr. Jyothi Krishna. Around 40 social work students of Vimala College Thrissur participated in the program. The program mainly concentrated on the subtopic poverty and inequalities. The students were asked to read a material from the book 'The Village by the Sea' written by Anita Desai before the webinar.

The webinar started with the feedback from the students on reading the material. Later Dr. Jyothi Krishna explained about different aspects of poverty and also about malnutrition in India. The webinar also included census of poverty in India and also about different policy measures that mainly addresses poverty. To the end of the webinar there was a discussion about acts such as Right to Education and Child Labour Prohibition Act (1986).

The webinar was really interesting and informative. The students were able to understand the term 'poverty' through different aspects through the webinar.

### SESSION 3

Session 2: Understanding Society through Multiple Lenses (Poverty and Inequalities) Date: 14th October 2020

Time: 10.00 am to 11.50 am

The third session of Dr. Jyothi Krishna was held on 14th October 2020. The meeting was conducted through Zoom at 10 am to 11.50 am. The session discussed about inequality and



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poverty. The first part was used for an open discussion about the short story written by Anita Desai, "The Village by the Sea" which was shared after the first session, mainly depicting inequality and poverty among children. The unfulfilled basic rights of children have been portrayed as a biggest pain throughout the story. It also actively discussed about children and labour. The children who are forced to go for work to meet daily necessities are risking their education. There are many children with a bare minimum nutrition intake. The short story also shows light to that aspect. India is a land with high sensations to economic inequalities. The protagonist kids who sense inequality at the very early age are the symbol of such many in reality. The session also discussed about the importance of unique food of an area to be protected to prevent poverty.

On this ground the session moved to discuss about the serious problems caused by poverty among children in the various parts of the nation. The unequal distribution of resources is discussed as a serious problem. The stunting and wasting was discussed, which both are a serious issue in the poor pockets of the nation. The standards which determine a family above or below the poverty line were also seen where fixing an income level and people under it become BPL and those who above become APL.

Later on basic needs were also considered, like expenditure and nutritional intake, to decide the regard. There are many people who are seriously in need of such government assistance. It includes female headed households and destitute. Government hospital services are free for BPL card holders. The society is not likely what it is seen by others. Though there are many political interventions in public facilities, it is very helpful to many. The mostly advisable and practical is that, public facilities are to be given at the hand of the needy to reduce corruption.

The presentation was well with pictures, statistics and PowerPoint.



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## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

### SESSION: 4

Topic: Colonialism Date: 21st October 2020

Time: 7.00 pm to 8.30 pm

The fourth session on Colonialism and its implication on India and Latin America by Ms. Jyothi Krishan were conducted on 21st October 2020. The prosperous condition of India before colonization period and its legacy on trade was mentioned and the way by which the colonial powers exploited the resources and made people subjugated was discussed.

The case of Latin America and the process by which the land which was rich in natural and human resources got exploited and made extreme vulnerable to be known one of the poorest pockets in the world was vividly explained. The cruelty shown towards Africans

who were captured to be slaves to Latin America by imperial powers was also pointed out in the session.

The session was conducted at 7.00 pm to 8.30 pm and the students from first year and second year were present along with teachers.

### SESSION 5

Topic: Colonialism Date: 28th October 2020

Time: 7.00 pm to 8.45 pm

The fifth session by Dr. Jyothi Krishna was held on 28th October 2020. The session was conducted from 7.00 pm to 8.45 pm via Google meet. The number of participants for the session was 42. The topic for discussion on the particular day was Colonialism. The session discussed about the colonialism in Latin America and its impacts.



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Colonialism is all about the exercise of power and its consequences. In the first part, a brief information on how countries like India and China prospered before colonial period was stated. Before colonial period, India was quite advanced in industrial settings, and in addition India and China were the leading countries in case of global production which was then decreased after colonization. Further the session shifted to the main topic of discussion which was the colonization of Latin America. Latin America was conquered by the Spain and the Portugal during the 15th century. They used their colonial powers for resource exploitation. All the resources of Latin America were exploited by the Spain and the Portugal and further profits were gained by them through the marketing of these resources. As a result, Latin American Colonization favoured the whole European development. They also exploited the labour wealth of Latin America. Conquistadores and officials were granted "encomiendas," which basically gave them certain tracts of land and everyone on it. In theory, the encomenderos were supposed to look after and protect the people who were in their care, but in reality, it was often nothing more than legalized enslavement.

Although the system did allow for natives to report abuses, the courts functioned exclusively in Spanish, which essentially excluded most of the native population. Spanish

ways of life replaced the Native American ways of living. Farming was controlled by large land owners and natives worked on large plantations or small farms for Spanish and Portuguese. Raw materials like sugar, diamonds, animal hides, etc and metals like gold and silver from Latin America was shipped to Europe. The Native Population was wiped out by the adoption of methods like forced labour, mercury explosion in silver mines, poor food production and the spread of small pox. The Latin American colonization led to depopulation of the natives of Latin America and the re- emergence of slavery. The session also discussed about the practice of slavery and how the Africans were made slaves. After the conquest of Latin America by the Spanish and Portuguese enslaved Africans were taken to Latin America through slave trade. The



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significance of referring maps while discussing on historical events was analyzed throughout this session.

The session was a great and powerful one which gave each and every participant an insight on the significance of having a basic knowledge and understanding on the history of various countries. The significance of using maps for reference was one of the major learning of the session.

### SESSION 6

Topic: Discussion on the movie 'I Daniel Blake' Date: 13th November 2020

Time: 10.15 am- 11.30 am

The Department Of Social Work, Vimala College Thrissur, organized a webinar on the discussion on the movie 'I Daniel Blake' on 13th November 2020. The orator for the program was Dr. Jyothi Krishna. Around 42 social work students of Vimala College, Thrissur participated in the program. All the students in the webinar expressed and shared their thoughts, views and opinions on the movie. The students actively participated in the discussion.

The discussion was very useful to understand many issues faced by a man who need job allowance such as unemployment, poverty, dehumanization, and also discuss about relationships in life.

The session was really interesting and informative. Students actively participated and understand many issues on behalf of the movie.



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## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

### SESSION 7

Topic: Understanding Society through Multiple Lenses- Conclusion Date: 17th December

Time: 1.00 pm to 4.00 pm

The series of lectures by Dr. Jyothi Krishnan was concluded with the final session on 17th December 2020 at 1 pm. A total of 48 members participated in the session conducted via Google meet.

In the beginning Dr.Jyothi Krishnan briefly summed up the previous lectures. The speaker gave a brief description about inequalities between nations, onset of industrial revolution, colonialism and its impact on nations. The speaker also discussed about migration. She explained about unorganized sector and the migrant workers. She pointed out that migration is an outcome of failed development .The laws related to migrant labourers were also mentioned. The speaker raised a question whether the labourers are treated as equal citizens. And the answer was an obvious no. The speaker could emphasis the inequalities faced by the migrant workers. The speaker also discussed about the labour codes, farm laws and ease of doing business.

After the session, the students asked their doubts and shared their thoughts. Also they gave their valuable feedback and acknowledgements to the speaker. Faculties Dr. Jaya Cherian and Ms. Treesa T Pulickal attended the session. They thanked Dr.Jyothi Krishnan for the highly informative and inspiring series of lectures. The session was concluded with the vote of thanks delivered by the student representative Nehla Asharaf O.P, by 3.00 pm.



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**15. FITNESS + WELLNESS PROGRAMME**

Date: June-November 2021

Time: 7.00am to 8.00am

Venue: Online Mode

Organized by: Department of Physical Education

Name of the teacher coordinators:

1. Hemalatha .V, HOD,Dept. of Physical. Education
2. Agibet Mathews, Assit.Professor,Dept of Physical.Education

Duration of Programme: 20 Hours

Email:physicaleducation@vimalacollege.edu.in

No. of participants: 50

Brief Report of the Event with photos:

This course will provide an overview of the lifetime necessary for health fitness and wellness. Students will participate in physical activities and access their fitness status. Students will be introduced to proper nutrition, weight management, and different means of fitness development.

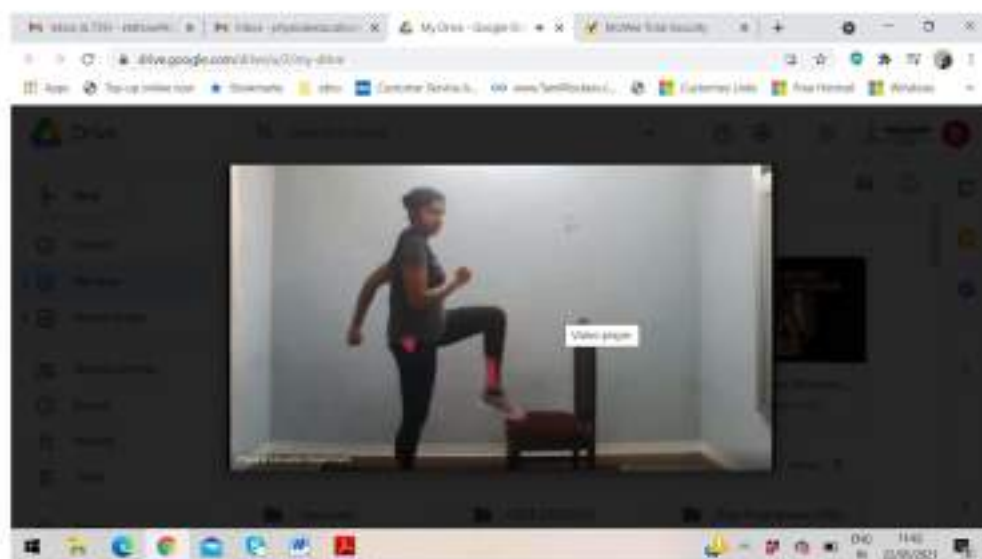
The program incorporated with 2 hours of theory and 18 hours of practical. The program was conducted for fifth semester students through online mode live classes as well as recorded classes were given. Online competitions were taken to access their fitness level and they were instructed to continue the exercise training program lifelong to maintain a better quality of life.

Faculty Coordinator



  
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Photo



*[Signature]*

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## **16. SELF – DEFENCE TRAINING IN MARTIAL ARTS**

Report with Photos

Name of the Event: Self- Defense Training in Martial Arts

Date: 15-03-2021- 20-03-2021

Time: 2.00pm to 3.00pm

Venue: Amphitheatre

Organized by: UGC Centre for Women's Studies

**Name of the agencies involved with contact details and web address:** Jenish J, Main Instructor, Black Belt II Dan Shotokan Karate, Veda Academy, Mullassery and Sruthy P S, Brown Senior in Shotokan Karate, Kalaripayattu Instructor, Veda Academy, Mullassery, Thrissur

**Duration of Programme (Months -Years): 1 Week**

**No. of participants: 36**

**Brief Report of the Event with photos:** UGC Centre for Women Studies in collaboration with Veda Academy of Martial Arts, Mullassery organized a one week Self Defence Training in Martial Arts from 15<sup>th</sup> March 2021 to 20<sup>th</sup> March 2021. Jenish J, Main Instructor, Black Belt II Dan Shotokan Karate, Veda Academy, Mullassery and Sruthy P S, Brown Senior in Shotokan Karate, Kalaripayattu Instructor, Veda Academy, Mullassery were the resource person for the training Programme. Students from Various stream and NCC Cadets from Vimala College (Autonomous) were participated in the training programme.



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(AUTONOMOUS)  
THIRUVANANTHAPURAM - 695 029





## **17. COLLEGE FITNESS EDUCATION PROGRAMME**

### **Report**

Name of the Event: COLLEGE FITNESS EDUCATION (COFE) PROGRAM

Date: April-May 2020

Time: 6:30 am to 7.30am

Venue: Online mode

Organized by: Department of Physical Education

Name of the teacher coordinators:

3. Hemalatha .V, HOD,Dept. of Physical. Education
4. Agibet Mathews, Assit.Professor,Dept of Physical.Education

Duration of Programme: 10 Hours

No. of participants: 414

COLLEGE FITNESS EDUCATION PROGRAMME (COFE) was developed by the Calicut University department of physical education to attract the college students for the regular physical exercise to maintain good health among student community by awarding grace marks (6marks) in one semester for the participation in the regular physical fitness training programme. The program training was conducted through online mode live as well as recorded classes were given for first year students with the help of sports student's coordinators Only those students having 80% attendance were allowed to attend the physical tests.

Students Coordinators list -

1. Anugraha.p
2. Agneya.M
3. Aksa
4. Anjali
5. Arya.k.b
6. Hridhya



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7. Veena
8. Theertha
9. Femin
10. Telcy
11. Renjini
12. Sandra.m
13. Arya.m
14. Greeshma
15. Alna Jacob

### List of attachments:

- i) Syllabus - attachment
- ii) Students list - attachment



  
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SL No	Name	Department	Roll.NO	20-04-2020	22-04-2020	24-04-2020	27-04-2020	29-04-2020	01-05-2020	04-05-2020	06-05-2020	08-05-2020	11-05-2020
1	Fathima Asna T A	Home science	VMAUSFC 024	x	X	A	X	X	X	X	X	X	X
2	Haritha Prakash	Statistics	VMAUSST 027	x	A	X	X	X	X	X	X	A	A
3	Niya Saji	Bsc Home science (TFT)	VMAUSHS 002	x	X	X	X	X	X	X	X	X	X
4	SWATHI RAJAGOPAL	Home science	VMAUSFC 009	x	X	X	X	X		A	X	X	X
5	Meera k m	BSC TFT	VMAUSHS 009	x	X	A	X	X	X	X	X	X	X
6	Aiswarya T A	Physics	VMAUSPH 001	x	X	A	A	A	X	X	X	X	X
7	Anu philip	Bsc TFT	VMAUSHS 008	x	X	X	X	X	X	X	X	X	X
8	Ann Mariya K Sunny	Bsc Statistics	VMAUSST 003	x	X	X	X	X	A	X	X	X	X
9	Ranjitha C S	Bsc Mathematics	VMAUSM T026	x	X	X	X	X	X	X	X	X	X



  
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10	Devika Rajesh Menon	Home science	VMAUSFC 022	x	X	X	X	X	X	A	X	X	X
11	Anjali Krishna P S	Bsc. FCS (Home science)	VMAUSFC 016	x	X	A	X	X		A	A	X	X
12	Alna Xavier	Home Science	VMAUSHS 006	x	X	X	X	X	X	X	X	X	X
13	Gopika Ramesh v	BSc Zoology	VMAUSZ 0012	A	X	X	X	X	X	X	X	X	A
14	Parvathy T H	Mathematics	VMAUSM T051	X	X	X	X	X	X	X	X	X	X
15	Mariya Rajan	BSC mathematics	VMAUSM T021	X	A	X	X	X	X	X	X	X	X
16	KAVYALAKS HMI M S	BSc PHYSICS, S2	VMAUSPH 010	x	A	A	X	X	X	A	X	X	
17	Chethana T k	Bsc Statistics	VMAUSST 007	X	X	X	X	X	X	X	X	X	X
18	Aksa Johnson	Mathematics	VMAUSM T02	X	X	X	X	X	X	X	A	A	X
19	Aswathi Sreenivasan	B A MALAYALAM	VMAUAM AR20	X	X	A	X	X	X	X	X	X	X



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20	ANAGHA V	Bsc Zoology	VMAUSZ O002	X	X	A	X	X	X	X	X	X	X
21	NIVA ANAND	Bsc mathematics	VMAUSM T039	X	X	X	X	X	X	A	X	X	X
22	Amritha K A	BSC MATHEMA TICS	VMAUSM T003	X	X	X	A	A	X	X	X	X	X
23	NIVA ANAND	Bsc mathematics	VMAUSM T039	A	A	A	A	A	A	A	X	X	A
24	Maria	Fes	12222	X	A	X	A	A	X	X	X	X	X
25	Aryashree Raghunathan	Commerce	VMABCM 075	X	A	A	A	A	X	A	A	A	X
26	Niranjana Vincent	BSC MATHEMA TICS	VMAUSM T025	A	X	X	A	A	X	A	X	X	A
27	Ann Mary Joseph	Functional English	VMAUAF ER05	A	A	A	X	X	X	X	A	A	A
28	Twinkle Treesa MJ	Physics	VMAUSPH 052	A	A	A	X	X	X	A	X	X	A
29	MANEESHA K RAJESH	Bsc physics	VMAUSPH 040	A	A	A	X	X	X	X	X	X	A
30	Taniya Ann Varghese	Home Science	VMAUSFC 010	X	X	X	X	X	X	X	X	X	X



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31	Farzana Lishad	Psychology	VMAUSPY 011	X	X	X	X	X	X	A	X	X	X
32	BINNA BIJU	BSc PHYSICS	VMAUSPH 036	X	X	X	X	X	X	A	X	X	X
33	HRIDYA S	BSc Physics	VMAUSPH 039	X	X	X	A	A	A	X	X	X	X
34	Kochurani Chacko	Zoology	VMAUSZ OO16	X	X	X	X	X	X	X	X	X	X
35	Meenakshy Anilkumar	Statistics	VMAUSST 013		A	X	X	X	X	X	X	X	
36	Archana MJ	Bsc Botany	VMAUSB O019	X	X	X	X	X	X	A	X	X	X
37	JYOTHIKA K	BSc CHEMISTR Y	VMAUSC HO28	X	X	X	X	X	X	A	A	A	X
38	A C Reshmi Chandeahasan	B S C Computer Science	VMAUSCS 021	X	X	X	X	X	X	X	X	X	X
39	P S ARYA	PHYSICS	VMAUSPH 043	A	X	X	X	X	X	X	X	X	A
40	Meenakshi Laljeev	Bsc chem	VMAUSC H031	X	X	X	X	X	X	X	X	X	X



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41	Ann Mariya Sebastian	BA Functional English	VMAUAF ER22	X	A	X	X	X	X	X	X	X	X
42	NANDANA V R	FUNCTIONAL ENGLISH	VMAUAF ER13		A	A	X	X	X	A	X	X	
43	Maria joju	Home science	4153425	A	X	X	X	X	X	X	X	X	A
44	Eyeleen Anna Geo	Homescience	VMAUSFC 023	X	X	X	X	X	X	X	X	X	X
45	Nayana Thomas	Home science	VMAUSHS 010	X	A	X	X	X	X	X	X	X	X
46	Arya kb	Chemistry	VMAUSC H022	x	A	A	X	X	X	A	X	X	
47	Adhira biju	Ba sociology	VMAUAS YR 19	X	X	X	X	X	X	X	X	X	X
48	Aiswarya Johnson	BA MALAYALAM	VMAUAM AR03	X	X	X	X	X	X	X	A	A	X
49	Aswathy M G	Bsc Computer Science	VMAUSCS 028	X	X	A	X	X	X	X	X	X	X



  
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50	Greeshma. P. G	Bsc Statistics	VMAUSST 026	X	X	A	X	X	X	X	X	X	X
51	Fathimathul marjan. O. P	Bsc. Botany	VMAUSB O020	X	X	X	X	X	X	A	X	X	X
52	Raihana P R	Bsc Mathematics	VMAUSM T040	X	X	X	A	A	X	X	X	X	X
53	Anitta varghese M	BA Malayalam	VMAUAM AR14	A	A	A	A	A	A	A	X	X	A
54	Aiswarya Johnson	BA Malayalam	VMAUAM AR03	X	A	X	A	A	X	X	X	X	X
55	Thulasi. K	BA Functional English	VMAUAF ER17	X	A	A	A	A	X	A	A	A	X
56	ARDRA K S	Mathematics	VMAUSM T011	A	X	X	A	A	X	A	X	X	A
57	Sariga pg	Ba functional English	VMAUAF ER37	A	A	A	X	X	X	X	A	A	A
58	Sona Sony	BA Malayalam	VMAUAM AR42	A	A	A	X	X	X	A	X	X	A
59	Manya k	Bsc Mathematic	VMAUSM T037	A	A	A	X	X	X	X	X	X	A



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60	Sariga pg	Ba functional English	VMAUAF ER37	X	X	X	X	X	X	X	X	X	X
61	Anna Tony M	Functional English	VMAUAF ER24	X	X	X	X	X	X	A	X	X	X
62	Sandra PS	Bsc mathematics	VMAUSM T042	X	X	X	X	X	X	A	X	X	X
63	Sariga pg	Ba functional english	VMAUAF ER37	X	X	X	A	A	A	X	X	X	X
64	Samrin P J	BSC Mathematics	VMAUSM 041	X	X	X	X	X	X	X	X	X	X
65	Agneya m	BA Malayalam	VMAUAM AR01		A	X	X	X	X	X	X	X	
66	AKSA EMI C JOHN	BA FUNCTIONAL ENGLISH	VMAUAF ER19	X	X	X	X	X	X	A	X	X	X
67	Athidi Sajeev	BA Functional English	VMAUAF ER06	X	X	X	X	X	X	A	A	A	X
68	Veena V	BA Sociology	VMAUSY R66	X	X	X	X	X	X	X	X	X	X



  
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69	Chaithanya kn	Bsc chemistry	VMAUSC H023	A	X	X	X	X	X	X	X	X	A
70	Alfa Thomas	Bsc psychology	VMAUSPY 008	X	X	X	X	X	X	X	X	X	X
71	Ann Maria Fijo	English literature	Ann maria fijo	X	A	X	X	X	X	X	X	X	X
72	Renjini R S	BA sociology	888/20		A	A	X	X	X	A	X	X	
73	Sneha CM	BA English	VMAUAE GR14	X	X	X	X	X	X	X	X	X	X
74	Unnimaya C.P	Functional English	VMAUAF ER41	X	X	X	X	X	X	X	A	A	X
75	SREELAKSH MI V. R	BSC PHYSICS	VMAUSPH 022	X	X	A	X	X	X	X	X	X	X
76	Sreedevi T	BCom Regular	VMAUBC M029	X	X	A	X	X	X	X	X	X	X
77	Sreelakshmi.P. B	Chemistry	VMAUSC H013	X	X	X	X	X	X	A	X	X	X
78	Sreelakshmi N.S	Bsc. Mathematics	VMAUSM T047	X	X	X	A	A	X	X	X	X	X



  
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79	Devika VR	BA Functional English	VMAUAF ER08	A	A	A	A	A	A	A	X	X	A
80	VAISHNAVI K A	BSc BOTANY	VMAUSB O032	X	A	X	A	A	X	X	X	X	X
81	DEVIKA. K. R	BSC. MATHEMA TICS	VMAUSM T035	X	A	A	A	A	X	A	A	A	X
82	Gayathri S	BSc Chemistry	VMAUSC H027	A	X	X	X	X	X	X	X	X	A
83	Kristeena p.j	Ba malayalam	VMAUAM AR 29	X	X	X	X	X	X	X	X	X	X
84	FEMIN JACOB	BA Economics	VMAUAE CR36	X	A	X	X	X	X	X	X	X	X
85	Noufeedha O N	Bsc Physics	VMAUSPH 017	x	A	A	X	X	X	A	X	X	
86	Ashli toms	Malayalam	VMAUAM AR19	X	X	X	X	X	X	X	X	X	X
87	VAISHNAVI K A	BSc BOTANY	VMAUSB O032	X	X	X	X	X	X	X	A	A	X
88	Amitha Thomas	BSc Computer Science	VMAUSCS 002	X	X	A	X	X	X	X	X	X	X



  
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89	Angel Thomas	Chemistry	VMAUSC H001	X	X	A	X	X	X	X	X	X	X
90	Smina.K.S	Statistics	VMAUSST 033	X	X	X	X	X	X	A	X	X	X
91	RANJITHA. VR	BA MALAYAL AM	VMAUAM AR35	X	X	X	A	A	X	X	X	X	X
92	Greeshma.P	BA ECONOMI CS	VMAUAE CR38	A	A	A	A	A	A	A	X	X	A
93	Sherin Francis	BOTANY	VMAUSB O028	X	A	X	A	A	X	X	X	X	X
94	Tessa P Sam	Bsc Chemistry	VMAUSC HO43	X	A	A	A	A	X	A	A	A	X
95	Taniya Reji	BA English Language & Literature.	VMAUAE GR15	A	X	X	A	A	X	A	X	X	A
96	Smina.K.S	Statistics	VMAUSST 033	A	A	A	X	X	X	X	A	A	A
97	ARYA.V	Bsc Mathematics	VMAUSM T013	A	A	A	X	X	X	A	X	X	A



  
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98	Taniya Anna Sam	BA English Language And Literature	VMAUAE GR44	A	A	A	X	X	X	X	X	X	A
99	Aiswarya V S	Home science	VMAUSFC 011	X	X	X	X	X	X	X	X	X	X
100	Sruthi Elizabeth Sam	BA English Language and Literature	VMAUAE GR43	X	X	X	X	X	X	A	X	X	X
101	Anagha MC	BA Malayalam	VMAUAM AR10	X	X	X	X	X	X	A	X	X	X
102	Mohsina Ali Mohammed	Psychology	VMAUSPY 017	X	X	X	A	A	A	X	X	X	X
103	Sreethika santhosh	Mathematics	VMAUSM T030	X	X	X	X	X	X	X	X	X	X
104	Sandra p. Shaji	Malayalam	VMAUAM AR36		A	X	X	X	X	X	X	X	
105	Elna jose	BA Sociology	VMAUAS YR37	X	X	X	X	X	X	A	X	X	X
106	Albina Arun	BA English and Literature	VMAUAE GR01	X	X	X	X	X	X	A	A	A	X



  
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107	Aleena Antony	BA ENGLISH LANGUAG E AND LITERATU RE	VMAUAE GR02	X	X	X	X	X	X	X	X	X	X
108	Kavitha R	Commerce (sef)	VMAUBC M086	A	X	X	X	X	X	X	X	X	A
109	Sreepriya. P. S	Commerce (Beom regular )	VMAUBC M032	X	X	X	X	X	X	X	X	X	X
110	Harishma Radhakrishnan	English language and literature	VMAUAE GR06	X	A	X	X	X	X	X	X	X	X
111	Aleena vd	BA malayalam	VMAUAM AR09		A	A	X	X	X	A	X	X	
112	DEVI RAHUL	BA ENGLISH LITERATU RE AND LANGUAG E	VMAUAE GR30	X	X	X	X	X	X	X	X	X	X



  
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113	Mariya lazar	Home science (Bsc Fes)	VMAUSFC 031	X	X	X	X	X	X	X	A	A	X
114	Thamanna Parvin	BA FUNCTIONAL ENGLISH	VMAUAF ER16	X	X	A	X	X	X	X	X	X	X
115	Anagha MC	BA Malayalam	VMAUAM AR10	X	X	A	X	X	X	X	X	X	X
116	Shamla sherin	Zoology	VMAUSZ O018	X	X	X	X	X	X	A	X	X	X
117	Hridya Babu	Commerce	VMAUBC M019	X	X	X	A	A	X	X	X	X	X
118	Archana V U	BA english language and literature	VMAUAE GR46	A	A	A	A	A	A	A	X	X	A
119	Meenakshi cd	Bsc psychology	71968	X	A	X	A	A	X	X	X	X	X
120	Rajitha C K	Bsc. Psychology	S-203/20	X	A	A	A	A	X	A	A	A	X



  
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121	Archana Sudheer	Bsc Mathematics	VMAUSM T010	A	X	X	X	X	X	X	X	X	A
122	Sreejima M S	Bsc Mathematics	VMAUSM T046	X	X	X	X	X	X	X	X	X	X
123	Malavika Suresh	B. A English Literature	VMAUAE GR09	X	A	X	X	X	X	X	X	X	X
124	Theertha Sunil	BA Economics	VMAUAE CR22	x	A	A	X	X	X	A	X	X	
125	Malavika Menon	Bsc psychology	S-214/20	X	X	X	X	X	X	X	X	X	X
126	Sathi T M	Mathematics	VMAUSM T052	X	X	X	X	X	X	X	A	A	X
127	Ardhra C R	BSc Computer Science	VMAUSCS 027	X	X	A	X	X	X	X	X	X	X
128	Aleena v.j	BA sociology	VMAUAS YR23	X	X	A	X	X	X	X	X	X	X
129	ANITTA MARIYA P J	BSC.CHEM ISTRY	VMAUSC H015	X	X	X	X	X	X	A	X	X	X
130	Bhavya Nair P	Mathematics	VMAUSM T049	X	X	X	A	A	X	X	X	X	X



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131	Devika k u	Bsc Computer Science	VMAUSCS 031	A	A	A	A	A	A	A	X	X	A
132	ANN MARIYA JOHN	CHEMISTR Y	VMAUSC H003	X	A	X	A	A	X	X	X	X	X
133	Sona vijish	Malayalam	VMAUAM AR41	X	A	A	A	A	X	A	A	A	X
134	Arathy s Nathan	Ba sociology program	VMAUAS YR28	A	X	X	A	A	X	A	X	X	A
135	Sree Ranjini Satheesan	Commerce	VMAUBC M065	A	A	A	X	X	X	X	A	A	A
136	P W Aleena	Physics Department	VMAUSPH 018	A	A	A	X	X	X	A	X	X	A
137	HarithaEH	BA Malayalam	VMAUAM AR25	A	A	A	X	X	X	X	X	X	A
138	SONAGRACE JOS	Chemistry	VMAUSC HO12	X	X	X	X	X	X	X	X	X	X
139	Seethal ES	Home science	VMAUSHS 011	X	X	X	X	X	X	A	X	X	X
140	Sneha S	Botany	VMAUSB O011	X	X	X	X	X	X	A	X	X	X



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141	Harishma NH	Ba Economics S2	VMAUAE CR39	X	X	X	A	A	A	X	X	X	X
142	Haritha Divakaran	Chemistry	VMAUSC H047	X	X	X	X	X	X	X	X	X	X
143	JEONA JOBY	FUNTIONA L ENGLISH	VMAUAF ER28		A	X	X	X	X	X	X	X	
144	Rineesha	Bsc chemistry	VMAYSC H037	X	X	X	X	X	X	A	X	X	X
145	Anjali M Nair	Bsc Psychology	S-206/20	X	X	X	X	X	X	A	A	A	X
146	APARNA R	Physics	VMAUSPH 032	X	X	X	X	X	X	X	X	X	X
147	Akshaya Joshy	Functional English	VMAUAF ER01	A	X	X	X	X	X	X	X	X	A
148	Anjali Anil	B A English language and literature	VMAUAE GR21	X	X	X	X	X	X	X	X	X	X



  
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149	Sooryabala.G	S2 BA English Language and Literature	VMAUAE GR47	X	A	X	X	X	X	X	X	X	X
150	HARIPRIYA K	BCOM (REGULAR )	VMAUBC M052		A	A	X	X	X	A	X	X	
151	ANJANA R	Physics	VMAUSPH 030	X	X	X	X	X	X	X	X	X	X
152	Arathi. c. k	Mathematics	VMAUSM T009	X	X	X	X	X	X	X	A	A	X
153	SONA SABU	Mathematics	VMAUSM T045	X	X	A	X	X	X	X	X	X	X
154	Bhavya MR	Ba Functional English	VMAUAF ER07	X	X	A	X	X	X	X	X	X	X
155	SEETHAL TT	Bsc Home Science (Textile And Fashion Technology)	VMAUSHS 012	X	X	X	X	X	X	A	X	X	X



  
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156	ANAGHA. K. U	BA ENGLISH LANGUAGE AND LITERATURE	VMAUAE GR18	X	X	X	A	A	X	X	X	X	X
157	RITZY WILSON	BCOM REGULAR	VMAUBC M025	A	X	X	X	X	X	X	X	X	A
158	Niya Joseph	BSC computer	VMAUSCS 037	X	X	X	X	X	X	X	X	X	X
159	Muhsina Jafar	Bsc Fcs Home Science	VMAUSFC 033	X	A	X	X	X	X	X	X	X	X
160	SEETHAL TT	BSc Home Science (Textile And Fashion Technology)	VMAUSHS 012	x	A	A	X	X	X	A	X	X	
161	Liya Raju	Bcom Regular	VMAUBC M020	X	X	X	X	X	X	X	X	X	X
162	NAVYA.P.R	BA. Functional English	VMAUAF ER14	X	X	X	X	X	X	X	A	A	X



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163	RITZY WILSON	BCOM REGULAR	VMAUBC M025	X	X	A	X	X	X	X	X	X	X
164	Hanie Fathima	Mathematics Department	VMAUSM T019	X	X	A	X	X	X	X	X	X	X
165	Jisma C A	Home Science.	VMAUSFC 026	X	X	X	X	X	X	A	X	X	X
166	Neethu george	Bsc.mathematics	VMAUSM T038	X	X	X	A	A	X	X	X	X	X
167	Anagha.M.A	Bsc mathematics	VMAUSM T033	A	A	A	A	A	A	A	X	X	A
168	ANAMIGA.M. A	BSC CHEMISTRY	VMAUSC H014	X	A	X	A	A	X	X	X	X	X
169	Aleena Raphy	BA. Malayalam	VMAUAM AR08	X	A	A	A	A	X	A	A	A	X
170	Ahalya V	Physics	VMAUSPH 026	A	X	X	A	A	X	A	X	X	A
171	ARCHANA KK	BSc Botany	VMAUSB O018	A	A	A	X	X	X	X	A	A	A
172	Ardhra Ullas	Bsc Statistics	VMAUSST 039	A	A	A	X	X	X	A	X	X	A
173	Ashtami Harinarayanan	Commerce (sf)	VMAUBC M076	A	A	A	X	X	X	X	X	X	A



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174	Jubiya Jacob	BA ENGLISH LANGUAGE AND LITERATURE	VMAUAE GR08	X	X	X	X	X	X	X	X	X	X
175	Aparna balachandran	Physics	Vmausph031	X	X	X	X	X	X	A	X	X	X
176	Aneena Jobi.	BA English Language & Literature.	VMAUAE GR03	X	X	X	X	X	X	A	X	X	X
177	Deepthi v.s	Vimala college autonomous	VMAUAF ER25	X	X	X	A	A	A	X	X	X	X
178	P S Varsha	Commerce (Self)	VMAUBC M089	X	X	X	X	X	X	X	X	X	X
179	Alphine Rajesh	BA English Language and Literature	VMAUAE GR17		A	X	X	X	X	X	X	X	
180	Rinu E R	Commerce B.com(SF)	VMAUBC M128	X	X	X	X	X	X	A	X	X	X



  
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## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

181	ANGEL CICILY ELUVATHING AL	ENGLISH LANGUAG E AND LITERATU RE	VMAUAE GR20	X	X	X	X	X	X	A	A	A	X
182	Ardhra C R	BSc Computer Science	VMAUSCS 027	X	X	X	X	X	X	X	X	X	X
183	Ardhra C R	BSc Computer Science	VMAUSCS 027	A	X	X	X	X	X	X	X	X	A
184	Dhilna C B	Bcom SF S2	VMAUBC M114	X	X	X	X	X	X	X	X	X	X
185	Athira S	Bcom self	VMAUBC M112	X	A	X	X	X	X	X	X	X	X
186	Aswathy M G	Bsc Computer Science	VMAUSCS 028		A	A	X	X	X	A	X	X	
187	Blessy Jomy	BA English Literature	VMAVAE GR27	X	X	X	X	X	X	X	X	X	X
188	Shima shaju	Bsc botany	VMAUSB O029	X	X	X	X	X	X	X	A	A	X



  
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189	Aiswarya Ajith	Commerce department	VMAUBC M002	X	X	A	X	X	X	X	X	X	X
190	Saritha S	BA Malayalam	VMAUAM AR38	X	X	A	X	X	X	X	X	X	X
191	Akshaya pd	BA MALAYALAM	VMAUAM AR06	X	X	X	X	X	X	A	X	X	X
192	Gloriya Davis	Bsc. STATISTIC S	VMAUSST 041	X	X	X	A	A	X	X	X	X	X
193	PALLAVI PEETHAMBARAN	HOME SCIENCE	VMAUSHS 003	A	A	A	A	A	A	A	X	X	A
194	Godsee Mejo	BA English language and literature	VMAUAE GR04	X	A	X	A	A	X	X	X	X	X
195	Jomol George	Bsc Physics	VMAUSPH OO9	X	A	A	A	A	X	A	A	A	X
196	Anna Alna Jakkab	Bsc Mathematics	VMAUSM T007	A	X	X	X	X	X	X	X	X	A
197	Neenu T S	Bsc psychology	VMAUSPY 006	X	X	X	X	X	X	X	X	X	X



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198	Minnu thomas	Bsc computer science	VMAUSCS 036	X	A	X	X	X	X	X	X	X	X
199	M S Krishnaveni	Bsc Mathematics	VMAUSM T036	x	A	A	X	X	X	A	X	X	
200	ANUSREYA ELIAS	English Literature.	VMAUAE GR24	X	X	X	X	X	X	X	X	X	X
201	Fathimathul marjan. O. P	Bsc. Botany	VMAUSB O020	X	X	X	X	X	X	X	A	A	X
202	Annet Rose S	BSC MATHEMATICS	VMAUSM T008	X	X	A	X	X	X	X	X	X	X
203	Teley Anitt Benny	B com self financing	VMAUBC M137	X	X	A	X	X	X	X	X	X	X
204	SNEHA SHAJU	BSC BOTANY	VMUGBO 12	X	X	X	X	X	X	A	X	X	X
205	SERIN.C.J	STATISTIC S	7188310	X	X	X	A	A	X	X	X	X	X
206	Nandhana.c.s	Bsc.Mathematics	VMAUSM T023	A	A	A	A	A	A	A	X	X	A
207	MALAVIKA P V	BSc BOTANY	VAMSBO0 23	X	A	X	A	A	X	X	X	X	X



  
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208	Ancy E A	Bsc computer science	VMAUSCS 003	X	A	A	A	A	X	A	A	A	X
209	Rose Mary Joy	BA Economics	VMAUAE CR54	A	X	X	A	A	X	A	X	X	A
210	Jasheena J	B.Com (SF)	VMAUBC M083	A	A	A	X	X	X	X	A	A	A
211	Mariya Therese C Lalson	Functional English	15604896	A	A	A	X	X	X	A	X	X	A
212	Shilja os	BA ENGLISH LANGUAGE AND LITERATURE	VMAUAE GR41	A	A	A	X	X	X	X	X	X	A
213	Aavani G.J	Bsc computer science	VMAUSCS 22	X	X	X	X	X	X	X	X	X	X
214	GAYATHRI S NAIR	COMMERC E(SF)	VMAUBC M116	X	X	X	X	X	X	A	X	X	X
215	Gayathri S	BSc Chemistry	VMAUSC H027	X	X	X	X	X	X	A	X	X	X



  
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216	Sona John	English	VMAUAE GR42	X	X	X	A	A	A	X	X	X	X
217	Sona K J	Bsc Botany	VMAUSB O030	X	X	X	X	X	X	X	X	X	X
218	Sneha P X	Bsc botany	VMAUSB O010		A	X	X	X	X	X	X	X	
219	Aneetta Vijayan	Commerce Department	VMAUBC M103	X	X	X	X	X	X	A	X	X	X
220	Athira M R	Commerce self	VMAUBC M111	X	X	X	X	X	X	A	A	A	X
221	Joicy.K.Babu	Bsc.Computer science	VMAUSCS 013	X	X	X	X	X	X	X	X	X	X
222	Anjali Pradeep	S2 Bsc Computer science	VMAUSCS 004	A	X	X	X	X	X	X	X	X	A
223	Nandana Ashok kumar	Bcom self finance	VMAUBC M125	X	X	X	X	X	X	X	X	X	X
224	Anu Shaju	Physics	VMAUSPH 003	X	A	X	X	X	X	X	X	X	X
225	Aleena Raphy	English And Literature	VMAUAE GR16		A	A	X	X	X	A	X	X	
226	EVLIN ROSE	BSC.CHEMISTRY	VMAUSC H025	X	X	X	X	X	X	X	X	X	X



  
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227	Malavika T M	BA Malayalam	VMAUAM AR30	X	X	X	X	X	X	X	A	A	X
228	Akhila Krishnakumar	Computer science	VMAUSCS 023	X	X	A	X	X	X	X	X	X	X
229	Varsha Lakshmi M	Functional English	VMAUAF ER18	X	X	A	X	X	X	X	X	X	X
230	Thamanna Parvin	BA FUNCTIONAL ENGLISH	VMAUAF ER16	X	X	X	X	X	X	A	X	X	X
231	Anjali nazrin	Mathematics	VMAUSM T002	X	X	X	A	A	X	X	X	X	X
232	Aleena A S	Bsc.statistics	VMAUSST 01	A	A	A	A	A	A	A	X	X	A
233	Jasmin Robert	commerce department . b. com(sf)	VMAUBC M084	X	A	X	A	A	X	X	X	X	X
234	GADHA.K.B	BSc Psychology	VMAUSPY 012	X	A	A	A	A	X	A	A	A	X
235	Mikhiya	Home science	VMAUSFC 005	A	X	X	X	X	X	X	X	X	A
236	Mikhiya	Home science	VMAUSFC 005	X	X	X	X	X	X	X	X	X	X



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237	Anchana S Nair	Commerce	VMAUBC M005	X	A	X	X	X	X	X	X	X	X
238	Manjima A S	Ba English language and literature	VMAUAE GR33	x	A	A	X	X	X	A	X	X	
239	Nithya Sreeram	Psychology	VMAUSPY 018	X	X	X	X	X	X	X	X	X	X
240	Aadhrika Subrah T	Botany	VMAUBO 001	X	X	X	X	X	X	X	A	A	X
241	Sandra.m	Chemistry	VMAUSC HO38	X	X	A	X	X	X	X	X	X	X
242	Lena Lixon	BSC botany	VMAUSB O022	X	X	A	X	X	X	X	X	X	X
243	Nikitha Renjit	Bsc Statistics	VMAUSST 014	X	X	X	X	X	X	A	X	X	X
244	Sandra.m	Chemistry	VMAUSC HO38	X	X	X	A	A	X	X	X	X	X
245	Shaly Davis	Functional English	VMAUAF ER38	A	A	A	A	A	A	A	X	X	A
246	Smrithy sivathasan kalathil	Bcom sf	VMAUBC M131	X	A	X	A	A	X	X	X	X	X



  
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247	Neha wilson	English	VMAUAE GR39	X	A	A	A	A	X	A	A	A	X
248	Rosana Mary Jain	English Literature	185/20	A	X	X	A	A	X	A	X	X	A
249	APARNA K S	BA LANGUAGE AND LITERATURE	VMAUAE GR25	A	A	A	X	X	X	X	A	A	A
250	Izabel Joseph	Bsc Mathematics	VMAUSM T050	A	A	A	X	X	X	A	X	X	A
251	Sahla K M	BSc Mathematics	VMAUSM T027	A	A	A	X	X	X	X	X	X	A
252	Krishnapriya A P	Statistics	VMAUSST 011	X	X	X	X	X	X	X	X	X	X
253	Aiswarya M R	Bsc Mathematics	VMAUSM T001	X	X	X	X	X	X	A	X	X	X
254	Stefy Jestine	Bsc psychology	VMAUSPY 021	X	X	X	X	X	X	A	X	X	X
255	Jaima shaju	B A Economics	VMAUAE CR41	X	X	X	A	A	A	X	X	X	X



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256	Thulasi. K	BA Functional English	VMAUAF ER17	X	X	X	X	X	X	X	X	X	X
257	Sreelakshmi j b	Physcis	VMAUSPH 021		A	X	X	X	X	X	X	X	
258	Amitha Asharaf	Bsc psychology	VMAUSPY 001	X	X	X	X	X	X	A	X	X	X
259	Amala P Chungath	BSc Physics	VMAUSPH 027	X	X	X	X	X	X	A	A	A	X
260	Treesa Rajesh	Bsc zoology	VMASZO0 33	X	X	X	X	X	X	X	X	X	X
261	Rosmi Thomas	Functional English	VMAUFER 47	A	X	X	X	X	X	X	X	X	A
262	Fabi Franciss	PHYSICS	VMAUSPH Y035	X	X	X	X	X	X	X	X	X	X
263	Rizwana R H	Home science	VMAUSFC 007	X	A	X	X	X	X	X	X	X	X
264	Anjana C R	Bsc fcs	VMAUSFC 001		A	A	X	X	X	A	X	X	
265	Apama George	Bsc Tft	Vmaushs01 4	X	X	X	X	X	X	X	X	X	X
266	Sreelakshmi j b	Physcis	VMAUSPH 021	X	X	X	X	X	X	X	A	A	X



  
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267	Sameera T S	Home science	VMAUSFC 0409	X	X	A	X	X	X	X	X	X	X
268	Deepa PV	Physics	VMAUSPH 007	X	X	A	X	X	X	X	X	X	X
269	Neeraja C R	Physics	VMAUSPH 016	X	X	X	X	X	X	A	X	X	X
270	Deepa PV	Physics	VMAUSPH 007	X	X	X	A	A	X	X	X	X	X
271	Ameesha Unnikrishnan	Bsc statistics	VMAUSST 038	A	A	A	A	A	A	A	X	X	A
272	Aleena Ouseph A	BSc Statistics	VMAUSST 022	X	A	X	A	A	X	X	X	X	X
273	Sinta jose k	Home science	VMAUSFC 041	X	A	A	A	A	X	A	A	A	X
274	Nadiya Nezhin	Department of Homescience Bsc.Family and Community Science	VMAUSFC 034	A	X	X	X	X	X	X	X	X	A



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275	Irene Vincent	BA functional english	VMAUFER 46	X	X	X	X	X	X	X	X	X	X
276	Aditi K P	Zoology	VMAUSZ O022	X	A	X	X	X	X	X	X	X	X
277	Aneesha AV	BA functional English	VMAUAF ER02	x	A	A	X	X	X	A	X	X	
278	HARSHA RAVINDRAN	BSC PSYCHOL OGY	VMAUSPY S 005	X	X	X	X	X	X	X	X	X	X
279	Aswathi.T.A	Physics	VMAUSPH 005	X	X	X	X	X	X	X	A	A	X
280	Anjalafarha K	Bsc Mathematics	VMAUSM T034	X	X	A	X	X	X	X	X	X	X
281	Aleesha Jiji	BSc Zoology	541/20	X	X	A	X	X	X	X	X	X	X
282	Aparna balachandran	Physics	VMAUSPH 031	X	X	X	X	X	X	A	X	X	X
283	Aswathy M G	BSc Computer Science S2	VMAUSCS 028	X	X	X	A	A	X	X	X	X	X
284	Vishnupriya kk	Psychology	S-223/20	A	A	A	A	A	A	A	X	X	A



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285	Merin James	Home science	VMAUSFC 032	X	A	X	A	A	X	X	X	X	X
286	Aneesha A.A	Bsc textile and fashion technology	VMAUSHS 001	X	A	A	A	A	X	A	A	A	X
287	AMALU SURESH	HOME SCIENCE	VMAUSFC 15	A	X	X	A	A	X	A	X	X	A
288	SANTHI MARIA MARTIN	Physics	VMAUSPH Y046	A	A	A	X	X	X	X	A	A	A
289	Anugraha.p	BA sociology	VMAUAS YR27	A	A	A	X	X	X	A	X	X	A
290	Ann maria fijo	English literature	VMAUAE GR23	A	A	A	X	X	X	X	X	X	A
291	Malavika T S	Home science	VMAUSFC 030	X	X	X	X	X	X	X	X	X	X
292	Aneena Titus	Home science	VMAUSHS 007	X	X	X	X	X	X	A	X	X	X
293	Aneeshma.A.K	BA English language and literature	VMAUAE GR19	X	X	X	X	X	X	A	X	X	X



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294	Gilga T S	Zoology	VMAUSZ O011	X	X	X	A	A	A	X	X	X	X
295	ALEENA E R EDAKKALAT HUR	BA MALAYAL AM	VMAUAM AR02	X	X	X	X	X	X	X	X	X	X
296	Niya Saji	Bsc Homescienc e (TFT)	VMAUSHS 002		A	X	X	X	X	X	X	X	
297	Athira A A	Bsc Psychology	VMAUSPY 003	X	X	X	X	X	X	A	X	X	X
298	Aleena M B	Home science	VMAUSH0 05	X	X	X	X	X	X	A	A	A	X
299	ARDRA BABU M	BSC PHYSICS	VMAUSPH 033	X	X	X	X	X	X	X	X	X	X
300	Gift Varghese	BSc Physics	VMAUSPH 038	A	X	X	X	X	X	X	X	X	A
301	Aleena Babu	Bsc. Textiles and Fashion Technology	VMAUSHS 004	X	X	X	X	X	X	X	X	X	X
302	Neha M K	Home Science	VMAUSFC 006	X	A	X	X	X	X	X	X	X	X
303	Neenu cj	Economics	VMAUAE CR13		A	A	X	X	X	A	X	X	



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304	Alna EF	Bsc FCS	160/20	X	X	X	X	X	X	X	X	X	X
305	Sahala Basheer	Bsc Family and community science	631/20	X	X	X	X	X	X	X	A	A	X
306	ALEENA E R EDAKKALAT HUR	Ba Malayalam	VMAUAM AR07	X	X	A	X	X	X	X	X	X	X
307	Rose Mariya C.F	Home science, Bsc.FCS	VMAUSFC 008	X	X	A	X	X	X	X	X	X	X
308	Parvathy Thondattil	Bsc Psychology	VMAUSPY 019	X	X	X	X	X	X	A	X	X	X
309	Unnimaya C.P	Functional English	VMAUAF ER41	X	X	X	A	A	X	X	X	X	X
310	Anjaly Panicker	Bsc Mathematics	VMAUSM T005	A	A	A	A	A	A	A	X	X	A
311	Sivapriya Babu	BA Malayalam	VMAUAM AR40	X	A	X	A	A	X	X	X	X	X
312	ASWATHY LOFY RAJ	Bsc.Physics	VMAUSPH 034	X	A	A	A	A	X	A	A	A	X
313	Nayanthara	English	VMAUAE GR37	A	X	X	X	X	X	X	X	X	A



  
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314	ARCHANA THOMAS P	BA ENGLISH LANGUAGE AND LITERATURE	VMAUAE GR26	X	X	X	X	X	X	X	X	X	X
315	Sona wilson	Mathematics	VMAUSM T029	X	A	X	X	X	X	X	X	X	X
316	Sneha Sunny	Bsc mathematics	VMAUSM T044	x	A	A	X	X	X	A	X	X	
317	Megha Balachandran	BA Malayalam	VMAUAM AR32	X	X	X	X	X	X	X	X	X	X
318	Alveena v j	Bsc zoology	VMAUSZ O023	X	X	X	X	X	X	X	A	A	X
319	PARVATHY MADHAV T	Bsc Chemistry	VMAUSC H035	X	X	A	X	X	X	X	X	X	X
320	Sameera T S	Home science	VMAUSFC 040	X	X	A	X	X	X	X	X	X	X
321	Devika M J	Mathematics	VMAUSM T017	X	X	X	X	X	X	A	X	X	X
322	Ayesha A J	Home Science(F.C. S)	VMAUSFC 21	X	X	X	A	A	X	X	X	X	X



  
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323	Thanima j chandran	BA Malayalam	VMAUAM AR45	A	A	A	A	A	A	A	X	X	A
324	Swathy Mohan	Textiles and Fashion Technology (Home science)	VMAUSHS 013	X	A	X	A	A	X	X	X	X	X
325	Naveena Anto C	BSc Mathematics	VMAUSM T024	X	A	A	A	A	X	A	A	A	X
326	Swathi Rajagopal	Home science	VMAUSFC 009	A	X	X	A	A	X	A	X	X	A
327	Irene Vincent	BA functional english	VMAUFER 46	A	A	A	X	X	X	X	A	A	A
328	Sangeetha p	Bsc physics	VMAUSPH O45	A	A	A	X	X	X	A	X	X	A
329	Gayathri k h	B A functional english	VMAUAF ER9	A	A	A	X	X	X	X	X	X	A
330	Veena p.v	Ba functional English	VMAUAF ER49	X	X	X	X	X	X	X	X	X	X



  
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331	Meenakshy jeeson	BA Malayalam	VMAUAM AR31	X	X	X	X	X	X	A	X	X	X
332	Sivakami ak	Ba functional english	VMAUAF ER48	X	X	X	X	X	X	A	X	X	X
333	Arshidha E.M	Home science (BSC FCS)	VMAUSFC 019	X	X	X	A	A	A	X	X	X	X
334	Samrin P J	Mathematics	VMAUSM T041	X	X	X	X	X	X	X	X	X	X
335	Athulya A A	Physics	VMAUSPH 050		A	X	X	X	X	X	X	X	
336	Devika S Menon	Chemistry	VMAUSC H024	X	X	X	X	X	X	A	X	X	X
337	LAKSHMINA NDA.E.R	Physics	VMAUSPH 012	X	X	X	X	X	X	A	A	A	X
338	Rhethunanda VP	BA English language and literature	VMAUAE GR40	X	X	X	X	X	X	X	X	X	X
339	Lakshmi Pradeepkumar	Bsc physics	VMAUSPH 011	A	X	X	X	X	X	X	X	X	A



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340	Farsaana K	Statistics	VMAUSST 009	X	X	X	X	X	X	X	X	X	X
341	Anupama K Shaji	Computer Science	VMAUSCS 005	X	A	X	X	X	X	X	X	X	X
342	PARVATHY MADHAV T	Bsc Chemistry	VMAUSC H035		A	A	X	X	X	A	X	X	
343	Aneetta John	BA Malayalam	VMAUAM AR13	X	X	X	X	X	X	X	X	X	X
344	Anupama K Shaji	Computer Science	VMAUSCS 005	X	X	X	X	X	X	X	A	A	X
345	Christy Sebastain	Bsc Computer science	VMAUSCS 008	X	X	A	X	X	X	X	X	X	X
346	Arya T k	BA malayalam	VMAUAM AR 18	X	X	A	X	X	X	X	X	X	X
347	Aghila k	Bsc botony	VMAUSB O015	X	X	X	X	X	X	A	X	X	X
348	Ann Mariya Joy	Home science(Bsc- FCS)	VMAUSEFC O17	X	X	X	A	A	X	X	X	X	X
349	Blaseena CB	Bsc statistics	VMAUSST 040	A	A	A	A	A	A	A	X	X	A



  
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350	Carmel Mary Vadakkethala	English	VMAUAE GR28	X	A	X	A	A	X	X	X	X	X
351	Devika VR	BA functional English	VMAUAF ER08	X	A	A	A	A	X	A	A	A	X
352	Jineesha Krishna MU	BA Economics	VAMAUA ECR42	A	X	X	X	X	X	X	X	X	A
353	ANJANA S NAIR	ENGLISH LANGUAGE AND LITERATURE	VMUAUE GR22	X	X	X	X	X	X	X	X	X	X
354	ANJANA LAKSHMI V. S	BSC. PHYSICS	VMAUSPH 029	X	A	X	X	X	X	X	X	X	X
355	Binshy Lilly MS	Computer science	VMAUSCS 029	x	A	A	X	X	X	A	X	X	
356	Keerthana K V	BA Economics	VMAUAE CR46	X	X	X	X	X	X	X	X	X	X
357	Aavani G.J	Bsc computer science	VMAUSCS 022	X	X	X	X	X	X	X	A	A	X



  
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358	Nandana Mohan M	BA Functional English	VMAUAF ER12	X	X	A	X	X	X	X	X	X	X
359	Vishnupriya kk	Psychology	S-223/20	X	X	A	X	X	X	X	X	X	X
360	Shini jiju	BA malayalam	VMAUAM AR 39	X	X	X	X	X	X	A	X	X	X
361	MARIYA KURIYAN	BA ENGLISH LANGUAGE AND LITERATURE	VMAUAE GR34	X	X	X	A	A	X	X	X	X	X
362	Swathy S	Physics	VMAUSPH 025	A	A	A	A	A	A	A	X	X	A
363	Rida	Home science	VMAUSFC C038	X	A	X	A	A	X	X	X	X	X
364	Anagha Anilkumar	Bsc physics	VMAUSPH 028	X	A	A	A	A	X	A	A	A	X
365	Navaneetha.H	Physics	VMAUSPH 041	A	X	X	A	A	X	A	X	X	A
366	Sareena Rappai	Bsc statistics	VMAUSST 015	A	A	A	X	X	X	X	A	A	A



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367	An Maria sunny	Statistics	VMAUSST 023	A	A	A	X	X	X	A	X	X	A
368	Aleena Johnson	Bsc Statistics	VMAUSST 037	A	A	A	X	X	X	X	X	X	A
369	Reen Mariya M L	Bsc physics	VMAUSPH 019	X	X	X	X	X	X	X	X	X	X
370	Athulya Prasannan	Physics	VMAUSPH 006	X	X	X	X	X	X	A	X	X	X
371	Nadiya.K	Physics	VMAUSPH 015	X	X	X	X	X	X	A	X	X	X
372	Vinusha Sankar T	Psychology	VMAUSPY 022	X	X	X	A	A	A	X	X	X	X
373	Anjana K.S	Psychology Department	VMAUSPY 010	X	X	X	X	X	X	X	X	X	X
374	Jacqueline Kennady	English	VMAUAE GR31		A	X	X	X	X	X	X	X	
375	Shharma.m	BA SOCIOLOGY	VMAUAS YR59	X	X	X	X	X	X	A	X	X	X
376	Jwala Jose	Bsc FCS	VMAUSFC 028	X	X	X	X	X	X	A	A	A	X
377	Nereparambil Soniya Varkey	Bsc Psychology	7196117	X	X	X	X	X	X	X	X	X	X



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378	Francine Mary P M	Home Science	VMAUSFC 025	A	X	X	X	X	X	X	X	X	A
379	Megha TJ	Functional English	VMAUAF ER31	X	X	X	X	X	X	X	X	X	X
380	Carmel Mary Vadakkethala	English language and literature	VMAUAE GR28	X	A	X	X	X	X	X	X	X	X
381	Niranjana S	Economics	VMAUAE CR51		A	A	X	X	X	A	X	X	
382	Irene Vincent	BA functional english	VMAUFER 46	X	X	X	X	X	X	X	X	X	X
383	Anjana c.m	BA. Malayalam	VMAUAM AR15	X	X	X	X	X	X	X	A	A	X
384	Aneena Titusa	Home Science	VMAUSHS 007	X	X	A	X	X	X	X	X	X	X
385	Gladis p. Joby	Bsc psychology	S-207/20	X	X	A	X	X	X	X	X	X	X
386	Aswathy k s	Bsc psychology	S-220/20	X	X	X	X	X	X	A	X	X	X
387	NANDHANA K R	HOME SCIENCE	VMAUSFC 035	X	X	X	A	A	X	X	X	X	X



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388	Anjali KP	Bsc Chemistry	VMAUSC H002	A	A	A	A	A	A	A	X	X	A
389	Cicina Mariya cicil	Home science	VMAUSFC 002	X	A	X	A	A	X	X	X	X	X
390	GOPIKA TR	BA English language and literature	186/20 VMAUAE GR05	X	A	A	A	A	X	A	A	A	X
391	ROSE MARIYA	BSC PHYSICS	VMAUSPH 020	A	X	X	X	X	X	X	X	X	A
392	Bhavya MR	Ba Functional English	VMAUAF ER07	X	X	X	X	X	X	X	X	X	X
393	Lisona Robin	BA English literature	VMAUEG R32	X	A	X	X	X	X	X	X	X	X
394	Midhuna. P	Psychology	S-219/20	x	A	A	X	X	X	A	X	X	
395	Atheena kurian A	Physics	35	X	X	X	X	X	X	X	X	X	X
396	Muhsina Jafar	Bsc Fcs Home Science	VMAUSFC 033	X	X	X	X	X	X	X	A	A	X
397	Vyshna p s	Physics	VMAUSPH O49	X	X	A	X	X	X	X	X	X	X



  
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398	HELEN ELIZABETH GEORGE	ENGLISH DEPARTM ENT	VMAUAE GR07	X	X	A	X	X	X	X	X	X	X
399	Sruthi P	BSc Physics	VMAUSPH Y48	X	X	X	X	X	X	A	X	X	X
400	Greeshma. M	Bcom Finance (regular )	VMAUBC M016	X	X	X	A	A	X	X	X	X	X
401	Kripa Jose	Bsc psychology	S-211/20	A	A	A	A	A	A	A	X	X	A
402	Amrutha Gopinath M	Commerce	VMAUBC M004	X	A	X	A	A	X	X	X	X	X
403	RENINJI R S	BA SOCIOLOG Y	VMAUAS YR57	X	A	A	A	A	X	A	A	A	X
404	Ann Rose George	B. A Malayalam	VMAUAM AR16	A	X	X	A	A	X	A	X	X	A
405	YUBINA Y	BA SOCIOLOG Y	VMAUAS YR68	A	A	A	X	X	X	X	A	A	A
406	Mili Johnson K	BA Functional English	VMAUAF ER32	A	A	A	X	X	X	A	X	X	A



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407	Rena Fathima	BA SOCIOLOGY	VMAUAS YR56	A	A	A	X	X	X	X	X	X	A
408	Akshaya Nair	Home Science	VMAUSFC 013	X	X	X	X	X	X	X	X	X	X
409	Nandana pn	BA English and literature	VMAUAE GR35	X	X	X	X	X	X	A	X	X	X
410	Neha Antony Akkara	BA English Language and Literature	VMAUAE GR39	X	X	X	X	X	X	A	X	X	X
411	Rosmi Thomas	Functional English	VMAUFER 47	X	X	X	A	A	A	X	X	X	X
412	Theertha	B.com (finance)	VMAUBC M069	X	X	X	X	X	X	X	X	X	X
413	Nida Abbas	Physics	VMAUSPH O42		A	X	X	X	X	X	X	X	
414	Apama George	Bsc Tft	Vmaushs01 4	X	X	X	X	X	X	A	X	X	X



  
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