

Vimala College (Autonomous)

Thrissur



VIMALARASMI
2019-2020

Vimalarasmi
2019-2020



Mistral





Vision

We envision the total transformation
of young women for their
enrichment and of the society
at large and the nation as a whole.

Mission

We dedicate ourselves to the mission of training
women for academic excellence,
development of skills and character formation
based on the love of God and
the service to the society and the country.

Motto

VERITAS ET AMOR
"Truth and Love"
Truth sought and lived in love.



"Behold the handmaid of the Lord; let it be to me according to your word.... My soul proclaims the greatness of the Lord; my spirit rejoices in God my savior. For he has looked upon his handmaid's lowliness; behold, from now on will all ages call me blessed."

Our Divine Mentors



ST. CHAVARA KURIAKOSE ELIAS

*"Let there be no day in your life
in which you did no good to others."*

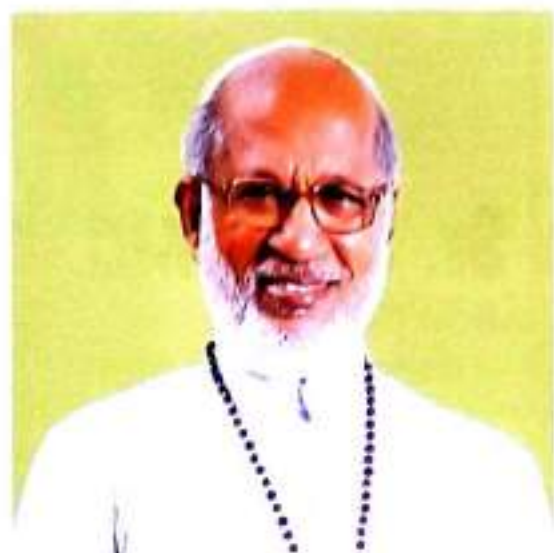


ST. EUPHRASIA ELUVATHINGAL

*"What are we doing in this world
and why are we here, if not to contribute
to the well being of our neighbours."*



HIS HOLINESS
POPE FRANCIS



I am very glad to understand that Vimala College is publishing a magazine titled "Vimala Rasmi". It is a great opportunity before students to explore, to prove and to realize who they are and what they can be. Education is culturing of a person. Supreme aim of education is the integral growth of the student. It helps 'to bring out' the potentialities of the individuals in a dynamic and systematic way so that the good of all is fulfilled. Vimala College may become a centre of integral education. I am sure there is still enormous potential for this Institution to scale newer heights. I take this opportunity to congratulate you for the excellence achieved by its students and wish every best for its continuing success. May I extend my Hearty Congratulations to one and all for their heartfelt effort and teamwork in fulfilling this admirable attempt!

Invoking God's Blessings,

Mar Andrews Thazhath

Mar Andrews Thazhath
Metropolitan Archbishop of Trichur

**Statement and Ownership & Particulars of Vimala Rasmi 2019
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I Sr. Dr. Beena Jose hereby declare that the particulars given above
 are true to the best of my knowledge and belief.

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Sd/-

Sr. Dr. Beena Jose
 Vimala College, Thrissur

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Blossoms bloom in salubrious spring !

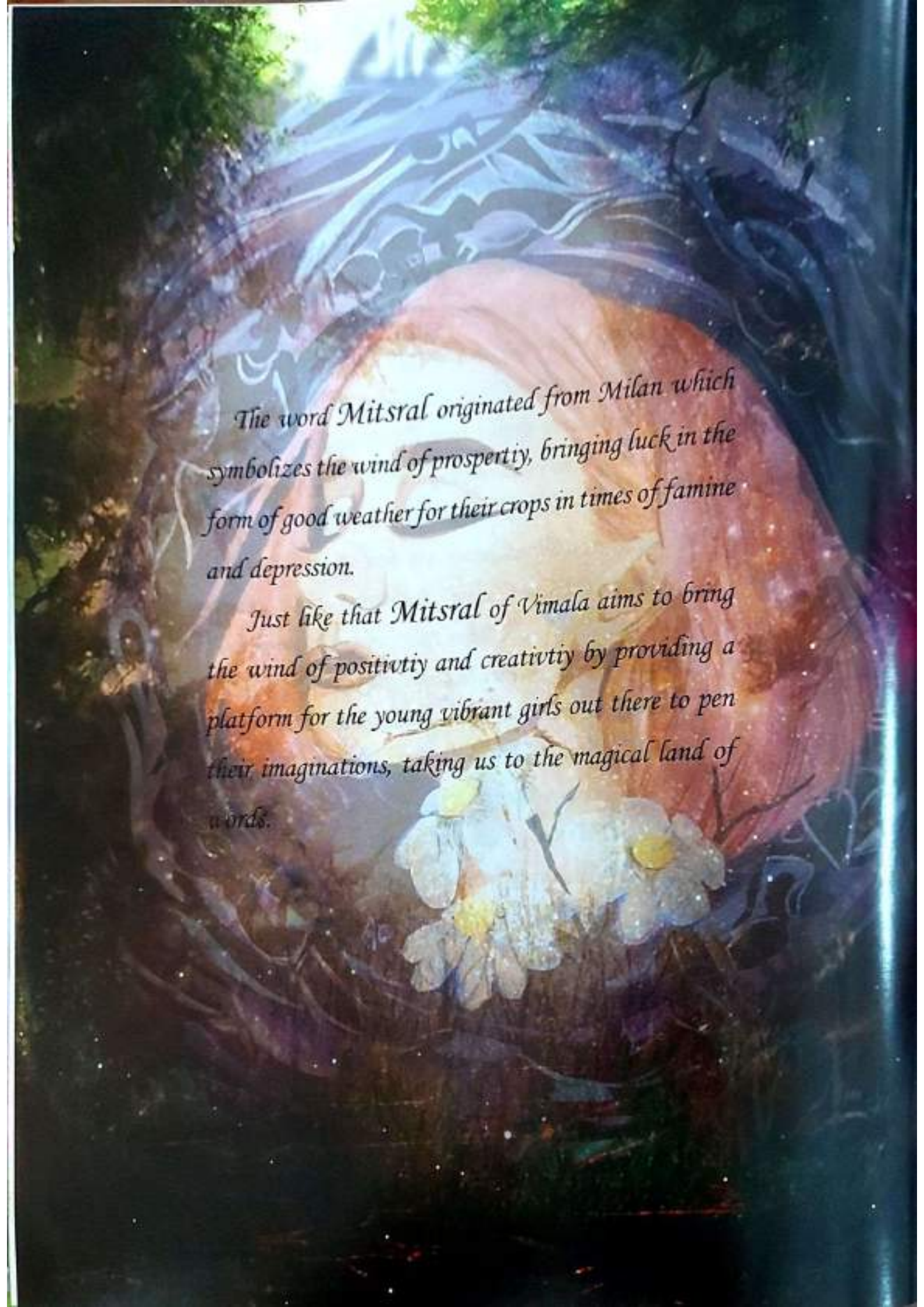
The young and vibrant artists of Vimala College (Autonomous) have for decades been instrumental in enhancing the potential reservoirs of this learning abode with their creative impulses. Their energy and enthusiasm to explore, engage and exhibit their insights on all things great and small create infinite ripples to make the entire campus lively and dynamic. The exuberance of our young office bearers, namely, the college union, along with the student editor Sanjana Sajan, has helped garner the best of endeavours that have enhanced life in these challenging times through noble thoughts and deeds. Thus, the ripples of kindness have touched many hearts, in tiny but sure steps inspite of the Covid-19 Pandemic and its myriad repercussions. As the saying goes,

*Thoughtful little deeds,
Done in loving ways,
Tell more of care and kindness,
Than any other words would ever say...*

The magazine committee of Vimala College (Autonomous) proudly presents Mistral - a bouquet of the choicest thoughts and words blooming from the young minds of our student community.

Sd/-

Dr Sr Tency Varghese P.



The word Mitsral originated from Milan which symbolizes the wind of prosperity, bringing luck in the form of good weather for their crops in times of famine and depression.

Just like that Mitsral of Vimala aims to bring the wind of positivity and creativity by providing a platform for the young vibrant girls out there to pen their imaginations, taking us to the magical land of words.



"The most effective way to do it is to do it"
- Amelia Earhart

Just like that, we did it, *Mistral* came out as a breeze of positivity providing an opportunity for all the vibrant students out there to be heard. We live in a world where guarding our expression is a priority, and somewhere we felt troubled. Just as the saying goes mind like parachute works best when opened. *Mistral* was just a humble effort to set the budding minds to roam free allowing them to take us to the world of beauty in word.

As APJ Abdul Kalam said "all of us do not have equal talent But all of us do have equal opportunity to develop talent" The words they convey, the voice they want to be heeded, the thoughts they want to share are all in here waiting to reach your ears. The reflection of the college is the epitome of a college magazine.

Hellen Keller rightly said that "The world is moved along not only by the mighty shoves of the heroes but also by the aggregate of the tiny pushes of each and every honest worker. This Herculean task would not have been completed without the backing of the editorial board, magazine representatives, my fellow union members, and my dearest friends who have dipped their oars into the turbulent water of this pandemic and sailed to the shore of publication

"Whatever transpires we will and we must rise to the occasion"

Sanjana Sajan
Sanjana Sajan



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A Loving Tribute from
Principal, Staff and Students
Vimala College(Autonomous), Thrissur

Ms. Rosmin Abraham
Department of Botany

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THE BRIGHTEST SIDE OF EVERYTHING

Sandra Baiju
2nd year English Language & Literature

"...we received such heavy
downpour. Isn't it, John?" Riya raised her
voice to an octave in the excitement of enjoying the
silent view of the rain and admiring her husband's
beauty and it seemed like an eternity. She could stare
at her husband for hours and never get enough of
it. "Yeah. I am thinking about our baby and if it's
a daughter, I will lay the world at your feet". John
flashed his thousand watts smile at his beautiful wife.
He wishes to have a daughter, a beautiful daughter,
a little girl as his son Mathews desired to have as a
first-grade student.



Riya's hand unconsciously went on to her swollen
belly at the thought of the yet unborn baby. She too
waited to have a daughter, so that her son would
have a sister to play with. She could arrange a little
nursery, painted all pink and purple, little barbie
dolls, cute dresses... She jerked back to reality as
she heard her cellphone ringing and the name of
her sister Linda flashed on her cell phone screen.
Before she could stand up, John strode towards her
and gave her the cell phone. Mouthing a thank you,
she answered the call-

"Hey! so relieved to hear your voice again sissy,
what's going on?" an excited shriek came from the
other end, so high and loud that Riya moved the cell
phone away from her ear to protect her eardrums.
"Hmm, everything is all right here. Mathews is with
mom and we are alone here, apparently enjoying
the rain. What about you? Any new dramatic things
happening in your bachelor life in America?" Riya
heard a chuckle from the other side, a sound to
which she has gotten used to for 30 years now, but
suddenly a silence stretched between them, and Riya
immediately sensed her sister's anxiety - "What's
the matter, Linda?"

Linda's voice was laced with concern as she gen-
tly spoke to her sister - "Are you safe there? I have
heard of heavy downpours causing serious trouble
in various parts of Kerala. What about your place?"

"We are perfectly safe here, dear and believe me there are no apparent signs of flooding here and I hope that the rain will cease by tomorrow morning, otherwise we will have to move our furniture upstairs just as a precaution," Riya said firmly.

"Ok then will call you tomorrow, my friends are howling at the front of my apartment like some primitive beings, being devoted to our night at the club and they will skin me alive if I hold back myself even for a minute. So, see you soon. Bye."

"Bye and goodnight." Riya ended the call and watched as John walked towards her with a familiar grin. He came beside her and helped her to stand up.

"Is something troubling your mind? Are you afraid we could be victims of the flood?" Riya struggled for words. She couldn't even think of any harm being done to her child. Being nine months pregnant, she couldn't risk her child's life.



John lifted her chin with his pointed finger and as her coffee brown eyes met with his grey ones, she lost her train of thoughts... all she could think of was how loving her husband is, the one born for her. "There is nothing to worry about. The rains will cease by tomorrow and hence, there is no need to worry about the flood. Are you convinced now?" "I am not..." Riya said, still filled with anxiety and fear. "Then I think I have an effective way of convincing you..." Before she could say another word, he held

her in his embrace. She forgot everything. Solely concentrating on the intensity of the moment, she was lost in the depth of emotions his eyes mirrored.

Riya woke up the next day feeling a bit tensed by the continuing rainfall. Just as she shifted from her bed, she heard John's voice echoing down the hall. She strained her ears to hear him. "Oh! is it? I will have to make sure the furniture is safely kept in our room upstairs after which have to take my wife to refugee camp. I am ready to risk everything to keep my family safe." After a few seconds, he came to the room stunned to see his wife pale with fear, and the next moment he was beside her, engulfing her in a bear hug to comfort and soothe her. On finding her in tears, he stroked her hair and whispered to her. "Everything is going to be alright. We are not in danger of losing our life. We are moving to a camp just to make sure we are safe." He looked directly into her eyes, sensing her fear and the silent prayer she offered for her unborn child. "I have packed a few essential things for us. Get ready soon. I will be back after taking the furniture upstairs."

It was almost 9 when she, with great care, stepped out of her room and reached the entrance hall to peek through the windows. She found the roads and canals filled with water and felt a shudder along the whole length of her body. She placed a protective hand over her belly praying for her unborn child. After a few moments passed, John came with a bag on his shoulders and taking her hand, he led her to the porch, locked the door, and then walked along with her to the road. He laid a protective hand over her shoulder sensing her tension and she allowed herself to rest her head on his strong arms as they strode down.

After a few minutes a bus arrived. She was led inside by her husband. She held back a gasp as she saw women and children all wet and exhausted from their long walk through the water. With shaking hands, she let out a sigh and got herself seated in the one remaining seat. She could distinctly hear women crying over their lost house, properties that took them a lifetime to acquire. Tears rolled down her cheeks uncontrollably, and she fought an urge to cry aloud, watching people around her helpless and hopeless. "Riya", she suddenly turned her head towards the

window on hearing her husband call out her name. "Reach safely at the camp. I will meet you there, I am going to help others. Be safe". Before she could protest, he was gone and fear gripped her heart. She silently prayed to God as she remembered his great passion for helping people is a driving force in making him an efficient police officer. She then thought with great fear about Mathew and then sighed as she remembered that he was safe with her parents who are staying in Hyderabad with her brothers.

Time passed by and the bus moving through the roads filled with water and helpless cries filled her with anxiety, insecurities, and helplessness. Suddenly in a reflex, she gripped on the handle of her seat so tightly that her knuckles turned white. She then became bewildered as she noticed blood on her churidar and soon realized the seriousness of the situation.

She lay her hand on the nearby passenger, crying helplessly in the pain that engulfed her. Everyone in the bus was alerted in no time and even though they had a long journey ahead, they immediately cleared their seats and bags and made her lie down. She couldn't think clearly about anything, and in no time, she found herself lost in a sea of darkness making her feel numb and her body going still.

She woke up with sweat all over her face and she blinked back her tears to get a clear image of her surroundings. She could hear someone talking in great urgency and felt exhausted, not even an ounce of energy left in her to move. Then came a tall man with spectacles and she recognized the doctor who called out her name twice before she could respond. She wasn't able to grasp anything uttered by the doctor except for the fact that she was going to deliver her baby that moment.

After being given a high dose of injection she felt multiple reflexes along her body and soon, she was advised to push to her maximum. She gripped the side of her bed and struggled for air, her body going numb with immense pain. Tears trickled down her cheeks and she continued to writhe, her body suddenly relaxing against the bed. She let out a screech as she heard her baby. Instantly, she stretched out her hand to see her little angel and saw the nurse

striding towards her with her baby.

"It's a girl!" The nurse exclaimed, handing over the baby to her.

Days went by, and although Riya felt happy with her baby on her side, now slowly drifting off to sleep, a large part of her still felt cold within as she waited impatiently for her husband's safe return, praying for his safety. Her thoughts were interrupted by a knock on the door. The nurse strode in gently arranging the tray of food on the table at the side of her bed. "Here, let me help you with the food," the nurse said and sat beside her with a bowl in her hands. Riya slowly sat on her bed, her exhausted body leaning on the back of her bed.

"I think I am perfectly capable of feeding my wife"- John stood at the door, his thin frame leaning on it and Riya would have jumped up and down if she had the energy to. She smiled, visibly relaxed on his safe arrival. He came beside her, as the nurse handed over the bowl to him and left the room. "She is beautiful", John said as he stole a glance at his daughter whose arrival he had been waiting for long.

After feeding his wife, he sat down beside her, narrating to her his sleepless nights and the rescue operations, with a certain tone of pride. She lost herself in his narration... the flood... the hardships... Even though the first floor of her house was underwater, she had everything- her husband...her children.





THAT'S MIE

Nayana N R
2nd year English Language & Literature

It was sweet and quite easy
When there was a destination
For all my dreams....

Now, that all the lines are smudged
And boundaries, an oblivion.
All I ever search is the
cause of my fright....

Always dreamed of stability
of my reflection in glassy water,
unwavering, forever smiling.
But the stone, caused ripples,
revealed the mundanity beneath it,
the pain of stretched muscles.
Now, all I know is I'm a battle ground.
What you see is the remnants of a war,
between what I'm and what I want to be...

a relentless war!
It is at your volition to see—
morality or decadence,
glory or shame,
beauty or terror!!

Is being born a girl, a heinous crime
That I wish to remove my identity
and forever sleep on brown lap
that rewards me respect and solace?
Because you have been born
As the weaker, fairer sex
Than the powerful masculine.

As I watched carefully around,
the boys of my age laughing out loud,
Probably at our weird helplessness
or nonsensical tears,
A question rose from my heart and soul—
Are we puppets lugged by mockery?
or a useless diamond to satisfy immeasurable lust?

Now I do hate you, oh womb!
For unnecessary embellishing my body
That runs every month without fail,
That communist leader
To whom I shout curses
But visits me without shame
In hope I adorn a new garment soon.

An abstract and wandering traveler
Oh! Freedom, you never reach our way!
Does someone obstruct your journey?
Or possess a hateful vengeance
Towards our evil blessed sex?
That you forget your manners
and for eternity disown us?



A Female Is Born

Aswina Sreekumar,
2nd year B.A. English Language & Literature

The thoughts of life

Meera MP,
2nd year B.Com (Regular)

Everywhere eyes see murder and violence,
Good words are lingering in silence.
In this busy world with greedy needs,
No space for good deeds.
Heart is full of thoughts,
Like a paper plotted with dots.
Dots when connected gives the picture.
Thoughts lay unconnected in a mixture.
Goodness merely in thoughts is useless,
But good thoughts leading to good actions are priceless.

Good thoughts are rare,
They come only to those who dare.
To make them true, many losses one must bear,
But in the end, I swear-
Happiness, you can share.
Good actions, you must plan,
Good thoughts, you must never ban
For goodness is locked,
And the key is yourself.
Rise up to fight,
Against the darkness with might,
With the good thoughts' light,
Making the future bright.

Violence shall not spread,
Creating bloodshed and making eyes red.
Goodness has to quickly emanate
For it is already too late.
To protect the nature and every creature,
We must stop being someone's caricature.
We must think and act;
With goodness as its impact.
Come, and make the choice-peace makers?



NO MORE AN ORPHAN

K.K. Maragathavally
2nd Year B.Com Regular

In this busy world in which people live a life only for their own wellbeing- some live for their children, some for their parents and so on- there are people who starve for even a day's meal, who yearn for a small gesture of love and care. There was a man named Munnah, a 25-year-old man. He was a person who lived for himself; he didn't have family or a house... nothing of his own. He used to sleep wherever he could and did all kinds of work to earn something that will keep him from starving. He was least concerned about others and had a concept of life that since there is no one to enquire about his wellbeing, he needn't care about others as well. One morning, when he was carrying on with his routine, he came across an old age home in front of which was written- "Caretaker Required".

He went inside and was told that they had a system of housekeeping which ensured a caretaker for each person and one of their care takers had taken two days leave due to an emergency. He completed the formalities and joined as a caretaker, thinking he could stay there for two days without worrying about food and earnings. They introduced Munnah to an old man named Malik. Malik greeted Munnah with smile which instantly awakened a sense of positivity in his mind. After some clichéd talking, the old man spoke about his family and friends... how affectionate they were with each other, which made Munnah yearn for such a life.



Then when it was Munnah's turn to narrate, he disclosed his usual routine. He also shared his grief at not having anyone to look after him and to love and care for him. Hearing all this, the old man asked Munnah, "To how many people have you shown love and care?" Munnah replied, "None". The old man chipped in, "Then how can you expect others to show affection towards you?" Hearing this, the young man decided to help others and be kind to the needy like him. After his work at the old age home, he took the money, had his meal and bought food for a small boy on the streets; the boy thanked him with tears in his eyes, which gave Munnah a kind of satisfaction that he had never experienced before.

From then onwards Munnah started giving food and other support to the needy like him by working in all possible ways. Seeing his example, many people sleeping in the streets and footpath started helping each other. Munnah felt really happy and went to convey this to the old man. Hearing this the old man also felt happy, Munnah thanked him and said, "Even if I don't have anyone to look after, because of you I am able to express kindness to many. The

old man said, "You will also earn your kindness". With partial belief on the statement, Munnah came out of the old age home and met with an accident. When he regained consciousness, he was amazed to see himself in a private hospital bed.

He enquired to the doctor what had happened and how he reached there. The doctor said that the old man and his friends bought him to the hospital. When the people on the streets heard about it, they came running... one gave blood, and others worked hard to save him by paying the hospital and pharmacy. Hearing this Munnah became very happy. As the old man had remarked, he also got people to look after him.

Two years past... today, Munnah and the people in the footpath are living in a single house for rent, as a family. With their unity and hard work, they proved that no one is alone in this world. Like the old man said, "if you want others to show affection, first you have to set an example". Then, one day the word "Orphan" will cease to exist.

THE CHOICES WE MAKE

Honey Antony

2nd Year BA English Language & Literature

No one is born as good
It may be changed.
To change your life
You must change your thoughts.
A key to success is to start
with and control the thoughts we have

Thoughts turn into action,
Action turns into a habit,
Habit turns into life.
Think well to live well.

The best thing you can do is the
right thing
The worst thing you can do is
Nothing.

That unseen wish

Filomin Paul

2nd Year BA Functional English

When sun closed his eyes for his beloved moon,
When chirpings settled for rest in the nest,
I started my journey to that
place I went every night—to
whom I really know, that
presence which means a lot.

That white dressed houri brought
me three wishes.... I could
open only one, when a gentle breeze
kissed on my cheeks, oh! no....
The sun has already opened his eyes



FOLLOW YOUR HEART

Sreerekha.K
2nd Year BSc Physics

Chill babe, chill babe, let's chill
Nobody's there to stop you or
Nobody dares to stop you.

Sing aloud the songs you like and
Dance down the steps as you like.
Hire a joyful life and
Fire the sorrowful moments.
Love to hate the violence and
Hate to love the silence.

Live in the present and
Leave the past.
Chase your dreams and
Choose your life.
Wear the one you like and
Tear the one you don't like.

Always have a smile on your face.
You can live a life, or
You can live your life.
Be in your life and
Be happy for being happy.

My first love

Cincy Maria M S
2nd Year BA English Language & Literature

“A Bee can let slip a blume
But the blume can't....
It can't forget the
Bee who purloined its breath”.

First love is special,
It is always alive
And lives all the time in our heart.

My First Love,
Wherever I go,
He keeps me safe in his hands
He is a rich man who
Brought and bought me everything even
When I was mulish.

My playmate, backbone and my pride!
He watched from my back
When I had to walk myself.

Keeps me safe from all dangers,
My guardian,
Constant companion,
My first love.
I call him DAD...







FINE ARTS CURTAIN RAISER
WISE GUEST ARTIST K.C.

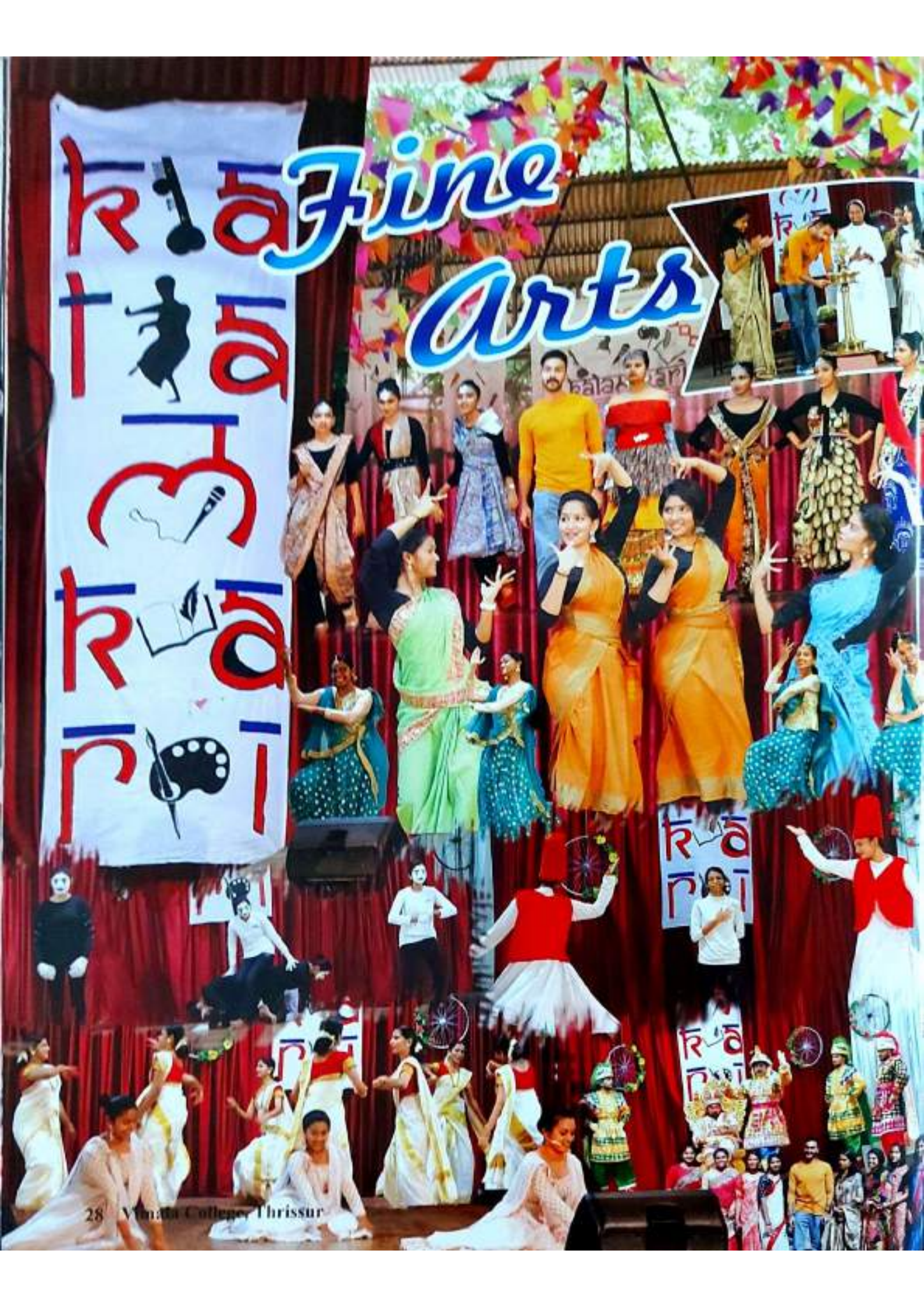
Satkriti College Union

Good Thoughts Good Actions



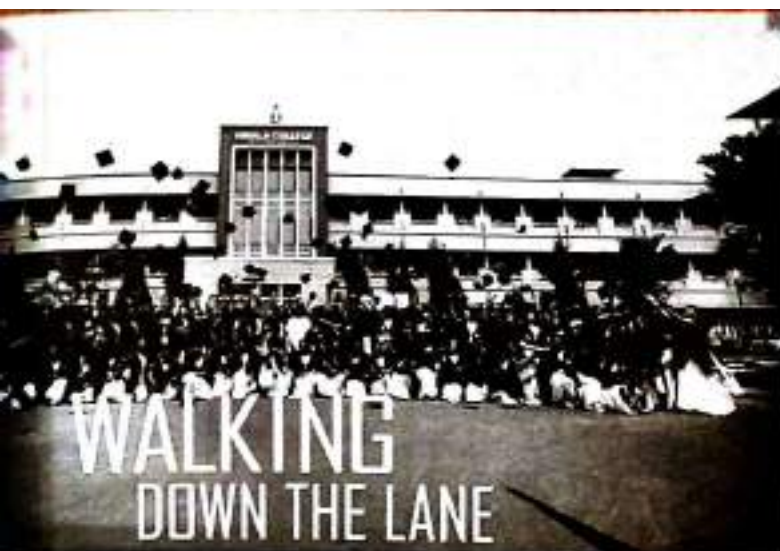
Insights





Fine Arts

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Ashika Marina Sunil
3rd year BSc Chemistry

Who said Women's colleges are no fun? One has to be in there to know what happens. June 12 2018, the day when many of our journeys began at Vimala College. In my school periods, I never thought I would be a part of a women's college because I never knew what life would be in there. Well, most of us didn't know it until we came here. The first year is always a difficult time for freshers. We don't know how to deal with things, people, seniors. But here everything was different. Everybody felt like our own people. Being at college hostel gave a lot of privileges to the hostellers as well. We could rush to the hostel if we forgot something. Running through the gates to get hold of the seats that were left by our day-scholar friends were even more fun to remember. We knew many people across every departments, be it our own batchmates or seniors. Everyone was family. We knew at least one person from each class. That I consider a benefit of being in a college hostel. Our seniors told us a lot of stories about college and the events that happen there. So every program there was much awaited. We never wasted any opportunity to celebrate our life at college. We always discussed among friends on what it would be like to leave this place after three years. And that would take us to an emotional side.

To be very honest, at the beginning stage, most of us never liked college. I used to call home and complain a lot. But as days passed, I started finding happiness in everything and it all started feeling good. We came in terms to the situations there. But the fun and entertainment we had within our restrictions

were enormous. Every moment I spent at college and hostel stands clear-cut in my memory. We never failed to enjoy any celebrations at college, be it Onam, Christmas, Teachers day, Children's day, non-teaching staff day and the feasts of all our sisters at college. The ladoos and chocolates we got on feast days are still popping in our minds. The little industrial visits offered by our departments gave us immense joy of being with our classmates and teachers. The most fun-filled of all events was the fine arts days. The preparations and celebrations starts a week before itself and making things by ourselves was a pleasure to all of us. Those were the days when we get to know each and every corners of our college. The most difficult task was to get permission from sisters to get something for art works. But still we managed to get their permissions and make things work. Seeing our college covered in the colours of our hands was something that only our eyes could feel. The fine arts were the two days where we could wander anywhere in college and the teachers would greet us with very happy smiles. Maybe because we are in the final semester are we finding beauty and happy smiles even in our little memories.

The most important task in second year was the planning for our final year college trip. Yes, like everyone, we also planned for our trip. We planned what to wear, how to take pictures and every possible thing. During the September-November months of our second year, we were so excited to wish our seniors a very happy journey on their trips, just because we definitely knew we would be at their place in no less than a year. But here we are, struck by this global pandemic COVID-19! We lost the most important time of our college life. We lost the much awaited and dreamt of final year trip. But we never failed to stand by each other when one is in a hard time. Sitting at home, reminiscing the memories and fun we had in the past two years also feels great. The college management and teachers are trying really hard to cover all the portions and conduct exams so that we don't lose another year. All this feels good. But as everyone would say, it never feels good to be away from friends, college and teachers. We are in the last month of this year 2020. Looking back,

we can still catch up some good things about this year though it has been the most dreaded period of our generation.

It's been nine months since we have gone to college and sat in a live classroom, shared food with friends, witnessed the rise and the strong voices of independent girls that echoed the auditorium, sat and made fun of each other in the leisure tower, ran to the auditorium soon after the bell rings to get seats at the front, visited the canteen after each and every hour, spend time in the least visited corners of the library, the random walks through the 'beach of Vimala', as we call it just to float in the cool winds, the more often trips in between class hours for having sip-ups and maska chaska biscuits from stores, most importantly it has been months since we have worn our colourful uniforms and the college enquiry phone which gave special privileges for us, hostellers! Yes, there are numerous things to cherish most of which I cannot pen down, because some things can only be felt in real. Imagine a world where all the objects are of the same colour. Is it even possible? Certainly it would not be a beautiful sight! So are we Vimalites, with different and unique talents, creativity and interests, who cheers for each other, who can hold others back no matter

what. Just three more months for the final year, I believe everyone now misses and loves college and everything about it. In these few months at home, I myself have told my friends 'oh, we could have been in the first year now, so that we will have much more time to be together'. As final years we have missed most of the regular events of our college, our college trip, the Social Day celebrations, but we can always have each other's back. Nostalgia for our college and the life we had there will always remain in our hearts forever. To all our dear juniors, cherish each and every moment you have because you will never get this happiness of our world here somewhere else. Maybe we might all get drifted apart to other colleges in the future, but a piece of Vimala will always remain in our hearts and continue giving us the memories that only Vimala can give!

Dear Vimala, you will forever be in my happy memories. Thankful for all the wonderful memories we have had, the most lovable girlfriends, the love and friendship we shared with each other from the beginning, till now and counting. Let years be gone, let all of us be in different parts of the world, but there is one tag that will unite all of us under one shelter, the one tag that will give us goosebumps, "VIMALAYUDE PENPPADA".



Inconsistent

Noora Keedath

2nd year BA English Language & Literature

My eyes are tired,
I don't want nights to come.
The wit in me tells
That my eyes are starving for you
But it was me who killed you.

I strove to veer away my eyes from you,
Reminding me of what it was for you
To watch me killing you.
Knowing nothing would persist,
That my heart no longer longs for....
So that my heart's at peace and,
My eyes are closed.

Yes, I am too tired
To be consistent.
I am too tired that I can't feel
The numbness that sores my veins.
The backlash that I express
Comes out to be Panglossian
So that I can dream of the pigs flying.
'Cause I simply know,
I should exist.

THORNED HEART

Aleena P Vince
2nd year BA English Language &
Literature

You told me
My heart is thorned
But I managed myself
'cause you sowed the thorns in me.

You let me know—
I exploited my future
But I survived
'cause I fabricated yours.

You apprised me—
My body is obese
But I carry on
'cause once you praised my beauty.

You hinted—
I am pretty useless
But I cope up
'cause I made you insanely useful.

You informed me—
You can't tolerate my parents
But I pull through
'cause once you admired them for my birth.

Where did I go wrong?
Was that me?!
Or was that you?!
I can't make out.
Anyway... it's time



At the gate of heaven...

Sunaina PS

2nd Year BA Functional English

When you get to heaven,
if this question you were asked,
What good deed you did on earth?

What act?

What deed?

What Task?

Will you be able to say—

“I worked very hard.

And I never did anything evil or bad

I didn't tell lies,

Just perhaps the odd story”.

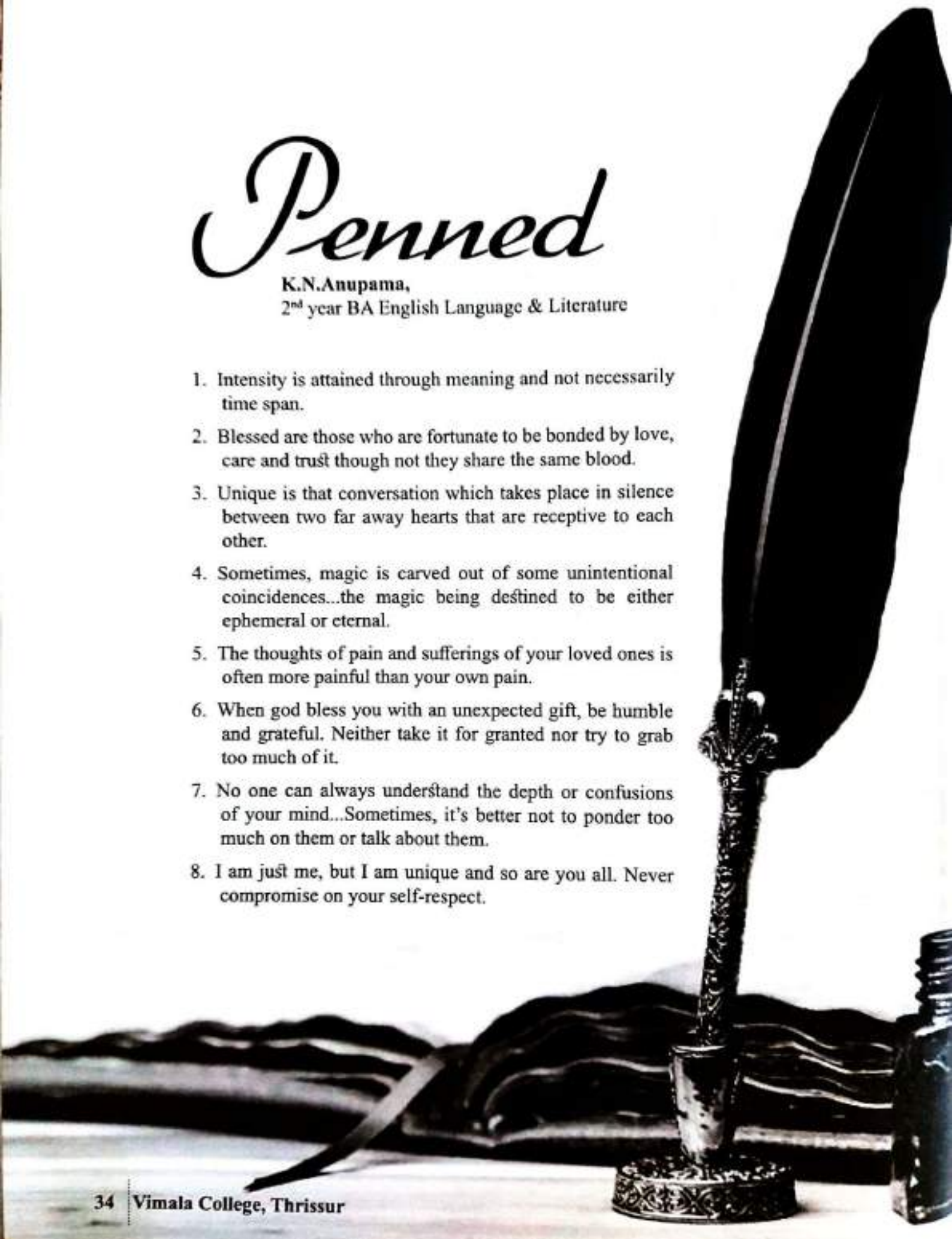
Did you try to think fair and not be greedy

When some had so much, and some were so
needy?

Penned

K.N.Anupama,
2nd year BA English Language & Literature

1. Intensity is attained through meaning and not necessarily time span.
2. Blessed are those who are fortunate to be bonded by love, care and trust though not they share the same blood.
3. Unique is that conversation which takes place in silence between two far away hearts that are receptive to each other.
4. Sometimes, magic is carved out of some unintentional coincidences...the magic being destined to be either ephemeral or eternal.
5. The thoughts of pain and sufferings of your loved ones is often more painful than your own pain.
6. When god bless you with an unexpected gift, be humble and grateful. Neither take it for granted nor try to grab too much of it.
7. No one can always understand the depth or confusions of your mind...Sometimes, it's better not to ponder too much on them or talk about them.
8. I am just me, but I am unique and so are you all. Never compromise on your self-respect.



HER SILENCE

HER silence is always
Misunderstood.
Sometimes
It is the muteness of
her heart.

Raseena Iqbal,
2nd year BA English Language & Literature

Sometimes
It is the loudest cry.
Sometimes
It is noisy.
The hubbub, delusion
which takes away her tranquility.

Sometimes
They think she is Ok
But she is broken.
Sometimes
Her silence is the
scariest nightmare.

Sometimes
She bursts like a
volcano.
Sometimes
The hush
At the times she wanted to scream.
But many thought she is the
happiest girl!

Sometimes
It is the only weapon
To defend herself.
LISTEN to her silence,
It has so much to say.





UNEXPRESSED

Noora Keedath

2nd year BA English Language & Literature

Sensing the most vicious smell,
Searching the most beautiful flower to flourish,
He came right away to her,
And he was poisoned.
Disguised as love and lust,
She hissed, "loyalty".

Searching for the magical string he shared,
She wept as he hissed back.
Emotional yet unexpressive;
That hurt
Pierced her feelings so deep that the poison oozed out of her mouth,
Crying for him.

She slithered away too far that he seemed to be a tiny dot for her
Wondering, she hissed for the second last time, "lust".
So desperate to find one,
She lay down, and hissed the last time, "guilt".
And he came.



GOOD DEEDS

Filomin Paul Anthony
2nd Year BA Functional English

It takes many good deeds to build
a good reputation, and only one bad
one to lose it

Benjamin Franklin

Noble deeds that are concealed
are most esteemed

Blaise Pascal

Fate is nothing but the deeds
committed in a prior state of existence

Ralph Waldo Emerson

How far that little candle throws
his beams! So shine a good deed
in a weary world

William Shakespeare

If you do one good deed your reward usually
is to be set to do another and harder and better one

AM I ENOUGH?

Samyuktha M
1st year Functional English

Am I beautiful enough to be loved?
quirky enough to be unique?
cute enough to be adored?
Intelligent enough to be valued?
fat enough to not be called a stick?
slim enough to not be called a potato?
amicable enough to have friends?
bold enough to protect?
sensitive enough to understand?
strong enough to forgive?
courageous enough to shout, scream, and yell?
Am I enough to live my life?

No, we will never be enough
to do everything
to be called everything
to be everything
But isn't it wonderful to not be the same?
to look at things not just as black and white?
to judge not just as right and wrong?
good and bad?

Remember,
we are enough to be us.



ഇന്ന് ഈ നിമിഷം...



Pavithra Kuriacose
3rd year Chemistsry

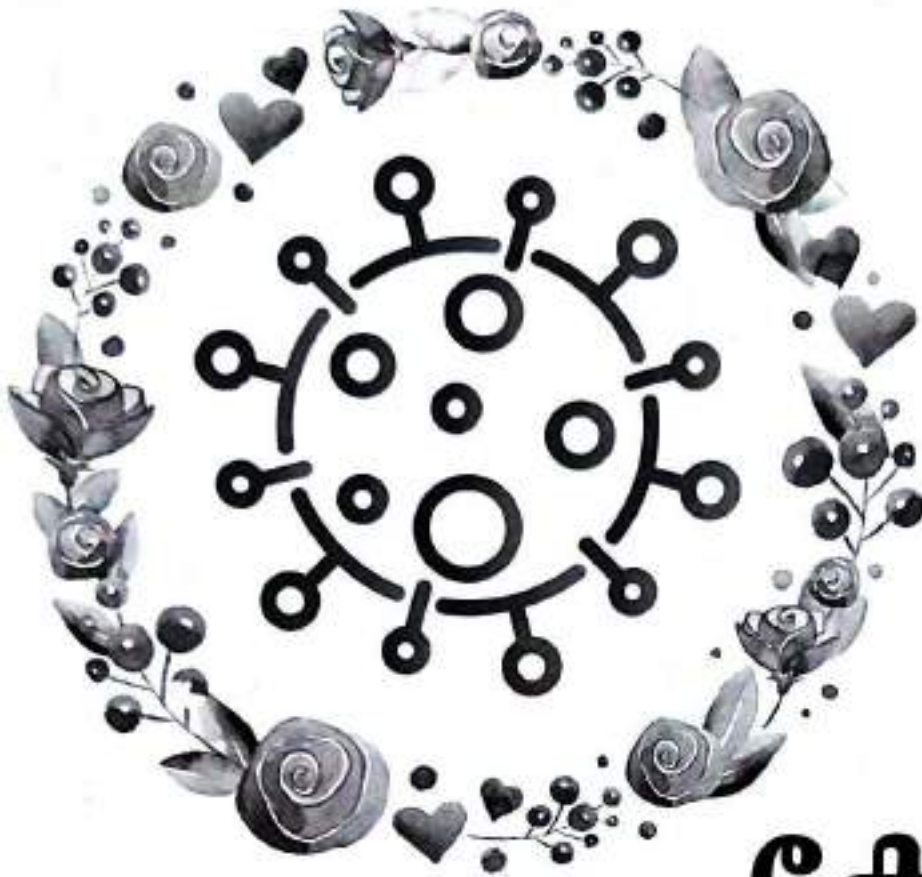
ന നമ്മുടെ മണ്ണിൽ കുതിർന്ന അവളുടെ കാൽപാദങ്ങൾ താഴ്ന്നിറങ്ങുന്നതുപോലെ തോന്നി. ഓർമ്മകളുടെ താഴ് വാരങ്ങളിലേക്ക് അവളെ പരിചിടാൻ ഇനി ആർക്കും സാധ്യമല്ല. കടൽ തന്റെ തിരകൾ പതിയെ തീരങ്ങളെ നനക്കുന്നതുപോലെ അവളുടെ പാദങ്ങൾ ആ മണ്ണിന്റെ നനവിനെ തന്നിലേക്ക് ചേർത്തു. ഒരുവശത്ത് അറ്റമില്ലാത്ത കടൽ, കാറ്റ് ശക്തമായിത്തന്നെ വീശുന്നുണ്ട് പാതാൻ എന്തോ ബാക്കി വയ്ക്കുന്നതുപോലെ, സൂര്യൻ അണയാൻ ശ്രമിക്കുന്നു നാളെ വരും എന്ന ഉറപ്പ് നൽകിക്കൊണ്ടാണ് വിടവാങ്ങൽ. ഇതിനെല്ലാം നടുവിൽ വേഗമേറിയ ലോകത്തിന്റെ ചീറി പായുന്ന വേഗതയുടെ നടുവിൽ ആ മണ്ണിന്റെ നനവും കാറ്റിന്റെ തെന്നലും കടലിന്റെ ഓളവും മാത്രം കേൾക്കാൻ ശ്രമിച്ചുകൊണ്ട് അവൾ കണ്ണുകൾ പതിയെ അടച്ചു.

മനുഷ്യൻ വെറും മണ്ണ് മാത്രമാണെന്ന തിരിച്ചറിവ് അവനെ വിനീതനാക്കുന്നു, മണ്ണിനോളം തന്നെ. അതേ ആ തിരിച്ചറിവുകളാണ് നമുക്ക് ഇല്ലാതാകുന്നത്. കൺപോളകളിൽ നിന്ന് കണ്ണീർ വരാൻ കാരണങ്ങൾ വേണ്ടതില്ലാത്ത കാലത്താണ് അവൾ വളർന്നുവെങ്കിൽ അത് കാലത്തിന്റെ പരിവർത്തനം ആയിരുന്നു. എന്നും കേൾക്കുന്ന പല്ലവികളുടെ താളത്തിനൊത്ത് ജീവിതം പാടി തീർക്കാൻ അവൾ ഒരുക്കമല്ലായിരുന്നു. എന്നാൽ കാലം കരുതുന്ന പോലെ ഉന്നതങ്ങളിലേക്ക് പാറി പറക്കാനുള്ള ശക്തി അവളുടെ ചിറകുകൾക്ക് ഇല്ലായിരുന്നു. ഇല്ലായ്മകളുടെ

കണക്ക് പറച്ചിലുകൾ കേട്ടുകേട്ട് ബധിരമായി പോകാനും അവളുടെ കാതുകൾ ഒരുക്കമല്ലായിരുന്നു.

അവൾ തന്റെ പരിധികൾക്കുള്ളിൽ നിന്നുകൊണ്ടാണ് ഹൈന്ദവതയ്ക്കുള്ള ഒരുപക്ഷേപം ലോകത്തിന്റെ പുസ്തകത്തിൽ അവൾ തോൽവിയുടെ അവസാന വാക്കാവും. ആവനാഴികളിലെ ഒടുങ്ങാത്ത അസ്ത്രങ്ങളെ എറിഞ്ഞ് അവളെ ലോകം മുറിവേൽപ്പിച്ചു. എങ്കിലും ഓരോ മുറിവിൽ നിന്ന് വരുന്ന രക്താണുവും സ്വന്തം ജീവന്റെ പ്രാണബിന്ദുവിലേക്ക് അണച്ച് പിടിച്ചു പൊതുതാൻ അവൾ ശ്രമിച്ചിരുന്നു.

കാറ്റ് അതിന്റെ തീവ്രത കുറയ്ക്കുന്നത് പോലെ അവൾക്ക് തോന്നി. കടൽ കൂടുതൽ ആർദ്രമായി മണ്ണിനെ തടവുന്നു. എത്ര മഹനീയമായ നിമിഷം പ്രപഞ്ചം മനുഷ്യന്റെ വികാരങ്ങളെ ഒപ്പിയെടുക്കുന്ന ആ സാധാരണ. ഓർമ്മകളുടെ താഴ്വരകൾ, ഒരുപക്ഷേ മുറിവുകൾ ഉണങ്ങാതെ വിങ്ങലുകൾ ആണെങ്കിൽ പോലും, നാളുകൾ കുരിശിന്റെ നിഴലുകൾ മാത്രമാണെങ്കിലും ഇന്നിന്റെ ഈ നിമിഷം, പ്രകൃതിയുടെ മടിത്തട്ടിൽ തല ചായ്ച്ച് ഒന്ന് അവളിലേക്ക് അലിഞ്ഞു ചേരാൻ കഴിഞ്ഞെങ്കിൽ അതാണ് യഥാർത്ഥ ഔഷധം. മുറിവുകളുടെ ആഴങ്ങളിലേക്ക് വേരുന്നി ഇറങ്ങിച്ചെല്ലാൻ, സൗഖ്യത്തിന്റെ പുതുതെന്നൽ പകരാൻ കെൽപ്പുള്ള പ്രപഞ്ചത്തിന്റെ മരുന്ന്.



കോവിഡ് ഇഷ്ടം

Arya Pramod
2nd year BSC Physics

കലിയുഗം..... പ്രവചനങ്ങൾക്ക് വിലനൽകാത്ത യാഥാർത്ഥ്യങ്ങൾ.....മഹാമാരി.....

വിവരണങ്ങൾ ഏറെയാണ് ഇന്ന് രോഗശയ്യയിലായ ഛോരത്തിന് ശാസ്ത്ര ബഹുമാനിയായ നൽകിയിരിക്കുന്നത് എന്നാൽ മറ്റൊരു കാഴ്ചപ്പാടിന്റെ കൂസ്മിതിയിൽ ഇത് വിവേക ജീവിക്കുള്ള മറുപടിയാണ്.. അടങ്ങി ഇരിക്കാൻ മടിച്ച പുരുഷകേസരികൾ ഇന്ന് ഗൃഹനാഥന്റെ വേഷം സന്ദനേഹം സ്വീകരിച്ചു സ്വസ്ഥം.... മനസ്സ് മടുപ്പിച്ച കോർപ്പറേറ്റ് വ്യവസായങ്ങളുടെ കമ്പ്യൂട്ടർ യുഗത്തിന് ക്ഷീണം സംഭവിച്ചിരിക്കുന്നതിനാൽ എല്ലാവരും ഗൃഹാന്തരീക്ഷത്തിന്റെ കരാലാളനത്തിലാണ്...

വ്യവസായ വിരോധം റേഷൻകട ഉപജീവനമാക്കുന്ന സാധാരണക്കാരനും തുല്യനായത് ഈ കലിയുഗത്തിന്റെ വിരോധാഭാസമായല്ല... തിരിച്ചറിവായാണ് കാണാൻ ഇഷ്ടം....

ജീവ വായു വിപണിയിലെത്തിക്കാൻ തുടങ്ങിയ നമ്മൾക്ക് തിരിച്ചറിവ് ആവശ്യമായിരുന്നു എന്നതിൽ തർക്കമില്ല....

ആകാശത്തെ വിള്ളലുകൾ മുറിപ്പാടുകളാണിത് കാണാതാവുന്നു....

കലങ്ങി ഒഴുകിയ ജലവിഭവങ്ങൾ മോടിപിടിപ്പിച്ചു ഭംഗിയായി ഒഴുകാൻ തുടങ്ങി..... തെരുവിൽ അലഞ്ഞവൻ, സ്വാർത്ഥതകൊണ്ടുള്ള കരുതലേങ്കിലും, അവന്റെ വിശപ്പിന്റെ വിളി കേൾക്കാനും ആളുണ്ടായി....

കുടുംബം എന്ന പദപ്രയോഗത്തിന്റെ സ്നേഹ സ്പർശം സിമെന്റുകട്ടകൾക്കുള്ളിലെ പ്രഹരസനം മാത്രമാവാതെ വ്യതിയാനങ്ങൾ സംഭവിക്കാൻ തുടങ്ങി....

ഇതെല്ലാം ഈ കറുപ്പ് നമ്മിൽ പ്രതിഫലിപ്പിച്ചതെങ്കിൽ, ഈ കാലത്തെ ഞാൻ പൂർണ്ണമായും വെറുക്കില്ല....

ചെറിയ നീരസത്തോടെ സ്നേഹിക്കുന്നു.....





Magazine Week Celebrations



PTA Award Day





Convocation



Vimala College Library

A Cradle of Book Lovers





RITORNO



ALUMNAE ASSOCIATION

ALA COLLEGE (AUTONOMOUS),
THIRISSUR

Star of Dimala



College, Thrissur

NCC & NSS





UGC Centre for Women Studies



സന്ധ്യാദീപം

Preemi Poly
2nd year BA English Literature

അന്തിമയങ്ങിയ ഒരു കുരിശിൽ
വാരിവിതറിയ ഒരു
പൊൻത്തിരിവെട്ടം
ചിന്നിച്ചിതറിയ മിഴിവെട്ടത്തിൽ
തപ്പി തടവി അങ്ങിങ്ങായ്
പരുപരുക്കൻ കല്പടവിൽ
വീണ്ടെടുപ്പിൽ കാലടികൾ
പിന്നോട്ടിലെന്നാലും മുന്നേ
നീന്തുവാൻ ഹൃദയത്തുടിപ്പുകൾ
പടിപടിയായി കീഴ്പോട്ട്
പതറാതെങ്ങനെ വീഴാതെ
വഴികാട്ടിയായി പ്രിയദീപം
എന്നും സത്യത്തിൻ.....
സന്ധ്യാദീപം.....

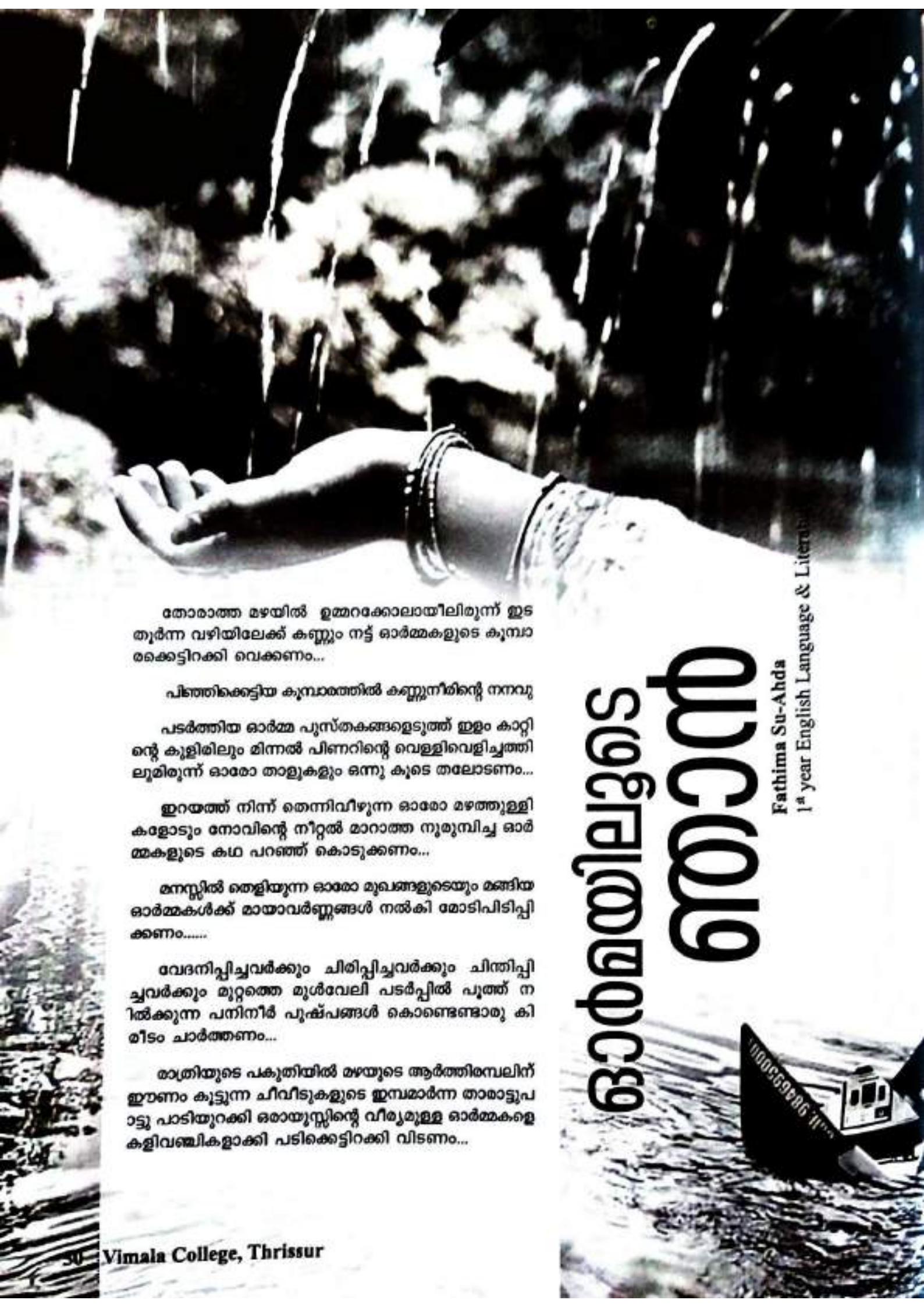


കാറ്റിനോട്

Aswathy K S,
2nd year BA Malayalam

ഈ സന്ധ്യതൻ നിഴലിൽ വീശും മന്ദമാരുതൻ
കൽവിളക്കിലെ നാളമായ് ജ്വലിക്കുമെൻ
ജീവനെ ഇന്നിതാ തൊട്ടുണർത്തുന്നു
എന്തിനായ് തൊട്ടുണർത്തി നീ എന്നിലുറങ്ങുമെൻ ചിന്തകളെ
തഴുകിയുണർത്തുന്നതെന്തിന്
കനൽ പോലെ ഉള്ളിലുറങ്ങുമെൻ ചിന്തയെ
ഊതിപ്പെരുപ്പിക്കുന്നതെന്തിന്?

നീ തഴുകിയുണർത്തുന്ന എന്നിലെ ഓരോ സ്മൃതികളും
ഒരായിരം കനലായ് നീറുന്നു എന്നുള്ളിൽ ഓരോ നിമിഷവും,
നെയ്തോടു ചേർത്തതെല്ലാം ഇന്നിതാ നെഞ്ചിലെ നീറ്റലായ് മാറി,
തഴുകാതെ എന്നെ നീ പുണരാതെ എന്നെ നീ
പരണ്ടേക്കു പണ്ടേശവകുടീരം തീർത്തോരാ
സ്മൃതികൾക്ക് പ്രാണനേകാതെ നീ.



തോരാത്ത മഴയിൽ ഉമ്മറക്കോലായിലിരുന്ന് ഇട തുരന്ന വഴിയിലേക്ക് കണ്ണും നട്ട് ഓർമ്മകളുടെ കുമ്പാ രക്കെട്ടിറക്കി വെക്കണം...

പിഞ്ഞിക്കെട്ടിയ കുമ്പാരത്തിൽ കണ്ണുന്നീരിന്റെ നന്നവു

പടർത്തിയ ഓർമ്മ പുസ്തകങ്ങളെടുത്ത് ഇളം കാറ്റി ന്റെ കുളിമിലും മിന്നൽ പിണറിന്റെ വെള്ളിവെളിച്ചത്തി ലുമിരുന്ന് ഓരോ താളുകളും ഒന്നു കൂടെ തലോടണം...

ഇറയത്ത് നിന്ന് തെന്നിവിഴുന്ന ഓരോ മഴത്തുള്ളി കളോടും നോവിന്റെ നീറ്റൽ മാനാത്ത നുമുന്വിച്ച ഓർ മ്മകളുടെ കഥ പറഞ്ഞ് കൊടുക്കണം...

മനസ്സിൽ തെളിയുന്ന ഓരോ മുഖങ്ങളുടെയും മണിയ ഓർമ്മകൾക്ക് മായാവർണ്ണങ്ങൾ നൽകി മോടിപിടിപ്പി ക്കണം.....

വേദനിപ്പിച്ചവർക്കും ചിരിപ്പിച്ചവർക്കും ചിന്തിപ്പി ച്ചവർക്കും മുറ്റത്തെ മുൾവേലി പടർപ്പിൽ പുത്ത് ന ർൽക്കുന്ന പനിനീർ പൂഷ്പങ്ങൾ കൊണ്ടെങ്ങാരു കി മീടം ചാർത്തണം...

രാത്രിയുടെ പകുതിയിൽ മഴയുടെ ആർത്തിരമ്പലിന് ഈണം കൂട്ടുന്ന ചിവിടുകളുടെ ഇമ്പമാർന്ന താരാട്ടുപ ാട്ടു പാടിയുറക്കി ഒരായുസ്സിന്റെ വീര്യമുള്ള ഓർമ്മകളെ കളിവഞ്ചികളാക്കി പടിക്കെട്ടിറക്കി വിടണം...

ഓർമ്മയിലൂടെ ഞാൻ

Fathima Su-Ahda
1st year English Language & Literature



COLLEGE ANNUAL REPORT

2019-20

The College offers 16 Undergraduate, 13 Post-graduate, 2 B.Voc, 2 PG Diploma programmes, 24 Add-on & Value Addition Courses and College offers 3 Diploma Programmes under Community College. It has Doctoral Programmes in English, Commerce, Physics, Economics, Malayalam and Social Work. 2667 students, including inter-state and international are pursuing their studies at Vimala College for the Undergraduate, Post Graduate, and Ph.D. programmes. 211 Teaching, administrative and support staff are involved in the smooth functioning of the College. NAAC accredited the College with the top grade 'A' with CGPA of 3.5 on a 4 point scale. NAAC provided an extension for Accreditation, from five to Seven years, as the College bagged 'A grade' in the three consecutive cycles of NAAC accreditation. The College is recognised as a 'College with Potential for Excellence' and is awarded with the status of 'Mentor College for Five Unaccredited institutions' in the NAAC Paramarsh Scheme. The College stands proud upon the laurels and achievements bestowed on her by the relentless endeavour of the teaching faculty and unsurpassed labour of the student community.

I am honoured to present the annual report for the year 2019-20 highlighting some of the key milestones achieved over the past year.

HIGHLIGHTS

- ♦ The College is recognised by the Department of Biotechnology, Ministry of Science and Technology, Government of India, New Delhi-granting financial support of one Crore -to Six Science departments: Physics, Chemistry, Botany, Zoology, Mathematics and Statistics under the strengthening component of "DBT-Star College Scheme"
- ♦ RUSA, a Centrally Sponsored Scheme, Ministry of Human Resource Development, Government of India, has given Administrative Sanction to the College for Rupees 2 crore, for construction, renovation and purchase.
- ♦ In the India Today Ranking, Vimala College secured 23rd position in Social Work, 69th in Arts and 34th in Science Streams, and 32 in Commerce at the national level.
- ♦ Vimala College has Partnership with Trinity College, London in providing the Graded Examinations in Spoken English- GESE certificates, approved by UK government
- ♦ College has 30 Plus collaborations and functional MoUs with institutions in India and abroad, including MoUs with St Xavier's College, Kathmanu, Nepal, Kadambari Memorial School of Social Work, Nepal, Scholarship and Christianity in Oxford, United Kindom and St. Augustine's College, South Africa.
- ♦ Student Exchange Programme: Two International Students from St Xavier's College, Kathmandu, Nepal completed Internship at the department of Social Work, Vimala College.
- ♦ The College has an Institutional Membership for United Nations Academic Impact which is an initiative that aligns institutions of higher education with the United Nations.
- ♦ Second Convocation Ceremony for Undergraduate and Post Graduate students, was conducted on 9th August 2019.
- ♦ 680- Undergraduate and 183 -Post Graduate students were graduated last year
- ♦ The College runs completely on the Solar power with 100 Kilowatt power Grid Solar power plant.
- ♦ College implemented UGC programmes: Unnath Bharath Abhiyan, Fit India Movement, Ek Bharat Shresht Bharat and Swchchata Pakhwada.
- ♦ Vimala College initiated 'People's mediation Centre' in collaboration with 'Indian institute of Arbitration and Mediation Centre, Cochin
- ♦ The Third phase of Vimala Community Aid

and Sponsorship Scheme (VCASS) supporting 51 students from schools in the neighbourhood was launched.

- ◆ (Over to Asha, Sree Nandana and Sanjana who will lead you through the year's events)

INFRASTRUCTURE

- ◆ The Euphrasia block of the College was renovated with class rooms, an Amphitheatre and the State-of-the-Art Conference Room
- ◆ Renovation of the College reception area
- ◆ Construction of the new RUSA-funded Indoor Stadium has commenced at Padukad.

LIBRARY

Vimala College library is the biggest one in the University of Calicut, automated by international opens source software Koha. The Library provides access to world's best online databases with thousands of high quality research papers and e-books on various subjects.

The official YouTube channel of Library Club 'VIDENSHUS VIMALA' showcases the various activities of the club and helps to promote the literary genius of students and popularize their works to an international medium. Library conducts Quiz on Mercury newspaper to make students up-to-date about the current affairs.

The activities of the library club for the year include annual literary fest SAMANJASYA 2K19, workshop on 'Wikipedia Content Writing and Editing', reading week celebrations, BIBLIOPHILIA 2K19, several competitions like Literary quiz, Book review competition SAMEEKSHA-, PowerPoint presentation competition- KNOW YOUR AUTHOR, Reading Competition- LEITURA, Chart making competition- CHATO EXPERT, Waste paper collection competition- COLLECT PAPER WASTE, BE THE BEST, retelling a story- UNTOLD RETOLD, versification competition and book exhibitions.

INTERNAL QUALITY ASSURANCE CELL

The College has a well organized Internal Quality Assurance Cell established as a post ac-

creditation quality sustenance measure. The Cell conducted orientation sessions and meetings for faculty members on Revised NAAC accreditation framework and initiated preparation activities for the next cycle of NAAC Accreditation. IQAC plays a key role in curriculum enrichment and teaching and evaluation reforms.

IQAC organized an orientation session for the newly joined UG and PG students and their parents in June 2019. The session was followed by a campus tour led by senior students and departmental orientation. The students were also given orientation on examination rules and regulations; add on courses, feedback mechanisms and grievance management and internships. Orientation Sessions on International education, Cyber security, Road Safety, Fire and Safety and Entrepreneurship & Innovation were also conducted.

The Cell organized 31 faculty enrichment programmes during this academic year. These include Workshops on Outcome Based Education, O Classroom Teaching Using Active Cooperative Learning Strategies, e-Learning and MOOC Development, Intellectual Property Rights, Mentoring skills, ICT enabled teaching and student engagement in extension activities were conducted. The College also hosted an Orientation session on State Assessment & Accreditation Council (SAAC) by Kerala State Higher Education council for the Principals & IQAC Coordinators of Thrissur District. IQAC also organized an orientation Session for the Non Teaching Staff on NAAC Revised Guidelines, Workplace safety and Health insurance.

IQAC conducts stakeholder feedback analysis, supports students to enhance their employability skills through internships, facilitates student engagement in campus activities and extension activities.

CAREER GUIDANCE PLACEMENT AND TRAINING CELL

The CGPT cell organized career orientation sessions, skill development programmes, coaching for NET, PSC, UPSC and bank recruitment. Sessions on motivation, communication skills, spoken English, current trends in information technology were also conducted. Students participated in placement drive

of various organizations like Goan Institute, Accenta, ZIFO solutions, CTS, Infosys and WIPRO.

COLLEGE UNION

The parliamentary mode of election for the College Union was held on 5th September 2019. An efficient team of eight students assumed the various responsibilities of the Union under the dynamic leadership of the Chairperson Alinta Joy. College Union was inaugurated on 27th September 2019 by Adv. K.Rajan, Chief Whip and Member of Legislative Assembly from Ollur Constituency.

The major programmes conducted by the Union include ARAVAM 2k19- Onam celebrations, Kalamkari 2k19- Fine Arts Competitions, NAVODHAN 2019- a curtain raiser; KALAMKARI 2019- Fine Arts Festival; NISHKUUS-games for students in connection with Children's Day, 'THANALKOOT-TU'- an Open forum for students; MADHURI 2019- a day for the non teaching staff ; KARUTHAL- a charity venture; Magazine Week to discover the artists among the students and Orientation Class for aspiring Radio Jockeys by CLUB FM.

LAURELS

FACULTY ACHIEVEMENTS

- ♦ Dr. Sr. Beena Jose, Principal, was awarded TORCH International fellowship (The Oxford Research Centre in the Humanities), University of Oxford, United Kingdom, for the project 'Anglo-Indian Perspectives on Human Dignity in Health care and Medical Research.
- ♦ Dr. Sr. Beena Jose participated in the 'Bridging the two cultures of Science and Humanities Conference held at Lady Margaret Hall, University of Oxford as part of Scholarship and Christianity in Oxford, UK and presented a paper on 'Mastery of Science meets the mystery of religion' at St John's College, Oxford, UK.
- ♦ She has also received Sander K. Thomas Memorial Award for the outstanding Academic activities
- ♦ Dr. Sr. Silvy Mathew, Assistant Professor, Dept of Botany received the Indo-Asian Award for Best College Teacher of the Year 2019.
- ♦ She has also published a book titled Zero Waste: A Handbook on Waste Management.

- ♦ Dr Mallika A Nair, Assistant Professor, Dept of English, has been selected as the consultant for the cultural project development and implementation partnership with the US mission to India in association with Maryland University, Washington and US Embassy, New Delhi, India on "Participatory Theatres of Accessible Ecologies, Sounding Localities Across Communities of Difference"
- ♦ Dr. Jaya Cherian, Associate Professor, Dept of Social Work, Dr Sheeja Tharakan, Head of the Dept of Botany Dr Manju Madhavan, Assistant Professor, Dept of Botany and Dr. Feebarani John, Assistant Professor, Dept of Zoology have been recognised as Research Guides under Calicut University
- ♦ Dr. Sneha Gopeekrishna, Assistant Professor, Dept of Economics has been awarded Post Doctoral Fellowship by the Indian Council of Social Research (ICSSR), New Delhi for her research on financial Literacy and Women Empowerment
- ♦ Dr Thomas Ruby Mariamma, Assistant Professor, Dept of Home Science was awarded PhD from MG University
- ♦ Dr. Meera K.M was awarded Ph.D from Cochin University of Science and Technology
- ♦ Dr. Indhu M.S was awarded Ph.D from M.G University
- ♦ Dr Dhanya Johnson, Assistant Professor, Dept of Physics, was awarded PhD from C-MET, Thrissur
- ♦ Dr Bijoy P Mathew, Assistant Professor, Dept of Chemistry, presented a paper at the 25th International Conference on Organic & Inorganic Chemistry held at Vancouver, Canada.
- ♦ Dr Jiji Abraham, Assistant Professor, Dept of Chemistry, received the Best Oral Presentation Award at POLYCHAR 2019 held at Kathmandu, Nepal
- ♦ Ms Jovia Jose, Assistant Professor, Dept of Physics, participated in Metamaterials Congress 2019 (METAMORPHOSE VI) held in Rome (Italy)

- ◆ Dr. Anjaly Kishore, Assistant Professor, Dept of Mathematics, was the Resource Person in Real Analysis at the International Workshop on Linear Algebra and Analysis at K.S.R College, Erode and an invited speaker at the International Conference on Emerging Ideas in Pure and Applied Mathematics at Vellalar College for Women, Erode.
- ◆ Dr Jerin Paul, Assistant Professor, Dept of Statistics, was the resource person at the International Conference on Politics and Economics of Climate Change and workshop on Data Analysis conducted by Post graduate and Research Department of Statistics, Mar Athanasius College, Kothamangalam.

STUDENT ACHIEVEMENTS

- ◆ Two International Sports stars Anjaly Venu and Dilna George of VI Semester BA Sociology represented India in the 15th Asian Women Youth Handball Championship held at Lebanon, Asia.
- ◆ Cadet Kathiya Varghese represented Kerala and Lakshadeep Directorate at the Republic day events 2020 in Delhi and secured Director General's Commendation card
- ◆ Sabithamol S., II Semester BA Malayalam has been selected by the Judo Federation and Sports authority of India to attend Indian Sports Camp at Pune
- ◆ The Department of Sociology has been awarded the 'Best PG Department in Sociology in the State at the 45th Kerala State Sociological Conference
- ◆ Aparna J, IV Semester B.Sc Zoology, won IN-SPIRE scholarship (Rs.1,20,000/- aggregate for two years) instituted by DST, Ministry of Science and Technology, Govt. of India
- ◆ Ms Swathy Surendran, M.Sc Zoology was selected to receive Sphytis Scholarship as research grant by Kerala State Council for Science, Technology and Environment
- ◆ Parvathy Jaison of 6th semester BA Economics won first prize in a National Level Paper Presentation Competition on the Relevance of Gandhism held at Sacred Heart College, Chalakudy
- ◆ Anusha K Joseph, Sneha S, Jasla Saleem, Amrutha P K and Anu Xavier secured gold medals in the All India Inter University and Silver medal in the Senior National Tug of war championship.
- ◆ Anagha K secured Second place in the Calicut University All India Inter University Baseball championship.
- ◆ Athira Anil Kumar and Nanditha Udayaraj won Silver medal in the South zone national athletics championship.
- ◆ Sabithamol S secured Silver medal in the Youth national judo championship
- ◆ Anagha Shanmughan won Silver medal in the Senior south zone national wrestling championship.
- ◆ Anjaly venu, Dina George, Anusha K, Agila CV, Rakhi and Krishnapriya P qualified for the All India Inter University South Zone Handball Championship.
- ◆ Sreethu Sreenivasan, VI Semester B.A Sociology received Karma award for the Best Socially Committed Outgoing Student instituted by the Alumnae
- ◆ Akshara Santhosh, VI Semester B.Sc Chemistry was adjudged the Star of Vimala in the Star of Vimala Competition organised by the Alumnae Association, Vimala College
- ◆ Eleven volunteers from NSS unit of the College were selected for International Integration and Communal Harmony Camp organized by National Youth Project at Delhi representing Kerala. Ms. Alinta P Joy was selected for representing Kerala in Bharath Ki Santan display.
- ◆ Mariya Raphael of VI Semester Sociology was selected as best NSS volunteer under Calicut University for the year 2017-19.
- ◆ Amrutha A. B. And Nayana N. R. won the V. K. Krishna Menon Regalia Award 2020 at the Labour India UN Replica 2020
- ◆ Mridhula T M, VI Semester BA Economics won the Best Actress Award in the Kerala Government Anti-Narcotics short film festival 2019 and she has also won the First Runner up position in Face of Malayali Competition 2019
- ◆ A team comprising of P Anjana Menon and Sreelakshmy Dileep, V Semester B.Com emerged Runners up in the Best Management Team Competition organised by National Institute of Technology, Calicut
- ◆ Anusa R, Ronika Paul, A.Tina Davis, Jesly K

Raju, Aswani K.A of II Year B.Sc. Computer Science qualified in the District level Young Innovators Program

- ◆ Binduja K B won 1st prize in Mohiniyattam and Bharathanatyam and Shot Put in Keralolsavam 2k19 organised by Govt. of Kerala and Yuvajana Kshema Board
- ◆ Stephy Susan Kuruvila won 1st in Story Writing and Chess in Keralolsavam 2k19 organised by Govt. of Kerala and Yuvajana Kshema Board
- ◆ Maneesha MU participated in the largest Mohiniyattam performance by 6500 participants and found place in the Guinness Records.

SEMINARS AND WORKSHOPS

- ◆ An International Seminar on Nanostructures and Nanomaterials was jointly organized by PG Departments of Physics and Chemistry.
- ◆ The department of Chemistry conducted an International Seminar on Polymer based batteries: all solid-state electrical energy storage.
- ◆ The Department of Economics conducted Workshops on Research Methodology, "Data Analysis using SPSS" and Art of Research Writing
- ◆ The Department of Hindi, organized Seminar on Current Status of Hindi in Collaboration with Sree Sankaracharya University of Sanskrit Regional Centre.
- ◆ La Ricerca, a student organized two-day seminar on Research by the department of English
- ◆ The department of Home Science organized workshops on Gender inequality in the Fashion Industry, Cloth bag making and Academia – Industry Interface.
- ◆ Department of Malayalam conducted workshop on Malayalam Computing in collaboration with Thunjathezhuthachan Samadhi Foundation
- ◆ The Department also conducted seminars on Thribhasha Padhathi and Bhasha Asoothranam.
- ◆ Department of Mathematics organized a workshop on Basics of Real Analysis and Problems as part of DWITHI 2K19. A seminar on LPP was also conducted.
- ◆ The Student Solar Ambassador Workshop initiated

by IIT Mumbai and IIT Delhi was conducted in the department.

- ◆ Department of Sociology organized seminars on Human Rights and Human Dignity, Career Development and Career Planning and Economic Reservation and Gender Policy
- ◆ The Department of Botany organized Lecture Series 'Deeksha'
- ✓ Department of Social Work- conducted workshops on Project Proposal Writing, Street Play and Child Protection: Challenges and Prospects
- ✓ The department also organized training programme for Integrated Child Development Scheme workers in Thrissur in association with District Child Protection Unit.
- ◆ Department of Statistics organized a one-day Workshop on SPSS
- ✓ The department of Zoology-conducted seminars on Intellectual Property Rights, Biodiversity and Forest and Wildlife
- ✓ The department observed National birding day, in collaboration with wildlife division, Peechi.

INTERCOLLEGIATE COMPETITIONS

- ◆ Ujjwala – an Inter University Versification Competition and Lochana- an Inter University Quiz programme by the Department of Malayalam
- ◆ Business Track 2K19 instituted by Dr.Sr. Lissy John Irimpan Endowment by the Department of Commerce
- ◆ An Intercollegiate General Essay Competition by the Department of Economics, for Sr.Philomine Ever Rolling Trophy
- ◆ A State-level Essay Writing Competition by the Department of Statistics in connection with the National Statistics Day
- ◆ Sramsana 2020, an Intercollegiate Zoology Fest
- ◆ Imprintz 2020, an Intercollegiate Literary Fest by the Department of English.
- ◆ Riti-4.0, an intercollegiate Computer Fest by the Department of Computer Science

- ◆ Reflets Du Passe, an intercollegiate academic event by the Dept of Sociology

INTERDEPARTMENTAL COMPETITIONS

- ◆ Dietetic Day Quiz and Nutri-girl competitions by the Nutrition club
- ◆ A Debate Competition by Bhoomithrasena as part of World Population Day.
- ◆ Gandhiyam- a Gandhi Quiz and Blood Donation Day Quiz Competition by the NSS
- ◆ Misletoe 2k19- a series of Christmas competitions by the Jesus Youth
- ◆ A Face Painting Competition by the Tourism Club in connection with Ethnic Day
- ◆ An Inter Departmental Debate Competition and Essay Writing competition by the Department of Economics
- ◆ An interdepartmental Hindi Recitation, Bollywood Quiz and Hand Written Magazine Competitions by the Department of Hindi
- ◆ Competition on Dress designing using Khadi in connection with Gandhi Jayanthi by Dept of Home Science
- ◆ AGNI 2K19 -A Quiz Competition by the Department of Physics
- ◆ Sr Canisia General Quiz Competition and a Quiz on Gandhiji and his Life by the Department of Chemistry
- ◆ Poets' Artists' Day Competition for the Leo Trophy by the Department of English.
- ◆ Dr Sr Cleopatra Competitions for the Best Literary Artist of the Year, by the Department of English.
- ◆ E-Mantra- a series of competitions and Story Reel- a Short Film Competition by the department of Computer Science.

BEYOND BOOKS

The College aims at the complete development of the student community in the realms of both curricular and co-curricular aspects. It widens their horizons of understanding and performance of her wards

- ◆ Walk With Scholar and Student Support Programme
- ◆ Foreign Language Courses
- ◆ Additional Skill Acquisition Programme
- ◆ Paper Presentation in International and National

Seminars

- ◆ Publication of Research papers in National and International Journals
- ◆ Participation in Workshops, Seminars, Awareness Programmes, Panel Discussions and Film Festival
- ◆ Industrial and Media visits
- ◆ Internships
- ◆ Flash mobs and Street plays
- ◆ Day celebrations and Food fests
- ◆ Training programmes
- ◆ Exhibitions, Aqua Show, Video Presentations

NATIONAL CADET CORPS

- Cadets Observed Kargil Vijay Diwas 2019 and International Yoga Day with Musical Yoga Presentation and Demo of Various Yogasanas "Swasthya 2019".
- The cadets were the Runner-up at the Independence Day Parade competition held at Thekkinkad Maidanam, Thrissur.
- Class on road safety and the need to adhere to the rules - "DRIVE SAFE, LIVE LONG" was organized.
- In connection with world Tourism Day, cadets cleaned Chavakkad Coastal Area and separated bio waste from plastic waste.
- Cancer Awareness Campaign "NO FEAR" was organized
- Cadets Cleaned the Thrissur Round Premises On 2nd October in connection with the Observance of Swatchhta Pakhwada.
- Cadets observed Hand wash day and visited various Play schools, demonstrated how to keep hands hygienic.
- Cadets Participated and won prize for Drill and cultural competition in various camps -Combined Annual Training Camp, IGC Camp, Pre-IGC Camp.
- Lt. Lovji K. N, SUO Jisma George and JUO Vismaya Dinesh Babu attended the All India Trekking Expedition at Nilgiri, Ooty.
- Lance Corporal Feba Saju was selected for All India Rock Climbing Camp at Gwalior.
- Cadet Veena attended the 10 days EK BHARAT SHRESTHA BHARAT National Camp at Kasargode.

- Cadets represented Vimala College for the first time at the Republic Day Rally 2020 at the Swaraj Round and Thekkinkad Maidanam.

NSS – NATIONAL SERVICE SCHEME

The activities of NSS Units in Vimala College for this academic year initiated with a seminar on blood donation in collaboration with Bodhi India. As part of the continuous programme initiated by NSS unit named 'Mazhavillu', The Government HSS, Villadom has been adopted and volunteers help students in their academic and extra curricular activities.

The NSS Unit organised Day observances and celebrations: Environment Day, the 150th Birth Anniversary of Mahatma Gandhi, Dowry and Domestic Violence Prohibition day activities, National Girl Child Day, National Unity Day, World AIDS Day, International day of the disabled and International Human Rights Day.

Other activities of the Unit are Medical Camps, Eye, Blood, Hair Donation Camps, Nutri-week and Reading week celebrations, Golden jubilee year of NSS, Seminars, Special camp for the volunteers, Workshops and training on eco-friendly products and its distribution and Regular cleaning drives in association with the Swatchh Bharat Mission.

The initiatives like organic farming, tuition for the needy students, Pararaksha-save the life of a person on his emergency situation, Neetham-road safety awareness; Preparation of flood relief materials; Swatchh Bharat Summer Internships; Vimukthijwala-Antinarcotics awareness programme; and Ujjevan-forest fire awareness programme and Beach Cleaning Drive

NATURE CLUB

The Nature Club organized a slogan writing competition, designed a logo for their activities with the motto, 'lead the scene, to keep it green' and conducted an online survey on environment consciousness among the college students of Vimala College.

The nature club members have started a unique

initiative- deciphering the small specks of important information about nature through our Radio program Zero gravity.

BHOOMITRASENA CLUB

The Bhoomitrasena Club conducted various workshops on like paper file making, news paper bag making. The club distributed the paper bags to the nearby shops as a part of plastic eradication programme. The club also started its vegetable cultivation in the campus.

DANCE CLUB

A fusion dance programme -VAIKHARI 2K19 was organized for raising fund for helping a child with heart disease. The members participated in various competitions like SRISHTI 2k19, ARAVAM 2k19 and secured prizes. The Noopuram' dance club members performed cultural programmes in connection with Jail welfare day celebration at central prison Viyyur. Students from Dance club attended a classical dance workshop, Chethanolsavam 2019. A fusion dance was set by the Noopuram' dance club members as part of Kalamkari 2K19..

ENTREPRENEURSHIP DEVELOPMENT CLUB

The Entrepreneurship Development Club organized various training programmes to its members on making Flowers, Paper and jute bags. The club also imparted training to 30 students in Nursery Setting at Rayirath Gardens. The club organized a sale of handmade products of various kinds. A session on ticketing, passport preparation and the potential of tourism sector was also organized. An intercollegiate competition -Innovation Bonfire-was also organized by the club.

NUTRITION CLUB

As part of Dietetic Day Celebration a quiz programme was conducted for the club members. The club organized an exhibition of Nutritious green leafy vegetables to create awareness on healthy foods. Counselling on 'good food habits' was provided on every Thursday.

MUSIC CLUB

The music club activities for the year flagged off with a talent hunt organized to tap talented singers. Activities include: Prayer recording at Sreeragam studio, guitar and violin classes for the teachers, participation in the Cultural Event at Viyyur Central Prison, grooming sessions for students for Christmas carol song which was recorded and telecasted in Shalom TV.

YOGA CLUB

The 5th International yoga day was celebrated with great enthusiasm and vigor. Almost 100 participants took part in that event. The trained student volunteers organized a mass display on Surya Namaskar, Yoga Dance and some Asanas in the college.

TOURISM CLUB

The club started off its activities with the World Tourism Day Celebrations organised by the District Tourism Promotion Council.

As part of World Tourism week, various competitions like origami art, travel blog, photography and as part of Ethnic Day celebrations, Face painting competition and cultural presentations of students were organized.

The tourism week celebrations ended with a seminar on the immense possibilities of the tourism industry

In connection with UNESCO's World Heritage week Celebrations the club arranged a visit to the heritage destinations promoted by Muziris Projects Limited and 50 students participated.

FILM & THEATRE CLUB

The Film Club members attended the Refugee Film Fest conducted at Kendra Sahitya Academy. Theatre club members attended the International Theatre Festival of Kerala 2020.

MEDIA CLUB

The Media club participated in flood relief program with ORUMA Thrissur. The other activities of the club include initiation of panel discussion series,

assistance in 13th Vibgyor International Film Festival and audition of Vanitha cover girl competition.

QUIZ AND DEBATE CLUB

The club hosted the regional round of All Kerala Maria Philip Memorial Debate Competition organised by Xavier Institute of Management and Entrepreneurship, Kochi. The club hosted Campus Literary Quiz organized by Mathrubhumi.

PAIN AND PALLIATIVE CLUB

'Palanam', the palliative club of Vimala College signed an MOU with Alpha palliative care and participated in the home care programme. The members also observed the World Palliative care day.

UGC - CENTRE FOR WOMEN STUDIES

The centre along with National Child Development Council conducted a one day workshop on personality and career development for women. A workshop on 'Basic Concepts of Queerness and Oppression', seminar on Gender Sensitization and gender film festival were also organized.

WOMEN DEVELOPMENT CELL

This year the WDC has conducted an array of programmes including talks, seminars, workshops, Interactive Sessions, debates, wellness training programmes.

CATHOLIC ACTIVITIES

The catholic activities for the academic year 2019-20 started with the celebration of Holy Mass in the auditorium. Consecration to the Sacred Heart of Jesus, Feast of Our Lady of Mount Carmel, Vimalamatha, Saint Kuriakose Elias Chavara and St Euphrasia were celebrated. Other activities include: Food Fest, talks and speeches, Carmel fire, Holy Mass on the first Friday of every month, rosary procession and Prayer services.

In Nirmala Media You Tube Channel, faculty members delivered speech on Life and Contribution of St. Chavara and Sr. Mary Nobert.

The Jesus Youth of Vimala College has always been the vibrant part of our campus and their new

initiative "Christmas Carol by Vimala College" was telecasted on Christmas day in Goodness Channel. Jesus youth launched one week Christmas celebration -MISTLETOE-2k19.

The AICUF unit provides platform for students to develop their spirituality and leadership quality. On 1st February 2020 College organised a one day pilgrimage to Mannanam for all the Staff & Students.

EXTENSION ACTIVITIES

- ♦ The Department of Sociology organized Swachhta Pakhwada, a cleanliness drive to urge people to keep the surroundings neat and tidy and protect Nature. Activities include seminar on the theme of Swachhta, Talk show, documentary presentation, and Competitions regarding swachhata, Water and Forest Conservation.
- ♦ 'Vaikhari 2019-2020': Department of Chemistry organized a programme at N.S.U.P School, for providing financial assistance to the students who are affected by flood.
- ♦ 'Eye to Sky' – Sky watch programme: In collaboration with Kerala Science and Technology Museum and Vimala Astronomy club, the Department of Physics conducted Sky Watch session.
- ♦ Interventions: The students of the Department of English provide extension services to improve the language skills of students at Government UP school, Ramavarmapuram
- ♦ Onathinu Orumuram pachakari': Department of Botany, in association with Krishibhavan Chero- or cultivated organic vegetables in the campus
- ♦ Department of Commerce, in collaboration with UBA, conducted a survey in Mulangunnathukavu Panchayath to gather information regarding the domestic water consumption of that area and provided suggestions for water conservation.
- ♦ The Department of Home Science arranged an exhibition and Awareness class on Parental Nutrition at Elite Hospital. Students of the department offered skill enhancement training to inmates of Pakalveedu run by Alumnae Association

VIMALA COMMUNITY OUTREACH PROGRAMME

Vimala Community Extension Centre is a registered Charitable Society of the College. The Centre runs a Family counseling Centre and a Service Providing Centre for the protection of women experiencing domestic violence with the financial support from Central Social Welfare Board, Govt. of India. Apart from providing counseling at the centre, it extends services to Crime Prevention Centre, Women Protection office and Family court. This year the centre supported 655 families. A wellness programme for the women in the neighbourhood, Group therapy for children and counselling training etc are other activities of the centre. There is a psycho-spiritual Child Guidance Centre that provides counseling to children and families. The centre extends its services to nearby colleges and schools. This year 50 children and their families received support from the centre.

The College is also a Nodal Organization for Childline – A 24 hour helpline service for children in need for care and protection with the support of the Ministry of Women and Child Development, Govt of India. Childline organized awareness programmes related to child protection to teachers and other professionals working with children. It also conducted programmes for empowering children and also observed Childline Se Dosthi week, International Day against Drug abuse, International Day of the Girl child, International Day against Child Labour.

UNNATH BHARATH ABHIYAN

The College has been selected as a participating Institute for UBA, a flagship program of MHRD, Government of India. The selected villages are: Madakkathara, Mulangunnathkavu Kolazhy, Thekkumkara and Vilvattom. The program started with a baseline survey and a consultation workshop with the elected representatives and officials of the selected villages and progressing with several activities like need assessment of the rural villages, planting trees, flood relief activities, solar ambassador program, 'Swachhata Hi Sewa Campaign', beautification of the primary health centres, medicinal tree plantation, promotion of eco tourism destination, creation of fire breaker lines, various initiatives for a plastic

free world like making cloth bags, paper pen and paper bags, jute bags etc. The UBA team has also visited Asha Bhavan, Vilvattom to give training on creative art and craft making and conducted rural anganwadi upliftment programs in Kolazhy.

PTA

The General Body Meeting had a vast turn out of parents and a team of efficient office bearers were elected to implement matters regarding the welfare of student community. The PTA Award day, in memory of Dr Sr Sobel, was inaugurated by Rev Dr Daijo Poruthur. Awards were given to the best outgoing student of each department, sports stars, best NSS volunteer, best NCC cadet and the faculty who were awarded Ph.D in the current year.

ALUMNAE

- ❖ The annual reunion and general body meeting held on the second Saturday of October
- ❖ Alumnae Accolades –the Award Day held in fond memory of Dr. Sr. Cleopatra –was organized to honour our alumnae who have achieved prestigious heights at National and International levels.
- ❖ The Star of Vimala contest organized in memory of Rev. Sr. Stella Maria, selected the best student from among the graduating batches.
- ❖ Pakalveed- a day care centre for the aged women in the community. A hands- on training programme was initiated to engage them during the day and also to help them fetch an earning in future.
- ❖ In collaboration with UGC Centre for Women's Studies organised an Orientation Programme on "Lifestyle diseases" for the mothers of I Semester UG & PG students.

SPORTS

- ❖ The College participated in Sixteen tournaments organized by the University of Calicut and secured Handball, Fencing and Boxing championships. Vimala has also won second place in the Tug of war and Judo championship and Third place in the Baseball, Kabaddi & Swimming.
- ❖ Twenty Six athletes Represented Kerala State to participate in Various National level cham-

pionships. Eight of them secured Silver medals to the State.

- ❖ Twenty seven students Represented Calicut University in different games and bagged eight Gold, one Silver and two Bronze medals.
- ❖ The department organized Calicut university intercollegiate Handball Women and Fencing Men & Women championships. Vimala won both the championships.
- ❖ The National sports day was celebrated, spreading the message of "Fit Vimala Fit India Movement" through a mass display on Dance Aerobics Programme.
- ❖ Intramural competition in SPORTS DANCE was conducted for students.
- ❖ The Health and Fitness club organized a HEALTH MELA for all the students and faculty members.
- ❖ Started a new programme V-Fit and "COLLEGE FITNESS EDUCATION PROGRAMME (COFE) developed by the Calicut University department of physical education
- ❖ Conducted "ZUMBA SUMMER FITNESS 2019" for ladies and "KIDS SUMMER CAMP" which included indoor and outdoor activities

CONCLUSION

We mourn the untimely loss of Ms Rosmin Abraham, the Asst. Professor on contract of the department of Botany. We remember her commendable services rendered to the College and bow our head in prayer to the departed soul.

The year 2019-20 was a remarkable year, as Vimala recorded immense growth in the academic sphere as well as excellence in the extra-curricular domain.

- ❖ It was marked with many events and success stories that can be attributed, to the dedication and team spirit of the members of the Management, Staff and Students.
- ❖ The abundant blessings of the Lord and the grace of Vimalamatha, has always been the anchor and guiding star, in all our activities and enterprises.

DEPARTMENT OF BOTANY

SEMINARS AND WORKSHOPS

World Environment Day was celebrated on 7 June 2019 with the slogan "Beat Air Pollution". The guest of honour Dr. Bindu G, Scientist at Nansen Environmental Research Centre India, led a seminar on "Air pollution and Carbon Sequestration". Students from various neighbouring schools participated in the painting competition organised by the Department. An Extension Programme in connection with World Environment Day celebrations was held on 13 June. The book "Zero waste – A Handbook on Waste Management" written by Dr. Sr. Silvy Mathew was released by the dignitaries, Dr. Sr. Beena Jose and Er Suseela Nair V. A. The prizes for the winners of Interschool Drawing Competition were distributed by the Principal and a sapling of Neermathalam was planted at the College premises. On 14 June 2019 a Power Point presentation was conducted by Student Representative Annmariya Jacob, S3 B Sc Botany on the topic "Beat Air Pollution" for college students.



'Deeksha' Lecture Series was inaugurated by Dr. Tessa Paul P, Associate Professor and Head, Department of Botany, Christ College, Irinjalakuda. In the workshop, she shared her experience about algae collection and the resource person also released the department newsletter 'SWARAM' (2018-2019) by handing it over to Dr. Sheeja T. Tharakan, Head, Department of Botany. In the afternoon with the aid of microscope a practical session was conducted in

laboratory using various freshwater algal samples collected by students from heterogeneous environments. In the hands on session, students themselves identified algal species and observed their movements, spores, etc.



TALKS AND LECTURES

Association inauguration of Department of Botany was held on 9 July 2019 at Silver Jubilee seminar hall. The inaugural address was delivered by the guest of honour Dr. Jomi Augustine, Head of the Department of Botany, St Thomas College Pala, who inspired us with his talk on the role of botany students and the significance of botany in everyday life. He related his adventurous experience in the forest and displayed those pictures too.

An awareness programme with "Wetland Biodiversity- with special emphasis on Ponnani Kule Wetlands" was organized on 19/09/2019. Dr. C.C. Harilal, PI, SWAK Project and Associate Professor, Department of Botany, University of Calicut gave a brief description about the programme. The technical session was handled by Dr. N.J. Manju, Assistant Professor, Department of Geology and Environmental Science, Christ College (Autonomous), Irinjalakuda.

PTA MOTIVATIONAL TALK – 2020 was conducted on 9-1-2020. Smt. Alice C.T, retired

Headmistress delivered a highly motivating talk on essential qualities like self-confidence, self-reliability that we need to nurture in our lives. **EXTRA-CURRICULAR ACTIVITIES**

♦ Field trip

VISIT TO REGIONAL RESEARCH STATION, PATTAMBI, PALAKKAD

As part of the curriculum, Department organised a study tour to Regional Research Station, Pattambi, Palakkad on 27 September 2019. Dr. Biji, Assistant Professor in Plant Breeding and Genetics explained that RARS focusing on the hybridization of different rice varieties and the resultant disease-tolerant high yielding varieties. Sr. Abdhu Sabur, Lab Technician explained procedures for finding quality and viability of rice. He also introduced various equipments of biotechnology laboratory.

ECOLOGY TRIP TO PARAMBIKULAM TIGER RESERVE



The Department organized an ecological trip to the Parambikulam Wildlife Sanctuary on 19 November 2019. The fauna included wild elephants, wild horses, deer and many more. The flora included *Habenaria ovalifolia*, a wild and rare orchid species, *Striga asiatica*, *Murdannia nudiflora*, *Terminalia elliptica*, *Jatropha gossypifolia* and much more. Students were able to get a good view of the dam from the Peruvaripallam Dam view point.

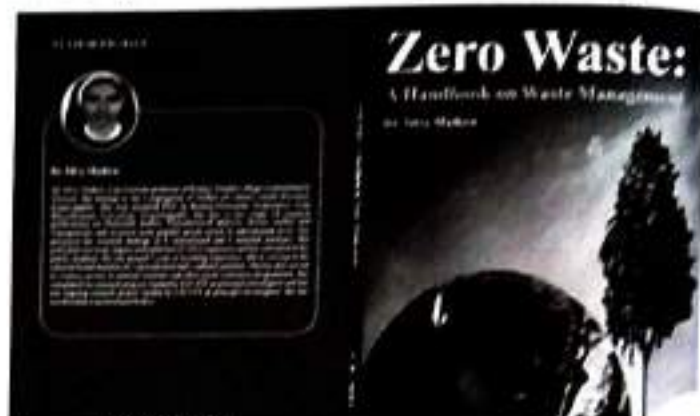
ALGAL COLLECTION -THIKKODI

As part of curriculum an algal collection trip was conducted to Thikkodi Kozhikode on 6 January 2020 for MSc 1 Sem PG students. From there species like

Padina, *Dictyota*, *Sargassum*, *Gracillaria* etc were collected with the help of experts.

STUDY TOUR

The final year B.Sc Botany students visited JNTBGR, Palode, Thiruvananthapuram, Poovar island, Ponmudi Hills, Horticultural garden at Kuzhipallam and Jatayu Earth Centre, Kollam. They were exposed



to wide varieties of flora and phytogeographic zones in Kerala. The biodiversity richness observed in Western Ghats was adorable. The students could learn the taxonomy and distribution of plants at the Botanical garden JNTBGR.

LAURELS

FACULTY ACHIEVEMENTS

Dr. Sr. Silvy Mathew was the recipient of Indo-Asian Award for Best College Teacher of the Year 2019. She also published a book titled "Zero waste: A Handbook on Waste Management".

Ms Jiffy M. Joy secured III Prize at the paper presented at the International conference on Prospects of Bioscience in Industry.

Ms Rosmin Abraham got Certificate in Peace Studies organized by Loyola Institute of Peace and International studies in collaboration with XLRI, Jamshedpur. She also completed Postgraduate Diploma in Ethnopharmacology from Kerala Veterinary University, Pookode, Wayanad.

STUDENT ACHIEVEMENTS

1. Sr.Lolia Hepuni IVth sem PG student qualified CSIR-NET.
2. Anjusha Suki C V IVth sem PG student secured

I Runner-up in Nutri-Girl Competition organised by Department of Home science.

3. Ms. Maneesha M U participated in the largest Mohiniyattam performance by 6500 participants which made its entry into the Guinness Book of Records.

EXTENSION ACTIVITIES

'ONATHINU ORUMURAMPACHAKARI'

Department of Botany in association with Krishibhavan Cheroor introduced a vegetable garden on 2 August 2019. Smt. Smitha, Agriculture officer of Cheroor Krishibhavan gave an outline about their initiative. Dr. Sr. Beena Jose, Principal Vimala College, inaugurated the olericulture by planting the saplings. Students also planted various vegetables like amaranthus, tomato, brinjal and chilly in 50 grow bags provided by the Krishibhavan.

Department of Botany initiated Mushroom Cultivation as an extension activity on 8 November 2019. The first harvest was taken by our respected principal Dr. Sr. Beena Jose on 13 December 2019. Basidiocarps were collected and distributed.

BEYOND BOOKS

First year PG Botany students participated in "SPICES V PASSION" organised by Post Graduate Department of Botany, St. Thomas College Thrissur.

Anjusha Suki C.V (II Year PG) presented a paper at the National seminar held at St. Joseph's College, IJK.

Sr. Lolia Hepuni (II Year PG) presented a paper at the National seminar held at St. Joseph's College, IJK.

Ashna K.S (I Year PG) presented a paper "Pharmacognostic Evaluation of Plant Extract of *Clinacanthus nutans* held at St. Mary's College Thrissur.

Anjusha Suki C.V (II Year PG) presented a paper "Structural Abbreviation in Chlorophyll due to Climate Change with special reference to Temperature" held at St. Mary's College Thrissur.

Amrutha Sundaran (II Year PG) presented a paper "Conserve Resource, Sustain Life" held at St. Mary's College, Thrissur.

Rose Mary Martin (II Year PG) presented a paper "Re-writing the Blueprint of life" held at St. Mary's College, Thrissur.

Ashna K.S (I Year PG) presented a paper at St. Joseph College, IJK.

Mancesha M.U (I Year PG) presented a paper at St. Joseph College, IJK.

Sharafiya K (I Year PG) presented a paper at St. Joseph's College, IJK.

CLUBS AND FORUMS

ENFLAMMER, THE JOURNAL CLUB

Enflammer, The Journal Club was inaugurated by Dr. Sheeja T Tharakan, Head, Department of Botany on 6 August 2019. The Journal Club is constituted by a group of enthusiastic students of Post Graduate Department of Botany. It envisages to familiarize students of important journals and scientific papers published under different fields of Botany around the world.

On 21 November 2019 Enflammer, the club of organized "INSIGHT" workshop on "Preparing and Publishing a Scientific Manuscript" for UG and PG students.

Dr. Karthika S Menon engaged the first session "Making of a Manuscript". She explained briefly about the IMRAD format. The second session "Uploading a Manuscript in a Journal" by Dr. Manju Madhavan introduced many well-known online journals in different fields and about their impact factor to be checked before uploading into an e-journal.

NATURE CLUB VRITHIKA

DISTRIBUTION OF ALOE PLANTS

As part of green initiative, the nature club members collected used paper-made tea cups and made it vivid through their artistic paintings. Aloe plants were collected and planted in these cups. The inauguration was done by handing over a plant to our Principal, Dr. Sr. Beena Jose. The plants were distributed to all departments and the college office.

VIMALA RADIO ZERO GRAVITY

As a unique activity, the nature club members have started deciphering small specks of important

information on nature through our Radio program Zero gravity.

CAREER GUIDANCE

In association with placement cell, Vimala College, Department of Botany organized a class on "Future Perspectives in Botany" on 29 November 2019. In this programme the main session was handled by Dr. S. K. Chauhan, Director of Alpine Institute of Management & Technology, Delhi.

VIMALA COMMUNITY OUTREACH PROGRAMMES

1. BAMBOO PLANTS TO THE COMMUNITY

As part of the Green initiative eco-restoration programmes Department of Botany provided Bamboo saplings to Thekkumkara Panchayath

on 10-12-2019. The programme was inaugurated by planting bamboo sapling at Pathayakund Dam premises by Smt Sreeja, President, Thekkumkara Panchayath and Dr Manju Madhavan, Assistant Professor Department of Botany, Vimala College Thrissur. This was followed by planting the 40 saplings by First year UG Botany Students in the premises of Pathayakund Dam project.

STUDENT-ORGANISED SEMINARS

On 28-01-2020 PG Department of Botany, Vimala College conducted a one-day intercollegiate student organized seminar "SAHYA" based on "Biodiversity and Taxonomy" Seminar was inaugurated by Dr.C C Harilal, Associate Professor, Division of Environmental Science, Department of Botany, University of Calicut.

DEPARTMENT OF CHEMISTRY

The Department of Chemistry, established in 1967, is one of the premiere departments of the college. The Department's strong record of achievements is based on its advances in chemical research, its success in incorporating these advances into classroom teaching and research programmes, and its close relationship with society through extension activities. The department has been functioning as a Post Graduate Department since 2012.



RESEARCH

Dr Sr Beena Jose received TORCH (University of Oxford, UK) International fellowship for the project 'Anglo-Indian Perspectives on Human Dignity in

Health care and Medical Research. She also received Sander Thomas Memorial Award

Dr Jiji Abraham received the Best Oral Presentation Award at POLYCHAR 2019 held at Kathmandu, Nepal during 19-23 May 2019.

Dr Bijoy P Mathew presented a paper at the 25th International Conference on Organic & Inorganic Chemistry held at Vancouver, Canada held during 26-27 July 2019.

Dr Bijoy P Mathew participated in a one day workshop on Master Mentor Training Programme of Walk with a Scholar Programme on 20th September 2019 at Malabar Christian College, Kozhikode.

Dr Jiji Abraham presented a paper in the International Conference on Recent Advances in Nanoscience & Nanotechnology at Stella Maris College, Chennai on 11-12 December 2019.

SEMINARS AND WORKSHOPS

An International Seminar on Nanostructures and Nanomaterials (NSNM 2K19) jointly organized by P G Departments of Physics and Chemistry on 08-

08-2019. Prof. Pulickel M Ajayan, Benjamin M. and Mary Greenwood Anderson Professor in Engineering, Rice University, USA, Prof. M R Anantharaman, UGC BSR Professor, CUSAT, Dr. Bastien Seantier, University of South Brittany Lorient, France and Dr. Mona Jani, Yachay Tech University, Ecuador were the Resource Persons for the Conference.

An International seminar on Polymer Based Batteries: All Solid State Electrical Energy Storage was organised on 22-01-2020. Dr. Professor Mukundhan Thelekat, University of Bayreuth, Germany was the Resource person

TALKS AND LECTURES

A lecture on Periodic Table and its Properties was delivered by Dr. T Geetha, Assistant Professor, Dept. of Chemistry, St Mary's College, Thrissur on 04-09-2019

In connection with IYPT a talk on Periodic Table was given by Dr Suja Haridas, Assistant Professor, Dept. of Applied Chemistry, CUSAT on 05-12-2019

On 12-11-2019, Dr. T R Govindankutty, retired scientist, Bhabha Atomic Research Centre (BARC) delivered a talk on Science in Daily Life

CO-CURRICULAR ACTIVITIES

Department of Chemistry celebrated the 152th Birth anniversary of Marie Curie, the eminent female chemist on 07 November 2019.

Launched a YOU TUBE Channel LUMO on 05 December 2019.

In connection with IYPT, the Departments of Chemistry and Textiles and Fashion Technology jointly organised a fashion show indicating the colour of elements



As part of World Science day on 10 November, Department of Chemistry organised AGAHI 2K19 on 12 November 2019. The following competitions were conducted: Interschool general science quiz competition, Interschool elocution competition and Interdepartmental power point presentation competition.

Besides these, a Science book exhibition in association with Kerala Saasthra Sahithya Parishath was also organised.

EXTRA CURRICULAR ACTIVITIES

As a part of 150th birth anniversary celebrations of Mahatma Gandhi, the great Indian leader, Department of Chemistry conducted an interdepartmental quiz competition on the topic 'Gandhiji and Life' on 03 October 2019.

The Department also organised 'Knowing Khadi' - a visit to the Khadi unit on 01 October 2019, in connection with Gandhi Jayanthi.



National Milk Day celebrations, KSHEERA was organised in association with MILMA on 22-11-2019

LAURELS

STUDENT ACHIEVEMENTS

Ms Renju M Baby and Tinu Norby won first and second prizes in the Quiz competitions conducted by Department of Chemistry S N College Nattika and S H College Chalakudy respectively.

Annu Maria Sebastian won first prize in the Inter-collegiate Powerpoint Presentation Competition held by the Department of Chemistry, St Mary's College.

EXTENSION ACTIVITIES

As a part of the project 'Vaikhari 2019-2020' Chemistry Department of Vimala College (Autonomous), Thrissur organized a programme at N.S.U.P School, for providing financial assistance to the stu-

dents who were affected by flood. The Department also celebrated Onam with them on 04 September 2019 and supplied instrument boxes to students of upper primary classes on 21 August 2019.

DEPARTMENT OF COMMERCE

TALKS AND LECTURES:

The Department organised a talk on GOODS and SERVICES TAX (GST) by Keltron Knowledge Centre Thrissur. The lecture was delivered by Ms. Shajini, faculty member of Keltron Centre

BSE Investor protection Awareness Campaign was organised by BSE Investor Protection Fund, Mumbai



Alumna of Vimala College Ms. Sreeja Sreedharan, conducted a session on Personal Branding and Interview skills

STUDENT ACHIEVEMENTS

Arunthadhi P S (second semester M Com) Qualified UGC NET JRF.

Meera Hariharan, Navya M & Gliya K J (M Com III Semester) qualified NET, June 2019.

Abirami C (Vth Semester B Com, Self) qualified Group II of CA Intermediate Examination May 2019.

Sreelakshmi Dilip (Vth Semester B Com, Self) qualified Group II of ICWAI Intermediate Examination June 2019.

Niranjana C N (Vth Semester B Com, Reg.) qualified Group I of CA Intermediate Examination

May 2019.

Aiswarya R (III B Com Reg) & **Liphy Raphy** (VB Com Reg) won First prize in the Debate Competition conducted by the department of Economics, Vimala college, on 11.07.2019.

Praveena P & Dhaya K M (B Com Reg III Semester) won First prize in the quiz competition 'War of Sane' conducted by St Mary's College, Tcr on 26.07. 2019.

Neethu K T (B Com Reg III Semester) won second prize in the Inter collegiate Quiz Competition DMO Office, Tcr on 11.07.2019.

P Anjana Menon & Sreelakshmy Dileep (Fifth semester B Com Self) secured Runner Up position in "TARANG 19" The Best Management Team, competition conducted by the School of Management Studies, NIT Calicut on 2nd and 3rd November 2019.

Josna Shaju (I B Com Reg) won First prize in Healthy Snack Making competition related to Nutriday competition, Vimala college, Tcr.

Ananya Nandakumaran (I B Com Reg) won second prize in Salad Making competition related to Nutriday competition, Vimala college, Tcr, Second

Aiswarya R, (III Semester B Com Reg) won second prize in Debate competition on the topic of "Is National disaster caused by mankind" conducted by the sociology department, Vimala college, Tcr

Dhaya KM & Praveena P (III Semester B Com Reg) won second prize in the Quiz competition, on Gandhi Jayanthi day by the Chemistry department, Vimala college.

Rahana VR & Greeshma AM (Vth sem B Com) won second prize in Malayalam Mercury Quiz competition at ST. Thomas college, Thrissur.

Arundhathi, M.com 1 Semester Nutrigirlcompetition, Vimala college, Tr Second, Runner Up

Praveena P & Dhaya K M, (fourth semester B Com Reg.) won second prize in Business Quiz "Comquiz 2020" at St. Thomas College Thrissur on January 20th 2020.

Praveena P & Dhaya K M (Fourth Semester B Com Reg.) secured Runner Up position in MBIFL'20 Campus Literary Quiz, Vimala college Thrissur, on 15.01.2020 as part of Mathrubhumi international festival of letters 2020.

EXTRACURRICULAR ACTIVITIES:

BUSINESS TRACK 2K19 INSTITUTED BY DR.SR. LISSY JOHN IRIMPAN ENDOWMENT



Business Track which is intended to awaken the creative spark in youngsters is the brainchild of our former Principal and faculty Dr. Sr. Lissy John Irimpan. Nearly 200 students from various colleges participated in five events namely Best Manager, Business Quiz, Treasure Hunt, Spot Photography and Dance (spot and pair) held on 18 December 2019.

PROMOTION OF BUSINESS TRACK AT SELEX MALL

As part of the promotion of the intercollegiate competition "Business Track 2K19" scheduled on 18 December 2019, our students performed a flash mob on 7December at Selex Mall, Thrissur between 5 pm and 6 pm.

DEPARTMENT EXTENSION ACTIVITIES

WATER FOOTPRINTING

The Department of Commerce in collaboration

with UBA Unit of Vimala College, conducted a survey in Thrissur District, MG Kavay panchayath on 19 November 2019 to gather information regarding the domestic water consumption of that area.

140 students took part in the survey.

Besides collecting information, they also gave the households certain tips and suggestions for water conservation.

HELPING HAND

As part of the departmental extension activity students of S4 B Com (Regular) visited Prathayasha Bhavan near Akashavani radio station, Padukad on 13 December 2019.

Students, with due support of Smt. Thahira (superintendent of the institution) and staff, arranged a Christmas celebration for the 33 inmates and staff of the institution. Students made a Christmas crib, decorations and arranged several cultural programmes like carol songs, dance etc. A small game was organized by the students and the same was merrily executed by them. All the inmates and staff were greeted with Christmas cards and sweets. A collection made of daily use materials by students were handed over to the superintendent on the same day.

PPT COMPETITION

The department conducted a ppt competition in connection with the 150th birth anniversary of Mahatma Gandhi on 3 October 2019

BEYOND BOOKS:

STUDENT SEMINAR PRESENTATIONS

RS Panchami & Meera Hariharan, S4 M.com Bed and breakfast tourism with special reference to Fort Kochi, 10/01/2020 NSS Ottapalam

Jilsha C. Johnson & Krishnapriya PA, S4 M.com A study on consumer behavior towards GST 10/01/2020, NSS Ottapalam

Liya Prince K & Vrinda KV, S4 M.com A study to evaluate customer satisfaction towards banking services in Manakody Village, Thrissur 10/01/2020, NSS Ottapalam

Roshay Davis & Karishma Karthik S4 M.com
A study on investment behavior of salaried women
in share market with special reference to Thrissur
Corporation 10/01/2020, NSS Ottapalam

Anagha mariya & Gliya K J S4 M.com A study
on consumer satisfaction towards e-banking strategies
of banking industries. 10/01/2020, NSS Ottapalam

Sneha P & Vidhya Vijayan S4 M.com A study
on gender influence on investment behaviour.
10/01/2020, NSS Ottapalam

Navya PR S4 M.com A study on the role of
DIC in entrepreneurship development with special
reference to Athani industrial estate. 10/01/2020,
NSS Ottapalam

Navya PR & RS Panchami S4 M.com Pref-
erence towards home loans & study with special
reference to Vettathur Panchayath 16/12/2019,
Govt.college, Kasaragod

Jesna Johnson S2 M.com Customer perception
towards CRM with special reference to SIB, Cheror
16/12/2019 Govt.college, Kasaragod

Arundhathi PS S2 M.com A study on usage
& adoption of M-banking with special reference to
college students, Thrissur district 16/12/2019
Govt.college, Kasaragod

Neethu C Johnson & Reshma TS S2 M.com
A study on the quality of work life of employees

at Thrissur railway station National seminar on
27th and 28th January 2020 at St. Joseph's College
(Anonymous) UK

CAREER GUIDANCE



The department organised an orientation class on
Practical Management Accountant Course by Mr.
Gabby Godly, Faculty Member and GM of Logic
School of Management, Kochi on 18 July 2019;
Orientation class on SAP R/3 in alliance with G-tech
Centre, Thrissur. The programme was headed by Mr.
Nobi Sudarshan Area Director of G- Tech Computer
Education on 17 July 2019; Induction programme
for MBA Entrance Exam by Mr Nishan K Anil,
Faculty member of Accountants Academy Thrissur
on 19 July 2019 & Elixir Academy conducted an
orientation class on CA and CMA. The first batch
started after the programme.

DEPARTMENT OF COMPUTER SCIENCE

SEMINARS AND WORKSHOPS

The Computer Science Association was inau-
gurated on 13 July 2018 by Dr. Biju Geevarghese,
Academic Advisor, Bharathiya Vidya Bhavan. He
delivered a talk on recent trends in Computer Sci-
ence and encouraged students to think out of box.

As part of Industry Academia Interface, Dept of
Computer Science, organized a project orientation

class "An Insight into Software Project Develop-
ment" for Fifth Semester Computer Science students
at Computer Lab by Mr.Sujith, Senior Associate of
Projects, Cognizant Technologies, Infopark, Kochi
on 31-08-2019.

Organized a "An Awareness talk on Virtual
Reality & VFX Technology" for B.Sc. Computer
Science and B.Voc. Web Technology students by

Mr. Girish K R, Founder, Flame School of Animation and VFX, Thrissur an authorized training centre of 'The Foundry' on 14-11-2019

As part of Industry Academia Interface Lecture Series an invited lecture entitled "Dawn of Bioinformatics" was organised on 29 November 2019 Dr. Saritha Namboodiri, Associate Professor & Head, Dept. of Computer Science, Sreekrishnapuram V T Bhattathiripad College, Palakkad served as the resource person

In association with Women Development cell the Department organized a series of talks "Algorithm Analysis and Design" by Mr Rahul Kumar, MCA, Mindteck IT service management company; "Projects in Machine Learning to empower and enlighten UG Students." by the resource person Ms Chinju Paul, MTech, Asst.Professor in Data Science and Web Technology by the resource person on Ms Radhika Madhu, MCA, Asst.Professor, BVoc.

TALKS AND LECTURES

As part of the internships for the second semester, various IT companies visited by the students of B.Voc to talk to them about the career opportunities in Graphic Designing and Web Development.

Employees from ATEES Infomedia Pvt. Ltd. met the students on 4 December 2019.

The team from FabStudioz Pvt. Ltd. provided a talk on Creating web design portfolios on 6 December 2019.

Employees from Ociuz Technologies visited the students to talk about Emerging web technologies on 6 December 2019.

The team of Aitrich Technology Pvt. Ltd talked to the students about Career opportunities in Web development on 9 December 2019.

EXTRA CURRICULAR ACTIVITIES

RITI 4.0

On 30 August 2019, the department of Computer Science hosted an intercollegiate IT fest RITI 4.0. Dr Ramani Bhairi, Asst Professor and HoD of Vidya Engineering College inaugurated the fest.



E-MANTRA

As part of Computer Literacy Day, Department of Computer Science organized "E-MANTRA, Ignite Your Mind" on 2 Dec 2019. Various competitions were organized for students and faculty from other departments of Vimala college

SHORTFILM COMPETITION

The students of B.Sc. Computer Science took part in "Story Reel", a short movie competition on "Cybersecurity" as part of the Computer Security Day (30 November)

The students of B.Voc, along with the students of B.Sc. celebrated Teachers' Day on 5 September 2019 and Onam on 6 September 2019

As part of Gandhi Jayanti celebrations, the Department of Computer Science conducted "Digital poster on Gandhian thoughts" a digital poster-making competition was conducted on 3 October 2019 which was open to all students. The students of B.Voc Web Technology secured first and second positions in the competition.

The students and teachers of B.Voc Web Technology took part in the college food fest, Missio 2K19 on 28 November 2019. The collection from the food fest was donated to charity.

LAURELS

STUDENT ACHIEVEMENTS:

Stephy K Thomas, Anly Jose, Aiswarya N S won First Prize in Paper Presentation competition as part of Zephyrus 1.9, Intercollegiate Tech Fest organized by Department of Computer Science, Christ College, Irinjalakuda.

YIP State level Selection – As part of Young Innovators Program 2019-2022 conducted by Ker-

ala Development & Innovation Strategic Council (K-DISC), Anusa R, Ronika Paul, A.Tina Davis, Jesly K Raju, Aswani K.A of II Year B.Sc. Computer Science qualified the District level held at Sahrdaya College of Engineering & Technology, Kodakara on 6 November 2019 and participated in State level presentation held at SCMS Cochin School of Business, Kalamassery on 28/12/2019.

Students of the department secured 1st Prize in Tug of war competition as part of Onam celebration

EXTENSION ACTIVITIES

The students of Second Year BSc Computer Science visited Peace home Athani on 13 July 2019 and Carmel Mount Special School on 22 January 2020. They spent time entertaining them and a small token of love was gifted to the Administrators.

In association with Divya Hostel, Cheroor, Department conducted an orientation class on 'No To Plastic' for the inmates of the hostel. Sr. Anna Jorzalin, Head of the Social Work Department, St. Mary's College, Thrissur served as the resource person.



BEYOND BOOKS

NEOPHYTE FRESHER'S DAY

Freshers' day was conducted on 7 July 2019 in which the senior students welcomed the new batch of students. The students performed a magnificent feast of visual treat to their juniors.

INDUSTRIAL VISIT

The students of BSc Computer Science visited UL Cyber Park Calicut on 11 December 2019. The employees of UL Cyber Park talked to the students about start up environment and software organiza-

tions and gave a tour of the IT companies in the Cyber Park.

CAREER GUIDANCE

In association with CGPT, an awareness programme on "Study Abroad" was conducted by Edumania Overseas Education Consultants, Kochi on 3 December 2019 for VI Semester B.Sc. Computer Science and II year B.Voc. Web Technology students.



INFRASTRUCTURE

The new lab for B.Voc Web technology became functional in 2019. The lab consists of 31 computers, including the teacher's system, a network server, a projector and 2 air conditioners. The lab can accommodate up to 36 students at a time.

INTRA-COLLEGE SERVICES

The brochures and posters for Riti 4.0 were designed by second-semester B.Voc. students. The second semester students also designed the brochure for B.Voc Web Technology and Data Science courses admission 2019-2020.

CONSULTANCY SERVICES

As part of the Consultancy Initiative at Vimala College, the students of B.Voc created a logo for Vimala Psycho-Spiritual Child Guidance Centre.

The students of B.Voc Web Technology did DTP in Malayalam for the brochure of Nutrition Exhibition organized by the Department of Home Science, Vimala College (Autonomous) in association with the State Nutrition Bureau, Trivandrum.

The students of B.Voc Web Technology completed a work on Photo Editing for the mark list generation of the College on 25,26 July 2019.

DEPARTMENT OF ECONOMICS

The academic year 2019-2020 was a dynamic and flourishing year for the Department. A number of innovative curricular and extracurricular activities were organized by the department.

ACHIEVEMENT

Dr Sneha Gpeekrishna was awarded ICSSR Post-Doctoral Fellowship on "A study on the Impact of Financial Literacy on Economic Empowerment of Working Women in Kerala"

RESEARCH

One Day Workshop on Research Methodology by Dr Thushara George, St. Therasas College, Ernakulam on 4-9-2019.



Two Day National Workshop was organized jointly with the Research Forum, University of Calicut & John Mathai Centre, Thrissur on the topic 'Art of Research Writing' on 30 & 31 August 2019.

One day Workshop on "Data Analysis using SPSS" by Shima K M on 13-01-2020

TALKS AND LECTURES

A Talk on 'The Relevance of Economics in the Contemporary Economic Scenario' by Dr. Sony T L, Sri. C Achutha Menon Govt. College, Kuttanellur on 22 August 2019.

An Extension Lecture on the topic 'Inflation and

Unemployment' by Ms. Sajitha, NSS College, Ottapalam on 26 August 2019.



An Extension Lecture on the topic 'Sustainable Development' by Ms. Anila C, Sree Kerala Varma College, Thrissur on 26 August 2019.

An Extension Lecture on Econometrics by Dr Sindhu M, Sree Kerala Varma College, Thrissur on 27 August 2019.

An Extension Lecture on Game Theory by Ms. Shijitha M, Sree Kerala Varma College, Thrissur on 28 August 2019.

An extension lecture on the topic Global Recession by Ms. Jessy John, St. Aloysius College, Elthuruthu on 18-12-2019.

EXTRACURRICULAR AND EXTENSION ACTIVITIES

On 28 June 2019 Freshers Day was organized for the UG & PG students.

In connection with World Population Day Department organized an Inter Departmental Debate Competition on the topic 'Challenges and Opportunities of Demographic Divident in India' on 11 July 2019.

The Economics Association was inaugurated on 22 August 2019.

A talk on 'Sustainable Banking' by Shri. Reji Koshi was organized by the Department jointly with ESAF on 2 September 2019. Certificates for students who completed add on certificate course were distributed at the function.

"ATHIJEEVANAM"

A Seminar on "Athijeevanam, Climate Change: The ways of Overcoming Challenges" was organised by the Department of Economics in collaboration with Kerala Shashtra Sahitya Parishath (KSSP) on 4-03-2020. Dr K R Janardhanan Nair Rtd. Professor and Vice Principal, NSS College, Nenmara was the main resource person. Sri Aneesh Kumar and Kumari Greeshma T V participated in the seminar.

'Haritham' Vegetable Sales and Exhibition was organized on 4-9-2019.



An Inter Departmental Essay Writing competition was organized jointly with the Dept. of History on the topic 'The Legacy of Gandhi in Contemporary Times' on 1-10-2019.

On 14 November 2019, Children's day was celebrated at Vimala Nursery by UG Students.

Dept. organized water conservation Awareness programme on 18-11-2019.

Industrial Visit to Milma by I UG and PG students on 13-12-2019.

The Faculty and students of the Department celebrated Christmas on 20-12-2019. I UG and PG students visited the nearby houses as part of Christmas celebration.

A Talk on Financial Inclusion by Smt. Sandhya Suresh (Chief manager, Sustainable Banking ESAF)

was organized by the Department jointly with ESAF on 13 January 2020.

II Semester PG students and Ms. Liji Maliakkel went for Krishipadasala at Korattypadam, Chengaloor on 16 January 2019.

Sr.Philomina Ever-Rolling Trophy Intercollegiate General Essay Competition on the topic "Challenges of Indian Democracy" was organised on 21 January 2020.

Open Forum on the topic 'Media and Gender stereotype' was organized by the Department on 23-01-2020.

LAURELS

FACULTY ACHIEVEMENTS:

Dr. Vimala M chaired a session in the Progress Review Seminar at Dr. John Mathai Centre on 30-07-2019.

Dr. Vimala M attended Research Advisory Committee meeting of the Social Work Research Centre, Vimala College, Thrissur on 11-12-2019.

Dr Mary Thomas K chaired a session at the Two day national seminar at PMGC, Chalakudy on the topic "Leading Issues in Indian Public Finance" on 24 October 2019.

Ms. Liji Maliakkel participated in the Panel Discussion on the topic 'Kudumba Budget' held at Manorama News Channel on 5-7-2019; she also delivered and aired a speech on Population in Akasavani on 15-7-2019; she was the resource person on the topic 'Union Budget 2019' at MD College, Pazhanji on 9-7-2019; and performed as resource person on the topic 'Behind and Beyond the Budget 2019' at MA College, Kothamangalam 17-7-2020.

STUDENT ACHIEVEMENTS

Athulya P S of S2 MA Economics won third prize in the state level short story competition at the Kudumbasree 21st Anniversary State Level Arts Fest 2019.

Athulya P S of S2 MA Economics won First prize in the District level Collage competition 'Arangu 2019'.

Mridhula T M of S6 BA Economics won best actress award in the Kerala Government Anti-Narcotics short film festival 2019.

Mridhula T M of S6 BA Economics won the first runner up position in Face of Malayali Competition 2019 organised by Media Companies Bellusio Media and Cassalia Events

Parvathy Jaison of S6 BA Economics won first prize in the national level presentation competition on the Relevance of Gandhism held at SH College, Chalakudy on 6-12-2019

PAPER PRESENTATIONS BY STUDENTS

Parvathy Jaison, Sandra K & Aryadas P R of S6 BA Economics won first prize in the national level presentation competition on the Relevance of Gandhism held at SH College, Chalakudy on 6-12-2019

CAREER GUIDANCE

The Department of Economics organized a career guidance class for UG students on the topic 'Career Opportunities after Graduation' on 20-06-2019.

A Career Orientation Programme was arranged for final year UG students by Zabeel International Institute of Management and Technology on 1-8-2019.

A Career Orientation was given for final year UG students by Josephine Joseph, MD Blue Nile Counselling Centre Bangalore on 18-12-2019.

An Awareness programme on Auditing, Marketing and Accounting Courses by Rejina Varghese, Administrator, Globasta Chartered Accountant Team, Ernakulam on 9-1-2020.

An Employability Enhancement Programme was organized for the final year PG and UG students in collaboration with TIME Institute, Thrissur on 10-01-2020.

ALUMNAE LECTURE SERIES

A Talk on 'The Relevance of Economics in The Contemporary Economic Scenario' by Dr. Sony T L, Sri. C Achutha Menon Govt. College, Kuttanellur on 22 August 2019.

An extension lecture on the topic Business Cycle by Ms. Jessy John, St.Aloysius College, Elthuruthu on 18-12-2019.

One day Workshop on "Data Analysis using SPSS" by Shima K M on 13-01-2020

ALUMNAE REUNION AND SPECIAL CHAPTERS

Departmental Alumnae Reunion was held on 12 October 2019.

2017 PG pass out batch reunion were held on 19 October 2019.

1978 PG out batch reunion was held on 19 October 2019.

2005 PG pass out batch reunion was held on 26 December 2019.

DEPARTMENT OF ENGLISH

RESEARCH

The open defence of the research scholar of the department, Ms. Resmy Ravindran P was conducted on 26 July 2019, Ms. Sapna Bharathan was conducted on 14 January 2020 & Ms. Prathibha P. (Faculty) on 6 March 2020.

SEMINARS AND WORKSHOPS

La Ricerca, the student organized two-day seminar was held on 21 and 22 August. It offered a discursive platform for aspiring researchers. The seminar hosted seven veteran academicians as resource persons who exposed the participants to meticulously curated talks, discussions and activities

leading to a comprehensive understanding of research possibilities and methodologies.



ASSOCIATION INAUGURATION & LAUREATES' DAY

English Association of Vimala College was established with the motive of sharpening the literary, aesthetic and communicative skills of the students. Every year useful programmes are conducted to enhance the language skills and dramatic talents. Students are provided a platform to nurture and exhibit their innate potentials.

The formal inauguration of the association was conducted on 30 August 2019 at 10.30 AM in the college auditorium by Prof. P N Prakash, former Principal, Govt college Koyilandy. He addressed the gathering and the welcome speech was delivered by Dr Nisha Francis Alapatt, Head of the Department of English. Amal Dev P J, Assistant Professor introduced his novel *Diaries from Calcutta* to the gathering. The JRF and NET holders were felicitated at the function.

TALKS AND LECTURES

The department of English commemorated the legend Girish Karnad on 13 June 2019 in the auditorium at 10.30 pm. Dr. O J Joyce spoke on Karnad which was followed by screening of the play *Yayati*. Dr. Nisha Francis spoke on *Yayati*.

Cambridge Orientation Programme was conducted at the Chomsky Convergence Centre by Fr. Sijo Cheruvathoor of Jyothi Engineering College.

EXTRA CURRICULAR ACTIVITIES

The Readers' Lounge an initiative by the department of English was inaugurated on 28 June 2019 at the Leisure Tower. Dr. O J Joyce inaugurated the session.



The 45th **Poets' Artists' Day** competition for the Leo Trophy was held on 7 November 2019. The first prize was bagged by the department of English, second by the department of Maths and third by the department of Malayalam.

Imprintz 2020 - Inter collegiate competition organised on 22 January 2020. The programme was inaugurated by Favour Francis, Cine Artist.

The department also organised a **food fest** by teachers on November 28, 2019 to support a noble cause.

The fresher's day of the department of English was conducted on 16 July 2019 in the auditorium.

The PG students of the department attended the 20th Diploma in Film Making at Chetana on 17 July 2019.

The UGC centre for Women's studies in collaboration with the departments of English and Malayalam, Vimala College organised a one day **Film Festival on Gender** on 29 July 2019 at the SJ seminar Hall.

An **Eco shop** was organised in the Leisure Tower in association with the Association inauguration in collaboration with NCC on 30 August 2019.

A **student council** was conducted on 31 January 2020

The department in collaboration with IQAC or-

ganised the screening of **TED** talks every Thursday during the association hour from 10.30 to 11.30. The screening mainly focused on the addressing of various social concerns like issues on homophobia, Acid attack, disability studies, gender satisfaction etc. Screenings were followed by discussions on TED talks.

The first phase of **Reminiscence** was conducted on 15 October 2019 by visiting Ms. P Leela in her house.



A Rendezvous with the retired faculty - "**Coffee with Teachers**" was organised on 7 November 2019.

LAURELS

STUDENT ACHIEVEMENTS PUBLICATIONS

Ann Maria Davis published a paper on "Exposing the Alternative Consciousness: A Postmodern reading of selfies" (pg 43-53) in the journal titled- *Expression as representation in English Language and literature; Volume II*

Chrise Mol Jayan published a paper on "Revisiting Kamala Das's My Story as a quest on- Is Marriage a kind of Diaspora?" (pg 88-93) in the journal titled- *Expression as representation in English Language and literature; Volume II*

PAPER PRESENTATIONS

Ann Maria Davis, Riya Mary Kuriakose and Farah Faizal presented papers in the National Seminar on Re-configuring Geo-political Spaces: New Literatures in the Postcolonial Context organized by Christ College(Autonomous) Irinjalakuda on 14 November 2019.

Ann Maria Davis & Athira Joshy presented papers at the International Seminar on Articulations that Alter: Exploring the Indigenous in Indian Cultural Artifacts organized by Government Victoria College, Palakkad, Kerala on 20 November 2019.

Ann Maria Davis presented a paper in International Conference on Becoming Post Human: Critical Approach to Post Humanism organized by St. Thomas College, Thrissur on 12 & 13 December 2019.

Chrise Mol Jayan presented a paper titled "Influence of Media on Language and Education" at National Seminar on Mediatization of Culture: Emerging Paradigms and Shifts held on 18 December 2019 at Carmel College Mala.

Ann Mary Joju presented a paper on "Irony in Victimization: Psychological Imbalances and Trauma faced by Anti-heros in the movies Orphan and Ratsasan in the National Seminar on Symbiosis in Literature at KMM college, Thrikkakkara, Edappally on 18 December 2019.

Ashitha K C & Maria P John presented papers on at International Seminar on Multiple Projections: The Question of the 'Real' in Literature and Media organized by Marian College, Kuttikkanam on 13&14 January 2020.

Ashitha K C presented a paper in the National Seminar on Myth, Folklore and History: Revisiting Cultural and Literary Traditions organized by Nirmala College, Muvattupuzha on 15 & 16 January 2020.

Ann Maria Davis presented a paper in International Conference on Revisiting English Language and Literature in a Multicultural Milieu organized by SDNB Vaishnav College, Chennai on 22 January 2020.

Maria P John, Aneesha Johnson C, Limna and Niranjana V M presented papers in National Seminar Cultural Confluence : Contemporaneity and Congruence held on 28 and 29 January 2020 at MES Asmabi College, Vemballur, Kerala.

Ashitha K C, Limna and Niranjana V M presented papers at National Conference CONTEXTS 2K20 New Discourses: Trends, Perspective and Politics organized by Providence College, Kozhikode on 31 Jan 2020.

Chrise Mol Jayan presented a paper at the International Conference on New Waves in Language and Literature organized by Sree krishna Arts and Science College, Coimbatore held on 8 & 9 February 2020.

AWARDS

Helen Elizabeth Thaikkattil the topper of the Department, was awarded the title of 'The Best Student in English Language and Literature' by the Chamber of Commerce, Thrissur District.

Amrutha A. B.(fourth semester BA English), V. K. Krishna Menon Regalia Award 2020 at the Labour India UN Replica 2020 organised by Labour India Educational Institutions, associated with Mahatma Gandhi University, Kottayam and Kerala CBSE Schools Management Association at Labour India Knowledge City, Marangattupilly, Kerala from 13 to 15 January 2020.

Nayana N. R. (fourth semester BA English) Award of Appreciation at the Labour India UN Replica 2020 organised by Labour India Educational Institutions, associated with Mahatma Gandhi University, Kottayam and Kerala CBSE Schools Management Association at Labour India Knowledge City, Marangattupilly, Kerala from 13 to 15 January 2020.

INTER COLLEGIATE COMPETITION WINNERS

Annie V Varghese of sixth semester BA English Literature won first prize in poetry contest conducted by Prime India Cultural Forum at the college level.

Aswina Sreekumar – Second Prize – “Catch 22” – Speranza 2K19 Literary Fest – Rajagri College – 03.08.2019 – Inter-Collegiate (State Level)

Alan Charisma Joseph won first prize in Malayalam extempore in the inter collegiate fest at Christ College, Irinjalakuda.

Emilda Moothedan – Second Prize – PPT Presentation Competition on Child Labour and Child Abuse – Dept of English – LF College, Guruvayur – 17.06.2019 – Inter-Collegiate (State Level)

Aswina Sreekumar(fourth Semester BA English) First Prize – “Canterbury Tales” – Speranza 2K19 Literary Fest – Rajagri College – 03.08.2019 – Inter-Collegiate (State Level)

Aleena P. Vince (fourth Semester BA English)

Third Prize – Band Melam – Inter Zone Youth Festival – University of Calicut – 05.05.2019

Sana Bint Noushad and Sukanya Balaji (fourth Semester BA Functional English) won third prize in Drama Competition conducted by St. Mary's College Thrissur.

Emilda Moothedan (fourth semester BA English) won first prize in Second Skin (Character Parade and Declamation) in Imprintz 2020.

G R Anumitha (fourth semester Functional English) won the first prize in Ink the Click Competition (caption writing) in Imprintz 2020.

Emilda Moothedan (fourth semester English) and Sandra Baiju (second semester English) won first prize in Mic Mates Competition (Anchoring) in Imprintz 2020.

Sukanya Balaji (sixth semester Functional English) won the second prize in Once upon a time (story telling competition) in Imprintz 2020.

The fourth semester English students won the consolation prize in Chanting Octaves (choral singing competition) in Imprintz 2020.

Agna Biju (fourth semester Functional English) won third prize in the Maria Philip Memorial debate competition organized by XIME.

Sandra Thomas became the first runner up in the Star of Vimala Competition.

EXTENSION ACTIVITIES

Interventions an extension activity envisaged to include service- learning as a life changing educational experience for the BA Functional English students (2019 batch). As a part of the programme 42 S2 Functional English students started teaching at the Government UP school, Ramavarnapuram on 29 November 2019.

BEYOND BOOKS

The department of English commemorated the 150th birthday of Gandhiji at the Amphitheatre on 3 October 2019. The programme included a street play, group song and a skit by the 1 year UG students. They dished out bookmarks with Gandhian thoughts to the teachers and students.

DEPARTMENT OF HINDI

WORLD ENVIRONMENTAL DAY

In connection with world Environmental Day, the Department of Hindi, organized a programme PARYAVARAN DIVAS-2019, on 24 June 2019.

COMMEMMORATION OF GIRISH KARNAD

The Department of Hindi organized a PPT PRESENTATION in connection with the commemoration of Girish Karnad on 12 July 2019.

HINDI DAY CELEBRATION



In connection with Hindi Day, the Department of Hindi, in collaboration with Sree Sankaracharya University of Sanskrit Regional Centre, Thrissur organized a one-day seminar on CURRENT STATUS OF HINDI and an INTER UNIVERSITY HINDI FEST on 25 September 2019. Smt. Prabhavathy C.V, Assistant Director of Official Language, All



India Radio, Thrissur inaugurated the function. The resource person of the programme was Dr Babu K Viswanathan.

INTER DEPARTMENTAL COMPETITIONS HINDI RECITATION



The Department of Hindi and the Hindi students of Department of Botany, Vimala College (Autonomous) conducted an inter-departmental Hindi Recitation Competition on 29 November 2019.

BOLLYWOOD QUIZ COMPETITION

The Department of Hindi and the Hindi students of the Department of Physics, Vimala College (Autonomous) conducted an inter-departmental Bollywood Quiz Competition on 22 January 2020.

HAND-WRITTEN MAGAZINE COMPETITION

The Department of Hindi conducted an inter-departmental competition of Hand-Written Magazine



in honour of Dr. Sr. Sobel, former Principal and Head of the Department of Hindi, Vimala College.

DEPARTMENT OF HOME SCIENCE

SEMINARS AND WORKSHOPS

Department of Home science organized an Awareness programme about silk and silk mark – 'Golden Cord' – in association with central silk board on 06.11.2019

Department of Home Science in association with UBA conducted a one day workshop on cloth bag making on 04.09.2019

B.Voc Food Processing organized a seminar on 'Academy – Industry Interface – THRIVE' on 10.10.2019

B.Voc. Students conducted a demonstration class on milk adulteration and treasure hunt and visited the Milma Processing unit, Cheroor as part of Milk Day Celebration on 26.11.2019

Alumnae Association of Home Science Department conducted Dieticians' Meet in connection with Nutrition Week celebrations on 26.09.2019

Department of Home Science conducted Annual Alumnae meet 2019 on 12.10.2019

A workshop on Gender Inequality in the Fashion Industry was organised. The Resource person for the same was fashion designer Jobin

TALKS AND LECTURES

Department of Home Science arranged a motivation class for students by alumnae Jishy Sebi, Diet Consultant, Oman on 05.12.2019

Talk on Event Management by Twinkle Rose, CEO, Flower Touch, Event Management group, Ernakulam.

Talk on Obesity Management by Dr. C.J. Varghese, Executive Director and Head of minimal access surgery, GEM Hospital Thrissur.

INFRASTRUCTURE

Two new Laboratories – Baking and Confectionery and Food Chemistry was established for B.Voc. Food Processing Students.

EXTRACURRICULAR ACTIVITIES

Department of Home Science celebrated Nutrition Week. In connection with this, various competitions like Nutrigirl, essay writing, poster making, parody song completion, healthy cake making, salad, snack and healthy drink preparations were conducted. The programme was inaugurated by Dr. Sr. Beena Jose, Principal, Vimala College. An exhibition of prepared food items along with menu cards, charts on nutrition and nutritional importance of prepared foods was also organised on 26.09.19



Nutrigirl competition

NUTRITION EXHIBITION



Staff and students of the Department participated in Poshan Express as a part of Nutrition week celebration by State Nutrition Bureau.

Preparation cum sale of processed foods as part of entrepreneurial and quantity preparation skill development – "Foodies Spot" was organised by B Voc Food Processing Students.

Competition on Dress Designing using Khadi in association with Anjali Varma, celebrity designer as a part of 150th birth anniversary of Mahatma Gandhi was organised on 4-10-19

Khadi Day was observed on 4-10-2019 as a part of Gandhi Jayanthi

LAURELS

FACULTY ACHIEVEMENTS

Ms. Mony Geege, Assistant Professor, Dept. of Home Science was the resource person for NAR (National Academy of RUDSTI) domain skill trainers certification programme held at Canara Bank RSETI, Thrissur on 30.12.2019

Mrs. Urmila Vijayan, Assistant Professor, Dept. of Home Science presented a paper in National workshop on Interdisciplinary Approaches in Research for Young India New India organized by the Dept. of Home Science, Govt. Women's College, Thiruvananthapuram on 30.10.2019

Ms. Samja Sabu, Assistant Professor, Dept. of Home Science presented a paper on 'Invitro Antiobesity and Hypolipidemic Effect of Steamed Solanum nigrum Leaf and Berry Extract' at the 51st Annual National Conference of Nutrition Society of India 2019 held at Rajiv Gandhi Biotechnology Centre, Thiruvananthapuram from 7-9 November 2019

Ms. Shaly C M, Assistant Professor, Dept. of Home Science contributed an article to the Malayalam Newspaper – Mangalam – “Kudumbangalil ninnu valaratte nalla Aahaara seelangal”

STUDENT ACHIEVEMENTS

Mehnas Asaraf (PG Diploma) and Neha E S(FCS) got prize for district level online content creation (Breast feeding benefits) competition conducted by ICDS Cell, Thrissur on 26.08.19

Julia P Johny, PG Diploma of Nutrition & Dietetics won 1st prize at Intercollegiate iron rich snack-making competition at St. Therese's college, Emakulam.

Nitha M.A, Riya Mol and Mariya. C. Benny of 2nd DC B.Voc Food Processing won 1st prize in

quiz competition conducted by Dept. Of Chemistry in connection with National Milk Day celebration on 22.11.2019

Helen Vincent of 1st MSc. Nutrition & Dietetics won 1st prize in interdepartmental PowerPoint presentation competition held at Vimala College as a part of World Science Day celebrations – AG-ATHI 2K19 on 12.11.2019 by PG Department of Chemistry, Vimala College

Student team of the Department won first prize at the Fashion Show organised by St. Mary's College on 26-07-19.

Students won first prize in cake-making competition held at St. Thomas College

DEPARTMENT EXTENSION ACTIVITIES

MSc. and PG Diploma Nutrition & Dietetics students participated in the Exhibition conducted by State Nutrition Board in connection with Nutrition Week Celebrations on 26.09.2019

PG Department of Home Science set up a healthy diet stall for the Arogyamela conducted at Anthikad on 3 Dec 2019 organised by TOGS and Anthikadu Panchayath.

An Exhibition cum Awareness class on parental Nutrition was given at Elite Hospital.

Students of Home Science Department offered skill enhancement training to inmates of Pakalveedu run by Vimala Alumnae

BEYOND BOOKS

2nd DC B.Voc. Food Processing students completed a one-month internship programme at several food processing units like Navya Bakers, Angamali (5 students), KR Bakers, Kalamassery (5 students) and KVASU, Mannuthi (6 students) from 01.05.2019 to 01.06.2019

3 students (Farhana, Shahina & Safna) from III DC FCS received hands-on training on production of Value-added products from passion fruit on 19.06.2019 from Mannuthi Agriculture College, Community Centre, Thrissur

Akshatha. K. of 1st MSc. Nutrition and Dietetics participated in training programme on value-added product development with milk conducted at MSME – development Institute from 11 June to 21 June 2019

2nd DC B. Voc Food Processing and Technology students participated in a ten days training programme at Farm to Fork, Ernakulam from 05.07.2019 till 15.07.2019

PG TCS and 3rd year TFT students (26 students) & 3 teaching faculties visited Weaving Industry, Khadi Bhavan, Cheror, Thrissur on 11.07.2019

Students from B. Voc. Food Processing and Technology of Dept. of Home Science conducted food fest – Flavours of India – on 08.11.2019

Neha E. S and Jasna A.R of 3rd DC BSc. Family and Community Science presented a paper on Study of Nutraceuticals at the International Conference SCICON series – In sync with next generation bio Sciences (INGB) on 7 November 2019.

1 Msc students attended training on Food Safety at College of Dairy Science & Technology, Mannuthy, Thrissur, Kerala on 19.08.19 and 20.08.19

Students from 1st and 2nd DC B. Voc Food Processing and Technology participated in a seminar on Food Processing and Safety Management – ‘AS-TRUS’ organized by Christ College, Irinjalakuda, Thrissur on 16.10.2019

Students of 1st & 2nd MSc Nutrition and Dietetics participated in 51st Annual National Conference of Nutrition Society of India 2019 held at Rajiv Gandhi Biotechnology Centre, Thiruvananthapuram from 7-9 November 2019.

MSc. Nutrition & Dietetics students and 2 teachers participated in an interactive programme “Interaction with Dietician from Spain” organized by Eat Right India Campaign on 05.01.2020

CAREER GUIDANCE

Gayathri K. K. [2016-2017 Alumna] of FCS delivered a career guidance lecture on Diploma

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course in Health Inspection for UG FCS students on 11.07.2019

Ms. Shebni Hameed, Senior Clinical Dietician, Universe Hospital, Abu Dhabi (Alumna) interacted with UG and PG students on career related to food science and nutrition on 22.07.2019

Raghi Ramakrishnan, Dietitian, Lake Shore Hospital, Ernakulam (Alumna) interacted with students of UG FCS and PG N&D on job opportunities related to food science and nutrition on 22.07.2019

A class was conducted on the topic ‘Gemmology’ by Arya on 21.11.2019

A session on prospects in Medical Coding was conducted on 23-01-2020 by Transcourse Solutions.

VIMALA COMMUNITY OUTREACH PROGRAMMES

A Community nutrition camp named “Arogyadeeksha” was organized for tribal community at Wayanad by 2nd MSc. Nutrition and Dietetics students from 26.06.2019 to 01.07.2019

Distribution of ‘Nutrikit’ to economically backward students of Villadom Govt. High School sponsored by the staff of Vimala College as a part of World Food Day

A Community nutrition camp named “Arogyasamhitha” was organized for tribal community at Thekkumkara Panchayath of Thrissur District by the 1st MSc. Nutrition and Dietetics students from 10.12.2019 to 13.12.2019

Students from 1st MSc. Nutrition & Dietetics assisted in Medical Camp organised by Dr. Karuna Diet Care Centre, Cheror on 2-02-2020



DEPARTMENT OF MALAYALAM

Department of Malayalam raised to the status of Research Centre in November 2019.

ACADEMIC ACHIEVEMENTS

Akshaya S, the topper of the Department, was awarded the title of 'The Best Student in Malayalam' by the Chamber of Commerce, Thrissur District

SEMINARS & WORKSHOPS

ENVIRONMENTAL DAY

Department conducted a talk by Dr Abdul Basheer on Forests in connection with Environmental Day on 13.06.2019

READING DAY

In connection with Reading Week Celebrations Department conducted a talk and interaction session with Malayalam writer and author of 'Susannayude Granthapura' on 20.06.2019. Sri Ajay P Mangatt was the Speaker for the Day.

A book Exhibition was also organized on 19&20 June 2019 as part of Reading Week Celebrations. Principal Dr. Sr. Mable inaugurated the Exhibition in the Leisure Tower.

ASSOCIATION INAUGURATION

Famous Malayalam writer, Kerala Sahithya Academi Award and Vayalar Award winner Sr. K V Mohan Kumar I A S inaugurated Malayalam Association and released the Department leaflet 'Malayanma 2019' on 19.07.2019.

VALLATHOL SMRITHI

Department conducted Vallathol Smrithi on



30.07.2019. Sri Murali Puranattukara recited Vallathol Poems at a function in the auditorium.

At this function Sri Vallathole Raveendranath handed over translation works of C Govinda Kurup, the son of Poet Vallathol Narayana Menon.

WORKSHOP ON MALAYALAM COMPUTING



Department conducted a one day workshop on Malayalam Computing on 15.11.2019. Dr Mahesh Mangalatt and Sri Anoop K V were the resource persons

SEMINAR ON THIRIBHASHA PADHATHI

In collaboration with Thunjathezhuthachan Samadhi Foundation, Department conducted a one day seminar on 'Thiribhasha Padhathi' on 14.11.2019.

EZHUTHOLA SEMINAR & PAPER PRESENTATION COMPETITION

Malayalam Department Journal club Ezhuthola conducted a one day Seminar on Bhasha Asoothranam on 06.01.2020. Dr P Somanathan and Dr R V M Divakaran presented papers.

On the same day club conducted Inter University Paper Presentation Competition on Puthu Kavitha Akhyaanavum Bhavukathwavum.

BEYOND BOOKS

STUDENTS PARTICIPATION IN SEMINARS

Students attended a seminar on Environment conducted by Archeology Department of Kerala,

Thrissur on 3 & 4 October 2019

International Seminar on Arnose Pathiris Contribution organized in connection with Arnose Pathiri Centenary Jubilee Celebration at Azhicode, Kodungallur.

'Akkithathodoppam Oru Pakal' on 16.01.2020 at SKVC, Thrissur conducted by Vylloppilly Smaraka Trust, Idasseri Smaraka Trust and NV Trust.

UJJWALA INTER-UNIVERSITY VERSIFICATION COMPETITION

In honour of Dr Sr Lekha former Principal & Head of the Department, Ujjwala, an Inter-University Versification Competition was organized on 30.1.2020.

LOCHANA QUIZ

Department conducted Inter University Quiz programme in memory of first HOD of Malayalam, Sr. Cruz on 30.09.2019. Dr Fr Sunil Jose, Assistant Professor, Department of Malayalam, St. Aloysius College, Thrissur was the Quiz Master. St Thomas College Thrissur, University College Trivandrum, Govt College Pattambi bagged first second and third prizes respectively.

TOPPERS DAY

Department conducted Prathibha Day on 28.06.2019. In this function Department felicitated all the toppers of Semester Exams and outstanding sports stars of the Department. Toppers of the final year U G and PG were awarded with Cash prizes

CHAVITTU NADAKAM

In collaboration with Kerala Folklore Academy, Department organized a Chavittu natakam on

12.12.2019. Professional group from Kochi performed 'Keral man charitham' on the stage.

MALAYALOTHSAVAM



Department celebrated Keralappiravi through various programmes. It conducted Malayaladinam on 01.11.2019 and Malayalothsavam on 07.11.2019. Principal Sr. Mable inaugurated the programme.

GANDHI SMRITHI

Department conducted Bappukavyanjali- Gandhiji related Malayalam poem recitation competition on 04.10.2019 in connection with Gandhijayanthi. Sreedevi M M, I Sem Sociology, Manila T M, I UG Physics, Sr. Anusha Francis, III Sem MA Malayalam bagged the I, II & III positions respectively.

EXTENSION PROGRAMME

Department organized a visit to the Vanitha Jail, Viyyur and Pakalveedu, Padukkad on the occasion of Onam

DEPARTMENT OF MATHEMATICS

SEMINARS AND WORKSHOPS

As part of the Maths Fest DWITHI 2K19, organized by Dept. of Mathematics, a workshop on the topic Basics of Real Analysis and Problems by Dr. Sajeev S Nair (Govt.Engineering College, Thrissur) was organised for PG students on 18/12/2019.

A seminar on LPP was conducted for UG stu-

dents on the same day and the Resource person was Dr.Shinto K.G (Christ college, Irinjalakuda)

TALKS AND LECTURES

Dr Sr Smitha Rose C G., Asst Prof., Dept of Mathematics, St Mary's College, Thrissur delivered a lecture on "Academic Writing and Projects" on 27-06-2019 for B.Sc Mathematics Students.

Ms. Bayana Beevi O.M.S, Research Scholar, Department of Psychology, Prajyoti Niketan College, Thrissur delivered a talk on 'Gender Equality' for the students of Department of Mathematics in association with Women Development Cell, on 16 January 2020.

EXTRA CURRICULAR ACTIVITIES



The Department organized an Intercollegiate Mathematics Fest "DWITHI - 2K19" on 18 and 19 December 2019. The fest was inaugurated by Dr. Shinto K.G, Associate Professor Christ College, Irinjalakuda.

POLARIS-2K19

The Mathematics exhibition "POLARIS-2K19" was inaugurated by our Principal. In the exhibition our students presented their mathematical talents by exhibiting various still models, working models, brainstorming mathematical puzzles, mind-blowing games and numerous charts depicting geometrical patterns, number patterns, important theorems and problems. Students from various departments and institutions participated in the event.



An intercollegiate treasure hunt competition was

organized on 19 December 2019 as part of DWITHI 2K19. Around 12 teams from different colleges in Kerala participated in the competition.

On 19 December 2019, an intercollegiate code breaking competition named 'MANICHITHRATH-AZHU' was conducted as a part of DWITHI 2K19. There were 7 participants from various colleges.

Fresher's Day "Thanthra Samgraha" was organised by senior students on 16 July 2019 to welcome the juniors.

LAURELS

FACULTY ACHIEVEMENTS

- ❖ Dr. Anjaly Kishore went to K.S.R College, Erode, Tamilnadu, as resource person in Real Analysis for "International Workshop On Linear Algebra And Analysis" on 16 August 2019.
- ❖ Dr. Anjaly Kishore was the invited speaker for International Conference On Emerging Ideas in Pure and Applied Mathematics at Vellalar College for Women, Erode, Tamilnadu on 17 August 2019.

Dr. Anjaly Kishore participated and organised District level SAAC orientation programme by KSHEC on 20 September 2019.

Dr. Anjaly Kishore was a resource person for National Mathematics Day celebration Govt. College For Women, Namakkal, Tamilnadu on 16 December 2019.

Dr. Anjaly Kishore was a resource person for National Seminar on "Topology and its Applications" at KKTM Govt. College, Pullut on 19 December 2019.

Ms. Jincy T.P. presented a paper on Number Theory in Sree Kerala Varma College, Thrissur on 4 November 2019.

Ms. Jincy T.P. attended a 7 day NSS training programme at Calicut University from 15 November 2019.

STUDENT ACHIEVEMENTS

Kavya Krishnakumar and Lakshmi Suresh Kumar won II prize in Intercollegiate Mathematics Quiz Competition at St. Thomas College, Thrissur

Kavya Krishnakumar and Lakshmi Suresh Kumar won II prize in Intercollegiate Mathematics Quiz Competition at Sahrudaya College, Kodakara, Thrissur

DEPARTMENT EXTENSION ACTIVITIES

Inter-departmental Quiz Competition in Connection with 150th Birth Anniversary of Mahatma Gandhi. Quiz Master was Dr. Dinnies V J.

I year M.Sc. Mathematics students conducted a power point presentation on LATEX to II year UG and PG students on 2 and 3 December 2019.

I year B.Sc. Mathematics students conducted Association Day "MOMATH 2K19" ON 5 December 2019.

BEYOND BOOKS

12 students of I Semester MSc Mathematics participated in the two day workshop on The Language of Science Research: An Introduction to Techniques and Tools at Sree Neelakanta Govt Sanskrit College, Pattambi on 20&21 November 2019

16 students of III Semester MSc Mathematics participated in the one day workshop on Academic Projects and Documentation at St Mary's College, Thrissur on 26 June 2019

Kavya Krishnakumar participated in a workshop on Topology and Real Analysis from 27-29 April 2019 at Bishop Moor College, Alappuzha

7 students of V Semester BSc Mathematics participated in the KSOM Out Reach Programme at Thunjan Memorial Govt College, Thiroor from 27-28 November 2019

A session on AIDS awareness was conducted by PTA member Mr. Ramesh, Sub-Inspector of Police Academy, Ramavarnapuram, Thrissur, for UG students on 13 December 2019.

Flash mob conducted by I year B.Sc. students for the launching of "DWITHI 2K19" on 13 December 2019.



Six PG students participated in the National Workshop on Functional Analysis organised by PG department of Mathematics Sacred Heart College, Chalakudy in association with IMRT on 24 and 25 January 2020.

CLUBS AND FORUMS

CAREER GUIDANCE

Ms. Deena, Lecturer, Marian Academy, delivered a lecture on Career Guidance on 23 January 2019.

DEPARTMENT OF PHYSICS

SEMINARS AND WORKSHOPS

INTERNATIONAL SEMINAR NSNM 2K19

Post Graduate and Research Department of Physics and Post Graduate Department of Chemistry jointly organised a one day international seminar on Nano Structures and Nanomaterials, on 8 August 2019. The programme was inaugurated by Dr Pulickal M Ajayan, Benjamin M and Mary Greenwood Anderson Professor in Engineering at Rice University. In his Inaugural address he enunciated his views on technological advancements that facilitated life. He

mentioned social changes prevailing in the society as a part of technological progress. He regarded Nanotechnology as 'God's own technology' and remarked on several innovations in the field of Science. Prof M R Anantharaman, UGC BSR Faculty Fellow, CUSAT, in his felicitation address, spoke about disruptive technologies.

The Keynote session of the international seminar was presented by Prof. Pulickel M Ajayan. The topic was mainly on Nanoengineered Materials which is the major contributing technological field

for the development of Interdisciplinary Research STEM (Science Technology Engineering Mathematics) in USA.



The first Technical session of the seminar was presented by Dr MR Anantharaman, UGC BSR Faculty Fellow, CUSAT. His topic was "size property relationships at Nano dimensions". The second Technical session was presented by Dr. Bastien Seantier of University of South Brittany Lorient, France. The third Technical session was handled by Dr Mona Jani, Yachai Tech University, Ecuador. She talked about Surface Engineering and Bio Applications of Nanodiamond.

STUDENT SOLAR AMBASSADOR WORKSHOP



The Student Solar Ambassador Workshop initiated by IIT Mumbai and IIT Delhi was conducted in the department on 2 October 2019 at 10.00 am. The workshop was inaugurated by Dr. Minimol.K. Jose, Vice Principal of the college. She emphasized on the Gandhian ideals and spoke about the theme of the programme "Non-violence to Nature". The

inaugural section concluded with an oath taken by the participants pledging themselves to be citizens upholding ideals of conservation of nature and sustainable energy source.

The first session was based on tool kit analysis followed by a session deliberating on the working principles and circuits. The last session focused on the physical components and the assembling of Solar Urja Lamp. Then the participants moved on to assembling of Lamp. The participants responded that the event provided hands on experience and was a fresh venture indeed. The students carried home the handmade solar lamps at the end of the workshop.

TALKS AND LECTURES

WOMEN IN SCIENCE

The first event of the Women in Science Programme was conducted on 16/1/2020. The chief guest of the programme was Dr. A. Seema, a scientist at Centre for Materials for Electronics Technology (CMET).

DR SR RITTY J NEDUMPARA ENDOWMENT LECTURE.

Dr Sr Ritty J Nedumpara Endowment lecture was organised on 29/1/2020. The resource person for the current year was Dr S R Vijayamohanakumar, Group Director, Technology Transfer Development Group (TTDG), Vikram Sarabhai Space Centre (VSSC), Thiruvananthapuram.

EXTRA CURRICULAR ACTIVITIES

ASSOCIATION INAUGURATION

The Physics Association was inaugurated on 19 July 2019 at 10:30 am in the Lisseux Seminar Hall. The chief guest was Dr. K.R. Dayas, former director, C-MET Thrissur and Special Officer, Vijnan Sagar Science and Technology Park, Ramavarmapuram. As a part of the programme, Dr Dayas presented a document about sensors.

COFFEE WITH SCIENTIST

Coffee with a Scientist Programme was arranged on 1 August 2019 at 3.00 pm in the Silver Jubilee Seminar Hall. Dr. Geetha Ramkumar, head of the

Atmospheric Science Lab, Vikram Sarabhai Space Centre, Thiruvananthapuram was the chief guest for the day. Being the alumnae of the department her experience at ISRO inspired the students. She gave an expansive description about the opportunities offered by ISRO for science students for their higher education.



In association with APT (Association of Physics Teachers), department organized a model NET exam for the present and pass out batches of M.Sc students.

APT EXAM

State level talent search examination of APT was held at Vimala College on 30/11/2019. Dr Mini Krishna Coordinated the examination. 52 students attended the exam.

IAPT EXAM

Talent search examination of IAPT was held on 19/1/2020.

NEWSLETTER RELEASE

The newsletter of the Dept. of Physics "The As-sayer" was released by Mr S R Vijayamohanakumar, Group Director, Technology Transfer Development Group (TTDG), Vikram Sarabhai Space Centre (VSSC), Thiruvananthapuram and Dr. Sr. Beena Jose, Principal Vimala College (Autonomous), Thrissur on 29/01/2019.

LAURELS

FACULTY ACHIEVEMENTS

Ms. Dhanya Johnson was awarded PhD.

Ms Jovia Jose participated in the Metamaterials Congress 2019 (METAMORPHOSE VI) held in Rome (Italy) from 16-19 September 2019

She also participated in the International Conference on Advanced Materials – ICAM 2019 organised by Nirmalagiri College from 12-14 June 2019.

STUDENT ACHIEVEMENTS

Second year student Ms. Kathiya Varghese participated in the Republic Day Parade in New Delhi.

A team from final year B.Sc Physics - Aadithya Suresh, Andria Joseph, Anusha A B, Akhila Viswanathan, Sikha S Menon participated in YIP programme.

Ms. Mariya Lilly Thomas and Ms. Irin Mariya V S bagged First prize in Quiz competition organized by Mathrubhoomi

EXTENSION ACTIVITIES

START UP- ASTROPHILE

A sale of stars fabricated in the departmental start up programme Astrophile was conducted on 18/12/2019.

FOOD FEST

A food fest was organised by the department on 28/11/2019 to raise funds for social support activities

BEYOND BOOKS

TOYS EXHIBITION

Third year B.Sc students made toys based on the basic principles of Physics and an exhibition of the same was arranged in the department on 14 June 2019. Students explained the working principle to the friends and teachers. Students tried their level best to convert their ideas into working toys.

AGNI 2K19

The Department organized an interdepartmental quiz competition AGNI 2K19 in honour of Late Dr APJ Abdul Kalam, the former President of India on 26 September 2019. The competition was coordinated

by third semester MSc Physics students. The first prize winners were Amrutha Manoj K and Dona Paulose of first year Bsc Physics. The second and third positions went to Niya Baby, Aiswarya S of third year Bsc Physics and Meenu O, Divya Davis of second year Bsc Physics.

PROGRAMME ON CHANDRAYAAN

The successful launch of Chandrayan-2 on 22 July 2019 was celebrated in College by the Vimala Astronomy Club (VAC) along with the Department of Physics on 30 July 2019 at 11:30 am in the college auditorium. The programme was officially inaugurated by Dr Malini K.A, HOD, Department of physics. There was the esteemed presence of the faculties of department of physics. A ppt was presented by Niya Baby of 2nd year B.Sc. Physics. There was also a video presentation based on this event. Dr Anu Rose shared her experience at VSSC Space Laboratory with the students.



FRESHERS DAY

The Freshers' Day was conducted on 12 July 2019 at 10.30 am in the silver jubilee seminar hall. The programme was inaugurated by Dr. Malini.K.A, by lighting the candles. After that, teachers handed over lighted candles to the freshers and welcomed them to the department. This was followed by an ice-breaking session. Various cultural activities were performed by second year and third year students.

INDUSTRIAL VISIT TO MILMA

DAIRY

As part of the add-on course on energy audit, an industrial visit was organized to Milma Dairy, Ramavarmapuram for the second year degree students on 11&12 December 2019. Various aspects of energy production, distribution and conversion in view of energy audit was explained during the visit.

'EYE TO SKY' – SKY WATCH PROGRAMME

In collaboration with Kerala Science and Technology Museum and Vimala Astronomy Club, the Department on Physics conducted Sky Watch session on 28-29 January 2020.

CLUBS AND FORUMS

Vimala Astronomy club (VAC) organised an event named PRAVEGA 19-20 on 19 December 2019 at 10.30 am in the Lisseux Seminar Hall. The event was an initiative by the club to spread knowledge and awareness about the expected Annular Solar Eclipse on 26 December. The event was formally inaugurated by Dr. Asha P Rao, Head of the Department of Social Work. A talk on scientific and other aspects of solar eclipse was conducted by Mr.Santhosh.P. Jose, Assistant Professor, Department of Physics. It was followed by a power point presentation on Nobel prize winners of Physics 2019. Second year students performed a tribute performance in honor of the Space Scientist Kalpana Chawla, first woman of Indian descent to go to space.

CAREER GUIDANCE

A career guidance class was arranged for the third year degree students on 16/7/2019. The class was handled by Mr. Harikumar D, H R Trainer and Coach. He gave the students a detailed description about how to face an interview more effectively.

A Skill development programme was arranged for third year B.Sc students on 22/11/2019 .

A class organised by the CGPT for final year degree students on 13/12/2019

A Career orientation class by Ms Regina Varghese, Administrator, GlobeSta, was organised on 14/1/2020

DEPARTMENT OF POLITICAL SCIENCE

Department of Political Science organized an orientation talk for the first year students of BA English Literature and Sociology on the "Relevance of the study of Political Science" on 24 June 2019. The Resource Person of the Day was Dr. Binoj Jose, Asst. Prof. Department of Political Science, Prajyoti Niketan College, Pudukkad, Thrissur. He stressed on the fact that for being a good citizen and to build a robust civil society a student should be aware of the working of the political system. It was followed by an interactive session with the students.



The Department observed the 70th Anniversary of Constitution Day by organizing a series of programmes on 26 November 2019.



Viewing of the live telecast of the programme from the Central Hall of Parliament was arranged for the students in the Lisseux Seminar Hall of the College from 11.00 am on 26/11/19.



Reading of the Preamble and the Fundamental Duties was done under the initiative of the Students Union in the presence of Staff and Students of the college.

DEPARTMENT OF SOCIOLOGY

Department received the Award for the best PG department of Sociology in Kerala at the 45th Kerala Sociological Society Conference. The Award was a recognition for the curricular and co-curricular activities spearheaded by the Department in the year 2018-19.



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SEMINARS AND WORKSHOPS INTERNATIONAL SEMINAR ON HUMAN RIGHTS AND HUMAN DIGNITY

International seminar on Human Rights and Human Dignity" was conducted on 14 January 2019. The Chief Guest of the day was Prof. Dr. Johan de Tavernier (K Leuven) Catholic University, Belgium. He discussed five focal points on Human Right and Human Dignity based on its characteristics.

SEMINAR ON ECONOMIC RESERVATION AND GENDER POLICY

The Department of Sociology in collaboration with IQAC and KSS conducted a one-day seminar

on Economic Reservation and Gender Policy on Friday 15/02/19



Honouring Ceremony of Dr Sara Neena T T Associate Professor and HOD, Department of sociology Vimala college Thrissur was graced by the presence of former professors of the Department Smt. Seethakutty, Dr. Omana V J. Dr Jose Boban was the speaker for the first session. Invited guests included Dr. Binu N, Assistant professor Dept of Sociology St Mary's College, faculty members from various departments, research scholars and students.

Dr. Jyothi S. Nair Assistant professor of sociology Govt. College Kanjiramkulam was the Resource person for the second academic session The theme of the session was Institutionalised Inequality and Gender Policy: Praxis and Practices. She started her lecture with gender inequality, causes of inequality and existing social practices regarding gender.

INTERNATIONAL SEMINAR WITH MS VERONICA TURIN, ITALY

The session started with Ms. Veronica Turin a post graduate in Engineering, having research interest in the culture of Kerala. Her aim of visiting India was to know about the specialties of Kerala. When the interactive session started with students, they had asked many questions about the characteristics, culture, dressing styles, the geographical, economic and even the food habits of Italy. Ms. Veronica Turin answered the questions and also shared some of her own anxieties regarding unemployment, racism and environmental issues in Italy. Two of the major causes of these dilemmas, she observed, was over-population and migration. She also exposed the patriarchal dominance which prevails in Italy.

SEMINAR ON CAREER DEVELOPMENT AND CAREER PLANNING

Department of Sociology organized a seminar on Career development and Career Planning for the students of Vimala College on 18/09/2019. The session was handled by Mr. Jomy, GD and Career Trainer, City Center, Thrissur.

PRA-ORIENTATION AND WORKSHOP

PRA (Participatory Rural Appraisal) is an approach used by non-governmental organizations (NGOs) and other agencies involved in international development. The approach aims to incorporate the knowledge and opinions of rural people in the planning and management of development projects and programmes.

A PRA class was arranged for III Semester PG students on 27/10/2019. The main objective of this class was to train the students by detailing about the relevance of PRA techniques which are applicable for PRA programmes. The classes were divided into two sessions. An orientation was given by Sr. Shipy Augustine (Assistant Professor, Department of sociology, Vimala College Thrissur.

The Dept. organized a workshop on PRA by MS. Vrinda and Mr. Leo (ESAF) who engaged a three hour class for students. Ms. VRINDA spoke about the key features of PRA which included participation, team work, flexibility, optimal ignorance and triangulation. She also showed some PPT slides about PRA method. This included pictures, videos etc on the steps involved in PRA.

WORKSHOP ON LIFE SKILL

As part of Life Skill Development, the students of IV Semester B A Sociology organized a workshop on 13 December 2019. The workshop was inaugurated by Dr. Asha P Rao, Associate Prof, Department of Social Work, Vimala College (Autonomous), Thrissur.

TALKS AND LECTURES

Department of sociology organized association inauguration on 8 August 2019. The programme was a grand success with the presence of honorable guest Sir. Jose Chungapura the Assistant Commissioner of Police (IRS).

Department organised a class on "women in Local Governance and People Participation". The session was handled by Smt. Raheena P A, Village

Extension officer, Cherpu Panchayat, Thrissur on 22 January 2019.

On 12-12-2019 Department of sociology organized a talk by Dr. Sr. Maries V.L, former HOD and Principal of Vimala College Thrissur on the Scope of Sociology.

Department of Sociology organised a confab titled "Have a Confab with University Professors on Current Debates in Social Theory and Skills for Social Mobilisation" on 13 January 2020

INDUCTION PROGRAMME

Department of Sociology conducted a 2-day Induction programme for first semester PG and UG Students on the topic "The Importance of Sociology as an Academic Discipline". The session was delivered by Dr. Binu K. who focused on the importance of sociology as an academic discipline and highlighted both the academic and professional faces of the discipline.

Second Session was handled by Ms. Maya Devi Chalissery, Assistant Professor, Dept. of English. She motivated the students explaining the challenges and the solutions to overcome the life problems, paving way to success.

AWARENESS CLASS

An awareness class on "Orgami-Recycling of paper" was organized by the Department for the PG Students on 22 November 2019. The session was handled by Mr. Ramesh Rai from Vidhya Mandir Training Centre, Pali Jaipur, Rajasthan.

DEBATES AND DISCUSSIONS

The Department regularly organizes debates and discussions on various topics and especially on the emerging areas and contemporary issues.

HUMAN RIGHTS DAY

As a part of the observation of Human Rights Day, Department celebrated International Human Rights Day on 10 December 2019 in collaboration with Social Justice Department. Mr. Krishnankutti master, Counsellor, Thrissur Corporation, chaired

the inaugural session. Human Rights Day procession was followed by inauguration and seminar by eminent persons.



PARTICIPATION IN PANEL DISCUSSION

Media Club students of IV Semester B A Sociology participated in a Panel Discussion on "Social Activism" on 12 December 2019. Shri. M B Rajesh (Ex MP Palakkad) was the Guest of Honour.

SESSION ON ENVIRONMENT

Department of Sociology organised a session on environmental issues on 14 January 2020 in collaboration with Women Development Cell of the College. This session was led by Dr Sajeew T.V, Environment Scientist KFRI.

INTERCOLLEGIATE ACADEMIC EVENT

PG department of Sociology, organised REFLETS DU PASSE 2020: Revisiting of Auguste Comte in Contemporary India, an intercollegiate academic event which commemorated the 222nd birth anniversary of Auguste Comte on 20 January 2020

SWACHHTA PAKHWADA a cleanliness drive was organized from 16 January to 31 January 2020.

DOCUMENTARY PRESENTATION

Department organized a documentary presentation on 27 January 2020 at Silver Jubilee Hall. A documentary called My Caste directed by Amudhan R.P was screened for students in his presence.

INTERNSHIP

The Students of S4 BA Sociology successfully completed 10 days Summer Internship under the Social Service organization of Kollam from 22 May 2019 to 31 May 2019. They visited different places under this institution and got awareness about the various activities that could be done in collaboration with the Government for the welfare of the society. Students observed the life of fishermen, their culture and their socio-economic conditions during their field visits.

VISITS

An environment visit was arranged by the Department on 4/10/2019 for 3rd semester PG sociology. The selected places for this visit were Pathazhakundu Dam and Cheppara- two environmentally important zones in Thrissur District.

Fifth semester UG batch went to Vazhachal Forest Division as part of their **tribal visit** (KOOT 2019). The tribal community in Vazhachal Forest division belongs to Kadar Tribal groups. Students interacted with Geetha Vazhachal, a 30-year-old tribal woman who is the first woman chieftain of that community in Kerala. Department provided some grocery items and stationery to the families.

Department of sociology organized a visit to **Bharathiyar University** on 15 July 2019 for III semester MA sociology students for data collection for their projects. Interactive and informative sessions on Research Methodology were arranged in the University library. Sessions were handled by Dr. Sampath and Dr Sarangapani

A group of students and two teachers **visited St. Joseph's Special School** to understand the services rendered by the institution for the differently abled individuals.

As a part of Institutional Visit and Jail Day, two teachers and 50 students from different batches of the Department **visited District Jail**, Thrissur on 12 December 2019. The students performed different cultural items like dance, songs, monoact and musical drama for the inmates of the jail.

OBSERVANCE OF VIGILANCE WEEK

As part of Vigilance Awareness week Staff and students of the Department took the Integrity pledge on 30 October 2019 as a gesture of public participation in promoting integrity and eradicating corruption. At the outset, Dr. Shinju, Head of the Department gave a brief introduction about the importance of observing the vigilance week and the ethical practices to be followed in fighting against corruption in society

LAURELS

International Publication: Dr. V. Shinju, "Women, Water & Well-Being: A Case Study of 'Kuttadampadam' in Palakkad, Kerala", Volume: 7 Issue: 1 Month: July Year: 2019 ISSN: 2321-788X, Shanlax, International Journal of Arts, Science and Humanities

Sreethu Sreenivasan, III BA Sociology was selected as the best socially committed outgoing student by the Alumnae Association in 2019-2020

Haritha Jonson II BA Sociology was selected as the **Nutri-Girl**, Ms Rebekka Mathai bagged first prize in Essay writing competition and Ms. Alphonso Augustine and Team Got Second prize in Parody Song Competition as part of the Nutri-Week celebrations organized by the Dept of Home Science, Vimala College, Thrissur in association with Karuna Diet Centre, Thrissur

Maria Raphael, III BA Sociology was awarded the **Best NSS Volunteer 2018-19** by the University of Calicut.



SELECTION RD CAMP

IV Semester BA Sociology student Alphonsa Augustine (NCC Cadet) got selected to the RD Camp.

PRIZE IN PARODY SONG COMPETITION

FIRST PRIZE IN POWER POINT

PRESENTATION ON GANDHIJAYANTI

Ms Rabekka Mathai and Ms Lis Erinjery secured 1 prize in Power Point Presentation Competition as part of Gandhi Jayanthi celebration which was conducted by Department of Commerce

FIRST PRIZE FOR POSTER MAKING COMPETITION CONDUCTED BY KSS

Sreethu Sreenivasan VI Semester BA Sociology

BEYOND BOOKS

The students of III Semester B A Sociology attended a one day national workshop on Current Affairs in Sociology: Issues, Dimensions, And Perspectives organised by Department of Sociology, Periyar University, Selam. The workshop mainly dealt with two issues: 1) Gender Inequality 2) Problems of marginalized groups. Department secured Best Participation Award at the seminar

S1 MA sociology students attended the National seminar in 'The Emergence of Fascist Tendencies in India' on 11 October 2019 at Ernakulam.

Students of the Department participated in an interactive session conducted by Social Justice Department at Thrissur town hall on 15 November 2019 to discuss Article 41 of the Indian constitution

CLUBS AND FORUMS

As part of its Association activities, the Department started the journal club to promote reading habit in students. Journal club was inaugurated by, Dr. Shinju V, the Head of the Department of Sociology. The students of S5 BA Sociology Surya K.S, Devika. V, Honey T conducted journal review on the topic "Is your culture loose or tight?" by Michele Gelfand on 8 August 2019.

VIMALA COMMUNITY OUTREACH PROGRAMME

OLD AGE HOME VISIT

As part of exposure visit, the students of I MA sociology visited Christ Villa poor homes, Ramavaramapuram on 13/6/2019.

ONAM CELEBRATION AT AUTISM CARE CENTER IN VALARKAVU

III BA Sociology students and teachers organized Onam Celebration at Autism Care Centre in Valarkavu is a charitable Organization of parents and well-wishers of autistic persons. at this institution. The students performed various cultural activities for the inmates and they spent a day with the students of this institution.

VISIT - CMGHSS KUTTOR

The Extension activities of the Department were at Chandra Memorial Government Higher Secondary School, the institution selected under UBA

VISIT - PAIN AND PALLIATIVE CARE THRISSUR

As part of extension activities students and staff of the department visited Alpha Palliative Care Society. The students and staff spent half a day in this institution and they also performed cultural activities for them.

UBA SURVEY

As part of Unnath Bharat Abhayyan Project Under Government of India the Department adopted Villadam Panchayath for extension activities. A need analysis survey was conducted in the area. Water Hence, a geo-mapping was also conducted here by the Department

WATER CONSERVATION

Major Objective: Promoting Sustainability principle in the use of water for bringing inter-generational and intra-generational equity.

Participation in World Water Day Programme: Students actively participated in the awareness rally and the related activities. Green Protocol: Department promotes the judicious use of water principle for sustainability among all the students.

Submitted a project on "Preserving the Existing Water bodies in Vilvattom Panchayat: A Socio-Psychological Approach."

DEPARTMENT OF SOCIAL WORK

The Department of Social Work has always maintained a blend of classroom teaching with practice which enables the students to perform well in their micro and macro practice level. The curriculum focuses on understanding the social realities through the theoretical lenses which are available in literature and responds to those issues in a professional manner. All the activities which the Department engages in, are designed to equip the students to evolve as professional social workers.

ACADEMIC ACHIEVEMENTS

Ms Sinu Jesin (2017 -19 batch student) cleared NET – JRF in Social Work.

SEMINARS AND WORKSHOPS

- ♦ One day workshop on Project Proposal Writing by Dr Saju Paracka, Consultant, Butterflies, New Delhi, on 18/07/19 for the Second year Students
- ♦ Two day workshop on Street Play by Mr Sashi Kumar, Aasrayam Rural development Society, Palakkad on 17/07/19 – 18/07/2020 for the First Year Students
- ♦ One day training programme for ICDS (Integrated Child Development Scheme) workers in Thrissur in association with DCPU, Kerala on 22/10/19
- ♦ One day state level seminar on Child Protection: Challenges and Prospects on 22/11/19 organised by the Department of Social Work.

The seminar was inaugurated by Dr M P Antony, Member, Child Rights Commission Kerala and 120 social work students from different parts of the state participated in the same

- ♦ One day workshop on Mental Health Issues in Kerala by Centre for Harmonious Studies, Kerala on 18/01/20. All the first year and second year students attended it .

TALKS AND LECTURES

- ♦ Session on Kudumbashree and PMAY by Ms

Beena E, Social Development Specialist, PMAY, Thrissur Corporation on 04/07/19 for the first year students

- ♦ Session on Community Engagement by Ms Beena E, Social Development Specialist, PMAY, Thrissur Corporation on 10/07/19 for the first year students
- ♦ One day Training by Pain and Palliative Care Society on 16/07/19 for the Second year students
- ♦ An extension lecture on Legislations related to Children by Mr Jino Devassy, Co –ordinator, Childline (Centre), on 18/10/19 for the first semester students
- ♦ Lecture on Local Self Governance and Development by Dr Abey George, Director, Social Audit Society, Trivandrum on 18/10/19 for the first semester students
- ♦ An extension lecture on Sharana Balyam Project by ICPS by Mr Akhil, Rescue Officer, ICPS, Thrissur for the first semester students on 15/11/19.

EXTRA CURRICULAR ACTIVITIES

- ♦ DISHA'19 – Five-day Rural Camp for the First year Students at Nenmeni in association with Aashrayam Rural Development Society from 30/08/19 – 04/09/19
- ♦ Clean Laloor Programme – The first semester students associated with Thrissur Corporation for the Clean Laloor Programme on 03/10/19
- ♦ Medical Camp - The First semester students organised a Medical Camp at Chettupuzha and Nedupuzha on 06/10/19
- ♦ Health for All through People Engagement – The first semester students attended a session at Kerala Sahithya Academy Hall, Thrissur on 30/10/19 organised by Jananeethi, Mannuthy
- ♦ District Level Orientation for Social Auditors

– Social Audit Society, Kerala has organised a training in association with Department of Social Work for Social auditors in Thrissur on 09/11/19. Around 395 social auditors attended the programme.

- ◆ District Level Launching of Human Trafficking Clubs by ICPS: The first year and second year students participated in the District Level Launching of Human Trafficking Clubs by ICPS on 16/11/19.
- ◆ Run for SAFE Childhood – Marathon: The first year and second year students participated in Run for SAFE Childhood – Marathon organised by CHILDLINE India Foundation at Thrissur Round on 20/11/19.

LAURELS:

FACULTY ACHIEVEMENTS

Ms Treesa T Pulickal published two papers in the UGC CARE List Papers

- ◆ Treesa T Pulickal (2019) Risky Behaviour Among Adolescents in Disadvantaged Communities in India, Think India Journal, Vol 22, Issue 14, Pp 11042 -11054
- ◆ Treesa T Pulickal (2020) Psychological Wellbeing of Adolescents in Disadvantaged Communities: The Need for Strength-Based Approaches, Journal of Social Work Education and Practice Vol 5, Issue 1, Pp 1 - 14

STUDENT ACHIEVEMENTS

Ms Ann Mariya, first year student bagged second prize in the ESAF Car Free Day Rangoli Competition organised by ESAF, Mannuthy.

ACHIEVEMENTS

- ◆ As part of Student Exchange programme with St. Xavier's College, Katmandu, Nepal, Ms Smriti Shrestha and Ms Shriya Shrestha (Fourth year BSW Students) visited Vimala College for their Internship from 06/01/2020 to 22/01/20. They were placed in Childline India Foundation (Nodal Centre), ATMA Foundation, Alpha Pain

and Palliative Care, District Child Protection Unit (DCPU), Thrissur, Kerala Institute of Local Administration and District Probation Office, Thrissur.



- ◆ Department received recognition from Thrissur Corporation for associating with Angeekar Campaign and Prime Minister Awas Yojana (PMAY).
- ◆ Department received recognition for associating with the KUNJE NINAKKAI Campaign

EXTENSION ACTIVITIES



- ◆ Street play on child protection, Observation visit, Observation visit, Street play on water, Acmi – devamatha camp, ESAF car free day observation, Street play on child labour, Participation of state level seminar on elderly care : prospects and challenges



- ♦ Observation Visit to Ashabahavan and Govt. Old age Home, Ramavarmapuram Thrissur on 04/07/19 by first year Students
- ♦ Observation Visit to St. Joseph's Old age Home and Pakal Veedu, Pullazhi on 11/07/19 by first year Students
- ♦ Observation Visit to REACH – Swasraya, Thrissur and Pope Paul Mercy Home, Peringandoor on 12/07/19 by first year Students
- ♦ Observation Visit to Childline Nodal office, Pullazhi and Adoption Centre, Pullazhi on 19/07/20 by first year Students
- ♦ First year and Second year Students attended the Film festival organised by Women Studies Centre, Vimala College (Autonomous), Thrissur
- ♦ Associated with REACH – SWASRAYA for selling their products in College. The 1 year students were associated with the programme.
- ♦ Street play on Old age at St. Joseph's Old age Home, Pullazhi by the first year students on 01/10/19
- ♦ Life skills training programme (DISHA) for the second year students was organised on 04/11/19 – 05/11/19
- ♦ The first semester students attended the Children's Day Celebrations of adopted families Get together on 09/11/19 organised by St. Joseph's Home, Pullazhi.
- ♦ The first semester students attended a one-day session on Maintenance and Welfare of Senior Citizens Act, 2007 organised by Social Justice Department Thrissur on 15/11/19
- ♦ The first semester students performed Street Play named Kalippattam in the College premises as part of awareness on Child protection on 16/11/19
- ♦ The first year Students performed a Street Play 'Water' in the College premises as part of awareness on Water Conservation at Shakthan Stand, Thrissur Railway Station and Municipal Stand on 18/11/19
- ♦ The first year Students performed a Street Play named Kalippattam in the College premises as part

of awareness on Child protection at Mathilakam, Kodungallor and Kunnamkulam on 19/11/19

- ♦ First year students attended Kunje Ninakkai Programme organised by District Child Protection Unit (DCPU), Thrissur at Town Hall, Thrissur on 28/11/19
- ♦ First year students attended the State Level Seminar on Senior Citizens : Policies and Programmes organised by the Department of Social Work, Mercy College, Palakkad on 05/12/19
- ♦ First year students volunteered for Sneha Sangamam – an initiative of Devamatha Public School on 07/12/19
- ♦ First year students participated in the Car Free Day Celebrations organised by ESAF, Thrissur on 08/12/19
- ♦ First year students attended the Panel Discussion led by Mr M B Rajesh organised by Media Club, Vimala College on 12/12/19
- ♦ First year students attended the Discussion on Community Health organised by Chikithsa Neethi, Thrissur and Daya Hospital, Thrissur at Kerala Sahithya Academy Hall, Thrissur on 12/12/19
- ♦ Ms Ann Mariya and Ms Sandhya (First year students) attended a two-day workshop Student RTI'an at Centre for Harmonious Studies on 14/12/19 -15/12/19
- ♦ Ms Agna Tenny and Ms Aiswarya S (First year students) attended the Anti Human Trafficking Club Meeting at Ramavarmapuram on 04/01/2019
- ♦ First year and second year students attended the session on Cyber Security organised by the IQAC on 15/01/20

SEMINARS & WORKSHOPS

- ♦ One day seminar on mental health issues in kerala
- ♦ State level seminar on child protection: challenges & prospects

EXTRA CURRICULAR ACTIVITIES

- ♦ Medical camp, Clean laloor, Disha rural camp,

One day training for social auditors



- ❖ International student exchange programme with st. xavier's college, katmandu
- ❖ Recognition from thrissur city police for kunjennakkai
- ❖ Recognition from thrissur corporation for anganwadi campaign

DEPARTMENT OF STATISTICS

NATIONAL STATISTICS DAY CELEBRATION

On 4 July 2019 the Department observed the National Statistics Day. Dr. Gleeja V.L. (an alumna of the department) Assistant Professor in the Department of Statistics at College of Veterinary Science, Mannuthy, was the chief guest. Dr. Gleeja presented her paper on "Scope of Statistics in Recent Scenario". Prizes were distributed for the winners of state level essay writing competition.

ASSOCIATION INAUGURATION

The Association day of the Department of Statistics was celebrated on 29 November, 2019, at the Silver Jubilee seminar hall. The programme was



conducted by the teachers and students of the department from 10.30 am to 12.30pm. Mr. Shojan A.P, Deputy Director of the Department of Economics and Statistics, Thrissur graced the occasion as the chief guest and presented a seminar on the topic "Census-2021".

ONE DAY WORKSHOP ON SPSS

Department of Statistics organized a one-day workshop on SPSS for Sixth semester BSc Statistics

students on 6 November 2019. The resource person was Dr Gleeja V.L, Assistant Professor and Head, College of Veterinary and Animal Science, Mannuthy. Dr. Gleeja V L, gave an overview on SPSS (Statistical Package for Social Sciences) software and took class on descriptive statistics, probability distributions, representation of data and importance of studying SPSS.



TALKS AND LECTURES

Department organized a talk on SAP course for sixth semester B.Sc Statistics students on 16 November 2019 by Mrs. Rarika, staff of Bulls net.

EXTRACURRICULAR ACTIVITIES

TEACHERS' DAY CELEBRATION

The programme was held at the college auditorium on 5 September 2019. Bouquets were presented to teachers as a small gift and a video was played which showed the role of teachers in shaping students' mind. Later, the photographs of all the faculties of each department were displayed on the screen. Ms. Swarna from the Department of Mathematics spoke a few words about her experience as a teacher.

AWARNESS PROGRAM ON JAL SAKTI

Department conducted awareness program on Jal Sakti at 10.30 am on 27 November 2019. Dr Divya P.R, Dr Anamiya Baiyy and Student Coordinators Mugdha H and Anusree K delivered talk on different aspects and importance of conservation of water. 32 students of VI Semester BSc Statistics participated in the program.

Department conducted a one-day workshop on Research Methodology: Basics of Statistical Data Analysis using IBM SPSS on 10 January 2020. Dr Jerin Paul and Ms. Maria Jeeja were the resource persons.

FRESHER'S DAY



Freshers' Day program started at 10.30 am on July 19th in the sister jubilee seminar hall. Various programmes and games were organised by second and third year students.

FOOD FEST

On 14th November 2019 a food fest was conducted by the second year UG B.Sc statistics students at Leisure tower. Various food items were sold at the stall. The students conducted food fest with the purpose of collecting fund for the statistical fest. The stall was a success and students could contribute a fine amount of their profit to the statistical fest fund.

As part of the social service day, the department of statistics set up a food stall in the Leisure tower on 28 November 2019. The stall was a success and the department could contribute their profit to the social service fund.

LAURELS

FACULTY ACHIEVEMENTS:

Dr Jerin Paul was the resource person at the "International Conference of Politics and Economics of Climate Change and workshop on Data Analysis" conducted by post graduate and research department of statistics, Mar Athanasius College, Kuthamangalam, on 6 January 2020. He also was the resource person in the intercollegiate seminar on statistical Analysis and Latex conducted by Department of Mathematics Mother Arts and Science College, Thrissur, Kerala on 06 November 2019.

Dr Jerin Paul and Ms. Maria Jeeja were the resource persons in the workshop on Research Methodology: Basics of Statistical Data Analysis using IBM SPSS on 10 January 2020 conducted by Department of Statistics, Vimala College, Thrissur.

Dr Preethi John participated in the "Campus to Community" planning workshop for stakeholders, organized by UBA, Vimala College, Thrissur.

STUDENT ACHIEVEMENTS

Mridula Muraleedharan and Ms Anusree K of V semester BSc Statistics secured II and III prizes respectively in the state level Essay Competition conducted by Dept. of Economics and Statistics, Thrissur.

BEYOND BOOKS

Essay competition on 13th National Statistics Day Celebration "Stat Fest 2019" on 29 June 2019 (Dept. of Economics and Statistics, Thrissur.)

Nine students received NPTEL Certificates in the courses Regression Analysis and Introduction to Biostatistics.

CAREER GUIDANCE

The Department along with the CGPT cell of Vimala College conducted a student development program on 13 December 2019 in the Department Lab from 10.30 am to 11.30 am. The speaker for the program was Dr. K T Markose, Retd. HOD of the Department of Commerce, Vimala College, and Principal of Vimala Study Center, Cheroot, Thrissur

DEPARTMENT OF ZOOLOGY

The Department of Zoology which started in 1967 runs UG and PG courses in Zoology. In addition to the core & complementary courses, the department also handles a value added course in "Dairy products and dairy technology" in collaboration with Kerala Veterinary and Animal Sciences University, Mannuthy, Thrissur for the II year UG students. Department also collaborates with the State Zoo and Museum, Thrissur, Family Health Centre, Vilvattom, District Medical Office (H), Thrissur, Rosen Fisheries, Marathakkara, Thrissur and Marian Centre for Advanced Research, St. Mary's College in extension activities, audit courses and student projects and has functional MoUs with them. Department initiated a startup programme in Fish Culture in the campus, in June 2018.

SEMINAR ON IPR

Dr. Vinu. J. George, Asst. Prof. Political Science, Kuriokose Elias College, Mannanam, Kottayam, Kerala, the Resource Person, spoke on the topic "IPR -An Introduction to Intellectual Property Rights".

Final year UG students organised a seminar on 'Biodiversity'. Dr TV Sajeev, Principal Scientist, Department of Forest Entomology, KFRI handled the session on "Biodiversity, Democracy and Happiness: Is the Linkage Breaking?" Dr. Balakrishnan Peroth, Scientist, Department of Wildlife Biology, KFRI delivered a talk on "Biodiversity-Stories around the World"

Department of Zoology in association with wildlife division, Peechi and Nature club, Irinjalakuda, jointly organised a Seminar in connection with 'National birding day' commemorating the birth anniversary of renowned ornithologist Dr. Salim Ali. Inaugural talk was delivered by Wildlife Warden, Mr.Rajesh N.

Mr.Madhu Gopalakrishnan, wildlife photographer and ornithologist, delivered a talk on 'Basics of Bird-watching and Common Migratory Birds in our Locality'

A Bird-walk was arranged at the Peechi Wildlife Sanctuary. Dr.Petrisia Joseph and Dr.Feeba rani

guided 36 final year B.Sc students through the sanctuary. A team consisting of wildlife biologist, forest watchers, and forest guides from wildlife department accompanied them.

SEMINAR ON "FOREST AND WILDLIFE"

Sri S. Balasankar, Sectional Forest Officer and Assistant Editor "Aaranyam", Forest Headquarters, Vazhuthakkad, Trivandrum was the Resource Person at the first technical session. He delivered a lecture on the topic Embrace the Wild and Entwine the Green. The second technical session was handled by Mr Sandeep Das, Research Scholar, KFRI, Peechi (First prize winner of state wild life photography competition organized by Kerala Forest Department). He delivered a talk on "Amphibian Diversity in Western Ghats"

TALKS AND INVITED LECTURES

PROGRAMME FOR SELECTED MEMBERS OF THE COMMUNITY

Selected members from the nearby area were invited by the department and a programme was arranged for them. Dr.Shinju V, Asst.Professor and Head, Dept of Sociology presented a topic on 'Fundamental Rights and Human Values'

Smt. Sruthy A, Research Scholar, Dept of Music, Kerala Kalamandalam (Deemed to be University) delivered a talk on the topic "Music Therapy"

Mr.Jose Kallookkaran, Environmentalist, bird watcher and wildlife photographer (state Award winner) delivered a talk on "Wildlife Photography- Opportunities for Women"

Mr. P. Jayaprakash, Asst. Executive Engineer, Kerala Water Authority- Quality control subdivision, Thrissur, engaged a class on the topic 'Water conservation and Water quality'.

Dr.Anumod P, Ayurvedic Medical practioner, delivered a talk on the topic 'Prolife- a step to save life'

Dr.Sileesh M.S, researcher and freelance scientific writer, Kerala University of Fisheries and Ocean Sciences, Panagad, Kochi delivered a talk on 'Ethics in Scientific Research and Article Writing'

Four faculty members- Dr.Honey Sebastian, Dr. Petrisia Joseph , Dr.Sheeba P and Sr.Freny Jacob, participated in the wildlife survey organised at Pee-umedu grass land- savanna ecosystem, Kuttikaanam

BEYOND BOOKS

AWARENESS PROGRAMME BY STUDENTS:

ZOO RELATED ACTIVITIES

As a part of World Environment Day, 2 students from M.Sc second year, Ms. Remya Krishna & Ms. Jeethy P.V presented a paper on "Causes and Effects of Air Pollution" on 27 June 2019 at the State museum and zoo, Thrissur.

Ms. Mariya Joby and Ms.Jamsheela V, II year M.Sc Zoology students presented a paper on "Identification of Snakes" in the awareness programme in connection with the observance of 'World Snake Day' for students from Bharathiya Vidya Bhavan at State Museum and Zoo, Thrissur.

A quiz programme was conducted by II year M.Sc Zoology students for the zoo visitors at the Thrissur Zoo on the topic 'Amazing World of Snakes'.

Third semester M.Sc Zoology Students worked as Zoo guides to create awareness about the importance of wildlife conservation among the Zoo visitors at State Museum and Zoo, Thrissur.

Third semester M.Sc students, Ms.Remy and Ms.Megha K.M made a presentation on the topic "Plastic pollution and its adverse effect on life below water" at the Zoo and Museum, Thrissur. Zoo visitors were the targeted community. An awareness was created among the zoo visitors, about the need for protecting the habitat of animals and their role in ecosystem.

Rufaidha Beegum M.K presented a paper on the topic 'Behaviour Peculiarities of Monkey' and Sushmitha V.S presented a paper on the topic 'Endangered Mammals of Kerala' for school children.

ASSOCIATION ACTIVITIES

Freshers day "THAKIL 2K19" organised by the II year and III year students was held at the zoology lab. The programme was inaugurated by HOD of the department Dr. Honey Sebastian. It was followed by various enchanting performances and games by the students.

MERIT DAY

Department organised Merit day on 8 September 2019 to honour the remarkable achievements of students and faculty. Dr.Honey Sebastian, HOD congratulated the award winners and distributed the prizes. Dr.Indhu M.S and Dr.Meera K.M were felicitated for attaining Ph.D degree in March and May 2019 respectively.

TEACHER'S DAY CELEBRATION:

II year students organised Teachers' Day celebration on 5 September 2019 at zoology lab

GANDIJAYANTHI CELEBRATION

II DC students organised 'Gandhi Jayanthi' celebration at zoology lab. Gopika K and Adithya Girija Vallabhan presented a ppt on the 'Life of Gandhi'. An elocution competition was organised on the topic 'Gandhiji- the Man of Principles'

Start up programme: Fish farming in the campus 'Aquaphilia'. Harvesting was done on 11-10-2019.

FLASH MOB:

On 2-08-2019, the Third semester M.Sc students organised a flash mob on the theme 'life below water: for people and planet' in connection with Wildlife week celebrations at State museum and Zoo, Thrissur.

On 22-01-2020, a Flash mob was put up by II year students announcing the intercollegiate Zoological Fest 'Sramsana 2020'

EXHIBITION:

On 23-01-2020: an exhibition in connection with Zoofest 'Sramsana 2020' was organised by the students on the topic 'Pro-life-value of life'

FOOD FEST:

On 28-11-2019 a Food Fest was organised by the department for gathering fund for contribution to Mission activities. A total of Rs. 3685/- was collected and handed over towards this cause.

Yet another food fest was organised by UG students on 23-10-2020 in connection with Zoofest

AQUASHOW:

An aqua show was set up in the leisure tower in connection with Zoofest

Several competitions were organised by the department this year.

INTERCOLLEGIATE COMPETITIONS

Quiz, Treasure hunt, 'Door bells at dusk', Face painting, 'Daub', Selfie contest 'Snap your selfie on the theme 'friendship', Online photography and interdepartmental competitions like a Wildlife Quiz competition for III Semester UG students, a Power Point presentation competition, for UG students in connection with 'World AIDS day'.



Elocution competition on Gandhijayanthi, prolife, integrity a way of life', water conservation and Quiz competition on wild life, Aids day and biodiversity

Face painting, Treasure hunt, Aqua show, Exhibition and Zoofest 'sramsana 2020' and Wildlife survey at peerumedu.

PROGRAMME FOR COMMUNITY:

The department also hosted several programmes for the community. Dr.Shinju delivered a talk on 'Fundamental rights and human values' for selected members of community. Amrutha K.U, and Malavika G Krishna, III year students made a presentation on 'Nipha Virus' for the members of community

EXTENSION AND EXTRACURRICULAR ACTIVITIES

The students of UG 3rd year and PG 1st and 2nd years participated in the Anti-dengue month – seminar cum workshop on vector borne diseases: A seminar was organised by the District Medical Office, Thrissur in connection with the observance of the month of July as the 'Anti Dengue month'

CLASS ON GENDER SENSITISATION

Dr. Honey Sebastian delivered a talk on Kudumbasree-gender development programmes and Dr.Dixy B, spoke on Women's Movement in Kerala', to 45 final year students from the departments of English, Chemistry, sociology, Malayalam and Chemistry on 7th August 2019

INDUSTRY-ACADEMIA INTERFACE PROGRAMMES

An Audit Course (Ability Enhancement Course-ACE) was offered to I semester MSc Zoology Students at Rosen Fisheries, Marathakkara, Thrissur. Besides this, a new value addition course for II year UG students in association with Kerala Veterinary and Animal Sciences University, Mannuthy, Thrissur was also introduced.

CLUBS AND FORUMS DEPARTMENTAL CLUB

The department runs a club called "Vimala Zoological Society" which is coordinated by UG & PG Zoology students. The society organizes various activities like digital poster competition, power point presentation competition, quiz and essay competitions, debates, elocution, educational tours etc. The society also promotes environmental awareness by organizing skits and also by celebrating the 'World AIDS Day' and 'World Wildlife Week' in association with Zoo and Museum, Thrissur. Vimala Zoological Society publishes department activities as the newsletter 'Zoo Walleria' since 2019.

JOURNAL CLUB DISCUSSION FORUM

PG students 'ZOOTOPIA' was inaugurated in January 2020

WEBINAR

Dr. Finosh Thankam, Professor, Western University of Health Sciences, US delivered a talk on Career and Research Opportunities for Zoology Students in India and abroad. 10 I year PG, 11 II year UG and 9 I year UG students attended the webinar along with all faculty members

CAREER GUIDANCE



A Career guidance class was organised for I and III year students on the topic 'Scope of learning Zoology'. An Employability Skill Development Programme was organised for final year UG and PG students by Galaxy Educational Trust, Banga-

lore. Career guidance programme was arranged for all UG students on the topic "Medical Coding and Medical Scribing

VIMALA COMMUNITY OUTREACH PROGRAMMES

Department sponsors 6 school children from the adopted UBA village area.



IPR seminar, Student seminar on 'biodiversity National birding, Forest and wildlife, Bird walk, Zoo related-awareness programme, Flash mob, Student zoo guides, Quiz programme at Zoo Zoo-ppt presentation on air pollution, Zoo-ppt-snake day

DEPARTMENT OF PHYSICAL EDUCATION

This academic year witnessed two International stars bringing fame and glory to the institution. Anjali Venu and Dilna of VI semester B A Sociology represented India in the 15th Asian women Youth Handball championship held at Lebanon, Asia.

The department organized Calicut University Intercollegiate Handball Women and Fencing Men



& Women championships. Vimala won both the championships.

The Department celebrated the 5th International Yoga Day. The theme of the day was "Climate Action". A mass Display was put up by the Sports students.

Department organized the 73rd Independence Day celebration on 15 August 2019.

The National Sports day, commemorating the birth anniversary of Indian hockey legend Dhyan Chand, was celebrated at Vimala College, spreading the message of "FIT VIMALA FIT INDIA MOVEMENT" through a mass display of Dance Aerobics. More than 200 students and around 10 teachers participated in the event.

With the growing importance of staying fit the department of Physical Education also initiated a

Fitness Program for all the staff and students of the college.

Intramural competition in SPORTS DANCE was conducted for students.

The Health and Fitness club organized a HEALTH MELA for all the students and faculty member and conducted some of the basic tests like anthropometric measurements and cardio vascular and cardio respiratory test.



The Department started a new programme "COLLEGE FITNESS EDUCATION PROGRAMME (COFE)" developed by the Calicut University department of physical education to attract the college students towards regular physical exercise to maintain good health among student community by awarding grace marks (additional 6 marks per semester) for their participation in the regular physical education training program.

Department conducted "KIDS SUMMER CAMP" which included different activities like outdoor and indoor games, aerobics, zumba, gymnastics, swimming, Yoga, general fitness training, etc

A special "ZUMBA SUMMER FITNESS 2019" was conducted for ladies.

Twenty-six athletes represented Kerala State in various National level championships. Eight of them secured silver medals for the State.

Twenty-seven students represented Calicut University in different games and secured Gold, Silver and Bronze medals respectively.

The College represented sixteen Calicut University Intercollegiate tournaments. Vimala won the Handball, Fencing and Boxing championships. College also secured second place in the Tug of war and Judo championships and bagged third place in Baseball, Kabaddi & Swimming.

LAURELS - FACULTY ACHIEVEMENTS

Agibet Mathews - Poster Presentation on Plyometric Training to Improve Agility among Racket Players at the International Conference on Sports Science Management and Yoga on 18 to 20 July 2019.

TALKS AND LECTURES

Piloted the Aerobics Dance session in connection with launching of FIT INDIA, organized by Sports Authority of India Sports Training Center, Thrissur on 29 August 2019

- ♦ **Tug of War:** Anusha K Joseph, Sneha S, Jasla Saleem, Amrutha P K and Anu Xavier got two gold medals in the All India Inter-university and silver medal in the Senior National Tug of war championship.
- ♦ **Baseball :** Anagha K III semester B A Sociology secured second place in the Calicut University All India Inter-university Baseball championship.
- ♦ **Athletics:** Athira Anil Kumar, V semester B A Economics and Nanditha Udayaraj I semester B A English got silver medal in the South Zone national athletics championship.
- ♦ **Judo :** Sabithamol S, I semester B A Malayalam got silver medal in the Youth National Judo championship
- ♦ **Wrestling :** Anagha Shanmughan II Semester BA Sociology got silver medal in the Senior South Zone National Wrestling championship.
- ♦ **Handball:** Calicut University won the All India Inter-university South Zone Handball Championship. Six players from the college (Anjaly Venu, Dina George, Anusha K, Agila C V, Rakhi ATV, Krishnapriya P) and the team qualified for the All India Inter-university championship.

Our Sports Teams



Vimala College won the Calicut University Intercollegiate Handball Championship 2019



Vimala won the Intercollegiate Wushu championship



Vimala won the Intercollegiate BOXING championship



Second runnerup in the Intercollegiate Baseball championship



Felicitating the AIIU Tug of War Team members



Felicitating International Handball players



a. Vimala won the Calicut University Intercollegiate Fencing Championship



Vimala College won the Calicut University Intercollegiate Handball Championship 2019



Vimala College Secured first runner up trophy in the Inter collegiate Judo championship



AIIU Tug of war medal winners Anu, Xavier, Jasia, Salim, Anusha K. Joseph, Anrutha P.K. & Sneha S



Vimala won the Calicut University Intercollegiate Fencing Championship



Anjali Venu & Dina George International Players & Their coach Shri. Saneesh

Our Sports Stars



Fencing



Nayana Secured Bronze medal in 4x100 m Relay the Calicut University in the Khelo India All India Athletics championship



Sabithamol S

Secured Silver medal in Judo Cadet National 2019 Manipur



Nayana

Secured Bronze medal in 4x100 m Relay the Calicut University in the Khelo India All India Athletics championship



Anaswara C

won the Bronze Medal in the Khelo India Inter University Athletics Championship



Anagha

Secured Silver medal in Senior South Zone Wrestling nationals on 9th Nov. 2019.



Athulya P Prakashan

Represented Calicut University in the Ball Badminton championship



Harsha Venu

Represented Calicut University in the Judo Championship



Athira Anilkumar

Secured Silver medal in 5000 m & Represented Calicut University in the All India Crosscountry and National Athletics championship



Nanditha Udayaraj

Secured Silver Medal in 4x100 m the South Zone National Athletics



Dona Maria Tom

Represented Calicut University in the All India Fencing championship & Kerala state in the Junior National Kabaddi championship



Dina George and Anjali Venu

Represented India in the 15th Junior Asian Handball Championship Lebanon, Asia



Anagha

Silver medal in All India Inter University Baseball championship



Arathi A & Dona Maria Tom

Represented Calicut University in the All India Kabbadi championship

even the smallest
help can make a
big difference

editor



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Heartfelt Thank
you to all the
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Rise Vinayaka Rise....

