# **Criterion V**

# **Student Support and Progression**



# 5.3.3 Sports and cultural events/competitions organised by the Institution 2017-2018



# COMPETITIONS

ACTIVITY REPORT Academic Year 2017-2018

**1.** Name of the Event: Sr. Canisia Quiz Date: 21 February 2018 Time: 10.00am Venue: Auditorium Organized by: Department of Chemistry No. of participants: 85

Sr. Canisia General quiz2017-2018 was conducted by Department of Chemistry, Vimala College, Thrissur on 21<sup>st</sup> February 2018 in remembrance of Rev. SrCanisia, former Princial of Vimala College, Thrissur. The session commenced at 10.30am in the college auditorium with a prayer led by Ms. Vini S of S6 B. Sc Chemistry. The quiz was conducted by quiz master Mr.Aravind K, Assistant Professor, S B College, Changanassery, a renowned science promoter in You Tube channels. He greeted the gathering and formally inaugurated the programme. He explained the code of conduct in detail and welcomed the team members on to the dias. There were five teams, each team comprised of two members. The questions were arranged in five segments which dealt with current affairs, sports, science and visuals. He last round was rapid fire, which was the most exciting round. All the teams played well in each round and scored maximum points. At the end of the session, team c scored highest marks and they received the cash prize along with certificates from Dr.Sr Mable, vice-principal of Vimalacollege. All the team members were given participation certificates. Soon after the prize distribution Alisha Rose of S4 Chemistry delivered vote of thanks and the gathering was formally dispersed.





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#### ACTIVITY REPORT Academic Year 2017-2018

#### 2. Name of the Event: Riti 2.0 2017

Date:13 September 2017 Time:9:30 to 4:30 pm Venue: Lissieux Hall, Dept. of Computer Science Organized by: Department of Computer Science Collaboration (if any): Nil No. of participants: 278

The department of Computer Science conducted an Inter Collegiate IT Fest RITI 2.0 on 13th September 2017 which witnessed 278 participants from 28 colleges and was a huge success.



Ms Sareena Rose Coordinator

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ACTIVITY REPORT Academic Year 2017-2018

#### **3.** Name of the Event: Flower arrangement competition

Date: 04/10/2017 Time: 10.00 am- 11.00 am Venue: Food science Lab, Home Science Organized by: Department of Home Science, Vimala College, Thrissur

In memory of Mrs. Annie Oommen, former HOD of Home Science, Department of Home Science conducted a Fresh Flower arrangement competition on 4<sup>th</sup> October 2017, 10.00 am to 11.00 am at Food Science Lab. The best arrangement was awarded with a trophy and certificate

| DEPRATMENT OF HOME SCIENCE   |
|--|
| PRESENTS   |
| FLOWER ARRANGEMENT<br>COMPETITION USING FRESH<br>FLOWERS<br>INSTITUTED IN MEMORY OF FORMER<br>HOD OF HOME SCIENCE<br>DEPARTMENT MRS. ANNIE OMMEN |
| ON 04/10/2017 AT 10.00 AM  |
|  |

MonyGeege Coordinator



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ACTIVITY REPORT Academic Year 2017-2018

#### 4. Name of the Event: FLAME 2K 18

Date: 23/02/2018 Time: 2.00 pm- 5.00 pm Venue: Vimala College Auditorium Organized by: Calliope Department of Home Science

Department of Home Science, Vimala College (Autonomous), Thrissur organized FLAME 2K18, Inter-collegiate Fashion show competition on 23<sup>th</sup> February 2018, 2.00 pm- 5.00 pm at College Auditorium. 10 college teams were participated from different colleges in Kerala. Ms. PriyaVarrier and Rajeev Pillai was the chief guest of the day. The jury consisted of Smt. Noushija, Managing Director, Fatiz Bridal Studio, DaluKrishnadas, Fashion Choreographer and Mr. Dev PR Fashion Choreographer and faculty Design Campus.Holy cross Institute, Calicut won 1<sup>st</sup> prize and Women's Academy, Thrissur secured 2<sup>nd</sup> prize.





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Honey S Nair Coordinator

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ACTIVITY REPORT Academic Year 2017-2018

#### 5. Name of the Event: SUDOKU COMPETITION

Date:22/12/2017 Time:9.30 am to 3.30 am Venue: Room No: 704 Organized by: Department of Mathematics No. of participants: 35

On 22 December 2017 our department celebrated Ramanujan day, a day in the remembrance of the great Indian mathematician SreenivasaRamanujan. We conducted a Sudoku competition "SUDOKU CHALLENGE" and many students from various departments actively participated. Among them AparnaJayaramof I DC Chemistry secured the first position.







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ACTIVITY REPORT Academic Year 2017-2018

#### 6. AGNI 2K-17 Student Initiative Programmes-Interdepartmental Quiz

Date: 27/07/2017 Time: Venue: Silver jubilee seminar hall Organized by: Dept. of Physics Collaboration (if any): No. of participants: 100

Department of Physics conducted a program in memory of Dr A P J Abdul Kalam, the Missile Man of India on 27/7/2017, on his second death anniversary. The quiz programme was named as "AGNI 2K17" based on life and contributions of Dr. A P J Abdul Kalam. Ms. Jayalakshmi K and Ms.BoniyaAleyas (III rd semester M.Sc. students) were the quiz masters. 13 teams participated in the quiz programme. Five teams were selected for the final round. This was a complete student initiated programme. All the arrangements were done by M.Sc. students.



Tribute to Dr. A.P.J Abdul Kalam-AGNI2K-17



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### ACTIVITY REPORT ACADEMIC YEAR: 2017-2018

#### 7. Name of the Event: Poster Making Competition

Date of the Event: 15 / 9/ 2017 Venue:VimalaCollege,Thrissur Organised by: Department of Statistics No:participants: 9

Teachers day celebrations at VimalaCollege had a glorious start with a prayer .The program was organized by the department of statistics, which was flagged off by a rangapooja by statistics students.Smt. Lucy Paul, Associate Professor & Head, Dept. of Chemistry, shared her experiences as a teacher at Vimala college and made us all to reflect. Poster making competition was held which received a great response.

First prize AleenaShaju&AnupamaBalanMenon (III DC Statistics)

Second prize

Arundhathi P.A & Mridhula Muraleedharan (I DC Statistics)





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#### **ACTIVITY REPORT**

#### ACADEMIC YEAR: 2017-2018

#### 8.Name of the Event: Dr U.S Nair Memorial Intercollegiate Quiz Competition

Date of the Event:25/01/2018 Venue:Vimala College Organised by: Department of Statistics No of Participants: 22 Collaboration (if any): KSA

Department of Statistics conducted Kerala Statistical Association - Dr U.S Nair Memorial Intercollegiate Quiz Competition - Preliminary round(Calicut University Region: Thrissur and Palakkad Districts): The quiz competition was open for all under graduate students with statistics as one of the main or complementary subjects. 10 Teams participated in the quiz competition.

Prize Winners

First prize – Harikrishnan V.J, Namitha Suresh

Second prize -NamithaRoy,PavithraHariharan

Third prize - Anjana K Aravindhan, Anjali K





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#### ACTIVITY REPORT ACADEMIC YEAR: 2017-2018

# 9.Name of the Event: An Inter Collegiate General Essay Writing Competition For Sr. Philomina Ever Rolling Trophy

Date: 14/02/2018 Time: 10.00 am Venue: Dept. of Economics Organized by: Post Graduate & Research Dept. of Economics Collaboration (if any): Nil No. of participants: 10 Brief Report of the Event (with Photograph)

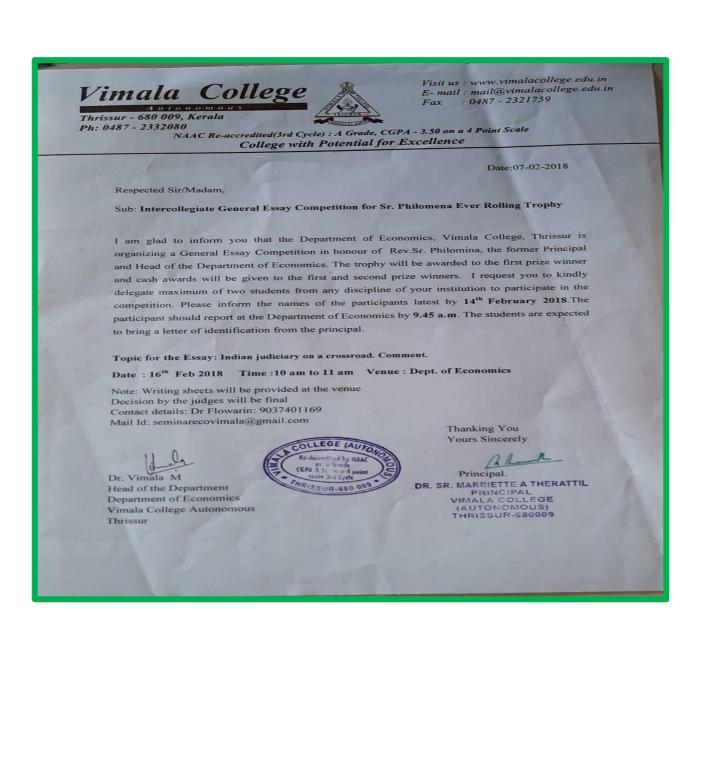
An Inter Collegiate General Essay Writing Competition for SrPhilomina Ever Rolling Trophy organized by Post Graduate and Research Dept. of Economics, Vimala College (autonomous), Thrissur on 14<sup>th</sup> February 2018. Topic for the essay was "Indian Judiciary on a crossroad. Comment"





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### ACTIVITY REPORT ACADEMIC YEAR: 2017-2018

#### 10. Name of the Event: Poets' Artists' Day

Date:16/02/2017 Organized by: Department of English Collaboration (if any): No. of participants:

The most prestigious Poet Artist Day competition for the coveted Leo trophy was held on 16/02/2017. Five teams participated in the competition. The judges of the competition were:

Mr.Nikhil Das (Theatre Artist)
 Dr.Preetha M M (HOD, Dept.of.English,Sree Kerala VarmaCollege,Thrissur)
 Dr.AdarshC(Asst. Professor, Sree Kerala Varma College)
 The winners were:

 1<sup>st</sup> prize – Dept. of Functional English
 2<sup>nd</sup> prize- Dept. of English
 3<sup>rd</sup> prize – Dept. of Malayalam &Dept.of Physics

#### Ms. Nikitha of S2English was chosen for the Best Actress position.





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### ACTIVITY REPORT ACADEMIC YEAR: 2017-2018

#### 11. Name of the EventLochana Inter University Quiz

Date: 14 September2017 Time: 10.30am Venue: Silver Jubilee Seminar Hall Organized by: Department of Malayalam Collaboration (if any): Participants:100

Department conducted Sr. Mary Cruz Memorial Inter collegiate quiz competition – LOCHANA on 14/9/17.Dr. Krishna Das lead the quiz competition. Team from S K V C Thrissur bagged the First Prize.





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#### ACTIVITY REPORT ACADEMIC YEAR: 2017-2018

#### 12 . Name of the Event :Ujjwala Inter University Versification

Date: 15<sup>th</sup> February 2018 Time: 10.30am Venue: Silver Jubilee Seminar Hall Organized by: Department of Malayalam Collaboration (if any): Nil Participants:100

Department conducted Ujwala inter collegiate versification competition in honour of Dr. Sr. Lekha, Former HoD and Principal On 18/1/18.

SubinUnnikrishnanof S K V C received the award and Malayalam writer Ashtamoorthy was the chief Guest





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ACTIVITY REPORT Academic Year 2017-2018

#### 13. Name of the Event: Logo Competition

Date: 03/10/2017 Time: 10.00 am Venue: Auditorium Organized by: Noopuram Dance Club Collaboration (if any): Nil No. of participants: 11

A Logo Competition in connection with 'MENARI 2K17' organized by Noopuram Dance Club, Vimala College (autonomous), Thrissur on 3<sup>rd</sup> October 2017. Ms Beenu T S of I B Sc Textiles and Fashion Technology got First Prize and that was the logo used for MENARI 2K17





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#### 14. Name of the Event: MENARI 2K17

Date: 09 December 2017 Time: 10.00 am Venue: Auditorium Organized by: Noopuram Dance Club Collaboration (if any): Nil No. of participants: 150

Noopuram Organized an Intercollegiate Dance Competition "MENARI 2K17' (Contemporary and Western)(Single, Pair and Group) in the Vimala college Auditorium. More than 30 Colleges participated and the even became a great Success.





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ACTIVITY REPORT ACADEMIC YEAR: 2017-2018

#### 15. Essay Writing Competition on the Topic Drinking water and Sanitation

Date: 07 December,2017 Time: 08.30 – 09.30 AM Venue: VimalaCollege,Thrissur Organized by: NCC Unit, VimalaCollege,Thrissur Collaboration (if any): MINISTRY OF DRINKING WATER AND SANITATION No. of participants: 30 students

NCC in association with the Ministry of Drinking Water and Sanitation organised an Essay writing competition in the college on the Topic Drinking water and Sanitation.





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# **CULTURAL EVENTS**



PRINCIPAL IN-CHARGE VIMALA COLLEGE (AUTONOMOUS) THRIŠSUR-680 009



### ACTIVITY REPORT ACADEMIC YEAR: 2017-2018

#### 16. Name of the Event: OZONE DAY CELEBRATIONS - 2017

Date: 22-09-2017 Time: 10.30am Venue: Silver Jubilee Seminar Hall Organized by: Department of Chemistry Collaboration (if any): KSCSTE No. of participants:120

The Chemistry Department of Vimala College (Autonomous) Thrissur, observed "OZONE DAY CELEBRATIONS-2017" on 22 September 2017. The motto for this year was "CARING FOR ALL LIFE UNDER THE SUN". The program was sponsored by KSCSTE.

The program was inaugurated by Prof.Dr.P.MuhammedShafi (Retired professor, Department of Chemistry, Calicut University). It was followed by an informative session on the climatic changes and ozone depletion. In his speech he talked on the importance of developing critical thinking and also shared his concern over people's growing fondness for luxury which ultimately destroys our planet. His talk instilled in us a moral responsibility to take care of our planet and to preserve its resources for the future generation. The number of participants was 216 which included students and faculty of this institution and from other institutions.

An intercollegiate painting competition was conducted and its theme was "caring for all life under the sun". Twelve students from various college participated and cash award was presented for the winners. First prize was won by Ms. Vindhuja K. Viju of St.Aloysius College, Elthuruthu. Second and third positions were won by AiswaryaVijayan of SreeKeralaVarmaCollege, Thrissur and AnjanaJayakumar of VimalaCollege, Thrissur. Dr. Sr. Mariette .A. Therattil, Principal, Vimala College distributed the prizes.

Two documentaries portraying the importance of conservation of nature were played. One film (Mannira) focused on the impact of human activities on other life forms. It showed how dumping of plastic waste to the ground affected the existence of earthworms. The other short film (World 2050) revolves around the evolution of the earth over the years and how humans have destroyed it. Both the films sent an alarming message to the audience on the need for conservation of our planet and its resources.

Afternoon session was presided by Dr. Sr. Mariette .A. Therattil, Principal, Vimala College. Various cultural programmes were performed by the students of department of chemistry and the program was concluded by 03:00 pm.



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Dr. Sr. Beena Jose



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### ACTIVITY REPORT ACADEMIC YEAR: 2017-2018

#### **17.** Name of the Event:Food Fest

Date:17 August 2017 Time: 09:30 to 04:30 pm Venue: Leisure Tower Organized by: Department of Computer Science Collaboration (if any): No. of participants: 600

Brief Report of the Event (with Photograph)

Food Fest was conducted in connection with the techno cultural fest by the department on 17/08/2017



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### ACTIVITY REPORT ACADEMIC YEAR: 2017-2018

#### **17.** Name of the Event:Food Fest

Date:17 August 2017 Time: 09:30 to 04:30 pm Venue: Leisure Tower Organized by: Department of Computer Science Collaboration (if any): No. of Participants: 600

#### **Brief Report of the Event (with Photograph)**

Food Fest was conducted in connection with the techno cultural fest by the department on 17/08/2017







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Assessment Períod (2016 - 2021)



#### ACTIVITY REPORT ACADEMIC YEAR: 2017-2018

#### **18. Science Week Celebration**

Date: 05/10/2017 Time: Venue: Class room Organized by: Dept. of Physics Collaboration (if any): No. of participants: 72

Video and power point presentations on space expeditions of India was conducted by the students on 05 October2017 as a part of celebrating space week from October 4<sup>th</sup> –October 10<sup>th</sup> 2017.





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### ACTIVITY REPORT ACADEMIC YEAR: 2017-2018

#### 19. "Physics in daily life" VCASS Programme

Date: 18/11/2017 Time: Venue: Silver jubilee seminar hall Organized by: Dept. of Physics Collaboration (if any): No. of participants: 76 Brief Report of the Event (with Photograph)

A one day programme was arranged by the department on 18<sup>th</sup> November 2017 for the school students in the VCASS sponsorship programme of college. A power point presentation on physics in daily life was presented by the second year UG students. There was a quiz programme on Science for the students. Variety entertainments were arranged with student participation. Students from VCASS sponsorship programme were invited for the sky-watch workshop and around twenty students participated in the eye to sky workshop held on 8<sup>th</sup> of December 2017.



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### ACTIVITY REPORT ACADEMIC YEAR: 2017-2018

**20** .Name of the Event: World Tourism Day Date: 28/09/2017 Time: 10.30 am Venue: College Auditorium Organized by: Department of Commerce No. of participants: 340

The department has celebrated world tourism day on 28/09/2017 with colourfullprogramshighlighting the theme "Seven wonders of the world". Theprogram started at 10.30 am in the college auditorium with the presence of principal, Dr. Sr. Marriette A Therattil , H.O.D of Commerce departmentMS.Rose V J, faculty members from commerce and other departments.



Head of the Department Dr. Rose V J



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### ACTIVITY REPORT ACADEMIC YEAR: 2017-2018

#### 21. Name of the Event: Storywall 2018

Date: 07 March 2018 Time: Venue:Silver Jubilee hall Organized by: Department of English Collaboration (if any): No. of participants: 250

The Department of English has initiated an innovative program called Story Wall. It is a platform for enriching the literary and artistic talents of young minds. It aims to develop the writing skills of students; to nurture their imaginative faculty and to appreciate their artistic flair. Students brought in best of their works and a team selected the finest pieces among them. That included many articles, stories, poetry, book reviews, paintings and pencil sketches. All the selected works were put up on the Story Wall. Later this collection was made in to a little magazine "Tributaries 2K18". The magazine was officially released on 7<sup>th</sup> March 2018 in the Silver Jubilee Seminar hall by Dr. Sr. Mariatte ATherattil. Tributaries reflected the shades of young vibrant talent; it inaugurated a new tradition which is to cherish in the coming years.

Signature Coordinator



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ACTIVITY REPORT Academic Year 2017-2018

22. Name of the Event:Reading Day
Date: 19 June 2017
Time: 10.30am
Venue: Silver Jubilee Seminar Hall
Organized by: Department of Malayalam
Collaboration (if any): Nil
Participants:100

Brief Report : : This year famous poet and lyricist RafeekAhamed inaugurated Reading day activities on 19/06/2017. He also inaugurated the Book Exhibition organized by the Department in collaboration with Green Books.





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#### ACTIVITY REPORT Academic Year 2017-2018

23. Name of the Event:Keralappiravi Celebrations

Date: 1<sup>st</sup> November 2017 Time: 10.30am Venue: Campus Organized by: Department of Malayalam Collaboration (if any): Nil Participants:100

**Brief Report**: Department conducted Keralapiravi celebrations on 01/11/2017. Students portrayed Kerala's Geographical Map with different Grains and Pulses. Principal inaugurated the function





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### ACTIVITY REPORT ACADEMIC YEAR: 2017-2018

#### 24. Name of the Event: Any Body Can Dance (ABCD) programme

Date: 13/12/2017

Time: 10 am

Venue: Auditorium

Organized by: Noopuram Dance Club

Collaboration (if any): Nil

No. of participants: 50

Brief Report of the Event (with Photograph)

Any Body Can Dance(ABCD) programme organized by Noopuram Dance Club, Vimala College (Autonomous), Thrissur on 13December 2017.





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### ACTIVITY REPORT ACADEMIC YEAR: 2017-2018

#### 25. Mother Theresa Commemoration Day

Date: 13-09-2017.

Collaboration (if any): Nil No. of participants: Whole college

Brief Report of the Event (with Photograph)

UGC Centre for women's studies organized Mother Theresa Commemoration Day

on 13-09-2017.



• Mother Theresa Commemoration Day pencil drawing competition





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### ACTIVITY REPORT ACADEMIC YEAR: 2017-2018

#### 26. Celebration of international Day on violence against women

Collaboration (if any): Nil

No. of participants:

Brief Report of the Event (with Photograph)

Celebration of international Day on violence against women

A rally on violence against women was organized by UGC Centre for Women's Studies on International Day on Violence against Women, December 8, 2017 to make people aware of the issues related to the hostility towards women. The rally started from Vimala College and culminated at Pallimoola Junction.





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### ACTIVITY REPORT ACADEMIC YEAR: 2017-2018

#### 27. Name of the Event: Onam celebration

Date: 12/08/2017 Time: 09.30 am Venue: college auditorium Organized by: No. of participants: All Staff and Students Brief Report of the Event

The Onam celebration was conducted in the college auditorium. The entire faculty and the students attended the function.



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### ACTIVITY REPORT ACADEMIC YEAR: 2017-2018

#### 28. Name of the Event: Independence Day

Date: 15 August 2017

Time: 08:00AM

Venue: In Front of the college

Organized by: Department of Physical Education

Collaboration (if any):No

No. of participants: 150 to 200

Brief Report of the Event (with Photograph)

The Department of Physical Education takes privilege and pride in organising the Independence Day every year. Special care is taken to incorporate activities elucidating patriotism and the supreme sacrifices of our freedom fighters. Patriotic songs and talks by the students are included to alert the values of freedom, peace and integrity within the people of the nation. The national flag is unfurled and the national anthem is sung. Sweets are distributed among all the staffs and students to replicate the joy of freedom.





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# ACTIVITY REPORT

### ACADEMIC YEAR: 2017-2018

29. INTERNATIONALYOGA DAY OBSERVATION 2017"YOGA FOR HEALTH" Date: 21 June2017 Time: 08.30 -09.30 AM Venue:Vimala College, Indoor Stadium Organisedby: NCC Unit, Vimala College, Thrissur No. of participants: Whole College, Staff and Students

#### **Brief Report of the Event:**

Cadets observed the International Yoga Day 2017 spreading the message of the importance of practicing yoga for good health.

Teachers and student participating in International Yoga Day, 2017





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## ACTIVITY REPORT ACADEMIC YEAR: 2017-2018

### 30. KARGIL VIJAY DIWAS OBSERVATION-FLORAL OFFERING AT AMAR JAWAN

Date: 26 July, 2017 Time: 08.30 – 10.30AM Venue:Vimala College, Thrissur Organised by: NCC Unit, Vimala College No. of participants:All Faculty and Students of the College

Kargil Vijay Diwas was observed on 26 of July 2017 to commemorate the sacrifice of the martyrs of Kargil war and the Soldiers on active duty at the Indian borders. Honouring ofsoldiers and floral offering at the smrithimandap was organized in connection with the programme.



Kargil Vijay Diwas by Ncc Cadets of VimalaCollege, Thrissur



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### ACTIVITY REPORT ACADEMIC YEAR: 2017-2018

### 31. "THANK A TREE-PLANT A TREE" CAMPAIGN TO SAVE TREES AND ENVIRONMENT

Date: 20 November,2017 Time: 09:30-11:30 AM Venue: VimalaCollege,Thrissur Organised by: NCC Unit, VimalaCollege,Thrissur No. of Partipants:52 cadets

Brief Report of the Event:

A tree plantation campaign "Thank a tree-Plant a tree" was inaugurated by DrSrMarriette A Therattil. Cadets planted saplings in the college premise and over 200 saplings weredistributed as part of the campaign. Cadets displayed over 20 placards on the need to save trees and the environment.



"Thank a tree- Plant a tree" campaign by Cadets of Vimala College, Thrissur



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# ACTIVITY REPORT ACADEMIC YEAR: 2017-2018

### STREET PLAY ON WASTE MANAGEMENT

Date: 13 December, 2017 Time: 10:00-11:00 AM Venue: Pallimoola Junction Organised by: NCC Unit, VimalaCollege,Thrissur No. of Partipants:25 Cadets

Brief Report of the Event:

**32. Name of the Event:** 

Cadets performed a street play on waste management to sensitize the students on the importance of keeping the surroundings clean and tidy with the slogan our waste is ourresponsibility.Cadets of Vimala College directed a short film on Waste management to spread the message of the importance of safe disposal of the waste we produce highlighting the social and personal responsibility of each individual in waste management. The script, direction and editing was done by the cadets themselves.



Street play by cadets of Vimala College Thrissur.



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## ACTIVITY REPORT ACADEMIC YEAR: 2017-2018

### 33. Name of the Event: HEALTH CAMPAIGN 'WALKATHON'

Date: 20 December 2017 Time: 08.30 – 12.00 PM Venue:Corporation Stadium,Thrissur Organized by: NCC Unit, VimalaCollege,Thrissur Collaboration (if any): Thrissur Corporation No. of participants: 52 cadets,1 ANO

Brief Report of the Event:

All the cadets participated in the health campaign 'Walkathon' for the cause 'Protect Environment and Promote Tourism'.





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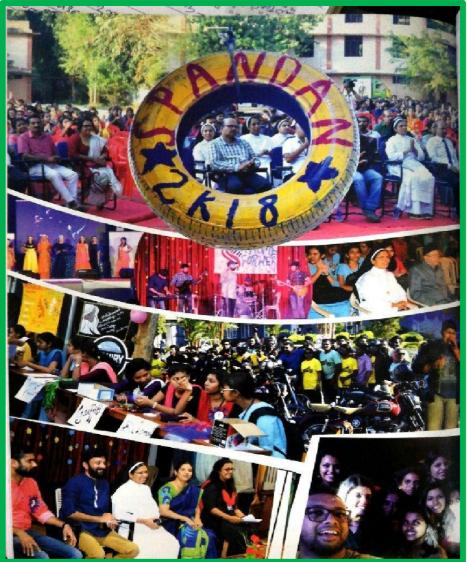
Cadets of Vimala College in connection with the health Campaign walkathon.

### ACTIVITY REPORT ACADEMIC YEAR: 2017-2018

34. Name of the Event: Spandan 2K18Date: 2018Organized by: College Union

#### **Brief Report of the Event (with Photograph)**

The college union organized Spandan-2K18- cultural programs and competitions to raise fund for building a homeless student of the college.





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# **SPORTS EVENTS**

### 1. Name of the Event: International Yoga Day

Date: 21 June 2017

Time: 09:30AM

Venue: In front of the college

Organized by: Department of Physical Education

Collaboration (if any):No

No. of participants: approx. 100 to 150

Brief Report of the Event (with Photograph):

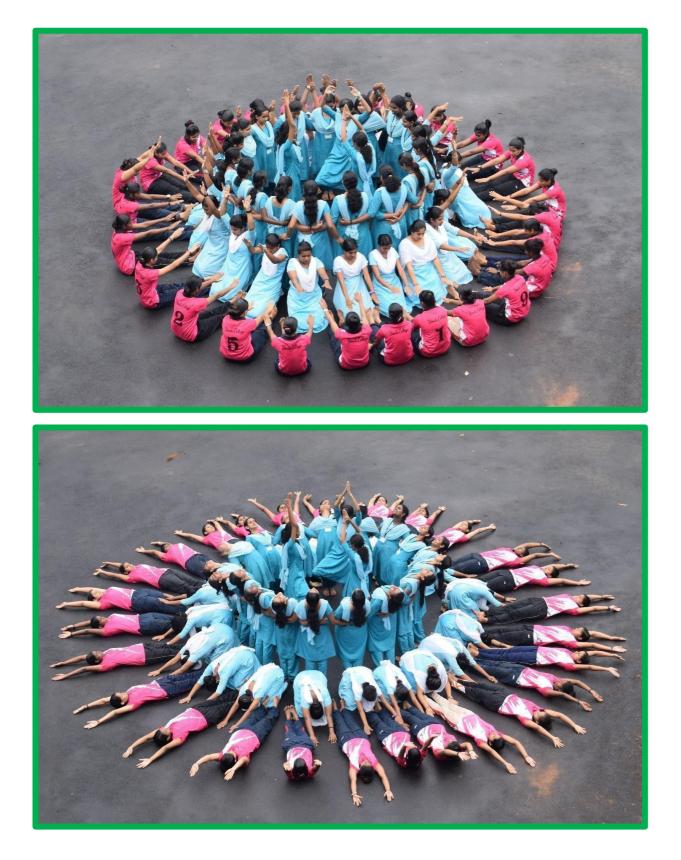
The International Yoga Day was celebrated on 21st June to bring peace, harmony, happiness and success to every soul in the world. This was a great opportunity to imbibe the value of discipline. Yoga is a mental, physical and spiritual practice that needs to be carried every day. Students got the chance to know how yoga embodies unity of mind and body. The sports students and the open course students with the teachers performed Yoga between 9 am and 9:45 am. Different yoga postures like Vrikshasana, Uttaanaasana, Trikonaasana, Bhadrasana, Shashankaasana, Bhujangasana, PawanaMuktaasana, finally ended with Pranayama and meditation. Prayers were recited before and after the programme.





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ACTIVITY REPORT Academic Year 2017-2018

2. Name of the Event: Calicut University Intercollegiate Fencing (Men & Women) championship

Date: 16 December 2017

Time: 08.00 am

Venue: Vimala College Indoor Stadium

Organized by: Department of Physical Education Vimala College Thrissur.

No. of participants: 66

#### **Brief Report of the Event (with Photograph):**

#### Fencing Men & Women Championship

Vimala College, Thrissur organized Calicut University Intercollegiate Fencing Men& Women championship 2017-2018. The Championship was conducted on 16December 2017 at Vimala College Indoor stadium Thrissur.

Sixteen Colleges from Calicut University participated in the Championship. The teams Reported at 8.00am at Vimala College Indoor stadium.

#### **Teams Participated 2017-2018**

#### MEN

- 1. Vidhya Academy
- 2. Sree Kerala Varma College Thrissur
- 3. MES Ponnani
- 4. St. Aloysius Thrissur
- 5. St. Joseph College Devagiri Calicut
- 6. NMSM Govt. College Kalpetta
- 7. St. Thomas College Thrissur
- 8. Christ College Irinjalakuda
- 9. Govt. College of Physical education calicut

#### WOMEN

- 1. Sree Kerala Varma College Thrissur
- 2. W M O College MuttilWayanad
- 3. Vimala College Thrissur
- 4. Govt. Engineering College Thrissur
- 5. St. Aloysius Thrissur
- 6. NMSM Govt. College Kalpetta



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7. Govt. College of Physical education calicut

### **Team Championship**

#### MEN

| Position | College                            | Points |
|----------|------------------------------------|--------|
| Ι        | ST. THOMAS COLLEGE THRISSUR        | 46     |
| II       | SREE KERALA VARMA COLLEGE THRISSUR | 18     |
| III      | G C PE                             | 12     |

#### WOMEN

| Position | College                            | Points |
|----------|------------------------------------|--------|
| Ι        | SREE KERALA VARMA COLLEGE THRISSUR | 32     |
| II       | GOVT. ENG. COLLEGE THRISSUR        | 20     |
| III      | G C PE                             | 10     |

| - ax -  | FENCI                 |   | 1  | - Wome   | N 16 Dec'17 -                           |
|---|-----------------------|---|--|--|---|
| COLLEGE                                       | MANAARA               | MOBILE NO   |  |  | i i i i                                 |
| 1. VIDAYA COLLEGE, TUNCARDA                   | WARAMESH KV           | 9947117184  | jameshevidencaradony.a.  | 'n   | 6 Regent interest<br>11+2               |
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|   | and the second second |   |  |  |   |
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PRINCIPAL IN-CHARGE VIMALA COLLEGE (AUTONOMOUS) THRISSUR-630 009



### **ACTIVITY REPORT**

### ACADEMIC YEAR: 2017-2018

#### 3.Name of the Event: Calicut University Intercollegiate Handball (Women) championship

Date: 18&19November 2017 Time:11.30 am Venue: Vimala College Indoor Stadium Organized by: Department of Physical Education No. of participants: 96 (6 Teams)

Brief Report of the Event (with Photograph):

Handball (Women) Championship

#### Report

Vimala College Thrissur Organized the Calicut University Inter collegiate Women Handball Championship on 18 and 19November 2017-2018 at Vimala College Indoor Stadium. Six teams participated in the tournaments. Tournament started at 11.30 am

- 1. Providence College Calicut
- 2. P S M O Thiroorangadi
- 3. Govt. College of Physical Education Calicut
- 4. C P E Calicut
- 5. Christ College Thrissur
- 6. Vimala College Thrissur.

The tournament was conducted on knock out basis. Vimala College Thrissur won the championship. Providence College emerged the  $1^{st}$  Runner up and CPE Calicut secured the  $2^{nd}$  Runner up. From the championship Anusha K as Best Goal keeper.

| 1. Christ     | Vs     | GCPE -10 | - 17 |     |
|---------------|--------|----------|------|-----|
| 2. PSMO       | Vs     | CPE      | -4   | -16 |
| 3. Providence | Vs     | GCPE -19 | -3   |     |
| 4. Vimala     | Vs     | CPE      | -20  | -12 |
| Losers Final  | CPE    |          | 19   |     |
|               | GCPE   | 3        | 7    |     |
| Final         | Vima   | la       | 17   |     |
|               | Provid | dence    | 12   |     |



PRINCIPAL IN - CHARGE VIMALA COLLEGE (AUTONOMOUS) THRIŠSUR - 680 009





#### VimalaVs Providence College

#### **Champion Team**

The closing ceremony was held at 11.30 am on 19<sup>th</sup> November 2017 after the completion of all the Final and Selection procedure. SmtNayanaAnand, Dept. of Physical Education, Vimala College, Thrissur welcomed the gathering. The meeting was presided by Smt. Hemalatha V H. O. D Dept of Physical Education Vimala College Thrissur. The prizes were distributed byDr. Sr. Mariatte A Therattil, Principal Vimala College Thrissur. The two days championship came to an end after the vote of thanks proposed by Smt. NayanaAnand Dept. of Physical Education, Vimala College, Thrissur.

|                       | 34. 1  | LIAND BALL | Women  | 21 Nov 219  | - 25                 |
|-----------------------|--|------------|--|---|----------------------|
| XA                    | 1 CHAIST CALLONE TOR.<br>12 PROVIDENCE CALLON<br>3 DSMO THRUORIDGHAD<br>4 GION: OF PAY-BON CALLON<br>5 C PE CHUCUI<br>6 VIMALA COLLEGE TOR | Sosim      | 9447384250<br>9846478233<br>9947328347<br>9947328347<br>9544953959<br>9544953959 | Sargacha belhazali Ego:<br>Sargacha belhazali Ego:<br>Sargacha belhazali Ego: | and the state of the |
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PRINCIPAL IN-CHARGE VIMALA COLLEGE (AUTONOMOUS) THRIŠSUR-630 009



### **ACTIVITY REPORT**

### ACADEMIC YEAR: 2017-2018

#### 4. Name of the Event: Calicut University Intercollegiate Judo (Women) championship

Date: 21<sup>st</sup> October 2017

Time: 08.00 am

Venue: Vimala College Indoor Stadium

Organized by: Department of Physical Education, Vimala College Thrissur.

Collaboration (if any):

No. of participants: 10

Brief Report of the Event (with Photograph):

Judo (Men & Women) Championship

Vimala College, Thrissur organized Calicut University Intercollegiate Judo Women championship 2017-2018. The Championship was conducted on 21 October 2017 at Vimala College Indoor stadium Thrissur.

EightWomen team participated from various colleges under Calicut University. The teams Reported at 8.00am at Vimala Indoor stadium. Weighing started at 8.30am and Competition started 11.15 am on 21 October 2017.





PRINCIPAL IN-CHARGE VIMALA COLLEGE (AUTONOMOUS) THRIŠSUR-680 009





### **Team Championship**

#### WOMEN

| Position | College                        | Points |
|----------|--------------------------------|--------|
| Ι        | St. Mary's College Thrissur    | 42     |
| II       | Vimala College Thrissur        | 25     |
| III      | University Teaching Department | 5      |



PRINCIPAL IN-CHARGE VIMALA COLLEGE (AUTONOMOUS) THRIŠSUR-680 009





Winners



1<sup>st</sup> Runner up



2<sup>nd</sup> Runner Up



PRINCIPAL IN-CHARGE VIMALA COLLEGE (AUTONOMOUS) THRIŠSUR-680 009



#### Three Selectors came from different zones

ZONEBRAJKIRAN A.KZONE CMANU CHAKRAVARTHY S

ZONE D BINTU T KALYAN

The closing ceremony was held at 2.00pm on 21<sup>st</sup> October 2017 after the completion of the entire category. Smt. Hemalatha V, Head Department.of Physical Education. Vimala College, Thrissur welcomed the gathering. The meeting was presided by Shri Joy Varghese K (Secretary Kerala State Judo Association) and Chief guest of the Day was Major Durga Suresh Administrative Officer 7<sup>th</sup> Kerala Girls Battalion. Championship came to an end after the vote of thanks proposed by Smt. NayanaAnand Assistant Professor of the Department of Physical Education, Vimala College, Thrissur.

| 400 60<br>400 60<br>20 JU   | 34     B     P       24     B     P       1     D     O | (WOMEN)                  | 21/10/2017<br>21 |
|---|---|--------------------------|------------------|
| 1. Govt. College Chittur M  | MANAGER MOBILE NO<br>Janu Chataniathy 9809756033        | EMAIL 10 ELIGIBILITY     | PARTICIPANTS !!  |
| 2. Of Mary's College Thussur 1.   | An. D. Alaport 9995420811                               | Chakrujudo @ gmuil.az    | 4                |
| 3. Gout College Medappelly 1<br>4. VIMALA College Thirson 1                                     | Herselothe.   | lithesh-korup 970 gmalic | 2                |
| 5. MARDO College Mikkan 1<br>6. Sri C. Achatharcon and Caller<br>7. SAR BIM Gost Caller Royal M | C. K. Thomas. 9446358419                                |                          |                  |
| 7. SAR BIN Goot College Kogilan P.<br>S. Gout College of Physical Electron 1                    | Athal Hardos 9946877628<br>Ashik AL 8301089211          |                          | 1                |
| Bart Hit  |   |                          |                  |
|   |   |                          |                  |
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PRINCIPAL IN-CHARGE VIMALA COLLEGE (AUTONOMOUS) THRIŠSUR-630 009



# ACTIVITY REPORT ACADEMIC YEAR: 2017-2018

# **5.Name of the Event: Calicut University Intercollegiate Tug of War (Women) championship**

Date:06 January 2018

Time: 08.00 am

Venue: Vimala College Indoor Stadium

Organized by: Department of Physical Education Vimala College Thrissur.

No. of participants: 56 (7 Teams)

Brief Report of the Event (with Photograph):

#### **Tug of War Women Championship 2017-2018**

Vimala College, Thrissur organized the First Calicut University Intercollegiate Tug of war Women championship 2017-2018. The Championship was conducted on 06 January 2018 at Vimala College Indoor stadium Thrissur.

EightWomen team participated from various colleges under Calicut University. The teams Reported at 8.00am at Vimala Indoor stadium. Weighing started at 9.00am and Competition started 11.30 am on 06 January 2018.





#### **Teams Participated for the championship**

- 1. Govt. Arts & Science Pathiripala
- 2. Mercy College Palakkad
- 3. Christ College Irinjalakuda
- 4. Vimala College Thrissur
- 5. MesCollegePonnani
- 6. C M College Nadavayal
- 7. GCPE Calicut



PRINCIPAL IN-CHARGE VIMALA COLLEGE (AUTONOMOUS) THRISSUR-630 009



#### WOMEN

| Position | College                 |
|----------|-------------------------|
| Ι        | Vimala College Thrissur |
| II       | GCPE Calicut            |
| III      | Mercy College Palakkad  |
| IV       | C M College Nadavayal   |

| 1                  |       | 1-81755                              | The off            | way &       | 2017-18                                      |                       | and at 15                          |
|--------------------|-------|--------------------------------------|--------------------|-------------|--|-----------------------|------------------------------------|
| +                  | te no | COLLASE                              | MANAGER            | MOBILE NO   | Avrian                                       | -                     |                                    |
|                    | 1.    | MES PERMAN<br>CHRIST COLLEGE         | AKBAR . KA         | 9961966947  | atonn-pge Egmit                              | Autoritan Manager     | 7 + 1<br>8+1 (sol liss - to lader) |
| A                  | 3     | GLONT ARTS& SCIENCE<br>PATHIRMPALA   | RANA PRATHAD       | 944-7436469 | <i>Валанарганараов</i>                       | Arrest 200            | 8+1                                |
| -                  | Æ.    | MERLY COLLEGE<br>PALAKKAD            | RELTON RITA JAISON | 9446808936  | gmablem<br>site jais on 1963 a<br>gmail. Can | There to the father 1 | 8+1                                |
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