



Criterion V

Student Support and Progression



5.3.3 Sports and Cultural Events/Competitions Organised by the Institution 2020-2021



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

2020-2021

Competitions

1. Fit India Movement-Quiz Competition

Date : 06-03-2020

No. of participants : 140

As part of Fit India movement, Department of Botany conducted a quiz competition on the topic communicable diseases on **06 March 2020**. Venue of the programme was Botany Laboratory. 24 students participated in the quiz programme. Anugraha P A and Anjali Radhakrishnan secured the first position in the quiz programme.



Assessment Period (2016 - 2021)


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Assessment Period (2016 - 2021)


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THRISSUR - 680 009



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

2. World Biodiversity Day - Photography Competition on “Tree Canopy”

Date : 22-05-2020

The Department of Botany, Vimala College (*Autonomous*), Thrissur is organized an Intercollegiate Photography Competition on Tree Canopy in connection with the World Biodiversity Day on **22nd May 2020**. The theme of photography competition was ‘*Tree canopy*’. The goal of the Competition was to create awareness about the rich biodiversity of our state. The competition was entitled for all graduate and post graduate students of various Arts and Science Colleges in Kerala. The competition was grounded on 6 instructions. Out of 101 registered participants, 41 students sent photographs within the scheduled time. Registration link for the participation was <https://forms.gle/MC6VSVwo7jiFNk9z8>. Dr. Sr. Silvy Mathew was the coordinator and Dr. Sheeja T Tharakan, Head of the Department and other faculty members were given their wholehearted support for the successful conduction of this event.

Winners of the Competition

1st Prize - Akhilesh Arun, Department of Botany, SNM collage Maliankara,
Contact number: 7012392176.



Assessment Period (2016 – 2021)


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2nd Prize- T. Sreelakshmi, Department of Zoology University of Calicut,

Contact number: 9446286600.



3rd Prize - Janet James, Department of Commerce, St Mary's college, Thrissur,
Contact number: 9895648181



Assessment Period (2016 - 2021)


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VIMALA COLLEGE (AUTONOMOUS), THRISSUR

3. Poovili 2020 –intercollegiate quiz competition on Onam flowers – Enflammer-The journal club

Date : 28/8/2020
 Time : 9 A.M to 5 P.M
 Venue : Google form
 Organized by : Enflammer- The journal club (Department of Botany, Vimala College)
 No. of participants : 140

Our intercollegiate quiz competition on onam flowers named as “POOVILI 2020” was organized in the presence and leadership of eminent committee members, Dr. Sr. Beena Jose (Principal, Vimala college) Dr. Sheeja T Tharakan (Head of Botany department), Dr. Manju Madhavan and Dr. Jayalakshmi M, (faculty coordinators). Competition were conducted, on 28/08/2020 through online platform with the help of Google form, due to covid pandemic. Students from reputed colleges of different areas of Kerala were participated, and candidates who scored 70% or above are eligible for E-Certificate, which forwarded to their respective e-mails.

 <p>From which day does the Hibiscus flower have an importance in the pookalam?</p> <p> <input type="radio"/> Chothi <input type="radio"/> Thiruvonam <input type="radio"/> Vishakam <input type="radio"/> Anizham </p>	<p>name - <i>Impatiens balsamina</i> L. and is called as Angapooval</p>  <p> <input type="radio"/> B </p> 	<p>Give name of the plant from the Cyperaceae family.</p>  <p> <input type="radio"/> Kyllinga nemoralis <input type="radio"/> Fuirena umbellata <input type="radio"/> Fuirena ciliata </p>	<p>Choose the plant in the picture from Apocynaceae family.</p>  <p> <input type="radio"/> Cathartanthus roseus <input type="radio"/> Allendea cathartica <input type="radio"/> Asclepias tuberosa <input type="radio"/> Adesmia obessum </p>	<p>Give the scientific name of the flower which is famous as an Onam flower and from the family Lamiaceae</p> <p> <input type="radio"/> Leucas aspera <input type="radio"/> Lamium purpureum <input type="radio"/> Lamium moschatum </p> <p>Give the scientific name of flower used in the picture which is from the family Musaceae</p> 
<p>On which day 'pookalam' is made in to angular shape?</p>  <p> <input type="radio"/> Thriketa <input type="radio"/> Thiruvonam <input type="radio"/> Moolam <input type="radio"/> Chithira </p>	 <p> <input type="radio"/> Alysicarpus naikianus and Kingiodendron pinnatum <input type="radio"/> Clitoria ternatea and Ixora coccinea <input type="radio"/> Clitoria ternatea and Kingiodendron pinnatum <input type="radio"/> Ixora coccinea and Alysicarpus naikianus </p>	<p>Give the scientific name and family of the given plant.</p>  <p> <input type="radio"/> Aerva lanata, Amaranthaceae <input type="radio"/> Biophytum sensitivum, Oxalidaceae <input type="radio"/> Boerhavia diffusa, Nyctaginaceae </p>	<p> <input type="radio"/> Ocimum tenuiflorum <input type="radio"/> Musa balbisiana <input type="radio"/> Musa x paradisiaca L. <input type="radio"/> Calendula officinalis <input type="radio"/> Other: </p> <p>Pick the right one which is famous as "Kridhanakireculam"</p> <p> <input type="radio"/> Clerodendrum trichotomum <input type="radio"/> Clerodendrum paniculatum <input type="radio"/> Clerodendrum quadriloculare <input type="radio"/> Clerodendrum ugandense </p>	 <p> <input type="radio"/> Ginkgo <input type="radio"/> Adiantum <input type="radio"/> Alismandis <input type="radio"/> Selaginella </p>



Assessment Period (2016 – 2021)


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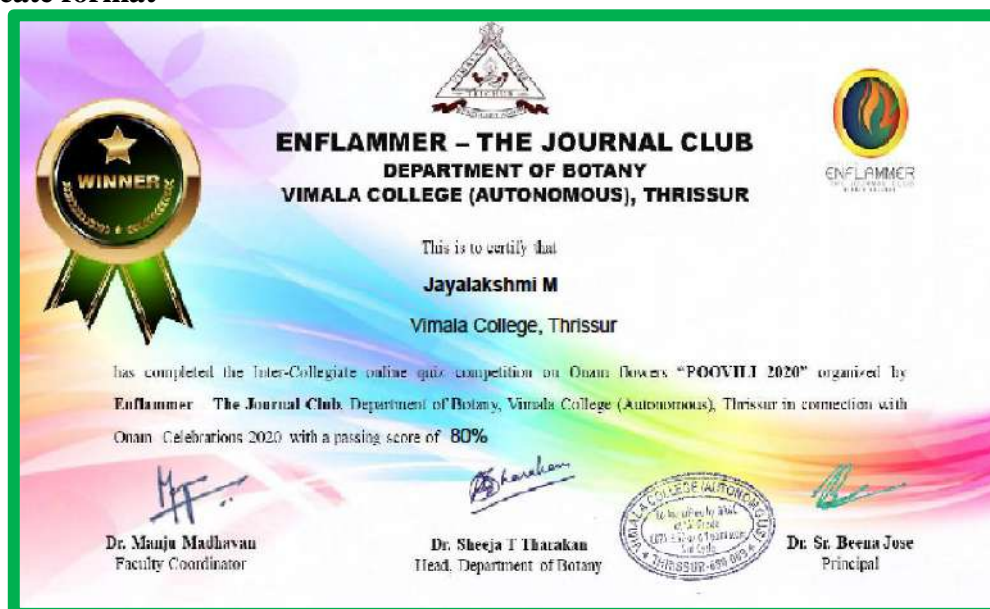
Link for feedback: <https://docs.google.com/spreadsheets/d/1P4D6hggTUNmTbmQEFVwhpf-WEwNTzcf7LDT8EJEHPc4/edit?usp=sharing>

List of attachments:

i. Brochure



ii. Certificate format



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VIMALA COLLEGE (AUTONOMOUS), THRISSUR

4. National Level Paper Presentation Competition

Date	: 18/12/2020
Time	: 9 A.M to 5 P.M
Venue	: Google meet
Organized by	: Enflammer-The journal club (Department of Botany, Vimala College)
Collaboration	: Kerala Academy of Science (KAS)
No. of participants	: 24

Brief Report of the Event:

The 'National Level Paper Presentation Competition' was a major event under journal club, which was held on December 18th, in coordination with Kerala Academy of Science (KAS). It was organized in the presence and leadership of eminent committee members, Dr. Sr. Beena Jose (Principal, Vimala College) Dr. Sheeja T Tharakan (Head of Botany department), Dr. Manju Madhavan and Dr. Jayalakshmi M, (faculty coordinators) and enthusiastic student coordinators. The program was conducted through online platform google meet, due to covid pandemic. Students from reputed colleges and JNTBGRI and KAS members were attended. The event started with an informative talk of Prof. Dr. G.M. Nair followed by 24 presentations in 2 sessions. Both sessions were judged by excellent subject experts, such as Dr. K.B. Ramesh Kumar, Dr. R. Jayaraj, Dr. R. Rajkumar and Dr. Jaseela Beevi. Winners were provided with cash prizes and e-certificates were provided to all. As a continuation of this program, we had published seminar proceedings as a book, 'Recent Trends in Plant science.'

List of winners:

First prize	1. Vandhana S K 2. Anagha B S
Second prize	1. Sajna Saleem 2. Divya Varghese
Third prize	1. Blessy Santhosh 2. Manju Thomas



Assessment Period (2016 - 2021)


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VIMALA COLLEGE (AUTONOMOUS), THRISSUR

Brochure

Enflammer - The Journal Club, Department of Botany, Vimala College (Autonomous), Thrissur
Organizes
National Level Webinar and Scientific Paper Presentation Competition
A tribute to Dr. E. K. Janaki Ammal
Jointly with
Kerala Academy of Sciences (KAS), Trivandrum

Registration - Google meet
Minimal fee to send hard copy of presentation

- Registration is open for UG, PG, Research Scholars with registration fee of Rs. 150.
- Best three presentations will be awarded with a cash prize of 2000, 1000 and 500 each.
- All participants will be provided with participation certificate.
- Soft copy of the selected extended abstracts will be returned as seminar proceedings with ERS number.
- Last date for extended abstracts: Dec 14

Paper Presentation

- Abstracts are invited for online oral presentation based on recorded lecture.
- Competition is scheduled on Dec 18.
- Duration: 10 minutes (7 min presentation and 3 min discussion).
- Abstract: 300 words.
- Last date for registration: Dec 9.

Click the link to Register
<http://www.ajol.info/17328412>

Theme areas: Biodiversity Conservation, Floristics, Sustainable Development, Phytochemistry, Biochemistry, Microbiology and other related areas.

Instructions:

- Abstract should not exceed the word limit.
- Extended Abstract should include title, author and affiliation with 1500 words.
- It should be precise and up to the theme topic.
- The presentation must be clear with minimum slides and well explained.
- The decision of the jury will be final.

Organizing Committee

Patron: Dr. K. S. J. Jose, Principal, Prof. Dr. G. M. Nair, President, KAS

Advisor: Dr. Sheela T. Tharakan, IAS, Dept. of Botany

Coordinators:
Dr. Manju Madhavan, Asst. Prof., Dept. of Botany, Vimala College (Autonomous), Thrissur
Dr. Jayalakshmi M. Asst. Prof., in Charge, Dept. of Botany, Vimala College (Autonomous), Thrissur
Dr. K. S. J. Jose, Asst. Prof., in Charge, Dept. of Botany, Vimala College (Autonomous), Thrissur

Members:
Dr. Manju Madhavan, Asst. Prof., Dept. of Botany, Vimala College (Autonomous), Thrissur
Dr. Jayalakshmi M. Asst. Prof., in Charge, Dept. of Botany, Vimala College (Autonomous), Thrissur
Dr. K. S. J. Jose, Asst. Prof., in Charge, Dept. of Botany, Vimala College (Autonomous), Thrissur

Guests:
Dr. Manju Madhavan, Asst. Prof., Dept. of Botany, Vimala College (Autonomous), Thrissur
Dr. Jayalakshmi M. Asst. Prof., in Charge, Dept. of Botany, Vimala College (Autonomous), Thrissur
Dr. K. S. J. Jose, Asst. Prof., in Charge, Dept. of Botany, Vimala College (Autonomous), Thrissur

Programme schedule

ENFLAMMER – THE JOURNAL CLUB
DEPARTMENT OF BOTANY
VIMALA COLLEGE (AUTONOMOUS), THRISSUR
Organizes
National Level Webinar and Scientific Paper Presentation Competition
A tribute to Dr. E. K. Janaki Ammal
Jointly with
Kerala Academy of Sciences (KAS), Trivandrum

DATE : 18.12.2020 **TIME : 9:30 AM**

PROGRAMME SCHEDULE

Prayer	:	
Welcome Speech	:	Dr. Manju Madhavan Assistant Professor Department of Botany Vimala College (Autonomous), Thrissur
Inaugural address	:	Dr. Minimol K, Vice Principal Vimala College (Autonomous) Thrissur
Presidential address	:	Dr. Sheela T Tharakan Head of Department of Botany Vimala College (Autonomous), Thrissur
Key note address	:	Prof. Dr. G M Nair President (KAS) Talk : <i>Recent developments in biotechnology research</i>
Felicitation	:	Dr. Sheela P Associate Professor Department of Zoology Vimala College (Autonomous), Thrissur
Vote of Thanks	:	Dr. Jayalakshmi M Assistant Professor (contract) Department of Botany Vimala College (Autonomous), Thrissur

COMPETITION

I Session - 1 to 11 presentation
Time : 11 am to 12.50 pm

II Session - 12 to 22 Presentation
Time : 1 pm to 3 pm



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Certificate format



Book preview



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VIMALA COLLEGE (AUTONOMOUS), THRISSUR

5. "CORONAM" – Virtual Pookkalam Competition

Date	: 29-8-2020
Time	: 9 am to 12 pm
Venue	: Home of participants
Organized by	: Biodiversity Club
No. of participants	: 13

The Biodiversity Club in association with the Department of Botany, Vimala College (Autonomous), Thrissur organized a virtual pookkalam competition named 'CORONAM'. The competition was held on 29th August 2020 where participants had to make pookkalam with native flowers in their house and sent a video of the same. The videos should not exceed 3 minutes. The programme was guided by our HOD Dr. Sheeja T Tharakan; spearheaded by our Club Coordinators Dr. Manju Madhavan and Dr. Jayalakshmi M with all their love and immense support. The student coordinators, Sreelakshmi Menon and Agnus Rose put all their hardwork making this program a huge success. The competitions were held with an aim of improving home gardening so that people will depend on their own gardens rather than store brought flowers. Most of the participants made videos of them making the pookkalam and also uploaded a photo of them with their pookkalam. A whatsapp group was created for them to upload their videos and photos. 24 participants registered for the competition and 13 of them uploaded their videos.

First prize was earned by Adhithya Raghu from St Joseph's College with Rs.500/- cash prize and 2nd prize was given for Darshana. K from Vimala College with Rs. 250/- cash prize. All the participants were given participation certificates.



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Please visit the link for video: <https://youtu.be/cDeLVrzkU40>

i. Brochure



VIMALA COLLEGE (AUTONOMOUS), THRISSUR
Re-accredited by NAAC with 3.5 of 4 point scale(3rd Cycle)

BIODIVERSITY CLUB
In association with
DEPARTMENT OF BOTANY
PRESENTS
CORONAM
AN INTERCOLLEGIATE COMPETITION
29TH AUGUST 2020

HOD
Dr. Sheeja T Tharakan
(Dept. of Botany)

STAFF COORDINATORS
Dr. Manju Madhavan
Dr. Jayalakshmi M

STUDENT COORDINATORS
Sreelakshmi Menon
Agnus Rose

പ്രിയപ്പെട്ടവരെ,

ഈ തീരുമാനത്തിന് വിട്ടിലെ പുരസ്കാരത്തെ പ്രോത്സാഹിപ്പിക്കുക എന്ന ലക്ഷ്യത്തോടെ വിവിധ കോളേജുകളിലെ അധ്യാപകസമിതികൾക്ക് നിങ്ങളുടെ വിവിധ ഓൺ-പുരസ്കാരങ്ങൾ ഒരുക്കിയിരിക്കുകയാണ്. നിങ്ങൾ ചെയ്തത് ഇത്രമാത്രം അത് നൽകിയിരിക്കുന്ന ലിമിറ്റിൽ അതിൽ ചെയ്തത് തുടർന്ന് അതിൽ ചെയ്തവർക്കായി ഒരു വാക്സെൽപ്പ് പ്രകൃതിയുടേതാണ്, നിങ്ങളുടെ മുൻപത്തെ പുരസ്കാരം കൊണ്ട് ഒരുക്കിയ പുരസ്കാരത്തിന്റെ 3 മിനിറ്റിൽ കവിയാത്ത ഒരു വിവിധോദ്യമിനെക്കുറിച്ചും, ഓഗസ്റ്റ് 29 -ആം തീയതി രാവിലെ 8.00 മണി മുതൽ 12.00 മണി വരെയാണ് വിവിധോദ്യമിനെക്കുറിച്ചും സമയം തിരഞ്ഞെടുക്കപ്പെടുന്ന മണ്ഡലം, സ്ഥാനം, സ്ഥിരതയ്ക്ക് ക്ലാസ് അവാർഡും പങ്കെടുക്കുന്ന എല്ലാവർക്കും പങ്കാളിത്ത സർട്ടിഫിക്കറ്റും ലഭിക്കുന്നതാണ്.

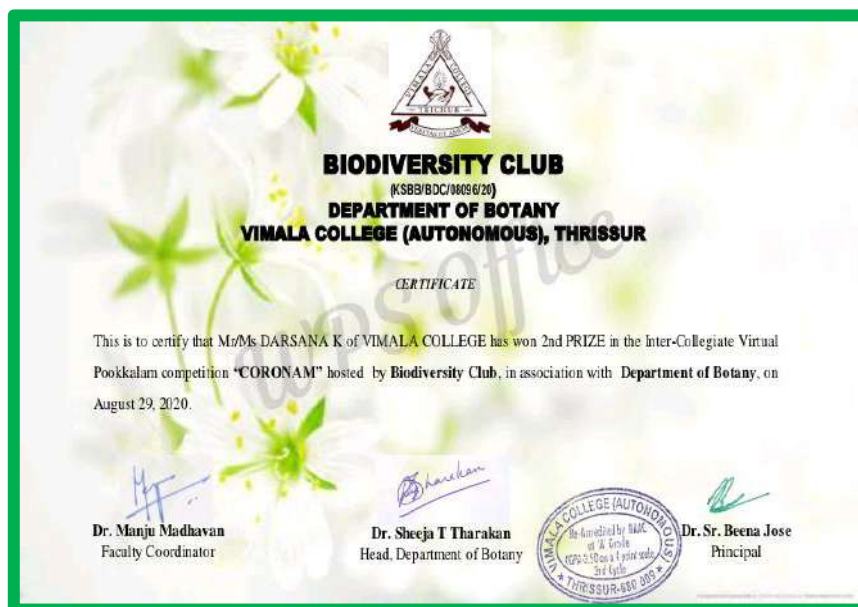
CLICK HERE TO VIEW LINK

ഒന്നാം സമ്മാനം 500
രണ്ടാം സമ്മാനം 250

നിർദ്ദേശങ്ങൾ:

വിട്ടിലെ പുരസ്കാരം മാത്രമാണ് പുരസ്കാരമിടാൻ ഉപയോഗിക്കേണ്ടത്.
വിവിധോദ്യം 3 മിനിറ്റിൽ കവിയാതെ,
പുരസ്കാരമിടുന്നതിന്റെ പ്രധാന ഭാഗങ്ങൾ വിവിധോദ്യമിന് ഉൾപ്പെടുത്താൻ ശ്രദ്ധിക്കണം.
ഓഗസ്റ്റ് 29 മുക്ക് 12.00 മണിക്ക് ശേഷം അയയ്ക്കുന്ന വിവിധോദ്യം പരിഗണിക്കുന്നതല്ല.

Certificateformat



BIODIVERSITY CLUB
(KSB/BC/009/20)

DEPARTMENT OF BOTANY
VIMALA COLLEGE (AUTONOMOUS), THRISSUR

CERTIFICATE

This is to certify that Mr/Ms DARSANA K of VIMALA COLLEGE has won 2nd PRIZE in the Inter-Collegiate Virtual Pookkalam competition "CORONAM" hosted by Biodiversity Club, in association with Department of Botany, on August 29, 2020.

Dr. Manju Madhavan
Faculty Coordinator

Dr. Sheeja T Tharakan
Head, Department of Botany

Dr. Sr. Beena Jose
Principal




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VIMALA COLLEGE (AUTONOMOUS), THRISSUR

Winners



**VIMALA COLLEGE, (AUTONOMOUS),
THRISSUR**
Re-accredited by NAAC with 3.5 of 4 point scale (3rd Cycle)

CORONAM

*Intercollegiate online pookalam competition organized by
Biodiversity Club in association with Department Of Botany*

"WINNERS"
1stPrize - Adhithya Raghu
Department of Botany
St.Joseph's college,Irinjalakuda
2ndPrize – Darsana.K
Department of Statistics
Vimala college (Autonomous),Thrissur

Hearty congratulations to all the winners and participants.

<u>STAFF COORDINATORS</u> Dr. Manju Madhavan Dr. Jayalakshmi M	<u>STUDENT COORDINATORS</u> Ms .Sreelakshmi Menon Ms. Agnus Rose
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HOD
Dr.Sheeja T Tharakan
(Dept. of Botany)



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6. WorldOzoneDayQuizCompetition

Date : 16-09-2020
Time : 9:00 AM to 8:00 PM
Venue : Google form
Organized by : Biodiversity club
No. of participants : 474

Biodiversity club in association with the department of botany of Vimala College (Autonomous) Thrissur organized a quiz competition named “OZONE DAY QUIZ”. The competition was held on 16th September 2020. quiz was attended by nearly 474 students .Of these the students had scored the average of 61.7 %.The programme was guided by our HOD Dr. Sheeja T Tharakan; spearheaded by tutor coordinators Dr. Manju Madhavan and Dr. Jayalakshmi M with all their love and support. The student coordinators Sreelakshmi Menon, Agnus Rose, Akshaya A, Anugraha P, and Anagha Bineesh put all their hardwork making this programme a huge success. The competition was held with an aim of improving the skills, abilities, knowledge and also to create awareness about ozone among students. Our group provides E- certificates for all participants.

Please visit the link for google form: <https://forms.gle/AtH7ova8hDgyXxwg8>

Link for response:

<https://docs.google.com/spreadsheets/d/1t1mQ2DWUAIMVkcCAC173kyJF2tuQ25h4QUBzMOPjpoT4/edit#gid=2045594023>



Assessment Period (2016 – 2021)

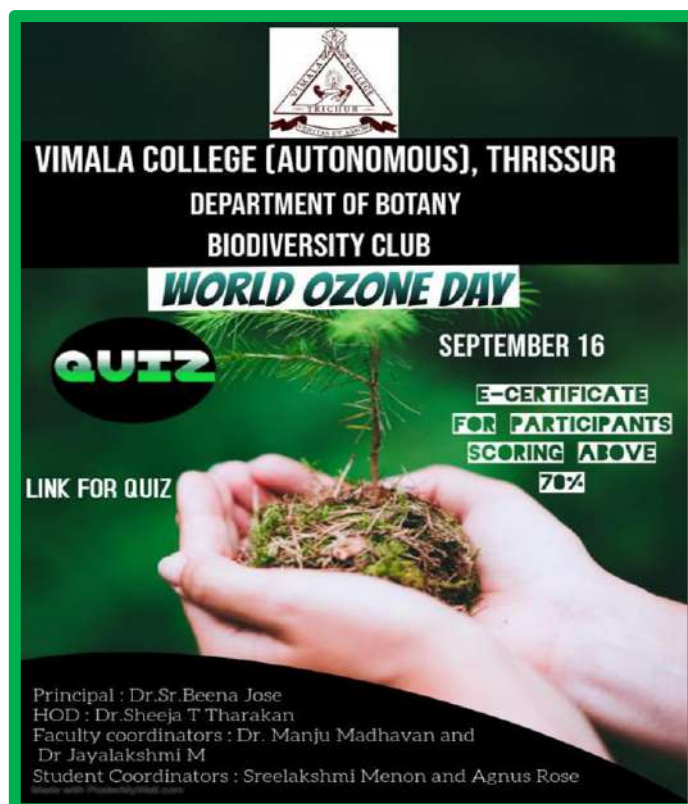

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i.

Brochure



Certificate



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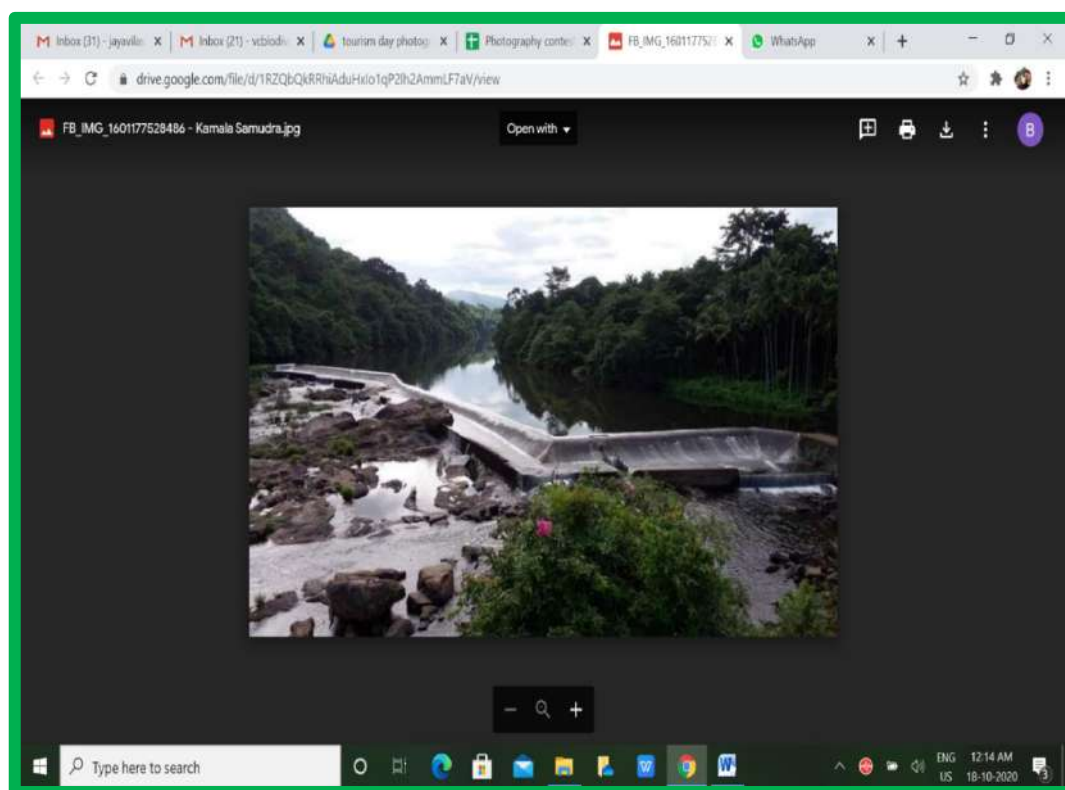
VIMALA COLLEGE (AUTONOMOUS), THRISSUR

7. World Tourism and River Day Photography Competition

Date : 27-09-2020
Time : 9:00 AM to 8:00 PM
Venue : Google form
Organized by : Biodiversity club
No. of participants : 24

Brief Report of the Event:

Biodiversity club in association with the department of botany of Vimala College (Autonomous) Thrissur organized an intercollegiate photography competition in connection with world river day and tourism day. The competition was held on 27th September 2020 and was attended by 24 students. The programme was guided by our HOD Dr. Sheeja T Tharakan; spearheaded by tutor coordinators Dr. Manju Madhavan and Dr. Jayalakshmi M with all their love and support. The student coordinators Sreelakshmi Menon, Agnus Rose, Akshaya A, and Anugraha P, put all their hardwork making this programme a huge success. The competition was held with an aim to create awareness about the relevance of rivers in tourism field. Most of the participants uploaded self-taken photographs of the places that they had visited. Among them, the first prize was declared to Kamala Samudra of Vimala College, Thrissur and second prize was shared by Shwetha Somasundaran of Sacred Heart College, Thevara and Dhanya M of St Aloysius College, Elthuruth. E-certificates were provided only to the prize winners. The contributions of winners were below publicized.

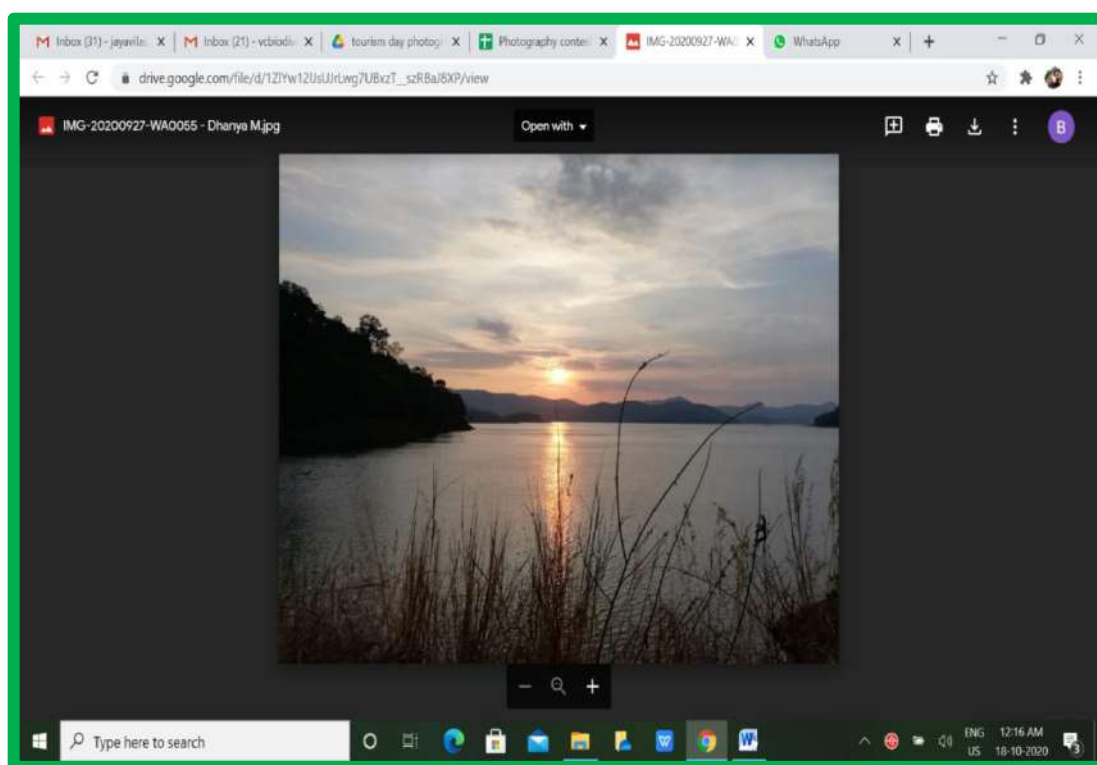
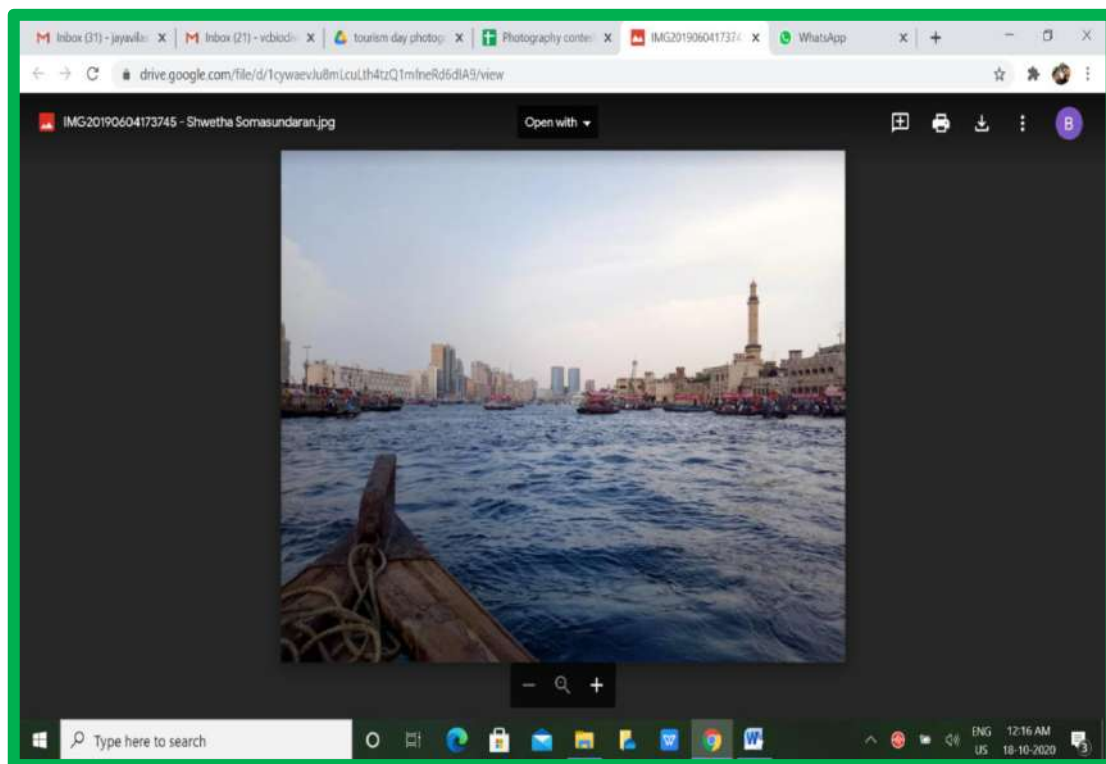


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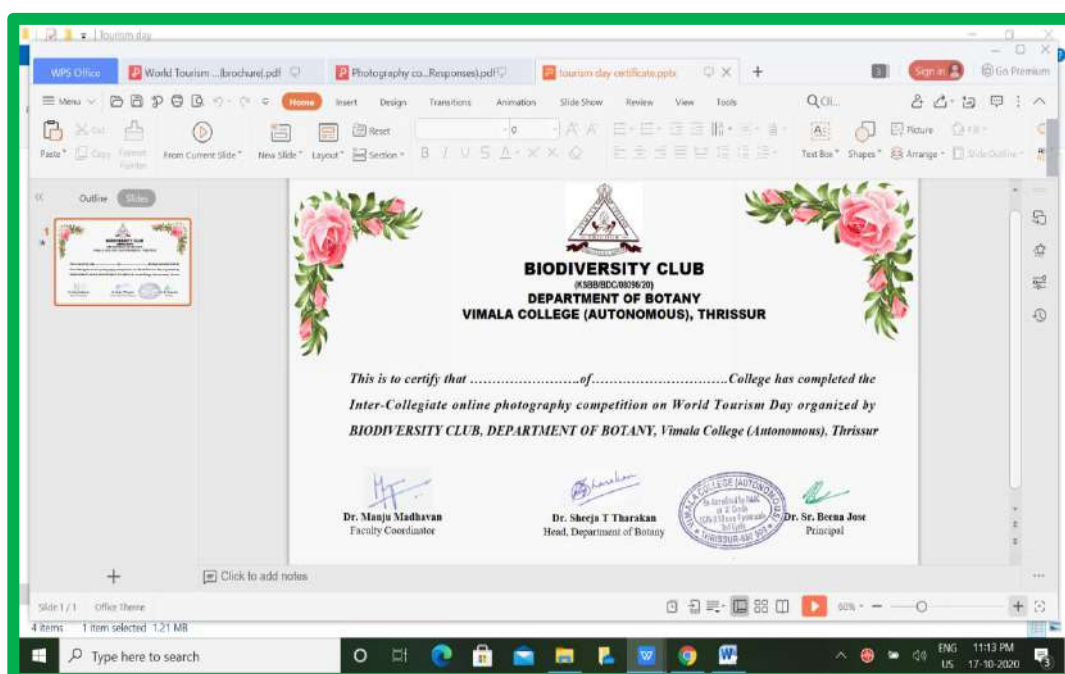
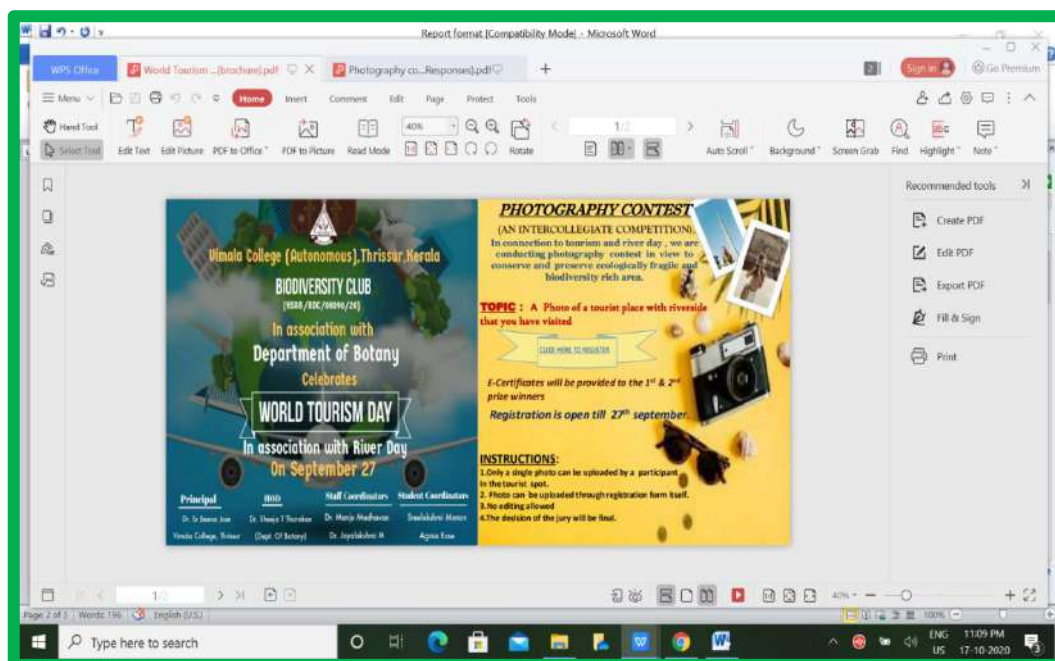

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Please visit the link for google form: <https://forms.gle/cn6GoWErRuE1CUD4A>

Brochure



Assessment Period (2016 - 2021)


PRINCIPAL IN-CHARGE,
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8. Gandhi Jayanthi – ‘Sevanavaram’ photography Competition

Date : 2nd – 9th October 2020
Venue : Google form
Organized by : Biodiversity club
No. of participants : 18

The Biodiversity Club in association with the Department of Botany of Vimala College (Autonomous), Thrissur organized a photography competition ‘SEVANAVARAM’, in connection with Gandhi Jayanti. The competition was held on 2nd-9th October 2020, where the participants had to make a Document of common exotic weeds with a photograph and its short description. Documents were uploaded through the registration form itself. The program was guided by our HOD Dr. Sheeja T Tharakan, spearheaded by our staff coordinators Dr. ManjuMadhavan and Dr. Jayalakshmi M with all love and immense support. The student coordinators, Sreelakshmi Menon, Agnus Rose and Sneha Shaji put all their hardwork making this program a huge success. The competition was held with an aim to conserve common plants and to create awareness about exotic weeds and method for eradication.

Most of the participants uploaded self-taken photographs of local exotic species along with its short description of that plant and its eradication method. 18 participants had uploaded their documents. Among them, 1st prize was earned by Anu C Benny from St. Thomas College (Autonomous), Thrissur with Rs.250/- cash prize and 2nd prize was shared by Shwetha Somasundaran from Sacred Heart College, Thevara and Sneha Shaji from Vimala College (Autonomous), Thrissur with Rs.100/- cash prize. All participants were given participation certificates. The prize winning entries are:

Giant Sensitive Plant





VIMALA COLLEGE (AUTONOMOUS), THRISSUR

Mimosa diplotricha C. Wright (Giant Sensitive Plant/ Aanathottavadi) is a fast growing woody shrub included in the family Fabaceae, native to tropical America. It is cited as one among 100 of the world's worst invaders in the Global Invasive Species Database. This plant can grow to at least 5 meters high and the four angled stem is covered with prickly, hooked spines that face in opposite direction. Leaves are small green pinnate leaves having many leaflets and the flowers are found in round pink inflorescence. The weed grows best in habitat such as roadsides, railway tracks, disturbed forests, plantations etc. Its massive spreading prevents the growth of other plants.

Efforts to control

It is difficult to remove manually because of its thorns and readily grows back from plant remnants and the seed bank it leaves in the soil. Eradication of *Mimosa diplotricha* is very much difficult and it is a great threat to forest ecosystems, agricultural lands and pastures. Tillage, mowing, use of certain herbicides and burning of the plant can be used as the eradication methods. Also, the all parts of the plant are toxic to herbivores if they ingested as it produces various toxins that can cause vascular endothelial damage, necrosis of heart and liver etc. in their predators.

Mexican petunia



Ruellia simplex is native to Mexico (hence known as Mexican petunia), the West Indies, western Bolivia, southwestern Brazil, Paraguay, Uruguay, and northeastern Argentina. It has been widely used as an ornamental plant and has escaped from cultivation in the United States, Australia and parts of Asia, as well as several Pacific Islands. It has become invasive in some of these areas, forming dense; single-species stands of vegetation which threatens native plants. It is mainly a plant of wet places such as ditches, pond verges, lakesides and marshes, but can survive in drier conditions.



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Efforts to control

Large areas of Mexican petunia can be killed with herbicide. Many ready-mixed herbicides have been successfully used to control Mexican petunia. One of the most commonly used and easily available from local stores is glyphosate, which is sold under the trade name Roundup.

Siam weed



Chromolaena odorata is commonly known as “communist pacha” in Kerala. It is native to America, which took over the lands of Kerala. It is a multi-stemmed shrub of 2.5m tall and has soft stem later become somewhat harder when mature. The plant is hairy and glandular and has a pungent aromatic odour when crushed. Research point out that its lush growth is a major environmental issue.

Efforts to control

C. odorata can be eradicated by physical, chemical and biological methods. Physical: Manual slashing and using of bush cutter. Chemical: Control using herbicides applied at seedling stage, spraying 2,4 D Amine plus picloram, kills top growth. Biological: biological control agent can be achieved by the introduction of *Pareuchaetes Pseudoinulata*.

Please visit the link for google form

:<https://docs.google.com/forms/d/1cjLrxpCPTUdrtkBZ2iTJzlsJATLmw9nuClYcQDIB14/edit>

Link for response:<https://forms.gle/XGEjxxhJfhKA2fKcA>



Assessment Period (2016 – 2021)

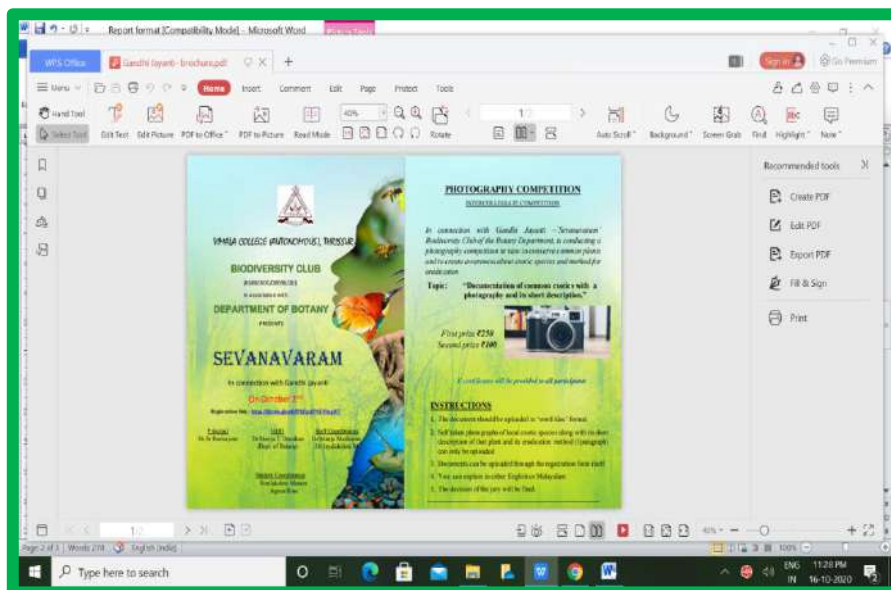

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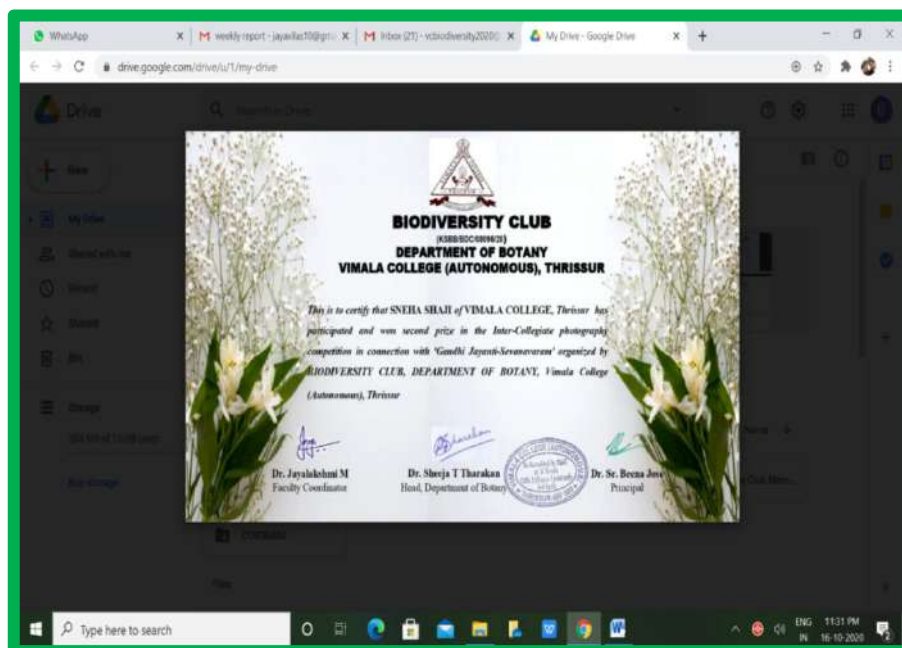
VIMALA COLLEGE (AUTONOMOUS), THRISSUR

List of attachments:

i. Brochure



ii. Certificate format



Assessment Period (2016 - 2021)


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VIMALA COLLEGE (AUTONOMOUS), THRISSUR

9. National Environment Month Competitions

Date : 19th Nov – 18th Dec 2020
Time : 1 month programmes
Venue : Google form
Organized by : Biodiversity club
Collaboration : Department of Botany
No. of participants : 7

Biodiversity club in association with the department of botany of Vimala College (Autonomous) Thrissur organized an intercollegiate group of competitions viz. stone writing, bottle art, terrarium making and troll making competitions, in connection with National Environment Month. The competition was held from 19th November to 18th December 2020 and was attended by 6 students. The programme was guided by our HOD Dr. Sheeja T Tharakan; spearheaded by tutor coordinators Dr. Manju Madhavan and Dr. Jayalakshmi M with all their love and support. The student coordinators Sreelakshmi Menon, Agnus Rose, Akshaya A, and Anugraha P, put all their hard work making this programme a huge success. The competition was held with an aim to expand innovative technologies in the world of biodiversity. Most of the participants uploaded self-making videos of the respective competitions. E-certificates were provided to all participants. The contributions of winners were below published.

Please visit the link for google

form: <https://docs.google.com/forms/d/1NSAJxfvYylerVdZImnRubUUXP5KMWZmJNsRpi5moq4k/edit#responses>
https://docs.google.com/forms/d/1hbsjwssqxajzpuYMjwM_HNQdz22KtzRRTfdiDX_ODM/edit#responses



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List of attachments:

i. Brochure

The brochure is titled "VIMALA COLLEGE (AUTONOMOUS), THRISSUR BIODIVERSITY CLUB (KSBB/BDC/08096/20) In association with DEPARTMENT OF BOTANY PRESENTS UMWELT (INTERCOLLEGIATE COMPETITION) In connection with National Environment Month From November 19 to December 18". It lists the Principal, HOD, Staff Coordinators, and Student Coordinators. It also includes a section for "1st week STONE WRITING", "2nd week TERRARIUM MAKING", "3rd week BOTTLE ART", and "4th week TROLL MAKING", each with a "CLICK HERE TO REGISTER" link. An "INSTRUCTIONS" section mentions uploading videos and that certificates and prizes will be provided to 1st and 2nd prize winners.

II. Certificate format

The certificate is titled "BIODIVERSITY CLUB (KSBB/BDC/08096/20) DEPARTMENT OF BOTANY VIMALA COLLEGE (AUTONOMOUS), THRISSUR". It states: "This is to certify that Mr. RAHUL BABU, Christ College (Autonomous) Irinjalakuda, has participated in the Inter-Collegiate bottle art competition on National Environment Month competitions organized by BIODIVERSITY CLUB, DEPARTMENT OF BOTANY, Vimala College (Autonomous), Thrissur." It includes signatures and names of Dr. Manju Madhavan (Faculty Coordinator), Dr. Sheeja T Tharakan (Head, Department of Botany), and Dr. Sr. Beena Jose (Principal). There is a circular stamp of the college and a large leaf graphic in the background.



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VIMALA COLLEGE (AUTONOMOUS), THRISSUR

10. Competitions CHAINED, Celebrating 100 years of Polymer Science

Date : 24-26 August 2020

Time : 10.00 am to 4.00 pm

Venue : Online Platform

Organized by : Post graduate Department of Chemistry

No. of participants: 518 (8 competitions including both intercollegiate and inter department)

Post Graduate Department of Chemistry celebrated 100 years of Polymer science as a tribute to the great scientist Prof. Hermann Staudinger, CHAINED on 24-26 August 2020. Various competitions were conducted in connection with this programme for college students. This program was coordinated by Dr. Jiji Abraham and Ms. Nimitha KC. Student coordinators are Tinu Norby, Neeraja SS, Anju TJ, Ashika Marina Sunil, Rimisha CF. Total 510 students participated in this programme.

Event	Number of Participants	Winners
Intercollegiate Quiz	253	Certificates for all those who scored 80% and above
Intercollegiate Puzzle	210	Certificates for all those who scored 80% and above
Intercollegiate PPT	20	Helen Vincent Arya Avunditharackal Ann Mariya Jacob
Intercollegiate Elocution	11	Alan Karishma Joseph(Vimala College Thrissur) Merin Sara Mathew (CIPET Cochin) Maneesha Ramesh (St. Xavier's College Vaikom)
Intercollegiate Video making	02	Sushama J (Maniapal Institute of Technology, Manipal) Ambadi manoharan (Sahrudaya College of Advanced Studies Kodakara)
Inter Departmental Poster Making	06	Arya Avunditharackal
Inter Departmental Sentence making	16	Jesni Joy Mariya Lilly Thomas Sheethal Sha V



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VIMALA COLLEGE (AUTONOMOUS), THRISSUR

VIMALA COLLEGE (AUTONOMOUS)
Thrissur, Kerala

NAAC Reaccredited (3rd cycle) 'A' grade with CGPA 3.5

Post Graduate Department of Chemistry

CHAINED

WINNERS

Intercollegiate Sentence Making	Intercollegiate Elocution Competition
1 st – Jesni Joy (Vimala College, Thrissur)	1 st – Alan Charisma Joseph (Vimala College, Thrissur)
2 nd – Mariya Lilly Thomas (Vimala College, Thrissur)	2 nd – Merin Sara Mathew (CIPET, Kochi)
3 rd – Sheethal Sha V (Sahridaya College, Kodakara)	3 rd – Maneesha Ramesh (St. Xavier's College, Vaikom)
Intercollegiate Video Making	Intercollegiate PPT Making
1 st – Sushama J (Manipal Institute of Technology, Manipal)	1 st – Helen Vincent (Vimala College, Thrissur)
2 nd – Ambadi Manoharan (Sahridaya College, Kodakara)	2 nd – Arya Avunditharakkal (Vimala College, Thrissur)
Interdepartmental Poster Making	3 rd – Ann Mariya Jacob (Vimala College, Thrissur)
1 st – Arya Avunditharakkal (SS BSc Physics)	

Student Coordinators : Sharon Varghese Anju T J Drisya M S Tinu Norby
Neeraja S S Jisna C Francis Rimisha C F Ashika Sunil

HOD : Dr. Theresa C J



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VIMALA COLLEGE (AUTONOMOUS), THRISSUR

11. Riti 5.0 – Intercollegiate Techno Fest

Date : 21&22 August 2020
Time : 8.30 to 4.30 pm
Venue : Onlinemode
Organized by : Department of Computer Science
No. of participants : 193

Riti 5.0 - The department conducted **Riti 5.0**, the intercollegiate IT Fest in online mode in the wake of pandemic Covid-19. The II yr B.Sc Computer Science students and Ms. Sreekala M were in charge of the event. 193 participants registered and four events were conducted. The winners were awarded cash prizes and e-certificates.


ABOUT THE COLLEGE

Vimala College (Autonomous), Thrissur established in 1967 is one of the pioneering higher education institutions in India. Vimala was accorded autonomy in 2015 and conferred the status of College with Potential for Excellence in 2016. The three NAAC Accreditations bestowed on the Institution, the Five Star Status in 2001 and A-Grade in 2008 and 2014. Vimala offers 16 Graduate and 13 Post Graduate programmes along with other certificate and short term courses and is a Centre for Research in English, Physics, Commerce, Social work, Economics & Malayalam.

ABOUT RITI 5.0

Department of Computer Science, Vimala College (Autonomous), Thrissur is happy to host the fifth edition of its Annual Intercollegiate Techno fest "Riti 5.0" to be held on 21, 22 August 2020. The overwhelming response from all participant colleges in the past four years has inspired us to conduct the Techno fest online this year as we are in a pandemic situation of Covid -19. Of course, this is a stressful period for everyone, especially students and teachers, as they are physically apart in academic activities. Amidst these situations, we are planning to conduct our competitions online. The idea is to not only reduce panic but also develop a strong sense of student involvement in extracurricular activities.


Student Coordinators **Staff Coordinator** **HOD**
Neena Sunny Ms Sreekala M Sr Ant Davis K
Nisha CP 9995550680



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

Re-Accredited by NAAC with 3.5 of 4 point scale (3rd Cycle)

DEPARTMENT OF COMPUTER SCIENCE PRESENTS



RITI 5.0

REFLECT THE RADIANCE

Be Apart, Be A Part

AN INTERCOLLEGIATE TECHNO FEST

21, 22 August 2020



Assessment Period (2016 – 2021)


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VIMALA COLLEGE (AUTONOMOUS), THRISSUR

5.0
RITI

OUR EVENTS

HACK THE CRISIS

- Team Event (Maximum 2 members)
- Innovation Challenge
- Theme: Assistive Technology for Social Distancing
- Ideas to be presented using narrated presentations or as short videos trailer made by the participants
- Duration not more than 10 mins

22 AUG 2020, SATURDAY 9 AM ONWARDS

1st prize ₹2000
2nd Prize ₹1000

SKETCH BRAIN

E-CERTIFICATE

- Individual Event
- E-Poster Making
- Theme will be provided on the spot
- E-Poster size: 8.5x11 inches.
- File size: Maximum 4 MB.
- File Format: Save your file as a PDF
- Duration: 1 hr

21 AUG 2020, FRIDAY 3 PM TO 4 PM

WEBSITOR

- Individual Event
- Website Creation
- Platform: Google sites
- Theme will be provided on the spot
- Duration: 2 hrs

21 AUG 2020, FRIDAY 5 PM TO 7 PM

1st prize ₹1000
2nd Prize ₹750

TROLL SMARTER

E-CERTIFICATE

- Individual Event
- Video Troll Making
- Theme: Online Teaching Learning
- It should be in .mp4 format
- Should be watermarked as Riti 5.0
- Duration of the video is minimum 50 seconds and maximum 1 minute.

ENTRIES TO BE RECEIVED BY 22 AUG 2020, SATURDAY 9 AM

You're Invited!

[CLICK HERE TO REGISTER](#)

More details will be communicated after registration

DEPARTMENT OF COMPUTER SCIENCE
VIMALA COLLEGE (AUTONOMOUS), THRISSUR

Riti 5.0 Results

Hack the Crisis - Innovation Challenge

First Prize: Krishnamand V P, Ziyad C (GOVT. Engineering College, Thrissur)

Second Prize: Anagha P S, Refeena T P (GOVT. Engineering College, Thrissur)

Nighitha K R, Aiswarya K B (Yuvakshetra Institute of Management Studies, Palakkad)

DEPARTMENT OF COMPUTER SCIENCE
VIMALA COLLEGE (AUTONOMOUS), THRISSUR

Riti 5.0 Results

Sketch Brain - Poster Making

First Prize: Shyne Mariya Coelho, St. Teresa's College, Ernakulam

Second Prize: Arjun Raghunandan, Vidya Academy Of Science and Technology, Thalakkattur

DEPARTMENT OF COMPUTER SCIENCE
VIMALA COLLEGE (AUTONOMOUS), THRISSUR

Riti 5.0 Results

Website - Website Creation

First Prize: Ajeeb P A, Jyothi Engineering College, Cheruthuruthi

Second Prize: Emmanuel Mavely, Christ College (Autonomous), Irinjalakuda

DEPARTMENT OF COMPUTER SCIENCE
VIMALA COLLEGE (AUTONOMOUS), THRISSUR

Riti 5.0 Results

TrollSmarter - Video Troll Making

First Prize: Asif Ihsan K S, Naipunnaya Institute of Management and Technology, Pongam

Second Prize: Desma Davis C, Little Flower College, Guruvayoor



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VIMALA COLLEGE (AUTONOMOUS), THRISSUR

12. V Shudhi

Date : 5 October 2020
Time : 8.30 to 4.30 pm
Venue : Onlinemode
Organized by: Department of Computer Science
No. of participants: 193

An inter departmental online photography competition was held in connection with Gandhijayanthi

VIMALA COLLEGE (AUTONOMOUS), THRISSUR
DEPARTMENT OF COMPUTER SCIENCE

V-Shudhi

Online Photography Competition

Theme: സേവനവാദം

The Photograph should be related to സേവനവാദം
It should portray a reality done by yourself or by your society
You should include a caption too..

*Editing or use of filter will not be allowed
Photo should be taken in normal camera*

[Click here to Upload](#)

*Final date of Submission:
5/10/2020*



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VIMALA COLLEGE (AUTONOMOUS), THRISSUR


13. E-Mantra 2020 - Your favourite software celebrity

Date : 2 December 2020
Time : 8:30 to 4:30 pm
Venue : Online mode
Organized by : Department of Computer Science
No. of participants : 14 teams

E-Mantra 2020 (Computer Literacy Day Celebrations)

On account of Computer Literacy Day on Dec 2nd 2020, the Department conducted the following programs.

A documentary on Your favourite software celebrity was conducted for High school and Higher Secondary School students. 14 teams participated from various schools in Kerala and from other states.



VIMALA COLLEGE
(AUTONOMOUS)
Thrissur, Kerala

DEPARTMENT OF COMPUTER SCIENCE

E-MANTRA 2020


"MY FAVOURITE SOFTWARE CELEBRITY"

The pandemic Covid -19
has put the world out of order.
But the technology came to our rescue!
People & Process evolved digitally
to combat the impact of virus.
A year that marked the
tremendous use of computing.

Are you inspired by this
technical revolution?
Do you have any software
pioneers as your role
model?










If you have!

Make a documentary
of your favorite star
and send it to us to
computerscience@vimalacollege.edu.in
by 2nd Dec. 2020



ATTRACTIVE PRIZES!
FOR
BEST TWO ENTRIES
E-certificates
to be provided to all participants

WORLD COMPUTER LITERACY DAY

RULES

- MAXIMUM OF TWO PARTICIPANTS PER TEAM.
- THE PARTICIPANTS SHOULD BE HIGH SCHOOL/ HIGHER SECONDARY STUDENTS.
- DOCUMENTARY TO BE PRESENTED USING NARRATED PRESENTATIONS OR AS SHORT VIDEO MADE BY THE PARTICIPANTS.
- DURATION NOT MORE THAN 2 MINUTES. MEDIUM CAN BE ENGLISH OR MALAYALAM
- THE RUBRICS FOR ASSESSMENT WILL BE BASED ON THE PRESENTATION, CONTENT AND CREATIVITY.
- THE DECISION OF THE JURY SHALL BE FINAL.
- THE SCHOOL ID OF THE PARTICIPANTS ALSO TO BE MAILED ALONG WITH THE ENTRIES.

Student Coordinators
Jaleetha Jacob P: +91 94964 45271
Grace Francis: +91 70343 02917



Assessment Period (2016 - 2021)


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14. Techtrix 1.0

Date : 12 October 2020

Time : 1:30 to 7:30 pm

Venue : Onlinemode

Organized by: Department of Computer Science, Bvoc Web Technology

No. of participants: 33

Brief Report of the Event (with Photograph)

TechTrix 1.0 was an intercollegiate Tech Fest organized by B.Voc Web Technology, Department of Computer Science on 12th October 2020. Two events were conducted as part of TechTrix to promote participants' coding skills, marketing abilities and creative talent. Cash prizes totalling Rs. 3000 were awarded to the winners and other participants were issued e-certificates. Webool started at 1.30 pm and ended by 7.30 pm. Ad_selfie started at 2 pm and was conducted in two rounds that ended by 5 pm.

Webool winners:

I prize: Sruthi Raj T (Rs 1000/-)

II prize: Vaishnav M G (Rs. 750/-)

III prize: Albin (Rs. 500/-)

Ad_selfie winners:

I prize: Aiswarya R (Rs. 500)

II prize: Hima A S (Rs. 250)





VIMALA COLLEGE (AUTONOMOUS), THRISSUR



TECHTRIX 1.0
B.Voc Web Technology
Department of Computer Science
12/10/2020
An intercollegiate fest where you can showcase your skills and interests. Come join us in our first attempt.
AUTOMATING EXCELLENCE
Register here:
Webpoll: <https://forms.gle/YewpZvG5MX7hXab7>
Ad_Selfie: <https://forms.gle/npedacF5MPEatb26>
Faculty coordinators:
Ms. Jyotsna James: 8547021425
Ms. Vidya N K: 8129616490



WEBOOL
WEBSITE CREATION
Reported for B.Voc Web Technology
Department of Computer Science
Vimala College (Autonomous)
Thrissur

GUIDELINES

- Individual participation only.
- Participants will be given a video demonstration of a website and must recreate the same website.
- Language allowed: HTML, CSS, BOOTSTRAP, JavaScript.
- Time limit: 4 hours after the video is posted. Late submissions will be disqualified.
- Scores of the participants will be based on originality and code quality. Creativity of submitted images will be considered.
- Code for the created website must be uploaded as a zip file to the website.
- Winner will be decided based on online to original website. Participants can bring and submit to the site.
- The decision of the jury will be final.

PRIZES

FIRST PRIZE: 1000/-
SECOND PRIZE: 750/-
THIRD PRIZE: 500/-

STUDENT COORDINATOR
Olga Sathya M
Alfira K S

6-certificates for all participants



AD SELFIE
An intercollegiate
Ad Selfie Competition
Department of Computer Science
Vimala College (Autonomous)
Thrissur

RULES and REGULATIONS

1. Maximum allowed duration: 10 seconds.
2. The video must be submitted by the participants.
3. The video will be judged on the spot.
4. The winner will be decided by the jury.
5. Participants must be able to create a video with an original content and get a creative idea for the video.
6. The jury will be decided by the jury.
7. The winner will be decided by the jury.
8. The winner will be decided by the jury.
9. The winner will be decided by the jury.
10. The winner will be decided by the jury.

PRIZES

FIRST PRIZE: 1000/-
SECOND PRIZE: 750/-
THIRD PRIZE: 500/-

STUDENT COORDINATOR
Olga Sathya M
Alfira K S



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15. Zest-International level online cooking contest

Date: 10th August 2020

Venue: Online

Organized by: Dept. of Home Science

Collaboration (if any): Ek-Bharath Shrestha Bharat (EBSB club), Vimala College

No. of participants: 39

During the Covid -19 pandemic, Department of Home Science organized an international level cooking contest in association with EK-Bharath Shrestha Bharat Club of Vimala College and invited 'immunity boosting recipes' from all over the world. The registration for the programme was done through Google forms and video collection of recipes were received by emails. Total number of participants were 39 out of which 2 were international contestants. Best four recipes were selected. Mrs. Kochurani J Thayil, former Assistant Professor, Dept of Home Science was the Judge of the contest. The results were announced on 10th August 2020.

Ms. Thamemamma Thasneem MT from St. Teresa's College was selected for 1st position. Naomi Vincent and Duggani Mridhula shared 2nd position, St. Teresa's College. Grace Susan Binoy from Vimala College got 3rd prize.

The coordinator for the programme was Mrs. Mony Geege, Faculty of Dept. Home Science. Vismaya Vinod and Sona Porinchu of B.Sc Family and Community Science served as Student coordinators of the contest. E certificates were given to the winners and all other participants. A cash prize of Rs.1000 was given to the winner of 1st position.





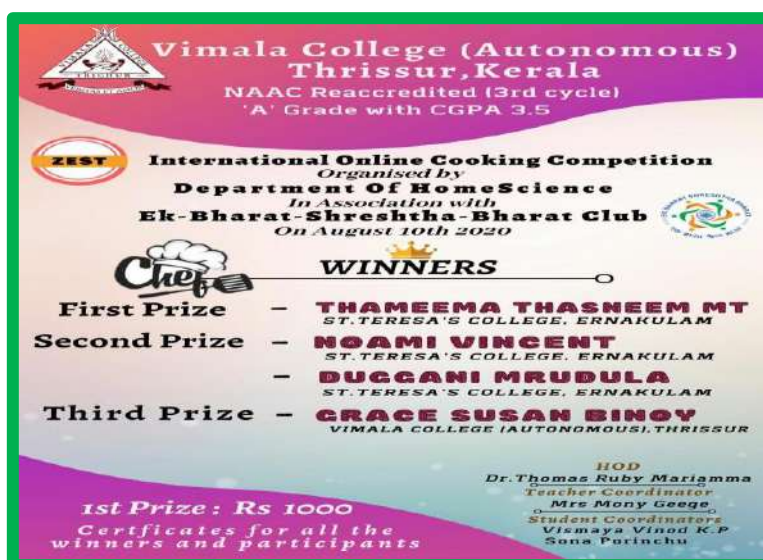
VIMALA COLLEGE (AUTONOMOUS), THRISSUR

List of attachments:

Brochure – Registration details



i. Brochure – Results



Dr Thomas Ruby Mariamma
Head, Department of Home Science
Vimala College (Autonomous) Thrissur



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VIMALA COLLEGE (AUTONOMOUS), THRISSUR

16. "Veil" (Mask Making Contest)

Date : August 7th 2020
Venue : Online Mode
Organized by : Dept. of Home Science, Vimala College
Participants : Students

Report of the Event

As part of National Handloom Day, the Department of Home Science organized a mask making contest "Veil" on August 7th 2020. It was an intercollegiate competition. The participants were asked to send their entries either in picture/video mode through mail. The best two entries were awarded with cash prize and e-certificates. Anjana K B of Second Year Physics secured First Position and Jifna C J of Third Year English Literature secured Second Position. Participation certificate were also given to other participants. The teacher coordinator for the event was Suparna M Gand the student coordinators were Bhagya Sadanandan and Haritha Gautham.

Proofs attached:

i. Brochure

The brochure is titled "VEIL MASK MAKING CONTEST". It includes the following text:

We welcome you all to take part in the competition 'Swadeshi 2020' organized by the Department of Home Science in connection with the National Handloom day.

TEACHER COORDINATOR
Ms Suparna M.G. 8589073220

STUDENT COORDINATORS
Bhagya Sadanandan: 8893815606
Haritha Gautham: 7356639853

Lets celebrate the million pairs of hands that work tirelessly towards restoring our tradition!

1. Every step involved in the processing must be clearly visible in the video/picture mode (2 minutes)
2. The fabric of the mask should be handloom
3. The judging criteria will be based upon design of the mask and stitching quality
4. Attach your name, institution and contact number along with the photograph/video

Free Registration Link : <https://forms.gle/6n3c7zWiyU7rtmKR6>

THE BEST 2 ENTRIES WILL BE AWARDED

Submit your entries on Aug 7th before 3pm to the Email id dpttft.2020@gmail.com



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(AUTONOMOUS)
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VIMALA COLLEGE (AUTONOMOUS), THRISSUR

17. National Handloom day celebration- National Level Online Quiz and documentary

Date : 07/08/2020 – 12/08/2020

Venue : Online

Organized by : Department of Home Science, Vimala College, Thrissur

As part of the National Handloom day celebration, Department of Home Science, Vimala College organized a National level Online Quiz 2020 from 07/08/2020 to 12/08/2020. The main objective was to create awareness on the richness of handlooms and update the knowledge of the participants on the same. The Google form opened from 07th August to 12th August 2020. E – certificates were issued to the participants who secured 60% marks or above. Dr. Thomas Ruby Mariamma, Head of the Department and Ms. Honey S Nair Assistant professor on contract, Department of Home Science were the staff coordinators. Ms. Annietta Mary Lonappan & Ms. Divya Francis C, IIIrd Semester M.Sc. Textiles & Costume Science were the student coordinators. A documentary was also prepared by the Final Year BSc. Textiles and Fashion Technology students.

Number of Participants : 359

Link for registration: <https://forms.gle/SL8ju9SLh388cQg27>

Link for Documentary : <https://youtu.be/KQvw-gppTHc>



Assessment Period (2016 – 2021)


PRINCIPAL IN-CHARGE,
VIMALA COLLEGE
(AUTONOMOUS)
THRISSUR - 680 009



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

List of attachments:

i. Brochure



ii. Participation certificate



Assessment Period (2016 - 2021)

PRINCIPAL IN-CHARGE,
VIMALA COLLEGE
(AUTONOMOUS)
THRISSUR - 680 009



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

18. ADHYAMRUTHAM –Slogan Writing Contest as part of Breastfeeding week celebration

Date : August 7th 2020

Venue : online

Organized by: Department of Home Science

No. of participants : 97

The theme of World Breastfeeding Week 2020 is “Support breastfeeding for a healthier planet”. In line with this theme, Dept. of Home Science organized a slogan writing contest to create awareness on the importance of breastfeeding. The topic given for slogan contest was ‘Make your Society breastfeeding friendly’. Collection of slogans was done through Google forms. Total number of participants were 97 and best six slogans were selected. Mrs. Lisa Mudakkal John, Assistant Professor, Dept of English was the Judge of the contest. The results were declared on 7th August 2020.

Ms. Rajimol K.C from St.Teresa’s College was selected for 1st position. SajintiMirmire of ESI hospital, Karnataka shared 2nd position with Grace Ann Mathew of St. Teresa’s College. 3rd place was shared by 3 participants. Chandhini Biju and Asifa M.S from CMS College, Kottayam and Alisha Thampy from Alphonsa College, Pala.

The coordinator for the programme was Mrs. Betty Thomas, Faculty of Dept. Home Science. Anna Maria Babu and Irin Davis of B.Sc Family and Community Science served as Student coordinators of the contest. E certificates were given to the winners of the contest.



Assessment Period (2016 – 2021)



PRINCIPAL IN-CHARGE,
VIMALA COLLEGE
(AUTONOMOUS)
THRISSUR - 680 009



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

List of attachments:

i. Brochure for programme



DEPARTMENT OF HOME SCIENCE
VIMALA COLLEGE (AUTONOMOUS), THRISSUR, KERALA
NAAC Re-accredited(3rd cycle) A Grade, CGPA-3.50 on a 4 point Scale
COLLEGE WITH POTENTIAL FOR EXCELLENCE (CPE)

WORLD BREASTFEEDING WEEK CELEBRATIONS 2020

SLOGAN WRITING CONTEST

Topic-Make your society breastfeeding friendly

Link will be active till 7th August 2020, 6pm

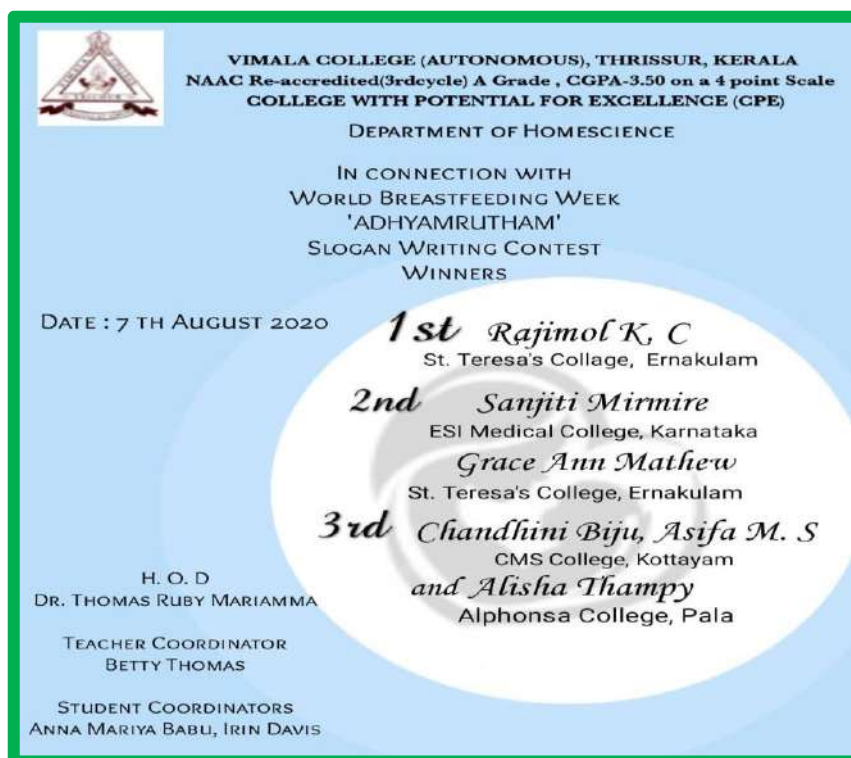
E certificates will be issued to the winners

For more details:
Teacher coordinator
Betty Thomas(9496245697)

Student Coordinator
Ann Maria Babu
Irene Davis

Breastfeeding
A gift that lasts a lifetime

ii. Brochure – Result



VIMALA COLLEGE (AUTONOMOUS), THRISSUR, KERALA
NAAC Re-accredited(3rd cycle) A Grade, CGPA-3.50 on a 4 point Scale
COLLEGE WITH POTENTIAL FOR EXCELLENCE (CPE)

DEPARTMENT OF HOMESCIENCE

IN CONNECTION WITH
WORLD BREASTFEEDING WEEK
'ADHYAMRUTHAM'
SLOGAN WRITING CONTEST
WINNERS

DATE : 7 TH AUGUST 2020

1st Rajimol K, C
St. Teresa's Collage, Ernakulam

2nd Sanjiti Mirmire
ESI Medical College, Karnataka

Grace Ann Mathew
St. Teresa's College, Ernakulam

3rd Chandhini Biju, Asifa M. S
CMS College, Kottayam
and Alisha Thampy
Alphonsa College, Pala

H. O. D
DR. THOMAS RUBY MARIAMMA

TEACHER COORDINATOR
BETTY THOMAS

STUDENT COORDINATORS
ANNA MARIYA BABU, IRIN DAVIS




Assessment Period (2016 - 2021)


PRINCIPAL IN-CHARGE,
VIMALA COLLEGE
(AUTONOMOUS)
THRISSUR - 680 009



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

iii. Award winning slogans



VIMALA COLLEGE (AUTONOMOUS), THRISSUR, KERALA
NAAC Re-accredited(3rd cycle) A Grade, CGPA-3.50 on a 4 point Scale
COLLEGE WITH POTENTIAL FOR EXCELLENCE (CPE)

DEPARTMENT OF HOMESCIENCE
IN CONNECTION WITH
WORLD BREASTFEEDING WEEK CELEBRATIONS
'ADHYAMRUTHAM'
SLOGAN WRITING CONTEST
AWARD WINNING SLOGANS

1st
■ *Amma nalkum snehatthinu athirukal enthinu..?*

2nd
■ *Mothers - Breastfeed your babies, to build an immunity rich nation*
■ *Why shy away from breastfeeding when you always choose the best for your child?*

3rd
■ *Breast milk is not a choice, it is the offer for health policy*
■ *Breast feeding : The first given love, care and health to the baby.*
■ *"Its soo yummy..From my mummy...Good for tummy"*

Date : 7 th August 2020

H. O. D
DR. THOMAS RUBY MARIAMMA

TEACHER COORDINATOR
BETTY THOMAS

STUDENT COORDINATORS
ANNA MARIYA BABU
IRIN DAVIS

Dr Thomas Ruby Mariamma
Head, Department of Home Science
Vimala College (Autonomous) Thrissur



Assessment Period (2016 - 2021)



PRINCIPAL IN-CHARGE,
VIMALA COLLEGE
(AUTONOMOUS)
THRISSUR - 680 009



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

19. (a) Umang 2k20 - JHALAK Photography Competition

Date : September 24th & 25th 2020

Venue : Online

Organized by : Home Science

No. of participants: 10

JHALAK Photography competition on the topic “Kitchen close ups” were conducted by third year students of BSc Family and Community Science as a part of UMANG 2k20. The very purpose of the photography competition was to identify the best photographer and to provide them an opportunity to participate in intercollegiate events. Mr. Aneesh George (Assistant professor of Vimala college Autonomous, Thrissur) was the judge of the competition. Got 10 participants from 26 registrations. Ms. Reny Simon was the faculty coordinator. The student coordinators were Ajeena Xavier and Delna Davis. The first prize winner was Vyshnav K.B and the second prize winner was Cicina mariya cicil. Prize money was send through online transaction and E – Certificates were distributed through e mail to al

RegistrationLink:<https://forms.gle/ch9XhAoZ3ShWpAzf6>

List of attachments:Brochurel the participants.



VIMALA COLLEGE (AUTONOMOUS)THRISSUR
NAAC RE-ACCREDITED (3RD CYCLE) 'A' CYCLE WITH CPGAS.5
COLLEGE WITH POTENTIAL FOR EXCELLENCE (CPE)

DEPARTMENT OF HOMESCIENCE

UMANG 2020

AN INTERCOLLEGIATE FEST

JHALAK

REGISTRATION
FREE

CASH PRIZE FOR
BEST PHOTO

THEME : KITCHEN CLOSE-UPS

GET CLICKING!

**SHOOT AND
EMAIL US**

STAFF COORDINATORS umangphotamora2020@gmail.com
DR. THOMAS RUBY MARIYAMMA
RENY SIMON

STUDENT COORDINATORS <https://forms.gle/ch9XhAoZ3ShWpAzf6>
DELNA DAVIS
AJEENA XAVIER

JHALAK

RULES

- ORIGINAL PHOTOGRAPHS WITHOUT EDITING.
- PHOTO SHOULD BE TAKEN IN DAYLIGHT WITH HIGH RESOLUTION.
- FOCUS ON SINGLE OBJECT.
- PHOTO SHOULD NOT EXCEED 2 MB AND PHOTO MUST BE IN JPEG FORMAT.
- POST YOUR PHOTO WITH NAME, COLLEGE, COURSE & EMAIL
- DEADLINE - 25TH SEPTEMBER 2020

ANY ENQUIRES PLEASE CONTACT US
umangphotamora2020@gmail.com

umang 2020





Assessment Period (2016 – 2021)


PRINCIPAL IN-CHARGE,
VIMALA COLLEGE
(AUTONOMOUS)
THRISSUR - 680 009



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

ii. Winner brochure



ii. Participation certificate



Assessment Period (2016 - 2021)


PRINCIPAL IN-CHARGE,
VIMALA COLLEGE
(AUTONOMOUS)
THRISSUR - 680 009



iv. Winners photographs





VIMALA COLLEGE (AUTONOMOUS), THRISSUR

(b) Umang 2k20 - “NIRMAYA” A heart healthy recipe competition.

Date :24/09/2020 & 25/09/2020

Organizedby: Department of Home science, as a part of UMANG 2k20,an Intercollegiate fest.

No:ofregisteredParticipants: 20

Venue : Online platform

As part of UMANG 2020 Intercollegiate Fest the final year Bsc.FCS students of the Department of Home science organized “NIRMAYA” a heart healthy recipe competition in connection with the world heart day celebrations on 29th September 2020. To embrace a healthy lifestyle and to prevent heart diseases, following a healthy dietary pattern with heart healthy recipes are encouraged through this competition. Around 20participants were registered for the competition. The judging panel includes Dr.Sharon C. L (Assistant professor, Department of Community science, college of Horticulture, KAU ,Thrissur) and Dr.Lakshmy P. S (Assistant professor, Department of Community science, college of Horticulture, KAU ,Thrissur). The faculty coordinator of the competition wasMs. Urmila Vijayan (Assistant professor, Department of Home science). The student coordinators were Ajeena Xavier and Aleena Jomy (3rd year Bsc.FCS).



Assessment Period (2016 – 2021)


PRINCIPAL IN-CHARGE,
VIMALA COLLEGE
(AUTONOMOUS)
THRISSUR-680 009



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

19 Umang 2k20 -(c) ISHTIHAR- E-Poster Contest

Date : September 24th & 25th SEPTEMBER 2020

Venue : Online

Organized by : Home Science

No. of participants: 11

Department of Home Science conducted E-poster competition named “ISHTIHAR” on the topic “stay fit and eat healthy” which was held from September 24-30th 2020 through online platform. Registration of the competition was open till September 29th 10.00 pm. There were eleven entries in total and the students expressed their thoughts and ideas creatively through the E posters. One could feel the enthusiasm that the students had in their presentation. The final judgment as planned was judged by Dr. Agey Pappachan & Ms. Devyani Haridas, Assistant Professors of department of Home Science. Within a day the winners were declared and first prize winner was Vyshnav K B and second prize winner Aleesha Chacko. The first prize winner was awarded cash prize of Rs 300 and E-certificate were also distributed for all the participants for their participation. Dr. Thomas Ruby Mariamma, Head of the department, Ms. Honey S Nair, Assistant Professor, and Department of Home Science were the staff Coordinators. Ms. Stiya Babu, Sandra Kurian were the student Coordinators.

Registration Link: <https://forms.gle/V2zeMyRS67Vh3hPV6>

List of attachments:

i. Brochure

VIMALA COLLEGE (AUTONOMOUS) THRISSUR
NAAC RE-ACCREDITED (3RD CYCLE) 'A' GRADE WITH CGPA 3.5
COLLEGE WITH POTENTIAL FOR EXCELLENCE (CPE)

DEPARTMENT OF HOME SCIENCE PRESENTS

REGISTER FOR FREE **UMANG 2K20 ISHTIHAR**

E POSTER COMPETITION
Topic: Stay Fit And Eat Healthy

CLICK TO REGISTER: <https://forms.gle/V2zeMyRS67Vh3hPV6>

Faculty coordinators
Dr. Thomas Ruby Mariamma
Ms. Honey S Nair

Student coordinators
Stiya babu
Sandra kurian

For any queries mail us : umang2020eposter@gmail.com

1st prize Rs.500

RULES & REGULATIONS

- E-poster size-(format W*H) 19.05 cm*33.87cm
- File size :maximum 4 megabytes (4MB)
- Entries must be submitted on or before 25th September 2020
- Multiple entries are not allowed
- Participants are requested to mention their full name ,college & contact no ,while sending their poster entries to the mail umang2020eposter@gmail.com
- The E poster will be judged according to the creativity, presentation and relevance to the theme.
- All E-poster must be original work of the participant
- E-certificate will be provided to all the participants
- Winners will be notified through mail
- judges decision will be final.



Assessment Period (2016 – 2021)

PRINCIPAL IN-CHARGE,
VIMALA COLLEGE
(AUTONOMOUS)
THRISSUR - 680 009



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

ii. Winner brochure



ii. Participation certificate



Assessment Period (2016 - 2021)


PRINCIPAL IN-CHARGE,
VIMALA COLLEGE
(AUTONOMOUS)
THRISSUR - 680 009



VIMALA COLLEGE (AUTONOMOUS), THRISSUR



iii. Winner's poster



First prize

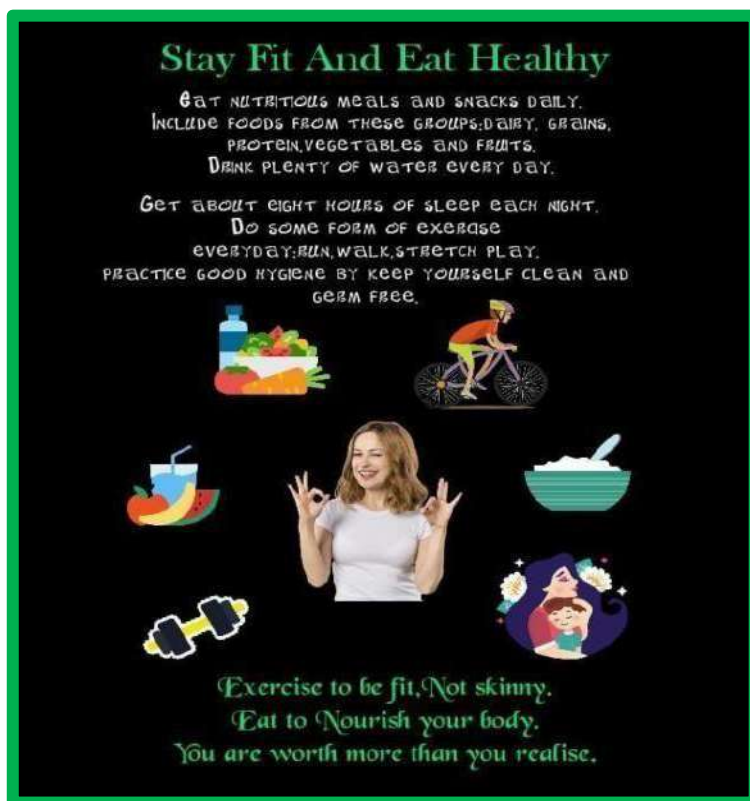


Assessment Period (2016 - 2021)


PRINCIPAL IN-CHARGE,
VIMALA COLLEGE
(AUTONOMOUS)
THRISSUR - 680 009



VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Second prize

19.Umang 2k20 - (d) PUNARAPP

Date: 24th and 25th of September 2020

Venue: Online

Organized by: Home Science

No. of participants: 5

Department of Home Science conducted an up cycling competition named “PUNARAPP” through online platform. The idea was to reuse and up cycle waste materials resulting in the development of fantastic and usable products, which would reduce environmental pollution in an innovative way. The competition was held from 24th -30th September 2020. participants were free to choose any waste materials of their choice. In total we received five entries. All the five entries were equally good and innovative. Judges of Home science department Ms Suparna and Ms Reny judged the works. It was mainly based on the creativity, utilization of



Assessment Period (2016 – 2021)


PRINCIPAL IN-CHARGE,
VIMALA COLLEGE
(AUTONOMOUS)
THRISSUR - 680 009



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

resources and overall presentation. Hridya K. S and Athulya Jaison were the first and second prize winners of up cycling competition. The first place winner was awarded Rs 500 as cash prize. e – certificates were also distributed among all the participants for their participation.

RegistrationLink: <https://forms.gle/hdbTc5qTkW3XdJyb8>

Coordinator: Vidya K B



Assessment Period (2016 – 2021)

PRINCIPAL IN-CHARGE,
VIMALA COLLEGE
(AUTONOMOUS)
THRISSUR - 680 009



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

List of attachments:

1. Brochure

VIMALA COLLEGE (AUTONOMOUS) THRISSUR
NAAC RE-ACCREDITED (3RD CYCLE) 'A' GRADE WITH CGPA 3.50
COLLEGE WITH POTENTIAL FOR EXCELLENCE (CPE)

DEPARTMENT OF HOME SCIENCE PRESENTS
UMANG 2K20 PUNARAPP
UPCYCLING COMPETITION

1st prize Rs 500

REGISTER FOR FREE
CLICK TO REGISTER <https://forms.gle/hdbTc5qTtW3Xdjyb8>

FACULTY COORDINATORS
DR. THOMAS RUBY MARIAMMA
MS. VIDYA K.B.

STUDENT COORDINATORS
STIYA BABLI
SANDRA KURIAN

RULES & REGULATIONS

Participants are free to choose **ANY ITEMS** for the upcycling

Short video of creation and **BEFORE & AFTER** photo of the item with the participants's full name, contact no. must be send to upcyclingumang2k20@gmail.com

Entries must be submitted on or before **25 th** september 2020

Multiple entries are not allowed

Judgement will be based on creativity and presentation

The **ORIGINAL IDEAS** in upcycling will be given more weightage

E-Certificates will be provided to all the participants

Judges decision will be final

FOR ANY QUIRES MAIL Us: upcyclingumang2k20@gmail.com

ii. Winner brochure

CONGRATULATIONS!

VIMALA COLLEGE (AUTONOMOUS) THRISSUR, KERALA

organized by
Department Of Home Science
On 25 th September 2020

PUNARAPP
UPCYCLING COMPETITION

WINNERS

FIRST
HRIDHYA K. S
Vimala College, Thrissur
2Nd Year - Bvoc - Food Processing

SECOND
ATHULYA JAISON
Christ College Of Engineering
2 Nd Year - civil Engineering

JUDGING PANEL

Suparna M G
Assistant Professor
Department Of Home Science
Vimala college Thrissur

Reny Simon
Assistant Professor
Department Of Home science
Vimala College Thrissur

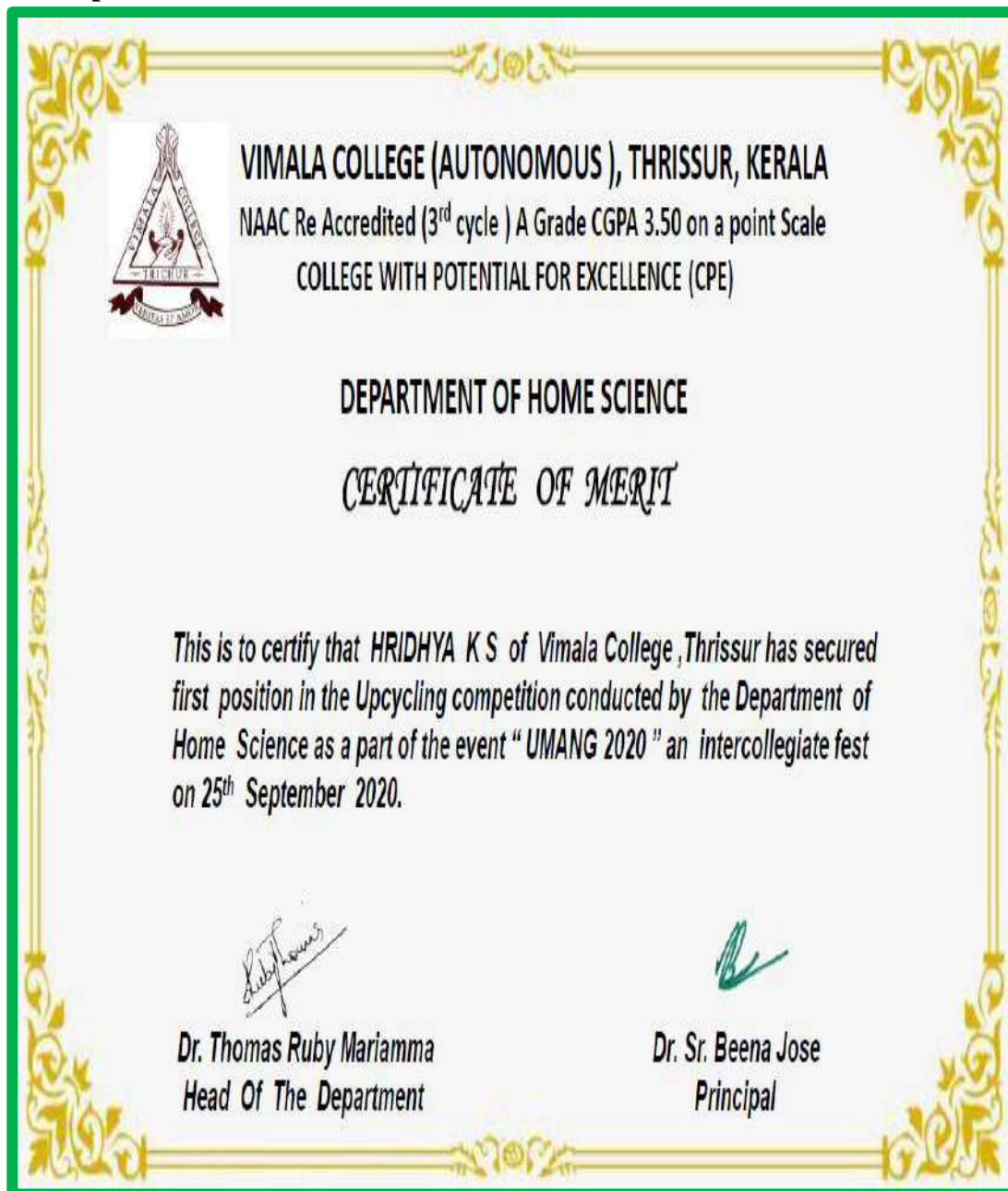


Assessment Period (2016 - 2021)

PRINCIPAL IN-CHARGE,
VIMALA COLLEGE
(AUTONOMOUS)
THRISSUR - 680 009



iii. Participation certificate





VIMALA COLLEGE (AUTONOMOUS), THRISSUR

20. (a) “Hridayam” – Heart Healthy Salad Preparation

Date: 29/9/2020

Venue: Throughmail

Organized by: PGDepartmentofHome Science (Nutrition&Dietetics)

No. of participants: 12

The Post-Graduation Department Of Home Science (Nutrition And Dietetics) organized a competition on salad preparation as part of World Heart Day Celebrations 2020 on 29th September 2020. The participants prepared heart healthy salads with items that are locally available. A total of 12 students were participated. There were enormous varieties of salads, among them the winners were selected by the judge Mrs. Anitha Jimmy (Former Assistant Lecture, Dept of Home Science Vimala College). The First prize was to Devika Rajesh Menon (S1 BSc FCS, Vimala College) for Hearty Salad Bowl, Second prize for Vidhyamol D (2nd MSc FCS, Morning Star Home Science College) for Sprouted Legume Salad and third prize was shared by Gouri I J (B-Voc food processing, Vimala College) for Italian Salad and Stiya Babu (Vimala College) for Mixed Cherupayar, Chana and Fruits Salad. Cash prize of 500rs/- was awarded for the first prize winner and also E-certificates were provided for all the winners. The Teacher coordinators were Mrs.Betty Thomas (Assistant Professor, Dept Of Home Science, Vimala College) and Mrs.Urmila Vijayan (Assistant Professor, Dept Of Home Science, Vimala College) and Student coordinators were Ms.Akshatha T V and Ms.Athira V Nair (PG Nutrition And Dietetics Students).

Objectives : To create awariness among students and public about the heart health and nution.

- **Salad Registration link***

<https://forms.gle/L6vue2cxT5MxDyez9>



Assessment Period (2016 – 2021)


PRINCIPAL IN-CHARGE,
VIMALA COLLEGE
(AUTONOMOUS)
THRISSUR - 680 009



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

List of attachments:

i. Brochure

VIMALA COLLEGE (AUTONOMOUS) THRISSUR, KERALA
NACC Re-accredited (1st Cycle) A grade, CGPA 3.50 on a 4 point scale
COLLEGE WITH POTENTIAL FOR EXCELLENCE

DEPARTMENT OF HOME SCIENCE PRESENTS

HRIDHYAM

Date: 29.9.2020

WORLD HEART DAY CELEBRATIONS 2020

Pls watch this video : <https://youtu.be/19DzA49EF9Y>

Competitions

Heart Healthy salad competition

Online Quiz

Teacher Coordinators

Ms. Baby Thomas

Ms. Umitha Vijayan

Student Coordinators

Ms. Mohitha T V

Ms. Adithya V Nair

GUIDELINES FOR THE COMPETITIONS

SALAD PREPARATION

- The recipe should be heart healthy and made from locally available food items.
- All participants should mention their name and institution along with the recipe in the Pdf format. Post your recipes by 29th september to: competitions@hscvimala@gmail.com.
- All participants should register <https://forms.gle/L6vue2cxT5MxDyeZ9>

The candidates should include following:-

- Serving size
- Ingredients and amount
- Method of preparation
- Photo of recipe
- Nutrient composition (optional)

Cash prize will be provided for the best recipe
E-certificate for the winners

ONLINE QUIZ

- Participants for quiz can fill out the google forms and submit the responses by september 29. <https://quillgo.com/form/32efqbCzr9Xwak7>
- All participants scoring above 60% will receive E-certificates.

ii. Winner brochure

VIMALA COLLEGE (AUTONOMOUS), THRISSUR, KERALA
NACC Re-accredited (3rd Cycle) A grade, CGPA 3.50 on a 4 Point Scale
In connection with World Heart Day Celebrations

"HRIDHYAM"

Organised by
Department of Home Science
On 29 September 2020

Congratulations to the Winners

SALAD PREPARATION

1st - Devika Rajesh Menon, Vimala College (Autonomous) Thrissur

2nd - Vidhyamol D, Morning Star Home Science College, Angamaly

3rd - Stiya babu, Vimala College (Autonomous) Thrissur

3rd - Gouri I J, Vimala College (Autonomous) Thrissur

E-QUIZ

1st - Megha.P, Vimala College (Autonomous) Thrissur

2nd - Jasmin, Vimala College (Autonomous) Thrissur

3rd - Niya Joy, Vimala College (Autonomous) Thrissur



Assessment Period (2016 - 2021)

PRINCIPAL IN-CHARGE,
VIMALA COLLEGE
(AUTONOMOUS)
THRISSUR - 680 009



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

Outcome : Through these competitions we were able to create an awareness to the students and public about heart health and the importance of nutrition including heart healthy food items in their diet.

Dr.Thomas Ruby Mariama

HOD

Dept. Home Science



Assessment Period (2016 - 2021)

PRINCIPAL IN-CHARGE,
VIMALA COLLEGE
(AUTONOMOUS)
THRISSUR - 680 009



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

20.(b) “Hridhyam” Online Quiz

Date: 29/9/2020

Venue:online ,googleform

Organized by: PGDepartment ofHome science (Nutrition&Dietetics)

No. of participants: 95

- To evaluate the knowledge of common people on heart health and nutrition.

'HRIDHYAM' was conducted by the PG Department of Home Science (Nutrition & Dietetics) in connection with the world heart day celebrations. As part of HRIDHYAM, online quiz competition was conducted on 29th September 2020. A total of 95 students participated. A time limit of 8 minutes was provided to answer the 15 objective type questions. E-certificates were provided to winners and all participants those who scored above 60%. The first prize was bagged by Megha P, second prize Jasmine and third prize was won by Niya Joy (students of Vimala College, Autonomous). The Teacher coordinators were Mrs.Betty Thomas (Assistant Professor, Dept of Home Science, Vimala College) and Mrs.Urmila Vijayan (Assistant Professor, Dept Of Home Science, Vimala College) and Student coordinators were Ms.Akshatha T V and Ms.Athira V Nair (PG Nutrition And Dietetics Students).

Outcome

- To impart knowledge among people about importance heart health and heart day celebrations.

- ☐ Online quiz registration link

<https://quillgo.com/form/32efqbCzr9Xwakf7>

- ☐ Online quiz participant link

<https://forms.gle/bNebZt1TN9qW7JXFA>

List of attachments:

- i. Brochure



Assessment Period (2016 – 2021)


PRINCIPAL IN-CHARGE,
VIMALA COLLEGE
(AUTONOMOUS)
THRISSUR - 680 009




VIMALA COLLEGE (AUTONOMOUS), THRISSUR

VIMALA COLLEGE (AUTONOMOUS) THRISSUR, KERALA
NAAC Re-accredited (3rd Cycle) A grade, CGPA 3.50 on a 4 point scale
COLLEGE WITH POTENTIAL FOR EXCELLENCE

DEPARTMENT OF HOME SCIENCE
PRESENTS

HRIDHYAM



Date: 29-9-2020

WORLD HEART DAY CELEBRATIONS 2020

Pls watch this video : <https://youtube.be/190z40E19Y>

Competitions

Heart Healthy salad competition

Online Quiz

Teacher Coordinators
Ms. Baby Thomas
Ms. Linda Vargha

GUIDELINES FOR THE COMPETITIONS

SALAD PREPARATION

- The recipe should be heart healthy and made from locally available food items.
- All participants should mention their name and institution along with the recipe in the Pdf format. Post your recipes by 29th September to: competitions@vimala@gmail.com.
- All participants should register: <https://forms.gle/6vje2cxTSMdDye29>

The candidates should include following:-

- Serving size
- Ingredients and amount
- Method of preparation
- Photo of recipe
- Nutrient composition (optional)

Cash prize will be provided for the best recipe
E-certificate for the winners

ONLINE QUIZ


- Participants for quiz can fill out the google forms and submit the responses by September 29
<https://quizzgo.com/form/32efqCn9ka47>
- All participants scoring above 50% will receive E-certificates.

ii. Winner brochure



VIMALA COLLEGE (AUTONOMOUS), THRISSUR, KERALA
NAAC Re-accredited (3rd Cycle) A grade, CGPA 3.50 on a 4 Point Scale
In connection with World Heart Day Celebrations

"HRIDHYAM"



Organised by
Department of Home Science
On 29 September 2020

Congratulations to the Winners

SALAD PREPARATION	E-QUIZ
1st - Devika Rajesh Menon, Vimala College (Autonomous) Thrissur	1st - Megha.P, Vimala College (Autonomous) Thrissur
2nd - Vidhyamol D, Morning Star Home Science College, Angamaly	2nd - Jasmin, Vimala College (Autonomous) Thrissur
3rd - Stiya babu, Vimala College (Autonomous) Thrissur	3rd - Niya Joy, Vimala College (Autonomous) Thrissur
3rd - Gouri I J, Vimala College (Autonomous) Thrissur	

Dr. Thomas Ruby Mariama

Dr. Thomas Ruby Mariama
HOD



Assessment Period (2016 - 2021)


PRINCIPAL IN-CHARGE,
VIMALA COLLEGE
(AUTONOMOUS)
THRISSUR - 680 009



21. “2K20 online Varnangal”– online Pookalam competition

Date : August 30th 2020

No. of total participants: 6

As part of Onam Celebrations, an intercollegiate online pookalam competition was organized from 25th August 2020 to 30th August 2020. The highlight of the competition was to make pookalam with fruit and vegetable waste. There were six participants and among them the best 3 who followed each and every guidelines bagged the prizes. Christy T Joju won 1st Prize, Nima Jose C won 2nd Prize and Sreelakshmi V won 3rd prize.

List of attachments:



First prize

Second prize



Third prize





VIMALA COLLEGE (AUTONOMOUS), THRISSUR

22. (a). “Resilience 2020” – Intercollegiate Face painting competition

Date : September 10th 2020

Venue : Online Mode

As part of World Suicide Prevention Day, the Department of Home Science organized an event “Resilience 2020” on September 10th 2020. It was an intercollegiate competition with two contests. One was a face painting contest which was named as “Prathibimb” and the other one was a motivational speech contest which was named as “Mind Bloom”. The **participants were asked** to send their entries either in picture/video mode through mail. The best two entries were selected from both the events. Participation certificate were also given to other participants. The teacher coordinators for the event was Suparna M G and Reny Simon and the student coordinators were Fida K Faisal, Haritha Gautham, Bhagya Sadanandan and Aiswarya Sivan A.

List of attachments:

Brochure

1. The participants should prepare a 2-3 minutes long motivation speech (English or Malayalam) with reference to "World Suicide Prevention Day".

2. The submissions should be made in the form of a video.

3. Attach your Name, Institution and Contact number along with the video.

1. The participants should creatively convey their message through face painting with reference to "World Suicide Prevention Day".

2. The submissions should be made in the form of a picture/ video format

3. Attach your Name, Institution and Contact Number along with the photograph and video.

REGISTER NOW

REGISTRATION CLOSES ON 5TH SEP

<https://forms.gle/YDZvcaJGDhth6jV5A> <https://forms.gle/YvtzgLE6YzBRQe>

Submit your entries to the Email id - depttft.2020@gmail.com on or before 4pm, 10th September, 2020.

E-CERTIFICATES WILL BE PROVIDED TO ALL PARTICIPANTS



Assessment Period (2016 – 2021)

PRINCIPAL IN-CHARGE,
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(AUTONOMOUS)
THRISSUR - 680 009



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

22.(b).“Resilience 2020” – Motivational Speech competition

Date : September 10th 2020

Venue : Online Mode

Organizedby : Dept. of Home Science, Vimala College Participants: Students

List of attachments:

Brochure

1. The participants should prepare a 2-3 minutes long motivational speech (English or Malayalam) with reference to "World Suicide Prevention Day".

2. The submissions should be made in the form of a video.

3. Attach your Name, Institution and Contact number along with the video.

1. The participants should creatively convey their message through face painting with reference to "World Suicide Prevention Day".

2. The submissions should be made in the form of a picture/ video format.

3. Attach your Name, Institution and Contact Number along with the photograph and video.

REGISTER NOW

<https://forms.gle/YDZvcaJGDhth6jV5A> **REGISTRATION CLOSES ON 5TH SEP** <https://forms.gle/YvtzgL6YzBRQe>

Submit your entries to the Email id - depttft.2020@gmail.com

on or before 4pm, 10th September, 2020.

E-CERTIFICATES WILL BE PROVIDED TO ALL PARTICIPANTS



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(AUTONOMOUS)
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VIMALA COLLEGE (AUTONOMOUS), THRISSUR

23. "NUTRIGIRL 2020"

Date : 11/9/2020
Time : 3 - 4 pm
Venue : OnlineGoogleMeet
Organized by : PGDepartmentofHomescience(Nutrition&Dietetics)
No. of participants : 79

NUTRIGIRL 2020" was conducted by the PG Department of Home science (Nutrition & Dietetics) in connection with the national nutrition week celebration. Candidates were selected on the basis of their health status assessment and nutritional awareness. The final round was conducted virtually through Google meet. There were 6 finalists for the finale of NUTRIGIRL 2020 and consisted of a self-introduction round, nutrition quiz round, and a situation round. The program began at 3 pm with a prayer. The welcome address was delivered by Ms. Urmila Vijayan (Assistant Professor, Department of Home science). The valuation of the rounds were done by jury members, Dr. Sharon C L, Assistant professor, Dept of Community Science, College of Horticulture, Kerala Agricultural University Thrissur and Ms. Kavika Menon, Senior Associate, Double Horse Manjilas Food Tech Pvt Ltd Thrissur. The chief guest of the event was Dr. Sanjai George, Chief executive officer, Double Horse, Manjilas Food Tech Pvt Ltd. The winners of the event were announced by Dr. Sr. Beena Jose, Principal, Vimala College (autonomous) Thrissur. Among the 6 finalists Noureen p s from S3 Bsc Family & Community Science won the title of "NUTRIGIRL 2020". The first runner up was Niya Baby from S5 Bsc Physics. The second runner up was Arundhathi from S3 PG Commerce. The prizes to the winners were sponsored by Double Horse, Manjils Food Tech Pvt Ltd Thrissur. The students of third semester PG Nutrition & Dietetics also streamed few entertainment programmes.

List of attachments:

i. Link of Google forms:

<https://forms.gle/P6D9HajRKWfLVHgG8> ,
https://docs.google.com/forms/d/e/1FAIpQLSerEXQZj4i5RmMJSPH8Vyy2ZjI8eDeSOI7jL398_uvl-5lShQ/viewform?usp=pp_url

ii. Please visit the link for entertainment sessions by students:

<https://youtu.be/N80bIWUzEuw>
<https://youtu.be/JK7onMEuJx8>

iii. Feedback link:

<https://forms.gle/5oNvxyEfgThc5Pm46>

iv. Brochure



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(AUTONOMOUS)
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VIMALA COLLEGE (AUTONOMOUS), THRISSUR

VIMALA COLLEGE (AUTONOMOUS) THRISSUR, KERALA
NAAC RE- ACCREDITED (3 RD CYCLE) 'A' GRADE WITH CGPA 3.5
COLLEGE WITH POTENTIAL FOR EXCELLENCE (CPE)

As part of National Nutrition Week Celebration
Post Graduate Department Of Home Science in association with
Double Horse, Manjilas Food Tech Pvt Ltd, Thrissur organises

NUTRI GIRL CONTEST 2020

Date - 11th September 2020 Time - 3 to 4 pm

Prizes sponsored by **DOUBLE HORSE**
MANJILAS FOOD TECH PVT LTD
THRISSUR

Dr. Sr. Beena Jose
Principal

Joint Convenors
Ms. Betty Thomas
Ms. Urmila Vijayan

Dr. Thomas Ruby Mariamma
Head of the Department
Convenor of the Program

Student coordinators
Ms. Anjana C S
Ms. Arathi C V

FELICITATION

DR. SANJAI GEORGE
CHIEF EXECUTIVE OFFICER
DOUBLE HORSE
MANJILAS FOOD TECH PVT LTD
THRISSUR

VALEDICTORY

DR. SR. BEENA JOSE
PRINCIPAL
VIMALA COLLEGE (AUTONOMOUS)
THRISSUR

JURY MEMBERS

DR. SHARON C L
Assistant Professor
Department of Community Science
College of Horticulture
Kerala Agricultural University
Thrissur

MS. KAVYA MENON
Senior Associate - CEO Office
Double Horse
Manjilas Food Tech Pvt Ltd
Thrissur

PROGRAMME SCHEDULE

- 1) Welcome
- 2) Final round of "NUTRI GIRL CONTEST 2020" -
Self Introduction
Nutrition Quiz Round
Situation Round
- 3) Felicitation
- 4) Valedictory
- 6) Vote of Thanks

*Eat Right.
Stay Healthy.*

v. Brochure-winners

VIMALA COLLEGE (AUTONOMOUS) THRISSUR, KERALA
NAAC RE- ACCREDITED (3 RD CYCLE) 'A' GRADE WITH CGPA 3.5
COLLEGE WITH POTENTIAL FOR EXCELLENCE (CPE)

National Nutrition Week Celebration
Post Graduate Department Of Home Science in association with
Double Horse, Manjilas Food Tech Pvt Ltd, Thrissur

WINNERS OF NUTRI GIRL CONTEST 2020

Titile winner - **Noureen P S**
(S3 BSc Family and community science)

1st runner-up. - **Niya baby**
(S5 BSc physics)

2nd runner-up. - **Arundhati**
(S3 M.com)

Prizes sponsored by **DOUBLE HORSE**
MANJILAS FOOD TECH PVT LTD
THRISSUR

Dr. Sr. Beena Jose
Principal

Joint Convenors
Ms. Betty Thomas
Ms. Urmila Vijayan

Dr. Thomas Ruby Mariamma
Head of the Department
Convenor of the Program

Student coordinators
Ms. Anjana C S
Ms. Arathi C V

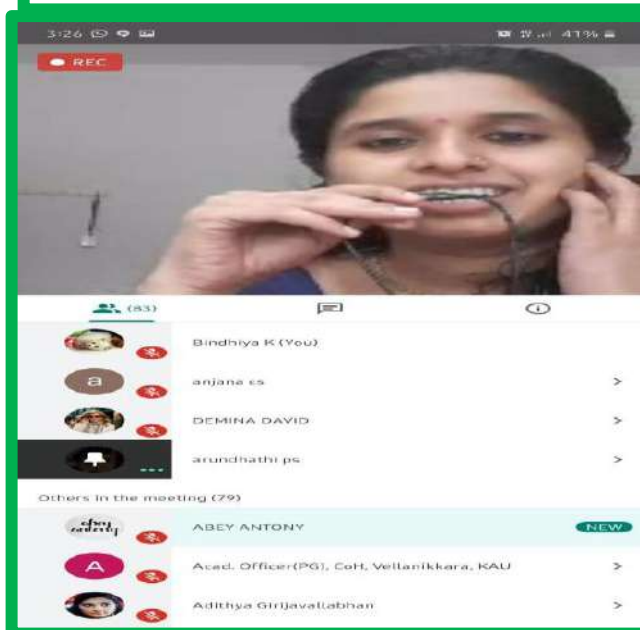
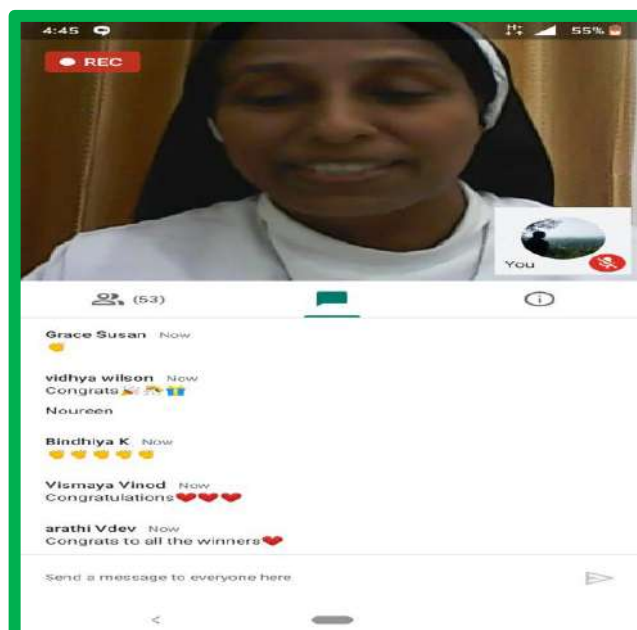


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VIMALA COLLEGE (AUTONOMOUS), THRISSUR



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vi. Newspaper news – Results of ‘Nutri-Girl’ competition



Malayala Manorama 16/9/2020



Assessment Period (2016 – 2021)


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VIMALA COLLEGE
(AUTONOMOUS)
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VIMALA COLLEGE (AUTONOMOUS), THRISSUR

24. “SWAAD SADAN”

Date : 2020 October 16th
Organized by : PG department of Home Science (Nutrition and Dietetics)
No.ofparticipants : a) FOOD PUZZLE – 76
b) ANNARATNA (formulation of recipe using leftover foods)-2
Venue: Online
Judge : Dr. Lilia Baby, Asst. professor, Krishi Vigyan Kendra – Malappuram

The Post Graduate Department of home science [NUTRITION AND DIETETICS] organized the event “SWAAD SADAN” celebrating **World Food Day** on 16th OCTOBER 2020. The event was coordinated by Dr.Thomas Ruby Mariamma, HOD of Home Science, released an informative video on facts truth and myth about food, along with two “**FOOD PUZZLE**” and “**ANNA RATNA**”.The food puzzle included tricky food related questions which had participation of 87 contestants out of which 79 scored over 60%. The “ANNA RATNA” competition was about formulation and preparation recipe using leftover foods and we had 4 participants competing. The competition was judged by Dr. Lilia Baby, Assistant professor, Krishi Vigyan Kendra, Kerala Agricultural University, Malappuram. Among 4 participants, Jwala Jose of Vimala College (Autonomous) secured the first prize for Puttu Upma and Akshaya Nair of Vimala College (Autonomous) secured second prize for the recipe Pumpkin peel thoran. All 79 participants of FOOD PUZZLE with a score of 60% and over as well as the four contestants of ANNA RATHNA were awarded certificates. The event was successfully concerted by faculty Ms.Urmila Vijayan, Ms. Betty Thomas and Sr. Feble Thomas student coordinators Ms. Nihala T A and Megha V.

Link for the information video: <https://youtu.be/29REnIsVATk>



Link for ANNA RATNA:

https://docs.google.com/forms/d/e/1FAIpQLSd601Yyc1NXWmHeCy5XC4PDUS4ZF5Xd-Upiv3mL3X6IvsBJQ/viewform?vc=0&c=0&w=1&flr=0&usp=mail_form_link

Link for FOOD PUZZLE:



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VIMALA COLLEGE (AUTONOMOUS), THRISSUR

https://docs.google.com/forms/d/e/1FAIpQLSd0Cth1r-Pyy9d0XsvQWCSpmLvOp1flj-EV1xRgA0v3ncD8Q/viewform?vc=0&c=0&w=1&flr=0&usp=mail_form_link

List of attachments:

i. Brochure

VIMALA COLLEGE (AUTONOMOUS), THRISSUR

As a part of world food day celebrations Department of Home science Presents
16.10.2020

"SWAAD SADAN"

Please watch the informative video
CLICK HERE

We bring you two exciting games ANNA RATHNA & FOOD PUZZLE

Faculty coordinators: Ms. Urvella Vijayan
Ms. Betty Thomas
Sr. Felice Thomas
Student coordinators: Ms. Nishita TA
Ms. Megha V

RULES

1. Participants can fill out the google form and submit the response.
2. No other reference are to be taken from any other sources.
3. All participants scoring above 60 percent will receive E Certificates.

FOOD PUZZLE

CLICK HERE FOR REGISTRATION
The link will be active till 16.10.2020

RULES

1. Plan a creative and healthy recipe from leftover foods.
2. No artificial taste makers should be added.
3. All participants should mention their name and institution along with recipe.
4. Photo of the recipe and leftover food along with ingredients and method of preparation should be send to mscnutrition@vimalacollege@gmail.com
5. Please make sure that you submit the registration form before sending the recipe.

ANNA RATHNA

EVERY MEAL CAN BE A HEALTHY MEAL

CLICK HERE FOR REGISTRATION
The link will be active till 16.10.2020

E certificates will be provided for winners and participants.



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VIMALA COLLEGE (AUTONOMOUS), THRISSUR

ii. Score card

ANNA RANTHNA- score card

Name of the judge:

	Points	101	102	103	104	105
Name of the dish						
Food preparation	5					
Safety concern & practices	10					
Food appearance & quality	5					
Nutritional benefits	10					
Creativity	10					
Total points	40					
comments						

iii. Winners brochure


VIMALA COLLEGE (AUTONOMOUS), THRISSUR, KERALA
 NAAC Re-accredited (3rd Cycle) A grade, CGPA 3.50 on a 4 point scale.
In connection with WORLD FOOD DAY Celebrations
'SWAAD SADAN'

 Organised by Department of Home Science on 16th October 2020
WINNERS OF 'ANNA RANTHNA' COMPETITION
(Creative and healthy recipe from leftover food)

1. Jwala Jose
Dept. of Home Science, Vimala College


Pottu Upma

2. Fathima Asma T. A
Dept. of Home Science, Vimala College


Kalamandira and shanai

Judge:
 Dr. Lila Baby
 Assistant Professor
 Kerala Agricultural University, Malappuram.

CONGRATULATIONS!!!



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

iv. Certificates for winners and participants



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(AUTONOMOUS)
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VIMALA COLLEGE (AUTONOMOUS), THRISSUR

25. EL-ALIMENTO – Intercollegiate Online Quiz Competition

Date : OCTOBER 16th, 2020

Time : 10.00am – 05.00 pm

Platform : Google forms

No. of total participants: 151

No. of teachers participated: 3

As part of World Food Day celebration, Department of Home Science, B.Voc Food Processing Organized an Intercollegiate Online Quiz Competition - EL ALIMENTO on 16th October 2020 from 10.00am to 5.00pm using Google forms. There were 151 participants and the E-certificates were provided to 129 participants who scored above 70% in the quiz.

List of attachments:

Brochure

The brochure is for the EL-ALIMENTO Intercollegiate Online Quiz Competition. It features the Vimala College (Autonomous) logo and name at the top left, along with accreditation details: NACC Re-accredited (3rd cycle) A grade, CGPA-3.5, and the tagline 'COLLEGE WITH POTENTIAL FOR EXCELLENCE'. The event is presented by the Department of Home Science, B.Voc food processing. The competition is titled 'EL-ALIMENTO' and is held on '16th Oct 2020' from '10.00 AM TO 5.00 PM'. It is in connection with 'WORLD FOOD DAY'. The brochure lists teacher co-ordinators: Dr. Agey Pappachan, Ms. Devyani Haridas Pisharody, and Mr. Sakkeer Hussain. Student co-ordinators are Ms. Gouri I.J and Ms. Clara Jose. It mentions that e-certificates will be provided to participants scoring above 70% and that the link will be activated from 10 am to 5 pm. A 'CLICK HERE FOR PARTICIPATION' link is provided. The brochure also includes images of various food dishes and a cartoon chef character.



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VIMALA COLLEGE (AUTONOMOUS), THRISSUR

26. Online Quiz Competition (World Diabetes day)

Date : 14-11-2020

Time : 10:00 am - 4:00 pm

Online platform: Google form

Organized by : PG diploma Nutrition and Dietetics , Department of Home science

Total number of participants: 69

Objective: To promote Diabetes Mellitus awareness among people

PG Diploma Nutrition and Dietetics successfully conducted an online quiz competition on 14th November as a part of World Diabetes Day celebration coordinated by Ms. Sowmyamol KC, Ms. Reshmi Balakrishnan V (Staff coordinators) headed by Dr.Thomas Ruby Mariamma, Shahina Shamsudheen (student coordinator) . A total of 20 questions were framed related to Diabetes and the quiz was held online using Google form. The registration link was circulated among students and faculties. From 69 participants participated, E- certificates issued to 25 participants who scored more than 60%.

List of attachments:

i. Registration link:

https://docs.google.com/forms/d/e/1FAIpQLSemQEcrIoGjH9oH2lkUxHvy5EnnPJP0QNmeDYrHhYLNx9Bp6g/viewform?usp=sf_link



Assessment Period (2016 – 2021)


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(AUTONOMOUS)
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VIMALA COLLEGE (AUTONOMOUS), THRISSUR

ii. Brochure

VIMALA COLLEGE (AUTONOMOUS) THRISSUR
NAAC Re-accredited (3rd cycle). A grade. CGPA. 3.50 on a 4 point scale
COLLEGE WITH POTENTIAL FOR EXCELLENCE

As part of World Diabetes Day Celebrations

Department of PG Diploma in Nutrition and Dietetics organises
Online Quiz Competition on 14th. November, 2020
E.Certificate will be provided to the participants who scores more than 60%.

- Registration is free.
- Link will be active on November 14th, From 10:00AM-4:00PM only.

Registration link :
<https://forms.gle/EWvaJzd9z4MaBQMu8>

Dr. Thomas Ruby Mariamma
HOD
Dept. of Home Science

Staff co-ordinators
Ms. Reshmi Balakrishnan V
Ms. Sowmyamol.k.c

Student co-ordinator
Shahina Shamsudeen

iii. Certificate

VIMALA COLLEGE (AUTONOMOUS), THRISSUR KERALA
NAAC Re Accredited (3rd cycle) A Grade CGPA 3.50 on a 4 point scale
COLLEGE WITH POTENTIAL FOR EXCELLENCE (CPE)

CERTIFICATE OF MERIT

has successfully completed an online quiz organized by the Department of Homescience, Vimala College (Autonomous), Thrissur, Kerala, as part of World Diabetes Day celebrations on 14th November 2020.

Dr. Thomas Ruby Mariamma
HEAD OF THE DEPARTMENT

Dr. Sr. Beena Jose
PRINCIPAL



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(AUTONOMOUS)
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VIMALA COLLEGE (AUTONOMOUS), THRISSUR

27. Christmas tree making competition

Date: December 23rd 2020

Venue: Online

Organized by: Home Science

No. of participants: 3

Department of Home Science, Vimala College organized a Christmas Tree Making Contest 2020 from 10/10/2020 to 23/10/2020. The Google form opened from 10th December to 23rd December 2020 for registration. Ms. Vini Simon, S6 year B.Sc Physics, Sree Narayana Guru College of Advanced Studies, Vazhakumpara, secured First position. E – certificates were issued to all the participants. Ms. Honey S Nair and Ms. Reny Simon, Assistant professors on contract, Department of Home Science were the staff coordinators.

Registration Link: <https://forms.gle/HsMmeHP9TnCSdSes5>

List of attachments:

i. Brochure

The brochure is a festive announcement for a Christmas Tree Making Contest. It features a red background with green holly leaves and red berries. At the top, it reads 'VIMALA COLLEGE (AUTONOMOUS), THRISSUR, KERALA' and 'DEPARTMENT OF HOME SCIENCE'. Below this, it says 'INTER-COLLEGIATE CHRISTMAS TREE MAKING CONTEST'. A red circular badge on the left says 'Merry Xmas', and a red circular badge on the right says 'Win Attractive prizes'. The section 'Contest rules and Guidelines' lists six rules: 1. The final product should be home made, however the ornaments can be hand-made or made of recycled, eco-friendly products. 2. Christmas tree should be in 2 feet- 5 feet tall. 3. Only one entry per participant. 4. Send the photographs of the created Christmas tree along with the making video with duration 1- 2 mins. 5. Send to: depttft.2020@gmail.com on or before 23rd December 2020. 6. E-certificates will be provided to all participants. It also states 'Register before 20th December 2020' and 'Click here: [link]'. At the bottom, it lists the Head of the Department as Dr. Thomas Ruby Mariamma and the Coordinators as Ms. Honey S Nair and Ms. Reny Simon, Assistant Professors, Dept. of Home Science. A small Santa Claus illustration is on the bottom left, and a small Christmas tree is on the bottom right. A footer at the very bottom says 'FOR MORE DETAILS CONTACT 9207407956'.

VIMALA COLLEGE (AUTONOMOUS), THRISSUR, KERALA
DEPARTMENT OF HOME SCIENCE

INTER-COLLEGIATE
CHRISTMAS TREE MAKING CONTEST

Win Attractive prizes

Merry Xmas

Contest rules and Guidelines

1. The final product should be home made, however the ornaments can be hand-made or made of recycled, eco-friendly products.
2. Christmas tree should be in 2 feet- 5 feet tall.
3. Only one entry per participant.
4. Send the photographs of the created Christmas tree along with the making video with duration 1- 2 mins.
5. Send to: depttft.2020@gmail.com on or before 23rd December 2020.
6. E-certificates will be provided to all participants.

Register before 20th December 2020
Click here: [link]

Head of the Department
Dr. Thomas Ruby Mariamma

Coordinators:
Ms. Honey S Nair
Ms. Reny Simon
Assistant Professors, Dept. of Home Science

FOR MORE DETAILS CONTACT 9207407956



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VIMALA COLLEGE (AUTONOMOUS), THRISSUR

ii. Winner brochure



iii. Participation Certificate



Assessment Period (2016 - 2021)

[Signature]
PRINCIPAL IN-CHARGE,
VIMALA COLLEGE
(AUTONOMOUS)
THRISSUR-680 009



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

28. Christmas Star Chef Contest

Date : 30th December, 2020

Platform : Online

No. of total participants: 12

As part of Christmas celebration, Department of Home Science, B.Voc Food Processing Organized a cooking competition with two minutes maggi noodles masala –Christmas Star Chef Contest in association with Maggi from 25th to 30th December, 2020 for the students of Vimala College (Autonomous) Thrissur. There were 12 participants and Selvanayaki M with the recipe Maggi Puffs won the 1st prize.

List of attachments:

Brochure



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VIMALA COLLEGE (AUTONOMOUS), THRISSUR

29. Interdepartmental Fresh Flower Arrangement Competition

Date : 19/02/2021

Venue : Online

Organized by : Home Science

No. of participants: 5

Department of Home Science, Vimala College organized a Fresh Flower Arrangement competition on 19/02/2021 in memory of former HOD of Home Science Dr. Annie Oommen. Sr. Soumya, IIIrd year FCS, secured First position. Dr. Mimi Mani Panakkal, Head of the department of Hindi was the Judge. Ms. Mony Geege and Ms. Honey S Nair, Assistant professors, Department of Home Science were the staff coordinators. Ms. Eyeleen Anna Geo and Ms. Anjali Krishna P S were the student coordinators.

Registration Link: <https://meet.google.com/xro-xijk-gvn>

Attendance

Link: <https://drive.google.com/file/d/1iSGWIy4vcghN3UB5ZFIleSmWExCbb6xq/view?usp=sharing>

List of attachments:

i. Brochure



ii. Flower Arrangement photos



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VIMALA COLLEGE (AUTONOMOUS), THRISSUR

30. (a) STRIMKO – ASTHRA 2K20

Date : 17/12/2020
Time : 2 pm to 3 pm
Venue : Google meet
Organized by : Department of Mathematics
No. of participants : 50

The Department organized an intercollagiate Mathematics fest “ASTHRA-2K20” on 17/12/2020, 18/12/2020 & 19/12/2020. Due to covid-19 pandemic situation the fest was conducted online. STRIMKO is a game of solving puzzles. It was conducted on 17th December 2020 using the platform Google meet.

List of attachments:

i. Brochure

The brochure for the ASTHRA 2K20 Mathematics Department Presents event is framed in green. At the top, it reads 'VIMALA COLLEGE (AUTONOMOUS) THRISSUR' next to the college logo. Below this, it says 'Mathematics Department Presents' in red. The main title 'ASTHRA 2K20' is in large blue letters, with a black arrow pointing right underneath it, and the tagline 'An arrow to destination...' in pink. Below the arrow, it says 'A Virtual Mathematics fest' in green. The brochure is divided into four colored boxes: a blue box for 'GAME 1: STRIMKO' on 17/12/2020, a purple box for 'GAME 2: KAZHCHAVATTOM' on 18/12/2020, a red box for 'GAME 3: IPPO SHARYAKKITHARAM' on 19/12/2020, and a green box for 'FREE REGISTRATION!!!' with prizes of Rs 1000 and Rs 500, and a registration closing date of 16/12/2020. All games are from 2:00 PM to 3:00 PM on Google Meet.



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(AUTONOMOUS)
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VIMALA COLLEGE (AUTONOMOUS), THRISSUR

30.(b) KAZHCHAVATTAM – ASTHRA 2K20

Date : 18/12/2020
Time : 2 pm to 3 pm
Venue : Google meet
Organized by : Department of Mathematics
Collaboration (if any):
No. of participants : 50

The Department organized an intercollagiate Mathematics fest “ASTHRA-2K20” on 17/12/2020, 18/12/2020 & 19/12/2020. Due to covid-19 pandemic situation the fest was conducted online. KAZHCHAVATTOM is a video based game. It was conducted on 18th December 2020 through Google meet.

List of attachments:

Brochure

VIMALA COLLEGE (AUTONOMOUS)
THRISSUR

Mathematics Department Presents

ASTHRA 2K20
An arrow to destination...

A Virtual Mathematics fest

GAME 1:	GAME 2:
STRIMKO	KAZHCHAVATTOM
Date: 17/12/2020	Date: 18/12/2020
Time: 2:00PM-3:00PM	Time: 2:00PM-3:00PM
Platform: Google Meet	Platform: Google Meet

GAME 3:	FREE REGISTRATION!!!
IPPO SHARYAKKITHARAM	1st PRIZE: Rs 1000
Date : 19/12/2020	2nd PRIZE: Rs 500
Time: 2:00PM-3:00PM	Registration closes on 16/12/2020
Platform: Google Meet	



Assessment Period (2016 – 2021)

PRINCIPAL IN-CHARGE,
VIMALA COLLEGE
(AUTONOMOUS)
THRISSUR - 680 009



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

30.(c) IPPO SHARRYAKKITHARAM – ASTHRA 2K20

Date: 19/12/2020

Time: 2 pm to 3 pm

Venue: Googlemeet

Organized by: Department of Mathematics

Collaboration (if any):

No. of participants: 40

The Department organized an intercollegiate Mathematics fest “ASTHRA-2K20” on 17/12/2020, 18/12/2020 & 19/12/2020. Due to covid-19 pandemic situation the fest was conducted online. Ippo Sharryakkitharam is a game solving mathematical questions. It was conducted on 19th December 2020 through Google meet.

List of attachments:

Brochure

VIMALA COLLEGE (AUTONOMOUS)
THRISSUR

Mathematics Department Presents

ASTHRA 2K20

An arrow to destination...

A Virtual Mathematics fest

GAME 1:	GAME 2:
STRIMKO	KAZHCHAVATTOM
Date: 17/12/2020	Date: 18/12/2020
Time: 2:00PM-3:00PM	Time: 2:00PM-3:00PM
Platform: Google Meet	Platform: Google Meet

GAME 3:	FREE REGISTRATION!!!
IPPO SHARRYAKKITHARAM	1st PRIZE: Rs 1000
Date: 19/12/2020	2nd PRIZE: Rs 500
Time: 2:00PM-3:00PM	Registration closes on 16/12/2020
Platform: Google Meet	



Assessment Period (2016 – 2021)

PRINCIPAL IN-CHARGE,
VIMALA COLLEGE
(AUTONOMOUS)
THRISSUR - 680 009



31. Online Debate competition in connection with World Mental Health Day -.Department of Psychology

Date : - 10-10-2020

As part of World Mental Day Celebrations, Department of Psychology conducted a debate competition on the topic “Social Media and Mental Health” on 10-10-2020. About 50 students participated in the programme. 15 students were screened from the first round of competition. From the 15 students, two students were selected as best debators who spoke for social media and who spoke against social media. Ginu Mathews of I Sem MSW and Mariassia Devassy of II BA language literature were selected as the best debators. Smt J Anuja, Head of the Department of Political Science, was the moderator for the competition. She concluded by saying that social media facilitates as well as hinders mental health. Those who use social media must use it effectively.



Assessment Period (2016 – 2021)


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

32. Intercollegiate Online Quiz Competition in connection with International Child day.

Date: 20th November 2020

In connection with International Child Day, the Department of Psychology organized an intercollegiate quiz competition on 20th November 2020. Virtual platform is used for conducting the competition.

Rosana Mary (BA English Literature), Priyanka Mary (BSc Computer) and Afra N A (B Com Self finance) are the winners of the competition.

Attachments:

Brochure – winners

VIMALA COLLEGE
(AUTONOMOUS), THRISSUR

Department of Psychology

NOV
20

Winners of the
Online Quiz
Competition in
connection with

QUIZ

International child day

1st - Rosana Mary Jain (BA English & Literature)
2nd - Priyanka Mary K (Bsc Computer Science)
3rd - Afra N A (B.com self finance)



Assessment Period (2016 - 2021)

PRINCIPAL IN-CHARGE,
VIMALA COLLEGE
(AUTONOMOUS)
THRISSUR - 680 009



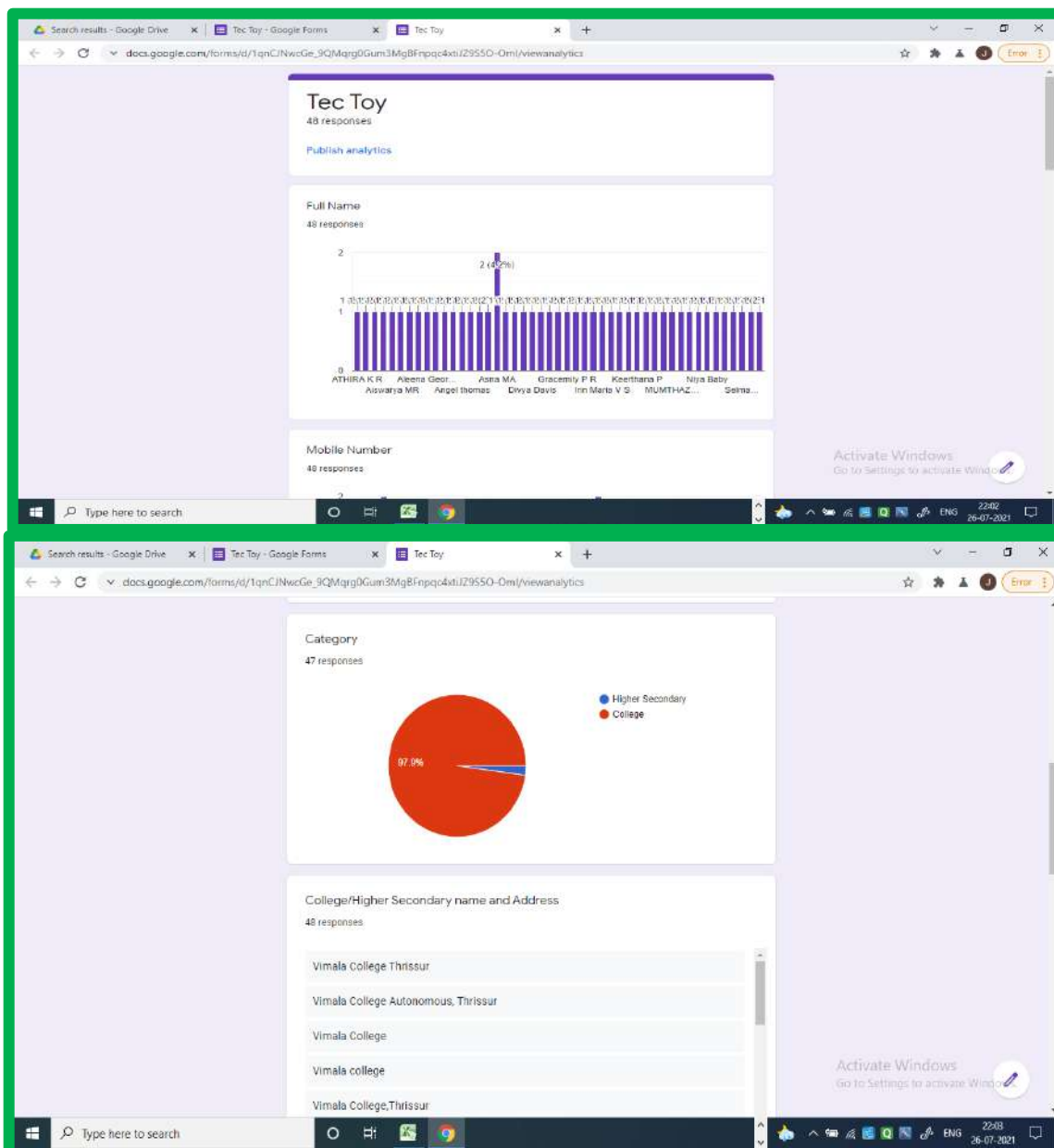
VIMALA COLLEGE (AUTONOMOUS), THRISSUR

33. Tec Toy - Department of Physics

Date : 31-05-2020

Organized by : Dept. of Physics

No. of participants : 48



Please visit the link for

video: <https://drive.google.com/drive/folders/0Bwqt76R2serQfmhkS2x3dzQyQVBTQkx0eEJra2hfN203QVJZYm9BLUJLaDZJQlJhaDJmVWw?resourcekey=0-1-RPD9W2l63On8Hs2lm-Ng&usp=sharing>

Link for feedback: <https://forms.gle/c3kPzm1jG9WPvRcn9>



Assessment Period (2016 - 2021)


PRINCIPAL IN-CHARGE,
VIMALA COLLEGE
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THRISSUR - 680 009



List of attachments:
Brochure

No lockdown to learning.....
Experimenting science

Tec Toy

Department of Physics

Vimala College (Autonomous), Thrissur

Organizing a toy making competition for higher secondary and college students. The objective of this competition is to improve the creativity skills of young minds and understand the Science behind every toy.

Attractive cash prize awaits the winners

Instruction

1. No registration fees.
2. Making of a science toy with household items only.
3. Create a small video less than **10 minutes** (maximum **10 MB**) cover the following content,
 - a. Material used for toy and how it is collected.
 - b. Working of toy.
 - c. Explain the science integrated with toy.
4. Submission of video file through the google form
<https://forms.gle/t3qAax5TGH7AP2zs7>
5. Only one entry per participant.
6. Last date of submission **May 31, 2020 at 11.59 pm.**
7. Prize will be announced later and same will be published in college website.
8. Seperate competition for Higher Secondary and College students.
9. All participant shall receive e-certificate.

For more details

Dr Aneesh George +91 9562260042	Dr Mini Krishna +91 9495381789
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VIMALA COLLEGE (AUTONOMOUS), THRISSUR

34. AGNI 2K20

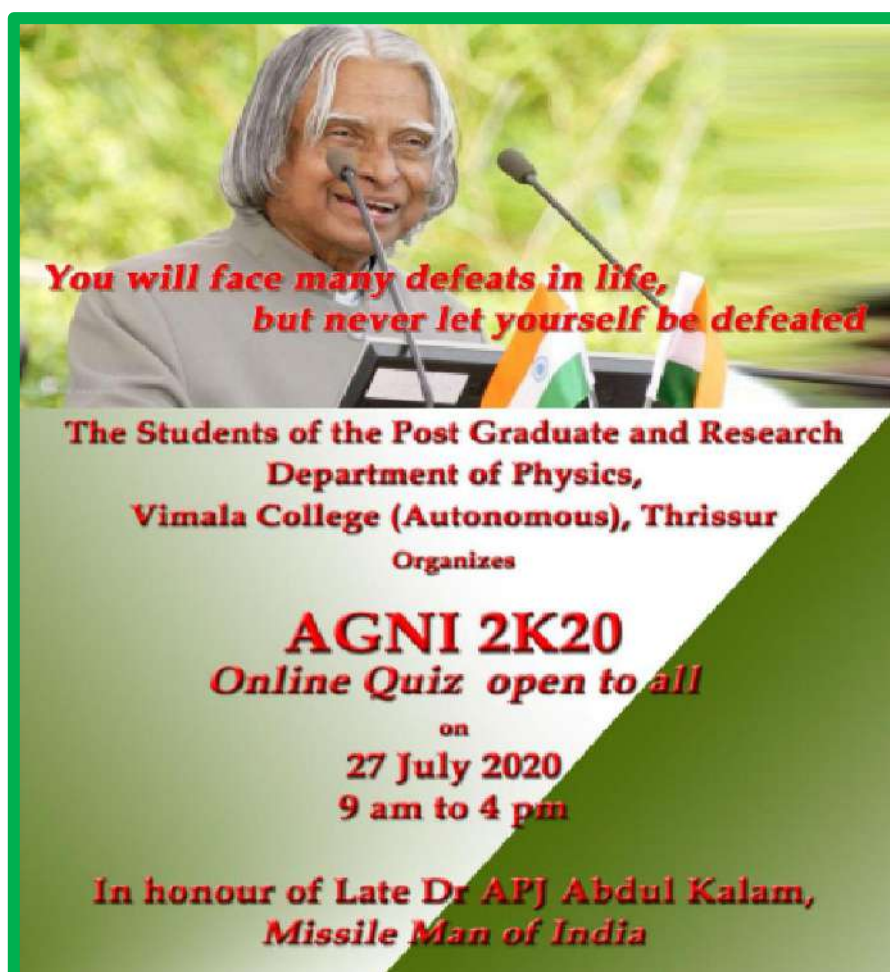
Date : 27/7/2020
Organized by : Dept. of Physics
Collaboration (if any): NA
No. of participants : 1200

In honor of Dr APJ Abdul Kalam, the missile man of India, an online quiz arranged on 27/7/2020. The quiz was open to public and over 1000 responses were received.

Please visit the link for video: https://www.youtube.com/watch?v=7X_O-hMZrSM

List of attachments:

Brochure



**You will face many defeats in life,
but never let yourself be defeated**

**The Students of the Post Graduate and Research
Department of Physics,
Vimala College (Autonomous), Thrissur
Organizes**

AGNI 2K20
Online Quiz open to all
on
27 July 2020
9 am to 4 pm

**In honour of Late Dr APJ Abdul Kalam,
Missile Man of India**



Assessment Period (2016 - 2021)


PRINCIPAL IN-CHARGE,
VIMALA COLLEGE
(AUTONOMOUS)
THRISSUR - 680 009



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

35. E-Poster Making Competition - National Statistics Day Celebrations

Date of the Event : 29/6/2021
Venue : Vimala College
Organised by : Department of Statistics
No:participants : 5

The Department of Statistics celebrated the National Statistics Day, as a commemoration of the Birth Anniversary of Prof. P C Mahalanobis, The Father of Indian Statistics, on 29th June 2020. E-Poster making competition was conducted for UG, PG students and research scholars.

List of attachments:

Brochure

VIMALA COLLEGE (AUTONOMOUS), THRISSUR.
AFFILIATED TO CALICUT UNIVERSITY, KERALA.
ACCREDITED BY NAAC

Department of Statistics Organising An
E Poster Making Competition in connection with

14th
National Statistics Day

Theme:
**Coronavirus Impact on the Environment:
A statistical perspective**

Send the prepared posters to : statvimala@gmail.com
last date of submission : 30th June 2020

E-certificate will be provided to all prize winners
UG, PG and Research Scholars can participate.

For more details contact: Dr Divya P.R.
Assistant professor and Head.
9747321837
Smt. Jismi Mathew,
Assistant Professor
9446109726



Assessment Period (2016 - 2021)


PRINCIPAL IN-CHARGE,
VIMALA COLLEGE
(AUTONOMOUS)
THRISSUR - 680 009



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

36. THALASSOPHILE – Competitions related with World Oceans Day

Date	: 28 May to 2 June 2021
Time	: 10 am – 3 pm
Venue	: Online Google meet
Organized by	: PG Department of Zoology, Vimala College (Autonomous) Thrissur
Collaboration (if any)	: Nil
Faculty Coordinator	: Dr Meera KM
Student Coordinator	: Amrutha E A, II year PG student
Joint Coordinator	: Silla Antony, II year PG student

Department organised a series of intercollegiate online competitions in connection with World ocean day celebrations in Thalassophile (Lover of Ocean) from 28th may to 02 June 2020. Program includes 6 competitions

Four line Poem competition, Share your memories contest, Poster making competition, Ocean Conservation Innovative ideas and Power Point competition.

1. FOUR LINE POEM COMPETITION

No. of participants	: 14
Name of Winner	: Anju P.S, School of Engineering CUSAT
Coordinator	: Aanagha K U
Joint Coordinator	: Riya Abraham

2. SHARE YOUR MEMORIES

No. of participants	: 5
Name of Winner	: Sneha T S, S.T Thomas College, Thrissur
Coordinator	: Amrutha E A
Joint Coordinator	: Haritha H

3. POSTER MAKING COMPETITION

No. of participants	: 4
Name of Winner	: Laya Yesudas, Vimala College Thrissur
Coordinator	: Rose Mariya P L
Joint Coordinator	: Savitha P S

4. OCEAN CONSERVATION IDEAS

No. of participants	: 1
Name of Winner	: Helen Vincent, Vimala College Thrissur
Coordinator	: Riya Sajan A
Joint Coordinator	: Silla Antony

5. POWER POINT PRESENTATION COMPETITION

No. of participants	: 6
Name of Winner	: Silpa Rajan, Sree Kerala Varma College, Thrissur
Coordinator	: Stemy M J
Joint Coordinator	: Asha Varghese



Assessment Period (2016 – 2021)


PRINCIPAL IN-CHARGE,
VIMALA COLLEGE
(AUTONOMOUS)
THRISSUR-680 009



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

List of attachments:

i. Common Brochure

VIMALA COLLEGE (AUTONOMOUS), THRISSUR

DEPARTMENT OF ZOOLOGY

Intercollegiate competition

THALASSOPHILE

Lover of the ocean.....

Organized by Department of Zoology, Vimala College (Autonomous) in relation with World Oceans Day, starts from May 28 9.00 A.M to June 2 5.00 PM

- ✦ Marine biodiversity quiz
- ✦ Four line poem competition
- ✦ Share your memories contest
- ✦ Poster making competition
- ✦ Ocean conservation innovative ideas
- ✦ Power point presentation competition

surprise gifts are waiting for you

THALASSOPHILE

Lover of the ocean.....

Our email id: oceandayp@gmail.com

Convenor: Dr. Honey Sebastian (HOD)

Staff Coordinator : Dr. Meera K M

Email id : meeravimala2019@gmail.com

Phone no : 9447703886

Student Coordinator : Anurutha E.A

Student Joint Coordinator : Silla Antony

LIST OF PROGRAMMES

From May 28, 9.00AM to June 2, 5.00 PM

<p>Marine biodiversity quiz</p> <p>https://forms.gle/i4NjNquDd7oULvP9</p> <p>Coordinator: Anurutha E.A</p> <p>Phone no : 9447703886</p> <p>Joint Coordinator: Christy K Saju</p> <p>Phone no : 960360999</p>	<p>Poster making competition</p> <p>https://forms.gle/SKUeAXZM4UJf8e9</p> <p>Coordinator: Rose Mariya P L</p> <p>Phone no : 9746073009</p> <p>Joint Coordinator: Savitha P S</p> <p>Phone no : 6882764687</p>
<p>Four line poem competition</p> <p>https://forms.gle/HdcNT7WBsk6TULIP9</p> <p>Coordinator: Anurutha E.A</p> <p>Phone no : 9746766068</p> <p>Joint Coordinator: Riya Abraham</p> <p>Phone no : 888286472</p>	<p>Ocean conservation innovative ideas</p> <p>https://forms.gle/MFwRt3hdffknyu8</p> <p>Coordinator: Riya Sejan A</p> <p>Phone no : 9497549087</p> <p>Joint Coordinator: Silla Antony</p> <p>Phone no : 9744861661</p>
<p>Share your memories contest</p> <p>https://forms.gle/bX9MvUeWdIV7Tyq87</p> <p>Coordinator: Anurutha E.A</p> <p>Phone no : 8848833636</p> <p>Joint Coordinator: Haritha M</p> <p>Phone no : 8086683499</p>	<p>Power point presentation</p> <p>https://forms.gle/dh2yqoNqx4IHNAXw6</p> <p>Coordinator: Stony M J</p> <p>Phone no : 856870618</p> <p>Joint Coordinator: Asha Varghese</p> <p>Phone no : 9400668777</p>

Our email id: oceandayp@gmail.com

Student Coordinator: Anurutha E.A

Phone no : 8848833636

Joint Coordinator: Silla Antony

Phone no : 9744861661



Assessment Period (2016 - 2021)

PRINCIPAL IN-CHARGE,
 VIMALA COLLEGE
 (AUTONOMOUS)
 THRISSUR - 680 009



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

ii. Four line poem competition

VIMALA COLLEGE (AUTONOMOUS)
DEPARTMENT OF ZOOLOGY
"THALASSOPHILE"
INTERCOLLEGIATE ONLINE COMPETITION
DATE : MAY 28 - JUNE 2
"POEM"
TOPIC: FOUR LINE POEM RELATED TO OCEAN
RULES:
Poem consists of only 4 lines
Language should be English
Only one entry per participant is allowed
OUR EMAIL ID: oceansdayp@gmail.com
LINK FOR REGISTRATION: <https://forms.gle/hdcNT7WBSK6TUI7P9>
REGISTRATION OPENS TILL 02 / 06 / 2020
FOR MORE INFORMATION, PLEASE CONTACT:
COORDINATOR: ANAGHA K L 874676606
JOINT COORDINATOR: RDA ABRAHAM 878136617

iii. Share your memories

VIMALA COLLEGE (AUTONOMOUS), THRISSUR
DEPARTMENT OF ZOOLOGY
Intercollegiate competition
THALASSOPHILE
Lover of the ocean.....
Organized by Department of Zoology, Vimala College (Autonomous) in relation with World Oceans Day from May 28 - June 2

SHARE YOUR MEMORIES CONTEST
You can share your beach visit memories with us.....

- Photos/Drawings with a short description
- Single drawings/photos @ a time
- Max file size 10MB
- Description about 150-200 words

Our email id: oceansdayp@gmail.com

Here is your link for participation
<https://forms.gle/bX9MvUeWDIV7Tyq87>

Coordinator : Amrutha E A
Phone no : 8848853636
Joint Coordinator : Haritha H
Phone no : 8086683499



Assessment Period (2016 - 2021)


PRINCIPAL IN-CHARGE,
VIMALA COLLEGE
(AUTONOMOUS)
THRISSUR - 680 009



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

iv. Poster making competition

VIMALA COLLEGE [AUTONOMOUS]
DEPARTMENT OF ZOOLOGY
"THALASSOPHILE"
Intercollegiate online competition
POSTER MAKING
TOPIC : WORLD OCEAN DAY
RULES
❖ ¼ of a chart paper must be used
❖ Any type of colours can be used (oil paint, pencil colour etc...)
❖ With the photo of the poster a verification photo must be send to our email id.
❖ Participants should fill the registration form of the programme that given to you (<https://forms.gle/5KUEzAXZM4tJfJBc9>)
❖ File size don't exceed 10 mb
Our email id: oceansdayp@gmail.com
Last date of submission May 28- June 2
Surprising gifts are waiting for you!
Coordinator: Rose Mariya P.L. joint coordinator: Savitha P.S
Ph no : 9497508859 Ph no: 6282764687

v. Ocean conservation ideas

VIMALA COLLEGE (AUTONOMOUS)
DEPARTMENT OF ZOOLOGY
"THALASSOPHILE"
INTERCOLLEGIATE ONLINE COMPETITION
May 28 th 9 AM : Sharing ideas on
10 JUNE 2 nd 5 PM ocean conservation
Rules
* Ideas can be shared in any language.
(English / Malayalam)
* Title is required
* Only one entry per participant is allowed.
* Maximum of one file of size 10 mb
* Word limit (100 - 200 words)
* File types accepted : PDF, Presentation, doc, Image.
Registration Link : <https://forms.gle/dh2yqpNqK4JHNAKw6>
Last date for submission : JUNE 2 nd 5 PM
COORDINATOR : RIYA SAJAN A (9497549087)
JOINT COORDINATOR : SILLA ANTONY (9744861661)
Our mail Id : oceansdayp@gmail.com
Surprise gifts are waiting for you...
Poster Maker



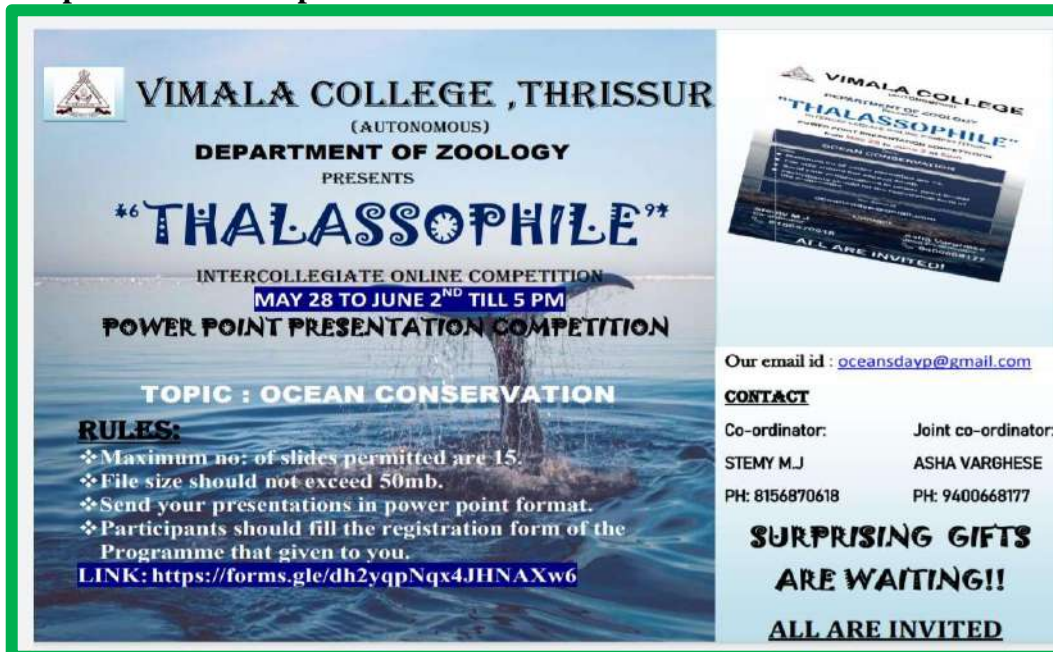
Assessment Period (2016 - 2021)


PRINCIPAL IN-CHARGE,
VIMALA COLLEGE
(AUTONOMOUS)
THRISSUR - 680 009



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

vi. Power point presentation competition



VIMALA COLLEGE, THRISSUR
(AUTONOMOUS)
DEPARTMENT OF ZOOLOGY
PRESENTS

6 THALASSOPHILE 9

INTERCOLLEGIATE ONLINE COMPETITION
MAY 28 TO JUNE 2ND TILL 5 PM
POWER POINT PRESENTATION COMPETITION

TOPIC : OCEAN CONSERVATION

RULES:

- ❖ Maximum no. of slides permitted are 15.
- ❖ File size should not exceed 50mb.
- ❖ Send your presentations in power point format.
- ❖ Participants should fill the registration form of the Programme that given to you.

LINK: <https://forms.gle/dh2yqpNqx4JHNAXw6>

Our email id : oceansdayp@gmail.com

CONTACT

Co-ordinator:	Joint co-ordinator:
STEMY M.J	ASHA VARGHESE
PH: 8156870618	PH: 9400668177

**SURPRISING GIFTS
ARE WAITING!!
ALL ARE INVITED**

vii. Winners brochure



VIMALA COLLEGE (AUTONOMOUS), THRISSUR
DEPARTMENT OF ZOOLOGY

Intercollegiate competition
THALASSOPHILE
Love of the ocean...

WINNERS

	Power Point Presentation Competition • SILPA RAJAN Sree Kerala Varma College, Thrissur
	Share Your Memories Contest • SNEHA T S St Thomas College (Autonomous), Thrissur
	Ocean Conservation Innovative Ideas • HELEN VINCENT Vimala College (Autonomous), Thrissur
	Four Line Poem Competition • ANJU P S School Of Engineering, CUSAT
	Poster Making Competition • LAYA VESUDAS Vimala College (Autonomous), Thrissur

CONGRATULATIONS

Dr Honey Sebastian
Head, Department of Zoology
Vimala College (Autonomous), Thrissur-9



Assessment Period (2016 – 2021)



PRINCIPAL IN-CHARGE,
VIMALA COLLEGE
(AUTONOMOUS)
THRISSUR-680 009



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

37. "Shaping peace" – E-Poster making Competition in connection with Gandhi Jayanthi

Date : 29.09.2020 to 05.10.2020

Time : one week

Venue : Online Google meet

Organized by : PG Department of Zoology, Vimala College (Autonomous) Thrissur

Number of Participants : 10

Faculty Coordinator : Dr Feebarani John

Student Coordinator: Reshma Jeffrey and Anuja T, II year UG students

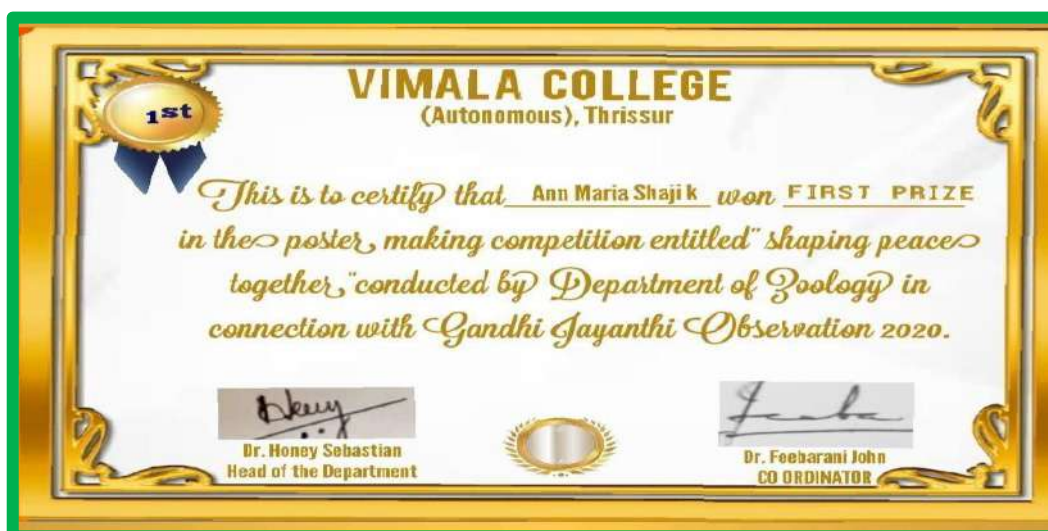
Prize winners :

Ann Maria Shaji.K of BA Functional English won the First prize while second and third positions were grabbed by Keerthana.K.V and Steena Tony respectively

REPORT

An E-poster making competition on the topic '**Shaping Peace Together**' was conducted by the Department of Zoology from 29.09.2020 to 05.10.2020, in accordance with 'Gandhi Jayanthi'. The competition was conducted online and the posters were sent via email. Student co-ordinators were Reshma Jeffrey and Anuja T, and faculty coordinator was Dr. Feebarani John.

The certificates for the winners were distributed through email.



Dr Honey Sebastian
Head, Department of Zoology
Vimala College (Autonomous), Thrissur-9



Assessment Period (2016 – 2021)

PRINCIPAL IN-CHARGE,
VIMALA COLLEGE
(AUTONOMOUS)
THRISSUR - 680 009



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

38. (a). "Zoodiverse" an online quiz series 1-Wild life week

Date : 5 October 2020

Time : 12 am

Venue : Online Google meet

Organized by : PG Department of Zoology, Vimala College (Autonomous) Thrissur

Convener : Dr Honey Sebastian (HoD)

Coordinators : Dr. Feebarani John & Dr. Indu M S

Student Coordinators: Sr. Nimitha P A & Ms. Athulya Prakashan

Organizing Members: Dr Petrisia Joseph, Dr Sheeba P, Sr. Freny Jacob, Dr Dixy BA & Dr Meera KM

Report

Department of Zoology organized a quiz "Zoo diverse" an online quiz series, as a part of "Wildlife Week" on October 5th, 2020. The quiz covered questions on various fields of wildlife. 302 candidates from various institutions all over India and abroad participated in the programme. It was well appreciated by all the participants and 111 participants who scored 80% and above were issued e-certificate.

Link used for the Quiz: <https://forms.gle/wRr7tJ6uE64G9cGG9>

Attachments

Brochure



Assessment Period (2016 - 2021)


PRINCIPAL IN-CHARGE,
VIMALA COLLEGE
(AUTONOMOUS)
THRISSUR - 689 009



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

38. (b) "Zoodiverse" an online quiz series 2 - "World Mosquito Day"

Date : 20 August 2020

Time : 11 am

Venue : Online Google meet

Organized by : PG Department of Zoology

Vimala College (Autonomous) Thrissur

Convener : Dr Honey Sebastian (HoD)

Coordinators : Dr Meera KM

Student Coordinators: Sr. Nimitha P A & Ms. Athulya Prakashan

Organizing Members: Dr Petrisia Joseph, Dr Sheeba P, Sr. Freny Jacob, Dr Dixy BA, Dr Feebarani John, Dr.Indu MS

Report

A National level ONLINE QUIZ was conducted by the Department of Zoology Vimala College (Autonomous) Thrissur as a part of "World Mosquito Day" 20 August 2020 for generating Public Awareness about mosquitos and mosquito borne diseases among students. A total of 124 participated in the quiz which include both UG and PG students, Research Scholars and Faculties. Those who scored above 85% were provided with e certificates which was generated automatically with their score. 65 participants passed of which 31 participants scored full mark in the quiz.

List of attachments:

i. Responses for the quiz



Quiz conducted by Department of Zoology - Google Forms.pdf

ii. Certificate



Assessment Period (2016 - 2021)


PRINCIPAL IN-CHARGE,
VIMALA COLLEGE
(AUTONOMOUS)
THRISSUR - 680 009



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

38. (c) "Zoodiverse" an online quiz series 3 – 'National Animal Shelter and Rescue Appreciation

Date : 8 November 2020
Time : 12 am
Venue : Online Google meet
Organized by : PG Department of Zoology
Vimala College (Autonomous) Thrissur

Convener : Dr Honey Sebastian (HoD)

Coordinators : Dr Meera KM, Dr Sheeba P

Student Coordinators: Haritha CH, II PG student & Ms. Athulya Prakashan, II DC student

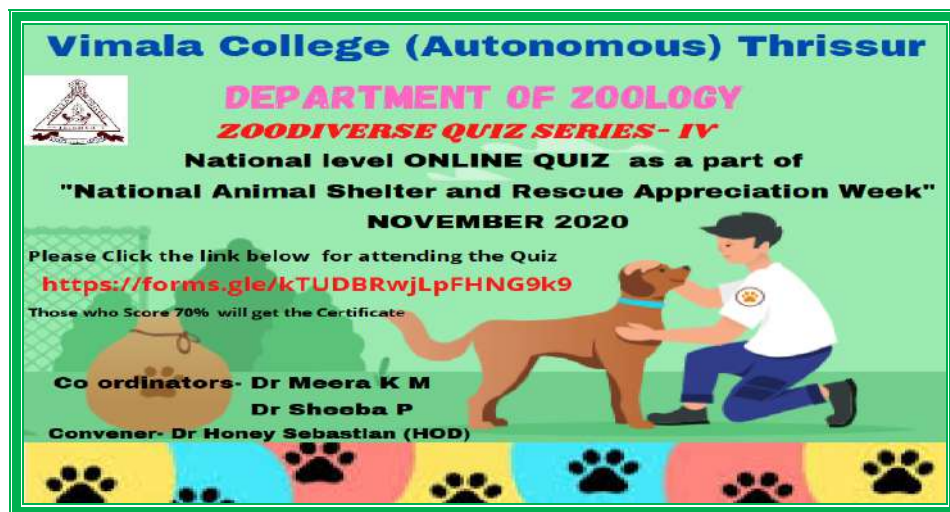
Organizing Members: Dr Petrisia Joseph, Dr Sheeba P, Sr. Freny Jacob, Dr Dixy BA, Dr Feebarani John, Dr.Indu MS

Report

Department of Zoology conducted a series of quiz on the topic **ZOODIVERSE** every month. On 26th September 2020 an online quiz was conducted to students in relation to **NATIONAL WILDLIFE ECOLOGY DAY**. 150 participants attended the quiz from various colleges, Research institutions and universities. Participants from Kerala, Tamilnadu, Dehradun, Gujarat, Delhi, Andhra Pradesh and Andaman and Nicobar Islands attended the online quiz. 71 participants scored more than 80% and received an e certificate.

List of attachments:

Brochure



Assessment Period (2016 – 2021)


PRINCIPAL IN-CHARGE,
VIMALA COLLEGE
(AUTONOMOUS)
THRISSUR-689 009



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

38 (d) "Zoodiverse" an online quiz series 4 – 'NATIONAL WILDLIFE ECOLOGY DAY'

Date : 26 September 2020

Time : 12 am

Venue : Online Google meet

Organized by : PG Department of Zoology, Vimala College (Autonomous) Thrissur

Convener : Dr Honey Sebastian (HoD)

Coordinators : Dr Petrisia Joseph, Dr Dixy BA

Student Coordinators : Haritha CH, II PG student & Ms. Krishnaja TR, III DC student

Organizing Members : Dr Sheeba P, Sr. Freny Jacob, Dr Dixy BA, Dr Feebarani John, Dr.Indu MS, Dr Meera KM

Report

Department of Zoology conducted a series of quiz on the topic **ZOODIVERSE** every month. On 26th September 2020 an online quiz was conducted to students in relation to **NATIONAL WILDLIFE ECOLOGY DAY**. 150 participants attended the quiz from various colleges, Research institutions and universities. Participants from Kerala, Tamilnadu, Dehradun, Gujarat, Delhi, Andhra Pradesh and Andaman and Nicobar Islands attended the online quiz. 71 participants scored more than 80% and received an e certificate.

List of attachments:

Brochure

VIMALA COLLEGE (AUTONOMOUS), THRISSUR
Dept. of Zoology Organizes "Zoodiverse" an online quiz series
Quiz as a part of *National Wildlife Ecology Day*
on September 26, 2020

Link for Quiz: <https://forms.gle/Gky1e8yXe444xEVR7>

Participants who score 80% and above will get an e-certificate

Convener
Dr Honey Sebastian (HoD)

Coordinators
Dr. Petrisia Joseph
Dr. Dixy BA

STUDENT COORDINATORS:
HARITHA H
KRISHNAJA T R

Organizing Members:
Dr Feebarani John, Dr Sheeba P, Sr. Freny Jacob, Dr Indu MS, Dr Meera KM



Assessment Period (2016 – 2021)

PRINCIPAL IN-CHARGE,
VIMALA COLLEGE
(AUTONOMOUS)
THRISSUR - 680 009



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

38. (e) "Zoodiverse" an online quiz series 5 – 'World Fisheries Day'

Date : 21 November 2020

Time : 10 am

Venue : Online Google meet

Organized by : PG Department of Zoology, Vimala College (Autonomous) Thrissur

Convener : Dr Honey Sebastian (HoD)

Coordinators : Dr Meera KM, Dr Sheeba P

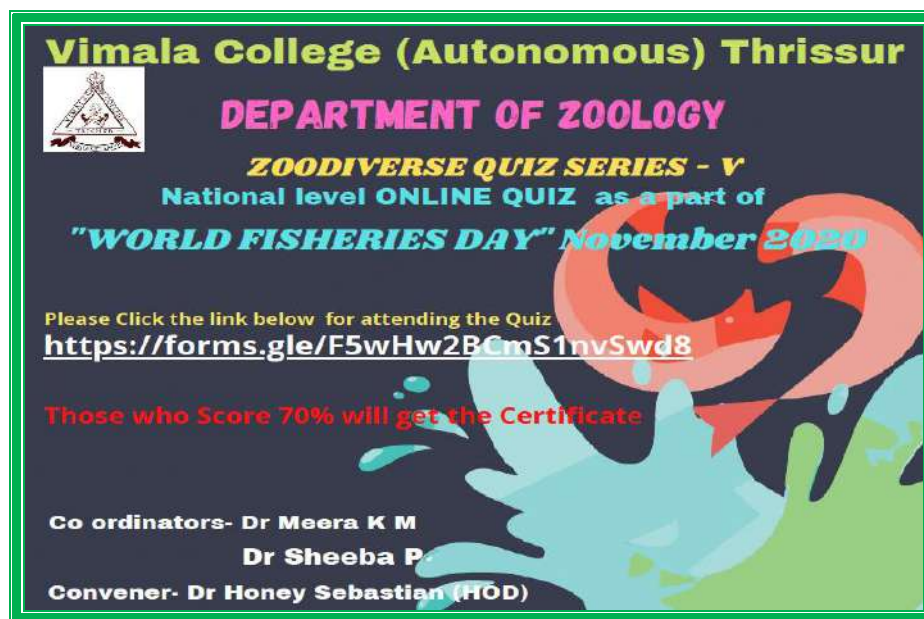
Organizing Members: Dr Sheeba P, Sr. Freny Jacob, Dr Dixy BA, Dr Feebarani John, Dr.Indu MS, Dr Meera KM

Report

A National level ONLINE QUIZ was conducted by the Department of Zoology as a part of ""WORLD FISHERIES DAY" November 2020 for generating Awareness about The **World Fisheries Day** which is annually celebrated across the globe on 21st **November 2020**, to create and spread awareness about the importance of the healthy ocean ecosystem and to ensure the sustainable stock of **fisheries** in the **world**. A total of 102 participated in the quiz which include both UG and PG students of Vimala College Thrissur. Those who scored 70% and above were provided with e certificates which was generated automatically with their score. 102 participated of which 67 participants scored 70% and above in the quiz.

List of attachments:

Brochure



Assessment Period (2016 – 2021)


PRINCIPAL IN-CHARGE,
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THRISSUR - 680 009



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

38. (f). “Zoodiverse” an online quiz series 6 – ‘National Bird Day’

Date : 20 January 2021
Time : 10 am
Venue : Online Google meet
Organized by : PG Department of Zoology
Vimala College (Autonomous) Thrissur

Convener : Dr Honey Sebastian (HoD)

Coordinators : Sr Freny Jacob, Dr Dixy BA

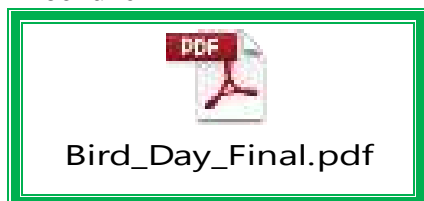
Organizing Members: Dr Sheeba P, Dr Feebarani John, Dr.Indu MS, Dr Meera KM

Report

A National level ONLINE QUIZ was conducted by the Department of Zoology as a part of “National bird day” in January 2021 for generating Awareness about Birds, to create and spread awareness about the importance of the healthy ecosystem and to ensure the sustainable wellbeing of birds of our region. A total of 100 participated in the quiz which includes both UG and PG students of Vimala College Thrissur. Those who scored 70% and above were provided with e an certificate which was generated automatically with their score.

List of attachments

Brochure



Dr Honey Sebastian
Head, Department of Zoology
Vimala College (Autonomous), Thrissur-9



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VIMALA COLLEGE (AUTONOMOUS), THRISSUR

39. A National Level Virtual Scientific Paper Presentation Competition was organized by ZOOTOPIA - The Journal Club, department of Zoology

Date : 9th January 2021

Time : 10 am – 3 pm

Venue : Online Google meet

Organized by: Department of Zoology

Vimala College (Autonomous) Thrissur

Faculty Coordinator : Dr Indu MS

Report

A National Level Virtual Scientific Paper Presentation Competition was organized by ZOOTOPIA - The Journal Club, Department of ZOOLOGY, Vimala College (Autonomous), Thrissur on 9th January 2021 under 3 categories.

Registration Link: <https://forms.gle/Hm8TeGDky2kg92p56>

Organizing Committee

Chief Patron: DrSrBeena Jose (Principal)

Convener: Dr Honey Sebastian (HoD)

Programme Coordinator: Dr Indu M S

Registration & Abstract submission: MsSandhya P V

Oral Presentation coordinators:

Category A - DrPetrisia Joseph, Dr Dixy B A

Category B- DrFeebarani John, DrMeera K M

Category C - DrSheeba P, SrFreny Jacob

Student Coordinators:

MsHaritha H, MsStemy Jose (IIPG), Ms Dona Varghese, MsSwaliha P Abdulwahid (IPG)

MsAparna J, MsAdithyaGirijavallabhan (III DC), MsAnuja T (II DC), MsArya K (I DC)

Category A: Health and Diseases

Communicable and Life Style Diseases, Cancer Biology, Microbiology

Best Paper Award (Category A): Silpa Prabhawas selected as the Best paper Award

Category B: Biodiversity and Environment

Terrestrial, Freshwater, Wetland & Marine Biodiversity, Biodiversity Conservation, Environmental Monitoring, Pollution & Toxicology

Best Paper Award (Category B): Vivek Chandran was selected as the Best paper Award

Category C: Biotechnology & Pharmacology

Medical and Agricultural Biotechnology, Nanotechnology, Pharmacology

Best Paper Award (Category C): Soumya K C was selected as the best paper Award

No of Participants: Total of 23 participants registered for the programme.

- ☐ E – Certificates were awarded to all the chairpersons, certificates for best paper from each category and to all participants who presented their papers
- ☐ The comments about the programme were collected by using the Feedback Link:

<https://forms.gle/E58Kj2qegbr7gk1s6>



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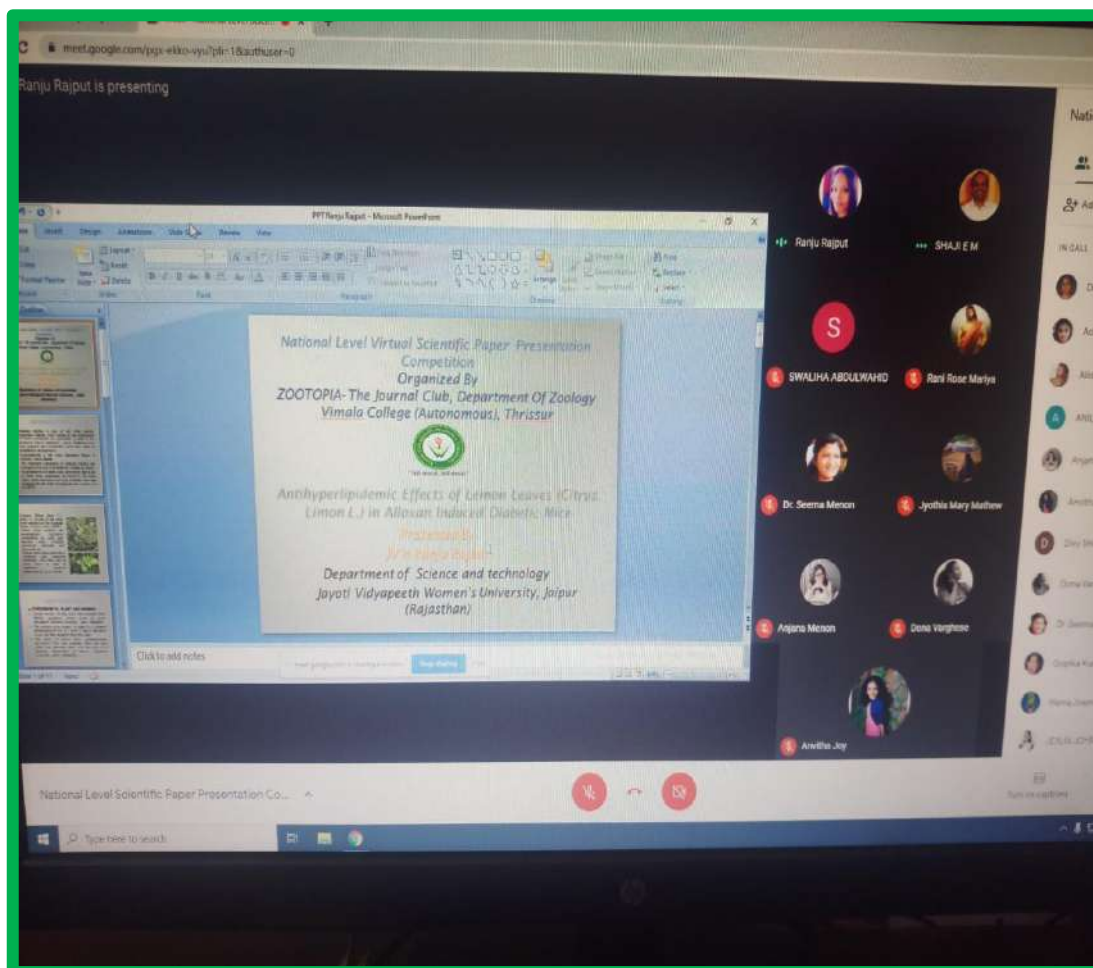
VIMALA COLLEGE (AUTONOMOUS), THRISSUR

List of attachments:

i. Programme schedule



Programme Schedule.pdf

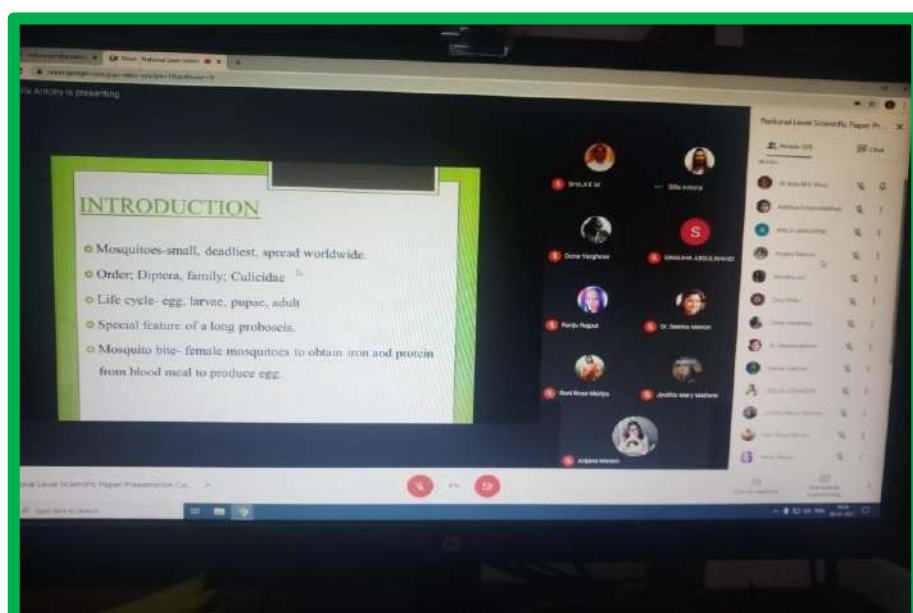


Google Meet photo, Inaugural session of the competition



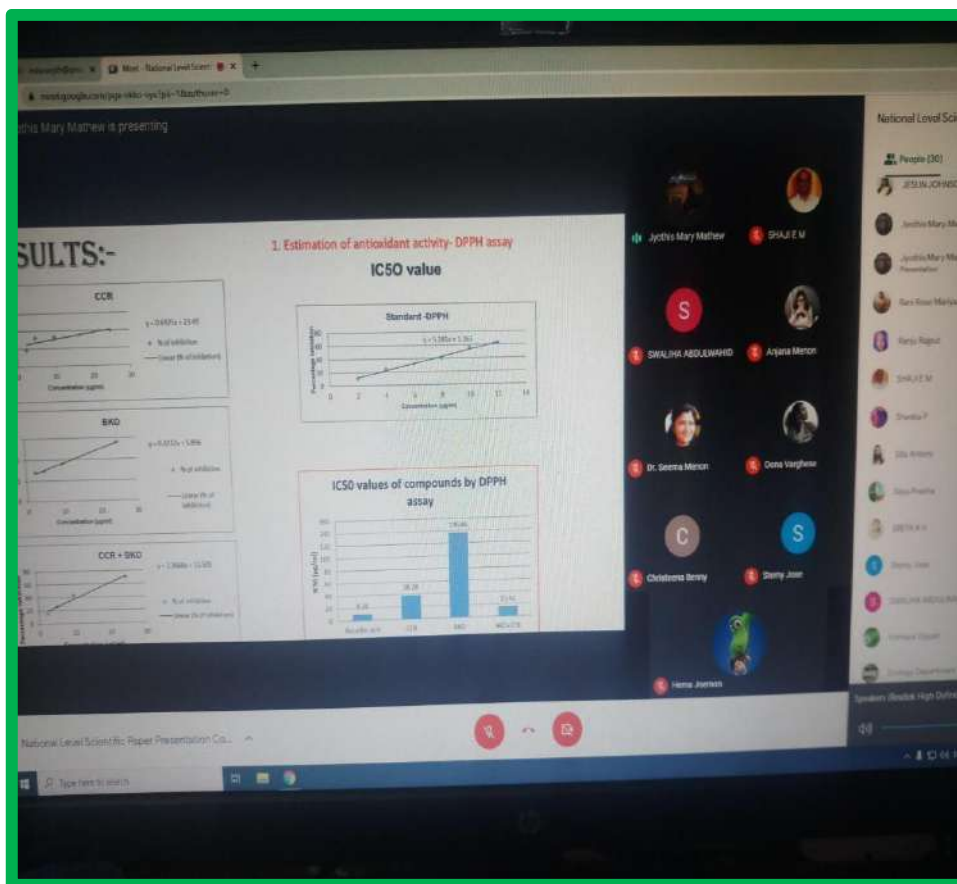
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Paper presentation photos

ii. Brochure



Brochure of paper presentation competition.pdf

Dr Honey Sebastian
Head, Department of Zoology
Vimala College (Autonomous), Thrissur-9



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VIMALA COLLEGE (AUTONOMOUS), THRISSUR

40. Business Track- Intercollegiate Management Fest “REVELATION”

Date : 22nd September 2020

Time :

Venue :

Organized by : PG Department of Commerce & Research of Vimala College

No. of participants: 177

On 22nd September 2020, PG department of commerce and research conducted “BUSINESS TRACK 2020”. The meeting conduct through google meet at 2.00PM- 4.00PM and there were 200 participants. BUSINESS TRACK 2020 is the Inter collegiate management fest conducted by the department of commerce. The management fest conducted this year in the spread of the pandemic was through online platforms spreading the scope of the competitions into national and international levels. The event in total had 8 competitions-Innovative video presentation (Vogue cabana), Product launch /Project proposal(Paradigm), Newsletter making competition (Iaconnic), Commercial photography competition (Tripod), Comics Creations(Average Joe), Tagline creation(Trial balloon), Dance competition(The Spirit Shakers) and Brochure creation competition(Elbow room). Overall the event had 200 participants of which 31 participants were non Keralites and 2 were international participants from Sydney and China. The grand finale and the valedictory function of the event was conducted on 22st September via Google meet in the significant presence of the chief guest Smt. Elavarashi Jayakanth (The culinary queen of Thrissur) and the Head of the Department of Commerce, Dr. Rose V J.

List of attachments:

Brochure

PG DEPARTMENT OF COMMERCE AND RESEARCH
VIMALA COLLEGE (AUTONOMOUS) THRISSUR
proudly presents
**BUSINESS TRACK 2020
REVELATION!**
INSTITUTED BY DR. SR. LISSY JOHN IRIMPAN ENDOWMENT
NATIONAL LEVEL INTERCOLLEGIATE MANAGEMENT FEST

Competition	1st	2nd
Innovative Video Presentation (Vogue cabana)	RS 3000	RS 2000
Product Launch /Project proposal (Paradigm)	RS 3000	RS 2000
Newsletter making competition (Iaconnic)	RS 3000	RS 2000
Commercial photography competition (Tripod)	RS 1500	RS 1000
Comics Creations (Average Joe)	RS 1500	RS 1000
Tagline creation (Trial balloon)	RS 1500	RS 1000
Dance competition (The Spirit Shakers)	RS 1500	RS 1000
Brochure creation competition (Elbow room)	RS 1500	RS 1000

Student coordinator: PALLAVI MURALEEDHARAN: 93555 14213, ASHA ANWARJAN: 9447432113
Staff coordinator: JILU VARGHESE: 96657 01723, BENY PAUL E: 99473 27393
Media partner: christiahardereation, studio_95
SPECIAL THANKS TO ALUMNAE AND STUDENTS OF VIMALA COLLEGE
business track 2020, business track 2020@gmail.com

RVJ

Head of the Department
Dr. Rose V J



Assessment Period (2016 - 2021)

[Signature]
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VIMALA COLLEGE (AUTONOMOUS), THRISSUR

41. Gandhi Smriti Quiz Competition

Date : 1st October 2020

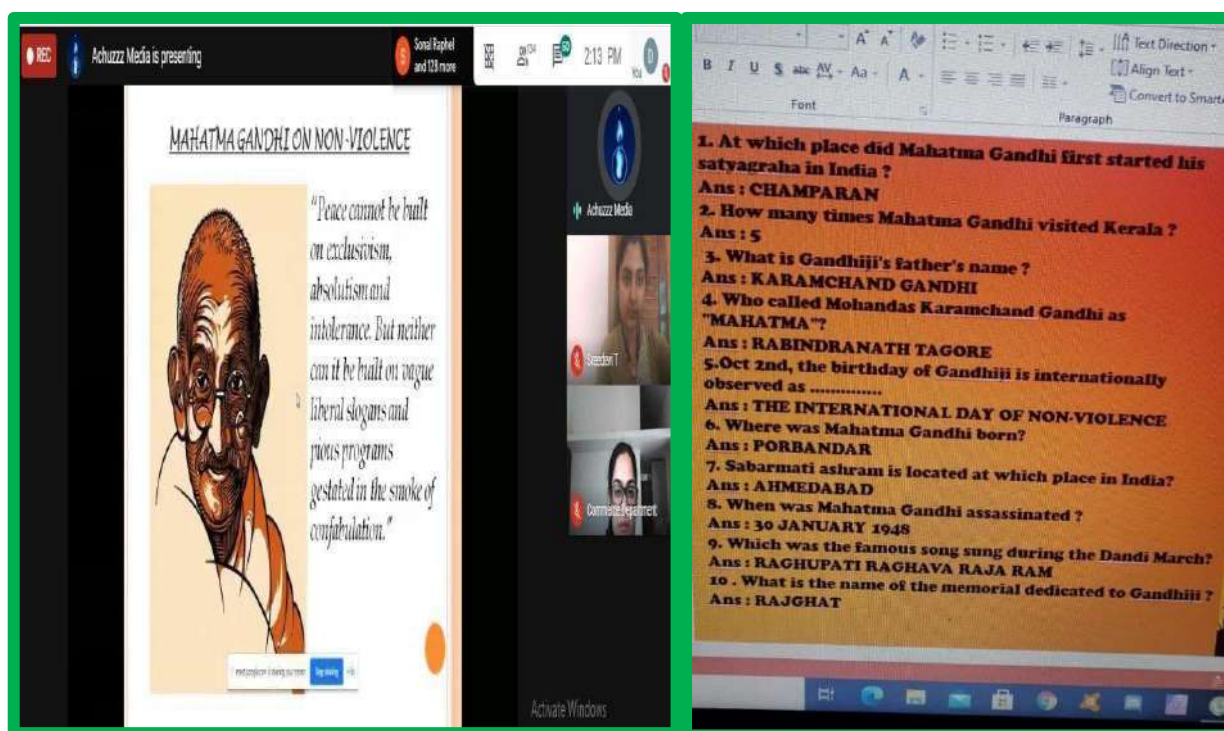
Time :

Venue :

Organized by : PG Department of Commerce & Research of Vimala College

No. of participants: 256

PG Department of Commerce and Research hosted an event commemorating the 151st Birth Anniversary of Mahatma Gandhi (Mohandas Karamchand Gandhi) on 1st October 2020 at 2.00 p.m. The event named as "Gandhi Smriti" and there were 256 participants. The event was hosted by B.COM 1st year students in association with the faculty. The activities of the event included 1) Speech by Head of Department, Commerce 2) PPT presentation by student on the principle of non-violence advocated by Mahatma Gandhi 3) Video presentation by student on Mahatma Gandhi 4) Quiz Competition 5) Speech on Mahatma Gandhi by student 6) Interactive Session (Sharing of experiences of celebration of Gandhi Jayanti). **Conducted** Gandhi Smriti Quiz Competition. Jasna K A (S3 Physics) won first prize and Rilsy Wilson won second prize.



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VIMALA COLLEGE, THRISSUR

Gandhi Smruthi

PG Department of Commerce and Research announces the winners of the quiz competition held on 01st October 2020 commemorating Mahatma Gandhi


Patron- Dr. Sr. Beena Jose
HOD - Dr. Rose V J
Faculty Co-ordinators
Ms. Stegy V J
Ms. Mary Chowalloor
Student Co-ordinators
Ashtami
Sreedevi



WINNERS

1st-Jasna K A
S3 Physics Dept
2nd-Ritzy Wilson
S1 Commerce Dept

"Be the change you want to see in the world"
-Mahatma Gandhi



Head of the department
Dr Rose V J





VIMALA COLLEGE (AUTONOMOUS), THRISSUR

42. COMFEST 2020 – BUSINESS UNPLUGGED

Date : 5th October 2020

Time :

Venue : Google Meet

Organized by : PG Department of Commerce & Research of Vimala College

No. of participants: 175

Brief Report of the Event

COMFEST 2020 – BUSINESS UNPLUGGED was conducted by the PG Department of Commerce and Research on 5th October 2020 at 3. P.m. The program was conducted through Google Meet with 175 participants. The event mainly aimed at improving the entrepreneurial skills among the students. The event consisted of mainly 4 sub events. The hidden – hidden advertisements in movies, the mystery- treasure hunt competition, Sherlock- mystery solving, and Master mind – quiz. The events were conducted through online platforms like Google meet and Whatsapp. The students could be able to showcase their talents on event management, planning, organizing directing controlling the events and people involved. They were able to channelize the potential of online possibilities to explore their entrepreneurial talents through starting an Instagram and Facebook page for trading materials that students made.



Head of the department
Rose V J



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43. EKTA 2020

Date : 4th November 2020

Venue : Google Meet

Organized by : PGDepartment of Commerce & Research of Vimala College

No.ofparticipants: 55

Brief Report of the Event

The PG department of Commerce and research of Vimala College Thrissur conducted an intra-collegiate online competition EKTA 2020 on 4th November 2020. On 5th November the valedictory ceremony of EKTA 2020 was celebrated at 2 p.m. via Google meet as a tribute to Sardar Vallabhbhai Patel in connection with National Unity day. The program was inaugurated by Lieutenant Lovji associate NCC officer, assistant professor department of English, Vimala College Thrissur. The competitions were AIKYAM 2020 (PowerPoint presentation), CITAR 2020 (Quote making competition), MERAKI 2020 (Collage making competition). 55 students were participated in these competitions. The results of the competitions were announced and E-certificates were provided to all registered participants.

List of attachments:

Brochure



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EKATA 2020

Intra Collegiate Online Competition

Greetings from PG Department of Commerce
& Research

With delight and gratitude we extend a warm welcome to the Valedictory Function of EKATA 2020, Intra Collegiate online competition, conducted in connection with Rashtriya Ekta Diwas, scheduled at 2:00pm on 5th Nov 2020 via google meet platform.

Your presence is an honour for us.

Regards

Head of the Department

Dr. Rose V J

Our Patron

Principal

Dr. Sr. Beena Jose

Student Coordinators

Lekshmi Nanda S

Sariga N P

Schedule

Prayer

Welcome Address: Jilu M J
(S4 Mcom)

Ekta Diwas Message:
Lieutenant Lovji K N
(Special Guest)

Winner Announcement

Vote of Thanks: Milan Davis
(S4 Mcom)

National Anthem



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44. "Imprintz" 2020 Literacy festival

Date : 22nd January 2020
Organized by : Department of English

The Department of English organized Imprintz 2020, the inter collegiate literary festival on 22nd January 2020.



List of attachments:

Brochure

<https://drive.google.com/file/d/1HkonouKOKd-cijCIBAd2CCUvg11aQe7H/view?usp=sharing>



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VIMALA COLLEGE (AUTONOMOUS), THRISSUR

45. Covid Awareness session

Date : 07.02.2020
Venue : Chomsky Convergence Centre
Organized by : Department of English and IQAC
Collaboration (if any): IQAC
No. of participants: All Department Students

Instructional videos and presentations shown to students regarding covid prevention.



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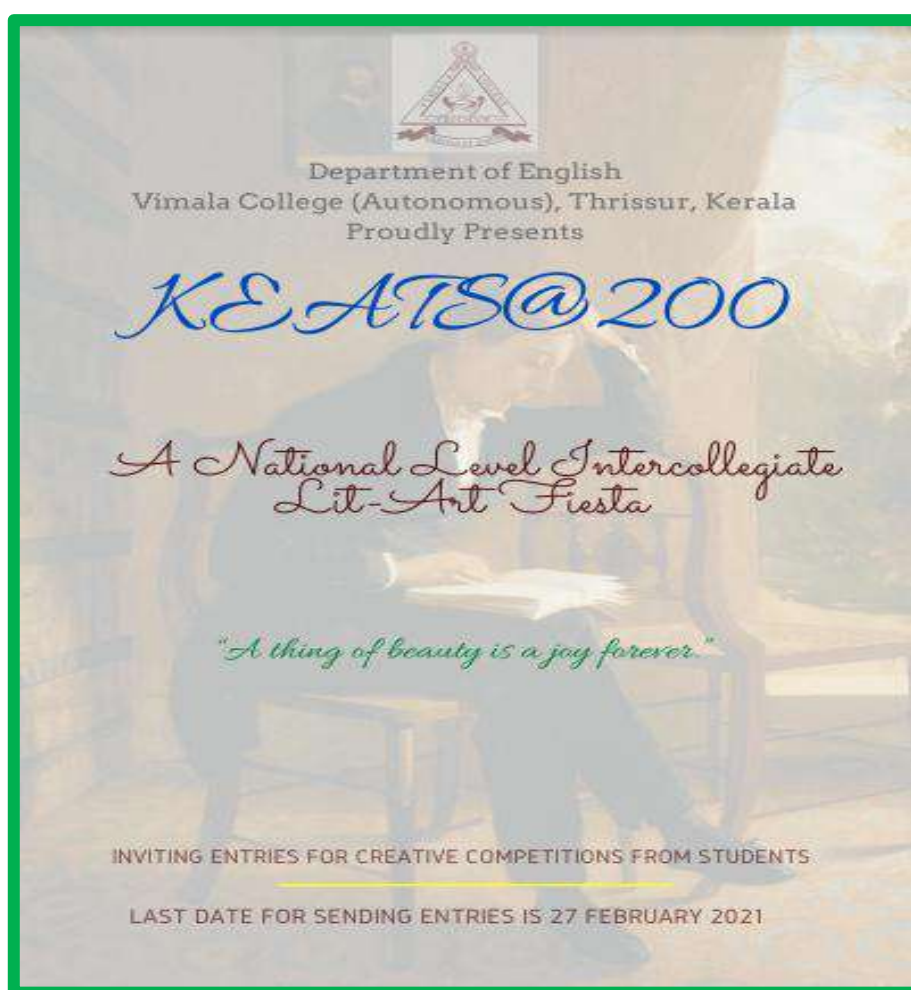


VIMALA COLLEGE (AUTONOMOUS), THRISSUR

46. Keats@200 National Level Literary Competition

Date : 27 February 2021
Time : Online Competition (20 to 27 February 2020)
Venue :
Organized by : Department of English
No. of participants : 20

A National level competition held for students across India to commemorate the legendary poet Keats. Entries were sent via email to the Department and prizes were offered to the winners. The competitions held were painting and versification.



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VIMALA COLLEGE (AUTONOMOUS), THRISSUR

47. Environmental Day Activities

Programme 1: Talk On World Environment Day, 5 June 2021



Organising Department: Department of English

Date : 5 June 2021

Resource Person : Dr Jomy Augustine, Associate Professor of Botany, St Thomas College, Pala

Platform : Google meet

Time : 9.00 AM

Topic : Who is Responsible for the Conservation of Nature?

Convener : Dr Nisha Francis Alapatt

Coordinators : Ms Lisa John Mundackal, Dr Lakshmi C M

The Department of English celebrated the Environmental Day by conducting a talk on the topic '**WHO IS RESPONSIBLE FOR THE CONSERVATION OF NATURE**'. The resource person of the day was Dr Jomy Augustine, Associate Professor of Botany, St. Thomas College, Pala,. The session commenced with the welcome note addressed by Bayan P P K of 1st year MA English. The talk session was informative and a hunt for the reasons for conservation of nature, wildlife and safeguarding biodiversity.

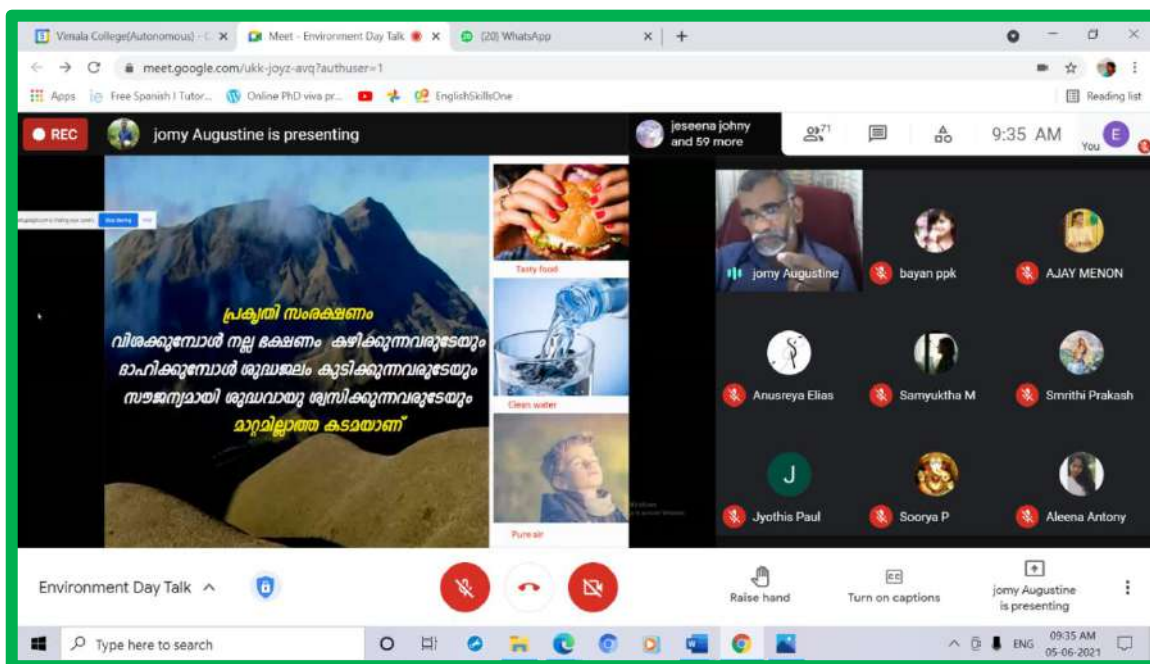


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The resource person, Jomy sir, pointed out various perspectives of preservationists, how to be a nature lover, the quest for the same was highly evident through his presentation. He specified how nature and human life are intertwined with one another with illustrations. The discussion escalated into the next level, as he shared his personal experiences, knowledge and recited poems. The predator-prey relationship exemplified human ignorance and exploitation towards natural resources. It's our responsibility to sustain what we have to the future generation thus helping in maintaining a healthy and functional ecosystem. He went into detail about global warming, its causes, and how it affects living beings. The presentation involved green hills of various localities, the mesmerizing Neelakurinji flowers and its significance he talked about and also he had a bunch of photographs of the same type of flowers with different varieties. The environmental issues range from pollution to deforestation, the emptiness and isolation was also mentioned. The talk was highly informative and engaging awareness to protect our environment. The conclusion of the talk was by mentioning a self-introspection to our self to find who we are? What are we? The session came to an end by 10 am, and the vote of thanks was delivered by Simi K. R of 1st year MA English.

For video please click on to the link:

<https://drive.google.com/file/d/114NLvf31CRzMkMKlxijgTS5XJBe4IDXi/view?usp=sharing>

Programme 2: Home Greens Video Project

The Department also held a Video Project named “Home Greens” as a part of which students and teachers of the Department shot videos of their home grown gardens and backyard farms which was compiled into a collective video to spread the concern and affection for nature among the upcoming generations.

Link to the Video: <https://drive.google.com/file/d/1TEofSRmqQCC5Bgg7u-ifI5szvW5j8vH6/view?usp=sharing>



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48. Intercollegiate Cartoon competition on the topic “Indian economy and COVID 19”

Date: 26/5/2020

Organized by: Dept. of Economics

Collaboration (if any): NA

No. of participants: 6

The PG and Research Department of Economics organized an *Intercollegiate Cartoon competition on the topic “Indian economy and COVID 19”*. The winner is Manjula P B, BA Sanskrit, SKVC, Thrissur.

List of attachments:

i. Cartoon



ii. Certificate



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VIMALA COLLEGE (AUTONOMOUS), THRISSUR

49. "Vlogging" an Interdepartmental Competition

Date : 31-08-2020
Organized by : Dept. of Economics
Collaboration (if any): NA
No. of participants : 12

As part of Gandhian Week PG and Research Department of Economics organized "Vlogging" an Interdepartmental Competition on 31st August 2020. The second year UG students organized an interdepartmental "Vlogging" competition on 31st August. The first prize winners were Amrutha Manoj K and Dona Paulose of first year B.Sc Physics. Niya Baby and Aiswarya S of third semester B.Sc Physics bagged the second prize & Meenu O and Divya Davis of S3 B.Sc Physics secured third position.

List of attachments:

Brochure

VIMALA COLLEGE (AUTONOMOUS)
THRISSUR
3rd SEM, BA. Economics presents

VLOGGING

MAKE YOUR ONAM WITH FAMILY INTO SMALL VLOG(VIDEO)

TIME LIMIT: 5MNT-8MNT

EVERY VLOG SHOULD INCLUDE PARTICIPANT'S NAME, DEPARTMENT, SEMESTER AND AVAILABLE WATSAPP NUMBER

JUDGEMENT BASED ON PERFORMANCE OF PARTICIPANT

YOU CAN INCLUDE POOKALAM, TRADITIONAL DRESS, ONAM SADHYA, TIME WITH FAMILY IN THAT VIDEO

WINNERS WILL BE PROVIDED E-CERTIFICATES.

Last date to share your day
31 August 2K20
@7 pm
To: 8075025445



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VIMALA COLLEGE (AUTONOMOUS), THRISSUR

50. Intercollegiate Speech competition in connection with World Population Day

Date : 11/07/2021

Venue : Recorded 2 minutes video were sent to whatsapp

Organized by : Post Graduate and Research Dept. of Economics

Collaboration (if any): NA

No. of participants: 17

- PG and Research Department of Economics organized *Intercollegiate Speech competition in connection with World Population Day on 11/07/2021*. The Post Graduate and Research Dept. of Economics organized an Intercollegiate Speech competition in connection with World Population Day on 11/07/2021. The theme of the speech was "Is youth in India a Demographic Divident or a Disaster?" In total, 17 contestants have been participated in the competition from all over Kerala. The competition was judged by Smt. Divya C D, Dept. Of English, Vimala College, Thrissur and Adv. Jwala James, Lawyer, Sharjah. The first prize winner were Archa R, Nirmala College of Arts and Science, Chalakudy, second prize is secured by Anjana S Babu, SN College for Women's Kollam, and the third prize were shared by Sreelakshmi K S, Carmel College, Mala and Nayana Siby John, Baselius College, Kottayam.

List of attachments:

i. Brochure

 Vimala College (Autonomous), Thrissur Post Graduate and Research Department of Economics Observes July 11th World Population Day  Intercollegiate Speech Competition 'Is Youth in India a Demographic Divident or a Disaster?' Dr. Sr. Beena Jose Principal Dr. Vimala M Head of the Department Faculty Coordinator: Smt. Liji Maliakkel (9745510716) Student Coordinator: Arpitha Shaji (9495957523)	<i>Rules and Regulations</i> Student should speak on the given particular topic for 2 minutes. Speech should be either in English or in Malayalam During the speech no student is allowed to carry any kind of paper material Decision of the judges will be final E Certificates will be provided to the Winners Send the recorded video of speech by 4 p.m. on 8th July 2021 Whatsapp Number: 9745510716, 9495957523
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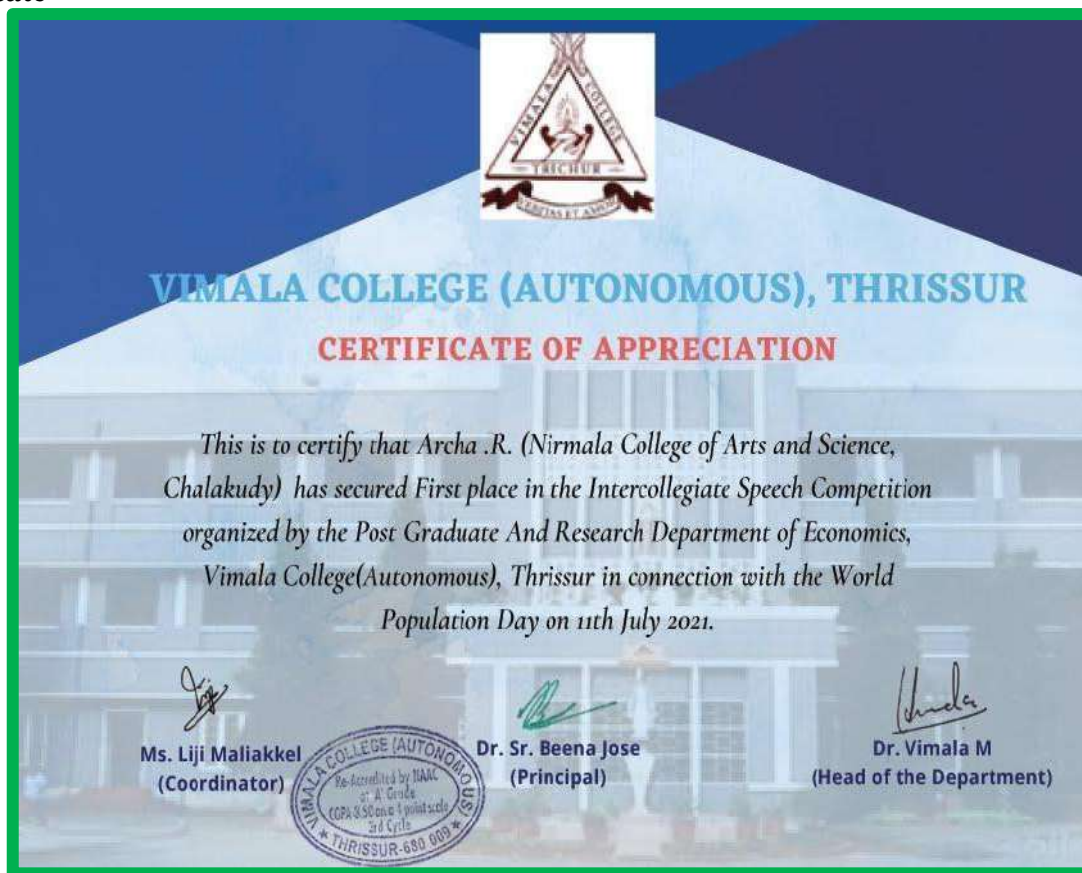
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VIMALA COLLEGE (AUTONOMOUS), THRISSUR

ii. Certificate



Signature: Liji Maliakkal, Coordinator



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VIMALA COLLEGE (AUTONOMOUS), THRISSUR

51. Intercollegiate “Making Waste to Essential” competition in connection with Gandhi Jayanthi-

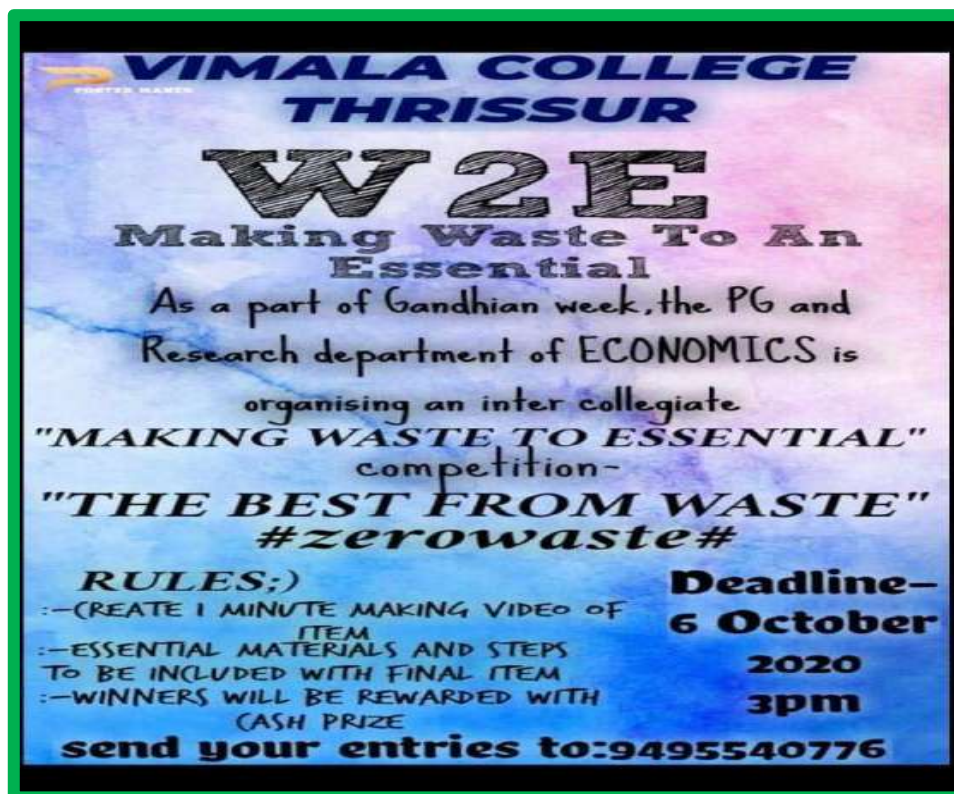
Date : 6-10-2020
Time :
Venue :
Organized by : Dept. of Economics
No. of participants: 19

As part of Gandhian Week PG and Research Department of Economics organized intercollegiate “*Making Waste to Essential*” competition.

The Second year UG students organized an Intercollegiate “*Making Waste to Essential competition*” As part of Gandhian Week. The first prize winner were Midhun, from SD college, Alappuzha and Sanath C Sanal of Karunakaran Memorial College, Mala bagged the second prize.

List of attachments:

Brochure



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VIMALA COLLEGE (AUTONOMOUS), THRISSUR

52. Inter Collegiate General Quiz Competition for Sr. Philomina Ever Rolling Trophy

Date : 27/02/2021.

Organized by: Dept. of Economics

No. of participants : 12

PG and Research Department of Economics organised an *Inter Collegiate General Quiz Competition for Sr. Philomina Ever Rolling Trophy* on 27/02/2021. Five teams (Christ College, Irinjalakuda, Kerala Varma College, Thrissur, Sree Krishna College, Guruvayur Vimala College, Thrissur 2 teams) Participated .Christ College won the Sr. Philomina Ever Rolling Trophy.



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VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Vimala College (Autonomous)

Thrissur - 680 009, Kerala

Ph : 0487 - 2332080, Fax : 0487 - 2321759

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College with Potential for Excellence

Visit us : www.vimalacollege.edu.in

E-mail : mail@vimalacollege.edu.in

Inter Collegiate General Quiz Competition for

Rev. Sr. Philomena Ever Rolling Trophy

At 11AM on 27th February 2021

Greetings from Vimala College, Thrissur!

We are glad to inform you that the Department of Economics, Vimala College (Autonomous), Thrissur is organizing a General Quiz Competition in honour of Rev. Sr. Philomena, Former Principal and Head of the Department of Economics. The best participating college will be awarded Sr. Philomena Ever Rolling Trophy. Cash awards and certificates will be given to the first and second team of winners. I request you to kindly delegate a team of two students to participate in the competition. Please inform the names of the participants on or before 20th February 2021. The team shall be present by 10.15AM sharp at the college. There may be a preliminary round if the number of teams exceeds 8. The students are expected to bring the letter of identification from the principal.

Rules and Regulations

1. Only team entries are eligible from a college/institution.
2. Each team shall consist of two students from any discipline.
3. The participants shall not be allowed to use mobile phone or other electronic instruments.
4. Replacement of any participant of a team is not allowed after registration
5. The decision of the Quiz-master will be final and will not be subjected to any change.
6. Conduct of the Quiz will be according to Covid-19 protocol

We look forward to your support and cooperation and make the event a fruitful one.

Thanking you



Coordinator
Dr Sitara. V. Attokkaran

Contact No: 9847327136

HoD
Dr Vimala. M

Principal
Dr Sr Beena Jose
PRINCIPAL-IN-CHARGE
VIMALA COLLEGE (AUTONOMOUS)



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VIMALA COLLEGE
(AUTONOMOUS)
THRISSUR - 680 009



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

53. Inter departmental Quiz Competition – “Find out Who”

Date : 15/08/2020

Organized by : Dept. of Economics

Collaboration (if any): NA

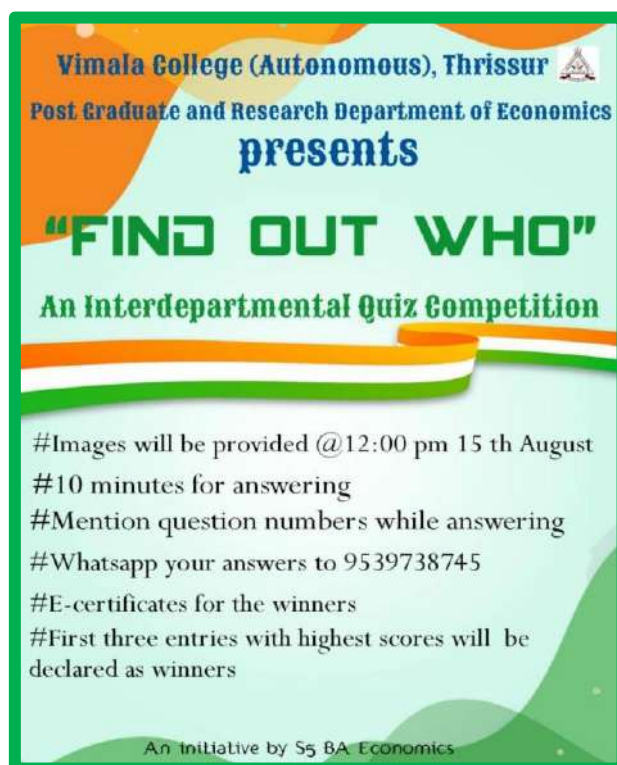
No. of participants: 25

Inter departmental Quiz Competition – “Find out Who” on 15th August 2020

The third year UG students organized an interdepartmental Quiz competition “Find out Who” in connection with Independence Day celebration on 15th August 2020. The first prize winner were Aswathy M of first year MSc Physics, Amrutha Manoj K of second year BSc Physics bagged the second prize & Helen Vincent of Second year BSc Nutrition and Dietetics and Nandini Prasad of second year B.A Economics secured third position.

List of attachments:

Brochure



Liji Maliakkal Coordinator



Assessment Period (2016 – 2021)

**PRINCIPAL IN-CHARGE,
VIMALA COLLEGE
(AUTONOMOUS)
THRISSUR - 680 009**



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

54. Intercollegiate Photography competition in connection with Independence Day

Date : 15/08/2020

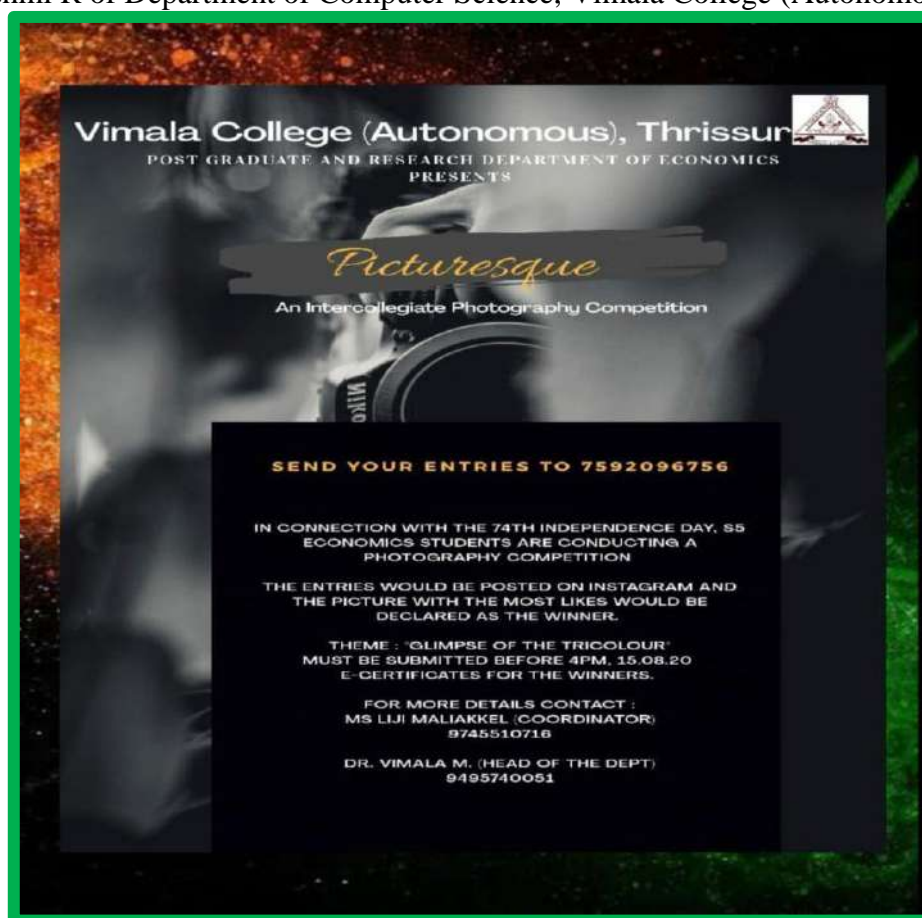
Organized by :Dept. of Economics

Collaboration (if any): NA

No. of participants: 18

- **Week PG and Research Department of Economics organized** Intercollegiate Photography competition in connection with Independence day on 15/08/2020

The third year UG students organized an Inter-collegiate photography competition “*Picturesque*” in connection with Independence Day celebration on 15th August 2020. The first prize winner were Sreelakshmi R of Department of Computer Science, Vimala College (Autonomous), Thrissur.



Assessment Period (2016 - 2021)


PRINCIPAL IN-CHARGE,
VIMALA COLLEGE
(AUTONOMOUS)
THRISSUR - 680 009



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

55. Ujjwala Inter University Versification

Date : 15th February 2021
Time : 10.30am
Venue : Silver Jubilee Seminar Hall
Organized by : Department of Malayalam
Collaboration (if any) : Nil
Participants : 100

Department conducted UJWALA Kavitha Puraskaram in honour of former Principal & HoD, Dr. Sr. Lekha. The winner is Ms Aparna M Research Scholor, S N G Scollege Pattambi. The award function conducted on 2 March 2021. Poet & Lyricist Rafeek Ahammed was the chief guest.

വിമല കോളേജ് (ഓട്ടോണമസ്), തൃശ്ശൂർ
മലയാള ഗവേഷണ വിഭാഗം
ഉജ്ജ്വല

അന്തർസർവ്വകലാശാല കവിതാപുരസ്കാര ജേതാവ്
2020-2021

അപർണ്ണ എം
ഗവേഷക
സംസ്കൃത കോളേജ്, പട്ടാമ്പി

വിമല കോളേജ് (ഓട്ടോണമസ്), തൃശ്ശൂർ
മലയാള ഗവേഷണ വിഭാഗം
ഉജ്ജ്വല

അന്തർസർവ്വകലാശാല കവിതാപുരസ്കാരദാനം

പുരസ്കാര നിർവ്വഹണം : ശ്രീ. റഫീക്ക് അഹമ്മദ്

പുരസ്കാര ജേതാവ് : അപർണ്ണ എം
ഗവേഷക
സംസ്കൃത കോളേജ്
പട്ടാമ്പി

തീയതി : 02/03/2021
സമയം : 10 AM - 11 AM
വേദി : ഗുഗിൾ മീറ്റ്

(പുരസ്കാരവിതരണത്തിനായി സംഘടിപ്പിക്കുന്ന കവിതാരങ്ങ് ഉണക്കമരിക്കുന്നതാണ്)
ഏവർക്കും സ്വാഗതം



Assessment Period (2016 - 2021)

PRINCIPAL IN-CHARGE,
 VIMALA COLLEGE
 (AUTONOMOUS)
 THRISSUR - 680 009



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

56. Lochana Inter University Quiz

Date : 15th November 2020
 Time : 10.30am
 Venue : Silver Jubilee Seminar Hall
 Organized by : Department of Malayalam
 Participants : 100

Department conducted LOCHANA Interuniversity Quiz competition in memory of first Head of Department Rev Sr. Cruze. This year Lochana conducted on November 15 2020 on online mode. A total number of 130 students participated in the quiz in the preliminary round. Dr Midhun K S was the Quiz master.

<p style="text-align: center;">വിമല കോളേജ് (ഓട്ടോണമസ്) തൃശ്ശൂർ മലയാള ഗവേഷണ വിഭാഗം</p> <p style="text-align: center;"><i>ജലാചര</i></p> <p style="text-align: center;">ശ്രീമദ് പദ്മഭട്രാസാർ പ്രമുഖനാമനി</p> <p style="text-align: center;">തീയതി: 2020 നവംബർ 15</p> <p style="text-align: center;">വിഷയം: കേരള ചരിത്രം സംസ്കാരം സാഹിത്യം</p> <p style="text-align: center;">ബിരുദ വിദ്യാർത്ഥികൾക്ക് പങ്കെടുക്കാം. പങ്കെടുക്കാനാഗ്രഹിക്കുന്നവർ താഴെ കാണുന്ന ഗൂഗിൾ ഫോമിൽ രജിസ്റ്റർ ചെയ്യേണ്ടതാണ്. രജിസ്റ്റർ ചെയ്യേണ്ട അവസാന തീയതി 2020 ഒക്ടോബർ 30</p>	<p style="text-align: center;">വിമല കോളേജ് (ഓട്ടോണമസ്) തൃശ്ശൂർ മലയാള ഗവേഷണ വിഭാഗം</p> <p style="text-align: center;"><i>ജലാചര 2020</i></p> <p style="text-align: center;">ശ്രീമദ് പദ്മഭട്രാസാർ പ്രമുഖനാമനി</p> <p style="text-align: center;">മത്സര വിജയികൾ</p> <ol style="list-style-type: none"> 1. മേരി റോസ്, സെന്റ് തോമസ് കോളേജ് തൃശ്ശൂർ 2. അക്ഷയ എസ്, കാലിക്കറ്റ് യൂണിവേഴ്സിറ്റി 3. അഞ്ജന മജൂർ, കെ കെ ടി എം കോളേജ് പൂറ്റ്, വിനോദ് എസ് എസ് എസ് യു തൃശ്ശൂർ റിജിയൻ
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VIMALA COLLEGE (AUTONOMOUS), THRISSUR

57. Inter university Poster Design competition

Date : 10th January 2021
Time :
Venue : ONLINE
Organized by : Department of Hindi
Collaboration (if any): The Dept. Of Hindi SSUS R/C Thrissur

Observation of Reading Week

Department of Hindi observed VISWA HINDI DIWAS : The Dept. of Hindi in collaboration with The Dept. Of Hindi SSUS R/C Thrissur conducted an inter university Poster Design competition on 10th January 2021 in connection with International Hindi Day

1st prize : Anakha Kannan , B.A English, St. Joseph's college . Irinjalakkuda

2nd prize : Aswathi M, B.A Hindi, Govt. College for women, TVM

3rd prize : Deepa lonappan, M.Phil , SSUS , Kalady

List of attachments:

Brochure

Topic : विश्व हिन्दी दिवस
Rules :

- 1.size : A4
- 2.medium: water colour,oil pastels, acrylic,colour pencil.
- 3.criteria:creativity, originality and relevance to the theme.

E-certificates will be provided to every participant.

Last date for submission:
15 january 2021

Dr Babu K Viswanath
8547312255

Dr Mimi Mani
9846241696

Dept. of Hindi, Vimala College, Thrissur
in collaboration with
Dept. of Hindi SSUS R/C, Thrissur

**विश्व हिन्दी दिवस
(WORLD HINDI DAY)**
'चलो इश्तहार बनाएँ'
**INTER UNIVERSITY
POSTER DESIGN COMPETITION**
Sunday, 10th January

**To display your innovative ideas!!!
Here's an opportunity**

submit your entries to hindi@vimalacollege.edu.in
on or before 15th January

Coordinator
Dr Mimi Mani Panakkal



Assessment Period (2016 - 2021)

PRINCIPAL IN-CHARGE,
VIMALA COLLEGE
(AUTONOMOUS)
THRISSUR - 680 009



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

58. Observation of Hindi Divas September 14 Department of Hindi

Date: 14th to September 28th 2020

Time:

Venue: Online BOOK REVIEW: <https://youtu.be/X1oDEvL-iSo>

QUIZ: <https://forms.gle/5CtuCh6qBCzjkk8T9>

Organized by : Department of Hindi

Collaboration (if any) : NIL

No. of participants : 239

Observation of Reading Week

Department of Hindi observed The 'Hindi divas'- September 14 was celebrated with various events like movie review, book review, quiz and Hindi film song singing competitions from September 14th to September 28th 2020.

1. Hindi film song competition (Inter-departmental) -Hindi divas

Category 1: (Students)

- 1st prize : Krishna Priya- S3 Bsc.Maths
2nd prize : Diji Davis -S3 Bsc.Zoology
3rd prize : VanishkaVinod - S3 B.Com

Category 2: (Teachers)

- 1st prize : Dr.SnehaGopeekrishna
2nd prize : Dr.Mary Thomas K.
3rd prize : Ms.Swarna K.L.

Category 3: (Non-teaching)

- 1st prize : Jofiya Francis and Mr.E.C.Antony
2nd prize : Mr.Anson C.A.
3rd prize : Smt.Kavitha Jacob

2. Movie review competition (Inter-departmental) -in connection with Hindi divas

- 1st prize : TinuNorby- S5 Bsc.Chemistry
2nd prize : Akshaya Ramachandran- S3 Bsc.Chemistry
3rd prize : Amrutha Manoj- S3 Bsc.Physics



Assessment Period (2016 - 2021)


PRINCIPAL IN-CHARGE,
VIMALA COLLEGE
(AUTONOMOUS)
THRISSUR - 680 009



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

List of attachments:

i. Brochure

हिंदी दिवस 14 सितम्बर

Vimala college(Autonomous), Thrissur
Department of Hindi - हिंदी विभाग
Hindi divas
Celebrations and activities

हिंदी पखवाड़ा समारोह
14/09/2020-28/09/2020
14th- Inauguration by Dr.Sr.Marietta A Therattil
15th- Webinar by Dr.Radhamani C. & Hindi book review activity
21st - Quiz
22nd - Movie review in Hindi competition
23rd - Hindi film singing competition
(All teachers,non-teaching staff and students)

हिंदी भारतीय संस्कृति की आत्मा है।

आप सबको हिंदी दिवस की शुभकामनाएं

ii. Certificate

VIMALA COLLEGE (AUTONOMOUS)
THRISSUR-09, KERALA 680009
Nationally te accredited (3rd Cycle) - A grade
CGPA of 3.5 on a 4 point scale
DEPARTMENT OF HINDI

This is to certify that **Vismaya Vinod K P** Student of
Vimala College Thrissur has successfully completed the
National E-Quiz competition in connection with "Hindi Pakwada Samaroh" conducted by Department of Hindi,Vimala College (Autonomous) Thrissur, Kerala on 21/09/2020.

Dr Mimi Mani Panakkal
Assistant Professor & Head
Department of Hindi
Vimala College(Autonomous),Thrissur

Dr Sr Beena Jose
Principal
Vimala College(Autonomous), Thrissur



Assessment Period (2016 - 2021)

PRINCIPAL IN-CHARGE,
VIMALA COLLEGE
(AUTONOMOUS)
THRISSUR-680 009



VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Assessment Period (2016 - 2021)

PRINCIPAL IN-CHARGE,
VIMALA COLLEGE
(AUTONOMOUS)
THRISSUR - 680 009



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

59. Interdepartmental handwritten magazine (2020-2021)

Date: 31-03-2021


Venue: online

Organized by: Department of Hindi

No. of participants: 9


The Department of Hindi conducted an Inter-Departmental Hand Written Magazine Competition in honour of Dr.Sr.Sobel, Former Principal and Head of the Department of Hindi, Vimala College, Thrissur. The competition was envisioned with the aim of inculcating an interest in creative and manuscript writing.


- The Dept of Botany secured Ist Prize
- The Dept of Zoology secured IInd Prize
- The Dept of Physics secured IIIrd Prize





**VIMALA COLLEGE(AUTONOMOUS)
THRISSUR**

**THE RESULT OF INTERDEPARTMENTAL HAND
WRITTEN MAGAZINE COMPETITION CONDUCTED
BY HINDI DEPARTMENT ,IN HONOUR OF
DR.SR.SOBEL
2020-2021**




 **DEPARTMENT OF BOTANY**

 **DEPARTMENT OF ZOOLOGY**

 **DEPARTMENT OF PHYSICS**

HEARTY CONGRATULATIONS TO ALL




**VIMALA COLLEGE(AUTONOMOUS)
THRISSUR**

The Department of Hindi is conducting

**Interdepartmental
Handwritten Magazine
Competition**

In honour of Dr.Sr.Sobel
Former Principal and Head of Department of Hindi
Vimala College Thrissur



• Last date of submission 30th march 2021
• Maximum Number of pages: 25
• Languages: English,Hindi,Malayalam,Sanskrit
• All entries should be scanned as pdf and mailed
to: hindicompetitions@gmail.com



Assessment Period (2016 - 2021)


PRINCIPAL IN-CHARGE,
VIMALA COLLEGE
(AUTONOMOUS)
THRISSUR - 680 009



VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Assessment Period (2016 - 2021)


PRINCIPAL IN-CHARGE,
VIMALA COLLEGE
(AUTONOMOUS)
THRISSUR - 680 009



VIMALA COLLEGE (AUTONOMOUS), THRISSUR


60. Inter Departmental Speech Competition

Date : 19/6 /2020
Time : Till 6.00 pm
Organized by : Dept. of Sociology

On 19/6/2020 a Inter departmental speech programme in association with Reading day was organised by the department. Students of various departments became the part of the competition. Students send their five minutes duration video on 19 June 2020.

List of attachments:

Brochure




VIMALA COLLEGE (AUTONOMOUS)
THRISSUR-09, KERALA-680009
Nationally Re-accredited (3rd cycle) 'A' Grade
CGPA of 3.5 on a 4 point scale
College with Potential for Excellence (CPE)
Mentor college in NAAC Paramarsh scheme

JUNE 19
READING DAY

In connection with reading day celebrations....
The PG Department of Sociology organises an
Inter Departmental speech competition

**"COVID AND THE BOOMING OF
TREMENDOUS CHANCES FOR
READING"**



No registration fee.

Participant can deliver the content for 5 minutes and send it as video through Whatsapp.

Videos can be either in English or in Malayalam.

Open to all Departments.

E - Certificates will be given to the participants.

Entries should be send to the following numbers –
Dr V Shinju -9446843143
Silpa G Nair -9488452173

Entries are accepted till 6:00pm of June 19 (Friday)

*It's a platform for you to express your thoughts.....
So share your valuable thoughts.....we are eagerly
waiting to hear from you.....*

For more details..

Coordinators	Student coordinator
Dr V Shinju (Hod)	Anupama C M
Ms Silpa G Nair	

Thank you.....



Assessment Period (2016 – 2021)


PRINCIPAL IN-CHARGE,
VIMALA COLLEGE
(AUTONOMOUS)
THRISSUR - 680 009

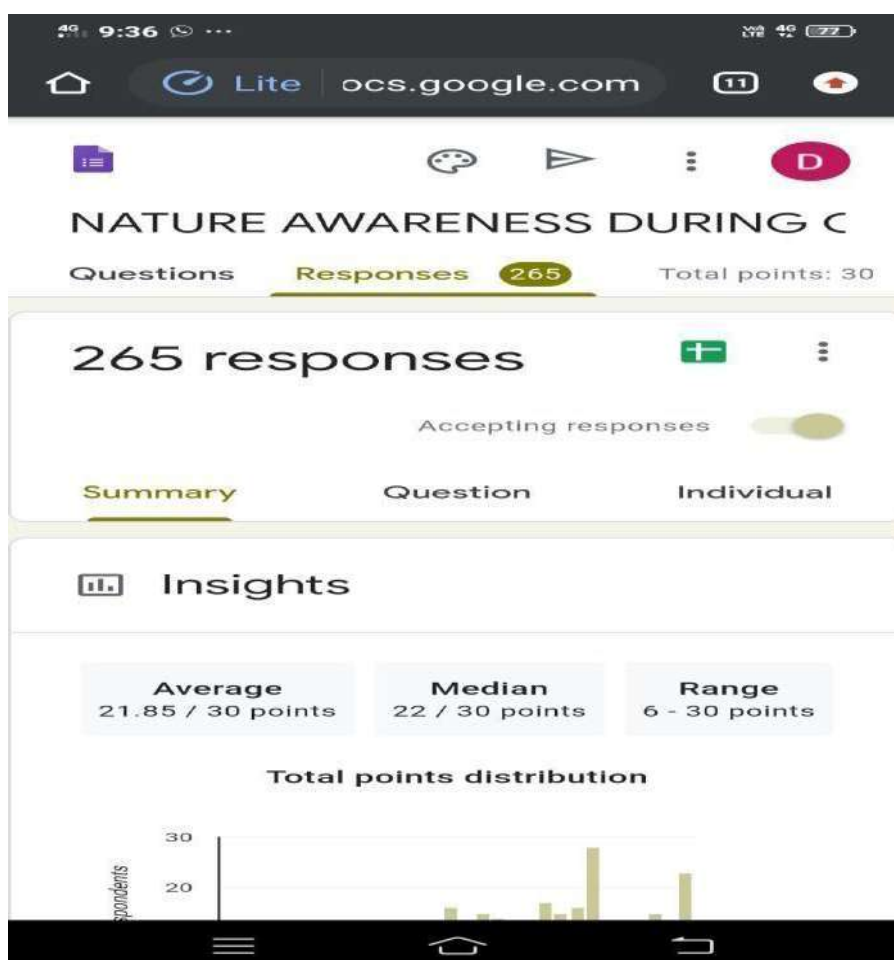




62. Interdepartmental Quiz Competition – “Paloma”

Date : 22-09-2020

Vrithika - Nature Club, Vimala College, Thrissur, conducted ‘Paloma’ -quiz competition on 22nd September 2020 at 10.00 am. The topics included “COVID-19 pandemic”, Biodiversity, Environmental protection acts, and EIA. About 265 participants, from various departments participated in the competition. The initiative proved effective as it could encourage and provide awareness among the students to stay positive and know more about our environment during the pandemic. Certificates were awarded to the students who scored 80% and above.





63. Gandhi Darshan Gardening Competition – Nature Club

Date: 02-10-2020

‘Vrithika’ - Nature Club of Vimala College Autonomous Thrissur has organised “Gandhi Darshan” an intercollege gardening competition in connection with Gandhi Jayanti celebrations on 2-10- 2020. Upholding Gandhian Principle of self sustainability, the students were encouraged to do gardening at their home during the lock down period. The main objective of the competition was to promote nature conservation through gardening practices and to create awareness on natural ways to mitigate environmental pollution and climate change. Gardening practices also help people to avoid the monotony during this lockdown and helps to give pleasure for mind.

Dr. Honey Sebastian and Miss. Thaskeena Thasneem were winners. All the participants were provided with e-certificate. The duration of gardening video was restricted to four minutes and was instructed to give a short narration about the garden management. All types of gardening videos were included for the competition.





VIMALA COLLEGE (AUTONOMOUS), THRISSUR





Vimala College (Autonomous), Thrissur
VRITHIKA NATURE CLUB
In connection with
GANDHI JAYANTI CELEBRATIONS
Presents
"GANDHI DARSHAN"
Gardening competition

"To forget how to dig the earth and to tend the soil is to forget ourselves"
~ Mahatma Gandhi

**Make a short video of any kind of garden at
your home and send to us**

Principal Dr.Sr.Beena jose	Faculty coordinator Smt. Smitha PS (ph:9400975042) Smt. Anjana N	Student coordinator Abisha AV Aswathy NM
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Assessment Period (2016 - 2021)


PRINCIPAL IN-CHARGE,
VIMALA COLLEGE
(AUTONOMOUS)
THRISSUR - 680 009



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

According to Gandhiji,
"The earth, the air, the land and the water are not an inheritance from our forefathers but on loan to our children. So we have to hand over to them at least as it was handed over to us."

Hence upholding Gandhian principles, Vrithika Nature Club, Vimala College is organizing a green initiative to promote nature conservation through gardening practices. Let us mitigate environmental pollution and climate changes through this simple practice.

We cordially invite each one of you to be a part of our initiative.

Instructions to the participants :

- * Video should be less than 4 minutes.
- * A brief narration of your garden should also be included.
- * Video should be authentic.
- * Management of your garden should also be included.

Submit video before
20th October

6 certificate will be provided to
all participants
And attractive prizes for winners

Submit your video through the mail id
natureclub2k20vimala@gmail.com

Click here to register :

<https://forms.gle/JhYegks8YAMTGFV9>

For further details contact coordinators



Vimala College (Autonomous)

Thrissur

VRITHIKA NATURE CLUB



CERTIFICATE OF EXCELLENCE

This is to certify that

DR. HONEY SEBASTIAN

has got 1 st prize in the "GANDHI DARSHAN", gardening competition conducted in connection with the 'Gandhi Jayanti celebrations' by VRITHIKA - Nature Club, Vimala College (Autonomous), Thrissur on 2 nd October, 2020.

Smt. Smitha PS
Club coordinator

Vimala College (Autonomous) Thrissur



Dr. Sr. Beena Jose
Principal

Vimala College (Autonomous) Thrissur



Assessment Period (2016 - 2021)

PRINCIPAL IN-CHARGE,
VIMALA COLLEGE
(AUTONOMOUS)
THRISSUR-680 009



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

64. PRITHVI – Online Painting Competition

Vrithika' Nature club - Vimala college organized an online painting competition 'PRITHVI' on October 1st 2020. Competition was conducted as two groups. Group I – Students below the age of 16 and Group II students above 16 years old. The aim of the competition was to engage students in creative exercise and to identify their hopes and dreams of the future. Students from various colleges and schools actively participated in the competition. The topic was 'CONSERVING BIO DIVERSITY DURING COVID-19 PANDEMIC'. From the mailed paintings winners were selected for each group. From 1st group Malavika K and Sreepriya K V were selected and from 2nd group Gopika P Babu, Nandhana K and Anjali T A were selected as winners. E- certificate was awarded to the winners.

List of attachments:

i. Brochure

VIMALA COLLEGE (AUTONOMOUS), THRISSUR, KERALA

VRITHIKA NATURE CLUB

P R E S E N T S

"PRITHVI"

Online Painting Competition

THEME : "Conserving Biodiversity during Covid 19 pandemic"

Principal Dr. Sr Beena Jose	Faculty Coordinators Smt. Smitha PS (Ph: +91 94909 75042) Smt. Anjana N	Student Coordinators Darsana K Linet Thomas
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PARTICIPANTS AGE GROUP
Group 1 - Less Than 16 Years
Group 2 - 16 Years and Above

RULES & GUIDELINES

- Paper used should be in A3 size.
- Participants can use oil paint/ water colours/crayons.

Submit your painting through given Email id:
[id:natureclubzkzovimala@gmail.com](mailto:natureclubzkzovimala@gmail.com)

E-Certificate for all participants & Attractive Prizes for Winners

Submit your entries on or before 1st October, 2020.

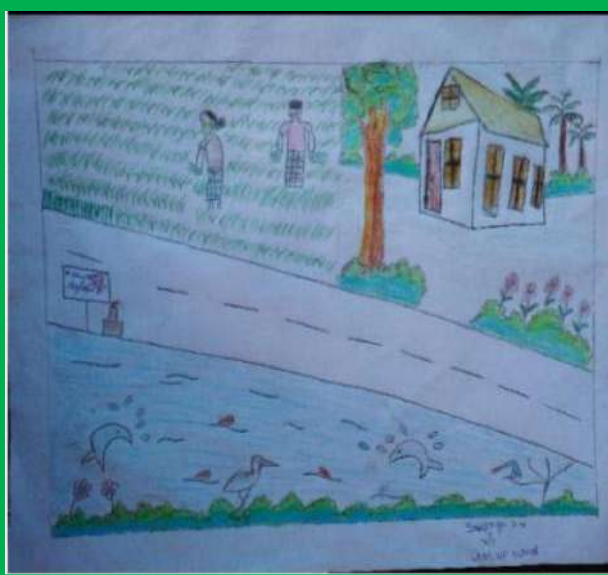
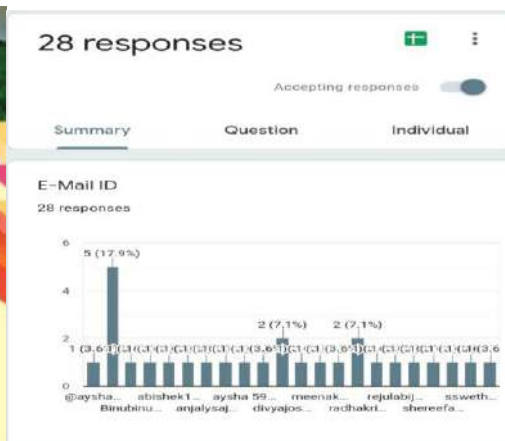
FREE

CLICK HERE TO REGISTER



Assessment Period (2016 – 2021)

PRINCIPAL IN-CHARGE,
VIMALA COLLEGE
(AUTONOMOUS)
THRISSUR - 688 009




PRINCIPAL IN-CHARGE,
VIMALA COLLEGE
(AUTONOMOUS)
THRISSUR - 680 009



VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Assessment Period (2016 - 2021)

PRINCIPAL IN-CHARGE,
VIMALA COLLEGE
(AUTONOMOUS)
THRISSUR - 680 009



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

65. Renewable energy – Nature Club

Date : 31-01-2021

A Quiz competition was organized via google meet platform on 31 st January 2021. More than 50 participants attended the Quiz and the winners were awarded with e-certificates.

List of attachments:

Certificate



Assessment Period (2016 – 2021)


PRINCIPAL IN-CHARGE,
VIMALA COLLEGE
(AUTONOMOUS)
THRISSUR - 680 009



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

66. Christmas Carol Singing Competition for students

Date: 12/12/2020

Saarang: The Music Club also conducted Carol Singing Competition for students. The participants were asked to upload videos on or before 12/12/2020. The winners of the competitions were as follows:

First prize - Tessy Kurian and Family (Department of Social Work)

Second prize - (Department of Home Science) Third prize - (BVoc Web Technology)

67. Intercollegiate Online Solo Dance Competition

Date : 10th May 2020

Venue : Instagram

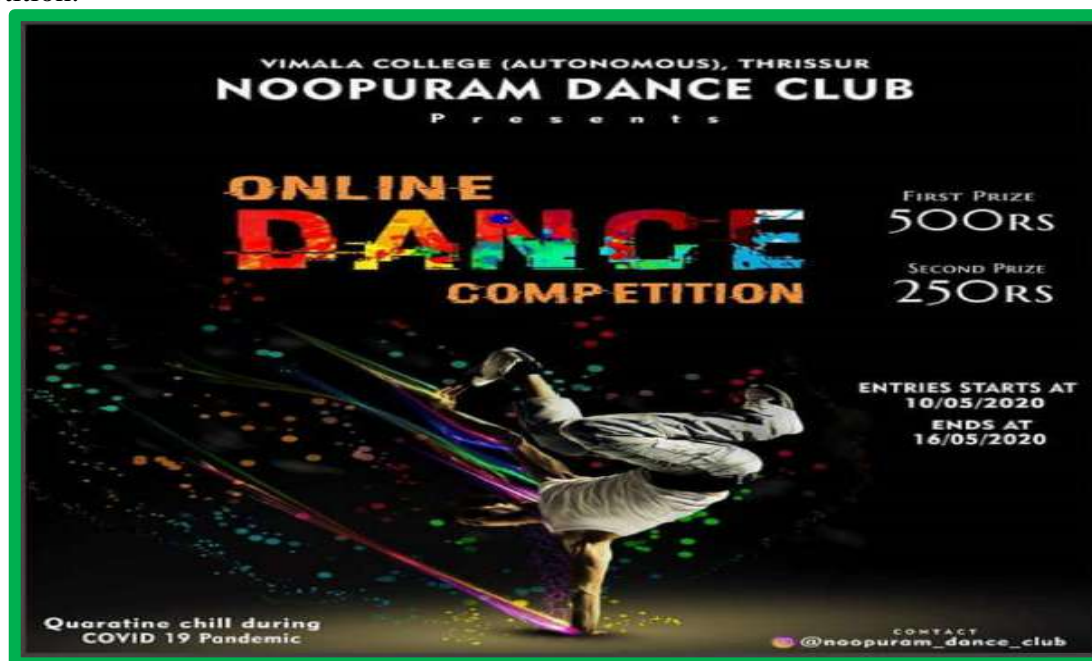
Organized by : NoopuramDanceClub

Collaboration (if any): No

No. of participants : 6

Brief Report of the Event

Noopuram Dance Club organized Intercollegiate Online Solo Dance Competition from 10th May 2020 to 16th May 2020. Six students participated in the Intercollegiate Online Solo Dance Competition.



Assessment Period (2016 - 2021)


PRINCIPAL IN-CHARGE,
VIMALA COLLEGE
(AUTONOMOUS)
THRISSUR - 680 009



VIMALA COLLEGE (AUTONOMOUS), THRISSUR


68. Stone writing competition in connection with Gandhi Jayanti

Date: 2 October 2021

Gandhi Jayanti is celebrated on 2nd October every year to mark the birth anniversary of Mohandas Karamchand Gandhi, who was famously known as Mahatma Gandhi. Father of the Nation, as he was called, led India's freedom movement along with many other national leaders against the British rule in India. In this connection, NCC cadets of Vimala College Thrissur conducted stone writing competition under 7 Kerala Girls Battalion, Kerala and Lakshadweep Directorate.


List of attachments:

i. Brochure



**VIMALA COLLEGE
(AUTONOMOUS)
THRISSUR**

**151st GANDHI JAYANTHI
CELEBRATION**



**IN CONNECTION WITH GANDHI JAYANTHI NCC
UNIT OF VIMALA COLLEGE
PROUDLY ANNOUNCES**


STONE WRITING COMPETITION

**UNDER 7 KERALA GIRLS BATTALION,
KERALA AND LAKSHADWEEP DIRECTORATE**

FOR MORE QUERIES CONTACT
9188050274, 7907176475



**GUIDELINES FOR
THE COMPETITION**



1. WRITE ANY OF GANDHIJI'S MESSAGE ON A STONE NEATLY
2. SEND THE PICTURE OF YOUR ART PIECE TO OUR OFFICIAL INSTAGRAM PAGE @VIMALA COLLEGE.NCC
3. DECISION OF JUDGES WILL BE FINAL
4. LAST DATE OF SUBMISSION ON OR BEFORE 2 OCTOBER 2020



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VIMALA COLLEGE (AUTONOMOUS), THRISSUR

ii. Winners work

VIMALA COLLEGE (AUTONOMOUS), THRISSUR
NATIONAL CADET CORPS
7 KERALA GIRLS BATTALION, K&L DIRECTORATE
PROUDLY ANNOUNCES
RESULTS OF NATIONAL LEVEL STONE WRITING
COMPETITION
ORGANISED IN CONNECTION WITH GANDHI JAYANTHI
2020

WINNERS

FIRST PRIZE



Moses C Manoj
Chaldean Syrian HSS,
Thrissur

SECOND PRIZE



Sherin Rose Soji C
Vimala College,
Thrissur

THIRD PRIZE



Annmariya K C
St Sebastian's
CGHSS, Nellikunnu



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VIMALA COLLEGE (AUTONOMOUS), THRISSUR

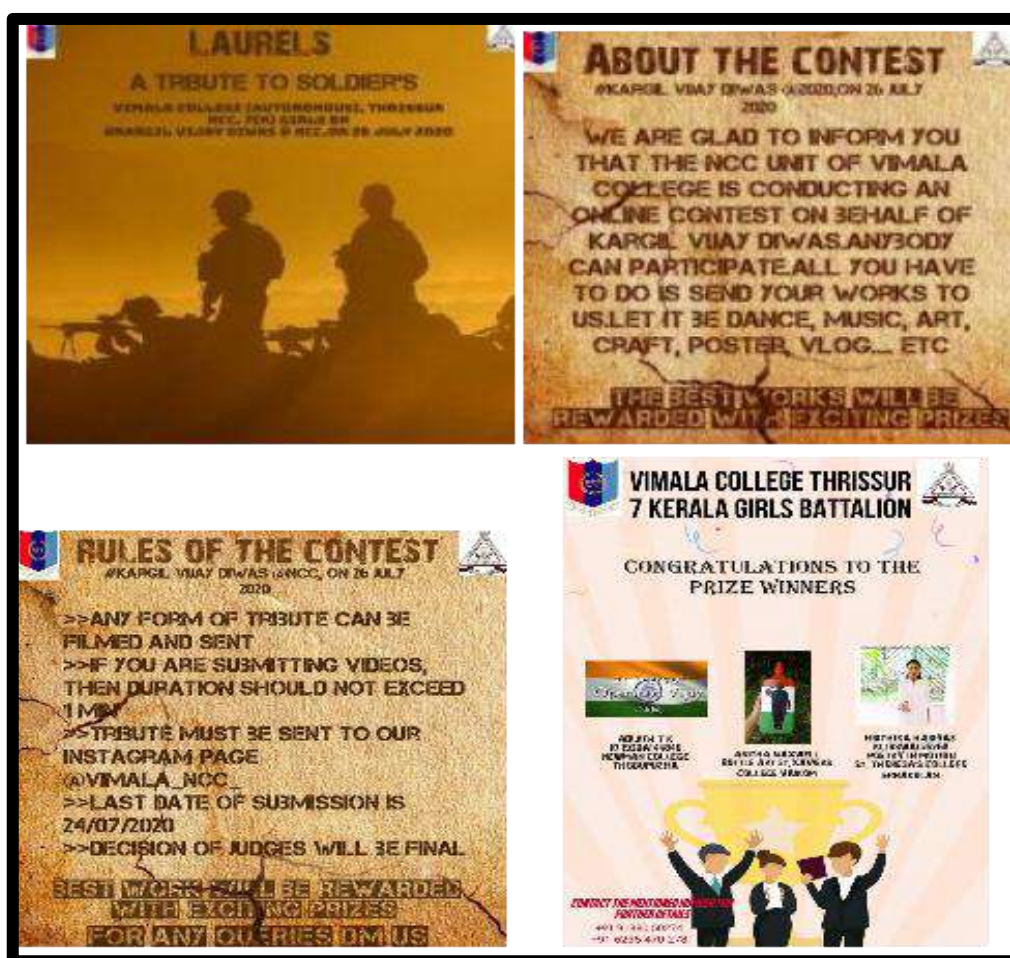
69. Tribute to Soldiers Contest in connection with Kargil Vijay Diwas -NCC

Date: 24-07-2020

On behalf of Kargil Vijay Diwas the NCC cadets of Vimala College (Autonomous), Thrissur conducted many competitions as a tribute to the Kargil heroes on 24 July 2020. Winners of the contest are Abhijith T K from Newman College Thodupuzha, Anitha Maxwell from St.Xavier's College Vaikom and Hrithika Haridas from St.Teresa's College Ernakulam. They are rewarded with exciting prizes.

List of attachments:

Brochure & Prize winners



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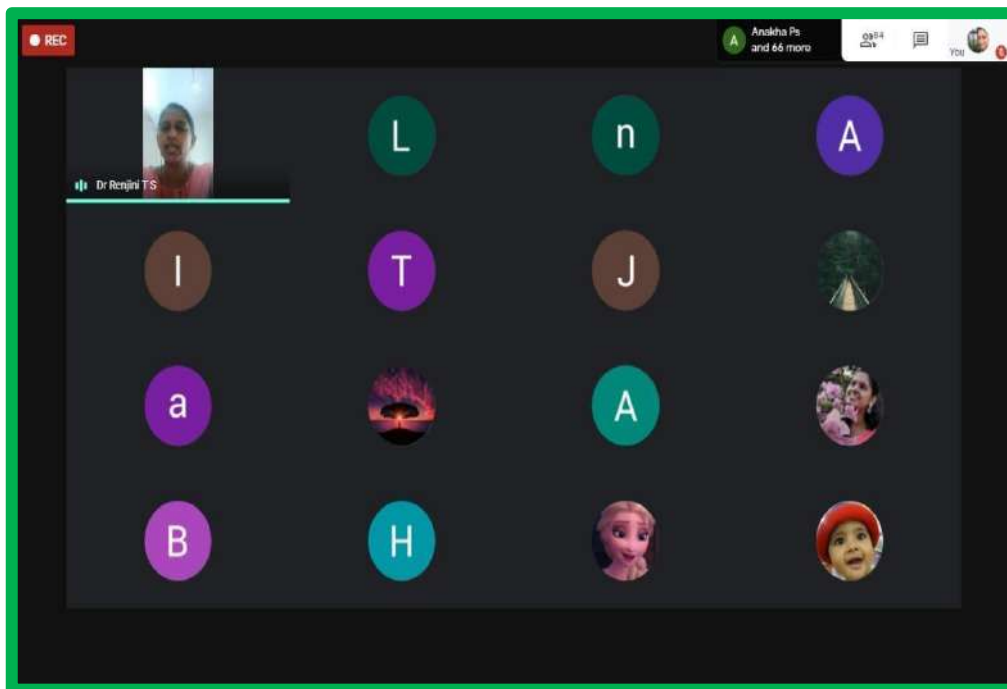
CULTURAL EVENTS

70. WE SHALL OVERCOME-COVID 19

Date : 23-08-2020
Time : 3pm
Venue : Google Meet
Organized by : Department of Chemistry
Collaboration (if any): Nil
No. of participants : 84

This was an awareness programme for the students of Chemistry department in the context of Covid-19 pandemic. Dr. Ranjini T.S. Assistant Surgeon in Govt Service was the resource person. She shared her personal experience both as a Covid -19 patient and as a doctor. She made them aware that not to be panic but to be alert. Students clarified their doubts regarding Covid-19.

Attachments:



Coordinator
Dr.Nancy Mathew



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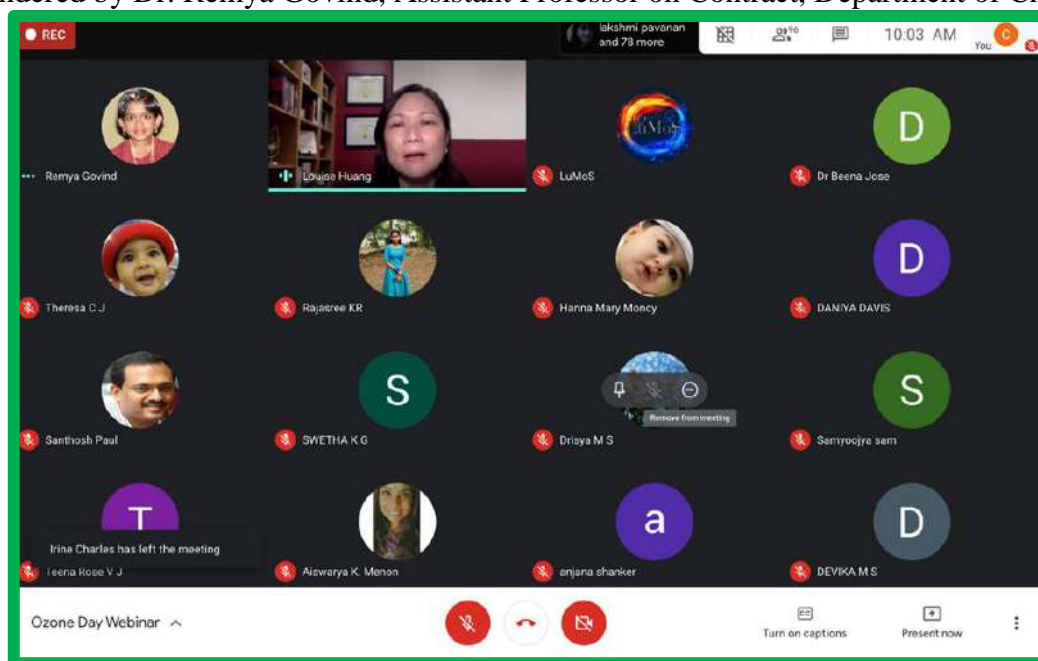


VIMALA COLLEGE (AUTONOMOUS), THRISSUR

71. Ozone day celebration-2020

Date : 16-09-2020
Time : 9.30 am
Venue : Google meet
Organized by : PGDepartment of Chemistry, Vimala College, Thrissur
Collaboration (if any): Nil
No. of participants : 98

Every year on September 16, we celebrate International Day for the Preservation of the Ozone layer. This is to make awareness among the students about the significance of ozone layer preservation, climate change and related environmental issues. The theme of this year's celebration was 'Ozone for life: 35 years of ozone layer protection'. As a part of Ozone Day Celebration 2020, Post Graduate Department of Chemistry organized a Webinar on 16th September. The event took place at 9.30 am via Google Meet. Dr. Louise Ko Huang, Assistant Dean of Undergraduate Studies, College of Liberal Arts & Sciences (CLAS), Azusa Pacific University, CA. was the chief guest of the event. The welcome address was proposed by Dr. Theresa C. J, Head of the Chemistry Department. The presidential address was given by our respected Principal, Dr. Sr. Beena Jose. It was followed by a talk on the topic '**Catastrophe Meets Unity: 35 years of Protecting the Ozone Layer**' by Dr. Louise Ko Huang. Both graduate and undergraduate students of Vimala College and faculty members from various institutions participated in the event. The event was concluded by vote of thanks rendered by Dr. Remya Govind, Assistant Professor on Contract, Department of Chemistry.



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Link for feedback : <https://forms.gle/C2zv61aNv9STDr6d9>

List of attachments:
Brochure



Coordinator
Dr Teresa C J



Assessment Period (2016 - 2021)


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72. THE MOLE DAY CELEBRATIONS- 2020

Date : 23 October 2020
Time : 10.00am
Venue : Google Meet
Organized by : Department of Chemistry
Collaboration (if any): Nil
No. of participants : 230

International Mole Day Celebrated annually on October 23 from 6:02 a.m. to 6:02 p.m., Mole Day commemorates Avogadro's number (6.02×10^{23}), which is a basic measuring unit in chemistry. Mole Day was created as a way to foster interest in chemistry.

In 2020, The Post Graduate Department of Chemistry, Vimala College (Autonomous) celebrated International Mole Day on 23 October 2020. Various competitions were organized for College students.

- **Inter Collegiate Puzzle competition**

Number of Participants: 110

- **Intercollegiate Quiz competition**

Number of Participants: 120

Winners: Jojo Philip, Sahradaya College of Advanced Studies, Kodakara

Gayathri Ashokan, Sahradaya College of Advanced Studies, Kodakara

Harsha Mohan, Christ College (Autonomous) Irinjalakuda

E-certificates were distributed to all the winners and participants.





VIMALA COLLEGE (AUTONOMOUS), THRISSUR

List of attachments:
Brochure - Winners

**VIMALA COLLEGE (AUTONOMOUS)
THRISSUR**

**PG DEPARTMENT OF
CHEMISTRY**

**INTERCOLLEGE QUIZ
COMPETITION**

RESULTS

1	Jojo Philip Sem 3 (BSc Chemistry) Sahradaya College of Advanced Studies, Kodakara
2	Gayathri Ashokan Sem 3 (BSc Chemistry) Sahrdaya College of Advanced Studies, Kodakara
3	Harsha Mohan Sem 1(B.Com) Christ College Autonomous, Irinjalakuda

Congratulations to all the winners and participants

Signature
Coordinator
Dr.Jiji Abraham



Assessment Period (2016 – 2021)

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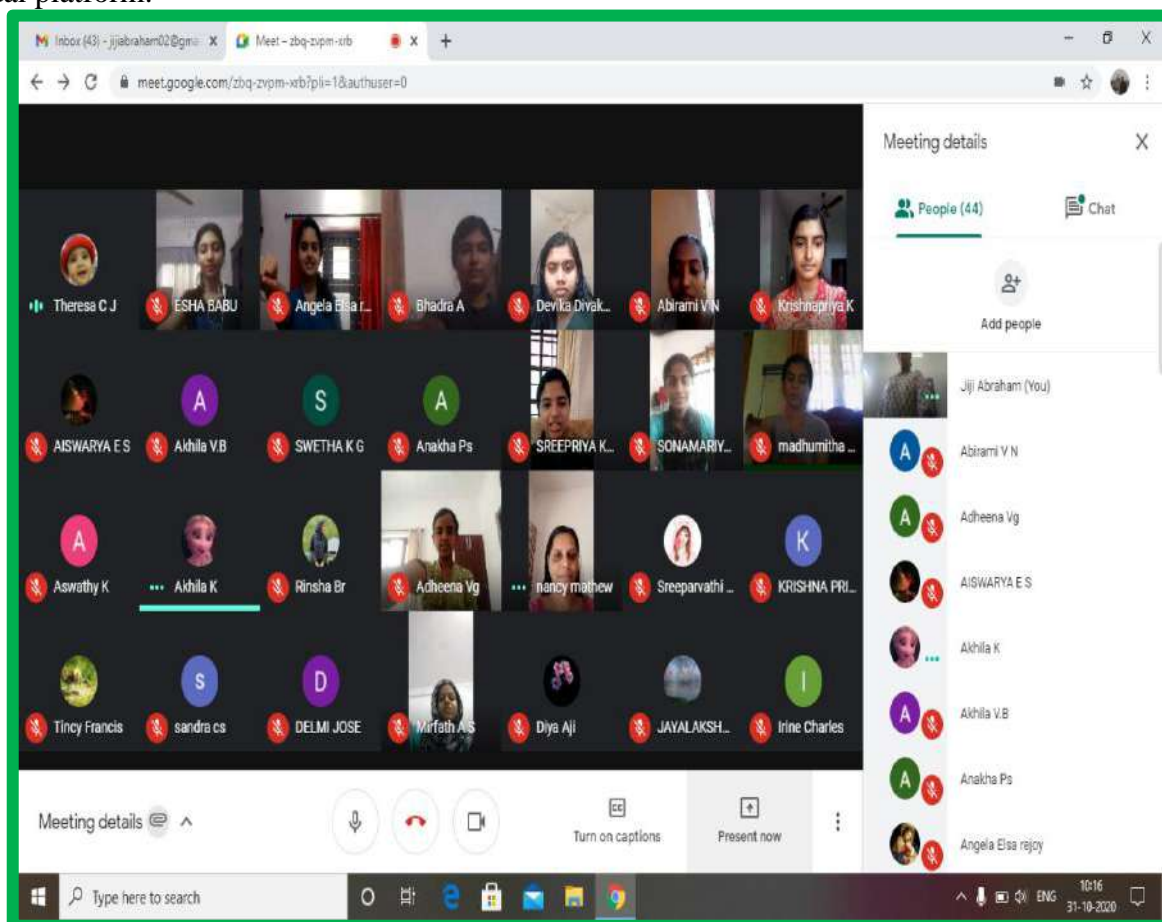


VIMALA COLLEGE (AUTONOMOUS), THRISSUR

73. National Unity Day 2020- Rashtriya Ekta Diwas

Date : 31st October 2020
Time : 10.00am
Venue : Google Meet
Organized by : Department of Chemistry
Collaboration (if any): Nil
No. of participants : 44

On 31st October 2020, National Unity Day was observed by Post Graduate Department of Chemistry, Vimala College (Autonomous) Thrissur to commemorate the 145th birth anniversary of Sardar Vallabhbhai Patel. Pledge on Peace and Solidarity was administered by the teachers and the students. Dr. Theresa C J (HoD of Chemistry) give away the oath for unity to the students through virtual platform.

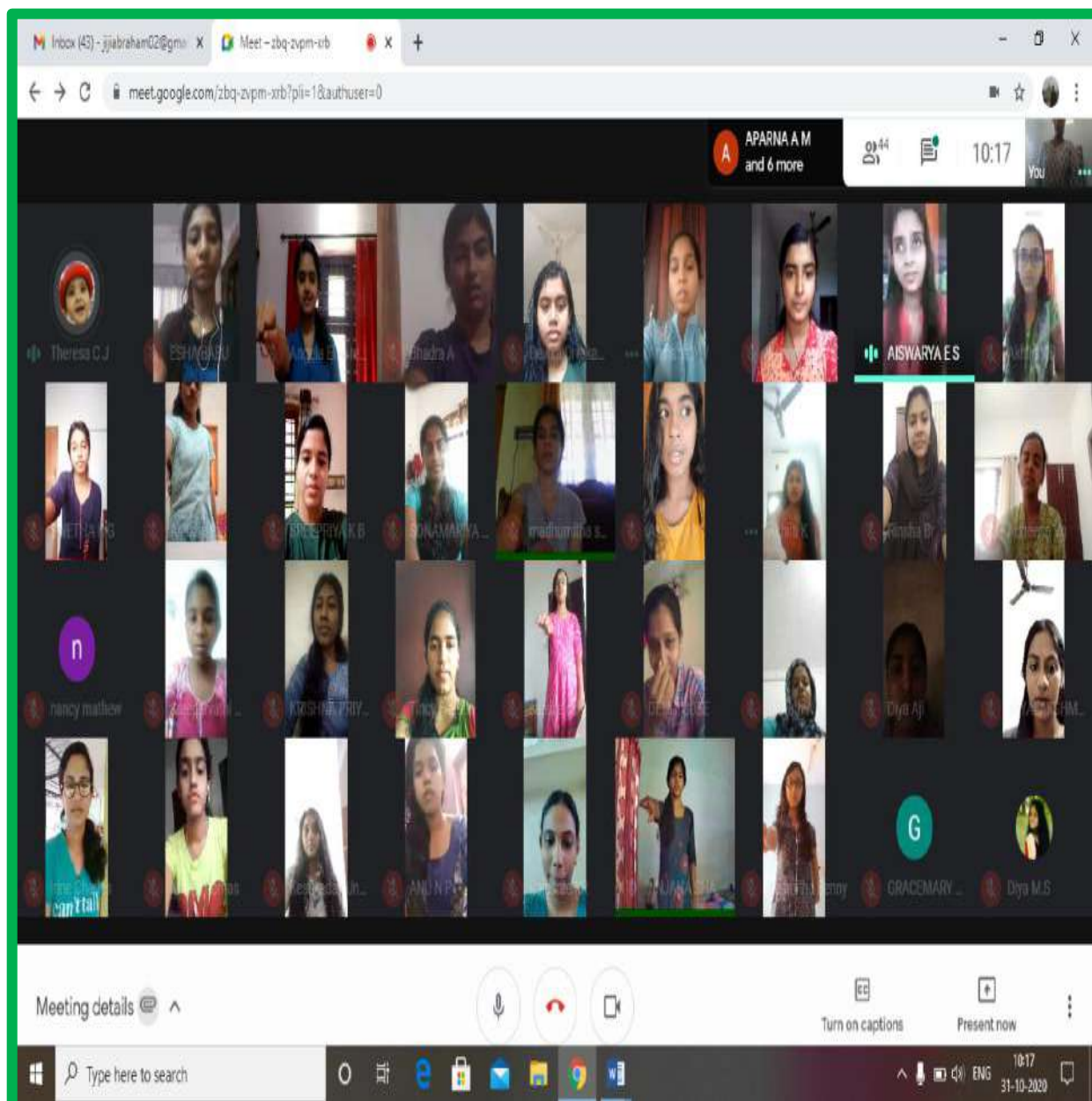


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VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Signature
Coordinator
Dr.Jiji Abraham



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VIMALA COLLEGE (AUTONOMOUS), THRISSUR

74. SWADESHI

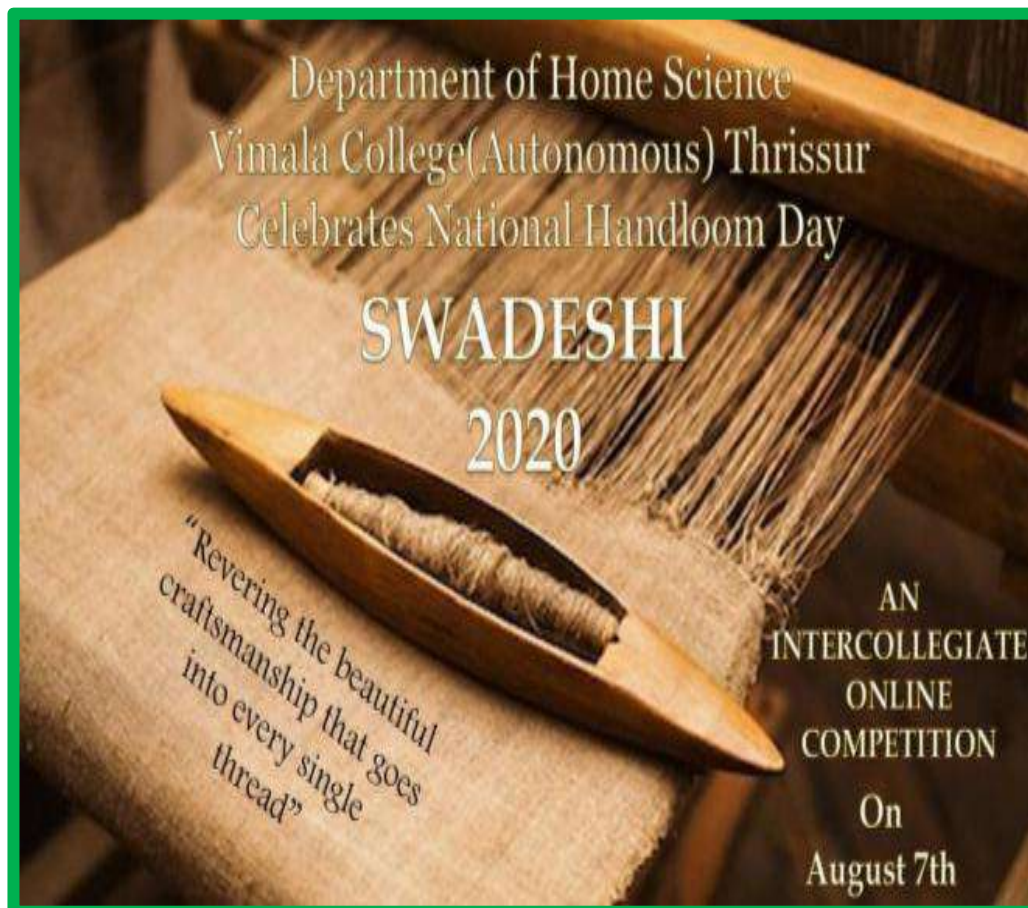
Date : 7th August 2020
Venue : OnlinePlatform
Organized by : DepartmentofHomeScience, VimalaCollege
Participants : Students

As part National Handloom Day, the Department of Home Science published a documentary on "The Timeless Tradition of Handloom" by 3rd year UG Textiles and Fashion Technology students. The documentary was circulated among the students and later uploaded in the college YouTube channel. The teacher coordinator of the program was Ms. Reny Simon. The student coordinators were Ayana Ramesh and Bhagya Sadanandan.

You tube link: <https://youtu.be/KQvw-gppTHc>

List

of



attachments:



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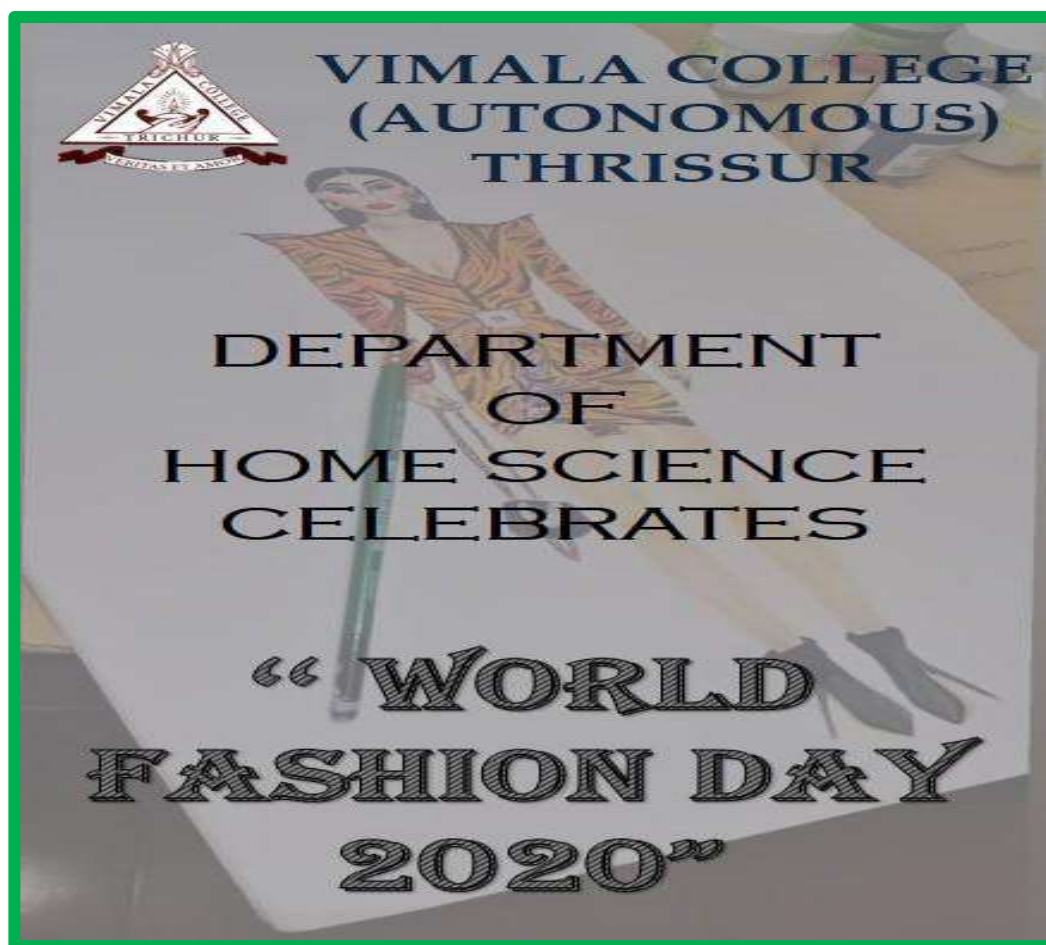
75. World Fashion Day

Date : 21/08/2020
Organized by : Department of Home Science, Vimala College (Autonomous), Thrissur
No. of participants : 12
Faculty Coordinator : Ms. Suparna M G

As part of World Fashion Day, the second year students of Textiles (Department of Home Science) created a video on August 21st 2020. The video was based on the theme “Style Statements of Post Covid” and it was circulated among various groups. The teacher coordinator was Suparna M G and student coordinators were second year TFT students.

List of attachments:

Brochure



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76. "Oonapudava"

Date : 26th August 2020

Venue : G Suite (Online Platform)

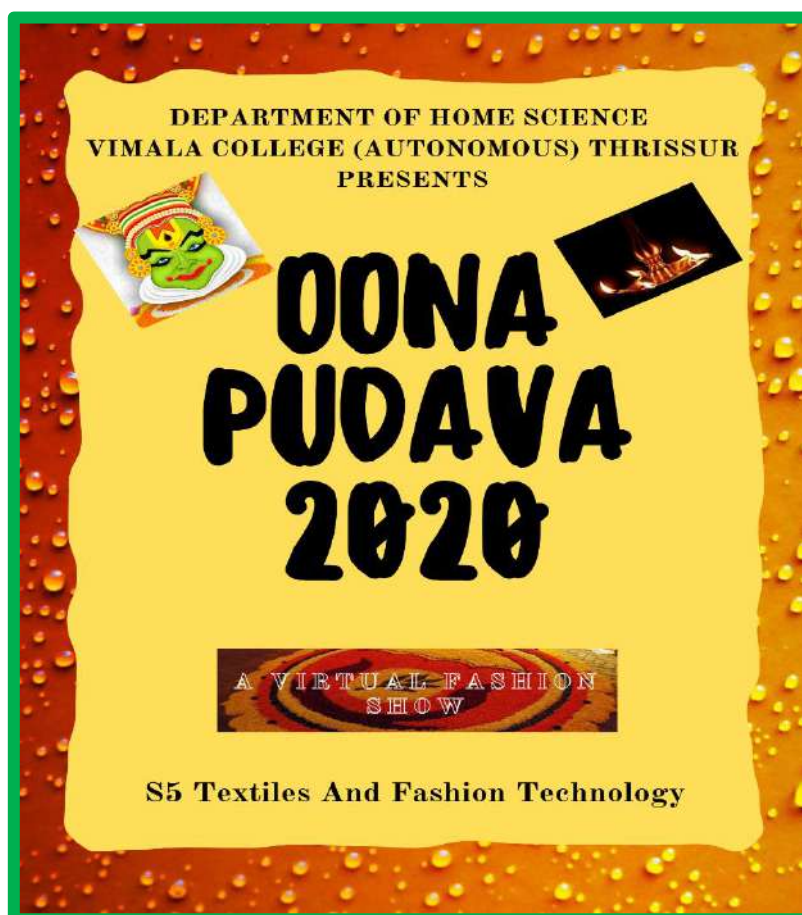
Organized by : Department of Home Science, Vimala College

Participants : Students

As part of the onam celebration organized by the Department of Home Science , 3rd year UG Textiles and Fashion Technology students presented a Virtual Fashion Show. The fashion show was presented as video in the meeting. The theme of the show was Onam Collection and different draping styles The teacher coordinator of the program was Ms. Reny Simon.

List of attachments:

Brochure



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77. Nutriweek Celebration-General awareness video on "How to Boost Immunity to Fight Against the Pandemic COVID 19 " and "Magic Weight Loss Recipe Video".

Date : 11th September 2020

Venue : Youtube

Organized by : PG Department of Home Science (Nutrition & Dietetics)

To aware people about the importance of nutrition for the human body and well-being of one's health with effective measures to overcome hunger and malnourishment.

National Nutrition Week is observed every year from 1st September to 7th September .As a part of national nutrition week celebrations the Post Graduate Department of Home Science (Nutrition & Dietetics) made a general awareness video on "How to Boost Immunity to Fight Against the Pandemic COVID 19 " by the students of 3rd semester PG Nutrition and dietetics students . Anu Maria Wilson of 3rd semester PG Nutrition and Dietetics made a " Magic Weight Loss Recipe" video . Later it was uploaded to our department YouTube channel for public. Mrs.Betty Thomas and Mrs.Urmila Vijayan organized the programme with the support of HOD Dr.Thomas Ruby Mariamma and 14 students participated in this programme.

1. Nutrition awareness video-<https://youtu.be/JK7onMEuJx8>

2. Magic weight loss soup video- <https://youtu.be/N80bIWUzEuw>

Dr Thomas Ruby Mariamma
Head, Department of Home Science
Vimala College (Autonomous) Thrissur.



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78. POLARIS – Mathematical Exhibition

Date : 17/12/2020 ,18/12/2020 & 19/12/2020

Time :24 hrs

Venue : Virtual exhibition

Organized by : Department of Mathematics

Collaboration (if any) :

No. of participants : 41

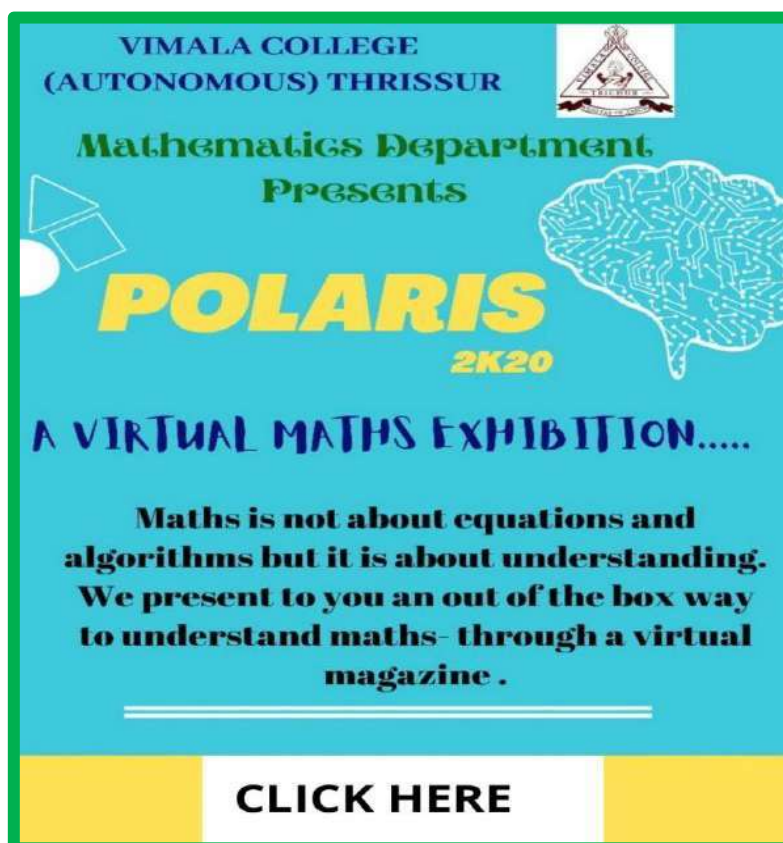
Brief Report of the Event (with Photograph)

The Department organized an intercollagiate Mathematics fest “ASTHRA-2K20” on 17/12/2020 ,18/12/2020 & 19/12/2020. Due to covid-19 pandemic situation the fest was conducted online.

POLARIS-2K20 was a virtual Mathematical exhibition.

List of attachments:

Brochure



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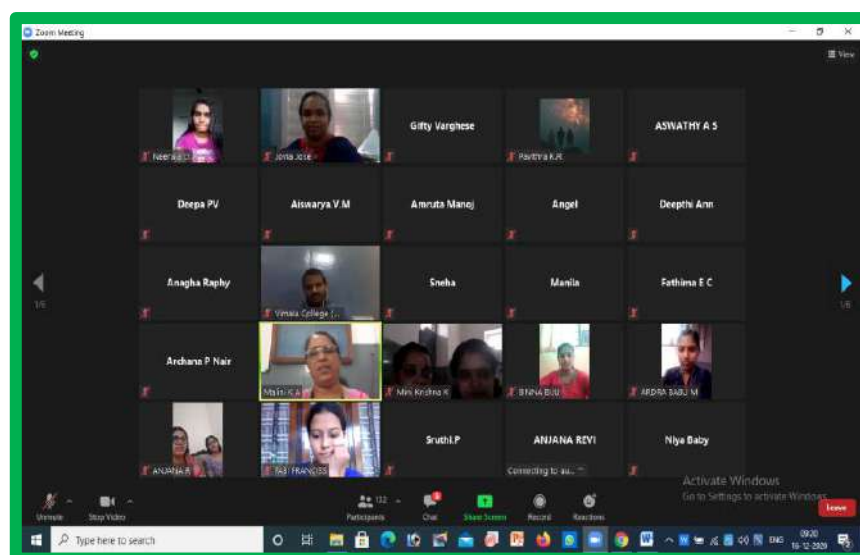
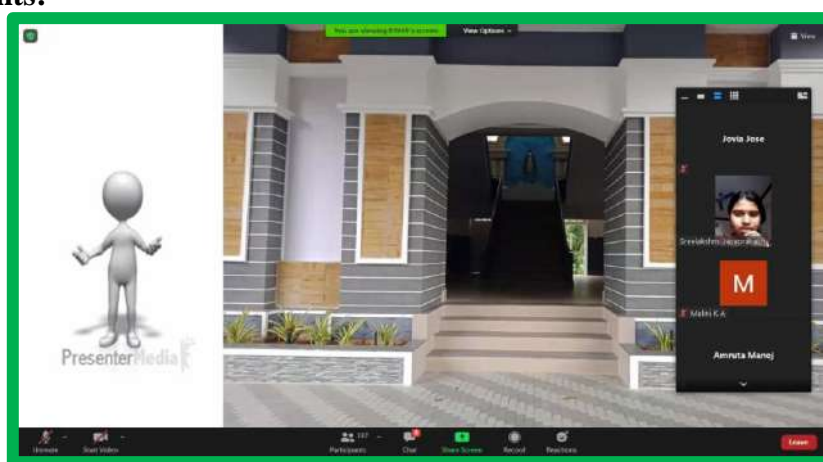
VIMALA COLLEGE (AUTONOMOUS), THRISSUR

79. Fresher's day

Date : 16/12/2020
Time : 9 am
Venue : Google meet (online)
Organized by : Dept. of Physics
Collaboration (if any): NA
No. of participants : 135

The fresher's day was conducted on 16th December 2020 at 9 am in Google meet. The programme was inaugurated by Dr. K A Malini.K.A. This was followed by an ice breaking session. Various cultural activities were performed by second year and third year students.

List of attachments:

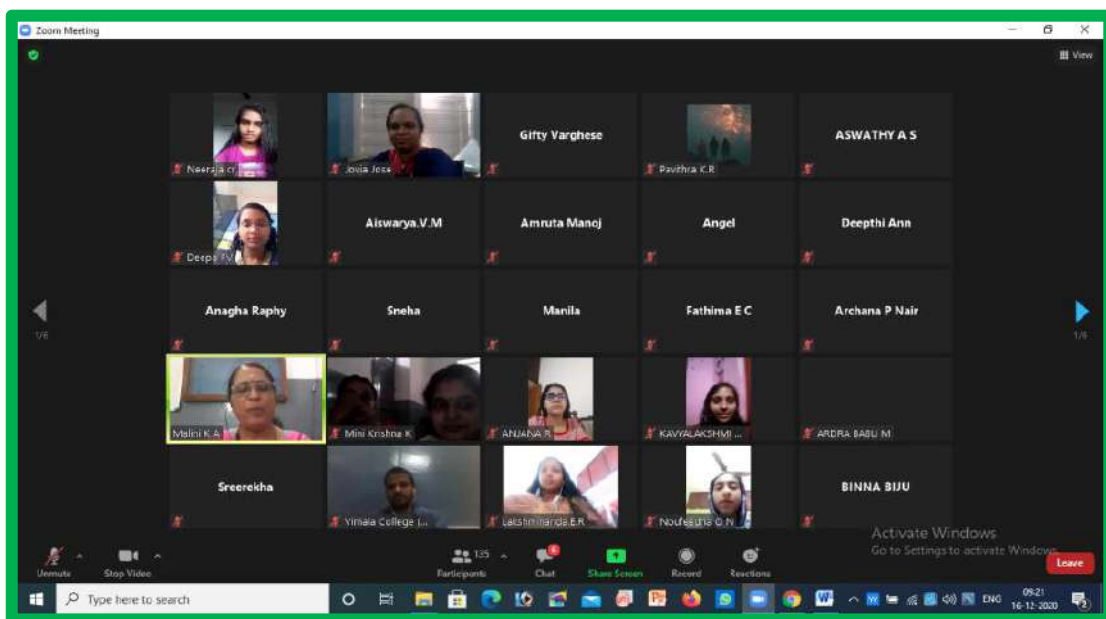


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Brochure



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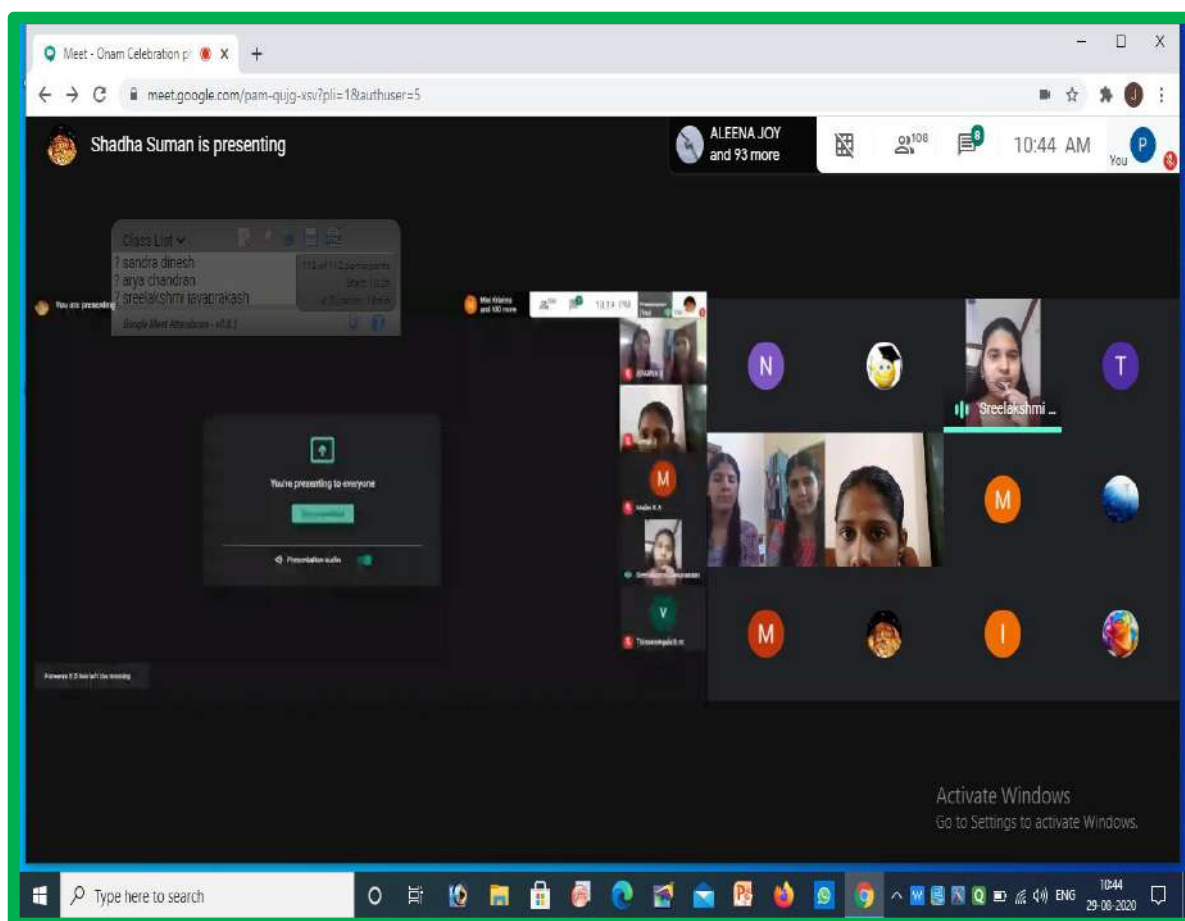

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VIMALA COLLEGE (AUTONOMOUS), THRISSUR

80. Onam celebration

Date : 29/8/2020
Time : 10.30 am
Venue : Google meet
Organized by : Dept. of Physics
Collaboration (if any): NA
No. of participants : 110

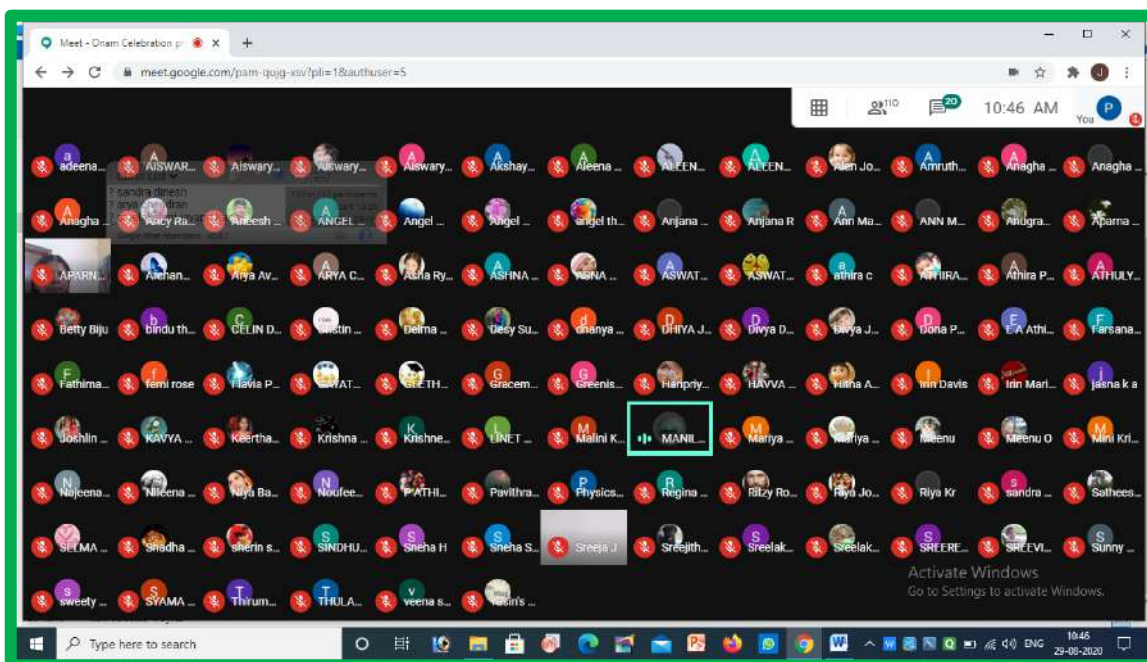


Assessment Period (2016 – 2021)

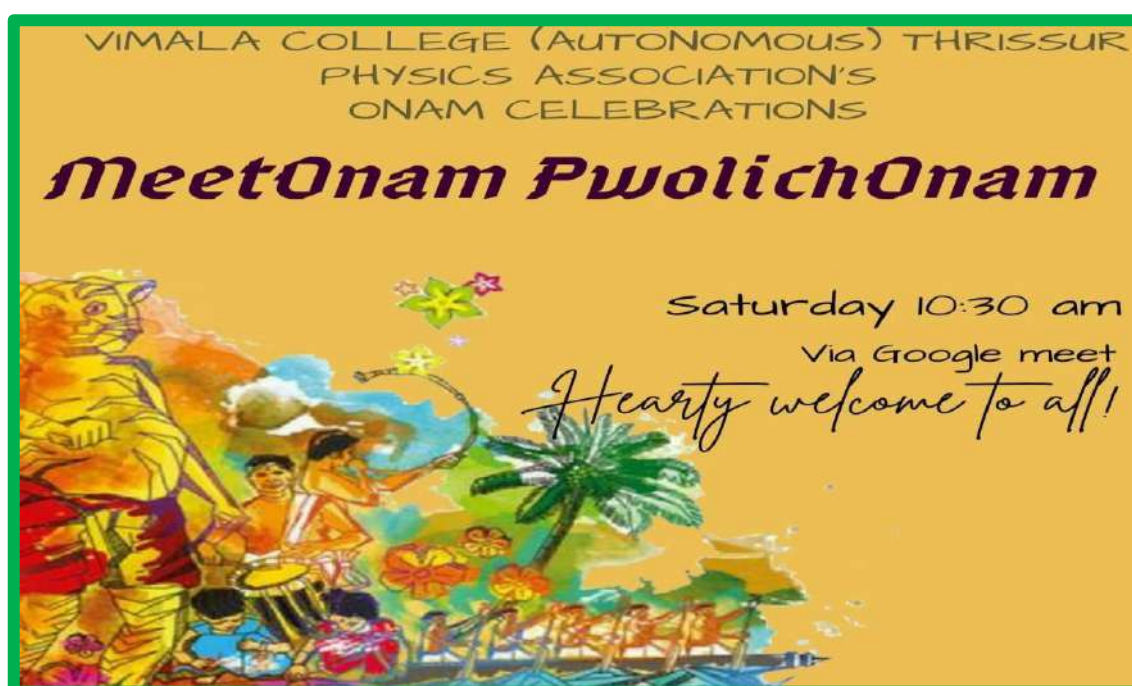

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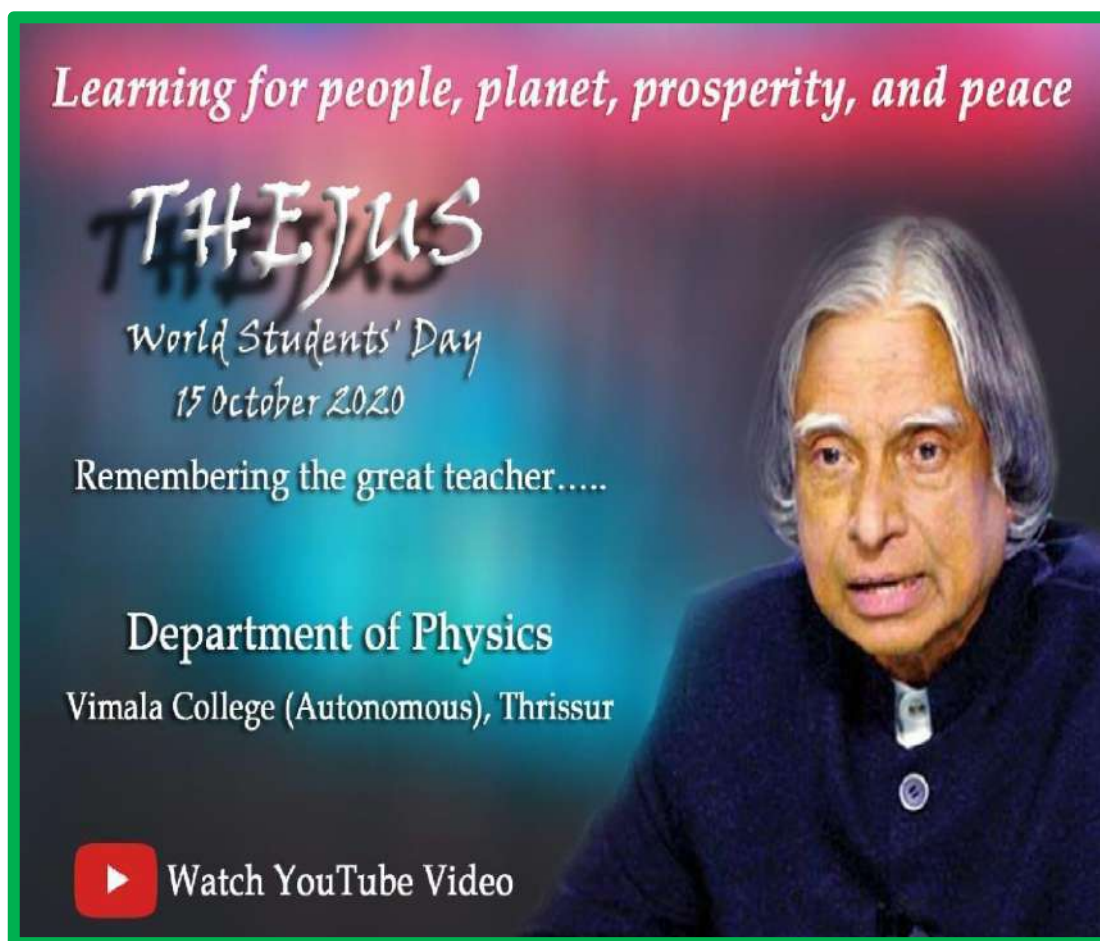


VIMALA COLLEGE (AUTONOMOUS), THRISSUR

81. Thejus - World students day celebration

Date : 15/10/2020
Organized by : Dept. of Physics
Collaboration (if any): NA
No. of participants : 59

On 15/10/2020, students organized THEJUS' to celebrate World student's day and released a video on Dr APJ Abdul Kalam.



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82. Mahathma ke Saath, Programme on Gandhi Jayanthi

Date : 2/10/2020
Organized by : Dept. of Physics
Collaboration (if any): NA
No. of participants : 145

On 2/10/2020, a programme named 'Mahathma ke Saath' was organised by the department. Photo quiz competition, Haiku competition and Caricature competition were arranged as part of the same. The competitions were arranged in the online mode.

Please visit the link for video: <https://www.youtube.com/watch?v=FA8dMB1VaIQ>

List of attachments:

Brochure

VIMALA COLLEGE AUTONOMOUS THRISSUR
DEPARTMENT OF PHYSICS
PRESENTS
MAHATMA KE SAATH
October 2, 2020
Links will be active from 9AM to 6 PM

RETCON
PHOTO QUIZ COMPETITION

1. Only one attempt
2. Only those who get 75% and above will receive the certificate
3. No multiple attempts per student using different mails

[Click here to participate](#)

do coeur
HAIKU COMPETITION

1. One entry per student
2. Theme : Gandhiji
3. Haiku should not exceed 6 lines
4. Language : English or Malayalam
5. If required use 'Google input tools' for data entry in Malayalam
6. Certificates will be awarded for first, second and third prize winners

[Click here to participate](#)

Dessine animé
CARICATURE COMPETITION

1. Topic : Non-violence
2. One entry per student
3. Dialogues can be included
4. Certificates will be awarded for first, second and third prize winners.

Why I love Gandhi.....
Click to watch the video



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VIMALA COLLEGE (AUTONOMOUS), THRISSUR

83. Reading Day

Date : 20th -28th June 2020
 Time : 10.30am
 Venue :Vimala Podcast
 Organized by : Department of Malayalam
 Collaboration (if any): Nil
 Participants : Open to all via U Tube & College website

In connection with Reading Week Celebrations Department conducted a Podcast with Malayalam writers on 20.06.2020 -28.6.2020. Famous Malayalam writers Sri.Alankode Leelakrishnan, Ms K Rekha, Sri.Francis Nerona, & Prof. V G Thambi wre the resource persons. Through this podcast sessions they shared their reading experiences with students.

List of attachments:

Brochure

വിമല കോളേജ് ഓട്ടോണമസ് തൃശൂർ
 മലയാള ഗവേഷണ വിഭാഗം
 'വായന'
 വായനാവാർത്താസംബന്ധിച്ചുള്ള
 വായനാനുഭവങ്ങൾ
 വിമല പോഡ്കാസ്റ്റിൽ

പങ്കെടുക്കുന്നവർ :


 പ്രൊഫ്. വി.ജി.തമ്പി


 ശ്രീ. അലങ്കോട് ലീലാകൃഷ്ണൻ


 കെ രേഖ


 ശ്രീ. ഫ്രാൻസിസ് നെറോണ



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VIMALA COLLEGE (AUTONOMOUS), THRISSUR

84. Keralappiravi Celebrations

Date : 1st November 2020
 Time : 10.30am
 Venue : Google Meet
 Organized by : Department of Malayalam
 Collaboration (if any): Nil
 Participants :100

This year Dept of Malayalam conducted Keralappiravi celebrations on online mode from November 1 to November 5 2020. Malayalam poet Sri.Gopikrishnan inaugurated the celebrations on November 1.Next two days our students and our alumnae presented various artforms of Kerala. On November 5th folklorist Adv.Pradeep Panengat was the chief guest for the valedictory function.

List of attachments

Brochure

മലയാള വിഭാഗം
 വിമല കോളേജ് (ഓട്ടോണമസ്) - തൃശ്ശൂർ

കേരളപ്പിറവി ആഘോഷം - 2020

കേരളപ്പിറന്നാൾ സന്ദേശം
 ശ്രീ പി.എൻ ഗോപികൃഷ്ണൻ
 (കവി)
 നവംബർ 1 : രാവിലെ 10-11

തേജസ് - 2020
 (പൂർവ്വ വിദ്യാർത്ഥിനികളുടെ കലാവിഷ്കാരം)
 നവംബർ 2, 3 : രാവിലെ 10-11

നാടൻപാട്ട് / കേരള ഗാനങ്ങൾ / കവിതകൾ
 (കുട്ടികളുടെ അവതരണങ്ങൾ)
 നവംബർ 4 : രാവിലെ 10-11

സമാപനം
 മുഖ്യാതിഥി: അഡ്വ.പ്രദീപ് പാണ്ടനാട്
 (നാടൻപാട്ട് കലാകാരൻ)
 മത്സര സമ്മാന പ്രഖ്യാപനം
 നവംബർ 5 : രാവിലെ 10 - 11



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VIMALA COLLEGE (AUTONOMOUS), THRISSUR

85. 73rd Independence day Celebrations

Date : 15th August 2020
Time : 8:00AM
Venue : Through online
Organized by : Department of Physical Education
No. of participants: 150 to 200

This year, Vimala college have ensured that the fervour of patriotism lives on, and shifted their Independence Day celebrations online. The only live part of the online I-day event was the flag hoisting ceremony by the principal. Rest of the content was pre-recorded

Please visit the link for

video: https://drive.google.com/file/d/1yBI1QkmUcQ5eHL3YtXTc_rvkD8AJezj/view?usp=sharing



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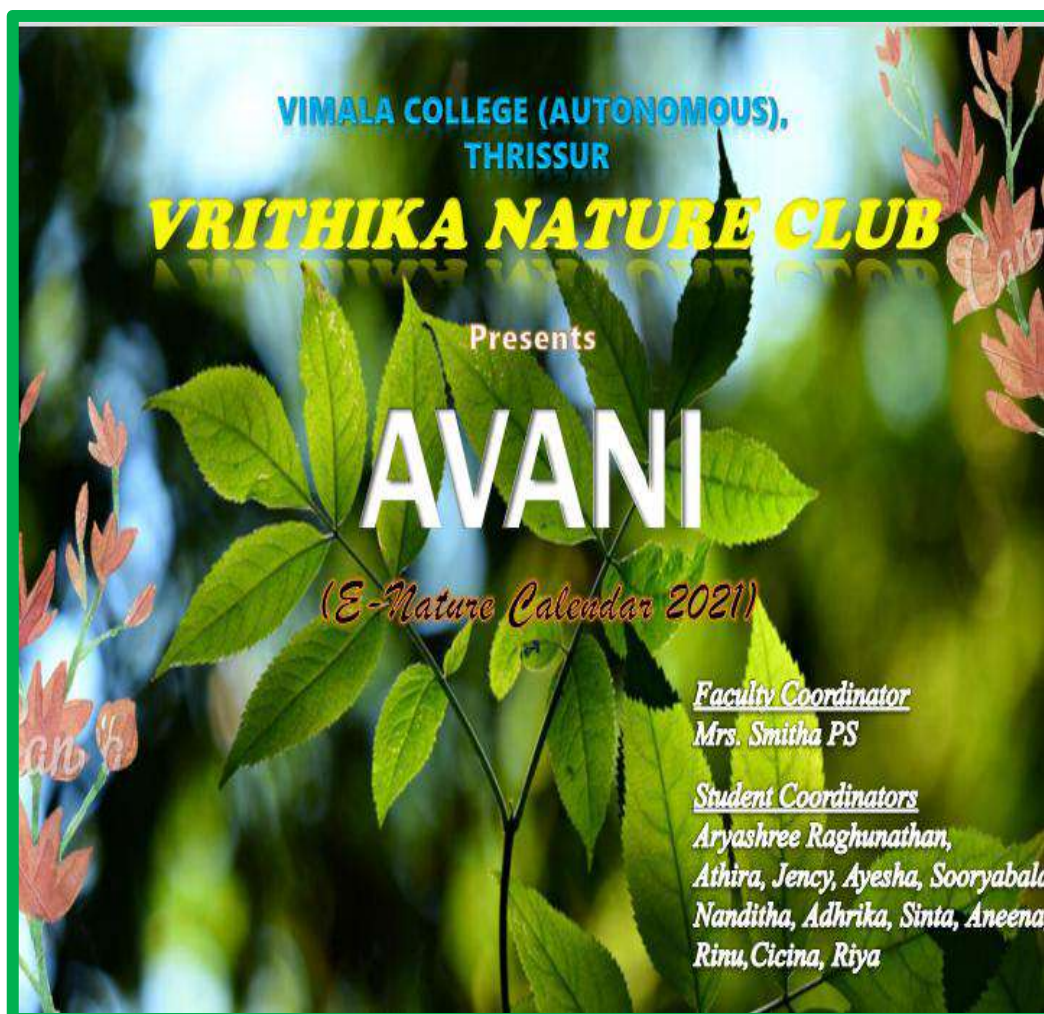


VIMALA COLLEGE (AUTONOMOUS), THRISSUR

86. AVANI E- Calendar on Environmentally significant days

Date: 05-06-2020

AVANI E- Calendar on Environmentally significant days – Provides short description of environmental events of each month, which can be used to raise awareness and get ideas to plan activities. On 5-Jun-2020 Nature club members designed AVANI E- Calendar on Environmentally significant days



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VIMALA COLLEGE (AUTONOMOUS), THRISSUR

87. WORLD MUSIC DAY - Conducted An Illustrious Alumna Talk On "Introducing Select Ragas Through Film Songs" By Swetha Somasundaram - Saarang Music Club Date: 21-06-2020

The Music Club Sarang of Vimala College (Autonomous), Thrissur conducted a student organised Illustrious Alumna Talk by Swetha Somasundaram, Super 4 fame, on the topic "Introducing Select Ragas through Film songs" on 21st June at 5pm via Google meet.

The Alumna Talk began with a prayer rendered by Haripriya K, followed by the welcome speech by Sreelakshmi T R. The Resource person of the programme, Ms Swetha Somasundaram, gave a brief insight on the mystical origin of the ragas and the different emotions that each raga would convey. She also spoke on how ragas would soothe the minds of people and emerge them out from the mental discrepancies. These valuable insights actually became an eye opener for students to delve into the world of music. The beautiful rendition of the songs Ms Swetha Somasundaram, delighted the hearts of everyone. The programme winded up with a vote of thanks by Alphine Rajesh.

The following were the students in charge and their Mentors :

Prayer	-	Haripriya K
Mentor	-	Dr Lakshmi C
Compering	-	Parvathy Madhav T
Mentor	-	Dr Prathibha P
Welcome Speech	-	Sreelakshmi T R
Mentor	-	Mrs Divya C D
Vote of Thanks	-	Alphine Rajesh
Mentor	-	Mrs Lisa John Mundackal
Interactive session	-	Praveena K
Mentor	-	Mrs Sheeji Rapheal
Coordinators	-	Twinkle Treesa M Ankitha S
Brochure	-	Kavyalakshmi M S
Mentor	-	Ardhra S Dr. Lakshmi C M
Feedback form	-	Sreelakshmi C
Mentor	-	Dr. Lakshmi C M
Report	-	Hridya S
Mentor	-	Mrs Ann Maria Jose C



Assessment Period (2016 - 2021)


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Participants: Google Meet: 65
Youtube live: 158 views

Google Meet link: <https://meet.google.com/qmm-bxxd-hkx>

Youtube link: <https://youtu.be/xjdThzVoE40>

feedback form:

https://docs.google.com/forms/d/e/1FAIpQLSdpmwd3r743vTKMtXZBDFZinuvmd98OSiL01Y9UQYLA9aTRwA/viewform?usp=sf_link



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

88. Name of the Event: Talent Hunt – First Wave (Western)

Date: 07/11/2020

Time: 5 pm

Venue: Google Meet

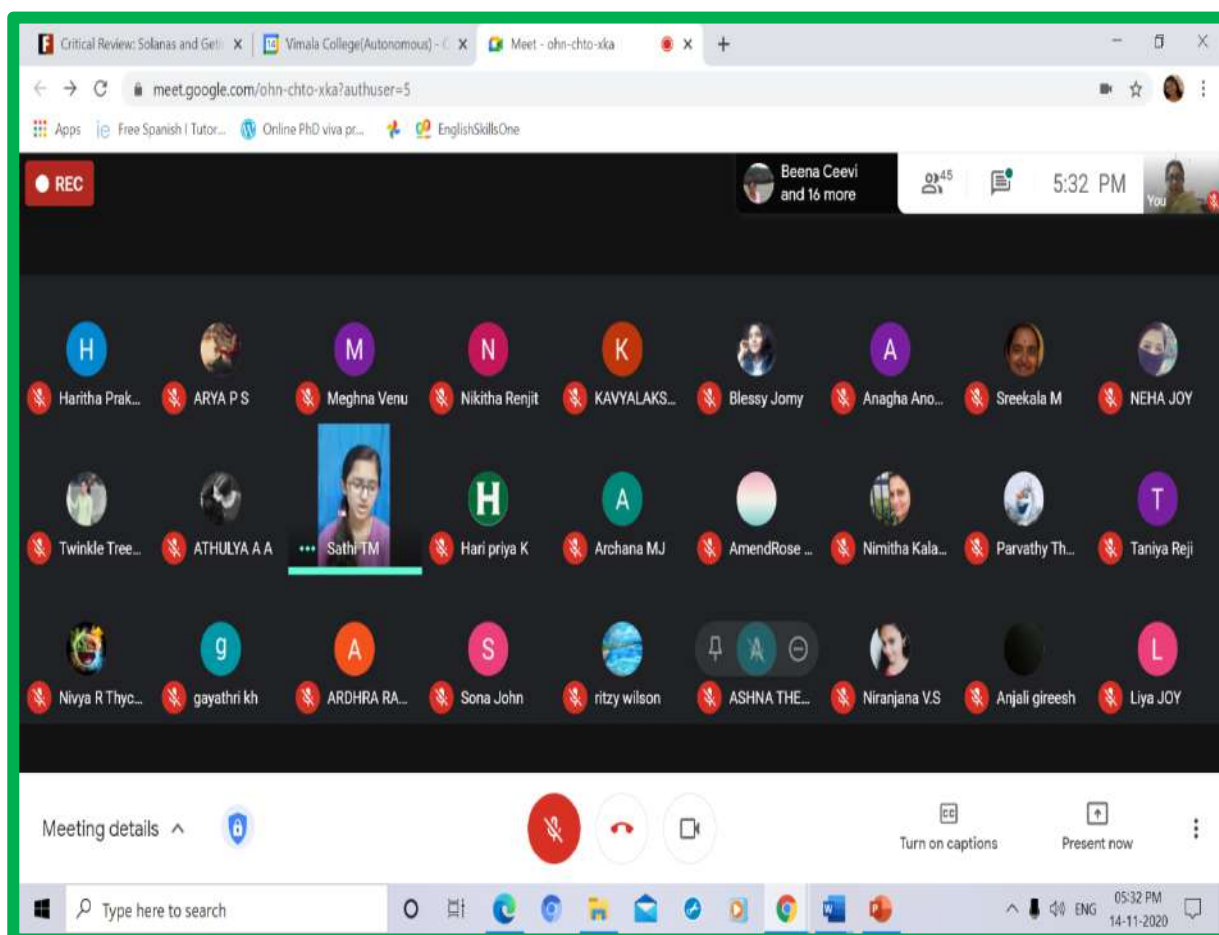
Organized by: Saarang: The Music Club

Collaboration (if any): Nil

No. of participants: 15

Brief Report of the Event (with Photograph)

Saarang – The Music Club of Vimala College (Autonomous) organized Talent Hunt: First Wave for Western music singers on 07/11/2020. Almost 15 participants showcased their talents. The meet id was <http://meet.google.com/qot-rzpo-bzq>. The programme started at 5 pm and ended by 6.15 pm.



Please visit the link for

video:https://drive.google.com/file/d/1Qa7XY0gmYEqzkgSazHEyJlxVMn_OmGqI/view?usp=sharing



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



**Saarang : The Music Club of
Vimala College (Autonomous), Thrissur
presents a student organised
Illustrious Alumna talk by Super 4 fame
Swetha Somasundaram**



**Topic: Introducing Select Ragas through
Film Songs**

Date: 21/06/2021

Time: 05:00 pm

Join: <http://meet.google.com/qmm-bxxd-hkx>

Youtube live link: <https://youtu.be/xjdThzVoE40>

Faculty coordinator: Dr.Lakshmi C M

Student coordinators:

Twinkle Treesa M J , Ankitha S N

Hridya S, Haripriya K, Praveena K

Sreelakshmi T R, Sreelakshmi C

Alphine Rajesh, Parvathy Madhav T

Ardhra S, Kavyalakshmi M S



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

89. Name of the Event: Talent Hunt – Second Wave (Eastern)

Date: 14/11/2020

Time: 5 pm

Venue: Google Meet

Organized by: Saarang: The Music Club

Collaboration (if any): Nil

No. of participants: 68

Brief Report of the Event (with Photograph)

Saarang – The Music Club of Vimala College (Autonomous) organized Talent Hunt: Second Wave for Eastern music singers on 14/11/2020. Almost 68 participants showcased their talents. The meet id was meet.google.com/ohn-cto-xka. The programme started at 5 pm and ended by 6.30 pm.

Please visit the link for

video: https://drive.google.com/file/d/1mdvFCtnzeOykO0WyWSSxEXTf0i8R_JXT/view?usp=sharing

Link for feedback:

List of attachments:

i) Brochure



Assessment Period (2016 – 2021)


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VIMALA COLLEGE (AUTONOMOUS), THRISSUR

90. Name of the Event: Talent Hunt – Third Wave (Eastern)

Date: 12/12/2020

Time: 5 pm

Venue: Google Meet

Organized by: Saarang: The Music Club

Collaboration (if any): Nil

No. of participants: 68

Brief Report of the Event (with Photograph)

Saarang – The Music Club of Vimala College (Autonomous) organized Talent Hunt: Third Wave for Eastern music singers on 12/12/2020. Almost 68 participants showcased their talents. The meet id was meet.google.com/zdn-wnxi-sxw. The programme started at 5 pm and ended by 6.30 pm.

Please visit the link for

video: https://drive.google.com/file/d/1mdvFCtnzeOykO0WyWSSxEXTf0i8R_JXT/view?usp=sharing



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VIMALA COLLEGE (AUTONOMOUS), THRISSUR

91. Name of the Event: Tribute to Freedom fighters- fusion dance

Date: 15th August 2020

Time:

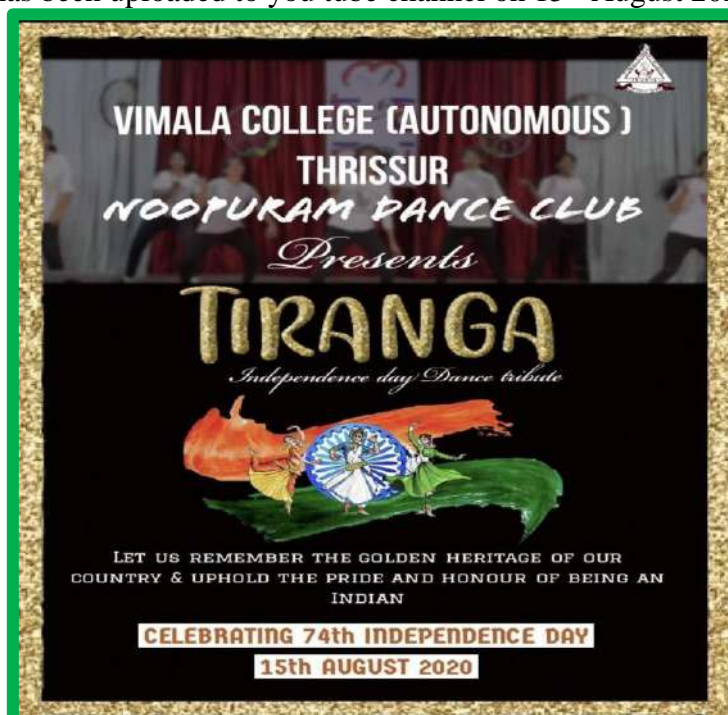
Venue: Instagram and Youtube channel

Organized by: Noopuram Dance Club

Collaboration (if any): No

No. of participants: 6

Third event: The Noopuram Dance Club has organized a dance tribute to the nation in connection with the 74th Independence Day celebrations. The students named Anjaly, Ayana, Sanika, Aparna, Haritha, Anagha has participated in the performance which has been viewed by many people as it has been uploaded to you tube channel on 15th August 2020



Signature
Liji Maliakkal
Coordinator



Assessment Period (2016 - 2021)

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

92. Name of the Event: Freshers Day

Date: 03/10/2020

Time: 2 pm

Venue: Google meet

Organized by: Noopuram Dance Club

Collaboration (if any): No

No. of participants: 100

Fourth Event: Fresher's Day (03/10/2020): Fresher's day is the start of the new journey of life. Fresher's day is exclusively for our first years. It is day full of mixed kinds of emotions like warmth, happiness, laugh, excitement and fear. On this pandemic condition, our Noopuram dance club organized an online fresher's day by welcoming all the first years who wish to be part of our dance club.

Signature
Liji Maliakkal
Coordinator



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VIMALA COLLEGE (AUTONOMOUS), THRISSUR

93. Name of the Event: Feast day programme of our Principal Dr Sr. Beena Jose

Date: 17/11/2020

Time: 10 am

Venue: Google Meet and YouTube live streaming

Organized by: Noopuram Dance Club

No. of participants: 600

Fifth Event: Feast day (17/11/2020)-The Noopuram dance club was also part of the feast day programme of our Principal Dr Sr. Beena Jose. It was conducted through the online mode due to the pandemic situation and the celebration began with a fervent prayer. The students of Dance club presented choreography for felicitating respected principal on her feast day



Signature
Liji Maliakkal
Coordinator



Assessment Period (2016 – 2021)

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VIMALA COLLEGE (AUTONOMOUS), THRISSUR

94. Name of the Event: Tribute to COVID fighters- fusion dance (CONFINED BUT NOT BROKEN_COVID'19)

Date: 30th May 2020

Venue: Instagram and Youtube channel

Organized by: Noopuram Dance Club

No. of participants: 6

The second event was to give awareness about COVID'19. We the dance club members worked for week to prepare this theme dance video. CONFINED BUT NOT BROKEN_COVID'19 this was the name that we decided to give as a caption to our efforts. It's really difficult to coordinate each members to this video. The performance was done by ten members representing the whole dance club. This event was a great successful and it's uploaded in INSTAGRAM page and to our YOUTUBE channel too. The performance was really based on the situation of the world facing covid'19 and released this video to the public on 30th May 2020



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95. Name of the Event: 'SPARKLES', a meet with our juniors'

Date: 16/12/2020

Time: 2.30 pm

Venue: Google meet and Youtube live streaming

Organized by: Noopuram Dance Club

No. of participants: 100

Sixth Event: SPARKLES, A Meet with Our Juniors (16/12/2020)-The Noopuram dance club has organized an event especially for our juniors. The event named 'Sparkles, a meet with our juniors' was really an awaited moment for our fresher's as well as for all the other students. It was an informal and interactive session conducted in the afternoon of the day at 2.30 to 3.30 pm via Google Meet



Signature
Liji Maliakkal Coordinator



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VIMALA COLLEGE (AUTONOMOUS), THRISSUR

96. Name of the Event: Tribute to Seniors

Date: 04/01/2021

Time:

Venue: Instagram

Organized by: Noopuram Dance Club

Collaboration (if any): No

No. of participants: 6

Seventh Event: Tribute to seniors (04/01/2021)-The fresher's of Noopuram Dance club presented a small tribute dance video to show their love and passion towards dance and the seniors. It was initiated by the members of the dance club from commerce department. The video was really impressive and make all the seniors so happy and grateful. Without differentiating anyone now all the members are participating and showcasing their talent by uploading their passionate dancing videos

Signature
Liji Maliakkal
Coordinator



Assessment Period (2016 - 2021)

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VIMALA COLLEGE (AUTONOMOUS), THRISSUR

97. Name of Event : ENVIRONMENT DAY -NCC

Date: 5 June 2020

No. of Cadets: 32

Cadets of Vimala College celebrated Environment Day by planting saplings along with their family.

Cadets also conducted a webinar in connection with the same Environment Day.



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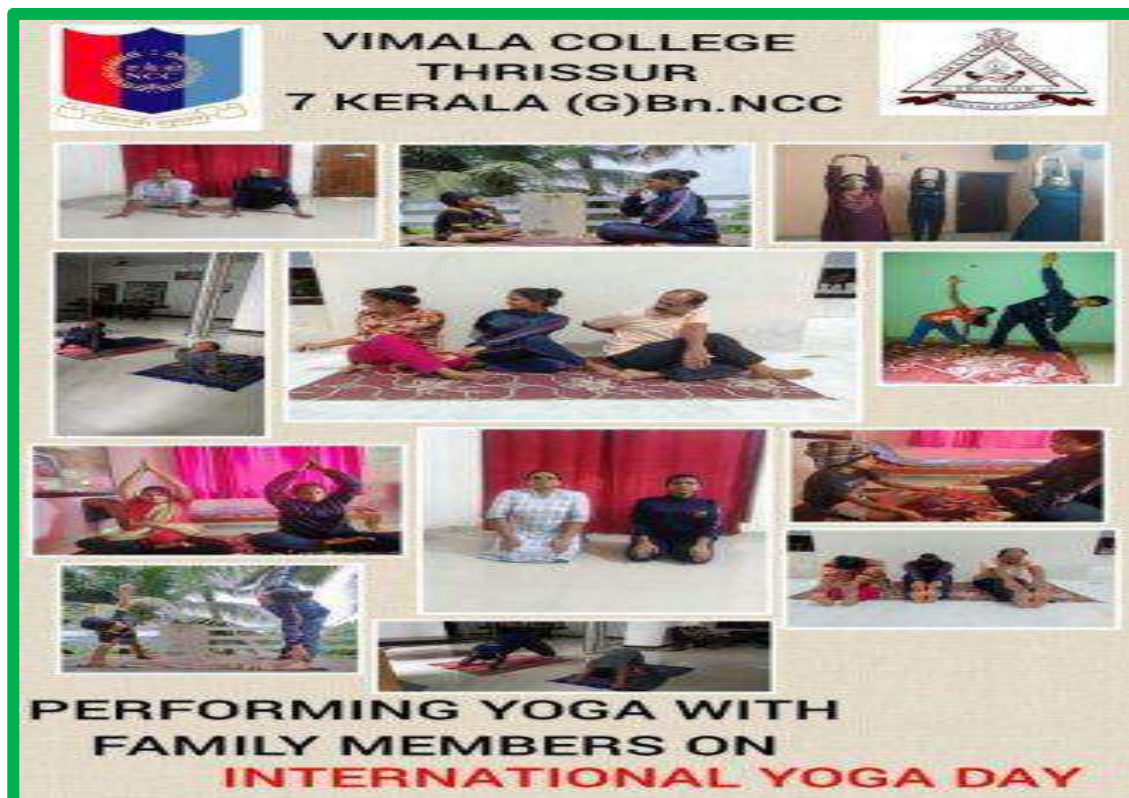


98. Yoga Day -NCC

Date: 21 June 2020

No of Cadets: 34

Cadets of Vimala College observed Yoga day by performing different yoga postures along with their family members.





Cadets performing yoga with their family members





VIMALA COLLEGE (AUTONOMOUS), THRISSUR

99. INTERNATIONAL DAY AGAINST DRUG ABUSE AND ILLICIT TRAFFICKING - NCC

Date: 26 June 2020

No of Cadets: 34

Cadets of Vimala College started a virtual campaign in association with the Ek Bharat Shreshtha Bharat Club against drug abuse and illicit trafficking. The cadets also participated in the webinar conducted by the NCC unit of Sree Kerala Varma College. All participants were awarded an E Certificate.



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VIMALA COLLEGE (AUTONOMOUS), THRISSUR

100. Kargil Vijay Diwas - NCC

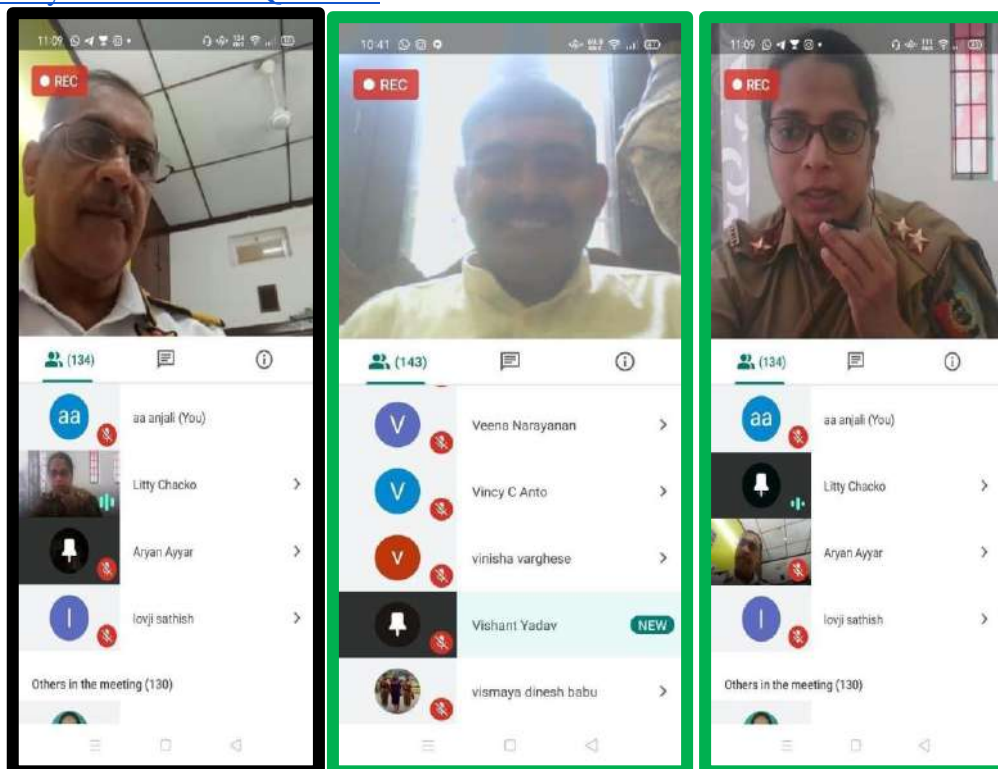
Date: 26 July 2020

No of Cadets: 34

NCC cadets of Vimala College celebrated Kargil Vijay Diwas on 26 July 2020. The cadets created a video showing tribute to the soldiers.

The NCC unit of Vimala College (Autonomous) Thrissur and St. Joseph College (Irinjalakuda) under 7(K) Girls Battalion jointly conducted a webinar on Kargil day named as POINT 5062: A Dialogue with the Param Veer Chakra recipient Sub Major Yoginder Singh Yadav PVC. Sub Major Yoginder Singh Yadav PVC, Commanding officer of 7(K) Girls Battalion Col. Joseph Antony, Commodore R R Iyer, Vimala College NCC ANO Lt. Lovji K N, St. Joseph College NCC ANO Lt. Litty Chacko, Vimala College Principal Dr. Sr. Beena Jose and cadets of many colleges participated in the webinar.

<https://youtu.be/dGBTJQVnYnE>

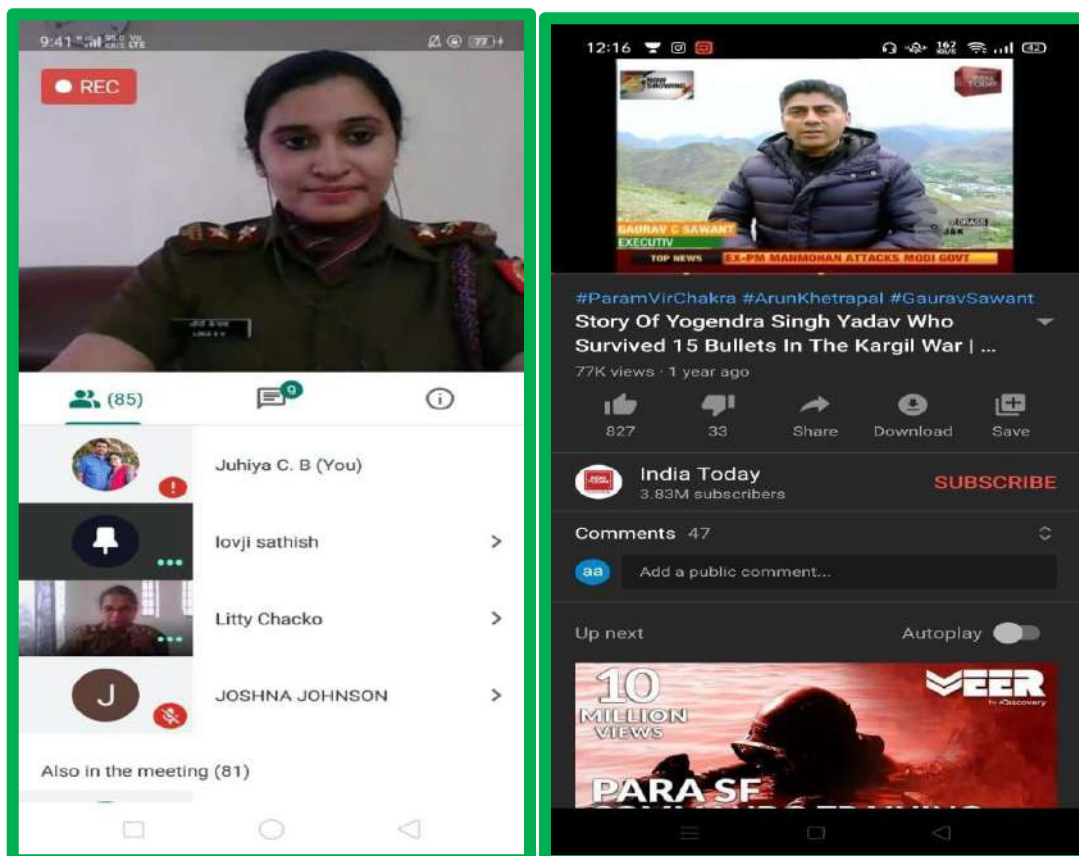


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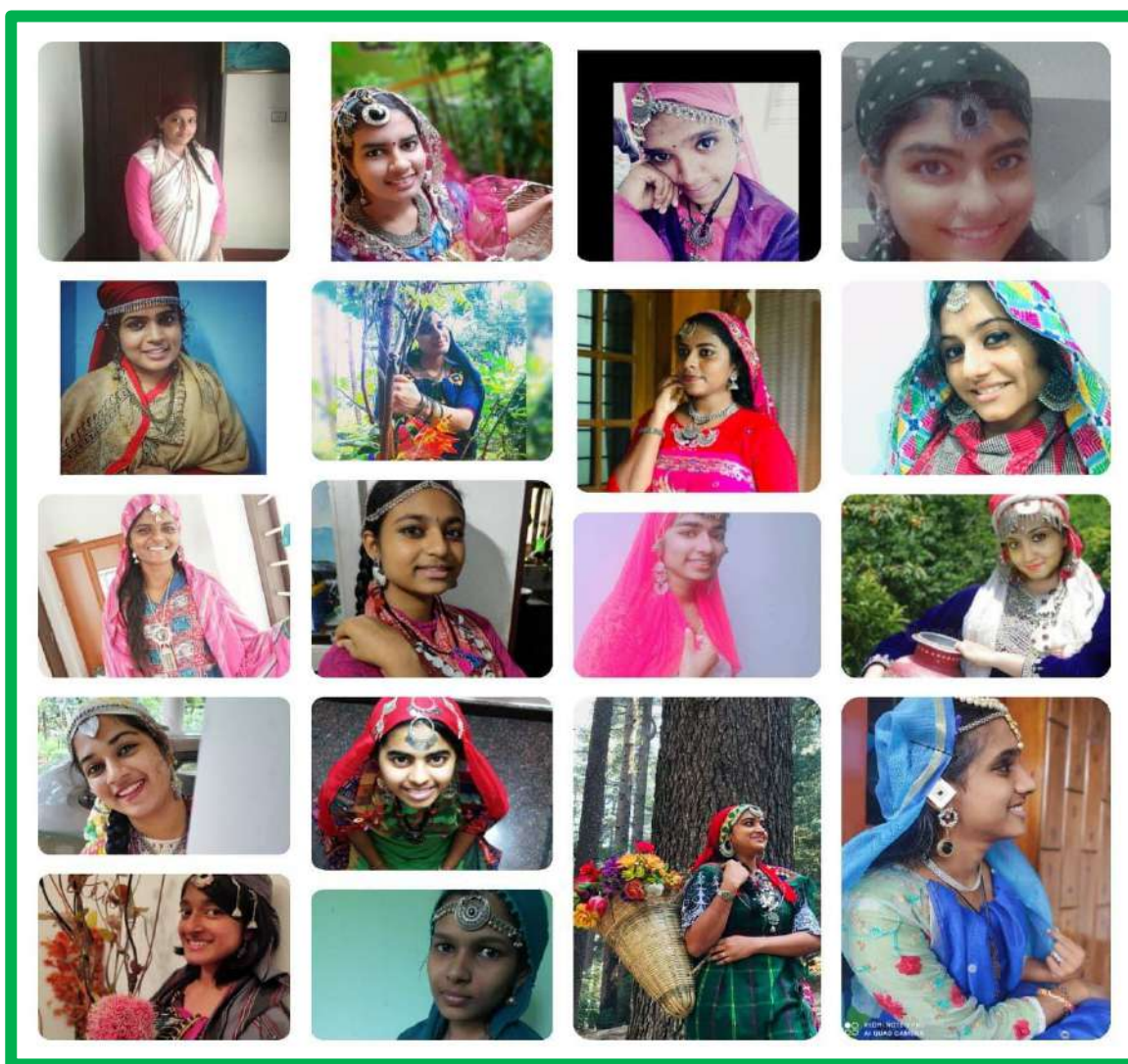
VIMALA COLLEGE (AUTONOMOUS), THRISSUR

101. ETHNIC PHOTOSHOOT - NCC

Date: 01 August 2020

No of Cadets: 18

NCC Cadets of Vimala College(autonomous) Thrissur performed an Ethnic Photo shoot based on Himachali Culture in association with EBSB Club.



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Ethnic Photo shoots by NCC Cadets.

102. Musical Tribute 'Garveet' on INDEPENDENCE DAY - NCC

Date: 15 August 2020

No of Cadets: 34

NCC Cadets of Vimala College(autonomous) Thrissur Cadets presented a Musical Tribute called Garveet on Independence Day (15 August 2020).



Poster made by the cadets for the musical tribute



Assessment Period (2016 – 2021)

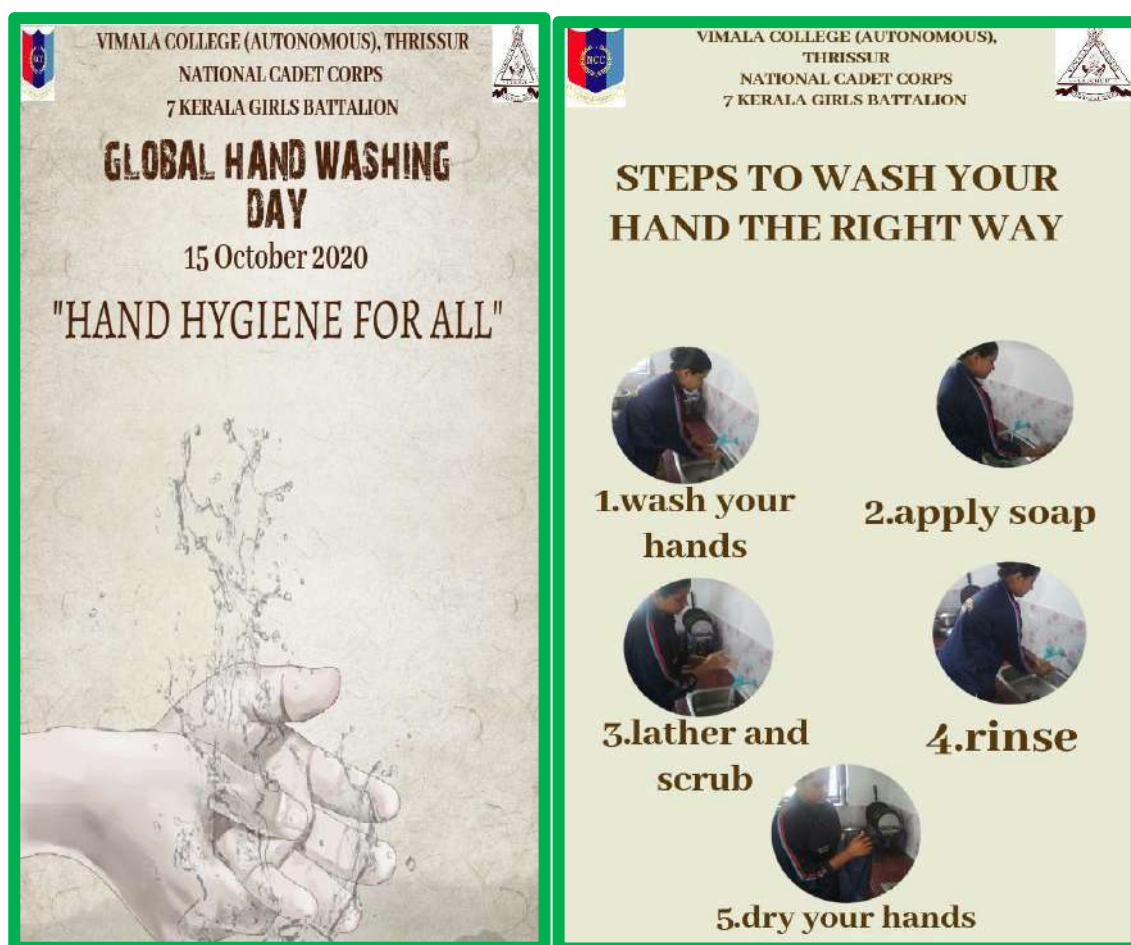

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103. GLOBAL HANDWASHING DAY -NCC

DATE: 15 OCTOBER 2020

October 15 is Global Hand washing Day, Worldwide Hand washing Day is a yearly worldwide backing day committed to advocating for hand washing with cleanser as a simple, viable, and reasonable approach to anticipate illnesses and spare lives.



Poster and the correct way to wash hand by a cadet





VIMALA COLLEGE (AUTONOMOUS), THRISSUR

104. RASHTRIYA EKTA DIWAS Inter collegiate group discussion - NCC

DATE: 31 OCTOBER 2020

PLATFORM: G-MEET

In connection with Rashtriya Ekta Diwas an inter-collegiate group discussion was organized with the topic finding answer to this relevant question after 70 years of progress. The program was very successful.

The poster is for a group discussion event. At the top, it lists the organizing institutions: VIMALA COLLEGE (AUTONOMOUS), THRISSUR, NATIONAL CADET CORPS, and 7 KERALA GIRLS BATTALION. The central theme is 'AMITY RASHTRIYA EKTA DIWAS' with the subtitle 'AN OUTLOOK TO NATION'S INTEGRATION'. The event is an 'INTER-COLLEGIATE GROUP DISCUSSION'. A portrait of Sardar Vallabhbhai Patel is featured, with the text 'Ironman of INDIA' and his dates '31st October 1875 - 15th December 1950'. Below the portrait is a quote: '"HAS INDIA ORGANISED A NEW STATE AND SOCIETY TO REPLACE THE OLD ORDER WHICH SHE WANTS TO DISCARD?" SARDAR VALLABHBHAI PATEL'. The topic is 'FINDING ANSWERS TO THIS RELEVANT QUESTION AFTER 70 YEARS OF PROGRESS.' The date and time are '31 OCTOBER 2020' and '10AM ONWARDS'. A WhatsApp icon and the code 'rpu-vyas-hoi' are also present.

VIMALA COLLEGE (AUTONOMOUS)
THRISSUR
NATIONAL CADET CORPS
7 KERALA GIRLS BATTALION

AMITY
RASHTRIYA EKTA DIWAS
"AN OUTLOOK TO NATION'S INTEGRATION"
INTER-COLLEGIATE GROUP DISCUSSION

Ironman of INDIA
Sardar Vallabhbhai Patel
31st October 1875 - 15th December 1950

"HAS INDIA ORGANISED A NEW STATE AND SOCIETY TO REPLACE THE OLD ORDER WHICH SHE WANTS TO DISCARD?"
SARDAR VALLABHBHAI PATEL

TOPIC : FINDING ANSWERS TO THIS RELEVANT QUESTION AFTER 70 YEARS OF PROGRESS.

31 OCTOBER 2020
JOIN US
CODE : rpu-vyas-hoi
10AM ONWARDS



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VIMALA COLLEGE (AUTONOMOUS), THRISSUR

105. ARMY FORCES FLAG DAY

DATE: 7 DECEMBER 2020

NCC Vimala College (Autonomous), Thrissur observed The Armed Forces Flag Day on 7 December 2020. The Flag Day of India is a day dedicated to India towards collection of funds from people of India for the welfare of the Indian Armed Forces personnel. It has been observed annually in India on December 7 since 1949.



Poster and certificate of the Army Forces Flag Day



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VIMALA COLLEGE (AUTONOMOUS), THRISSUR

106. KISAN DIWAS

DATE: 23 DECEMBER 2020

NCC Vimala College (Autonomous), Thrissur observed Farmers' Day 23 DECEMBER 2020 . The Farmers' Day is an annual observance in various countries to celebrate the national contributions of farmers and agricultures. In India it is observed on December 23.

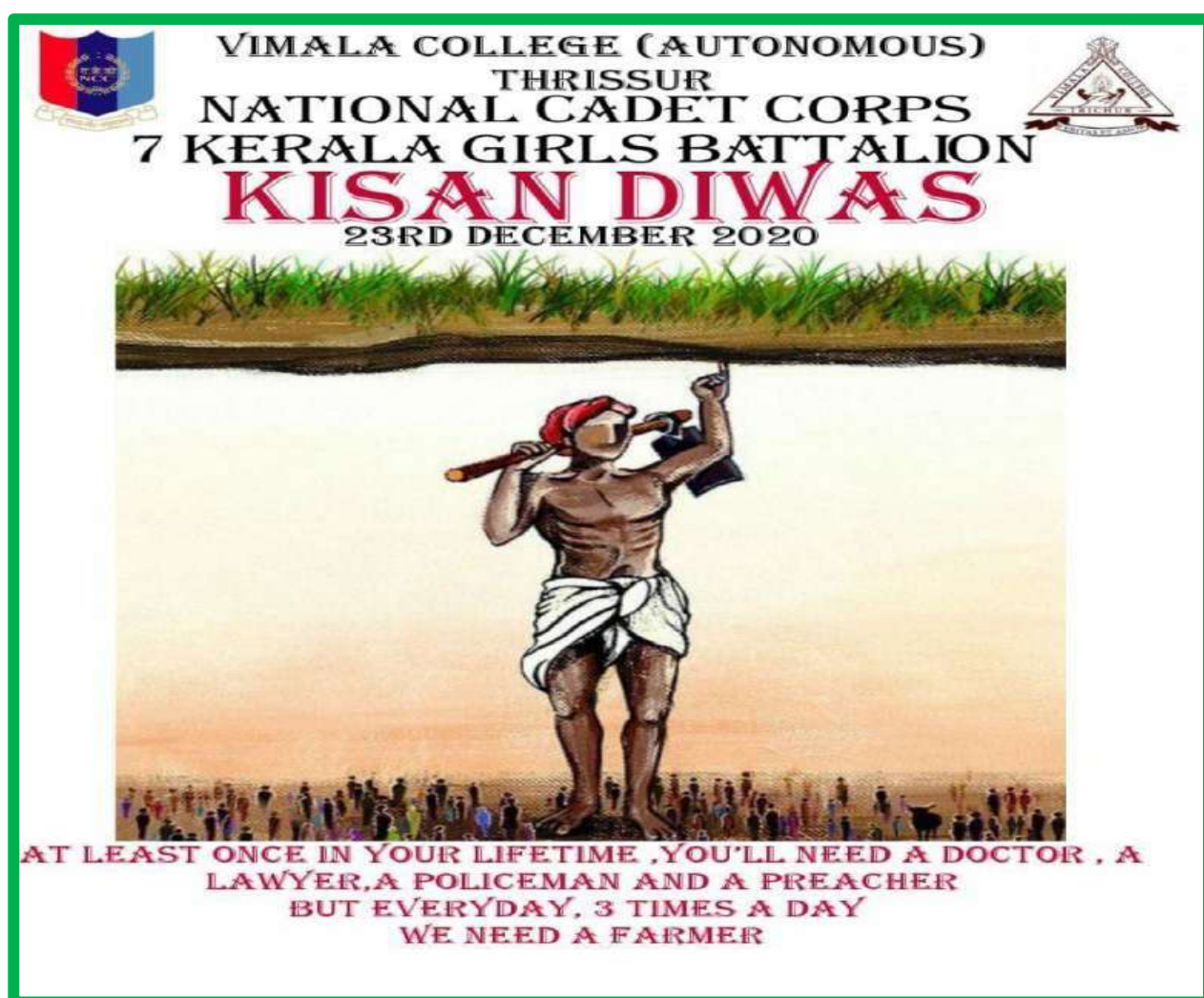


Photo: this shows how farmer is the backbone of the Nation



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VIMALA COLLEGE (AUTONOMOUS), THRISSUR

107. CHRISTMAS Celebration - NCC

DATE: 25 DECEMBER 2020

NCC Vimala College (Autonomous), Thrissur celebrated Christmas by creating Greeting Cards. Christmas day is one of the days which brings so much happiness and peace to us and marks the beginning of a new age. On 25th of December 2020, the NCC Cadets of Vimala College created greeting cards. They conveyed their greetings and conveyed the message to stay safe with family and dear ones during this pandemic.



Greetings made by the cadets



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VIMALA COLLEGE (AUTONOMOUS), THRISSUR

108. Name of the Event: “SOOKSHICHONAM” Onam Celebration

Date: 27 August 2020

Organized by: College Union

The Onam Celebration: The title of the Onam celebrations 2020 was “SOOKSHICHONAM”, which meant “Be Careful”, regarding the Covid-19 alert all over. The celebration was conducted by the Fine Arts Committee and by the Satkriti College Union, on Google meet and a YouTube live streaming was also setup. Among the chaos of the pandemic students and teachers eagerly joined to play their part. The event had various musical and dance performances by the students; also, it included games that brushed up the memories of Onam in everyone’s mind.



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SPORTS EVENTS

1. Name of the Event: International Yoga Day

Date: June 21st 2020

Time: 8.30 AM

Venue: Online

Organized by: Department of Physical Education

No. of participants: 104

Name of the teacher coordinators:

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

“Though this time we didn’t had any mass gathering to celebrate International Yoga Day, the count of people doing yoga on a regular basis has increased as compared to pre-Covid times. This year we celebrated our Yoga day through online. All the sports students are asked to perform different asana and to send the videos from home. Physical education department teachers sent them wishes and emphasized the importance of yoga and motivated the students and parents to make that an important part of their lives.



Please visit the link for

video: https://drive.google.com/file/d/1wOnTxfeZSozWw0_1ahDVEQ8asw0MMKgz/view?usp=sharing





VIMALA COLLEGE (AUTONOMOUS), THRISSUR

List of attachments:

- Student List - attachment

2. Name of the Event: Online Burpee Challenge

Date: 21st to 29th Dec. 2020

Venue: Online

Organized by: Department of Physical Education

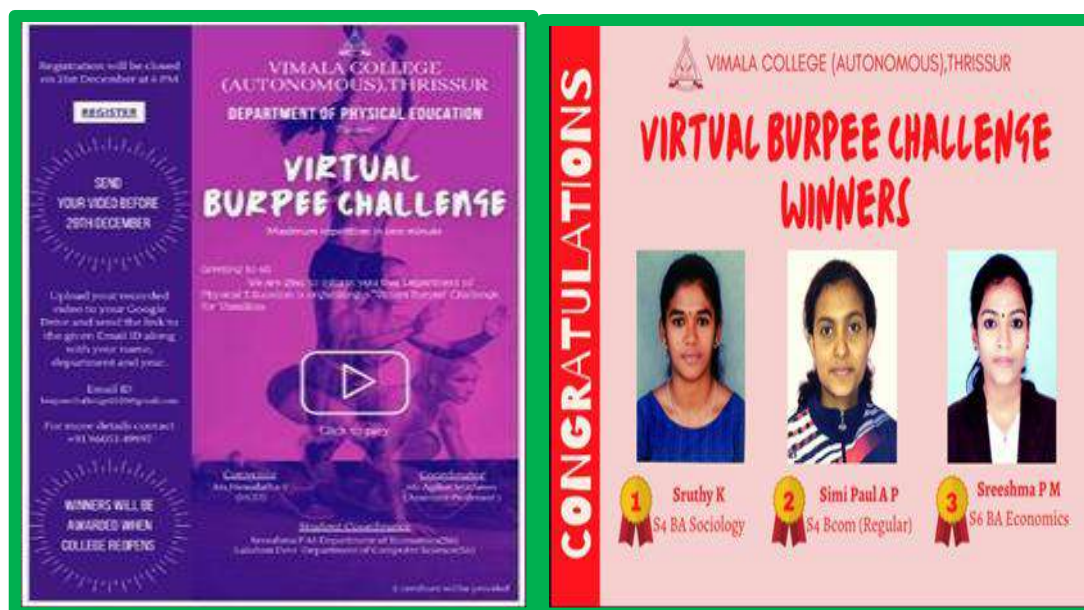
No. of participants: 61

Name of the teacher coordinators:

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

Brief Report of the Event with photos:

An online intramural Burpee competition was organized during 21.12.2020 to 29.12.2020. Sixty One (61) students from various department participated in the event. The aim was to get the students active through physical activity. Later on, on 10.01.2020 the department announced the results of the Burpee competition via Google meet platform.

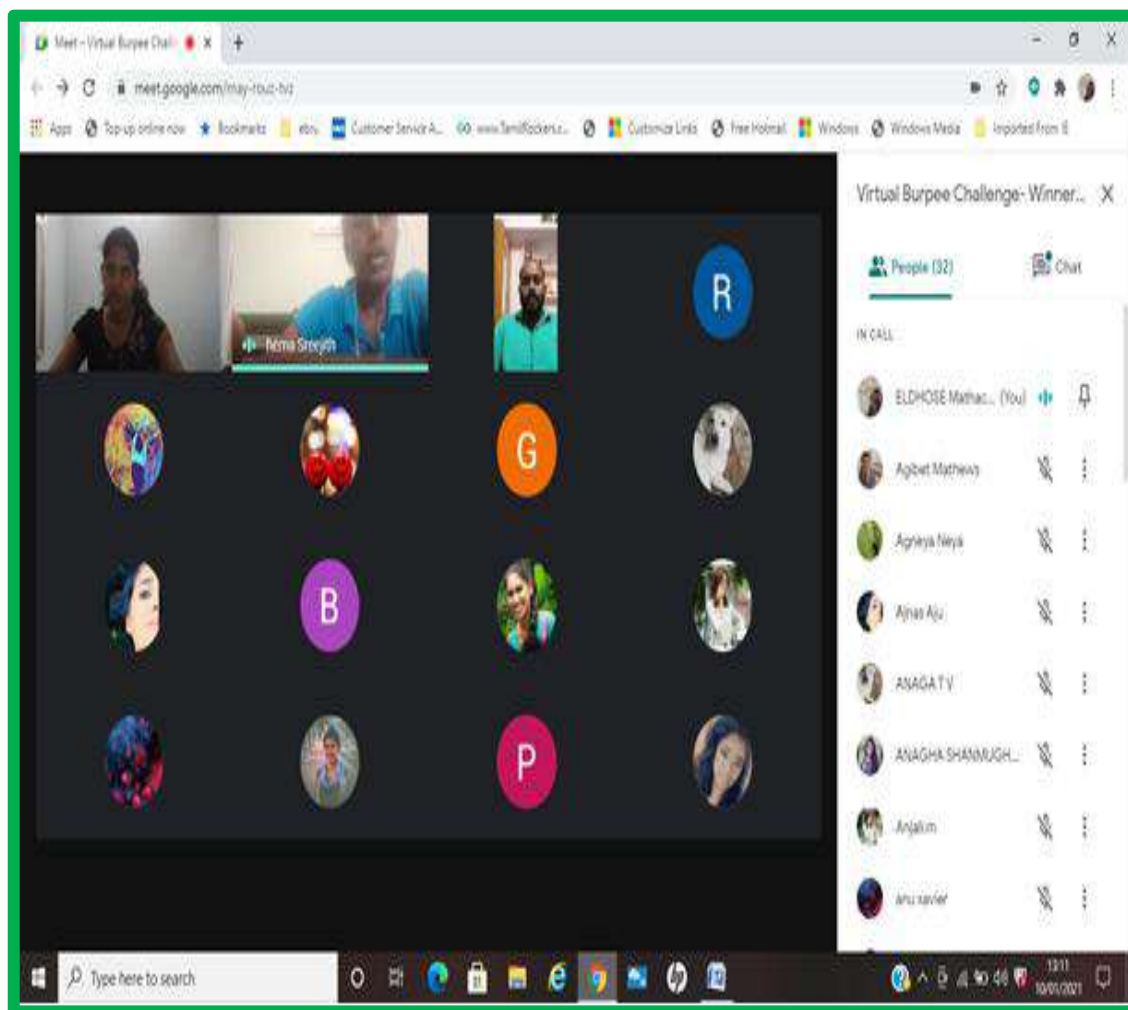


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VIMALA COLLEGE (AUTONOMOUS), THRISSUR

3. Name of the Event: Online Plank Challenge

Date: 21st to 29th Jan. 2021

Venue: Online

Organized by: Department of Physical Education

No. of participants: 76


Name of the teacher coordinators:

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

Brief Report of the Event with photos:

In connection with the Fit India Campaign the Department of Physical Education offered a video of plank exercise explaining all the benefits of doing plank every day for one minute for the entire staff and students of college for the month of January.

An online intramural Plank competition was organized during 21.1.2020 to 29.1.2020. Seventy six (76) students from various department participated in the event. The aim was to give a competitive spirit to all the students. Later on, on 10.02.2020 the department announced the results of the Plank competition via Google meet platform.



VIMALA COLLEGE (AUTONOMOUS)
Department of Physical Education

PLANK CHALLENGE

Plank for the maximum that you can and whatsapp your planking video to 6238991320 on or before 29/01/2021.

RULES


1. While performing plank, only the forearms and toes should touch the floor.
2. Both toes should be kept close together.
3. Knees and hip should held straight and parallel to floor.
4. Video should be visible through out the plank.
5. Attach your name and department along with the video.

CONVENDOR
Mrs Hemalatha V
(Head of the Department)
Department of Physical Education

STUDENT COORDINATORS
Bhavya A.V. Department of Economics -B4
Raghu A.B. Department of Botany -B4







COORDINATOR
Mrs Agibet Mathews
(Assistant professor)
Department of Physical Education

[Click Here](#)



VIMALA COLLEGE (AUTONOMOUS) THRISSUR

PLANK CHALLENGE WINNERS

		DONA MARIYA TOM S4 BA ECONOMICS
		BHAVANA M V S4 BCOM FINANCE (REGULAR)
		AGNEYA M S1 BA MALAYALAM

CONGRATULATIONS



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VIMALA COLLEGE (AUTONOMOUS), THRISSUR

4. Name of the Event: Virtual Vrikshasana Challenge

Date: 21st to 29th Feb. 2021

Venue: Online

Organized by: Department of Physical Education

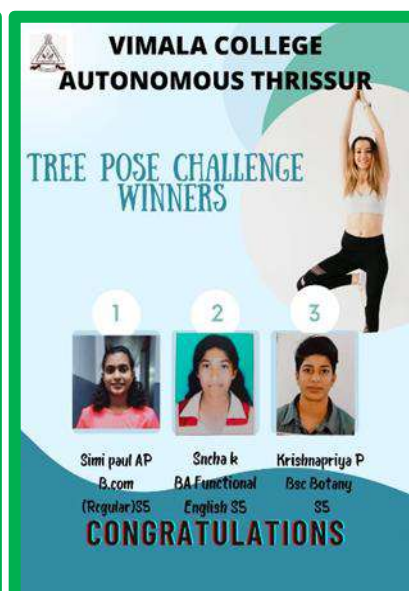
No. of participants: 105

Name of the teacher coordinators:

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

Brief Report of the Event with photos:

An online intramural competition was organized during 21.2.2020 to 29.2.2020. One Hundred Five (105) students from various department participated in the event. The aim was to get the students active through physical activity and to test their fitness components (Balance, Concentration). The winners were awarded with a T shirt.



Assessment Period (2016 - 2021)


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VIMALA COLLEGE (AUTONOMOUS), THRISSUR

5. Name of the Event: Fit India # Fit Vimala Programs

Date: June 2020 to March 2021

Venue: Offline and Online Mode

Organized by: Department of Physical Education

Name of the teacher coordinators:

1. Hemalatha .V, HOD, Dept. of Physical. Education

2. Agibet Mathews, Assit. Professor, Dept of Physical Education

The Fit India movement, launched in August 2019, on the occasion of National Sports Day, aims to make fitness an integral part of daily life of every Indian citizen. Since its inception in the year 2019 the students and teachers of Vimala College participated in various fitness related activities which is being promoted by the Department of Physical Education by the name Fit Vimala ,Fit India.

Fit Vimala ,Fit India aims to cultivate fitness awareness among the students and teachers of Vimala College and to lead them towards a better quality of life. Towards achieving this mission, Fit India proposes to undertake various initiatives and conduct events to achieve the following objectives:

To promote fitness as easy, fun and free

To spread awareness on fitness and various physical activities that promote fitness through focused campaigns

To encourage indigenous sports

To make fitness reach in every departments of the Vimala college

PROGRAMMES AND ACTIVITIES UNDERTAKEN

Various program was organized and assigned to each department by the department of Physical Education every month. Like

1. Organizing intramural and extramural competitions
2. Talks by Doctors/health specialist/nutritionist/mental health specialists
3. Fitness/Sports Quiz
4. Regular Health Check Up

Also Regular Fitness Activities were organized by the department such as.

1. Marathons/Walkathon and other such events on regular intervals
2. Encourage students to do run/walk/Martial Arts
3. Encourage students to do Yoga/meditation
4. Encourage students to do Aerobics/Dance
5. Encourage students to do Gardening
6. Encourage students to do Rope Skipping

The Department of Physical Education used to conduct Fitness Activity based on selected theme every month and various fitness activities were assigned for every department keeping in mind the theme and achieved a meaningful outcome.

1. Organizing intramural and extramural competitions

An online intramural competition was organized as fitness challenges and students from various department participated in the event. The aim was to get the students active through physical activity and to test their various fitness components.



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The Department also organized Calicut University Intercollegiate Fencing Competition for Men and Women on 30th March 2021. 15 colleges participated in the competition and our college secured third position in the competition.

The Vimala College has participated in almost 16 games in Calicut University Intercollegiate competitions and secured first position in 4 games (Softbaseball, Boxing, Wushu, Tug of war) second position in Judo and handball, third position in Fencing, Baseball, Softball, Swimming.

2. Talks by Doctors/health specialist/nutritionist/mental health specialists

Various webinars and seminars were conducted on health related topics.

3. Sports Quizzes

4. Posture making and Presentations

5. Online and Offline training sessions

TOTAL PARTICIPATION IN FIT VIMALA FIT INDIA MOVEMENT

Department wise achievements pertaining activities

Fit India Monthly Action Plan

2020-2021											
S l. N o .	Departme nt	June	July	Augu st Natio nal Sport s Day	Septe mber Activ ity	Oct obe r	Nov emb er	Dece mber	Janu ary	Febru ary	March
	Theme Of Fitness Activity chosen	Yoga & Meditation	Hea lthy Diet for heal thy life	Phys ical Activ ity :Key ingre dient s of fitness	Supp orting menta l health	Sta y saf e Sta y fit Sta y hea lthy	Sle ep well to stay fit	Life style Disea ses	Exer cise for ment al fitne ss	Hygi ene and cleanl iness	The perils of smokin g,drugs and alcohol
	Activity Chosen	Yoga &Me ditati on	Step clim bing	Aero bics	Walk/ Run for fitness	Fit nes s @ ho me	Zu mba	Calist henics	Medi ation	Gard ening	Rope Skippin g
	B.Voc Web Tech.				76				76	76	76
2	Commerc e			400	400	400			400	400	



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3	Economic s/	63	63	63	63	63	63	63	63		
4	English							120	120		
5	Functiona l English							120	120		
6	Malayala m										
7	Sociology										
8	Botany				36				36		
9	Chemistr y				43			43			
10	Computer Science	280	280	280	280	280	280	280	280	280	280
11	Home Science(F cs, Tex, Bv oc)				238			238	238		
12	Mathemat ics										
13	MSW	48			48						
14	Physics				160						
15	Statistics										
16	Zoology										
15	Physical Education	48	73	73	73	73	73	73	73	73	73
	Total	439	416	816	1344	816	416	937	1406	829	429




Assessment Period (2016 - 2021)




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VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Department of Physical Education
Vimala College, Thrissur.




Dept. Physical education

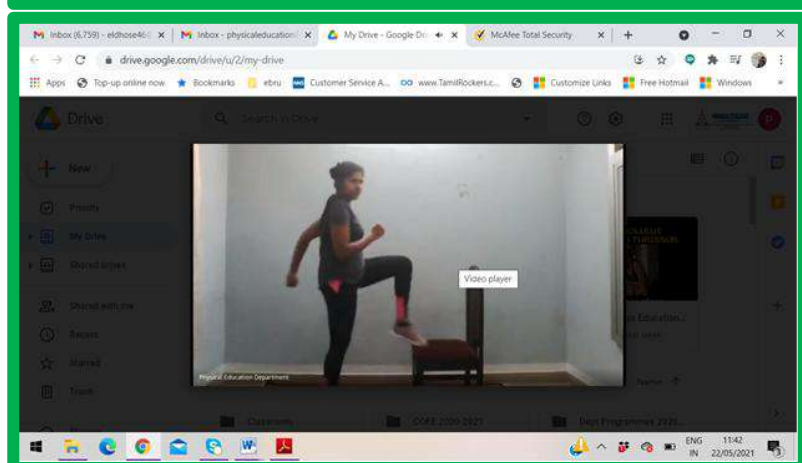
Our activities

- Talks by health specialists
- Sports quiz
- Posture making
- Virtual competition's
- Webinars
- Preparing students for intercollegiate competitions
- Regular on line & off line training
 - Yoga
 - Aerobics
 - HIIT training
 - Zumba
 - Rope Jumps
 - Gardening
 - Run/Walk

VIMALA COLLEGE
AUTONOMOUS
THRISSUR




FIT VIMALA
FIT INDIA



VIMALA COLLEGE (AUTONOMOUS), THRISSUR
NCC, 7 KERALA GIRLS BATTALION

Fit India Awareness Talk!!!

Organized By
NCC Unit
of
Vimala College (Autonomous),
Thrissur
7 Kerala Girls Battalion
23 August 2020
@ 07:00 am
On Google Platform



Resource Person
Smt Hemalatha
Assistant Professor
Physical Education
Department
Vimala College
Thrissur

"Healthy at Home through
Physical Activity for the Society"
Be Active, Positive & Stay Healthy



Assessment Period (2016 - 2021)


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VIMALA COLLEGE (AUTONOMOUS), THRISSUR

6. Name of the Event: Calicut university Intercollegiate Fencing Competition (Men & Women)

Date: 30th March 2021

Time: 8.30AM- 9.00 PM

Venue: Vimala Indoor Stadium

Organized by: Department of Physical Education

No. of participants: 130

Name of the teacher coordinators:

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

As the part of Calicut university Intercollegiate Sports competitions Department of physical Education Organized ICT Fencing Competition (Men & Women) on 30th March 2021 at Vimala Indoor Stadium. Fourteen colleges from Calicut University participated in the event. Inaugural talk was delivered by Principal Dr. Sr. Beena Jose.



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Result of the Championship was as follows

MEN

Position	College	Points
I.NMSM COLLEGE KALPPATTA		35
II.GCPE		21
III.ST. THOMAS COLLEGE THRISSUR		17
IV.SREE KERALA VARMA COLLEGE THRISSUR		8

WOMEN

Position	College	Points
I. St. Thomas college thrissur		29
II. Sree kerala varma college thrissur		25
III. Vimala college thrissur		18
IV. GCPE calicut		7



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