



## **Criterion VII**

### **Institutional Values and Best Practices**



7.1.9 Annual report of the activities for inculcating values for being responsible citizens as reflected in the Constitution of India (Academic Year 2017-18)



## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

<b>Academic Year</b>	2017-18
<b>Title of the event</b>	World Environment Day
<b>Date</b>	05.06.2017
<b>Organized by</b>	Department of Botany, Vimala College (Autonomous), Thrissur
<b>Venue</b>	Vimala College (Autonomous), Thrissur
<b>Report</b>	Environment day celebration was organized by the Department of Botany on 05.06.2017. Chief guest Dr. Jos Kallarakkal, retired scientist, KFRI, Peechi delivered keynote address. Inauguration of the programme was conducted by handing over a sapling of red sandalwood to the Chairperson of the college. A poetry on environment was recited by Ms. Swetha Somasundaram. An oath taking ceremony for the protection of environment was also included.



*Assessment Period (2016 – 2021)*



## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

<b>Academic Year</b>	2017-18
<b>Title of the event</b>	Reading Day - commemorating late P. N. Panicker, the founder of 'Grandhasala Sangham'.
<b>Date</b>	19.06.2017
<b>Organized by</b>	Department of Malayalam, Vimala College (Autonomous), Thrissur
<b>Collaboration If Any</b>	Green Books
<b>Venue</b>	Vimala College (Autonomous), Thrissur
<b>Report</b>	This year famous poet and lyricist Rafeeq Ahammed inaugurated Reading day activities on 19.06.2017. He also inaugurated the Book Exhibition organized by the Department in collaboration with Green Books.



*Assessment Period (2016 – 2021)*



## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

<b>Academic Year</b>	2017-18
<b>Title of the event</b>	International Yoga Day
<b>Date</b>	21.06.2017
<b>Organized by</b>	Department of Physical Education, NCC Unit & NSS Units of Vimala College (Autonomous), Thrissur
<b>Venue</b>	Vimala College (Autonomous), Thrissur
<b>Report</b>	As part of the International Yoga Day, Department of Physical Education along with NCC and NSS units of Vimala College, organized a demonstration of Musical Yoga on 21.6.2017 inside the campus. Different yoga postures like Vrikshasana, Uttanasana, Trikonasana, Bhadrasana, Shashankasana, Bhujangasana, Pavanamuktasana were demonstrated and the programme was concluded with Pranayama and meditation.



*Assessment Period (2016 – 2021)*





## VIMALA COLLEGE (AUTONOMOUS), THRISSUR



*Assessment Period (2016 – 2021)*



## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

Academic Year	2017-18
Title of the event	Kargil Vijay Diwas
Date	26.07.2017
Organized by	NCC Unit, Vimala College (Autonomous), Thrissur
Venue	Vimala College (Autonomous), Thrissur
Report	Kargil Vijay Diwas was observed on 26th of July 2017 to commemorate the sacrifice of the martyrs of Kargil war and the Soldiers on active duty at the Indian borders. Honouring of soldiers and floral offering at the smrithimandap was organized in connection with the programme.



*Assessment Period (2016 – 2021)*





## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

Academic Year	2017-18
Title of the event	75 <sup>th</sup> year of Quit India Movement
Date	09.08.2017 to 30.08.2017
Organized by	Department of Political Science, Vimala College (Autonomous), Thrissur
Venue	Vimala College (Autonomous), Thrissur
Report	The Political Science and History Department of Vimala College (Autonomous), Thrissur organized a series of programmes in connection with the commemoration of the 75 <sup>th</sup> year of Quit India Movement from 9 <sup>th</sup> - 30 <sup>th</sup> August 2017 to sensitize the students on their duties towards Nation and Nation Building for the <b>New India Manthan</b> which is the need of the hour. The staff and students of Vimala College took the <b>NEW INDIA PLEDGE</b> on 9 <sup>th</sup> August 2017. The pledge was administered by the Principal in the College Auditorium. Smt Lissy.C.J, Associate Professor, Department of History, (Retd.) gave a talk to the students on the historical relevance of the Quit India Movement, on 29/08/2017.



*Assessment Period (2016 – 2021)*



## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

<b>Academic Year</b>	2017-18
<b>Title of the event</b>	Independence Day
<b>Date</b>	15.08.2017
<b>Organized by</b>	Department of Physical Education, NCC & NSS Units of Vimala College (Autonomous), Thrissur
<b>Venue</b>	Vimala College (Autonomous), Thrissur
<b>Report</b>	The Department of Physical Education, NCC & NSS units organised Independence Day celebration. Activities elucidating patriotism and the supreme sacrifices of our freedom fighters were incorporated in the programme. Patriotic songs and talks by the students upholding the values of freedom, peace and integrity within the people of the Nation were organised. The National flag was unfurled and the National Anthem was recited. Sweets were distributed among all the staffs and students to replicate the joy of freedom. The conclusion of all the activities arranged on this month was concluded during the Independence day celebrations. There was an oath taking on the topic 'Freedom from waste'. 14 Ex-Servicemen were honoured and paper bags and saplings were distributed to them.



*Assessment Period (2016 – 2021)*





## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

<b>Academic Year</b>	2017-18
<b>Title of the event</b>	Mother Theresa Commemoration Day
<b>Date</b>	13.09.2017
<b>Organized by</b>	UGC Centre for Women's Studies, Vimala College (Autonomous), Thrissur
<b>Venue</b>	Vimala College (Autonomous), Thrissur
<b>Report</b>	UGC Centre for Women's studies organized Mother Theresa Commemoration Day on 13.09.2017.



*Assessment Period (2016 – 2021)*



## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

<b>Academic Year</b>	2017-18
<b>Title of the event</b>	Teacher's Day Celebration
<b>Date</b>	05.09.2017
<b>Organized by</b>	Department of Statistics, Vimala College (Autonomous), Thrissur
<b>Venue</b>	Vimala College (Autonomous), Thrissur
<b>Report</b>	Teacher's day celebration was organized by the Department of Statistics. Smt. Lucy Paul, Associate Professor & Head, Dept. Of Chemistry, shared her experiences as a teacher at Vimala college and made us all to reflect. There was also a special session in which teachers were given flowers and other gifts by the students of their respective departments along with an energetic dance as a visual treat. The programme also put forth a video on the worth of teachers. The program was concluded with a vote of thanks.



*Assessment Period (2016 – 2021)*



## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

Academic Year	2017-18
Title of the event	Hindi Day
Date	12.09.2017
Organized by	Department of Hindi, Vimala College (Autonomous), Thrissur
Venue	Vimala College (Autonomous), Thrissur
Report	In connection with Hindi Day, the Department Of Hindi, Organized a programme ' <b>GURU VANDANA</b> ' and other cultural programmes on 12 <sup>th</sup> September 2017. The programme was inaugurated by Smt. Susheela Nambiar, former HoD, Dept. Of Hindi, Vimala College (Autonomous), Thrissur.



*Assessment Period (2016 – 2021)*





## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

<b>Academic Year</b>	2017-18
<b>Title of the event</b>	World Suicide Prevention Day
<b>Date</b>	15.09.2017
<b>Organized by</b>	UGC Centre for Women's Studies, Vimala College (Autonomous), Thrissur
<b>Venue</b>	Vimala College (Autonomous), Thrissur
<b>Report</b>	In connection with World Suicide Prevention Day, UGC Centre for Women's Studies organized an Awareness programme for the whole students of the college on 15 <sup>th</sup> September 2017. The Chief guest of the Programme was Dr. Subrahmanian, Chief Consultant & Psychiatrist, Mental Health Centre, Thrissur. The session aimed to create awareness among students on their role in suicide prevention.



*Assessment Period (2016 – 2021)*



## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

<b>Academic Year</b>	2017-18
<b>Title of the event</b>	Ozone Day Celebration
<b>Date</b>	22.09.2017
<b>Organized by</b>	Department of Chemistry, Vimala College (Autonomous), Thrissur
<b>Venue</b>	Vimala College (Autonomous), Thrissur
<b>Report</b>	<p>The Chemistry Department of Vimala College (Autonomous Thrissur, observed “Ozone Day Celebrations-2017” on 22<sup>nd</sup> September, 2017. The motto for this year was “Caring For All Life Under The Sun”. The program was sponsored by KSCSTE. The program was inaugurated by Prof. Dr. P. Muhammed Shafi (Retired professor, Department of Chemistry, Calicut University). It was followed by an informative session on the climatic changes and ozone depletion. In his speech he talked on the importance of developing critical thinking and also shared his concern over people’s growing fondness for luxury which ultimately destroys our planet. His talk instilled in us a moral responsibility to take care of our planet and to preserve its resources for the future generation.</p>



*Assessment Period (2016 – 2021)*



## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

<b>Academic Year</b>	2017-18
<b>Title of the event</b>	World Tourism Day Celebration
<b>Date</b>	28.09.2017
<b>Organized by</b>	Department of Commerce, Vimala College (Autonomous), Thrissur
<b>Venue</b>	Vimala College (Autonomous), Thrissur
<b>Report</b>	The Department of Commerce has celebrated world Tourism day on 28.09.2017 with colour full programmes highlighting the theme “Seven wonders of the world”. The program started at 10.30 am in the college auditorium with the presence of principal, Dr. Sr. Marriette A Therattil, H.O.D of Commerce department Ms. Rose V J and faculty members.



*Assessment Period (2016 – 2021)*





## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

<b>Academic Year</b>	2017-18
<b>Title of the event</b>	World Space Week Celebration
<b>Date</b>	05.10.2017
<b>Organized by</b>	Department of Physics, Vimala College (Autonomous), Thrissur
<b>Venue</b>	Vimala College (Autonomous), Thrissur
<b>Report</b>	Video and power point presentations on space expeditions of India were conducted by the students on October 5 <sup>th</sup> , 2017 as a part of world space week celebrations from October 4 <sup>th</sup> – October 10 <sup>th</sup> 2017.



*Assessment Period (2016 – 2021)*



## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

<b>Academic Year</b>	2017-18
<b>Title of the event</b>	World Mental Health Day
<b>Date</b>	12.10.2017
<b>Organized by</b>	UGC Centre for Women's Studies, Vimala College (Autonomous), Thrissur
<b>Venue</b>	Vimala College (Autonomous), Thrissur
<b>Report</b>	In connection with World Mental Health Day UGC Centre for Women Studies in collaboration with Women Development Cell organized a talk on awareness of mental health issues on 12.10.2017. The resource person for the programme was Dr. Praveen Lal, Professor in Psychiatry, Jubilee Mission Medical College, Thrissur.



*Assessment Period (2016 – 2021)*



## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

Academic Year	2017-18
Title of the event	Onam Celebration
Date	31.08.2017
Organized by	Fine Arts Club of Vimala College (Autonomous), Thrissur
Venue	Vimala College (Autonomous), Thrissur
Report	The Onam celebrations 'Samskriti' was organized with much splendour. The cultural performances by students followed. Traditional Onam games were also organized.



*Assessment Period (2016 – 2021)*





## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

<b>Academic Year</b>	2017-18
<b>Title of the event</b>	Kerala Piravi Celebration
<b>Date</b>	01.11.2017
<b>Organized by</b>	Department of Malayalam, Vimala College (Autonomous), Thrissur
<b>Venue</b>	Vimala College (Autonomous), Thrissur
<b>Report</b>	Department of Malayalam organized Kerala Piravi celebrations on 01.11.2017. Students portrayed Kerala's Geographical Map with different Grains and Pulses. Principal inaugurated the function. Students conducted an exhibition 'Thanima 2k17' and released a wall magazine 'Thanima'.



*Assessment Period (2016 – 2021)*



## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

<b>Academic Year</b>	2017-18
<b>Title of the event</b>	Computer Literacy Day
<b>Date</b>	02.12.2017
<b>Organized by</b>	Department of Computer Science, Vimala College (Autonomous), Thrissur
<b>Venue</b>	Vimala College (Autonomous), Thrissur
<b>Report</b>	Department of Computer Science conducted an Inter department Quiz Contest QRIOSITY on 02.12.2017 to spread awareness on the importance of computer literacy.



*Assessment Period (2016 – 2021)*



## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

<b>Academic Year</b>	2017-18
<b>Title of the event</b>	International Day for the Elimination of Violence against Women
<b>Date</b>	08.12.2017
<b>Organized by</b>	UGC Centre for Women's Studies, Vimala College (Autonomous), Thrissur
<b>Venue</b>	Vimala College (Autonomous), Thrissur
<b>Report</b>	A rally on violence against women was organized by UGC Centre for Women's Studies on International Day for the Elimination of Violence against Women on December 8 <sup>th</sup> 2017 to make people aware of the issues related to the hostility towards women.



*Assessment Period (2016 – 2021)*





## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

<b>Academic Year</b>	2017-18
<b>Title of the event</b>	Christmas Celebration
<b>Date</b>	22.12.2017
<b>Organized by</b>	Vimala College (Autonomous), Thrissur
<b>Venue</b>	Vimala College (Autonomous), Thrissur
<b>Report</b>	The Christmas celebrations were organized with much splendour. The festivities included Christmas message, Christmas carol and variety of competitions.



*Assessment Period (2016 – 2021)*



## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

<b>Academic Year</b>	2017-18
<b>Title of the event</b>	Arnose Pathiri Day
<b>Date</b>	19.02.2018
<b>Organized by</b>	Department of Malayalam, Vimala College (Autonomous), Thrissur
<b>Venue</b>	Vimala College (Autonomous), Thrissur
<b>Report</b>	Department of Malayalam in collaboration with Arnose Pathiri Trust conducted a one-day seminar on the works of Arnose Pathiri on 19.2.2018. Dr. Fr George Thenadikulam, Secretary Arnose Pathiry Trust inaugurated the seminar and Dr. Joy Thomas delivered the keynote address.



  
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