



## **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 2020-21)



## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

|                           |   |
|---------------------------|---|
| <b>Academic Year</b>      | 2020-21   |
| <b>Title of the event</b> | World Ocean Day   |
| <b>Date</b>               | 28.05.2020 to 02.06.2020  |
| <b>Organized by</b>       | Department of Zoology, Vimala College (Autonomous), Thrissur  |
| <b>Venue</b>              | Vimala College (Autonomous), Thrissur   |
| <b>Report</b>             | Department of Zoology organised a series of intercollegiate online competitions in connection with World Ocean Day celebrations Thalassophile (Lover of Ocean) from 28 <sup>th</sup> may to 02 June 2020. Program included 6 competitions viz. Marine Biodiversity quiz, Four line Poem competition, Share your memories contest, Poster making competition, Ocean Conservation Innovative ideas and Power Point competition. |

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

**Intercollegiate competition**  
**THALASSOPHILE**  
*Lover of the ocean...*

**WINNERS**

**Ocean Conservation**  
• SILPA RAJAN  
Sree Kerala Varma College, Thrissur

**Power Point Presentation Competition**  
• SNEHA T S  
St. Thomas College (Autonomous), Thrissur

**Share Your Memories Contest**  
• HELEN VINCENT  
Vimala College (Autonomous), Thrissur

**Ocean Conservation Innovative Ideas**  
• ANJU P S  
School Of Engineering, CUSAT

**Four Line Poem Competition**  
• LAYA YESUDAS  
Vimala College (Autonomous), Thrissur

**Poster Making Competition**

**CONGRATULATIONS**



*Assessment Period (2016 – 2021)*



## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

|                           |   |
|---------------------------|---|
| <b>Academic Year</b>      | 2020-21   |
| <b>Title of the event</b> | World Environment Day 2020  |
| <b>Date</b>               | 05.06.2020  |
| <b>Organized by</b>       | Vimala College (Autonomous), Thrissur   |
| <b>Report</b>             | <p>In connection with World Environment Day, Department of Botany, organized a State Level Webinar on June 5, 2020 on the topic “Is this the Best Environment Day ever? Takes on Nature during the pandemic and beyond”. The resource person was Dr. T. V.Sajeev, Senior Principal Scientist, Department of Forest Entomology, Forest Health Division, KFRI, Peechi.</p> <p>As the Pandemic pinned us to our homes, we got more connected to the nature and the environment around us. This Environment day, NCC Cadets of Vimala College planted saplings at their own home with their family and pledged to protect nature for a better tomorrow. A Webinar “Resistance, Resilience and Revival: Opportunities in the Post Pandemic World” was conducted to give an overview about importance of environment a what we can do effectively in nature during the pandemic.</p> <p>Vrithika - Nature Club, Vimala College, Thrissur organized an inaugural webinar on the topic “LIVING IN HARMONY WITH NATURE” on 28<sup>th</sup> August 2020 at 10:30 am via online platform Google meet. Dr. Khaleel Chovva (Executive Director State Council for Open and Lifelong Education in Kerala) was the keynote speaker.</p> |



*Assessment Period (2016 – 2021)*



## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

|                           |   |
|---------------------------|---|
| <b>Academic Year</b>      | 2020-21   |
| <b>Title of the event</b> | Reading Week Celebrations   |
| <b>Date</b>               | 19.06.2020 – 28.06.2020   |
| <b>Organized by</b>       | Vimala College (Autonomous), Thrissur   |
| <b>Report</b>             | In connection with Reading Week Celebrations, Department of Malayalam conducted a Podcast with Malayalam writers on 20.06.2020-28.6.2020. In association with reading day, Sociology department organized Inter departmental speech competition. Students send their five minutes duration video on 19 June 2020. The students observed the 'Reading week' from June 19, 2020 by Department of Hindi. |

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


പങ്കെടുക്കുന്നവർ :



ഫ്രാൻസിസ് നെറോണ



വി ജി തമ്പി



കെ രേഖ



ആലങ്കോട് ലീലാക്ഷണൻ



*Assessment Period (2016 – 2021)*





## VIMALA COLLEGE (AUTONOMOUS), THRISSUR



*Assessment Period (2016 - 2021)*



## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

|                    |  |
|--------------------|--|
| Academic Year      | 2020-21  |
| Title of the event | International yoga day   |
| Date               | 21.06.2020   |
| Organized by       | Dept of Physical Education, Statistics, Botany & NCC, Vimala College (Autonomous), Thrissur  |
| Venue              | Google Meet  |
| Report             | <p>International Yoga Day is celebrated on 21st June every year. This day reminds us the importance of remaining physically fit and mentally healthy. The theme of international yoga day this year was 'Yoga at home and Yoga with family.' NCC Cadets of Vimala College had opportunity to spend time with their family in doing different Yoga postures. Two of our cadets, CDT. Sana Joseph and CDT. Kathiya Varghese were able to upload a mesmerising video of practising pranams and asanas in the official page of Ministry of Ayush. Students of the Department of Statistics celebrated 6th International Yoga day on 21st June 2020. A National webinar on 'Role of Yoga during Covid-19 pandemic' was organized on 22<sup>nd</sup> July 2020 to escalate the relevance and necessity of 'Yoga' during this challenging situation. Dr. Nitin Patil, Associate Professor and Head, Dept. of Integrative Medicine (Yoga and Ayurveda) at Sri Devaraj Urs Academy of Higher Education, Kolar, Karnataka was the resource person. 200 participants comprising of faculty members, yoga therapists, research scholars and students from various institutions across Kerala as beneficiaries of this programme.</p> |



*Assessment Period (2016 – 2021)*



# VIMALA COLLEGE (AUTONOMOUS), THRISSUR

Department of  
statistics

3RD YEAR VIMALA  
COLLEGE



Dr. Nalin Potti is presenting

| Animal | Breathing Rate | Life span     |
|--------|----------------|---------------|
| Mouse  | 90 to 170/min  | 1.5-3 years   |
| Rabbit | 30-90/min      | 5-8 years     |
| Dog    | 20-30/min      | 10-20 years   |
| Horse  | 6-15/min       | 20 years      |
| Human  | 12-16/min      | 60-90 years   |
| Whale  | 4-6/min        | 100-120 years |
| Turtle | 3-4/min        | 400 years     |

Meeting details

Dr. Nalin Potti is presenting

Dr. Nalin Potti is presenting

Psychoneuroimmunology is a convergence of disciplines namely, the behavioural sciences, the neurosciences, endocrinology and immunology intended to achieve a more complete understanding of the way the interaction among these systems serve homeostatic and overall health and disease.

Robert Ader

Meeting details

Dr. Nalin Potti is presenting



Assessment Period (2016 - 2021)



## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

|                    |  |
|--------------------|--|
| Academic Year      | 2020-21  |
| Title of the event | International day against drug abuse   |
| Date               | 26.6.2020  |
| Organized by       | Department of Hindi, UBA & NCC, Vimala College (Autonomous), Thrissur  |
| Venue              | Google Meet  |
| Report             | <p>Today's youth is tomorrow's future. It is important to stay healthy not only physically but also mentally. 26th of June is considered as the International day against drug abuse and illicit trafficking. This day is to eradicate drug abuse and neutralise the systematic challenges which sustain the illegal drug issue. The NCC Cadets of Vimala College along with EBSB club conducted a virtual campaign against drug abuse and illicit trafficking among people. The cadets participated in the webinar conducted by the NCC Unit of Kerala Varma College on the topic 'Drug abuse and illicit trafficking.</p> <p>Dept of Hindi organized The event 'SAY NO TO DRUGS' was organized on June 26th as part of International day against drug abuse and illicit trafficking. On 26 June 2020.</p> <p><b>e-Quiz in connection with International Day Against Drug Abuse and Illicit Trafficking:</b></p> <p>The world observes June 26 as International Day Against Drug Abuse and Illicit Trafficking. The theme for the International Day Against Drug Abuse and Illicit Trafficking - 2020 is "Better Knowledge for Better Care".</p> <p>In connection with this, the <b>Unnat Bharath Abhiyan (UBA)</b> of Vimala College (Autonomous), Thrissur conducted an online quiz on "Knowledge about Drug Abuse and Adverse Effects on Human Health". Altogether, there were 102 participants for the e-quiz. The participants were provided with e-certificates.</p> <p>Link for the online quiz was: <a href="https://forms.gle/qbYoEEzfpwiyRXuQ6">https://forms.gle/qbYoEEzfpwiyRXuQ6</a></p> |



*Assessment Period (2016 – 2021)*





# VIMALA COLLEGE (AUTONOMOUS), THRISSUR



**Unnat Bharat Abhiyan**  
**Vimala College (Autonomous), Thrissur**

**Poster Making  
&  
Slogan Writing  
Competition**

**26 JUNE**  
INTERNATIONAL DAY AGAINST  
**Drug Abuse**

The International Day Against Drug Abuse and Illicit Trafficking, also known as 'World Drug Day', is celebrated annually on 26 June. The theme of World Drug Day 2020 is "Better Knowledge for Better Care".

It is observed globally as International Day Against Drug Abuse on 26 June, since 1989. This year's theme aims at improving the understanding of the world drug problem and at fostering greater international cooperation for countering its impact on health, governance and security.

**IBA wing of Vimala College (Autonomous), Thrissur** is organising activities on the International Day Against Drug Abuse to enlighten the world to improve the understanding of the world drug problem and how to treat better knowledge will foster greater international cooperation for countering its impact on health, governance and security.

**I) Poster Making:**  
A hand written poster indicating the importance of "Fight Against Drug Abuse". Students can participate online by sending a clear photo of your poster to [adab@vimalacollege.ac.in](mailto:adab@vimalacollege.ac.in) (Last date for entries: 27.06.2020 5 pm). For your full name, Class, Semester and Course with your id number with phone number.

**II) Slogan Writing:**  
Online Slogan are invited from the students for Anti-drug Slogan Competition in Malayalam/English/Hindi. Theme of Anti-drug Slogan Competition is "Say no to Drugs and yes to Dreams". Send your slogan [adab@vimalacollege.ac.in](mailto:adab@vimalacollege.ac.in). Last date for entries: 27.06.2020 5 pm. For your full name, Class, Semester and Course with your id number with phone number.

Best 30 entries will be selected by the Selection Committee. Each prize and certificate will be issued to top 10 entries/individuals. Cash prizes by IBA are meant for supporting students' data needs so as to smoothen their online learning.



Assessment Period (2016 – 2021)



## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

|                           |  |
|---------------------------|--|
| <b>Academic Year</b>      | 2020-21  |
| <b>Title of the event</b> | Kargil Vijay Diwas   |
| <b>Date</b>               | 26.07.2020   |
| <b>Organized by</b>       | NCC  |
| <b>Venue</b>              | Google Meet  |
| <b>Report</b>             | 26th July 2020, the day to remember brave hearts and brave souls. 26th July is celebrated as Kargil Vijay Diwas, to celebrate over the victory at Kargil and to remember the heroes of the war. On this day Cadets of Vimala College created a video showing their tribute to the soldiers. On this day Vimala College was blessed to have the virtual presence of Param Veer Chakra recipient Sub Major Yoginder Singh Yadav PVC. A webinar was jointly conducted by Vimala College (Autonomous) Thrissur and St. Joseph College (Autonomous) Irinjalakuda under 7(K) Girls Battalion. The event was named ' Point 5062, a dialogue with the Param Veer Chakra recipient Sub Major Yoginder Singh Yadav '. Vimala College Principal Dr. Sr. Beena Jose, Vimala College NCC Unit ANO. Lt. Lovji K N, St. Joseph College NCC ANO Lt . Litty Chacko, NCC Officials and cadets from all over India participated in this webinar. A competition was conducted by NCC Unit of Vimala College in connection with Kargil Vijay Diwas. The theme for the competition was any form of tribute in connection with Kargil Vijay Diwas or Patriotism to the nation |



*Assessment Period (2016 – 2021)*



## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

**A JOINT VENTURE BY**  
**St. Joseph's College (Autonomous), Irinjalakuda**  
**& Vimala College (Autonomous), Thrissur**

**IN COLLABORATION WITH**  
St. Xavier's College for women Aluva  
Sreekeralavarma College Thrissur  
UC College Aluva  
St. Mary's College Thrissur  
MD College Pazhanji  
SNDPHSS Palissery  
GWPC Thrissur

0:23

**POINT 5062**

A dialogue with  
**Subedar Yogendra Singh Yadav PVC**



*Assessment Period (2016 – 2021)*





## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

|                           |  |
|---------------------------|--|
| <b>Academic Year</b>      | 2020-21  |
| <b>Title of the event</b> | Handloom Day   |
| <b>Date</b>               | 07.08.2020   |
| <b>Organized by</b>       | Dept of Home Science, Vimala College, Thrissur   |
| <b>Venue</b>              | Google Meet  |
| <b>Report</b>             | <p>As a part of National Handloom Day celebration “SWADESI 2020”, an intercollegiate online competition was conducted, which includes “VEIL”, a mask making contest on 7<sup>th</sup> August 2020. The winners were awarded with attractive gifts. As a part of the National Handloom day celebrations, Department of Home Science of Vimala College, Thrissur, organized a National Level E-Quiz (August 7<sup>th</sup> to 12<sup>th</sup>). The participants who scored above 60% were awarded with E-certificates.</p> <p>As a part of the Handloom Day Department of Home Science organized one-day workshop on fabric painting in association with fevicryl on 22<sup>nd</sup> October. The resource person was Rekha Anilkumar, Fevicryl specialist teacher. E certificates were issued to all the participants.</p> |

Department of Home Science  
Vimala College (Autonomous) Thrissur  
Celebrates National Handloom Day

**SWADESHI 2020**

AN INTERCOLLEGIATE ONLINE COMPETITION  
On August 7th

"Revering the beautiful craftsmanship that goes into every single thread"

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.S. 0848772220

STUDENT COORDINATORS  
Manoja Subramanian  
08132 12486  
Manjitha Sankaran  
7706839613

**VEIL MASK MAKING CONTEST**

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/5n3c7WwV4U7rmkR6>

**THE BEST 2 ENTRIES WILL BE AWARDED**

Submit your entries on Aug 7th before 3pm to the Email id [dpptft.2020@gmail.com](mailto:dpptft.2020@gmail.com)

lets celebrate the million pairs of hands that work tirelessly towards bettering our nation!



*Assessment Period (2016 – 2021)*





# VIMALA COLLEGE (AUTONOMOUS), THRISSUR



VIMALA COLLEGE (AUTONOMOUS) THRISSUR, KERALA  
NAAC Re-accredited (3rd cycle) A grade, CGPA 3.50 on a 4 point scale

DEPARTMENT OF HOME SCIENCE ORGANIZES A  
**ONE DAY WORKSHOP ON  
FABRIC PAINTING**  
Open for all the students of Vimala College  
E certificate will be issued to all



Rekha Anilkumar  
(Fevicryl Specialist Teacher)

Free registration link :  
<https://forms.gle/4GKrQ3iYATXb4iXs7>  
Registration closes on:  
21st October  
Topics for the session includes :  
Tie and Dye  
Sun Painting  
Stencil Painting  
Teacher Coordinator :  
Suparna M G  
Student Coordinator :  
Lovena Ouseph

**Materials Required**  
Cotton Thread  
Water Container  
Waste Cotton Cloth  
White Cloth 1/2 meter  
Brushes-flat and round  
3D Cone Outliner  
3D Giltter



**On 22nd October**  
Time 2.00 to 4.00 pm  
Platform: Google Meet



*Assessment Period (2016 – 2021)*



## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

|                    |  |
|--------------------|--|
| Academic Year      | 2020-21  |
| Title of the event | 74 <sup>th</sup> Independence Day  |
| Date               | 15.08.2020   |
| Organized by       | NCC, Noopuram club, Political Science, UBA   |
| Report             | <p>Cadets of Vimala College presented a Musical Tribute Garveet to those who spared their life for India's Independence on 15<sup>th</sup> August 2020.</p> <p>The 74th Independence day was celebrated by Dept of Political Science with Hindi speech competition and 'DABANGG 2020' (makeover contest) on August 15th, 2020. In association with Independence Day, Sociology department organized 'Know India' Intercollegiate Online Quiz Competition on 15 August 2020 at 10am. 396 participants of different colleges became part of the competition. Swathy K C of Vimala College, Sanath M R of NSS College Ottapalam and Shahala Nargees MK of St. Mary's College received the first prize.</p> <p><b>Dance Tribute to Freedom Fighters (15/08/2020)</b></p> <p>The Noopuram Dance Club has organized a dance tribute to the nation in connection with the 74<sup>th</sup> Independence Day celebrations. The students named Anjali, Ayana, Sanika, Aparna, 2 more participated in the performance which has been viewed by many people as it has been uploaded to you tube channel on 15<sup>th</sup> August 2020.</p> <p><b>Abhiman 2020</b> – The Independence Day Celebrations, August 15, 2020</p> <p>The Unnat Bharath Abhiyan club of Vimala College (Autonomous), Thrissur had organized various competitions for students from grades one to twelve in connection with 74<sup>th</sup> Independence Day (15<sup>th</sup> August 2020). The event was titled “<b>Abhiman 2020</b>”, commemorating the valor of our freedom fighters. The team of ABHIMAN 2020 was led by staff coordinator Dr. Salini K and student coordinators Pallavi Muraleedharan (Semester 5, BCom Regular) and Krishnapriya V U (Semester 3, English Literature) along with sub student and staff coordinators and UBA team members. The event received cordial feedbacks from the parents of participants and concluded with positive affirmations towards similar ventures of the club.</p> |



*Assessment Period (2016 – 2021)*



# VIMALA COLLEGE (AUTONOMOUS), THRISSUR



**VIMALA COLLEGE (AUTONOMOUS)**  
THRISSUR-09, KERALA-680009  
Nationally Re-accredited (3rd cycle) 'A' Grade  
CGPA of 3.50 on a 4 point scale  
College with Potential for Excellence (CPE)  
Mentor college under the UGC Paramarsh  
scheme

**KNOW INDIA**

IN CONNECTION WITH INDEPENDENCE DAY  
CELEBRATIONS  
THE DEPARTMENT OF SOCIOLOGY  
ORGANISES AN INTERCOLLEGIATE ONLINE  
QUIZ COMPETITION

**On August 15  
2020**

*Terms and conditions*

1. 10 objective type questions
2. One descriptive type question
3. Link (quiz) will be provided only 5 minutes before the programme
4. Date and time 2020 August 15, 10 AM
5. Duration ten minutes

Participants please register  
in the link  
<https://forms.gle/TXHG5DMhZdYwWkQs7>

**TOPPERS (FIRST 3 POSITIONS) WILL BE  
AWARDED WITH CERTIFICATES**

**ALL PARTICIPANTS WILL BE PROVIDED  
WITH CERTIFICATE OF PARTICIPATION**

*All are cordially invited*

**Coordinators**  
Dr Binu K  
+91 98466 78530  
Dr V Shrinju (HOD)

**Student coordinator**  
Anupama C M  
S3 BA Sociology



Assessment Period (2016 - 2021)





# VIMALA COLLEGE (AUTONOMOUS), THRISSUR



സി. എം. സി. മാനേജ്മെന്റ് 1967-ൽ സ്ഥാപിച്ച വിമല കോളേജ്, പെൺകുട്ടികളുടെ വിദ്യാഭ്യാസത്തിനും ശാക്തീകരണത്തിനും പുരോഗതിക്കും വേണ്ടി നിരന്തരം പ്രയത്നിക്കുന്ന ഒരു കലാമണ്ഡലം ആണ് എന്ന് നമുക്ക് ഓരോരുത്തർക്കും അറിയാം. മുദ്രാവിഷ്കരണ വിദ്യാഭ്യാസത്തിലൂടെ ഒരു വിമുക്തമയിനിയെ സമൂഹ നന്മക്കായി വാർത്തെടുക്കുകയാണ് വിമലയുടെ ലക്ഷ്യം. 16 ബിരുദ ഘോഷാഭ്യുക്തം, 13 ബിരുദാനന്തര കോഴ്സുകളും, വിവിധ വിജ്യാങ്കണിയിൽ പൊക്കിറൽ ഘോഷാഭ്യുക്തം വിമലയിൽ ഉണ്ട്. ലക്ഷക്കണക്കറ്റുള്ള 2667 വിദ്യാർത്ഥികളും, 140 അധ്യാപകരും, 36 അസാധാരണക്കാരും അതിലെ ഭാര്യ സമ്പത്ത് ആണ് വിമലയെ, ഉത്തമിയെ തന്നെ മികച്ച 100 കോളേജുകളിൽ ഒന്നാക്കി മാറ്റിയത്. മികച്ച അധ്യാപനത്തോടൊപ്പം സാമൂഹിക, ഭൗതിക മുഴുവൻ കുട്ടികൾക്ക് പകർന്നു നൽകാൻ വിമല കോളേജ് എന്നു മുൻപിൽ അണ ആണ്.

ഭാര്യ വിമല ലക്ഷി മുരുകമണിയിലെ ഉന്നത് ഭാരത് അഭിമാൻ (മുദ്രാവിഷ്കരണ) 2018 മുതൽ വിമല കോളേജിൽ പ്രവർത്തിക്കുന്നു. ബഹുമാനപ്പെട്ട ജിറ്റാ കമലിന്റെ അദ്ധ്യക്ഷതയോടെ ആദ്യർ ബിരുദമധ്യ 5 പരമാവർത്തനകളിൽ പ്രകാശി മുഖ്യപ്രവർത്തനകൾ, മാനവസംസ്കാര മേഖലകൾ, വിവിധ കോളേജ് ഉന്നത പ്രവർത്തനങ്ങൾ നടത്തി വരുന്നു. കോവിഡിന്റെ പശ്ചാത്തലത്തിൽ ഉത്തമ സാമ്പത്തിക രീതി ആശാങ്ങൾ ഈ ജിറ്റാമുഖിൽ ഓർത്തത് ആയി സന്തോഷം അനുഭവിച്ചിട്ടുണ്ടെന്നാണ് ഈ ജിറ്റാമുഖിൽ സിറ്റാമുഖിൽ വിവിധതരം സെഷൻ സഹായിക്കുന്നു. ആതിഥേയത്വം ഈ പരമാവർത്തനകളിലെ പുറം കുട്ടികളെ അനുസരിച്ച് സഹകരണം കണ്ടെത്തി കൊള്ളുന്നു. താഴെ പറയുന്ന ഉന്നതകളിൽ കുട്ടികൾക്ക് അനുഭവിക്കാവുന്നതാണ്.

വിമല കോളേജ് (ഓട്ടോണോമസ്), തൃശ്ശൂർ

ഉന്നത് ഭാരത് അഭിമാൻ

**അഭിമാൻ**

2021

"പ്രാണനേക്കാൾ വലുത് പിന്നെ നാടിന്റെ അഭിമാനവും സ്വാതന്ത്ര്യവുമാണെന്ന് ചിന്തിച്ച ഒരു തലമുറയുടെ ത്യാഗം കൂടിയാണ് നമ്മൾ ഇന്ന് അനുഭവിക്കുന്ന സ്വാതന്ത്ര്യം"

**73 മത് സ്വാതന്ത്ര്യ ദിനാഘോഷം**

തദ്യക്ഷ സ്വാതന്ത്ര്യദിനാഘോഷങ്ങളിൽ പങ്കുചേരാം. ഉദ്യമങ്ങൾ മുരുകമണിയിൽ പ്രവർത്തിക്കും. നന്നു ചേരാം.



Assessment Period (2016 – 2021)





## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

|                           |  |
|---------------------------|--|
| <b>Academic Year</b>      | 2020-21  |
| <b>Title of the event</b> | Onam Celebration   |
| <b>Date</b>               | 27.08.2020   |
| <b>Organized by</b>       | Vimala College (Autonomous), Thrissur  |
| <b>Report</b>             | 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. The Noopuram Dance Club, Vimala College have organized an Interdepartmental Onam Dance competition ‘Onakkali’ as part of Onam Celebration 2021-22. |



*Assessment Period (2016 – 2021)*



# VIMALA COLLEGE (AUTONOMOUS), THRISSUR

|                           |  |
|---------------------------|--|
| <b>Academic Year</b>      | 2020-21  |
| <b>Title of the Event</b> | World Humanitarian Day   |
| <b>Date</b>               | 19.08.2020   |
| <b>Organized by</b>       | UBA  |
| <b>Report</b>             | This year World Humanitarian Day comes as the world continues to fight the COVID-19 pandemic over recent months. On this World Humanitarian Day, 19 August, we pay a special tribute to Real Life Heroes – humanitarians and front-line workers who are doing extraordinary things to help people whose lives have been upended by crises. Interactive sessions with Dr Rahul U R., Medical officer, PHC Ayyanthole ,Nodal officer, CFLTC Nattika, a frontline medical practitioner, Ms Lali M L., Accredited Social Health Activist (ASHA) Worker of Velur Panchayath, Ms Aleema [Accredited Social Health Activist – ASHA] Worker of Methala family health centre and Mr Binju Jacob C., Junior Health Inspector Gr I, T H Kunnamkulam were included in the programme. |

**VIMALA COLLEGE**  
(AUTONOMOUS)  
Thrissur, Kerala

An Unnat Bharat Abhiyan Initiative

**WEBINAR SERIES**

AN INTERACTIVE SESSION  
WITH FRONT LINE WORKERS OF  
COVID-19

19TH AUGUST, 2020 TO  
24TH AUGUST, 2020

2 TO 2.30 PM

Google Meet

**WORLD HUMANITARIAN DAY**

[Click here to register](#)

**UNHEARD STORIES FROM UNSEEN HEROES**

World Humanitarian Day (WHD) is held every year on 19 August to pay tribute to aid workers who risk their lives in humanitarian service, and to rally support for people affected by crises around the world. On this day, the world remembers humanitarian workers killed and injured in the course of their work, and we honour all aid and health workers who continue, despite the odds, to provide life-saving support and protection to people most in need. World Humanitarian Day was established in 2008 by the United Nations General Assembly and was first officially celebrated in 2009. The date of 19th August was chosen as it marks the anniversary of the bombing of the Canal Hotel in Baghdad, an event in which the United Nations High Commissioner for Human Rights, Sergio Vieira de Mello and twenty others lost their lives. Over 130 million people throughout the world are currently in crisis, either through war or natural disasters and are in need of humanitarian aid. The purpose of World Humanitarian Day is to raise awareness of the plight of civilians around the world who have become caught up in conflicts, and also honour and raise support for the humanitarian workers who risk, and sometimes lose, their lives to help.

**LIFE'S MOST PERSISTENT AND URGENT QUESTION IS, 'WHAT ARE YOU DOING FOR OTHERS?'**

This year World Humanitarian Day comes as the world continues to fight the COVID-19 pandemic over recent months. On this World Humanitarian Day, 19 August, we pay a special tribute to Real Life Heroes – humanitarians and front-line workers who are doing extraordinary things to help people whose lives have been upended by crises.

All registered participants will get an e-certificate after the completion of the webinar and filling the feedback form for all days.

**19 AUGUST, 2020, 2 - 2.30 PM**

**Dr Rahul U R.**  
Medical Officer, PHC  
Ayyanthole  
Nodal Officer, CFLTC Nattika

**20 AUGUST, 2020, 2 - 2.30 PM**

**Ms Lali M.L.**  
ASHA (Accredited Social Health Activist) worker  
Velur panchayath

**21 AUGUST, 2020, 2 - 2.30 PM**

**Ms Aleema**  
ASHA (Accredited Social Health Activist) worker  
Methala Family Health centre

**24 AUGUST, 2020, 2 - 2.30 PM**

**Mr Binju Jacob C.**  
Junior Health Inspector Gr I  
TH Kunnamkulam

**Students**  
Anamitha, Anitha Poulsen, SS P.A. Functional English  
UBA Student Coordinators

**Faculty**  
Dr Sallini K, Ms Sreekalma M, Dr Sreedakshini C Bhaskar  
UBA Faculty Coordinators

**Principal**  
DR SR REENA JOSE



*Assessment Period (2016 – 2021)*



## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

|                    |  |
|--------------------|--|
| Academic Year      | 2020-21  |
| Title of the Event | Fit India Movement   |
| Date               | 28.08.2020   |
| Venue              | Google Meet  |
| Organized          | NCC, Dept of Computer Science & Dept of Commerce   |
| Report             | <p>Fitness is not a destination, it is a way of life. 'Fit India Movement' is a nationwide movement in India to encourage people to remain healthy and fit by including physical activities and sports in one's daily life. On 28th August 2020 cadets of Vimala College organized a webinar on Fitness awareness. Smt.Hemalatha V, Assistant Professor of Physical Education Department of Vimala College led the session. The talk included the importance of having healthy body and mind and various types of exercises that we can include in our daily life, As a part of "Fit India Movement," PG Department of Commerce &amp; Research organized DEPORTES 2020 Celebrating National Sports Day on 26th August 2020. Resource person for the session was Ms Hemalatha V, Assistant Professor, Department of Physical Education, Vimala College (Autonomous), Thrissur.</p> <p>An awareness talk on the role of physical fitness in life was conducted on 13th Oct 2020, aiming at the holistic development of students. The resource person of the session Mr. Sebastian K M, Asst. Professor, dept. of Physical Education, Christ College, Irinjalakuda.</p> |



*Assessment Period (2016 – 2021)*



## VIMALA COLLEGE (AUTONOMOUS), THRISSUR



**VIMALA COLLEGE (AUTONOMOUS),  
THRISSUR**  
**NCC, 7 KERALA GIRLS BATTALION**  
**Fit India Awareness Talk!!!**

Organised By  
NCC Unit  
of  
Vimala College (Autonomous),  
Thrissur  
7 Kerala Girls Battalion  
28 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

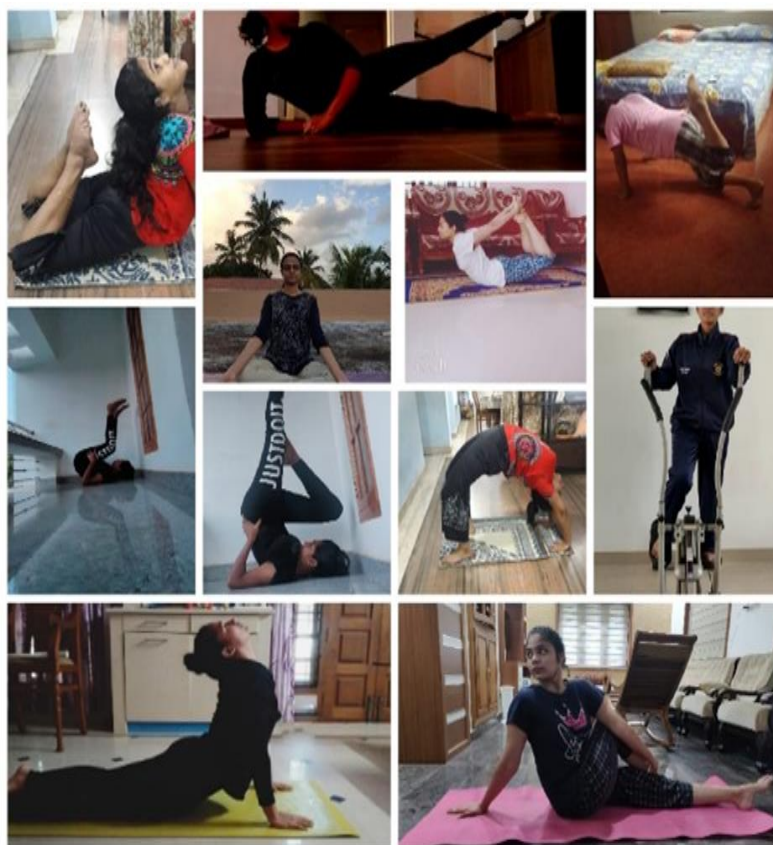


*Assessment Period (2016 – 2021)*





# VIMALA COLLEGE (AUTONOMOUS), THRISSUR



REC Sebastian K.M. is presenting

Varsha K.V. and 69 more

3:16 PM

Sebastian K.M.

## PHYSICAL BENEFITS

Helpful for good health.

- To achieve good physical fitness.
- To develop good skeletal system.
- To develop good nervous system.
- To develop good endocrine system.

Benefits Of Exercise

Activate Windows  
Go to Settings to activate Windows.

Type here to search

ENG 03:16 PM 13-10-2020



*Assessment Period (2016 – 2021)*



## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

|                    |   |
|--------------------|---|
| Academic Year      | 2020-21   |
| Title of the Event | Teachers Day  |
| Date               | 05.09.2020  |
| Venue              | Google Meet   |
| Organized          | Dept of Statistics & Music club   |
| Report             | Department of Statistics celebrated Teacher's day on 5th September 2020. Saarang – The Music Club of Vimala College (Autonomous) organized Kudumbonam: <i>A Musical Treat with Family</i> in connection with "Teachers' Day." "Kudumbonam" is an onapattu competition, a group event that solicits participation of the faculty member along with his/her family. The competition result was declared on 05/09/2020. The first prize was won by Dr. Mary Thomas K and family and the second prize was shared by Dr.Prathibha P and family and Divya C D and family. |



*Assessment Period (2016 – 2021)*



## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

|                    |   |
|--------------------|---|
| Academic Year      | 2020-21   |
| Title of the Event | World Suicide Prevention Day  |
| Date               | 10.09.2020  |
| Venue              | Google Meet   |
| Organized          | Dept of Home Science  |
| Report             | In connection with World Suicide Prevention Day, Department of Home Science organized "Resilience 2020" on September 10 <sup>th</sup> . The program included "Mind Bloom" a motivational speech competition and "Prathibimb" a face painting competition. |

**Vimala College (Autonomous), Thrissur, Kerala**  
NAAC Reaccredited (3rd cycle) 'A' Grade with CGPA 3.5

In connection with World Suicide Prevention Day  
Department of Home Science organises

**RESILIENCE 2020**  
September 10, 2020

World Suicide Prevention Day

Teacher Coordinator  
Suparna M.G.- 8389072220  
Pary Saman-7338026881

Student Coordinator  
Fida & Faruq-96 966 9206  
Haritha, Geethika-7337638833  
Bhagya Subramanian-8993815604  
Akshaya Sivan A-934990227

**Mind Bloom**  
Motivational Speech

**Prathibimb**  
Face painting Competition

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 CLOSING ON 5TH SEP

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

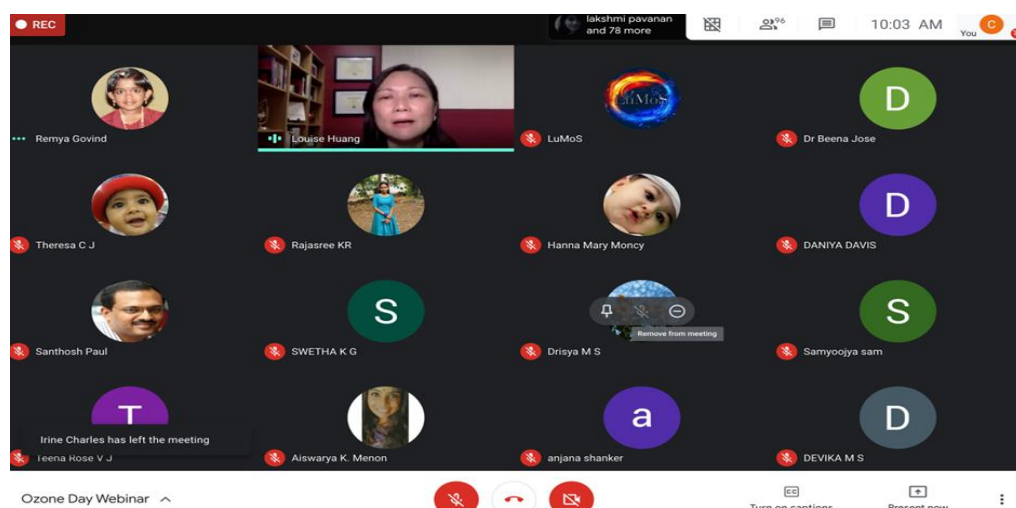


Assessment Period (2016 - 2021)



## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

|                    |   |
|--------------------|---|
| Academic Year      | 2020-21   |
| Title of the Event | Ozone day   |
| Date               | 16.09.2020  |
| Venue              | Google Meet   |
| Organized          | Dept of Chemistry   |
| Report             | As a part of <b>Ozone Day Celebration 2020</b> , a Webinar was conducted on 16 <sup>th</sup> September 2020. 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. |





*Assessment Period (2016 – 2021)*





## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

|               |   |
|---------------|---|
| Academic Year | 2020-21   |
| Event         | Blood Donation Day  |
| Date          | 16.09.2020  |
| Venue         | Google Meet   |
| Organized     | NCC   |
| Report        | National Voluntary Blood Donation Day is celebrated in India on 1st October to highlight the need and importance of safe blood donation in the life of an individual. On 1st October 2020 the NCC Unit of Vimala College conducted a blood donation camp and a webinar on the topic 'Blood Donation' lead by Mr. Sreekanth Meladath Coordinator at Blood donors Kerala. |




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

**NATIONAL VOLUNTARY  
BLOOD DONATION DAY**

**“Opportunities knock the door sometimes,  
so don’t let it go and donate blood.”**

**1 OCTOBER 2020  
TIME: 3 PM**



**SREEKANTH  
Blood Donors Kerala  
Coordinator**

**JOIN US ON GOOGLE MEET**  
Meeting URL: <https://meet.google.com/wpp-onrq-rca>



*Assessment Period (2016 – 2021)*



## VIMALA COLLEGE (AUTONOMOUS), THRISSUR



*Assessment Period (2016 – 2021)*



# VIMALA COLLEGE (AUTONOMOUS), THRISSUR

|                           |   |
|---------------------------|---|
| <b>Academic Year</b>      | 2020-21   |
| <b>Title of the Event</b> | World Heart Day   |
| <b>Date</b>               | 22.09.2020  |
| <b>Venue</b>              | Google Meet   |
| <b>Organized</b>          | Dept of Homescience   |
| <b>Report</b>             | As a part of 'World Heart Day Celebrations 2020', third semester PG Nutrition & Dietetics students, Department of Home Science Organized "Hridayam". The program includes an online quiz competition and a heart healthy salad competition. |



**VIMALA COLLEGE (AUTONOMOUS) THRISSUR, KERALA**  
NACC 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://youtu.be/19DzA49EI9Y>

Competitions

Heart Healthy salad competition

Online Quiz

Teacher Coordinators

Ms Jency Thomas

Ms Urmila Vijayan



Student Coordinators

Ms Akshitha T V

Ms Ashira V. Rave

**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](mailto:competitions@vimala@gmail.com).
- All participants should register <https://forms.gle/L6vue2cxTSMxDyeZ9>

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/32efqbCn9Xwakd7>
- All participants scoring above 60% will receive E-certificates.



**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)*



## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

|                      |  |
|----------------------|--|
| <b>Academic Year</b> | 2020-21  |
| <b>Event</b>         | Gandhi Jayanthi  |
| <b>Date</b>          | 02.10.2020   |
| <b>Venue</b>         | Google Meet  |
| <b>Organized</b>     | Dept of Malayalam, NCC, Nature club ,Dept of English, Dept of Physics  |
| <b>Report</b>        | <p>Department of Political Science organised a webinar on Gandhi and Women Prof John S Moolakkatu, Department of International Relations &amp; Politics and Centre of Gandhian Studies, Central University of Kerala, Kasargod was the resource Person. Department of Malayalam conducted Kavyasilpam in connection with Gandhi Jayanthi.</p> <p>The music club Saarang conducted a musical combo of the present batches of students and Alumnae titled “musical coalescence of past and present” in connection with Gandhi Jayanti. As part of Gandhi Jayanti celebration the NCC Unit of Vimala College conducted a stone art competition in which the participants have to carve important messages of Gandhi. GANDHI DARSHAN ‘Vrithika’ - organised “Gandhi Darshan” an intercollege gardening competition in connection with Gandhi Jayanti celebrations. Sign Boards – To propagate nature conservation ideas among the students of our college, several signboards were designed by the members of Nature Club. On 2/10/2020, a programme named ‘MahathmakeSaath’ was organised by the department of Physics. Photo quiz competition, Haiku competition and Caricature competition were arranged as part of the same. The UBA wing organized celebrations in connection with October 2, Gandhi Jayanti to the school children of UBA villages. Keeping in view of <i>Bappu</i>’s principles of serving the society, honesty and cleanliness, the Unnat Bharat Abhiyan team of Vimala College (Autonomous), Thrissur is organizing the following events to students of UBA villages.</p> |



*Assessment Period (2016 – 2021)*





## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

Commemorating 150<sup>th</sup>  
Birth Anniversary of the Father of our Nation -  
Mahatma Gandhi  
And International Day of Non-Violence 2020

October  
03  
2020  
@2.30pm

Department of Political Science  
Vimala College (Autonomous), Thrissur  
Is organising a Webinar on  
Gandhi and Women

**Resource Person**  
Prof. John S. Manalakkattu  
Dept of International Relations & Politics  
And Coordinator  
Centre of Gandhian Studies,  
Central University of Kerala  
Kariampal

**Register Now**

**Join us**

<https://www.google.com/events/webinar>

**Students Coordinator**  
Anoopika CM B2 Sociology  
Arshana Ron George B2 English Literature

**Faculty Coordinator**  
Ms J Anuja  
Assistant Professor and Head  
Department of Political Science



*Assessment Period (2016 – 2021)*



# VIMALA COLLEGE (AUTONOMOUS), THRISSUR


**ഗാന്ധിജി: കാവ്യശില്പം**

**പാടിയവർ:**

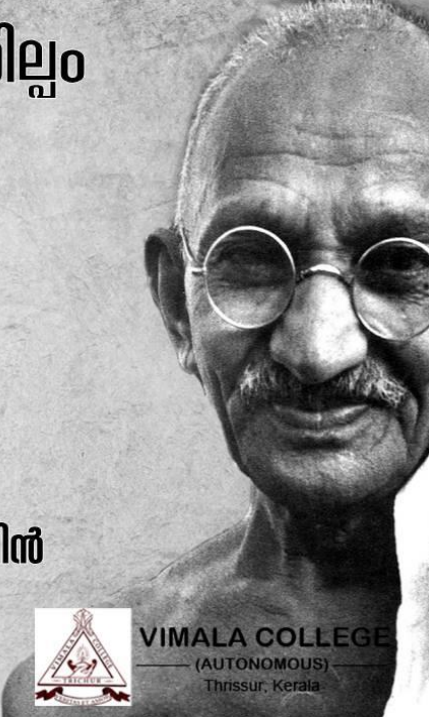
|                |        |
|----------------|--------|
| രജില           | റോസ്സി |
| മീര            | ആദിതി  |
| ശ്രദ്ധ         | ശരണ്യ  |
| സിസ്റ്റർ ഡിത്ന | അഞ്ജലി |
| കാവ്യമോൾ       | അനില   |

**സാങ്കേതിക സഹായം: ആൻലിൻ നന്ദി**

മലയാളവിഭാഗം (2020-21)



**VIMALA COLLEGE**  
(AUTONOMOUS)  
Thrissur, Kerala




## musical coalescence of past and present

The music club **Saarang** presents a musical combo of the present batches of students and Alumnae in connection with Gandhi Jayanti



*Assessment Period (2016 - 2021)*



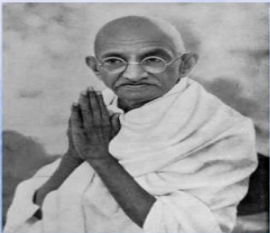
## VIMALA COLLEGE (AUTONOMOUS), THRISSUR





**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**



*Assessment Period (2016 - 2021)*





## VIMALA COLLEGE (AUTONOMOUS), THRISSUR



*Assessment Period (2016 – 2021)*





## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

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](#)

*Between the Chashma  
and the Chavka*

Celebrating the Mahatma in verse

In connection with the 151st Gandhi Jayanthi, the Department of English, Vimala College (Autonomous), Thrissur conducts an interdepartmental online versification competition.

**Guidelines for the competition**

- Poem should be original and written in English.
- Poem should adhere to the given theme and should contain the true essence of Gandhi and his ideals.
- Poem should have a minimum of 10 lines and should not exceed 30 lines.
- All entries should be mailed to engvimala@gmail.com on or before 5 October 2020.

e-certificates will be given to the prize winners.

Coordinators  
Ann Mary Thomas  
Lisa John Mundackal

HoD  
Dr. Nisha Francis Alapatt

For any queries, pls contact :  
9995577076  
8921043602



*Assessment Period (2016 - 2021)*



# VIMALA COLLEGE (AUTONOMOUS), THRISSUR

*"There are two days in the year that we cannot do anything, yesterday & tomorrow"*

The birthday of Bappu is celebrated as a National festival on 2nd October, every year. Mohandas Karamchand Gandhi (02.10.1869 - 30.01.1948) was given the title "Father of our Nation" not only for his love for our nation, but for his supreme dedication for our country's independence and kindness to poor people. He also fought for various kinds of social evils like untouchability, casteism, female subjugation etc. The purpose of the day is to spread Mahatma Gandhi's philosophy, his teachings of non-violence, honesty, cleanliness, dedication to the society and peace all over the world. Gandhi Jayanti is also celebrated as International Day of Non-violence all over the world, as declared by United Nations General Assembly on the 15th of June, 2007



Unnat Bharat Abhiyan

commemorates

*152 Years of Mahatma*

2 October 2020

Keeping in view of Bappu's principles of serving the society, honesty and cleanliness, the Unnat Bharat Abhiyan team of Vimala College (Autonomous), Thrissur is organizing the following events to students of UBA villages.

## Activities in connection with Gandhi Jayanti

Click to join whatsapp groups to post your entries:

"Arise"

<https://chat.whatsapp.com/K7nYKsMm0L47eJz8m0n6>

"Shine"

<https://chat.whatsapp.com/IO09fma3RwGAYm7pyvXo>

"Predict"

<https://chat.whatsapp.com/Caxh0u500u2k8PhYh20tL>

Entries to be received by 5th October 2020, 5 pm. Kindly send your entries along with your name, class and school name to the corresponding whatsapp groups.

1. BEST RECYCLING IDEA VIDEO: "ARISE" RS. 501
2. BEST CLEANING VIDEO: "SHINE" RS. 301
3. BEST 4TH MONKEY IDEA: "PREDICT" RS. 301

### "Arise"

The activity aims to create habit of "Reduce, Reuse and Recycle" by inculcating new and creative ideas in school children for creating "Best out of Waste". Creative minds can create extra ordinary and useful things out of unwanted materials in a useful way. UBA volunteers create tutorial and educational videos and circulate the same among school children in UBA villages. This will enhance the creativity and nurture the value of environmental protection. We also encourage them to send back videos/photos illustrating the same at home. E- certificates will be provided to the participants.

### "Predict"

The phrase "See no evil, Hear no evil, Speak no evil" first emerged in Japan in the 17th century and was later adopted worldwide as a message of peace and tolerance due to Mahatma Gandhi's visual metaphor of the three monkeys, with one of them covering his eyes, the second his mouth, and the third his ears. If there is a fourth monkey, what will it represent? Participants kindly send us a drawing of 4th monkey depicting your thought.



### "Shine"

This activity is dedicated as a befitting tribute to Gandhi's ideology of "Cleanliness", as he believed and said "I will not let anyone walk through my mind with their dirty feet." UBA team inculcates the true spirit of cleaning the surrounding during pandemic period by giving video illustrations of "Cleaning tricks and hacks" which will encourage the school children to help their parents in cleaning their home, electronic equipment and premises. We also encourage them to send back videos/photos illustrating the same at home. E- certificates will be provided to the participants.

### "Sail Over"

A virtual tour to Sabarmati Ashram which is a must watch heritage for students of schools and colleges. In the wake of Gandhi Jayanti, the virtual tour can help the students to get through a journey of the life of Mahatma Gandhi.

Click here for a virtual tour to Sabarmati Ashram



"Be the change you want to see in the world"

Anna Priya P S, SS B.Sc. Physics  
Linta Shoby, S3 BA Economics  
UBA Student Coordinators

Dr Salini K, Ms Sreekala M, Dr Sreelakshmi P Bhaskar  
UBA Faculty Coordinators

DR SR BEENA JOSE  
Principal






Assessment Period (2016 - 2021)



## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

|                    |  |
|--------------------|--|
| Academic Year      | 2020-21  |
| Title of the Event | World Food Day   |
| Date               | 16.10.2020   |
| Venue              | Google Meet  |
| Organized          | Dept of Home Science & BVoc  |
| Report             | As a part of World Food Day Celebrations, first semester PG Nutrition & Dietetics students, Department of Home Science organized "SWAAD SADAN" on 16 <sup>th</sup> October, which include games like, food puzzle and Anna Rathna (left over recipe competition). The participants were provided with E certificates. The Bvoc Food Processing of Home Science Department organized "EL-ALIMENTO" an intercollegiate online quiz competition, in connection with "world food day" on 16 <sup>th</sup> October. The Post Graduate Department of Home Science (Nutrition & Dietetics) organized and conducted a program "HABLEMOS" on WORLD FOOD SAFETY DAY 7 <sup>th</sup> June 2021. |

**VIMALA COLLEGE (AUTONOMOUS)**  
**THRISSUR, KERALA.**  
NACC Re - accredited (3rd cycle) A grade,  
CGPA-3.5  
COLLEGE WITH POTENTIAL FOR EXCELLENCE



**Department of Home Science**  
**B.Voc food processing**  
**presents.**

**EL-ALIMENTO**  
**16 Oct 2020**  
**10.00 AM TO 5.00 PM**

**Inter Collegiate Online Quiz Competition**  
**In Connection with "WORLD FOOD DAY"**  
E-certificate will be provided to those participants scored above 70%.

**WORLD FOOD DAY**

Co-ordinators ;  
Teacher Co-ordinators : Dr.Agey Pippachan,  
Ms.Devyani Haridas Pisharody,  
Mr.Sakkeer Hussain.  
Student Co-ordinators : Ms.Gouri I.J  
Ms.Clara Jose  
for more details  
vimalabvocfoodprocessing@gmail.com



*Assessment Period (2016 – 2021)*





# VIMALA COLLEGE (AUTONOMOUS), THRISSUR

|                    |  |
|--------------------|--|
| Academic Year      | 2020-21  |
| Title of the Event | Kerala Piravi  |
| Date               | 01.11.2020   |
| Venue              | Google Meet  |
| Organized          | Dept of Malayalam  |
| Report             | Department of Malayalam celebrated Kerala Piravi with various programmes. Conducted Malayaladinam on 01.11.2020. |



Assessment Period (2016 - 2021)





## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

|               |   |
|---------------|---|
| Academic Year | 2020-21   |
| Event         | Constitution Day  |
| Date          | 21/11/2020, 26/11/20 & 2/12/2020  |
| Organized     | Dept of Political science & NCC   |
| Report        | <p>In connection with the Celebration of Constitution Day, November 26, 2020, Vimala College organized the following programmes. Principal Dr Sr Beena Jose read out the Preamble to the staff of Vimala College. Department of Political Science organized 2 Webinars</p> <p><b>Indian Parliament :The Citadel of Democracy</b> on November 21<sup>st</sup> 2020, The Resource person, Dr S Prabhakar, Joint Director Lok Sabha Secretariat, New Delhi.</p> <p><b>Constitution Morality and Politics in India</b>, on November 26<sup>th</sup> 2020, Resource person of the Day was, Dr Sabu Thomas Assistant Professor, Department of Political Science, Government Brennen College, Thalassery. Constitution day or the law day is a day in India that brings awareness about the importance of the Indian Constitution and to honour its principle architect Dr. B. R. Ambedkar. On 2nd December 2020 as part of the Constitution week the NCC unit of Vimala College conducted a webinar SAMVIDHAN lead by Adv. K. N. Somakumar. The program lighted the importance of Constitution in the life of a common man.</p> |



*Assessment Period (2016 – 2021)*



# VIMALA COLLEGE (AUTONOMOUS), THRISSUR



**Department of Political Science**  
**Vimala College (Autonomous), Thrissur**

*In collaboration with Political Science Collective, Kerala*  
*organises a webinar*

**On the topic - Indian Parliament : The Citadel of Democracy**  
**on 21st November 2020**  
Time :11 am - 12pm





**Resource Person**  
Dr S Prabhakar  
Joint Director Lok Sabha  
Secretariat New Delhi

Join us 

Ms J Anuja  
Associate Professor and Head  
Department of Political Science


Dr Sabu Thomas  
President  
Political Science Collective Kerala




**Celebration of Constitution Day , November 26th 2020**

**Department of Political Science**  
**Vimala College(Autonomous),Thrissur**

Is organising a Webinar in Connection with  
Constitution Day , November 26th 2020

Time 4 to 5 pm 


Join Us 

**Topic:**  
Constitution , Constitutional Morality  
and Politics in India

**Resource Person**  
Dr Sabu Thomas  
Asst Professor  
Government Brennen College, Thalassery

**Faculty Coordinator**  
Ms J Anuja

**Student Coordinators**  
Aswina Sreekumar -  
Semester V English Literature  
Beulah James -  
Semester V Sociology

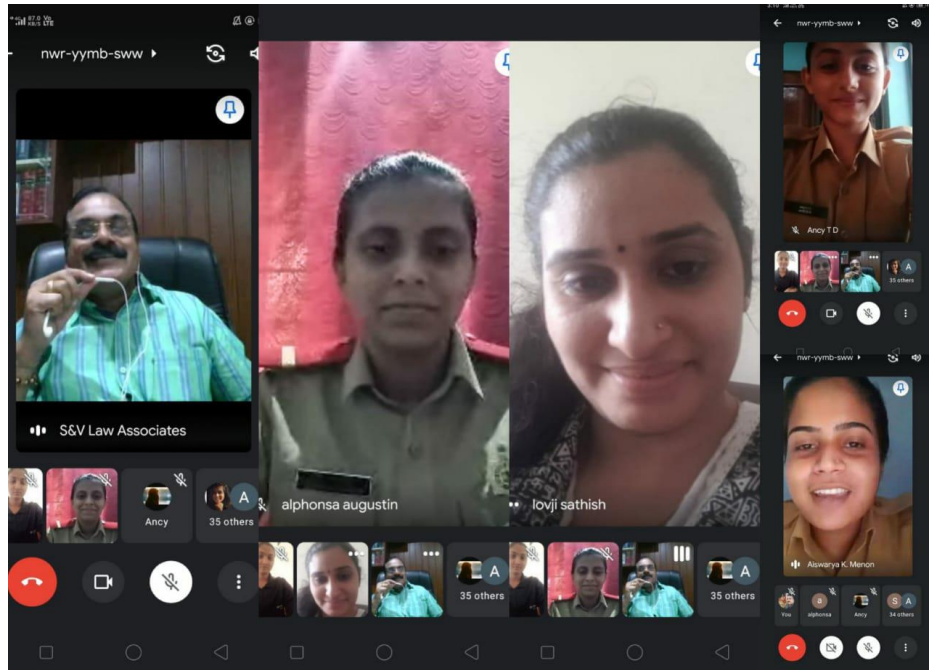




*Assessment Period (2016 - 2021)*



## VIMALA COLLEGE (AUTONOMOUS), THRISSUR



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

**SAMVITHAAN**

**As part of constitution week NCC unit of Vimala College conducts webinar**



**ADV. K. N. SOMAKUMAR**  
(Chief Guest)

**Topic : What does the Indian Constitution speak to the youth ??**

**Date : 2 / 12 / 2020**  
**Time : 3 pm to 4 pm**

  
**on Google meet**




*Assessment Period (2016 - 2021)*





## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

|               |  |
|---------------|--|
| Academic Year | 2020-21  |
| Event         | Computer Literacy Day  |
| Date          | 02.12.2020   |
| Venue         | Google Meet  |
| Organized     | Dept of Computer Science   |
| Report        | 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](mailto: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)*





# VIMALA COLLEGE (AUTONOMOUS), THRISSUR



**E-MANTRA 2020**  
World Computer Literacy Day  
Celebrations

Department of Computer Science  
Organizes  
**CovidDiary**  
Online Presentation Making Competition  
on 2<sup>nd</sup> December



**COVIDIARY**  
An Interdepartmental Online Presentation Making Competition For Students In Vimala College  
Event: Creating Animated Powerpoint Presentation Using Images  
Topic: **Technological Influence In Human Life Before And After Covid-19**  
Registration Ends On 2 December 9 Am  
E-Certificate will be Provided For All Participants

**Rules:**

- ▶ Accepted File Format is .pptx
- ▶ Presentation Duration upto 2 Minutes
- ▶ Only Images With Animation is Allowed (no Videos)
- ▶ Only Individual Participants are Allowed
- ▶ Upload Your Presentation to : [computerscience@vimalacollege.edu.in](mailto:computerscience@vimalacollege.edu.in)
- ▶ Submit File on or Before 2<sup>nd</sup> December 9.00 Am

**Register HERE**

**500/-**  
**BEST ENTRY**

**Student Coordinators**

**Surabhi M**  
1<sup>st</sup> semester MSc Computer Science  
9645892405

**Gopika N G**  
1<sup>st</sup> Semester MSc Computer Science  
9539073336



*Assessment Period (2016 – 2021)*



## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

|                           |  |
|---------------------------|--|
| <b>Academic Year</b>      | 2020-21  |
| <b>Title of the Event</b> | National Energy Conservation Day   |
| <b>Date</b>               | 14.12.2020   |
| <b>Venue</b>              | Google Meet  |
| <b>Organized</b>          | Dept of Physics  |
| <b>Report</b>             | A talk on 'Energy Conservation for Sustainable Living' was arranged in connection with National Energy Conservation Day Celebration on 14 Dec 2020 organized by Dept of Physics. |



*Assessment Period (2016 – 2021)*



## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

|               |   |
|---------------|---|
| Academic Year | 2020-21   |
| Event         | Christmas day   |
| Date          | 16.12.2020  |
| Venue         | Google Meet   |
| Organized     | Music club,NCC  |
| Report        | Saarang: The Music Club conducted a competition – Christmas Carols with Family exclusively for teaching and non-teaching staff. The participants were asked to upload videos of their performance. On 16/12/2020 the winners were declared. Saarang: The Music Club also conducted Carol Singing Competition for students. The participants were asked to upload videos on or before 12/12/2020. On 25th December NCC Cadets made Covid Safety Alert Christmas cards that conveyed the message to stay safe with family and their dear ones during this pandemic. |



Assessment Period (2016 – 2021)





## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

|               |   |
|---------------|---|
| Academic Year | 20-21   |
| Event         | National Youth Day  |
| Date          | 12.01.2021  |
| Venue         | Google Meet   |
| Organized     | Dept of Political Science   |
| Report        | Transformation from narendran to Vivekanandan<br>- A Journey Through the Life of Swami Vivekananda 12 <sup>th</sup> January 2021-Resource Person<br>N Hareendran Master ,HoD of Malayalam,<br>Ramakrishna Ashramam,Higher Secondary<br>School,Purnatakkura,Thrissur |

Celebration of National Youth Day, January 12th 2021



Department of Political Science  
Vimala College (Autonomous), Thrissur

is organizing a Webinar  
commemorating the birth anniversary of Swami Vivekananda  
which is celebrated as  
National Youth Day, January 12th 2021



Topic

"Transformation from Narendran to Vivekananda - A Journey Through the Life of Swami Vivekananda"

Day - 12th January, 2021  
Time - 4.00pm

Join with us



Resource Person



N. Hareendran Master  
HOD, Department of Malayalam,  
Ramakrishna Ashramam,  
Higher Secondary School  
Purnatakkura,  
Thrissur



*Assessment Period (2016 – 2021)*






## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

|               |   |
|---------------|---|
| Academic Year | 20-21   |
| Event         | National Science Day  |
| Date          | 27.02.2021  |
| Venue         | Google Meet   |
| Organized     | Dept of Physics   |
| Report        | Talk on 'Computations in Physics: History, current status and future perspectives' by Dr. M P Gururajan, Associate Professor, Department of Metallurgical Engineering and Materials Science, IIT, Mumbai on 27 February 2021. |

Think Like a Proton...  
Always Positive  
Post Graduate & Research Department of Physics,  
Vimala College (Autonomous), Thrissur  
Celebrates  
**NATIONAL SCIENCE DAY 2021**  
27 February 2021 at 3 pm  
CHIEF GUEST



**Dr. M P Gururajan**  
Associate Professor,  
Department of Metallurgical Engineering and  
Materials Science, IIT Bombay

**TOPIC:** Computations in physics: history,  
current status and future perspectives

[REGISTER HERE](#)

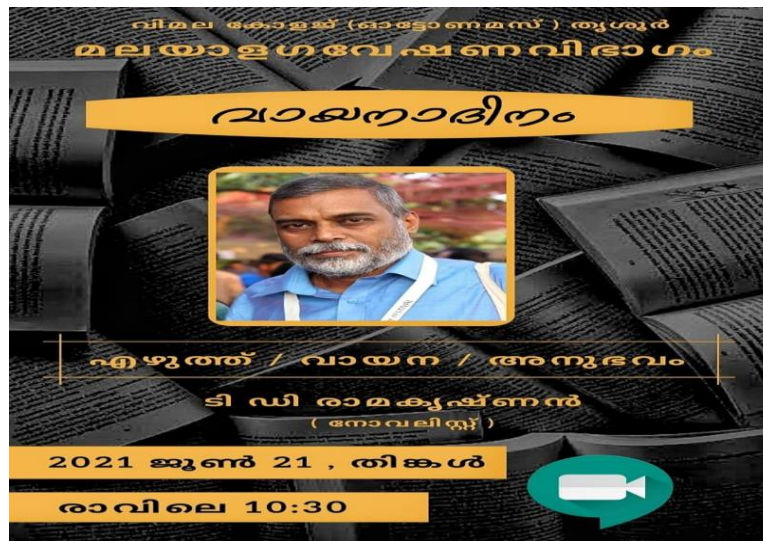


*Assessment Period (2016 – 2021)*



## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

|               |   |
|---------------|---|
| Academic Year | 2020-21   |
| Event         | Reading week  |
| Date          | 21/6/2021-25/6/21   |
| Venue         | Google Meet   |
| Organizers    | Dept of Malayalam and Department of English organized the following programmes – Webinar by Department of Malayalam and 'introduction My Favourite Book' by Department of English |



*Assessment Period (2016 – 2021)*



# VIMALA COLLEGE (AUTONOMOUS), THRISSUR

വിമല കോളേജ് (ഓട്ടോണമസ്) - തൃശൂർ  
മലയാള ഗവേഷണ വിഭാഗം

**വാക്യവാദം**

എഴുത്ത് / വായന / അനുഭവം


**ലോഡ്ജ് മുറിയിൽ ഒരു അജ്ഞാതൻ**




അബിൻ ജോസഫ്  
(ചെറുകഥാകൃത്ത്)

2021 ജൂൺ 22 ചൊവ്വ 2-3 മണി


ഗൂഗിൾ മീറ്റ്



Department of English, Vimala College (Autonomous), Thrissur  
is celebrating Reading Week from 19/06/2021 to 25/06/2021  
Introduction My Favourite Book  
Day 1 (19/06/2021)




Natasha Theres  
<https://youtu.be/l206Fspxd88>




Sandra Baiju  
<https://youtu.be/t6umnCfreSQ>


General Convenor: Dr. Nisha Francis Alapatt (HoD, Department of English)  
Faculty coordinators: Dr. Mallika A Nair & Dr. Lakshmi C M  
Student Coordinators: Chandrapriya N & Bayan P P K



Department of English, Vimala College (Autonomous), Thrissur  
is celebrating Reading Week from 19/06/2021 to 25/06/2021  
Introduction My Favourite Book  
Day 2 (20/06/2021)



Angelina Thomas  
<https://youtu.be/z3mSK-3F980>



Annilya Marys  
<https://youtu.be/hg1c7wbVwnk>

General Convenor: Dr. Nisha Francis Alapatt (HoD, Department of English)  
Faculty coordinators: Dr. Mallika A Nair & Dr. Lakshmi C M  
Student Coordinators: Chandrapriya N & Bayan P P K



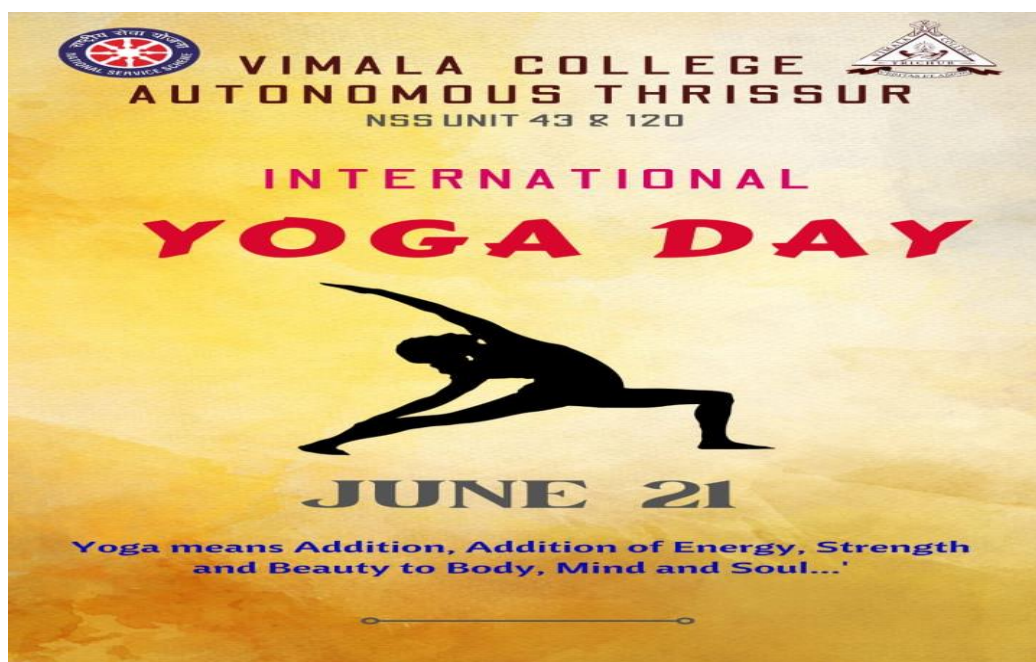
*Assessment Period (2016 - 2021)*





## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

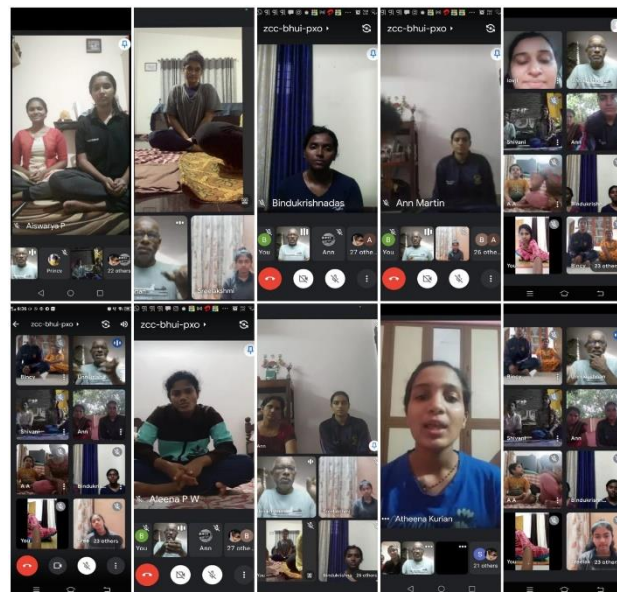
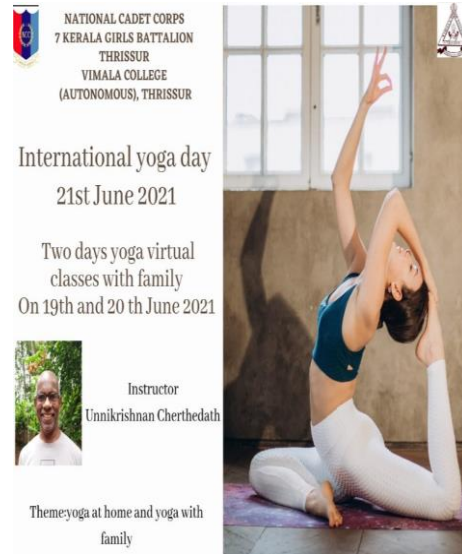
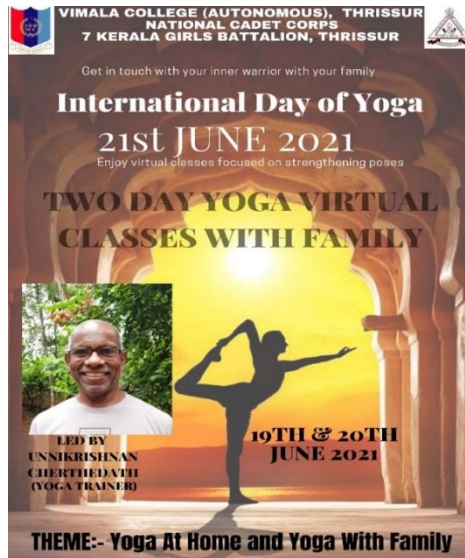
|               |  |
|---------------|--|
| Academic Year | 2020-21  |
| Event         | International yoga day   |
| Date          | 21/6/2021  |
| Venue         | Google Meet  |
| Organizers    | NSS, NCC   |
| Report        | <p>International Yoga Day is celebrated on 21st June every year. This day reminds us the importance of remaining physically fit and mentally healthy. The theme of international yoga day this year was 'Yoga at home and Yoga with family.' NSS Cadets of Vimala College had opportunity to spend time with their family in doing different Yoga postures. The theme of INTERNATIONAL YOGA DAY 2021 is "YOGA AT HOME AND YOGA WITH FAMILY". As a part of this NCC unit of Vimala College (Autonomous) hosted a 2 days yoga Virtual classes with family. Cadets observed international yoga day with 2 days online yoga workshop with an eminent instructor Sir.Unnikrishnan Cherthedath who was practicing yoga since 1994. About 33 cadets participated in this 2 day programme along with their family.</p> |



*Assessment Period (2016 – 2021)*



# VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Assessment Period (2016 - 2021)



## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

|               |   |
|---------------|---|
| Academic Year | 2020-21   |
| Event         | International day against drug abuse  |
| Date          | 26/6/2021   |
| Venue         | Google Meet   |
| Organized     | Dept of Hindi & NCC   |
| Report        | Today's youth is tomorrow's future. It is important to stay healthy not only physically but also mentally. 26th of June is considered as the International day against drug abuse and illicit trafficking. This day is to eradicate drug abuse and neutralise the systematic challenges which sustain the illegal drug issue. The NCC Cadets of Vimala College along with EBSB club conducted a virtual campaign against drug abuse and illicit trafficking among people. The cadets participated in the webinar conducted by the NCC Unit of Kerala Varma College on the topic 'Drug abuse and illicit trafficking.' |



*Assessment Period (2016 – 2021)*





## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

|                      |  |
|----------------------|--|
| <b>Academic Year</b> | 2020-21  |
| <b>Event</b>         | 75 <sup>th</sup> Independence Day celebration  |
| <b>Date</b>          | 19/8/2021  |
| <b>Venue</b>         | Google Meet  |
| <b>Organized</b>     | Dept of Political Science  |
| <b>Report</b>        | <p>Gender Equality and Violence Prevention</p> <p>In connection with the 75<sup>th</sup> Independence Day celebration, which is being celebrated as AZADI KA AMRUT MAHAOTSAV, Department of Political Science organized a Webinar on the topic, Gender Equality and Violence Prevention, on August 13, 2021. The Resource Person of the Day was Ms Shyni E T, Assistant Professor, Department of History and Coordinator Women Development Cell, Mercy College Palakkad. Shyni Ma'am spoke about how position of Woman has not improved in India even after 75 years inspite of the rights provided in the constitution and the various laws enacted by the parliament. Woman have to recognize the patriarchy prevalent in the society and how even woman have internalised and normalised it. It was a very informative and interactive session.</p> |



**Department of Political Science**  
**Vimala College (Autonomous), Thrissur**

**Is organising a Webinar**

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Topic : Gender Equality and Violence Prevention  
 On August 13 , 2021  
 Time: 5 PM

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**Resource Person**  
 SHYNI E.T.  
 ASSISTANT PROFESSOR,  
 DEPARTMENT OF HISTORY,  
 COORDINATOR OF WOMEN DEVELOPMENT CELL  
 MERCY COLLEGE, PALAKKAD

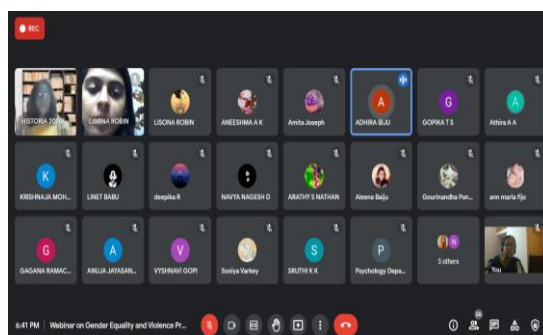
**Principal**  
 Dr .Sr . Beena Jose

**Faculty Coordinator**  
 Ms J Anuja  
 Associate Professor and Head  
 Department of Political Science

**Student Coordinators**

LISONA ROBIN -  
 III Semester BA English Literature

ADHIRA BIJU -  
 III Semester BA Sociology



*Assessment Period (2016 – 2021)*



## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

|               |  |
|---------------|--|
| Academic Year | 2020-21  |
| Event         | Sahodran Ayyappan Day  |
| Date          | 26/8/2021  |
| Venue         | Google Meet  |
| Organized     | Dept of Political Science  |
| Report        | <p><b>Department of Political Science</b> Vimala College in collaboration with Probhodha Trust , Sri Achutha Menon Memorial Govt College ,Thrissur and Dept of History ,Christ College, Irinjalakuda and S N College KannurOrganized a Webinar on Sahodaran Ayyapan On 26<sup>th</sup> August 2021</p> <p>The Motto of the Probhodha Trust is “to work for creating a society upholding the principles and practices of Mahatma Gandhi and promoting study and research on Gandhian Thought and undertake publications.” The slogan of the trust is “Education for Social Transformation.”</p> <p>The Resource person of the day is Advocate M.K Saseendaran ,Writer and Editor Sahodaran Magazine who has been involved in spreading the ideals of equality, social justice and reforms Eradication of the caste system</p> |



*Assessment Period (2016 – 2021)*




## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

**National Webinar**

# SAHODARAN APPAN

**26**  
THURSDAY  
AUGUST  
2021 @ 7 PM

Google Meet



Talk by  
**Adv. M K SASEENDRAN**  
Writer & Editor, Sahodaran Magazine, Ernakulam.


Welcome Address: Mrs. J Anuja, Associate professor and Head of the Department of Political Science, Vimala College, Thrissur

Presidential Address: Mrs. Lisha K K, Head of the Department of History, Christ College, Irinjalakuda | Member Probhodha Kochi

Felicitations: Dr. M P Shanoj Kumar, Head of the Department of Malayalam, SN College, Kannur

Mr. Ranjith Kumar K C, Asst. Prof of Political Science, Sri. C Achutha Menon Govt. College, Thrissur

Vote of Thanks: Ambalamedu Gopi, Treasurer, Probhodha Trust, Kochi.



Organised by  
Probhodha Trust in Association with  
Department of Political Science, Vimala College, Thrissur  
Department of Political Science Sri. Achutha Menon Memorial Government College, Thrissur  
Department of History, Christ college, Irinjalakuda and S. N College Kannur.



*Assessment Period (2016 - 2021)*





## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

|               |  |
|---------------|--|
| Academic Year | 2020-21  |
| Event         | Hiroshima and Nagasaki Day   |
| Date          | 06.08.2021   |
| Venue         | Google Meet  |
| Organized     | Dept of Chemistry  |
| Report        | Hiroshima and Nagasaki Days aim to promote peace politics against the war. These days are a reminder of the bombing attack on Hiroshima by the United States during World War II. Say no to war, give peace a chance'. With this thought, the students of Post Graduate Department of Chemistry Vimala College (Autonomous) Thrissur observed 76th year of Hiroshima and Nagasaki Day on 6th August, 2021. 5th Semester Chemistry students released a video to mark the tragedy of the fatal bombing in 1945 and to sensitize the students about the danger of nuclear weapons and to promote peace. |



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