

VIMALA COLLEGE (Autonomous), Thrissur

ACTIVITY REPORT

Academic Year 2024-2025

Name of the Event: Role of Internships in building a successful career

Date: 23 November 2024

Time: 10.00 - 11.00 am

Platform: Google meet

Organized by: Internship Cell, Vimala College (Autonomous) Thrissur

Collaboration (if any): Nil

No. of participants: 30

Resource person: Ms. Aiswarya R, Marketing Manager at the Bank of Montreal, Ontario, Canada,

Brief Report of the Event

Objectives:

- To highlight the importance of internships as a bridge between academic learning and professional practice.
- To explain how internships enhance employability by developing practical skills, workplace experience, and professional attitudes.
- To discuss the role of internships in helping students explore career options and make informed career decisions.
- To illustrate how internships build industry connections and open pathways for future job opportunities.

The Internship Cell of Vimala College (Autonomous), Thrissur, organized an online talk on “Role of Internships in Building a Successful Career” on 23 November 2024 via Google Meet. The session aimed to enlighten students about the significance of internships in developing professional competencies and enhancing career prospects. The resource person, Ms. Aiswarya R, Marketing Manager at the Bank of Montreal, Ontario, Canada, shared her valuable insights and personal experiences on how internships serve as a crucial link between academic learning and real-world work environments. She emphasized that internships not only help students gain hands-on experience but also build essential employability skills such as communication, teamwork, adaptability, and problem-solving. Ms. Aiswarya highlighted the importance of choosing

internships that align with one's interests and career goals. She also guided the participants on how to make the most of internship opportunities by maintaining professionalism, seeking mentorship, and reflecting on learning outcomes. The interactive session encouraged active participation from students, who shared their questions and experiences.

The program commenced with a welcome address by Dr. Jiji Abraham, followed by the talk by the resource person. The session concluded with a vote of thanks proposed by Dr. Anamiya, expressing gratitude to the speaker, organizers, and participants for making the event a success. Overall, the talk was highly informative and motivational, inspiring students to utilize internship experiences as stepping stones toward a successful and fulfilling career.

List of attachments

Brochure

Vimala College (Autonomous) Thrissur
NAAC (Fourth Cycle) with A+ grade, 80th NIRF Ranking 2024,
DBT STAR College

Talk on
**Role of Internships in building a
successful career**

organized by
Internship Cell, Vimala College Thrissur

Resource Person
Ms Aiswarya R
Marketing Manager
Bank of Montreal Ontario, Canada

 **23 November 2024**
10 am

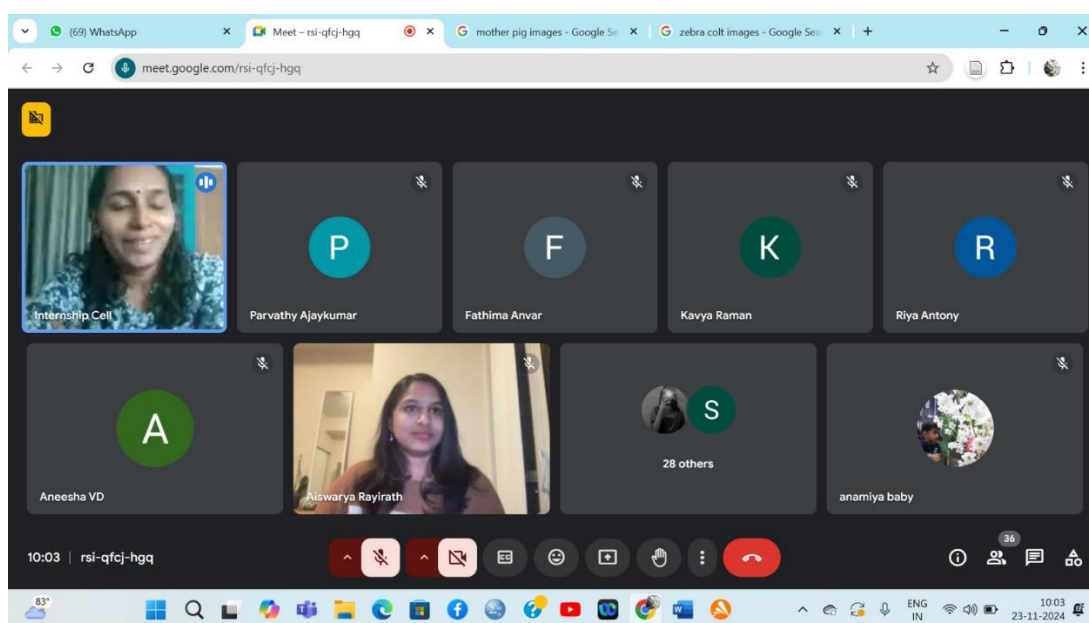
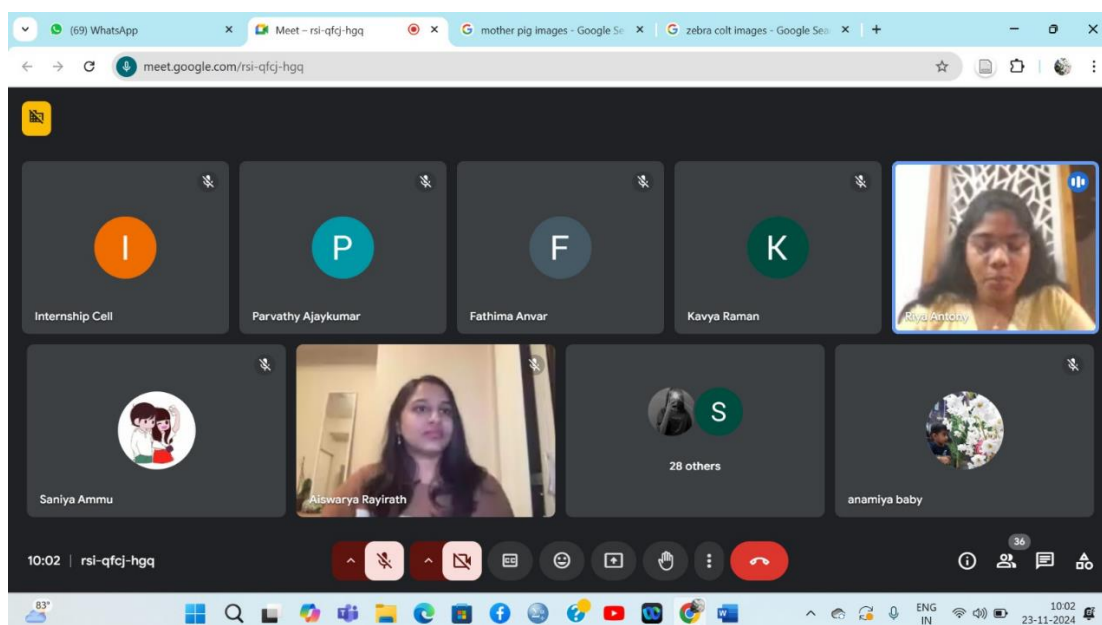

join here

Organizing Team

Dr Sr Beena Jose	Dr Jiji Abraham	Sr Freny Jacob
Principal	Dr Anamiya Baby	Ms.Kalarenjini V
		Ms. Mariya Johnson



Photos



Participant list

Sl.No	Name of the student	Semester	Department
1.	PARVATHY AJAYKUMAR	S2	COMMERCE
2.	AYSHA	S6	HOMESCIENCE
3.	ANAVADYA KP	S2	BA ENGLISH LITERATURE
4.	AISWARYA P	S2	ENGLISH
5.	FARHANA.M.S	S2	ENGLISH
6.	DIYA SAJU	S2	COMMERCE
7.	DEVANANDA P P	S2	ZOOLOGY

8.	FATHIMA SHERIN C.M	S2	COMMERCE
9.	BHADRA.S	S2	BOTANY
10.	AMNA EEMAN. K. A	S2	ZOOLOGY
11.	AMRUTHA . K. R	S2	COMMERCE
12.	NANDANA R	S2	FUNCTIONAL ENGLISH
13.	NEHA GOKUL	S2	FUNCTIONAL ENGLISH
14.	JOVIYA P JOJU	S2	COMPUTER SCIENCE
15.	GOWRI KRISHNA K J	S2	COMPUTER SCIENCE
16.	SUJITHA. P. S	S2	COMMERCE
17.	LAKSHMI RAJ M R	S2	COMMERCE BCOM
18.	DEVIKA. T. S	S2	BA FUNCTIONAL ENGLISH
19.	LINATT C L	S6	COMMERCE
20.	SANJANA SUDHEER	S6	COMMERCE
21.	DEVIKA K P	S4	COMMERCE
22.	ANGEL EDISON	S6	PHYSICS
23.	MEENAKSHI RAJEEV	S2	COMMERCE
24.	FATHIMA RAHNA K	S4	ZOOLOGY
25.	DEEPTHI M D	S4	SOCIOLOGY
26.	ASHA TS	S6	PHYSICS
27.	MEHANA.S	S2	COMMERCE
28.	HELAN MARIYA JOHNSON	S6	COMMERCE
29.	PAVITHRA KS	S6	COMMERCE
30.	POURNAMI S PRASAD	S2	PSYCHOLOGY