"Commit your work to the Lord and your plans will be established..."

# The COLLEGE ANNUAL REPORT of the year 2023-24

- Vimala College has crossed 57 glorious years in the pursuit of excellence, and has made remarkable strides, in curricular, co-curricular and extra-curricular activities.
- The Autonomous status
  - o College with Potential for Excellence
  - o Mentor College under NAAC Paramarsh scheme
  - DBT- STAR College, and DST-CURIE College Schemes, by the Ministry of Science and Technology, Government of India
    - And other innumerable awards and recognitions Vimala received over the years, have been stamps of merit, which moulded her, into a reputed and coveted citadel of learning.
- The College offers 17-Undergraduate, 16-Postgraduate, 2-B.Voc, and 48 Value-Addition Courses.
- Vimala College has Doctoral Programmes in English, Commerce, Physics, Economics, Malayalam and Social Work.
  - o 2775 students are the beneficiaries of these programmes
- Two hundred and Sixteen (216) Teaching, Administrative and Support staff are involved in the smooth functioning of the College.
  - The College stands proud upon the laurels and achievements bestowed on her, by the persistent efforts of the teaching faculty, and unparalleled support of the student community.
- It is my proud privilege, to initiate the presentation of, our College Annual Report of the year 2023-24, highlighting some of the key milestones achieved over the past year.

## HIGHLIGHTS of the year

# Vimala College:

- Secured A+ grade with CGPA of 3.45 in the Fourth Cycle of NAAC Accreditation.
- College was placed in the 101-150 band among the Arts and Science Colleges of India, in the National Institutional Ranking Framework (NIRF-2023) conducted by the Ministry of Human Resource Development, Govt. of India.
- In the India Today national level Ranking 2023, Vimala College secured 25<sup>th</sup> position in Social Work, 59<sup>th</sup> in Arts, 36<sup>th</sup> in Science and 37<sup>th</sup> in Commerce.
  - o MSW Programme ranked 5<sup>th</sup>; and B.A. Programmes ranked 10<sup>th</sup>, in the country for 'Lowest Fee'.
  - B.Com. and MSW Programmes ranked 9<sup>th</sup>, in the Country in the category of 'Best Value for Money Programmes'.
- Institution's Innovation Council (IIC) of the College secured 3.5-star rating, by MHRD,
  Govt. of India, for the activities, for the promotion of Innovation and Start-up in College campus.
- The College was granted extension of Autonomous status, for a period of ten years, till 2031-32.
  - o Graduation Ceremony for the fourth autonomous batch was convened.
- DST-FIST grant of 84 lakhs was sanctioned to Vimala College in November 2023.
- The College has filed a Patent at the Indian Patent Office for "Biodegradable Sanitary Napkin Absorption Core, made from Cotton Comber waste, and preparation process thereof"

with the INNOVATORS Dr. Binu Ann Kuriachan, Asst. Professor, and Ms. Sari T.C., Alumna, from the Dept. of Economics.

- The College was selected as Nodal centre for ISRO-START Programme--'Space science and Technology Awareness Training'.
- International resource persons like

- Rev. Dr. Andrew Pinsent, Research Director, Ian Ramsay Centre for Science & Religion, University of Oxford, the United Kingdom
- o Prof. Damian Lodge, Deputy Vice- Chancellor, Student Life, ....and.....
  - Ms. Annie Goh, Director of International Recruitment, University of Lincoln, New Zealand
- o Prof. Peter De May
- Prof. Benedicte Lemmelijn
- Pro. Hans Ausloos
  - o from the Catholic University, Leuven, Belgium
- o Ms. Pam Bettner from the United States...and....
- o Ms. Lisa Li, from the University for Creative Arts, the United Kingdom, .....visited the campus this year.
- Two international sports stars of the College, secured Gold medal, in the Second South-Asian Soft-baseball Games, held at Bhutan.
- College was awarded the title of second-best Women College in Sports, under the University of Calicut.
- Emerged as the Champions in the Calicut University intercollegiate Women Wrestling,
  Rugby and Softball Championship.
- College secured 2<sup>nd</sup> position in the Calicut University Intercollegiate Women--Fencing,
  Judo, Weightlifting, Athletics, Cross-Country and Wushu Championship and
  - o Secured third position in the Calicut University Boxing Championship.
- Bagged the title of Best women college in Calicut University D-Zone Arts Fest 2022-23.
- Shri. Arif Mohammed Khan, the Honourable Governor of Kerala, graced the Annual Alumnae Award function, "Alumnae Accolades", as the chief guest.
- Got certified as 'Eat right campus' by Food Safety and Standards Authority of India.

- The Department of Social Work was recognised by the 'Annamanada Grama Panchayat'
  - o for its research contributions and social services that enabled the Panchayath, to achieve the position of the Best Old-age Friendly Panchayat in Kerala.
- This year, we have a total of 152 campus placements
- College is part of Jeevani, a new initiative by Department of Collegiate Education,
  Government of Kerala, to provide mental health services to college students
  - Secured second prize in the World AIDS Day District level Public awareness rally, organized by the District AIDS control society, Thrissur.
- ONE teaching and ONE non-teaching staff are retiring from service this year.

#### **LAURELS**

### **FACULTY:**

## Following faculty members were awarded PhD this academic year:

- Dr Sareena Rose, Head, Department of Computer Science
- Dr Neethu C B, Assistant Professor on Contract, Department of Zoology

### Other exemplary achievements:

- Dr Sr Silvy Mathew, Assistant Professor of Botany received Outstanding Researcher Award from the World research council
- Dr Anu P P, Assistant Professor of Malayalam, got selected for the International Visitor Leadership Program which will take place in United States of America from February 10 to March 2, 2024. She is one of the five members selected by the US consulate to represent Kerala.
- Captain Lovji K N Associate NCC officer and Assistant Professor of English successfully completed the Refresher Training from Officers Training Academy, Gwalior and got promoted to the rank of Captain along with Excellence Award in Lecture Instructional Practice and Certificate of Excellence in Yoga Instructional Practice
- Dr Jaya Cherian, former Controller of Examinations, Associate Professor and Head, Department of Social Work, got elected as the member of the Academic Council of the University of Calicut.
- Dr Treesa T Pulickal, Assistant Professor of Social work was awarded ICSSR Minor Project of 10 lakhs

- Dr Anjaly Kishore, Assistant Professor of Mathematics, designed and launched a free online SWAYAM course on Theory of Real Functions.
- Dr Salini K has been selected as the Young India Program Evaluator by Kerala Development Innovation Strategic Council, Planning and Economic Affairs Department of Kerala.
- Dr Vanaja V S, Asst. Professor of Sanskrit selected as Executive Committee member by Kerala Sanskrit Academi
- Dr Binu K, Assistant Professor, Department of Sociology was selected as Member of Research Project Evaluation committee of Kerala Police Academy and is also appointed as the Chairman of Social Impact Study by District Collector, Thrissur.

#### **Books Authored**

- Vimala College Publications:
  - published the proceedings of IQAC National Seminar 'Implementation of Four Year Undergraduate Curriculum Framework in Kerala: Prospects & Challenges' edited by Dr Dhanya Johnson and Dr Anjali Kishore.
  - released a book entitled *Climate Change and Biodiversity* co-authored by Dr Sr Silvy Mathew, Dr Jisha K and Dr Rekha K.
- Dr Sheeja T Tharakan, Dr Rekha K, and Ms Smitha P S co-authored BSc Botany textbooks of Calicut University entitled 'Tissue Culture, Horticulture, Economic Botany and Ethnobotany' and 'Gymnosperms, Palaeobotany, Phytogeography & Evolution'.
- Dr Lakshmi C M and Ms Ann Maria Jose C authored University of Kerala text book on World Classics
- Dr Salini K and Ms Kalarenjini V authored 'Human Resource Management'. Dr Salini K also authored two books titled 'International Business' and 'Management Principles and Application'
- Dr Jayalakshmi, M., co-authored two books, Florea: A guide to common garden plants and Pollination Biology of selected endemic tree species.
- Dr Karthika S Menon co-authored APTI studies of selected trees belonging to Swaraj Round, Thrissur.

## **Best Paper Award**

- Ms. Smitha P S, Associate Professor, received Prof. P J Thomas Endowment award instituted by Mr. Jeo Thomas for the Best Research Scorer of Botany Department with high Impact factor and Prof. C D Varghese Endowment award for the Best paper
- Dr Feebarani John, Associate Professor of Zoology secured third position for paper presentation in the International conference on Sustainable Development Goals

#### **STUDENTS:**

- ➤ Ms. Varna Santhosh, alumnae of the Department of Botany received "National Agripreneur Award 2022" from the Ministry of Agriculture and Farmers' Welfare, Government of India.
- ➤ SGT Anjana K, BA Economics selected to "PRE RDC-1", SNIC Delhi, and received PM Rally badge 2024
- ➤ Grace Francis of BSc Computer Science 2020-23 batch secured admission at 4 IIMs
- Reshma, MSc Zoology, secured first prize in the state level yoga championship (video)
- ➤ Devija B, research scholar of English, is selected for Aspire Research Award & ICSSR Doctoral Fellowship
- > Chief Minister's Vidyarthi Prathibha Scholarship of 1 lakh secured by 10 of our alumnae
- ➤ Nanda K won first prize in Classical Music and third prize in Kathakali sangeetham in the Interzone competition
- > Interzone third prize winners Margamkali, Oppana, Shalabha Shaju for Malayalam Short Story Writing

**Publication** 

➤ Manasi Nighil- of 6 th -semeter B.A.English published three poems in three anthologies

## **INFRASTRUCTURE**

An amount of Rs 2 crores was sanctioned by the RUSA Project Directorate for construction of new buildings, renovation of the existing facilities of the college and purchase of equipment. We received Rs 1.5 crores so far and that led to the completion of the renovation work, also 90 percentage of the construction work of a common hall for students at Padukkad campus.

College has procured 3 new interactive panels for e-content development.

Punching machine was set up in the hostel for students and a sewage treatment plant of 40 lakhs is under construction, mess halls were renovated.

# **IQAC**

- IQAC organised two-day National seminar on 'Implementation of Four Year Undergraduate Curriculum Framework in Kerala: Prospects & Challenges' in collaboration with KSHEC. The seminar was inaugurated by Dr R Bindu, the Honourable Minister for Higher Education and Social Justice, Government of Kerala.
- Along with NAD ABC Implementation Cell, conducted Orientation sessions on Academic Bank of Credits (ABC) id creation for all the students
- In the direction of making concerted efforts in the redesign and institutionalisation of the central documentation facility of the institution, Management Information System

- (MIS) committee was formed and conducted orientation sessions on documentation through Linways ExAT Module (Data at fingertips)
- conducted Academic Planning sessions and Academic and Administrative Audit.
- organised "VIMALAARAMBH" the Student Induction Programme for the first year UG and PG students. (welcoming and initiating the new torch bearers of "truth and love")
- organised Dr Sr Lissy John Irimpan Endowment Lecture for Parents
- SPARK Interdisciplinary Research Paper Presentation Competition for recent PG graduates

### FACULTY ENRICHMENT PROGRAMME

- A seminar was hosted on 'Student Mentoring in the Post Covid Scenario: Techniques to facilitate the Challenges faced by the Youth'.
- A workshop was conducted on Four Year Undergraduate Curriculum Design.

# A few significant SEMINARS AND WORKSHOPS conducted are as follows:

- The Department of Economics conducted an international seminar on Decent Work & Sustainable Economic Development and a Workshop on "Paddy-wetland Conservation" in collaboration with Paddy Wetland Collective.
- The Department of English in collaboration with International Students cell and Music Club organised a session on 'The dialogue between theology and music: The war requiem by Benjamin Britten'. Prof Peter De May, Centre for Ecumenical Research, Belgium was the resource person.
- The Department of Botany in association with SERB (Science and Engineering Research Board), DST, Govt of India organised two national seminars on "Phytochemistry and Molecular Taxonomy of Flowering Plants" and "Recent perspectives in Molecular Pharmacognosy"
- The Department of Statistics conducted one day national seminar on "Career Prospects in Statistics for women" and Three Day National Level Workshop on "Data Analytics and Predictive Modelling"
- The Department of Psychology conducted seminars on "Opening gateways to premier institutes in India" and "Mental Health: The Universal Human Right."
- The Department of Home Science organised workshops on Textile Physics and Hand Embroidery
- The Department of Commerce in collaboration with CDSL, India organized a seminar on "INVESTOR RESILIENCE AND SUSTAINABLE FINANCE" in connection with WORLD INVESTOR WEEK
- The Department of Computer Science organised a workshop on Introduction to Git and familiarization with Gitlab
- The Department of Malayalam organised research workshop and ARNOSE PATHIRI SEMINAR IN ASSOCIATION WITH ARNOSE PATHIRI ACADEMY
- The Department of Sociology organized a webinar on "Prospects of Sociology in Contemporary Academia

- The Department of physics organised a symposium, "Embracing the Digital Future" in collaboration with the Digital University of Kerala, workshops on Phenomenal Physics and 'Differential and Integral Calculus'
- The Department of Mathematics organised a two-day national seminar on Computational Mathematics and workshop on Real Analysis
- The Department of Zoology conducted workshops on "iNaturalist Data Input Workshop: From Field to App" and "Analyzing Data with Excel"
- The Department of Chemistry conducted Workshop on Laboratory Safety Measures and Chemical waste management, and Research Methodology
- The Department of Social Work organised a state-level one-day seminar on Sexual Minorities: Experiences, Challenges and Institutional Mechanisms
- The Department of Physical Education organised Calicut University Intercollegiate Women Wrestling and Softball Championships.

## TALKS AND LECTURES

 Rev Dr Fr Andrew Pinsent, Research Director, Ian Ramsay Centre for Science & Religion, University of Oxford, United Kingdom visited the College and delivered series of lectures and interacted with the staff and students.

A few of the other talks organised include:

- An international talk on "Nature vs Nurture: A possible window for research" by the Department of Zoology
- Lecture on "Genomics and Biosafety Measures" by the Department of Botany
- A talk on "Introduction to Indian Statistical System" by the Department of Statistics
- 'Understanding mental health' by The Department of Psychology
- Talks on Career Guidance and Capital Market Awareness by The Department of Commerce
- Industry Academia Interface by BVoc Food Processing
  - Talks on Financial Literacy by the Department of Economics
  - DEEKSHA 2023-a lecture series on Hindi Language and Literature by the Department of Hindi
  - How to Plan a Start-Up: Legal and Ethical Steps by the Department of English in collaboration with the Institution Innovation Council, MHRD, Govt of India
  - Talk on Gender studies and The Principles of Essay Writing by the Department of Malayalam
  - "Women in Labour: Rights and challenges" by the Department of Sociology
  - 'Living in the era of ChatGPT and other AI tools' and Dr Sr Ritty Nedumpara Endowment Lecture by the Department of Physics
  - "Know Your Rights: An Overview of Intellectual Property Rights" by the Department of Chemistry
  - A lecture on Geriatric Care Management by the Department of Social Work

Various Science Departments conducted the following activities under DBT STAR College Scheme: (tagged photos of the activities with background music)

## **EXTENSION ACTIVITIES**

- Department of Botany, distributed fifty medicinal plants to the students of GVHSS, Ramavarmapuram and GHSS Villadam and conducted a three-day training programme on Mushroom Cultivation for school students and teachers in association with IIC
- The Department of Statistics organised a Faculty Development Program on Statistical Data Analysis Using JASP for Social Science Research and workshops on Basics of Data Analytics using Jamovi
- The Department of Homescience executed faculty and student exchange programmes with Goa College of Home Science, Panjim
- The students of the department of Commerce and Mathematics visited St. Joseph's Special School, Cheroor
- Department of Computer Science in association with Nethaji Vayansala, Konikkara, Thrissur, organized an e-literacy drive "DEEPTI - Digitally Equip, Empower & Progress with Technology Innovations", for Kudumbasree staff, home makers and Asha workers as part of National Technology Day
- Department of Economics organized "Nelkrishi Padashala", a farm visit and visited Pain and Palliative Care Centre
- Launch of audiobook for the visually challenged and distribution of books at Pakalveedu, by the Department of English
- Department of Malayalam conducted Reading Day Celebrations at "Grameena Vayanasaala", Cheroor
- Department of Sociology organized "Koottu", a visit to Pokalappara tribal colony at Vazhachaal
- 'E-SAFE', a month-long drive for E waste collection and proper disposal by the Department of Physics
- The department of Zoology is providing consultancy in various fields such as water quality assessment, pest control, Development of Bioresource park at Wellness park complex, Kakkanad
- Students of Chemistry Department visited NSUP School, Cheroor and distributed books as part of Reading Day
- Department of Physical Education conducted "Multi Sports Summer Camp" and Fencing Training for children

## **EXTRA-CURRICULAR ACTIVITIES**

The major competitions conducted include:

- Vimala Agri- Farm, marketing of agricultural products by the Department of Botany
- Imprintz, Intercollegiate Fest and Poets' Artists' Day by the Department of English
- Inter collegiate Quiz competition in connection with Independence Day by the Department of Hindi
- Poster making competition on the topic: "वसुधैव कुटुम्बकम्" in connection with World Sanskrit Day Celebrations
- **SEGURO** An Inter Collegiate Quiz Competition by the Department of Commerce
- AGNI 2K23, an Interdepartmental Quiz Competition on 'Mission Chandrayaan', by the Department of Physics
- Department of Home Science conducted **millet-based recipe** competition and B.Voc Food Processing conducted **Chocolate-based Recipe competition**

Fests by the Departments include:

- "Riti 8.0" by the Department of Computer Science
- CRUXX 2K23 COMFEST and BUSINESS TRACK, 2K24 were conducted by the Department of Commerce
- Department of Economics organized 'Haritham 2k23', the sale of organic vegetables and Traditional food items
- **DIAN 2023**, an intercollegiate zoo fest, organized by the department of Zoology
- STAT SYMPHO, National Statistics Day celebration, organized by the Department of Statistics
- **Keralapiravi** Celebration was organized by the Department of Malayalam
- Sports Extravaganza, Annual Sports Day by the Department of Physical Education

## Vimala Community Aid and Sponsorship Scheme (VCASS)

This year ten students from Govt. VHSS, Ramavarmapuram and 14 students of NSUP School have benefited from the sponsorship programme with the support of our students.

## PARENT TEACHER ASSOCIATION (PTA)

PTA award day organized in honour of Dr Sr Sobel Former Principal to felicitate the achievers of the previous academic year. Contributions:

Sports Facilities – 2.5 Lakhs

Sports Hostel – 1 lakh

Fine arts Competitions- 1.5 Lakhs

Infrastructure Development -3 Lakhs

## **ALUMNAE**

## Major events include:

- Annual Reunion and the General Body Meeting
- release of the 10<sup>th</sup> edition of newsletter 'Dear Alumna'. The special invitees include the golden and silver jubilarians of the 1974 and 1998 batches respectively
- The Star of Vimala contest was held in all its splendour and glory and Ms. Swetha J. of S6, BSc Family and Community Science was coronated as the 'Star of Vimala'.
- Alumnae Accolades, the annual Award Day function held in reverential memory of Dr Sr Cleopatra
- "Ritorno Resonance' a YouTube channel has been launched to deliver monthly talks by expert alumnae from different domains.
- Vimalardram, an outreach program of the association, mobilised Rs 49,000 from various departments for donating two suction machines and a nebuliser to Nirmalasadan, Thrissur besides direct contribution of Rs.10000/- to a student to meet an urgent need and Rs 17,925 to Pakalveedu
- The UAE chapter of the association 'Vimex' assembled in the context of a book release titled 'Vimalmeeyormakal'
- An orientation programme for mothers of new admissions

## LIBRARY conducted

- 'Reading Week' in association with the Department of Malayalam
- Kargil Diwas inter-collegiate Quiz Competition
- 'Success Mantra', a seminar on communication in association with Pearson MePro
- A one-day workshop on 'Easy Tool to Communicative Skill' by Pearson Education
- 'Authors' Meet', an inter-collegiate event
- Release of ninth edition of Echoes, the newsletter
- In an initiative blending the temporal with the spiritual, our library arranged 'Anugraha Moola'
  (Blessed Corner) in the garden library.

# **Career Guidance and Placement Cell**

The CGPT organised a series of comprehensive initiatives, including orientation sessions, workshops, seminars and skill development sessions

# NATIONAL CADET CORPS (NCC)

- launched an initiative 'CHIRAKU' a platform for young zealous entrepreneurs on the occasion of International Women's Day
- opened Toy library in the nearby LP schools as a community extension programme, 'Muthuchippi'.
- Observed all the important days
- To commemorate the 25<sup>th</sup> year of Pokhran Nuclear Test, cadets took part in the NCC Science Exhibition
- In commemoration of Kargil Vijay Divas, a musical drama on women empowerment was organised
- In connection with the Republic Day, cadets won third prize for corporation rally in mixed category
- Cadets participated in the eleven-kilometre walkathon organised by the Chambre of Commerce
- On the occasion of Christmas, cadets spent time with the elderly at Snehaveedu, an old age home.

## NATIONAL SERVICE SCHEME (NSS)

- NSS units 43 and 120 organised 7 day NSS camp Snehaaramam
- Blood donation camps, cleaning of Jawahar Bala Bhavan, Thrissur are some of the initiatives.
- Hunger Hunt programme is run by NSS and Rotaract clubs in association with Fr Davies Chirammel foundation to serve lunch packets daily to the needy.
- NSS volunteers organised rally as part of World Forest Day.
- Electronic waste collection campaign was organized in association with the Department of Physics.
- Inaugurated Sneharam project in association with Haritha keralam and Suchithwa Mission to set up a clean and serene surrounding at Manakulam.
- Our College hosted the NSS state level award function.

## **COLLEGE UNION**

The college union elections were held on 01/11/2023 upholding the parliamentary electoral system and a team of nine students was elected with Izzeth Jebin Kalpurath as the Chairperson. The new Union was inaugurated by Shri Karthik Panigrahi IAS, Assistant Collector, Thrissur.

## **UGC CENTRE FOR WOMEN'S STUDIES**

• As part of the "Orange the World Campaign" Centre for Women Studies showcased flash mob, Video Presentation and Mime to prevent Violence against Women & Girls.

#### WOMEN DEVELOPMENT CELL

- Conducted seminars on Constitution of India: Gender Equality and Women's Empowerment, 'Social Science Research Methods for Gender Studies', 'Importance of Millet in Women's Health and Well-Being", 'Gender Budgeting and Local Self Governance ", 'Unlocking Insights-SPSS Practical Training for Girls' and 'Basic Econometrics for Women'.
- Extension lecture on "Role of women in Capital market"
- Talk on 'Strategies to Combat Atrocities against Women"

## **CATHOLIC ACTIVITIES**

- Feasts of Our Lady of Mount Carmel, St Euphrasia, and St Chavara Kuriakose Elias, Rosary Day, Mission Day, patroness day, opening Holy Mass, were celebrated.
- The campus ministry of our college initiated an Add On course based on the Holy Bible for the first year UG Catholic students.
- The perpetual adoration of the Holy Eucharist was conducted
- Retreat was arranged for all catholic students
  - Feliz Navidad 2023 Christmas celebration organized under the auspices of Jesus Youth.

#### **CLUBS AND FORUMS**

Anti-Ragging Cell conducted

- An orientation talk "Amigoes".
- Various anti- ragging campaigns and competitions were organised by all the departments:

#### Anti-Narcotics Club

- Formed a club "Shradha" in the Hostel which conducted an awareness session for the hostellers
- Coordinated the dramatic performance of the play "Mukthadhara"
- Organized an awareness- cum- demonstration class on "Drug Abuse Among the Youth" and "Interventions and Safety Measures Regarding Drug Abuse"

• Organized a rally to evoke social sensitivity among the youth

## Committee for Inclusivity

 Organized "Kaimozhi" a training session on India Sign Language for NSS Volunteers.

### International Student Cell

- Constituted classes in collaboration with Enlighten Education, about the foreign scholarship opportunities.
- Initiated the Collaborative Online International Learning (COIL) programme with La Guardia community college, City University and Prof Sada Queens College, New York to facilitate virtual collaborations with faculty and students abroad.
- Conducted an orientation talk on the direct intake programme with the university for the Creative Arts, UK
- Arranged a leadership meet with the university delegates from the University of Lincoln,
  New Zealand to discuss on the academic collaborations between the Institutions

## Electoral Literacy Club

• Organized "Voter's ID Enrolment Campaign" in collaboration with the NSS unit

### INSTITUTION INNOVATION COUNCIL (IIC)

- Apart from organising seminars in collaboration with various departments, Observed International Women's Day, World Entrepreneurs Day, Earth Day, National Pollution Control Day and Independence Day
- Organised Sessions
- Organised Panel Discussion
- Industrial Visit to CUSAT
- Talk on Start Up- Cosmetology for Women: Through the Frame of Ayurveda

## IPR Cell

Organised a seminar on "IPR and IP management for startup" in association with the Department of Zoology

### Ek Bharat Shreshtha Bharat Club

 conducted an Intercollegiate Quiz, online Wellness Programme "MAANASIK SWAASTHYA",

### FINE ARTS COMMITTEE

- Organised Freshers' Day, Victory Day, Onam Celebrations, Principal's Feast and magazine release.
- conducted Off Stage and On Stage Competitions

#### **MUSIC CLUB**

• organised a talent hunt and a group song competition as part of Onam celebrations

### **DANCE CLUB**

- celebrated Onam. 200 students staged their performances
- Club members participated in intercollegiate dance competitions

### CREATIVE WRITING CLUB

 Organised Essay Writing Competitions in collaboration with Sri Sathya Sai Seva and South Indian Bank

### **FASHION CLUB**

Conducted a full day workshop on self-grooming makeup, and hairstyling

## HEALTH AND NUTRITION CLUB

- conducted webinar on ADDRESSING OVERALL WELLNESS OF LACTATING MOTHERS in association with Fitreat Couple
- Organised a recipe contest on Healthy snacks for anaemia, in association with Dr Karuna Diet Care Centre
- In association with Aster Medcity Kochi conducted a Basic Life Support Training class
- o In association with Deepanjali Ayurveda Hospital, Chazhur organised AYURCARE, free medical camp for teaching and non-teaching staff

Yoga and Wellness Club provided Fitness plus Wellness programme to all interested staff and students

Enflammer, the Journal club conducted a Hands on Training on Molecular Techniques and Phytochemical Analysis

## **BIODIVERSITY CLUB**

• Conducted National Seminar on Biosustainability: Concerns and Challenges

### NATURE CLUB

- Conducted an online nature quiz competition on wildlife conservation, wetlands and biodiversity.
- A panel discussion was organized.

### **BHOOMITHRASENA CLUB**

- Conducted a Workshop on Coastal Ecosystem Health Assessment and Biodiversity Exploration
- Observed NATIONAL POLLUTION PREVENTION DAY, World Environment Day and WORLD SOIL DAY
- Conducted beach cleaning drive in Panchavadi, Chavakkad

### ENTREPRENEURSHIP DEVELOPMENT CLUB

- Launched 'Eldorado the Student Entrepreneur Store'
- Launched Young Innovators Programme 5.0
- Observed World Entrepreneurship Day
- Conducted One Day Workshop on Start-up Ideation
- Organised Two-day skill development workshop on 'Gender Neutrality in Language and AI'
- Organised Talk Series on Live trading in the Indian stock market and Intellectual Property Rights

## PAIN AND PALLIATIVE CLUB

- Donated grocery to the inmates of Christ Villa Poor Home and to the palliative patients
- Organised One Day Palliative Training Programme for Student Volunteers.
- In connection with Palliative Care Day observation, 35 student volunteers participated in District level awareness rally

The National Youth Parliament was conducted by the Departments of History and Political Science in association with the CIVIC committee

### **Sports**

> (sports video) Thoufeera C P secured 2 Gold Medals and set a new meet record in the Intercollegiate and senior state Athletic Championships.

- > Saliha K H secured Gold medal in high jump in the All India Interuniversity Athletic Championship and also represented Kerala in the National Games.
- > Snehamol George secured silver medal in the All India Interuniversity Athletic Championship and also represented Kerala in the National Games.
- Anagha K, Sneha T, Hridika K, Arya M and Sandra M represented Kerala and secured third position in Senior National softball championship
- ➤ Shilpa Idikula secured silver medal in 4x400 Relay and 4x400 mixed Relay.
- > Soniya Sabstain participated in Senior national boxing Championship.
- > Sneha Surenderan represented Kerala in the National Games held at Goa
- ➤ Mridhula C B represented Kerala State in the Senior National Wrestling championship.
- Arya K B and Anna Maria Jose represented Calicut University in the All India Interuniversity Fencing Championship. Anna Maria Jose also secured third place in the Junior national fencing championship held at Raipur.
- ➤ Krishnapriya C S represented Calicut University in the 400m Huddles in All India Interuniversity Athletic Championship.
- ➤ Vidhya J Nair and Sabithamol S represented Calicut University in the South Zone Wrestling Championship held at Chandigarh university.
- ➤ Rinu Chandran and Harsha Venu were selected to represent South Zone Judo Championship.
- Telsy Annit Benny represented Calicut University in the All India inter university Weight lifting championship.
  (More to follow...Congratulations confetti, thanks to coaches Shri. Abhijith S G, SAI coach Shri Shivanand, Council coach Smt. Chithra Chandra Mohan, PTA)

## **Conclusion**

- We fondly remember
  - o Mrs. Valsa Varghese, Retd. Professor and Former Head, Department of Botany
  - o Mrs. Annakutty, Retd Lab Staff
  - o Ms. Ahsana T. Ziyad .... B.Com. student

who left us for their heavenly abode.

- On this occasion, we bow our head in prayer, as we remember the invaluable services rendered by them.
- Behind every success, there is a lot of meticulous, steadfast, and conscientious labour.
  - Vimala College banner is flying high due to the committed team work of the management, staff and students.
- The year 2023-24 was a remarkable year of extensive development and outstanding achievements.
- The abundant blessings of the Lord and the grace of Vimalamatha, our guiding star, has always steered us in the right path and continues to be an anchor in all our endeavours.

- We enthusiastically look forward to further glory and to equip ourselves for the journey ahead,
  - o especially in light of the NEP reformations and other imminent policies in the field of education...Thank you