



P.O. Puthanangadi - 679321
Malappuram Dt., Kerala, India

St. Mary's Chronicles

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PRINCIPAL'S MESSAGE



Rev. Fr. Denny Cholappallil CFIC
Principal

"Learning Process Continues Until the Day
You Die"

-Kirk Douglas

St. Mary's College was founded in 1996 by the CFIC Congregation with the goal of educating and empowering children so that they can be financially independent, socially conscious, morally upright and emotionally balanced.

St. Mary's College is a combination of talented faculty, state-of-the-art infrastructure, experienced and efficient management, and a secure and supportive environment that provides students with a balance of academic, sports, arts and social opportunities. The real concern of our institution is to ensure the emotional growth of students along with intellectual excellence. Our vision is to produce conscientious and confident citizens of our Nation who will go out into the world and make us proud

St Mary's Chronicle is a reflection of a series of creative programs conducted by our institution, departments, associations and various clubs over the past year.

As it is the Silver Jubilee year, our college is organizing 25 different events for the prosperity of the students and the society.

As part of NAAC Accreditation process our college has implemented new programs like Mentor Mentee, Enrolment in Swayam course by all our students, Peer Counselling section for its students, value added courses, skill enhancement Programs, Parent-teacher-student interactions etc. I am so glad to mention here that we have conducted two days of International Conference and seven days National level Faculty development program for the teachers.

May the coming academic year be one of the most important year for both students and teachers of our college

I express my sentiments of gratitude to entire St Mary's Family for the whole hearted support and magnificent service that they all render for the well-functioning of our Institute.



St. Mary's College Celebrating Silver Jubilee

Education in a broader sense is not merely gaining knowledge but understanding the various dimensions of life. Along with the cognitive development the academicians have given due importance to social, emotional and cultural domains. Moreover the primary focus is on transformational learning to cop up with the challenges of the present world. The key attribute of the institution is inventiveness in strategies and methods.

Over the 25 years, St. Mary's College has raised the standard of higher education in the locale through its outstanding academic activities and quality education. The institution has helped in realising the dreams of hundreds of students in pursuing their future goals. The historic occasion signifies the contribution of the college in uplifting the diverse population of the locality. St. Mary's College primarily focuses on value based learning and thereby elevating the academic excellence and employability of the students.



St. Mary's College Puthanangadi, with its 25 promising and futuristic plans is all set to celebrate the Silver Jubilee. The official inaugural function presided over by Rev. Fr. Jose Mathew Parayil (CFIC Provincial Superior) was blessed with the presence of Mar Remijose Inchananiyil (Bishop, Thamarassery Diocese) who lit the lamp, and enlightened the occasion with his insightful words. The Silver Jubilee Logo was unveiled by the inaugurator and the concept of the logo was conveyed by Mr. Nipin P. Kurian, Convenor, Celebration committee. Rev. Fr. Denny Cholappallil, the College Principal delivered welcome address. The 25 plans proposed by the celebration committee were unfolded by Mrs. Sreedevi, Head of Economics department. The event also witnessed honouring the creams of St Mary's in both curricular and extra-curricular activities. The function was concluded by Fr. Chacko Kochuparambil, Vice Principal, St. Mary's College, Puthanangadi.



Congratulations



Anu Joseph

Batch : 2018-2021
8th Rank in BA Economics
University of Calicut



Dr. Pooja A

Department of Political Science
PhD thesis on "Freedom of the
Press in India: A Critical Study on
Political Agenda- setting by the
Corporate Media"

INTERNAL QUALITY ASSURANCE CELL (IQAC)



In pursuance of its Action Plan for performance evaluation, assessment and accreditation and quality up-gradation of institutions of higher education, the National Assessment and Accreditation Council (NAAC), Bangalore proposes that every accredited institution should establish an

Internal Quality Assurance

Cell(IQAC) as a quality sustenance measure. Since quality enhancement is a continuous process, the IQAC will become a part of the St.Mary's College system and work towards realisation of the goals of quality enhancement and sustenance.

Vision:

To make quality the defining element through a combination of self and external quality evaluation, promotion and sustenance initiatives.

Mission:

- ▶ To arrange for periodic assessment and evaluation of activities and events in the institution
- ▶ To stimulate the academic environment for promotion of quality of teaching-learning
- ▶ To encourage self-evaluation, accountability, autonomy and innovations to undertake quality-related research studies, consultancy and training programmes
- ▶ To collaborate with other stakeholders of higher education for quality evaluation, promotion and sustenance.
- ▶ Act as a dynamic system for quality changes in HEIs
- ▶ Build an organised methodology of documentation and internal communication

Heartfelt Condolence



Nidhin Varghese

BCA Second Semester



FACULTY DEVELOPMENT PROGRAMME

In the history of St. Mary's college, it is first time to conduct a National level online faculty development programme. It was conducted by our college on the topic Effective Teaching Strategies in Higher Education from 6th September to 12th September 2021. The FDP was inaugurated by Honourable Speaker of Kerala Legislative Assembly Sri MB Rajesh. Each and every sessions in the FDP was handled by experienced and eminent scholars from different colleges and universities in India. It was channelled online through Zoom platform, live YouTube link was also provided. Nearly 500 faculties and research scholars from all over India participated in it and it was a huge success. The FDP was concluded by a valedictory function on the seventh day with a concluding remark from Smt. Chandini Chandran IAS, Director of Secondary and Elementary Education Tripura.

NATIONAL WEBINAR ON NEP 2020

St Mary's College Puthanangadi achieved another milestone when it conducted the one day National Webinar on NEP- Challenges and Opportunities for Higher Educational Institutions on 18th September 2021. The webinar was conducted by IQAC of St Mary's College, in association with IPSR Solution Limited, Kottayam. On the day, Mr. Abhinav Haridas, (program coordinator) welcomed the guests. Rev. Fr Denny Cholappallil, Principal of St. Mary's College, presided over the meeting. The webinar was inaugurated by Dr. Rajan Varughese, Member Secretary, Kerala State Higher Educational Council. Mr Sunil Job KA, Adjunct Faculty Marian College Kuttikanam, and Mr. Mendus Jacob, Director, MCA, Marian College, Kuttikanam were the resource persons. The webinar was concluded by with a vote of thanks by Mr Bijumon Scaria, the IQAC coordinator.

TWO DAY INTERNATIONAL WEBINAR

St Mary's college Puthanangadi was proud to add another golden feather on its crown, when we decided to conduct a two day international webinar on its 25th anniversary. We conducted our 1st two day international webinar on the topic - Post truth era - wither human rights? On August 11th and 12th 2021. On day 1, The webinar was inaugurated by our provincial superior Fr Jose Mathew Parayil. Ms Antonella Soria Bruno lawyer and barrister from Canada conveyed the keynote address along with a beautiful presentation on the topic post truth era - wither human rights? We also witnessed a scholarly paper presentation by Dr Arun Kumar Journalist 24 News Channel. About 9 research scholars and students from various college and universities did the paper presentation.

On Day 2 we had two chief guests Adv Dr Sebastian Paul, Ex MP and Dr Jiji Paul Asst Prof Dept of Political Science Mar Dionysius College Pazhanji. We were really blessed to witness their paper presentations on the topics Human Rights and We Shall Meet Again the Villa of Peace – Kashmir. 20 scholars came up with their presentation. Both the day's paper presentations were evaluated by our panel of judges - Dr Jayesh G, Dr M A Joseph and Dr K K Balachandran. During valedictory function Dr M A Joseph announced the best paper presentation.

- ▶ IQAC organised an online webinar for our parents on 4th September 2020, on the topic Responsible Parenthood. In which, Dr Chacko KV, Principal of St Alphonsa College Thiruvambadi inaugurated the

session and the resource person was Fr. Rony Paul Kavil.

- ▶ On 5th September, as part of Teacher's day celebration IQAC organised another colourful webinar to respect our faculties. In which, the chief guest was Sooraj Thelakkad, our former student and the famous cine artist.
- ▶ In order to empower our faculties with new methods and strategies of teaching, the management under IQAC organised a global webinar for our teachers on 26th November. Mr Harish Babu, a certified trainer of JCI was the main speaker.
- ▶ IQAC in association with Green club of our institution and kerala Forest department organised a webinar on 11th January 2021. Mr Jayaprakash, asst. conservator, Calicut was the speaker.
- ▶ On 19th March, IQAC organised Skilling me Softly, a workshop on soft skills for our faculties, Shiju Ealias, assistant profesor of Lissah college and National life skill trainer was the resource person.
- ▶ On 26th March, our IQAC organised a workshop on Outcome Based Education Assessment, exclusively for our own faculties to capable them to write course outcome. our resource person was Mr Andrews Jose, assistant professor Viswajyothi college of engineering vazhakulam.

CHRISTMAS CELEBRATIONS

On 24th December 2021, the colour of St Mary's College turned to red and white for welcoming Santa of the year. The official function was inaugurated by Rev. Fr. Varghese Kochuparambil and the Chief Guest Mamtha Rose (graduation student of Delhi University) delivered the Christmas message. To announce the importance of Christmas, there were dance and skit performed by Jesus Youth. IQAC organized different creative competitions such as, Carol Song, Christmas Card Designing, Cake Designing, Christmas Papa, Christmas Angel and Lucky Stars for exhibiting the talents of our students. For placing everyone at the peak of excitement and joy there was an aid of music band. The programme was concluded at 1pm after prize distribution for the winners.



A JOURNEY THROUGH DEPARTMENTS.....

DEPARTMENT OF ENGLISH



- ▶ A webinar organised on 27th August 2020 on Art of Mythopoeia Between the Credulous and the Credible, The resource person was Mr P Abdul Hameed, Vice Principal and counsellor, Silver Mount International School Perinthalmanna.
- ▶ On 1st October 2020, The Department organised a webinar for the final PG and Degree aspirants on Research Methodology by Dr AK Shahina Mol, Assistant Professor, KAHM Women's College Manjeri.
- ▶ On 19th January 2021, the department organised a career guidance programme La Lumiere for all UG and PG English Literature students. Mr Ibrahim Kuppooth, senior research fellow at Jamila Milia Islamia New Delhi, was the resource person.
- ▶ English department occasionally conducts film festivals both syllabi ones and sometimes movies outside the curriculum too. On 17th February 2021 one such film festival was channelled on our college seminar hall.
- ▶ As a part of world poetry day, the department steered an inter-departmental poetry competition, Ecrire Poesie on 18th March 2021. The event which was a platform for the students to nurture their poetic abilities and to enhance their imaginations.
- ▶ As part of Indian Independence Day, the Department organised an elocution competition on the topic Freedom of 75 Years - Are Indian Women Still in Fetters.
A cartoon competition also was conducted by the department on the same day on the topic Lockdown Independence.
- ▶ As part of Gandhi Jayanti, we conducted a review

writing competition on Gandhi's Autobiography-My Experiments With Truth.

- ▶ As a tribute to the legendary Malayalam Movie Actor Shri Nedumudi Venu, the department conducted a video editing competition on 20th October 2021.
- ▶ We organised a Photography Competition in accordance with Kerala Piravi, on 1st November. The students were asked to send images displaying the Kerala culture and Heritage.
- ▶ We conducted a workshop on Letter Writing, Dear Folks on 1st December. English teachers took sessions on how to write leave letters and request letters for different purposes. Model letters were also provided to the students.

DEPARTMENT OF COMMERCE

- ▶ The department association SPINTA and IQAC together organized a quiz contest exclusively for students on 28/09/2020.
- ▶ The Department successfully conducted five webinars in the year 2020. A webinar titled WHAT WE CAN? Was arranged on 19/11/2020, as part of observing National entrepreneurs day. Mr. Shiyas KJ, Assistant Professor MIMS was the resource person.
- ▶ A webinar was organised for the Final year students LET US INTROSPECT on 24/07/2020 led by Mr. Ameer Babu, Assistant Professor, PTM college, Perinthalmanna.
- ▶ Considering the importance of guiding project orientation, the department conducted two webinars, on 09/12/2020 and 17/12/2020 respectively. Mohammed Riyas, Head of the Department of Al Jamia Arts and Science College, Poopalam was the resource person for both webinars.
- ▶ The department organized another webinar titled DESIGN QUALITY LIFE on 24/07/2020 lead by academican Alex Johnson, Assistant professor from MIIMS, Puthanangadi.
- ▶ An orientation programme was coordinated by the Department for the first-year students. Mr. AV Vamana Kumar, an eminent lawyer from the high court of Kerala was the resource person.
- ▶ An Alumni meet was organized for the 2015-2018 BBA batch on October 31, 2020.
- ▶ On 8th September, A Practical lesson on stock market investment was offered to finance students.

- ▶ As part of Finance Awareness Day, we offered different competitions and welcomed innovative business proposals from students.
- ▶ MASK- A Symbol of Change, an online talk was organised on 2nd September, in which Mr Harish Babu, JCI Trainer, was the resource person.
- ▶ On 4th September 2021, department conducted an online webinar on the topic Fundamentals of E-commerce. The resource person was Vineeth Ayyappan, founder and chief consultant at Backbone consultancy.
- ▶ On 15th September, an online webinar on basics of Wealth Management was organised by the department. Mr Shibu Karattil, Financial Advisory, was the resource person.
- ▶ On 25th September, an online webinar was organised for the students on Direct Marketing –A futuristic opportunity by Mr Ummer EK, Universal crown director in Vestige Marketing pvt ltd.
- ▶ On 20th October the department organised a webinar on A Bird's eye view on IFRS in which the resource person was Sivakumar. A, Assistant professor of SNGS college Pattambi and the member of ACCA institute of cost accountants of India.
- ▶ A Career Guidance and workshop to prepare Resume was arranged by the department for the final year students on 3rd November, Mr Alex Johnson, Assistant Professor, MIIMS was the resource person.
- ▶ On 20th November, an online webinar on the topic Pandemic Darkness- Can We See Some Light was organised. Rev. Fr.Vincent Pereppaden SJ, Educational researcher, University of San Francisco, California, was the resource person.
- ▶ On 30th November, a training session was offered to the students on Application of ICT tools by Sourabh KP, assistant professor of the department of Computer Science St. Mary's College, Puthanangadi

DEPARTMENT OF PHYSICS

- ▶ On 25th August 2020 the department organized an online webinar on the topic Why are we launching satellites? In which Dr. Jishad M Scientist, ISRO, was the resource person.
- ▶ As part of celebrating World Space Week in October an essay writing competition was conducted on the topic *Satellites Improves Life*.



- ▶ Various Alumni meetings were conducted for the 2018, 2019 and 2020 batches.
- ▶ On 15th October 2020 A commemorating ceremony *A day to remember the missile man of India* was successfully organised.
- ▶ From 16th October to 19th October, various Alumni meetings were organized to 2014, 2015, 2016 and 2017 batches.
- ▶ On 7th November the department proudly celebrated 132th birth anniversary of Sir C V Raman.
- ▶ As part of National Science Day celebration on 1st March 2021 a workshop was conducted on LED bulb assembling and repairing
- ▶ As the department celebrated its steel jubilee, they planned to organize a webinar series which includes 11 webinars with the help our alumnus Webinar Series. The first four webinars ARE completed by this time. The department alumnus Mr. Ajith Jeejo, Mr. Shawn Dev, Mr. Vygith KV and Mr. Sreeraj E presented various topic such as Physics in Business, Dark Matter and Dark Energy, Super Conductivity- A Scientific Insight and Stellar Evolution respectively.
- ▶ The department and the Physics association together organised a career orientation class for the final year students on New Trends in Physics on 28 th July 2021. Our resource faculty was mr. Abhay Anand, Reaserch Scholar, IIT Mumbai.
- ▶ On 30 th September, the department organised a webinar on *A Multi wave length view of Galaxies: Exploring the invisible universe*, and the resource

person was Dr. Rahna PT, Post doctoral fellow, Shangai Astronomical Observatory, China.

- ▶ In the month of October, the department organised various programmes such as film review and Quiz competition to celebrate the space week from October 4 to October 9.

DEPARTMENT OF HISTORY

- ▶ On 15th August 2020 The Department of History organised the association inauguration and the Independent Day celebration through online.
- ▶ On 17th August, the department organised a webinar *Why history in Civil Service*.
- ▶ On 24th September the department organised an elocution competition on the topic *Sree Narayana Guru as a social reformer*
- ▶ A project orientation class for fifth semester degree students was organised by the department, in which Dr Rajesh from NSS College Manjeri had an interactive session with the students.
- ▶ On October 1st the department organised a quiz competition on *Gandhism in Contemporary India*. A former student of St Marys college and the PG aspirant of Jamia Milia Islamia university Mr.



Asharudheen was the quiz master.

- ▶ On 1st November 2020, on the day of Kerala Piravi the Department organised a Webinar on *Tharavad in Kerala* by an independent scholar Mr Sainath Menon.
- ▶ On 5th February, the department organised a gender orientation class for the new comers.
- ▶ On 24th March the Department organised a Soft skill and Calligraphy training for the 4th semester degree students.



- ▶ The department organised an awareness class for parents on The Art of parenting on 2nd June 2021. Mr. Hareesh Babu, a certified trainer led the session.
- ▶ As part of International Yoga Day, on 21st June they conducted a Caption Writing competition through online platform.
- ▶ As part of India's 75th independence Day celebration, we conducted an inter collegiate Quiz competition and Elocution competition in collaboration with MAMO college of Arts, Mukkam. The topic was Indians Have Miles To Go
- ▶ On 8th September, the department organised A Research methodology workshop in association with MAMO college, Mukkam. Dr. Priya, Asst. Professor, govt. Arts and Science College Kozhikkod handled the session.
- ▶ The department organised a Skill Development Workshop for the students on 11th November, in which Sr. Vincy Joseph, Asst. Professor, Dept of Psychology of our own Institution had a wonderful session with the students.

- ▶ In the beginning of new academic year, the department organised a 7 day workshop for the students on Latex for Science Documentation. The resource person was Prof. K Rajan, Dept. of Management Studies, YIMS, Palakkad.
- ▶ On 21st June, the department organised a webinar on Career Prospects in Mathematics and the resource person was Dr. Dileep Kumar, Asst professor, University of Kerala.
- ▶ As part of national Statistics Day the Dept.in collaboration with YIMS Palakkad organised several colourful inter collegiate programmes for the students
- ▶ On 30th October, the maths association organised a webinar on Math Matters, in which Ms. Radhika T, Asst professor in Education, Ansar College for Women, Perumpilavu, was the resource faculty.
- ▶ On 19th November, a seminar on a Sense of Purpose was organised by our association in collaboration with IQAC. The subject expert was Mr. Abraham PT, Asst Professor, Priyadarshini College of Arts, malappuram.
- ▶ On 15th December, the department organised an awareness session for the first year students on Microsoft Word. Ms. Sona R, Asst Professor of our own department lead the session.

DEPARTMENT OF MATHEMATICS

- ▶ An online Webinar was conducted by the Dept. on 10th August 2020 for the final year students. Our resource person was Dr Abdul Kayoom, Trend National Fellow, Assistant Professor, Department Of Collegiate Education, Government Of Kerala.
- ▶ As part of World Mathematics Day on October 15, the Department organised a quiz competition.
- ▶ On 13th November the department organised a webinar on A Talk on Acting, Learning and Doing Mathematics by Mr Ajith Janardhanan, GHHS Pulamanthole.
- ▶ As part of National Mathematics Day on December 22, a brochure making competition was conducted. The department cordially welcomed the new faces to the college.
- ▶ National Pi day (March 14) was celebrated by the department.

DEPARTMENT OF CHEMISTRY

- ▶ The department of Chemistry organised a webinar on Chemistry in Everyday Life on 24th May, our guest was Mr. Renjith S, Scientist, Sree Chithra Tirunna Institute for Medical Science, Trivandrum.
- ▶ On 5th June, we organised a webinar on Preserving our Environment. The eminent speaker Dr. VK Ratheesh Kumar, HOD, Dept of Chemistry, VTMNSS College, Dhanuvachapuram, delivered a good session.
- ▶ On 8th July we conducted another wonderful webinar on Science and Environmental Literature with the help of our resource faculty Dr. VS Dhanya, Asst. Professor, MG college Trivandrum.
- ▶ As part of World Ozone Day, the department conducted a webinar on Ozone for Life, the resource person was Dr. Shibu Prasad, Associate Professor, Govt. College for Women, Trivandrum.

DEPARTMENT OF COMPUTER SCIENCE

- The association of computer Science department-Technocracy has conducted a Workshop on 11th September 2020 on the effective and efficient ways of doing Academic project stressing the latest trending technologies. The session was lead by Mr. Prasobh Rajan (Technical Head) and Mr. Hussain Manalodi (Project Manager, Android)
- ▶ On 23rd February 2021, a seminar was jointly organized by Technocracy, IQAC, and Xantrone-solutions, Industrial In-roads to success Workshop on Python and Data Science Ms. Saleena and Mr. Abdul Hadi M were the resource persons.
- ▶ On 28th May, the department of Computer Science organised a personality development program with the help of an eminent personality Mr. Ajay C Warriar, Regional Retail Head, Harman International India nLtd, Bangalore through online platform.
- ▶ On 29th July, they organised a career Guidance session- Career Opportunities in the Post Covid Age. Ms. Aparna Unni, Program Manager ASAP made it as a wonderful session.
- ▶ The department offered a training for the students about Job Opportunities.
- ▶ On 30th October, they organised an online webinar on How to Get High Paid Jobs in IT Industry, with the help of mr. NP Haris, Conceptualizer of Cyber Square, London, UK.

DEPARTMENT OF ECONOMICS

- ▶ A webinar on Impact of lockdown on Kerala economy; was scheduled on June 4th . Noufal, an Assistant professor from Ambedkar College Balusseri was the resource person.
- ▶ An essay competition was arranged on September 27 on the topic 'My destination' as part of observing World tourism day.
- ▶ A webinar on exploring new vistas of a career in Economics was arranged for final year students on 16/11/2020. The resource person for the programme was Mr. Rajeesh P.
- ▶ Webinar on the topic Data Analysis by using Excel was conducted on 30th November. Our resource person was Kaladharan. MP. HOD Department of Economics and Statistics SNGS College Pattambi.
- ▶ Mega E-quiz on Central Budget was organised by the department on 19th February 2021.
- ▶ The department organised a Webinar on 10th March 2021 on Wings to fly, in which Mr. Nandu. S. Nair JNU DELHI, was the resource person.
- ▶ Department of economics conducted Mega-E-Quiz Competition in accordance with Union budget 2021-2022 on 19/02/2021. This program was jointly organized by Department of Economics & IQAC.
- ▶ The Department organized a webinar Orientation Programme for Central University Aspirants *Wings to Fly Beyond St. Mary's College* for the BA Economics students on 10/03/2021. Our resource Person was Mr. Nandu S Nair (MA Economics Student, Centre for Development Studies and Planning, JNU, New Delhi)
- ▶ The Department conducted a webinar on Smart Parenting Important things parents need to know during this period on 24/05/2021. Our resource Person was Mr. Siju Thomas Alenchery (MBA, ATP, International Life Coach and Mentor).
- ▶ The Department of Economics and the department of commerce and management studies together conducted a Regional Webinar on Intellectual Property Rights (IPR) on 27/05/2021. The resource person was Siddik Rabiya, Director (i/c), Department of Students Services, Hon. Director, IUCAE, Assistant Professor Department of Economics, University of Kerala.
- ▶ The department conducted a Photography competition on the topic Yoga Asanas in accordance with International Yoga Day on 21st June.
- ▶ The department conducted an online webinar on Population and Economic Development in India accordance with World Population Day on 11th July. Our resource person was Dr. SwathyVarma P R, Assistant professor, Department of Economics, St. Teresa's Autonomous College Ernakulam.
- ▶ The department conducted Letter Writing Competition A Letter to Your Favourite teacher accordance with World Postal Day on 09/10/2021.

DEPARTMENT OF POLITICAL SCIENCE

- ▶ The department conducted a webinar on the topic of Democracy and the public sphere in India: structural Transformations In progress on 12.8.2020. Dr. Arun Kumar, Assistant professor of political Science, Kerala University presented a very effective talk on this topic.
- ▶ On September 8, we celebrated World Literacy Day. Department Students Made Various Informative Digital Posters Talking About the Importance of Literacy.
- ▶ On International day of Democracy, Students of the Department made a short vlog on the Topic 'Importance of Democracy'.

- ▶ On September 21, On 'International Day of peace' The department conducted an intercollegiate Poster making competition on the theme of 'Shaping Peace Together'.
- ▶ As part of Gandhi Jayanthi on 2-10-2020, the department conducted a web forum related to Gandhi.
- ▶ The 71st Anniversary of the adoption of our constitution was celebrated on November 26, 2020. The department conducted a webinar on the topic of Understanding the constitutional values in the preamble. The Topic Presented by miss. Aparna K U, Lecturer of Political science Department Kerala University.
- ▶ As part of World Human Rights Day on December 10, the department of Political Science, organized a Webinar on the Topic Human Security as a Human Right in The Post COVID Era. Topic Presented by Shibu MP, Assistant Professor, Department of Political science, NSS College Pandalam.
- ▶ On Republic Day, 26th January, we conducted a webinar and prepared a Republic Tree.
- ▶ On 29th March 2021, before the Kerala Legislative Assembly Election, we organised a Voters Awareness Campaign for our students.
- ▶ As part of international day of democracy, the department of political science conducted a vlog writing competition on 15th September for the students.
- ▶ As part of international peace day celebration, the department conducted a poster making competition for the students on 21st September.
- ▶ On 2nd October we conducted a Web Open Forum for the students on Influence of Gandhian Ideology.
- ▶ As part of Constitution Day Celebration, the department organised a webinar on 26th November with the help of our resource faculty Ms. Aparna, Asst. Professor, Kerala University.
- ▶ On 10th December, world human rights day, the department organised a webinar, in which our resource person Mr. Shibu MP, Asst. Professor, NSS college, Pandalam, delivered a brilliant session.

DEPARTMENT OF PSYCHOLOGY

- ▶ A webinar on Mental Health During and After Covid-19. The event was held on 7th August 2020, Dr. Abdul Salam, Head of Department of Clinical Psychology, IMHANS, Kozhikode was our resource person.
- ▶ As a part of the Suicide Prevention Day, the department has conducted an event, Working Together to Prevent Suicide on 10 September 2020. An inter collegiate competition of letter writing to suicide survivors and digital collage making were also conducted.
- ▶ A webinar A Talk on Alzheimer's Awareness on September 21, Rev. Fr. Dr. Dave Augustine Akkara, MBBS.MD, Psychiatry, Senior Resident, Government Medical College Thrissur was the resource person.
- ▶ Another webinar on Research methodology for the final year students of Psychology department on 23 September 2020. Ms. Anita Sharon Joshua, research scholar from Central University of Tamilnadu was the resource person.
- ▶ As part of Mental Health Awareness Week from 5th of October 2020 to 10th October 2020, we organised a National Webinar on Challenges and barriers in the field of Mental Health: an Indian perspective, on 10th October. Dr. Tony P Jose, Assistant Professor of VIT University Vellore as the resource person.
- ▶ A webinar Let's Break the Stigma on 1 December, 2020, World AIDS Awareness Day. The resource person for the webinar was Sr. Rose Maria CMC, Programme coordinator of DISHA Charitable Society, Thiruvambady.
- ▶ On 8th June, as part of World Brain Tumor Day, the department organised a webinar on Cancer Prevention and Healthy Lifestyle.
- ▶ On 16th June, the department organised another webinar on Research Methodology. Sr. Vincy Joseph, Head of our department lead the session.
- ▶ In the month of July the department of Psychology proudly started the peer counselling program 'Sparsham', in which the college principal Rev.Fr. Denny Cholappallil was the chief Guest.
- ▶ On 6th August, the dept. organised a webinar on Freedom of Media with the help of Mr. Sandeep P, a freelance journalist.
- ▶ As part of World Suicide Prevention day on 10th September, a webinar was original on Role of Cognitive Empathy in Suicide Prevention, in which Mr. Sabin Raj, Scientific DRDO was the resource faculty.
- ▶ As part of Keralappiravi day the department organised an interesting competition to speak in Malayalam.
- ▶ In November the department organised several Skill Development Programs for the students.

DEPARTMENT OF SECOND LANGUAGES

- ▶ Department of second language- Malayalam organised a webinar on 19th August 2020, on the topic G. Sankarappillayum Malayala Nadaka Prasthanavum, in which famous Malayalam orator P K Payyanedam had delivered a session.
- ▶ In order to commemorate the 115th birth day of Malayalam poet P Kunhiraman Nair, the department of Malayalam organised a quiz competition on 5th October.
- ▶ As part of Keralappiravi (November 1), department of Malayalam organised an elocution competition on the topic covid: malayali and changes in life style.
- ▶ As part of Environment Day Celebration, Malayalam department organised an online versification competition for the students.
- ▶ Reading day was observed by the department by conducting a webinar. Adv. Rajesh, Secretary, Malappuram Library Council was the resource person.
- ▶ Basheer Remembrance Day was organised by Malayalam Department on 5th July 2021. A story writing competition was channelled.
- ▶ As part of 75th Independence Day Celebration, the department organised a Poetry recitation competition.
- ▶ The department of second language- Hindi celebrated Hindi Day on 14th September.
- ▶ On 1st October the department organised some programmes as part of World Old Age day.
- ▶ On 2nd October the department organised a poster making competition as part of Gandhi Jayanthi.
- ▶ In order to commemorate Premchand Anusmaran Day, the department organised a quiz competition on 7th October 2020.
- ▶ On 10th January 2021, the department organised a webinar on the topic Hindi Ki Pahchan. P Narayanan was the resource person.
- ▶ As part of observing Reading Day, the Hindi Association conducted a Elecution competition on 19th June, 2021.
- ▶ As part of India's 75th independence Day Celebration, Hindi Association organised a Patriotic Song Competition through online platform.
- ▶ As part of Hindi Day, the department conducted Elecution competition on Importance of Hindi on 8th September.

DEPARTMENT OF PHYSICAL EDUCATION

The academic year 2020-21 was really a Golden period for the Department of Physical Education.

▶ Calicut University B Zone Football Tournament

College football team consisting of 20 students participated in the Calicut university B Zone football championship organized by EMEA College Kodotty. College football team made it up to the quarter finals of the B Zone Football Tournament 2020-21. The team defeated MAO College Ilayur, MES College, SNDP college Perinthalmanna and Farooq College Kottakal



▶ Calicut University B Zone Volleyball Tournament

ST.marys College volleyball team consisting of 12 students reached the quarterfinals in Calicut University B zone volleyball tournament 2021 Organized by EKC college Manjeri. College defeated EMEA Training college, PSTM kundoor and secured a place in quarter finals.



Moreover, in the year 2020-21 the volley ball and football teams secured a position in quarter finals.

- ▶ College Best physique team consisting of 2 students participated in the Calicut university best physique championship organized by MES Kalladi college Mannarkkad. Salih P (6th semester BBA) won bronze medal in men 70 kg category



- ▶ Sree Vishnu, (6th sem.BA English) won second prize in World Traditional Shotokan Karate – Do Federation India National Online Championship 2020 Under 21 years.



The Kerala Senior Football Team won the 2nd place in the 4th National Games organized by the Indian Games & Sports Federation in Goa. Our student Ajmal Hashir from 4th Semester M.com played a major role for the Victory of the team. He bagged two goals in the crucial, quarter final match against Madhyapradesh.



Ajay p won Silver medal in Reliance Foundation College Athletic Championship 2019-20 held at Calicut University Stadium



WOMEN'S DEVELOPMENT CELL

The Women Development Cell (WDC) was comprised in our college under the convenor ship of Mrs. Radhika and Ms. Jesla (department of commerce). The Cell works with an aim to create a gender sensitized community within the campus as well as in the society. Some programmes organised by the WDC are as follows;

▶ **Bienvenue- Introducing Women Cell**

On 02/12/2020, a webinar was organized by WDC on the topic - Bienvenue- Introducing Women Cell for first year UG and PG students. The main moto of the program was to introduce WDC to students , the need of WDC in every colleges and the functioning of WDC in St Mary's College.

▶ **The Magic of Ayurveda - A talk on Ayurvedic Home remedies.**

A two day Webinar on "The Magic of Ayurveda". The resource person was Dr. Akila Devi, an Ayuvedic doctor. The webinar was organised on 04/12/2020 and 05/12/2020 respectively.

▶ **Competition - Christmas Celebration**

As a part of entertainment, WDC organized Christmas celebration.

List of competitions included, Solo Carol Song, Bottle Art, Cake Designing, Brochure Designing and Photography.

- ▶ As part of entertainment WDC organised Paper Bag Day Celebration on 12th July with an interesting competition- paper bag making.
- ▶ WDC conducted a seminar for the parents on the

topic Woman and Social Justice in India. The resource person was Mrs. Sreedevi V, Asst. Professor, HOD, Department of Economics of our own college.

- ▶ To commemorate International Girl Child Day, WDC organised a street play on 12th October.
- ▶ On 26th November, WDC organised Velkominn- a program to introduce WDC to the first year students.
- ▶ On Nirbhay day, 16th December 2021, WDC in association with JCI organised an awareness class on Legal Awareness Against Sexual Harassment. Adv. Dhannya Pramod presented the topic.

NSS

NSS programme officer is Mr. Narayanan (Department of Commerce). NSS aims to help the student to grow individually and also as a group. It makes the students confident, develop leadership skills, and gain knowledge about different people from different parts of life. Here are some programmes;

▶ **MASK DISTRIBUTION**

As a part of Covid-19 defence, the NSS volunteers of St.Mary's College, Puthanangadi distributed masks to traders and auto drivers in Puthanangadi and Perinthalmanna on 02/10/2020.

▶ **ROAD CLEANING**

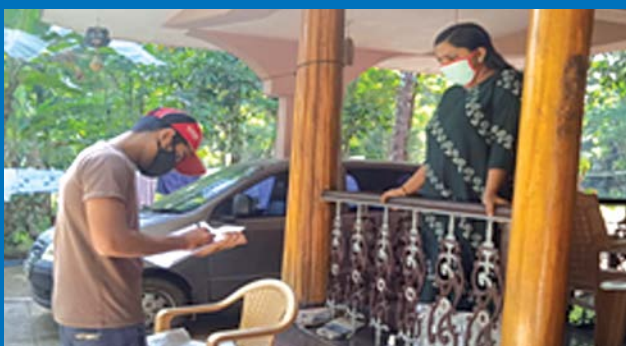
NSS unit of St. Mary's college, as a part of Swachh

Bharath Mission, cleaned the sides of SH 73 from Puthanangadi to MES Medical college, Malaparamba on 24th December 2020



▶ COVID SURVEY

Under the guidance of NSS unit, students of St. Mary's college, Puthanangadi conducted a Covid survey on 28th and 29th of December 2020. Fifty NSS volunteers took part in the campaign.



▶ FUND RAISING FOR PAIN AND PALLIATIVE

NSS volunteers of St. Mary's College, Puthanangadi, took an initiative to collect fund for Pain and Palliative, on 30/01/2021. NSS volunteers sought the contribution of travelers, auto drivers and people who arrived at the market and shopping malls. They exhibited pluck cards to highlight the values of charity.



- ▶ On 19th February, St. Mary's Puthanangadi, in association with NSS Unit, donated a 1000 ltr. Water tank to Cheerattamala tribal housing colony.
- ▶ On 10th April, as part of Road Safety Week, the Nss Volunteers cleaned and painted the road safety boards from Vylongara to MES Medical College.
- ▶ On 10th July, as part of Green Kerala Initiative, we organised a competition for our students in the title Harithotsavam, plant a tree and send photos.
- ▶ On 15th August, NSS organized a special Independence Day Celebration by honoring the police officers in Perinthalmanna Police Station by giving Memento for their selfless fight against Covid-19.
- ▶ On 19th August, we celebrated Onam along with the inmates of Vettathur Aakashapparavakal, by offering Food for them.
- ▶ On 30th September, NSS organised a webinar in association with District Health Department on Covid-19 Appropriate Life style.
- ▶ As part of school re-opening, the NSS Unit conducted a programme Orukkam, by cleaning nearby Government schools. The volunteers cleaned Govt. UP School, Puthanangadi and Govt. LP School, Puthanangadi on 9th October and 30th October respectively.