



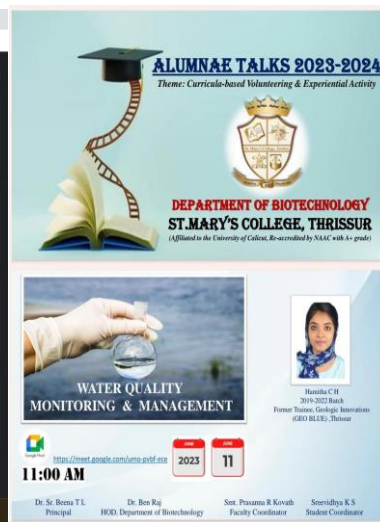
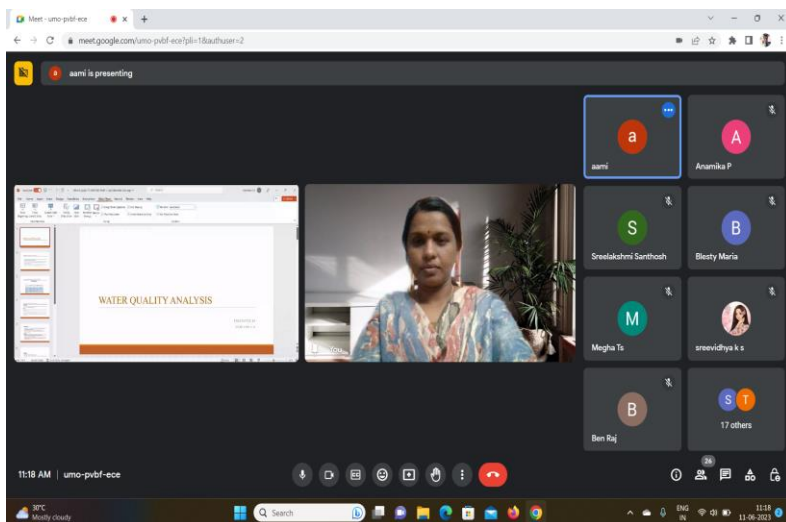
St. Mary's College, Thrissur

Elder Marian Association Activities Report - 2023-2024

Annual Elder Marian meeting was conducted on 26.01.2022 at 10.00 am and Alumni Get together - Flash Back 2023, an alumni get together was arranged on 22.08.2023 and Department alumnae meetings were conducted by various Departments on various days.

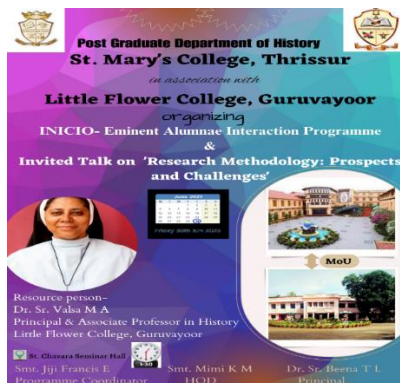
Alumnae Talks by Department of Biotechnology

Department of Biotechnology organized an online expert talk session on concept and parameters of Water Quality Analysis for 2nd semester UG Students by Ms. Hamitha (2019-22 BSc batch), Trainee GEO BLUE, Thrissur on 11.06.2023.



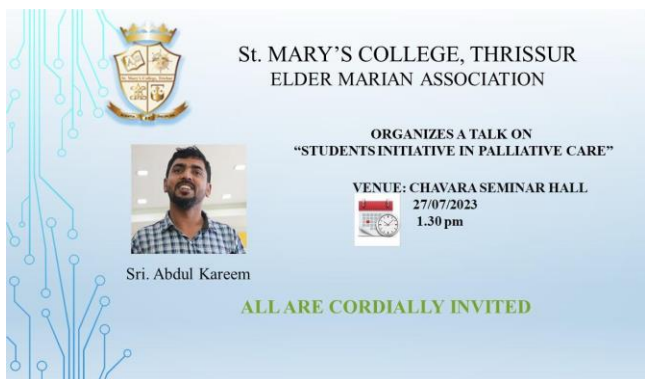
Alumnae Interaction Programme by Department of History

An Eminent Alumnae Interaction Programme titled 'INICIO' was done by Dr.Sr. Valsa M D (Sr.Jeesma,) Principal, L.F College Guruvayoor on 30th June 2023.



Talk by Sri Abdul Kareem

The Elder Marian Association organised a talk by Sri. Abdul Kareem, an active palliative care member on the topic 'Students initiatives in palliative care' for the III UG English, II UG BBA and III UG Applied Biotechnology students on 27th July 2023 at 1.30 pm in Chavara Seminar Hall.



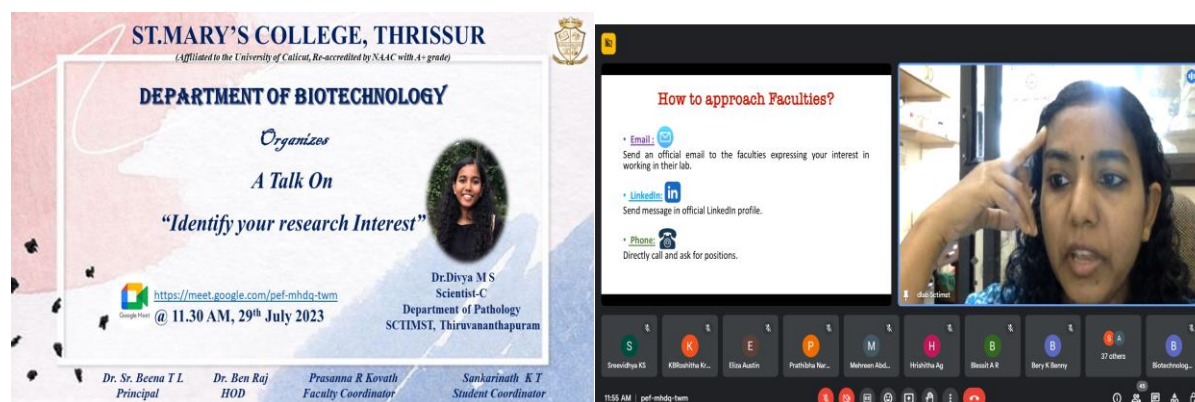
Interactive session with Alumni

Department of economics organised an interactive session with an alumni Kyrmenishisha Kharjana from Meghalaya through google meet on 17-07-2019. She shared her experience and outlooks about education in kerala in the session



A Talk on “ Identify your Research Interest ”

Dr. Divya M S, (2001-2004 Bsc batch) Scientist-C Department of Pathology SCTIMST Thiruvananthapuram delivered a talk on 29 July 2023 about identifying your Research interest ,selecting project topic , how to get latest information or development in science field and selection of labs for internship and MSc projects to UG and PG final year students of Department of Biotechnology



Visit to Old Age home, Ramavarmapuram, Thrissur on 31.07.2023

Elder Marian Association organized a one day visit to Govt. Old Age Home at Ramavarmapuram, Thrissur on 31.07.2023 along with a few students of II BSc Microbiology. The day was well spent with the old age home inmates with dance and music. Elder Marian Association contributed 25 chairs to the old age home.



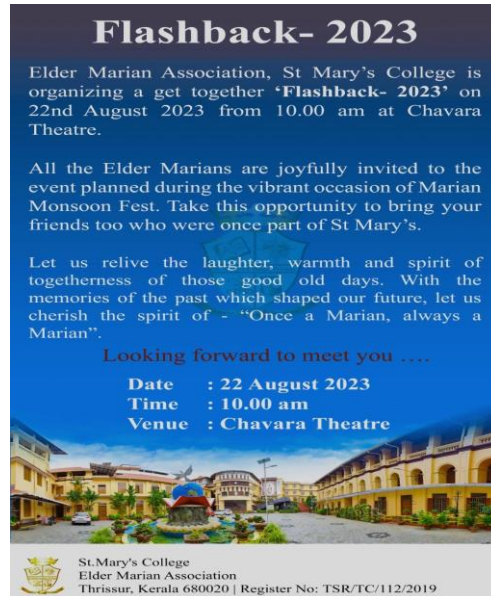
Alumni Lecture Series by Department of English

The Department of English conducted an Alumnae Lecture titled *Navigating through Journalism: Opportunities and Career Prospects* by Ms. Anitta Jose (BA English 2017-2020) on 08th August, 2023.



Alumni Get together - Flash Back 2023

An alumni get together was arranged on 22.08.2023 during the vibrant occasion of Marian Monsoon Fest.



Participation in Marian Monsoon Fest during 22.08.2023 - 23.08.2023

Elder Marian Association actively participated in the Marian Monsoon Fest. A Healthy fresh juice stall and a stall for pickle/jam preparations of Jathikka were kept. A stall was arranged with feeding nighties', tops, ordinary nighties, etc.

Alumni of Pre degree 1976 batch contributed 3 clocks to St. Theresa's Exam Chamber during the occasion of Marian Monsoon Fest.



Alumni interaction session by Department of Chemistry

The Department of chemistry organized a Alumini interaction session conducted by Anjana P,Analyst Geochem laboratories private limited Mumbai on 13/09/2023. .In this session she discussed the various opportunities in the research field also discussed about analytical chemistry and encouraged the students for research.



Elder Marian Association and Department of Botany organized a cooking event “Taste with Ragi Dishes” on 05.10.2023

In association with the Elder Marian Association of the college, Department of Botany organized a cooking event “Taste with Ragi Dishes” on 05.10.2023 in Botany lab at 1: 30 pm onwards. The recipe and dish preparation was prepared by Santha Rajagopal, an alumnae student of St. Mary’s College.





Free Tailoring class for the inmates of Women Prison, Thrissur

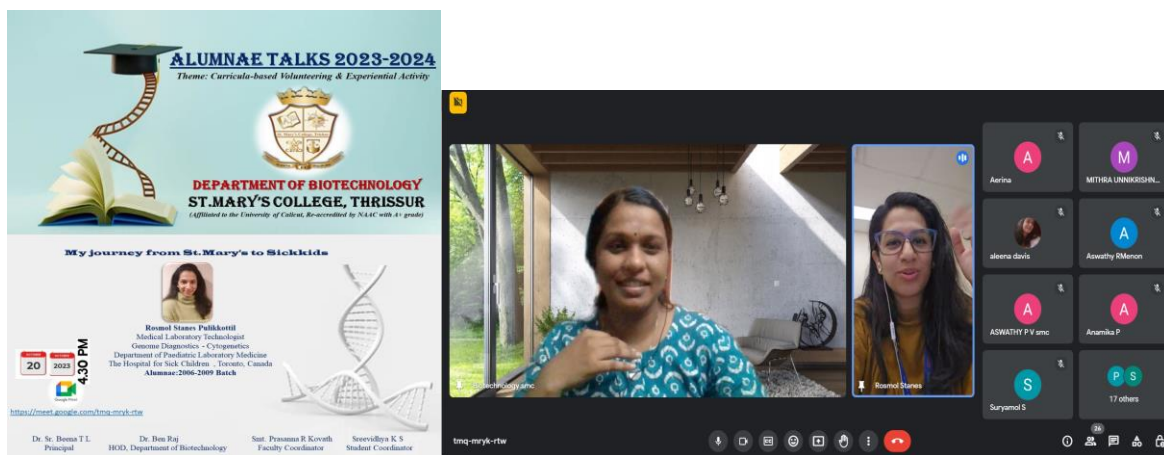
Inauguration of Free tailoring class of 30-hour duration for the inmates of Women Prison was held on 25.10.2023 at 2.30 pm at Viyyur Prison. Accessories for Tailoring machines and cloth materials for the sessions were provided to them. The tailoring classes will be taken by Ms. Princy during October and November 2023.



19 inmates actively participated in the tailoring class and an exhibition of the stitched items were arranged on 29.11.2023.

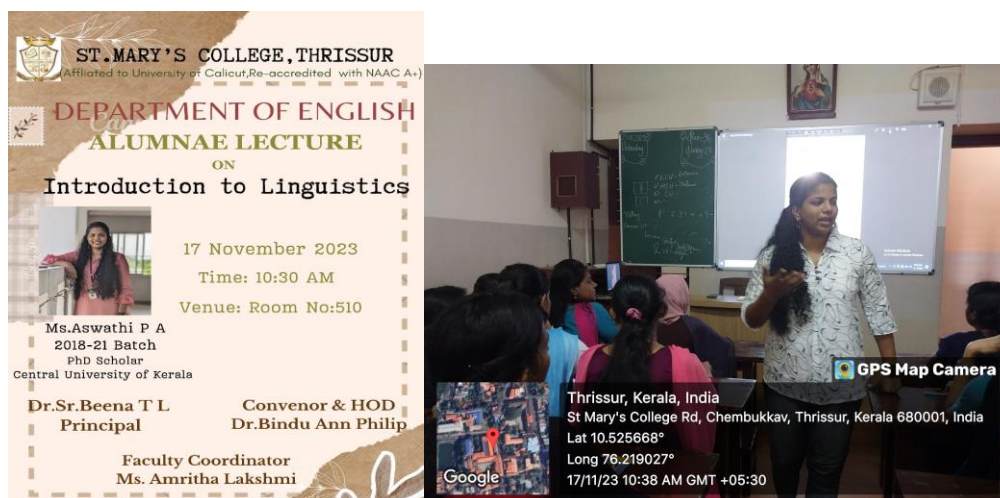
Curricula based volunteering and experiential activity by Department of Biotechnology

Rosemol stanes Pullikottil (2006-2009 Bsc batch), Medical laboratory technologist Genome Diagnostics-cytogenetics, Department of Paediatric laboratory Medicine, The Hospital for Sick Children, Toronto, Canada shared her journey and experience to students of the Biotechnology Department on **20/10/2023**.



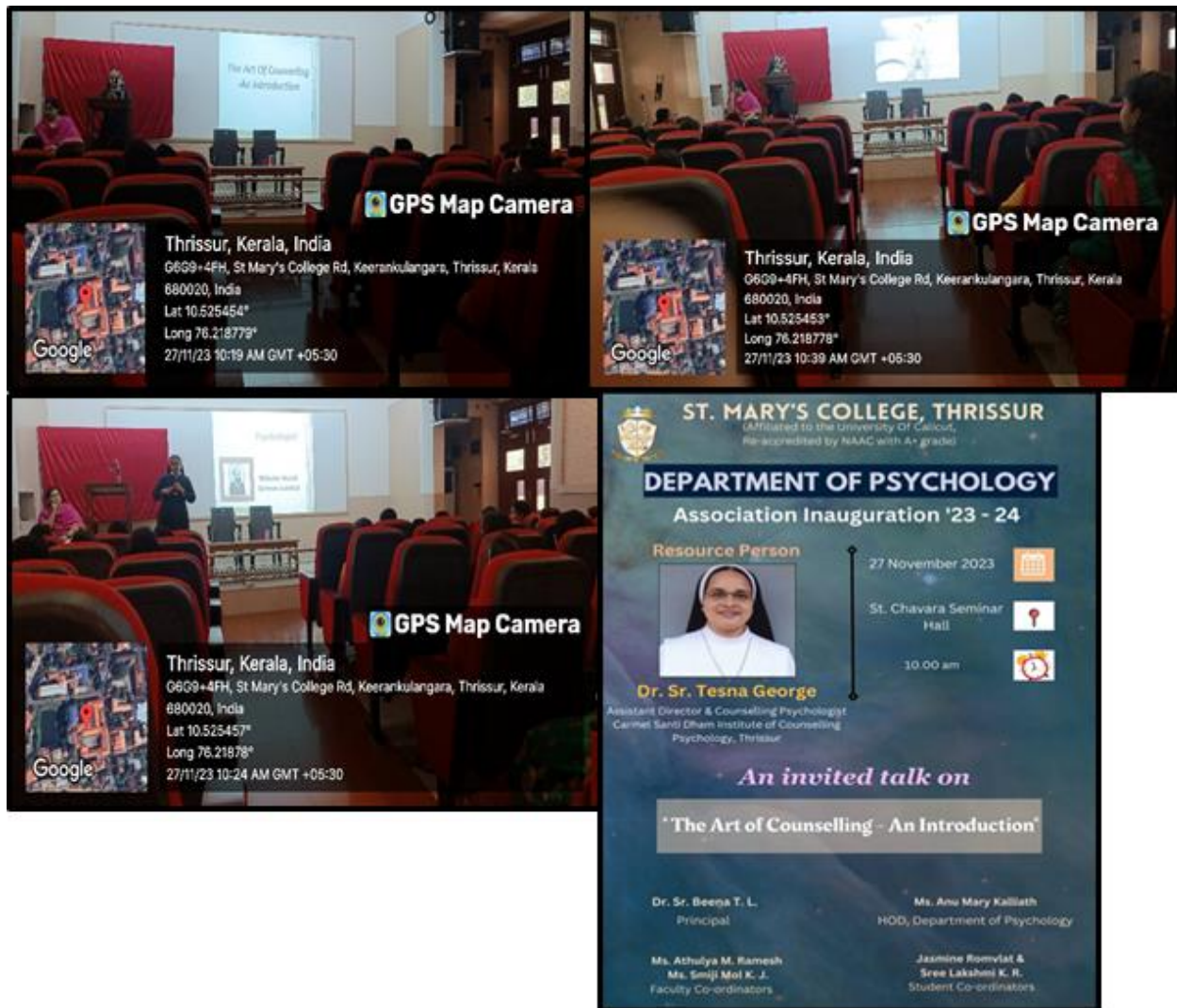
Alumni Lecture Series by Department of English

The Department of English conducted an Alumnae Lecture titled *Introduction to Linguistics* by Ms.Aswathy P A (BA English 2018 to 2021) on 17th November 2023.



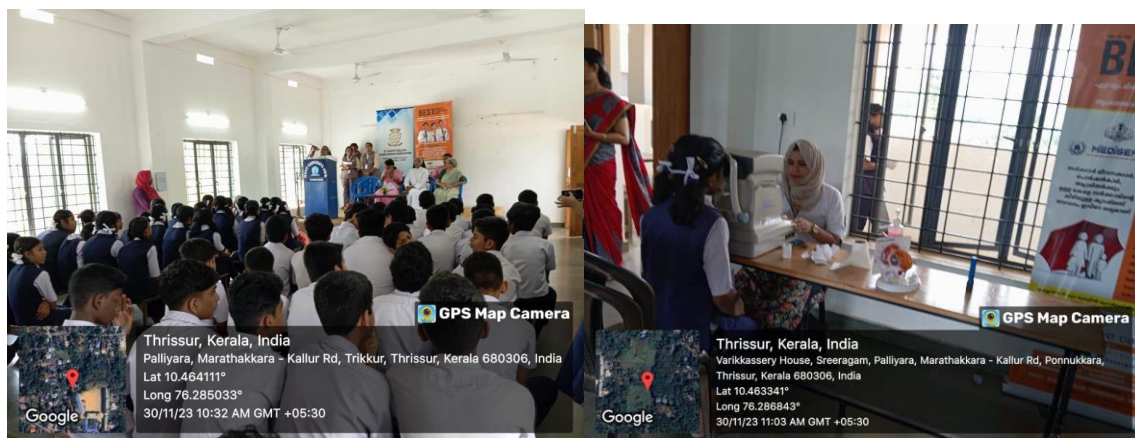
Invited talk on The Art of Counselling –An Introduction by the Department of Psychology

On 27th November 2023, psychology association inauguration was done by Dr.Sr.Tesna George (2013-15), followed by a talk on the topic “The Art of Counselling –An Introduction”.



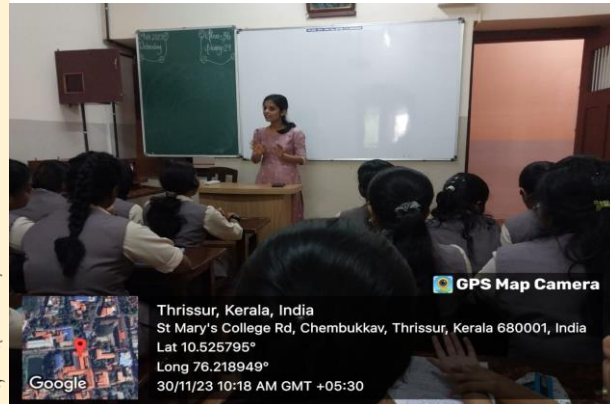
Eye Camp in association with Departments of Microbiology and Botany, St. Mary's College, Thrissur and Vasan Eye Care Hospital, Thrissur

A free eye camp was organized at Sarvodaya Govt. High School, Thrikkur on 30.11.2023 from 10.00 am to 1.00 pm in association with Departments of Microbiology and Botany, St. Mary's College, Thrissur and Vasan Eye Care Hospital, Thrissur. The camp was well attended by school students and parents. The camp included free consultation and financial support will be given to buy specs to those who need it.



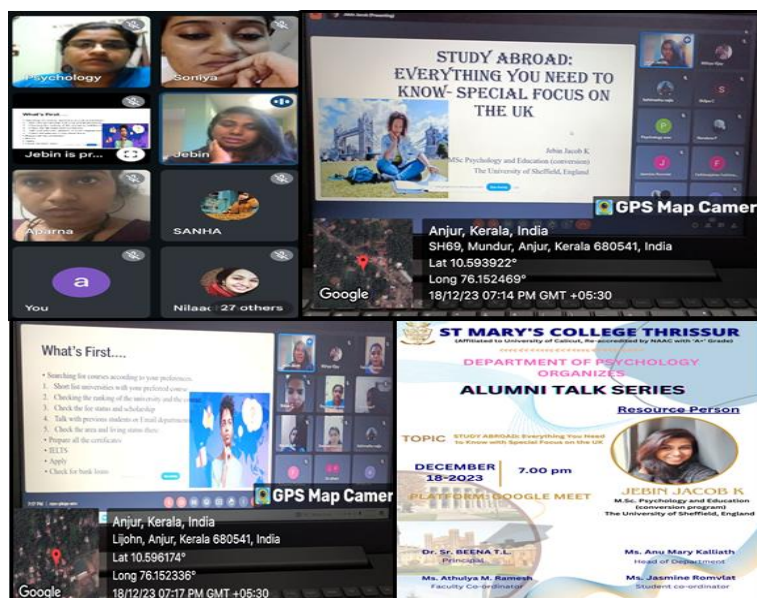
Alumni Lecture Series by Department of English

The Department of English conducted an Alumnae Lecture titled *How to Engage with English Literature Strategically* by Ms. Jinsha Johnson (BA English 2018 - 2021) on 30 November 2023.



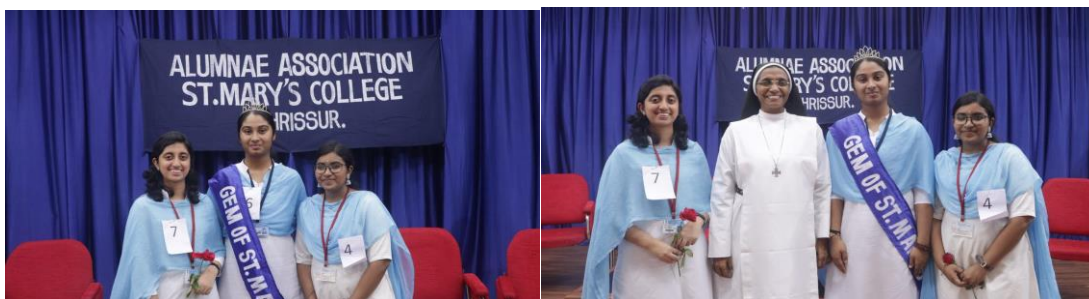
Alumni Talk Series by Dept. of Psychology

On 18th December, the department of Psychology of St. Mary's College, Thrissur conducted an Alumni Talk Series on the topic, "Study Abroad : Everything you need to know with Special focus on UK" via online mode at 7:00 PM. The resource person was Ms. Jebin Jacob K, alumni of St. Mary's College, currently pursuing M. Sc Psychology and Education Convention Program at University Of Sheffield, England.



GEM of St. Mary's Competition 2023-24

GEM of St. Mary's Competition was organized by the Elder Marian Association. Off stage certificate verification and Personal interview were done on 20.12.2023 among the passing out students of UG and PG batches of our college and the 9 selected contestants were screened through the on stage round conducted on 01.12.2023. The programme was arranged in Marian Auditorium and all II and III UG and I and II PG students were the audience. The competition was judged by Dr. Sony TL, Dr. Betsy Paul C and Dr. Joysy James. GEM of St. Mary's title was won by S Gayathri, III BA English, First Runner up was Christy Rose Shajan, II PG History and Second Runner up was Arya Unnikrishnan, II PG Chemistry.



Curricula- based volunteering and experiential activity by Department of Biotechnology

Smt. Rajitha M (2003-2005) Batch, Assistant Professor, Department of Applied Biotechnology, St Mary's College, Thrissur took an orientation class on the topic "Tissue Culture: Biotechnological Applications in Agriculture and Horticulture" for the students of Biotechnology Department on 9th January 2024.



ALUMNAE TALKS 2023-2024
Theme: Curricula-based Volunteering & Experiential Activity

DEPARTMENT OF BIOTECHNOLOGY
ST. MARY'S COLLEGE, THRISSUR
(Affiliated to the University of Calicut, Re-accredited by NAAC with A+ grade)

Tissue Culture: Biotechnological Applications In Agriculture And Horticulture

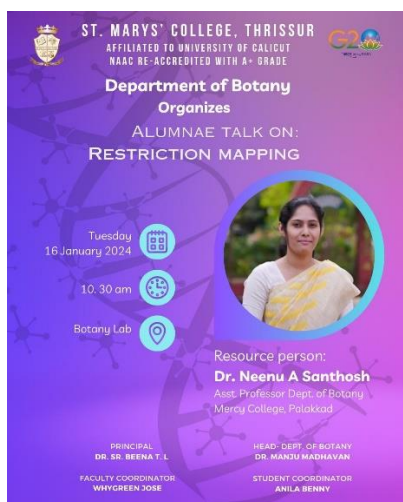
Smt. Rajitha M
Assistant Professor
Dept. of Applied Biotechnology
St. Mary's College, Thrissur
Alumnae: 2003 - 2005 Batch

9 **1:00** **ROOM @ 505**

Dr. Sr. Beena T.L. Principal Dr. Ben Raj HOD, Department of Biotechnology Smt. Prasanna R Kovath Faculty Coordinator Angel Mariya Student Coordinator

Alumnae talk by Department of Botany

An alumnae talk was conducted by Dr. Neenu A Santhosh, Assistant Professor, Department of Botany, Mercy College, Palakad on 16/1/2024 on the topic 'Restriction Mapping' for II nd PG students.



ST. MARY'S COLLEGE, THRISSUR
AFFILIATED TO UNIVERSITY OF CALICUT
NAAC RE-ACCREDITED WITH A+ GRADE

Department of Botany
Organizes
ALUMNAE TALK ON:
RESTRICTION MAPPING

Tuesday
16 January 2024

10:30 am

Botany Lab

Resource person:
Dr. Neenu A Santhosh
Asst. Professor Dept. of Botany
Mercy College, Palakad

PRINCIPAL
DR. SR. BEENA T.L.

HEAD, DEPT. OF BOTANY
DR. MANJU MADHAVAN

FACULTY COORDINATOR
WINYGREEN JOSE

STUDENT COORDINATOR
ANILA BENNY



Webinar on Diabetes.. and how it catches your eye on 23.01.2024

A webinar on Diabetes and how it catches your eye was organised by the Department of Microbiology on January 23, 2024 during 6.00 -7.00 pm in google meet. The resource person was Dr Manjusha Rajesh (1996-98 alumni), MBBS, DNB, Consultant Ophthalmologist, Dr Sreekanth eye care hospital, Kozhikode.

St. Mary's College, Thrissur
Reaccredited by NAAC with A+ grade

Invited Talk
on
Diabetes.. and how it catches your eye!

23/01/24
6.00 – 7.00pm
Google Meet

Dr. Manjusha Rajesh
MBBS, DNB,
Consultant Ophthalmologist,
Dr Sreekanth eye care hospital,
Kozhikode

Organised by
Department of Microbiology

Dr Sr Beena T L Principal
Dr Dhanya K C HOD
Dr Mabel Merlen Jacob Program Co-Ordinator
Dr C R Meera Ms. Elizabeth P Thomas
Ms. Ruveena T N Dr Greeshma P V Ms. Asha P Antony

DIABETIC RETINOPATHY
Blood vessels in the retina leak or bleed - distorted vision
NON-PROLIFERATIVE - MILD, MODERATE, SEVERE

Normal Retina Diabetic Retina

Annual alumni Get together at St.Mary's College, Thrissur

The annual alumni get together was held at St.Marys College, Thrissur on 26th January 2024 in Jubilee Hall from 10.00 am. More than 200 Elder Marians actively participated in the get together. It was a resounding success, fostering a sense of community and pride among the alumni. The event not only celebrated the achievements of our alumni but also provided a platform for continued collaboration and support. Cultural programmes by the alumni added vibrancy to the event, making it a joyous occasion for all. Outstanding alumni were recognized and honored for their achievements and contributions to their respective fields. The annual newsletter of the Eldermarians Association, Reverie, was released and office bearers for the next year were elected during the meeting.





Webinar on Advances in Gynecological Cancers on 17.02.2024

The Department of Microbiology and Biochemistry organized a Webinar on Advances in Gynecological Cancers in association with IQAC on 17.02.2024 from 7.00 to 8.00 pm. The resource person was Dr. Rekha G Muricken (Alumni 1993-95), Believers Church Medical College Hospital, CHanganassery, Kerala.

ST. MARY'S COLLEGE, THRISSUR
NAAC RE-ACCREDITED WITH A+ GRADE

RECENT ADVANCES IN GYNAECOLOGIC CANCERS

Organized by
Department of Microbiology & Biochemistry in collaboration with IQAC

Dr. Rekha G Muricken
Believers Church Medical College Hospital
Changanassery
Kerala

17/02/2024
7.00 - 8.00 pm

Organising Committee

Dr. Sr. Beena T L (Principal)	Dr. Dhanya K C (HOD, Microbiology)	Dr. Deepa G Muricken (HOD, Biochemistry)
Dr. Dalie Dominic A (IQAC Coordinator)	Dr. Mabel Merlen Jacob	Program Coordinators
Dr. Lilly Mathew Irimpan (IQAC Assistant Coordinator)	Dr. Greeshma P V	Ruvena T N
Dr. Meera CR (IQAC Assistant Coordinator)	Asha P Antony	Elizabeth P Thomas

Is there a screening test for ovarian cancer?

Women with ovarian cancer may have high blood levels of a protein called CA-125

However, CA-125 testing is not a reliable way to screen for ovarian cancer

Rekha is presenting

YouAndOvarianCancer.com

Motivational Talk at High Security Prison, Viyyur

A motivational talk by Mr. Shoukath, Writer and Philosopher was arranged for the inmates of High Security Prison, Viyyur on 03.02.2024 from 11.00 am to 12.30 pm.



Alumnae Lecture Series by Department of B.Voc Software Development

Department of Software Development (B.Voc) conducted an Alumnae Lecture Series on the topic “DIGITAL MARKETING” on 16th February 2024 at St. Joseph Seminar Hall by Ms. Krithiha C M, Digital Marketer, Atom Logics, Thrissur.

ST. MARY'S COLLEGE, THRISSUR
Re-accredited by NAAC with A+ Grade

Department of Software Development (B.Voc)

DIGITAL MARKETING

GUEST OF HONOUR
KRITHIHA C M
DIGITAL MARKETER,
ATOM LOGICS, THRISSUR

FRIDAY
16 FEBRUARY

TIME
9:30 - 11:00

VENUE
ST. JOSEPH HALL

Principal
Dr. Sr. Beena T L

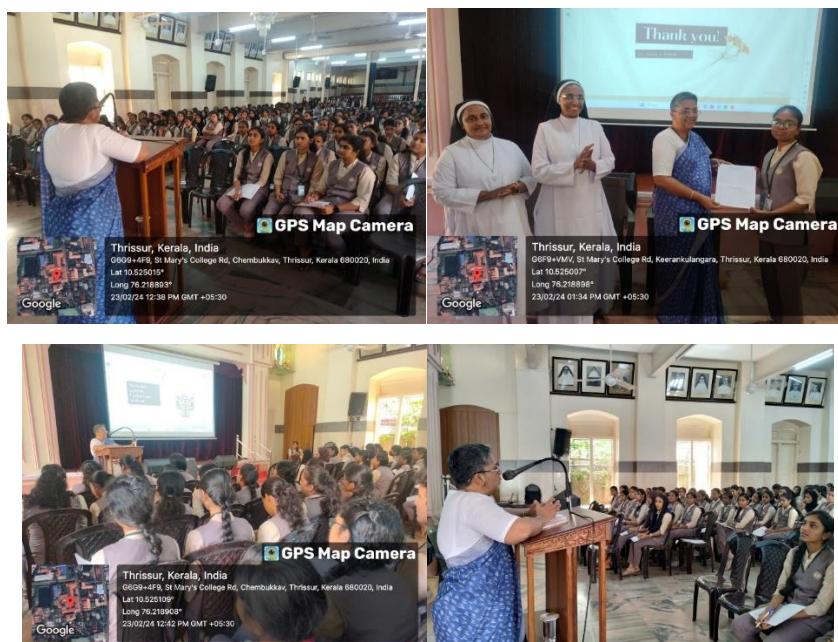
Head of Department Smt. Sreejitha T S	Staff Coordinator Sri. Nithin Mohanan	Student Coordinator Ms. Anurashi A A
--	--	---



An alumnae talk was organized in connection with the Placement Cell of the College and the Department of Botany on the topic ‘Future prospects in Botany’ by our alumnae Sreeshma PS, Research Scholar, Department of Botany, St. Thomas College, Thrissur on 21/2/2024.



The Elder Marian Association conducted a talk on the topic Women's Health Nation's Wealth on 23.02.2024 by Dr. Roni Ignatious for all the IDC students. The talk includes informative topics like problems facing menstrual cycles, health issues regarding the menopause, hormonal changes during puberty.



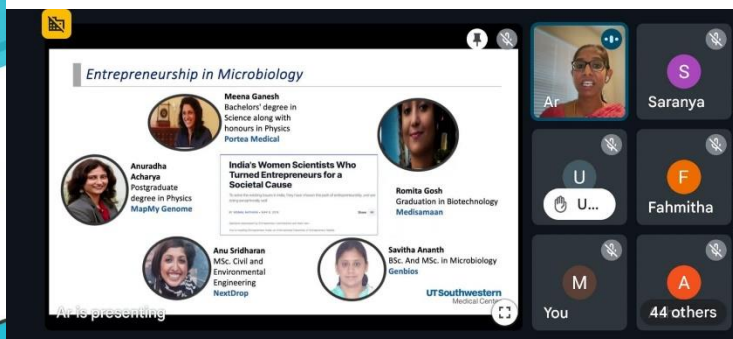
Free Gynaecological Consultation for students who have menstrual issues

A Free Gynaecological Consultation was arranged on 06.03.2024 from 2.00 pm in college for II DC students who have menstrual issues as per their entry in the health card provided. Dr.Gopika R Rajan and Dr. Devina Dinesh, Gynaecological Consultants from Jubilee Mission Medical College, Thrissur provided consultation for students. More than 10 students benefited from this.



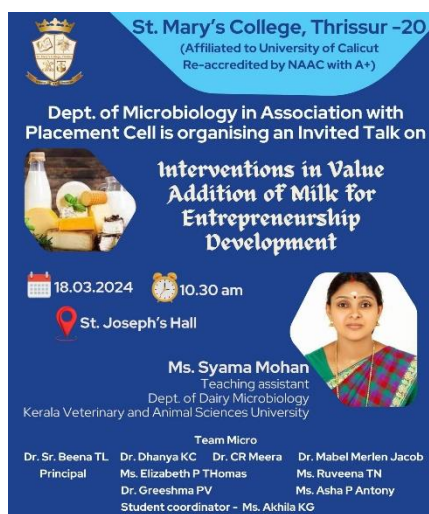
Webinar on 'Beyond Graduation: Navigating Diverse Career Avenues'

A webinar on 'Beyond Graduation: Navigating Diverse Career Avenues' was arranged in association with the Placement Cell on 16.03.2024 from 7.00 - 8.00 pm IST. Dr. Rajalakshmy AR (BSc Microbiology 2002-2005), Assistant Instructor at UT Southwestern Medical Center, Dallas, Texas gave an insightful idea on various career avenues for Microbiology graduates.



Invited Talk on ‘Interventions in value addition of milk for entrepreneurship development’

An invited talk on ‘Interventions in value addition of milk for entrepreneurship development’ on 18.03.2024 was arranged in association with the Placement Cell at St. Joseph’s Hall from 10.30 am to 11.30 am. Resource person was Ms. Syama Mohan (BSc Microbiology 2001-2002, MSc Microbiology 2006-2008), Teaching assistant, Dept of Dairy Microbiology, VKIDFT, Kerala Veterinary and Animal Sciences University, Mannuthy.



St. Mary's College, Thrissur -20
(Affiliated to University of Calicut
Re-accredited by NAAC with A+)

Dept. of Microbiology in Association with
Placement Cell is organising an Invited Talk on

**Interventions in Value
Addition of Milk for
Entrepreneurship
Development**

18.03.2024 10.30 am
St. Joseph's Hall

Ms. Syama Mohan
Teaching assistant
Dept. of Dairy Microbiology
Kerala Veterinary and Animal Sciences University

Team Micro
Dr. Sr. Beena TL Dr. Dhanya KC Dr. CR Meera Dr. Mabel Merlen Jacob
Principal Ms. Elizabeth P Thomas Ms. Ruveena TN
Dr. Greeshma PV Ms. Asha P Antony
Student coordinator - Ms. Akhila KG

