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## FOREWORD



**Dr. Sr. Vinitha, CSST  
Director**

*Let your light shine before men, That they may  
give glory to your Father in Heaven*

Mt:5,6

Autonomous status makes it mandatory that the Institution takes up the responsibility of ensuring quality in all areas of its functioning. The college arranges and conducts various programmes and initiatives that are aimed at the dissemination of ideas and information beneficial to students and society. Keeping a well documented record of events enhances the motivation and commitment of the management, the administration and the organizers of each programme. Documentation also provides easy reference and availability of information.

I take this opportunity to congratulate the IQAC team for taking up the strenuous effort of collecting the information of the entire year and presenting it in a magazine. I appreciate Ms Teresa Kuncheria for generously using her expertise in the compilation and correction of the document.

May God bless each one of you for the selfless commitment to the Institution you serve.



**Dr. Sajimol Augustine M.**  
**Principal**

St. Teresa's College has always been in the forefront, delivering quality education in higher education to women for nine decades. We organize a variety of activities- curricular, co-curricular and extra-curricular- aimed at the holistic development of our students. For the first time this year, the events and activities of the college will be featured pictorially in a magazine. This will provide a bird's eye view of the important activities undertaken by and in the college. I compliment the IQAC of the college, which under the dynamic guidance of Dr. Beena Job, Coordinator, has begun this new practice, which will henceforth be an annual feature.

*□ We are what we repeatedly do. Excellence, then, is not an act, but a habit. □*

*□ Aristotle*



**Dr. Beena Job**  
Coordinator, IQAC

St. Teresa's College (Autonomous) Ernakulam, the first Government aided Women's College in the State of Kerala, is committed to the cause of higher learning of women and their empowerment through excellence in teaching, learning and research. The college was established on 15th June 1925 by the Carmelite Sisters of St. Teresa. Coming as it were in the wake of the Navathy celebrations, the declaration of the visionary foundress Mother Teresa of St. Rose of Lima as Servant of God on 29 January 2016, augurs blessings galore and assurance of further achievement.

The Internal Quality Assurance Cell (IQAC) of St. Teresa's College was established on 30 June 2004, and has become an integral part of the institution's system and work towards realizing the goals of quality enhancement and sustenance. Over the years, the IQAC has developed a system for conscious, consistent and catalytic improvement in the performance of the college, evolved mechanisms and procedures for ensuring that the objectives of the IQAC as envisaged by NAAC are met, and has made a significant and meaningful contribution towards channelizing efforts and measures towards academic excellence.

With a grateful acknowledgement and remembrance of the contributions and innovations of our forerunners, the IQAC proudly presents a magazine featuring the most significant

achievements and memorable events that transpired during the academic year 2015-16. This magazine is the dream of our Director, Dr. Sr. Vinitha and I thank her most sincerely for the trust and confidence afforded to me. I express my sincere thanks to the Principal Dr. Sajimol Augustine M, for her support and guidance. I place on record my heartfelt gratitude to the Joint Secretaries who have been the mainstay of the IQAC – my extraordinarily gifted and capable friend and colleague Dr. Priya Nair and my dearly beloved Dr. Swathy Varma, so steadfast and meticulous, who was always there for me.

This magazine is the result of the untiring efforts of the brilliant mind and aesthetic sensibility of my dear friend and colleague Smt. Teresa Kuncheria, Joint Secretary for 2016-17. It is the prayer of our hearts that this minority institution that has always opened its doors to beneficiaries irrespective of caste, creed and community, may continue to work tirelessly towards the building of a better world.



## Vision



**St. Teresa's College envisions a life-oriented education that empowers students to respond proactively to social concerns and work for the integrity of creation, thereby building a 'Civilization of Love' and advancing the Kingdom of God as envisaged by the foundress, Mother Teresa of St. Rose of Lima.**

## Mission

- To promote a college community/society/nation where spiritual, moral and genuine values are lived and witnessed
- To create a climate for human and academic excellence with an openness to learning, research and the development of professional skills
- To promote peace and harmony through intercultural and inter-religious dialogue.
- To contribute to the transformation of society through an openness to life and living the challenges of being socially conscious and socially responsible.
- To promote programmes/movements that foster inter-connectedness, kinship and eco-justice.

St. Teresa's College (Autonomous) Ernakulam, Kerala, committed to the cause of higher learning of women and their empowerment, was established on 15th June 1925 by the Carmelite Sisters of St. Teresa under the leadership of the visionary foundress Mother Teresa of St. Rose of Lima – a legend who opened up a new and glorious page for the empowerment of women, and was declared Servant of God on 29 January 2016. This pioneer institution is the first Government Aided Women's College in the state of Kerala.



This 90 year old minority institution affiliated to Mahatma Gandhi University is an Arts and Science College which has completed two years of Autonomous Status. It was conferred in June 2014 with a view to facilitate the academic development of the college.

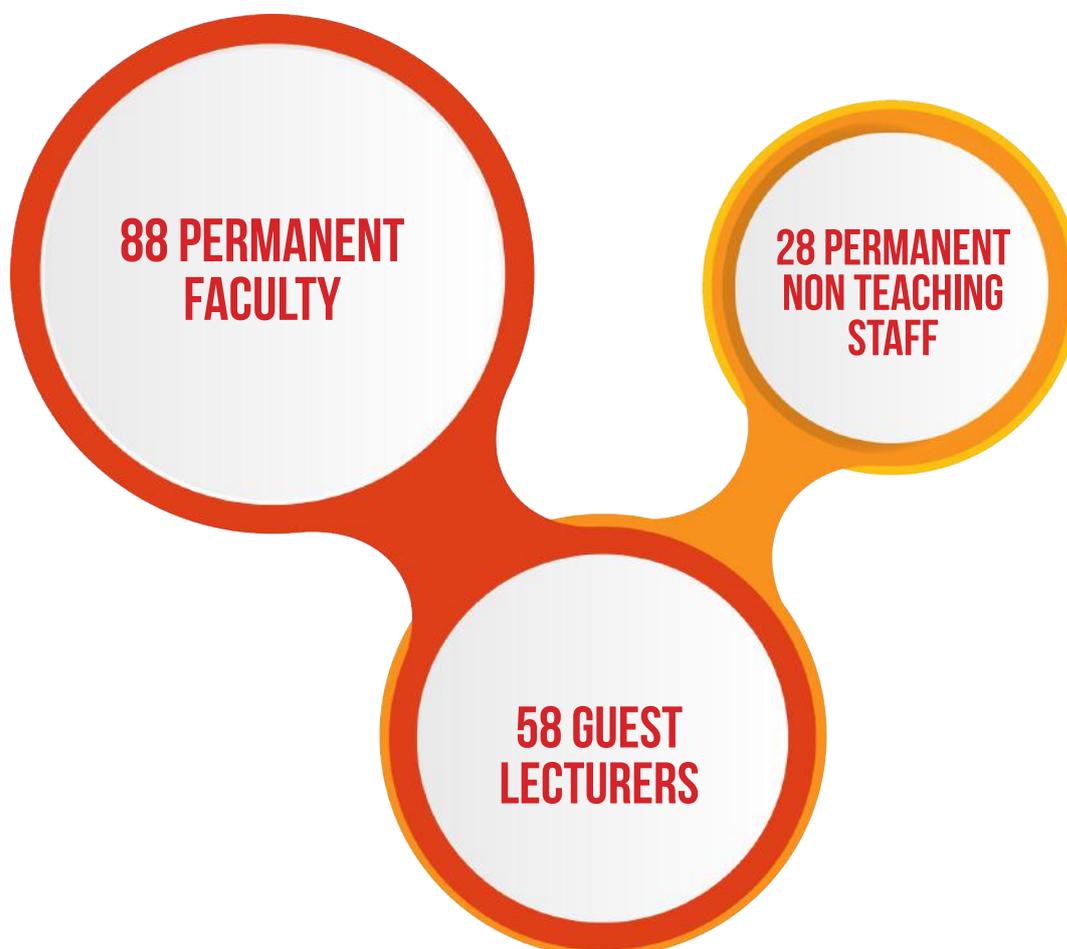
The college has been the recipient of several awards and honours over the decades, the outstanding among them being the prestigious R. Sankar Award for the Best College in the State, by the Government of Kerala, which was conferred on the college four times subsequently from 1995.

Accredited by NAAC at Five Star Level in 1999 and Reaccredited in the 2nd Cycle with A level in 2006, and in the 3rd Cycle with A level and a CGPA of 3.40 in 2012, the college was bestowed "College with Potential for Excellence" status by the U.G.C in 2010.

St. Teresa's College has now on its rolls 88 permanent faculty and 58 guest lecturers as well as 28 permanent non-teaching staff on its roll and 28 on contract. The dedication and commitment of the staff and students has undoubtedly made St. Teresa's a benchmark today to measure academic, co-curricular and extra-curricular excellence

As of 2015-16, the college has 20 departments offering 70 programmes - 13 regular and 7 self-financing UG programmes, 9 regular and 8 self-financing PG programmes, 6 UG diploma programme, 15 Certificate courses, 6 PG diploma programmes and 6 PhD programmes. Situated in the heart of the city of Kochi, the College has 2852 students, 146 faculty members

and 56 non teaching staff at present. This minority institution has always opened its doors to beneficiaries irrespective of caste, creed and community and works tirelessly towards the building of a better world.



Centre for Management and Business Studies for Distance Education offer 3 Under graduate and 3 Master's programmes in the field of Commerce and Management Studies. The International Language Centre which was instituted with the purpose of providing the students an opportunity to learn foreign languages, continue to function by providing basic level courses in Spanish and French.

This year 4 academic programmes and 3 UGC sponsored courses have been initiated.

- A Masters Programme in Tourism and Travel Management has been initiated by the Department of French
- Post Graduate course in Zoology with Molecular Biology as a special paper has been introduced this year
- Centre for Management Studies has initiated the Bachelor's Degree in Management Studies and Post Graduate Diploma in Business Management.

UGC has sanctioned an amount of Rs. 1.7 crore for the functioning of two vocational courses, the B Voc programmes in Food Processing Technology offered by the Department of Home Science and in Software Development by the Department of Computer Applications under the scheme of National Skill Qualification Framework.

UGC has also sanctioned an amount of Rs.65 lakhs for a Community College which offers Diploma Programme in Health Assistance under the guidelines given by National Skill Development Corporation ( NSDC).

To keep pace with the drastic changes in the global scenario, the institution has developed cross-border and trans-border tie-ups with London Metropolitan University, U.K, Deakin University, Australia and Normal University, China.

The college continues to collaborate with a number of international and national institutions and organizations. Some of them are the Kansas University; Korea Ocean Research and Development Institute; Southampton Oceanographic Centre, UK; Spices Board, Kerala Institute of Local Administration; Richmond University; School of Environmental Studies, CUSAT; Kerala Folklore Academy, Kerala State Council for Science, Technology and Environment and so on. In addition, several projects have been granted to various faculty members by the other funding agencies.

The college has collaborated with organizations from various industries to enable students to gain first hand information from industry experts. The Women's Study Centre has collaborated with Awdas D Hub, an online store run by IIM graduates and the Department of Computer Applications signed an MOU with COZAK, Technologies, Kochi to conduct in-house training programmes for the final year students.

*□What Sculpture is to marble,  
Education is to the soul.□*

## Autonomy Highlights

Autonomous status was conferred on St. Teresa's College, Ernakulam in June 2014. The UGC at its meeting held on 13.06.2014 agreed to grant autonomous status to the college for a period of six years w.e.f. the academic year 2014-2015 to 2019-2020. As per clause (i), chapter IX section 108 of Ordinance No. 25487/Leg.G2/ 2013/Law, it was decided that the college would function under the Autonomy Scheme from the academic year 2014-15. St. Teresa's College Autonomous, Ernakulam has completed two years since Autonomous Status was conferred in June 2014 with a view to facilitating the academic development of the college. College autonomy, in essence, is the instrument for promoting academic excellence through the exercise of academic freedom.

The Governing Council, a statutory body to function as the executive body of the college, was constituted on 25-06-2014 for a tenure of two years, keeping in mind the ordinance by the Government of Kerala relating to the regulations for Autonomous Colleges.

The Governing Council of St. Teresa's College (Autonomous), was reconstituted on March 31, 2015 following the retirement of the Principal Dr. Sr. Vinitha CSST. The Manager nominated Dr. Sr. Vinitha CSST, as the Chairperson of the Governing Council of the institution with effect from 01/04/2015. Dr. Sajimol Augustine M., the newly appointed Principal took charge as the Ex-Officio Secretary of the Governing Council. Dr. T.V. Thulasidharan, Dean & Director, School of Pedagogical Sciences, Mahatma Gandhi University was nominated as University Nominee and the UGC nominated Dr. Meenakshi Gopinath, Former Principal, Lady Shri Ram College, New Delhi as the UGC Nominee to the Governing Council of the college. The Governing Council had five meetings during the academic year 2015-2016.



**Dr. Meenakshi Gopinath,**  
Former Principal,  
Lady Shri Ram College, New Delhi

UGC nominee to the Governing Council

The Academic Council is constituted with the Director, Dr. Sr. Vinitha CSST, Dr. Sajimol Augustine M Principal as the Chairperson, University Nominees – Dr George James ,T, Associate Professor, NewmanCollege, Thodupuzha, Dr C.K.James, Associate Professor,

St .Thomas College, Pala, Dr. Samuel Mathew, Associate Professor, Mar Thoma College, Thodupuzha, Experts from outside the College- Dr. A. Sabu, Assisitant professor, Kannur University, Mr George Paul, M.D.Synthite Industries Ltd, Dr K.P.Satheesan ,Mr Sahuji K.G,LSGD,Municipal Corporation ,Cochin, Member Secretary- Dr.Rose P. Ignatius, Nominated members- Dr Beena Job, Smt. Teresa Kuncheria, Dr.Romily Margaret Mendez, Smt.Sujatha .R.E and the heads of the departments. The Academic Council had four meetings during the academic year 2015-2016

The Examination Cell headed by the Controller of Examinations Dr. Elsam Joseph, Associate Professor and Head of the Department of Botany was constituted by formulating various committees, and the members meticulously planned and organized the smooth conduct of examinations and publication of results under the autonomous system.

All the examinations were conducted properly in the scheduled time strictly according to the rules and regulation specified in the Manual of Examinations of St. Teresa's College and as per the norms and regulations of Mahatma Gandhi University, Kottayam, to which the college is affiliated. Results of all the semester final examinations conducted during the academic year 2015-16 have been published on time.

The PG programmes of 2014 admission (first year of autonomy) have completed the examinations of all the four semesters and the PG final results have been published and consolidated grade cards were uploaded on the college website on 21st May 2016.

## FOUNDER'S DAY CELEBRATION AND DECLARATION OF MOTHER TERESA OF ST. ROSE OF LIMA AS SERVANT OF GOD



The college has received many prestigious awards and has the distinction of being accredited thrice by NAAC with A grade, with the highest score of 3.40 among the Arts and Science colleges in Kerala. As the recognition of the high standards maintained, St. Teresa's college was granted autonomous status on 13th August, 2014. Our institution has become a testimony to the vision of its founder and the dedication of those who serve it.

It is a matter of great pride for the entire Teresian family that the cause of canonization of the Founder of the Carmelite Sisters of St Teresa (CSST), the servant of God Mother Teresa of St Rose of Lima, has been initiated. Her remarkable contribution to society was the empowerment of women through education. In education, her vision went beyond her times. A woman of 'deep God experience with the sense of Mission', Mother Teresa of St. Rose of Lima responded in a prophetic way to the demands of the Gospel and the Church in a period of great socio-political and religious ferment in India. With her unwavering confidence in God's providence and her great compassion for people, she worked steadily to integrate humanity by humanizing those sections of society marginalized by casteism and economic poverty. She sought to lead persons to experience their human dignity and assume their

rightful place in society by building a civilization of Love. Fighting against heavy odds, she started two schools-in english and the vernacular, an industrial school, a boarding school, an orphanage, a 'Magdalene Home' for unwed mothers, home for the aged, a dispensary, family apostolate, engaged in famine relief programme and prison ministry among others.

Mother Teresa's conduct in every situation of her life was remarkably spiritual. The values that nurtured our Founder's prayer life were her Faith, the Will of God and Trust in the Providence of God. Her work is being continued by sisters in the convents spread all over India and abroad. Within the short span of 15 years, she proved herself to be a trend-setter, a far-sighted visionary and a missionary beyond her times. Her life and spirituality continue to inspire not only the members of CSST but everyone who is oriented towards God and committed to selfless service.

The College celebrated the Founder's Day and the declaration of Mother Teresa of St. Rose of Lima as Servant of God on 29 January 2016. To mark this sacred event, Holy Mass was offered by the Most. Rev. Dr. Francis Kallarackal, Metropolitan Archbishop of Verapoly.



**Celebration of Founder's Day**

## Infrastructural Developments



Launch of the Central Block Project

The expansion projects indicate the growth of an institution. The new Central Block Project launched on 6 February 2016 as part of the expansion plan of the college for introducing new courses was inaugurated by our alumnae Dr. Rose Varghese, Vice Chancellor, National University of Advanced Legal Studies, (NUALS), Ernakulam. Cine artist and alumnae, Smt. Poornima Indrajith launched the logo for the Central Block

## Inauguration of the Research and Development Department

One of the significant achievements of the year was the establishment of the Research and Development Department. It was inaugurated by Dr. S. Christopher, Secretary, DRDO, New Delhi. A seminar on advanced research in Frontier areas of Science and Technology was also conducted. Dr. Christopher pointed out the importance of research in the field of Defence and other areas while inaugurating the Research and Development Department at St. Teresa's college Ernakulam. Women can also join defence, they have immense potential especially in the field of research. Emotional Quotient, which is generally considered high in women, is equally important as Intelligence Quotient, he added. There is wide scope for indigenous research in defence technology and manufacture of defence products within our country. We should strive to be self sufficient instead of depending on imported defence goods. Welfare of soldiers is very important as they work in adverse conditions with commitment for the protection of our nation. Professor K.V Thomas MP was present on the occasion and he pointed out the importance of research in today's complex society and appreciated the initiative of the college for starting the R&D department.

Dr. Sr. Vinitha, the Director of the college handed over the project proposals of the various departments of the college to the Director General, DRDO, for his consideration. She talked about the importance of starting the research and development department in the college. Many research projects and training programmes for research scholars, teachers, students and nonteaching staff can be conducted by the research and development department.

Several members of the faculty also serve as consultants to various organizations and agencies. The research centre has 84 research scholars and is widely perceived as one of the finest centres for course work under the university



Inauguration of the Research and Development Department

## Inauguration of the PG Course in Zoology

The inauguration of the new PG Course of the Department of Zoology was held on 21st July, 2015. The course was formally inaugurated by Sr. Francis Ann, former head of the department. Dr. Sr. Vineetha, Director, St. Teresa's College inaugurated the PG section of the Department and Fr. Augustine Laiju blessed the new section. Dr. Sajimol Augustine, Principal of the College and Prof. Nalini Prasad former head of the department felicitated during the inaugural function. The former teachers of the department, heads of various departments, present students of the department and the new PG students were present.



Inauguration of Post Graduate course in Zoology

## Inauguration of the Centre for Remediation of Learning Difficulties and Communication Disorders

The department of Home Science has commenced a Centre for Remediation of Learning Difficulties and Communication Disorders. This also functions as a learning laboratory for the students undergoing their Masters' Degree Programme in Child Development. The centre is rendering its support and services to children with learning disability and communication disorders through the expertise of the staff members there along with experts in the field of remediation and intervention.

Early identification of developmental delays, assessment and intervention for those identified with delays, hyperactivity, impulsivity, ADHD and Autism; which can be set right through early intervention are some of the services of the centre. Facilities such as ball pool, sensory integration unit, occupational therapy unit and remedial tools are some of the highlights of the centre. Other services include: yoga, music therapy, aerobics, sensory integration and the like.

School children having learning difficulties are given remedial education on a one to one basis so that they can be helped to be on par with their peers and learning can be made a joyful experience for them. A multidisciplinary team consisting of psychologists, special educators, occupational therapists, speech therapists and remedial teachers/special educators will assess the children and then chalk out detailed individual intervention strategies for each child which will

then be implemented.

Thus, students studying Child Development will get an opportunity to observe the therapy/remedial sessions given by the experts and also get hands on experiences on writing case studies, observe the behaviour of such children, prepare the neuro-developmental framework and also prepare IEPetc for the children. An excellent opportunity for them to apply the theory into practice is yet another aim of the centre. This will help them to study further in the field and those having a flair for remediation and therapy will also be provided placement in the same centre.



Inauguration of the Centre for Remediation of Learning Difficulties  
and Communication Disorders

*True teachers are those who use themselves as bridges over which they invite students to cross, then having facilitated their crossing, joyfully collapse, encouraging them to create their own.*  
- Kazantzaki

## ACHIEVEMENTS

### FLAIR (Fostering Linkages in Academic Innovation and Research) Research Excellence Award

The Principal of the college, Dr. Sajimol Augustine was awarded the FLAIR (Fostering Linkages in Academic Innovation and Research) Research Excellence Award entailing a cash prize of Rs. 50,000/- instituted by the Department of Higher Education, Government of Kerala.



Principal, Dr Sajimol Augustine receiving the FLAIR Award, 2015- 16

### UGC- RESEARCH AWARD

Dr. Jaya T. Varkey, faculty department of chemistry was selected for UGC- Research Award for the period 2016-18. She also received approval for financial assistance for her minor research project, a grant of Rs. 4,40,000/- for the research purpose on the topic Synthesis characterization and catalytic activity studies of novel polymer bound metal complexes for the period 2016- 18.

She is a member of the advisory board of the "International Journal of Medical Microbiology and Tropical Diseases" and the Editorial Board Member of an International Journal, 'Journal of Multifunctional Polymers'. National editorial Advisory Board Member of Indian Journal of cancer education and research (IJCER), 2015. National editorial Advisory Board Member of Journal of Pharmaceutical and Medicinal Chemistry Red Flower Publication, New Delhi



DR. JAYA T. VARKEY,  
DEPT OF CHEMISTRY  
UGC- RESEARCH AWARD

## CSI-VALIANT E-GOVERNANCE PROMOTER AWARD

Dr. Nirmala Padmanabhan, Head, Department of Economics, St. Teresa's College, Ernakulam was honoured with the CSI-Valiant e-Governance Promoter Award for her active involvement in promoting e-Governance literacy among students and the community. The team compiled the URLs of more the 100 useful websites. Vivara Nidhi, a citizen's handbook on e-Governance that handholds the public in their efforts to access 23 core e-governance services, e-Mithram, a handbook for students introducing them to e governance and an interactive webpage-www.ejaalakam.com were also designed.



Dr. Nirmala Padmanabhan, Dept of Economics  
CSI-Valiant e-Governance Promoter Award

## YOUNG SOCIOLOGIST AWARD

Linda Luiz , faculty, dept of Sociology received the Dr. Jose Murickan S J Memorial 'Young Sociologist Award'2015 by the Kerala Sociological Society . This is awarded to a sociologist below 35 years for the best research paper published in the past 3 years.



**MS LINDA LUIZ,**  
DEPT OF SOCIOLOGY  
Young Sociologist Award

## Best Paper Award

Ms . Smitha George of the dept. of Chemistry won the Best Paper Award in Kerala Science Congress 2015 and was awarded with Rs.10,000 and Contingency of Rs.1 lakh.



**Ms . SMITHA GEORGE**

Dept of Chemistry

## Best paper award

Derry Holaday M.G., faculty of the department of Chemistry won the Best Paper Award in Physical Science during the Knowledge Fair on January 22nd to 23rd ,2016 at St.Teresa's College (Autonomous), Ernakulam



**DERRY HOLADAY M.G,**

Dept of Chemistry

## BEST NSS UNIT AWARD OF M.G. UNIVERSITY

St. Teresa's College has won Best NSS Unit Award of M.G. University for the year 2014-15. This recognition from MG University is a reflection of the commitment to social causes by the NSS team under the initiative of Dr. Sr. Vinitha, (Principal) and Smt. Susan Cherian (Programme Officer). Ms. Rosemary, II BA Literature NSS Volunteer, St. Teresa's College (2013- 2015) was awarded Certificate of Merit at MG University level and State Level for her contribution to National Service Scheme of Mahatma Gandhi University during the year 2014-15.



Best NSS Unit Award of M.G. University for the year 2014-15

Dr. Sr. Vinitha, (Principal), Smt. Susan Cherian (Programme Officer), Ms. Rosemary NSS Volunteer

## NCC OFFICER AWARD AT THE NATIONAL LEVEL

Associate NCC Officer Lt. Dr. Seleena K V attended Special National Integration Camp in Lakshadweep in April(12 days) conducted by Kerala and Lakshadweep directorate. She received the DG Commendation Card for the best Associate NCC Officer Award at the National Level



Lt. Dr. Seleena K V - best Associate NCC Officer Award at the National Level

## GOOD SERVICE ENTRY

Dr.Nirmala Padmanabhan, Pearly Antony O,Dr.Mary Liya C.A has been awarded "Good Service Entry "by Deputy Director of Collegiate Education , Thriuvananthapuram in recognition of Chief Minister's Award for Innovation in Public Policy.



Dr.Nirmala Padmanabhan  
Dept Of Economics



Pearly Antony O,  
Dept Of Economics



Dr Mary Leah C.A  
Dept Of Economics

Dr. Latha Nair R. was a Special Invitee at the one day Conference hosted by the United Nations, New York on July 8th 2015.

Dr. Latha Nair and Smt. Lekha Sreenivas were appointed as Rapporteurs by the Kerala Higher Education Council and the Ministry of Education Kerala for the Global Education Meet (GEM) 2016 held on 29 -30 January at Leela Palace, Kovalam.

Dr. Sheelamma Jacob and Dr. Leena Leon represented the college for a one day workshop on 'New Education Policy' conducted by the Ministry of Human Resource Development and Kerala Higher Education Board on 26 September 2015.

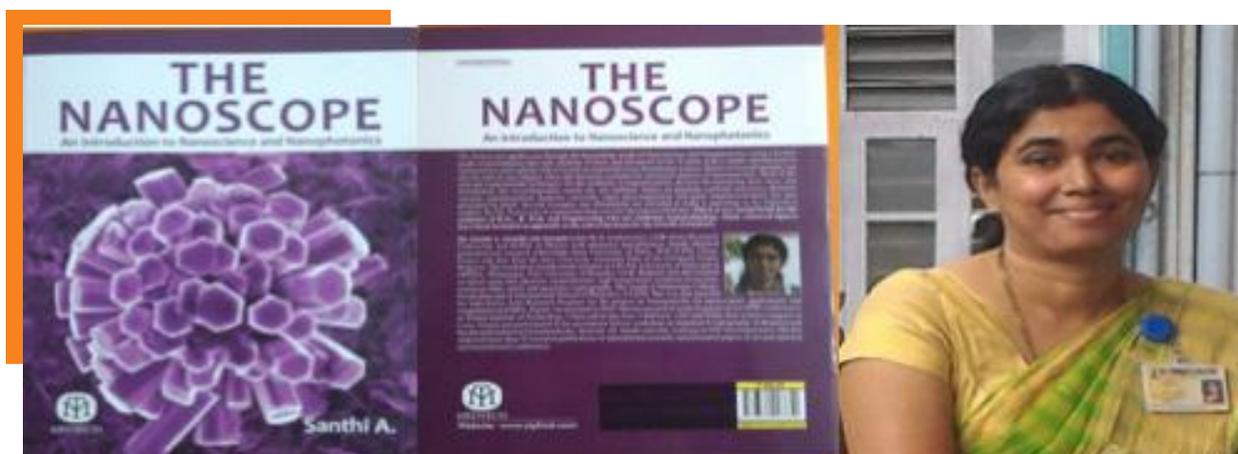
Smt. Gladys Francis, head of the department of Zoology was the Convener of the Zoological Society of Kerala Live in Programme at Ashir Bhavan Ernakulam and presented a Paper on 'Course Development in Autonomous Colleges'

Dr. Thara Sebastian from the department of Home Science represented the college for a three day Training Program on 'Legal and Administrative Strategies for Combating Violence against Women and Children' conducted by the Institute of Management from 19 to 21 August 2015.

Dr. Nisha Vikraman from the department of Home Science was a member of the Advisory Board of Shanthi Bhavan which deals with issues related to domestic violence and protection of women.

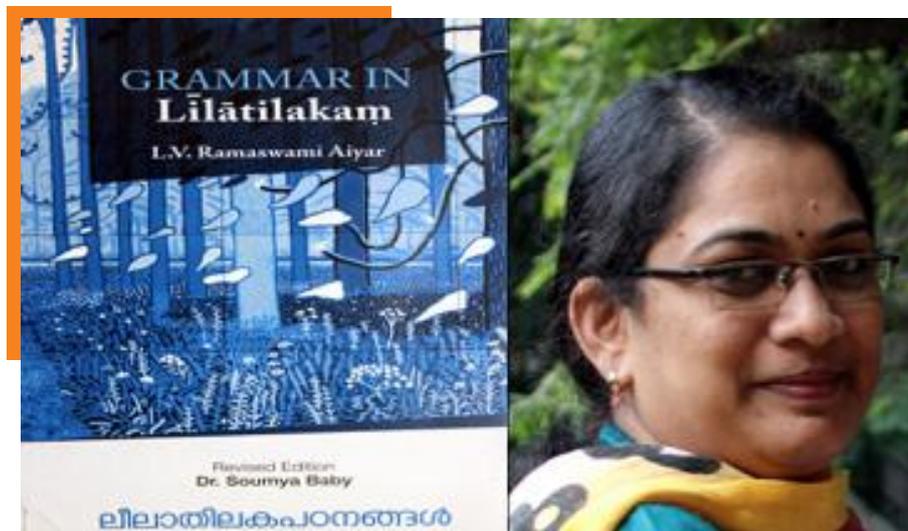
### Textbooks/Books authored by Faculty

Dr. Santhi A. from the department of Physics has authored the book 'Nano Scope: An Introduction to Nano Science and Nanophotonics,' was published by Med Tech, an International Publisher.



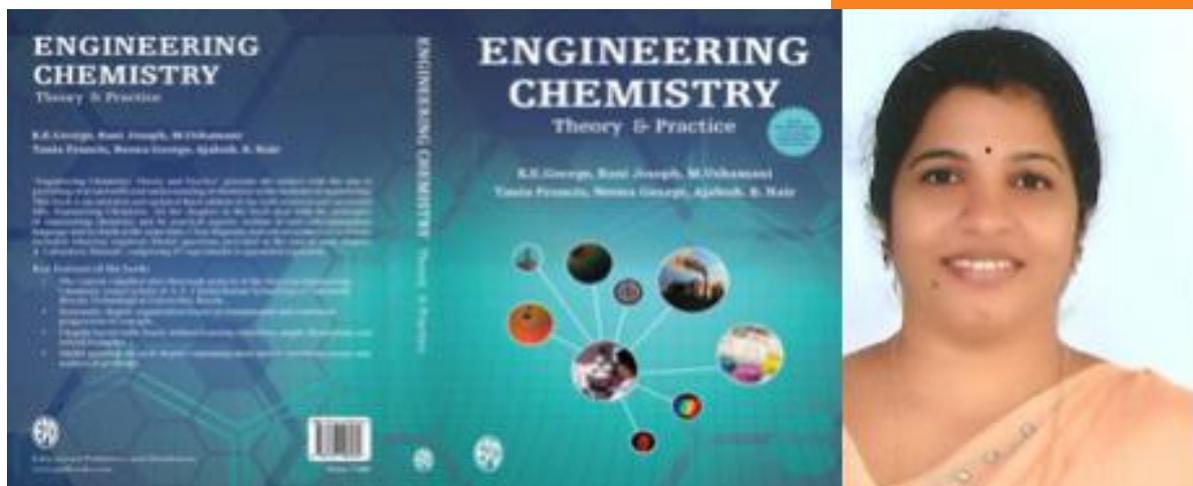
Dr. Santhi A : Nano Scope: An Introduction to Nano Science and Nanophotonics

Dr. Saumya Baby from the Dept. of Malayalam authored a book 'Leelathilaka Padanangal' which was published by the Kerala University Publication Department.



Dr. Saumya Baby -Leelathilaka Padanangal

Dr. Ushamani M. from the Dept. of Chemistry co-authored a book on Engineering Chemistry- Theory and Practice as per the syllabus of Dr. APJ Abdul Kalam Technological University. The book was published by Educational Publishers and Distributors.



Dr. Ushamani M - Engineering Chemistry- Theory and Practice

The college has to its credit, the following publications. Teresian Journal of English Studies, an international journal published by the Dept. of English. Teresian Journal of Sociology by the Dept. of Sociology and Journal of Environment and Society by the Research Department of Economics.

*□Winners win by pushing their limits , until  
the limits become the norm. This is how  
champions are made.□*

## Student Achievements: Academics

Students have secured A+ in the BA/ BSc /BCom Examinations of Mahatma Gandhi University, 2015.

Ms. Soumya Balakrishnana of BSc Zoology secured the first position in the M.G. University CBCSS Examination with the highest Grade Point (3.88) and Ms. Jainmol Varghese from BCom Regular, Anjana K.V. and Christy Mariya Paul from BA Economics and Anija Mary from BSc Physics secured A+ in the M.G. University Exams. Cynthia Mathew Thaliath from BSc Zoology secured the third position in the M.G. University exams.



**Ms.Soumya Balakrishnan**  
**First Position, CGPA - 3.88**  
**Grade - A+**



**Ms.Cynthia Mathew Thaliath**  
**Third Position, CGPA - 3.78**  
**Grade - A**



**Jainmol Varghese**  
**BCom (Regular)**



**Anija Mary**  
**BSC Physics**



**Anjana K.V**  
**Dept. of Economics**



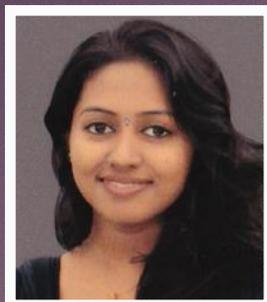
**Christy Mariya Paul**  
**Dept. of Economics**

St Teresa's College has successfully completed the second year of autonomy by conducting examinations and publishing results promptly. Under the Autonomy scheme, all the examinations were conducted properly in the scheduled time strictly according to the rules and regulation specified in the Manual of Examinations of St. Teresa's College and as per the norms and regulations of Mahatma Gandhi University, Kottayam, to which the college is affiliated. Results of all the semester final examinations conducted during the academic year 2015-16 have been published on time.

The PG programmes of 2014 admission (first year of autonomy) have completed the examinations of all the four semesters and the PG final results have been published and consolidated grade cards were uploaded on the college website on 21st May 2016.

| <b>UG PROGRAMME - RESULT SUMMARY</b>             |                    |                     |
|--------------------------------------------------|--------------------|---------------------|
| <b>ODD SEMESTERS</b>                             |                    |                     |
|                                                  | <b>Semester I</b>  | <b>Semester III</b> |
| No. of students appeared                         | 802                | 846                 |
| No. of students passed                           | 582                | 604                 |
| Pass Percentage                                  | 72.56              | 71.39               |
| No. of students who secured A <sup>+</sup> grade | 83                 | 122                 |
| No. of students who secured A grade              | 226                | 176                 |
| <b>EVEN SEMESTERS</b>                            |                    |                     |
|                                                  | <b>Semester II</b> | <b>Semester IV</b>  |
| No. of students appeared                         | 797                | 842                 |
| No. of students passed                           | 579                | 568                 |
| Pass Percentage                                  | 72.65              | 67.46               |
| No. of students who secured A <sup>+</sup> grade | 123                | 138                 |
| No. of students who secured A grade              | 213                | 173                 |
| <b>PG PROGRAMME - RESULT SUMMARY</b>             |                    |                     |
| <b>ODD SEMESTERS</b>                             |                    |                     |
|                                                  | <b>Semester I</b>  | <b>Semester III</b> |
| No. of students appeared                         | 200                | 149                 |
| No. of students passed                           | 151                | 133                 |
| Pass Percentage                                  | 75.5               | 89.26               |
| No. of students who secured A <sup>+</sup> grade | 33                 | Nil                 |
| No. of students who secured A grade              | 45                 | 32                  |
| <b>EVEN SEMESTERS</b>                            |                    |                     |
|                                                  | <b>Semester II</b> | <b>Semester IV</b>  |
| No. of students appeared                         | 198                | 145                 |
| No. of students passed                           | 173                | 140                 |
| Pass Percentage                                  | 87.37              | 96.55               |
| No. of students who secured A <sup>+</sup> grade | 34                 | Nil                 |
| No. of students who secured A grade              | 65                 | 37                  |

# ACADEMIC EXCELLENCE IN POST GRADUATE STUDIES



**Vaninath I.G**  
Dept. of Bharatnatyam



**Leenu S**  
Dept. of Botany



**Jibina M A**  
Dept. of Chemistry



**Priyanka**  
Dept. of Commerce



**Uma Unnikrishnan**  
Dept. of Economics



**Sheelu Alex**  
Dept. of English Literature



**Philomina Sidhila**  
Dept. of History



**Divya D**  
Dept. of Physics



**Meriam Thomas Vettath**  
MSc. Child Development and Behaviour Science



**L.R.Rajini**  
MSc. Food Science and Nutrition



**Sneha Sebastian**  
MSc. Resource Management and Interior Designing



**Armiya V.A**  
Dept. of Sociology

Dept. of Home Science

**Awards** - Ms Renjitha R of II MSc. Chemistry won the Best Paper Award (under MSc. Project category) for her research paper in the National Seminar on "Molecular Approach to Current Advances in Chemistry as part of the K.V Thomas Endowment Lecture organized by Sacred Heart College, Thevara.

Aleena Nobert and Neenu Thomas of the dept of Physics published a research paper on "Synthesis and Characterization of Super paramagnetic Zinc ferrites at Room Temperature" in Proceedings of National Seminar on "Current Trends in Material Science".

Archana Elizabeth and Safna M S of the dept. of Physics Published a research paper in the Proceedings of National Seminar on "Current Trends in Material Science"

Ms Stephy Rozario from the Department of Commerce, presented a paper on the topic, 'E-Commerce in Promotion of Kudumbasree Products' at a two day National Seminar organized by Amritha School of Arts and Science in September.

## COLLEGE UNION

The Installation of the College Union for the year 2015-16 was held on 12 August. Ms.Toolika Suresh was inducted as the Chairperson of the college union.



TOOLIKA SURESH  
Chair Person



NAVYA DENNIS  
Vice Chair Person



H.ZARIKA  
General Secretary

University Union Councillor 1:KAVYA KRISHNAKUMAR ,University Union Councillor 2 : MARIAM PHILIP, Editor of the college magazine : LAKSHMY DAS ,Arts Club Secretary: MINNA JOSE, Sports Secretary : SELAS MARIA STANLEY. Nominated member :AMRUTHA P.U., I DC Representative: MERCY ANNA MATHEW ,II DC Representative: JAYAPRIYA ,III, DC Representative :SURABHI N KAMATH, PG Representative :RESHMA K.S.

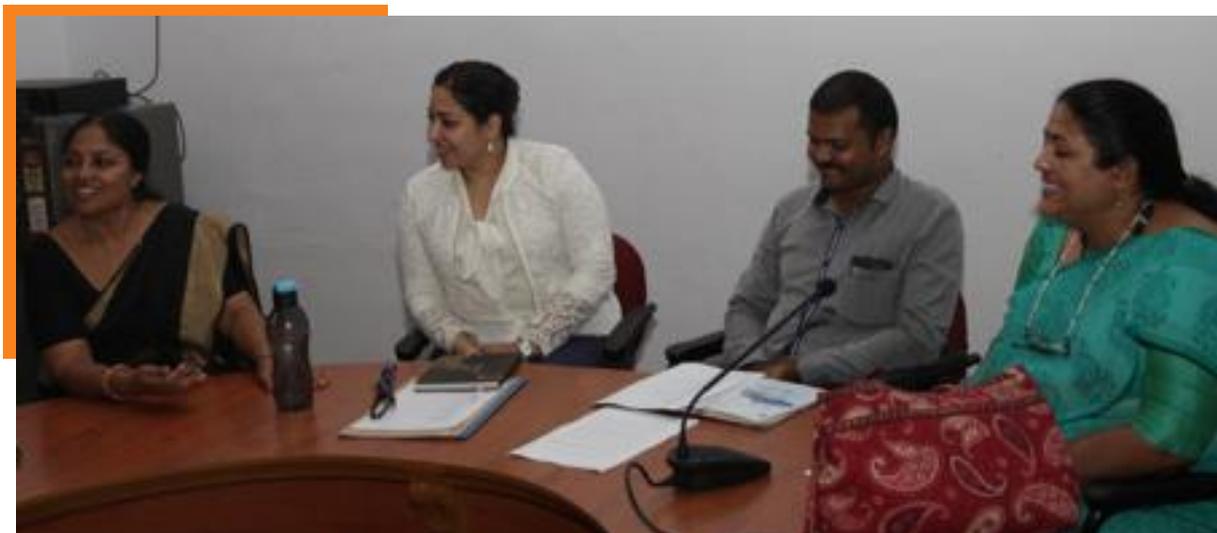
Mr. M.P. Dinesh, City Police Commissioner officially inaugurated the activities of the College Union on 8th September 2015



## Internal Quality Assurance Cell - IQAC

Internal Quality Assurance Cell (IQAC) of the college aims at academic excellence to ensure quality in all the operations. We have the Principal of the college as the IQAC Chairperson, Dr. Beena Job, Coordinator, and Dr. Priya K. Nair and Dr. Swathy Varma are the Joint Secretaries. The IQAC organized a one day National Workshop in the area of Student Mentoring and Support for the teaching staff of the college on 19th January, 2016 as part of Faculty Enrichment Programmes. The Workshop was conducted by Baanyan Tree which specializes in Human Capital Development.

The Transformative Teachers Workshop was conducted on 19th January, 2016 by BAANYAN TREE and was designed, based on the detailed interaction sessions with the St. Teresa's faculty and the material information shared by IQAC. This was organised to equip teachers to provide necessary assistance to students to acquire meaningful experiences for learning in the campus and to facilitate their holistic development and progression. It also gave guidance on how to strengthen facilitating mechanisms like guidance cell, placement cell, grievance redressal cell, counselling cell and welfare measures to support students



Transformative Teachers Workshop by BAANYAN TREE

The IQAC also organized a one day seminar on Restructuring Consciousness: 'Transformational Principles for Optimizing One's True Potential' for the teaching and non teaching staff of the college on 6 November. The programme was aimed at giving faculty members the extra edge to compete in the present time especially in the context of autonomy. Fr. Joseph Puthenpurackal, an Advocate and a renowned motivational speaker and counselor and Rev. Dr. Binoy Jacob, Director of Loyola Institute of Peace and International Relations (LIPI), were the resource persons

### Teresian Research and Consultancy Cell (TRACC)

Teresian Research and Consultancy Cell (TRACC) of St. Teresa's College was formed in 2011 to coordinate and promote research activities of the institution. In its venture to achieve excellence in research, this year TRACC convened a National Conference for the Research guides and the faculty members who are pursuing research in various research centers of the Institution.

## UGC sponsored National Conference on Modern Trends in Research-2015

Teresian Research and Consultancy Cell, organised an UGC Sponsored National Conference on 'Modern Trends in Research' on 14 October 2015. The conference was inaugurated by Prof J Prabhash, Professor and Head, Dept. of Political Science, Kerala University. Prof J Prabhash delivered the Key note address on "Man, Knowledge and Society".

The conference provided the faculty members of the institution an opportunity to facilitate discussions, disseminate research findings and to keep abreast of the newer developments, theories and techniques in the field of research.

Dr Jaya T. Varkey of Chemistry Department was felicitated on the same day by TRACC for achieving Research Award from UGC.



UGC Sponsored National Conference on 'Modern Trends in Research'

### Knowledge Fair

The college for the first time conducted a Knowledge Fair in association with the Kerala State Higher Education Council on 22 & 23 January 2016. The Knowledge Fair, 2016 was held to showcase the innovative abilities and inventions of Arts and Science Colleges.

Shri. K. Babu, Honourable Minister for Fisheries, Ports and Excise, Government of Kerala inaugurated the event. It enabled to provide a platform for students to present their ideas, innovations and inventions in various disciplines.

Talks by experts in diverse areas - Ayurveda, Geriatric Care, Corporate Management and Insurance were and presentations of innovations by students from various colleges were organized. Cash prizes were given to the best innovations. A number of stalls and pavilions were set up as part of the fair. There were stalls by various Research Centres, various Educational and Technological Companies, Publishing Houses and students of the college. Competitions were hosted by different departments.

Intimation of this event had been sent to the Prime Minister, Narendra Modi, in July, 2015 as a suggestion to usher innovation in the Higher Education sector. Subsequently, a Corpus Fund for innovation in institutions of Higher Education was set up by the Central Government in February, 2016.



Knowledge Fair, 2016

### Youth Meet with Dr. Vandana Shiva

A Youth Meet was organised on 11 December at our college in connection with Annam 2015, The National Food and Agro biodiversity Festival. Dr. Vandana Shiva, writer and social activist, invited the youth to promote indigenous food and recipes.



Youth Meet with Dr. Vandana Shiva

## Interdisciplinary Research Fair : Reap – 2015

Reap – The interdisciplinary Research advancement Programme, conducted by the department of Home Science annually was held on the 25 th November, 2015 with focus on the theme- “Dimensions of Research – Perspectives and Innovations”. Inauguration and key note address was by Dr.Achuth Sankar, Honourable director, Centre for Bio Informatics, Kerala University.

The programme consisted of two technical sessions on the innovations and challenges in research and research ethics. This was followed by paper presentations by research scholars and PG students . Prizes were given for best Poster and Paper presentations. Nearly 120 participants, comprising of students, research scholars and teachers from various departments of the college and other colleges participated.



Interdisciplinary Research Fair : Reap – 2015

Our faculty members attended international, national, state and regional level seminars, conferences and workshops and presented papers and served as resource persons. We also have publications in journals of national and international repute.

The members of the faculty attend orientation programmes and refresher courses to keep abreast of the latest developments in their respective fields. Faculty members are also involved in collaborative research projects funded by various agencies and have undertaken many major and minor projects.

□ *Make a light of yourself* □  
-Buddha

## Participation of Faculty in Refresher/Orientation Programmes

- ▶ Dr. Mary Liya C.A , attended the refresher course in Economics and Econometrics at the UGC - Human Resource Development Centre, Bharatiar University, Coimbatore from 19-08-2015 to 08-09-2015.
- ▶ Dr.Anupa Jacob and Dr.SwathyVarma P.R attended the refresher course in Economics at the UGC - Human Resource Development Centre, Kariavattom,Trivandrum27-10-15 to 16-11-2015.
- ▶ Ms. Preeti Kumar attended the English Orientation Course from 16- 07 – 2015 to 12- 08 – 2015.
- ▶ Smt.Ursala Paul and Smt.Elizabeth Reshma M. attended a refresher programme in Mathematics at UGC HRDC University of Kerala,Thiruvananthapuram from 4/8/2015 to 24-08 -2015.
- ▶ Dr.Thomas K.M attended a refresher course on Physical education and Yoga from 08- 07- 2015 to 30 -07- 2015.
- ▶ Smt.Nisha Philip attended a refresher Course in Womens Studies from 1-10 -2015 to 21 -10 - 2015.
- ▶ Smt.Priya Parvathi Ameena Jose attended a r efresher course in Nano Sciences from 25-11- 15 to 15-12-15

## Faculty served as resource persons in various seminars/ workshops/ conferences

### International Level

- ▶ Dr.NirmalaPadmanabhan, Dept of Economics was a speaker at the session on 'Sectoral Application of GRB' at the learning workshop on Gender Responsive Budgeting organised by UN Women on 03 and 04- 12 - 2015 at Kochi.
- ▶ Dr. Leena Leon , Dept of Home Science was moderator for the seminar on ' Promotion of Handicrafts' at the International Seminar organized by Grand Kerala Shopping Festival and Department of Tourism ,Govt of Kerala 30 -12 -2015.
- ▶ From the Dept of Physics, Dr. Santhi A was convener and Smt. Susan Mathew co convener for the UGC Sponsored International Conference on 'Quantum Optics and Photonics ICQP-201611' on 12 -02-2016 at St. Teresa's College,Ernakulam.
- ▶ Smt. Gladys Francis,Dept of Zoology chaired the International conference on "Biodiversity Evaluation Perspective and Paradigm Shift ":2- 12- 2015, at Sree Sankara College, Kalady.

## National Level

- ▶ Dr.Nirmala Padmanabhan, Dept of Economics was the resource person on Solid Waste Management for the UGC Sponsored National Seminar on “ Infrastructure and Economic Development: Present Scenario, Challenges and Future options at St. Mary’s College Trichur-16- 09- 2015.
- ▶ Dr.Nirmala Padmanabhan, Dept of Economics was the resource person on ‘Gender Responsive Budgeting’ at the National Women’s Meet on Gender Justice in Politics, Economy and Culture at the C. Bhaskaran Foundation,Trichur on 28 -09- 2015.
- ▶ Ms. Jisha John, Dept of English was the resource person at the India/Culture/ Digital Society, Christian College, Chengannoor.
- ▶ Dr.Usha Nair,Dept of Hindi was the resource person at the Human Rights and literature on19-08 - 2015.
- ▶ Ms. Stancy.S, Dept of History, was the resource person for Diasporas and Historical Consciousness - Faculty Development Programme on 3-02 -2016 at Maharajas College, Ernakulam.
- ▶ Dr.Leena Leon Dept of Home Science was the resource person for the session on ‘Balanced quality of life’ in the UGC sponsored National seminar on ‘Sustainable health and wellness-issues and challenges’,Morning star, Home Science College, Angamaly, on 12 and 13 -08 – 2015.
- ▶ Dr.Shilpa Jose, Dept of Home Science was the resource person for the session in the UGC sponsored National seminar on Gender concerns in Food security organised by the Dept. of Economics and Sociology,Mercy College,Palakkad on 20- 08 -2015.
- ▶ Dr. Kala M S,Dept of Physics was the convener for the National Seminar on “Recent Advances in Nanoscience and Nanotechnology” sponsored by the Dept of Higher Education on 24- 02 – 2016 at St. Teresa’s College, Ernakulam.
- ▶ Smt. Mary Vinaya. Dept of Physics was the convener for the National Workshop on ‘Teaching Physics using Python’ on 19- 08 - 2015.
- ▶ Dr. Rose P Ignatius, Dept of Physics was the coordinator for the UGC sponsored National Conference on ‘Modern Trends in Research 2015’ on 14 – 10 - 2015.
- ▶ Dr. Reema Kuriakose, Dept of Zoology gave a lecture on “Urine formation and Counter-current Exchange” to the PGT Biology Teachers of the Kendriya Vidyalaya Teachers as part of their in-service course.on 26- 05 - 2016, KV, NAD, Aluva.

## State Level

- ▶ Dr.Nirmala Padmanabhan, Dept of Economics was the resource person on the topic “ e-Governance and Common Man” , a Public lecture organised by the Computer Society of India , Trivandrum, Chapter and Kerala State IT Mission on 24- 06 – 2015.
- ▶ Dr.NirmalaPadmanabhan, Dept of Economics was the resource person for e- Governance at Digital India Awareness Workshop,3 - 06 – 2015 at the National Institute of Electronics and Information Technology, Calicut.
- ▶ Dr.NirmalaPadmanabhan, Dept of Economics was the resource person for an awareness session on ‘Solid Waste Management and Training in Stitching of Eco friendly carry bag- BhoomithramSanchi’ for NSS Volunteers on 21 -11-2015 at SN College , Nattika.
- ▶ Dr.Nirmala Padmanabhan and Dr.Thushara George,Dept of Economics were the resource persons for a two day state level workshop on Teaching Economics Through Non Conventional Methods at the Research Centre and PG dept of Economics, 10 – 12 – 2015 at Sree Sankara College Kalady.
- ▶ Dr.NirmalaPadmanabhan Dept of Economics was the resource person for an e -jaalkam awareness programme ‘Thaane Thurakkaam Arivinte Jaalakam’ on 11- 12 – 2015 at M.G University Kottayam.
- ▶ Dr.Nirmala,Padmanabhan ,Dept of Economics was the resource person for ‘Training in Stitching of Bhoomithram Sanchi ‘ at Harippad on 22 -12 - 2015.
- ▶ Smt.Pearly Antony O., Dept of Economics was the resource person for ‘Instructional and Non instructional Responsibilities-Theeranaipunya: Equipping Fisherwomen for the future’on 27 – 02 – 2016 at Central Marine Fisheries Research Institute, Kochi & Society for Assistance to Fisher women (SAF), Kerala.
- ▶ Dr Dhanya .N ,Dept of Home Sciene participated in a video shoot and development of e-content, on 3- 1-2016 for EPG Paadshala of UGC ( 2 modules) at Avinashilingam Deemed University, Coimbatore.
- ▶ Dr. Seleena K.V, was the resource person for Curriculum Restructuring-Folklore, Sthree vaada Sahithyam on 19,20-10-2015 sponsored by the Higher Education Dept. &Maharajas College Ernakulam.
- ▶ Dr. Mariyam Thomas,Dept of Physics was the resource person at the summer school on Advanced Physics , University College, Thiruvananthapuram on 22- 04 -16.
- ▶ Smt. Mary Vinaya, Dept of Physics was the resource person, for the workshop “URJA KIRAN 2016” held at Vyapari Bhavan Jubilee Hall, Edavanakkad on 28- 01 – 2016.
- ▶ Smt. Gladys Francis,was convener for the ZSK Live-in Programme at Ashirbhavan,14 & 15- 08 – 2015.

## Regional Level

- ▶ Dr.NirmalaPadmanabhan, Dept of Economics was the resource person at the Govt of India sponsored Workshop on Creativity ,4- 08 - 2015 by the Institute of Management in Government, Regional Centre, Kakkanad.She was also the resource person for e- Governance awareness session at the Inauguration of the Economics Association activities of B.K College , Amalagiri ,Kottayam on 10 - 08 - 2015.' For the one day seminar on "Solid Waste Management: Issues and Solutions" and Training in Stitching of Bhoomithramanchi organized by Women's Cell, Government Arts College Thrippunithura, on 11 - 2015.
- ▶ Smt.Pearly Antony O, Dept of Economics was the resource person for e- Governance workshop for NSS volunteers in Ernakulam District on 15 - 12 -2015.
- ▶ Dr. Priya K Nair,Dept of English, was the resource person for a lecture Series for Cluster Colleges at Cochin College,Govt. College, Thripunithura.
- ▶ Smt. Nimmy Jacob, Dept of Home Science was the resource person for the World food day celebration of the Community Food and Nutrition Extension Unit, Ernakulam, Food and Nutrition Board on 16 -10 - 2015.
- ▶ Dr. Anu Joseph , Dept of Home Science was the resource person for a class on 'Infant and Child feeding Practices'for Anganwadi workers at Ravipuram, Ekm on 22- 01 -2016.
- ▶ Nimmy Jacob, Dept of Home Science was the resource person for a class on 'Importance of Nutrition in Pregnancy and Lactation- and Early Weaning and Low birth weight infants', for Anganwadi workers, Ravipuram, Ekm on 21 and 22/1/2016.
- ▶ Dr. Leena Leon, Dept of Home Science was the resource person for " Right for health of vulnerable groups"at Law college, Ekm on 16/11/2015.
- ▶ Dr. Sajitha J. Kurup, Dept of Sociology was the resource person for a talk on 'Social Science Research Methodology' for M A students of Mar Athanasius College, Kothamangalam on 16-10- 2015.
- ▶ Dr. Leela P.U., Dept of Sociology was the resource person for a talk on 'Post Postgraduate Sociology'by the Department of Sociology, Sree Sankaracharya University of Sanskrit, Kalady on 09 March 2016.
- ▶ Linda Luiz ,Dept of Sociology was the resource person for a talk on'Introduction to Civil Service Exams'at St. George Church Parish Hall, Thalayolaparamb on 10 April 2016,She also gave a talk on 'Empowerment of Women'Triune Excell Career Academy, Kaloore, Cochin on 09 May 2016.
- ▶ Smt. Ani Thomas Thottan , Dept. Clinical Nutrition and Dietetics was the resource person for a talk on 'Goals of Medical Nutrition Therapy in Diabetes Mellitus' at the "Diafest" conducted by Research society for the study of Diabetes in India at Rajiv Gandhi Indoor Stadium, Kadavanthara on 31/07/15,

## Research Projects

Dr. Lizzy Mathew, Dept of Botany, 'Sterols as a Tool for Taxonomic Identity – a Study focusing on Macro algae of Kerala and Lakshadweep Coasts'. 2013 - 2016 .Grant allocated, Rs 12,25,800/-

Dr.Liza Jacob, Dept of Botany ,a study on the 'Agroecological and Phytosociological Aspects of Eloor- An industrial belt of Kerala'.2013 – 2015. Grant allocated Rs 80,000/-.

Dr. Priya K. Nair 'Counter Narratives: Azar Nafisi Unveiled' June 2013-15 grant allocated Rs 150000/-.

Ms Vidhu Mary John Effects of Commercials on youth in the age group 17-19 years- An analytical study with special reference to Television advertisements for soft drinks, fairness products and mobile phones June 2013-15 grant allocated Rs 150000/-.

Smt.Tania Mary Vivera 'The Multifunctional Reader in Ergodic Literature: An in depth analysis of select works of Italo Calvino and Mark Z. Danielewski' June 2013. Grant allocated Rs 100000/-

Dr. Anu Joseph and Dr Nisha Vikraman, ' Sensitizing Consumers on Food adulteration – a sustainable health approach' 1/7/2015 to 1/7/2018 .Grant allocated Rs 14,93,500/-

Dr.Usha Nair, ' The critical perspective of Contemporary poets' 2012.Grant allocated Rs 95000/-.

Dr.Saumya Baby , 'Malayalam linguistics texts: Translation and Critical study of selected Works of L.V.R',.Grant allocated Rs 85,000/-.

Smt.Elizabeth Reshma , ' A Comparative Study of Lattice Theory and Topology' 2014-15.Grant allocated Rs.75000/-.

Smt.Elizabeth Abraham, ' A Sociological Investigation on gender role stereotypes among adolescents in Kochi city '. 2014-15.Grant allocated Rs 1,00,000/-.

Dr .Lizzy Mathew , Dept of Botany ,'Sterols as a Tool for Taxonomic Identity – a Study focusing on Macro algae of Kerala and Lakshadweep Coasts'. 2013 – 2016. Grant allocated Rs12,25,800/-

Dr. Liza Jacob, Dept of Botany ,' Study on the Agroecological and Phytosociological Aspects of Eloor- An industrial belt of Kerala'.2013 – 2015. Grant allocated Rs 80,000/-

Dr.Jaya T.Varkey, Dept of Chemistry, 'Synthesis characterization and catalytic activity studies of novel polymer bound metal complexes'.2016-18. Grant allocated Rs4,40000/-

Ms. Lebia Gladis, Dept of Sociology, 'Where Memories Go? A Sociological Perspective on Dementia Patients'. Grant allocated Rs 1,40,000/-

### Projects funded by other agencies

Dr.Jaya T.Varkey, Dept of Chemistry 'Metal ion complexation characteristics of 2mole %NNMBA –crosslinked polyacrylamide supported aspartic acid',support from KSCSTE.

Dr.Nirmala Padmanabhan, Dept of Economics, 'Role of Local Governments in Waste

Management, Water Conservation and Environment Protection-A Study of Select Panchayats in Kerala'. World Bank funded under KLGSD project, being implemented by LSGD, Govt. of Kerala through Decentralisation Analysis Cell set-up in Gulati Institute of Finance and Taxation, Thiruvananthapuram. Grant allocated Rs. 10,21,000/-. Dr. Nirmala Padmanabhan is also undertaking the Parsthitikam Project', Dept of Environment and Climate Change, Govt. of Kerala. Grant allocated Rs. 40,000/-.

Dr. Latha Nair R, Dept of English, Emotional Content in Democratic Policing with special emphasis on language use and social intelligence'. Ongoing research Initiative in collaboration with Kerala Police. Govt. of Kerala Grant allocated Rs 2,00,000/-.

## **New Collaborative Research Programmes**

- ▶ Dr. Ushamani .M, Dept of Chemistry – Intercollegeiate collaboration with Department of Zoology, NSS College, Changanassery.
- ▶ Dr. Jaya T. Varkey, Dept of Chemistry, Research collaboration with School of Chemical Sciences, M.G. University, Kottayam.
- ▶ Dr. Shilpa Jose, Dept of Home Science, collaboration with NPDR lab, Synthite Industries Ltd, Ernakulam.

## **Research Projects completed during 2015-16**

- ▶ Smt. Mary Liya C.A, Dept of Economics, 'Socio Economic Impact of Development Induced Displacement with Special Reference to Vallarpadam Container Terminal, Kochi', Grant allocated Rs 70,000/-.
- ▶ Smt. Susan Cherian, Dept of Home Science, 'Development and Evaluation of Intervention Strategies for combating Energy Crisis at Household Level'. Grant allocated Rs 1,25,000/-.
- ▶ Smt. Teresa Kuncheria, Dept of Home Science, 'Strategies to Facilitate higher emotional intelligence among adolescent girls( 17 – 19 yrs)'. Grant allocated Rs 2,00,000/-.
- ▶ Dr. Nisha Vikraman, Dept of Home Science, 'Evaluation of Post reproductive stress in Women, reflecting on Nutritional Causes, Consequences and Remedial Strategies'. Grant allocated Rs 1,30,000/-.
- ▶ Dr. Santhi A, Smt. Priya Parvathi Ameen Jose, Smt. Susan Mathew Dept of Physics, 'Linear and Nonlinear Optical characterization of Metal Nano structures and Quantum dots prepared by chemical methods'. Grant allocated Rs. 165000/-.
- ▶ Dr. Sajitha J. Kurup, Dept of Sociology, 'Gender Agenda: Women Academicians in Higher Education'. Grant allocated Rs 65,000/-.
- ▶ Dr. Gladis Mary John, Dept of Sociology, 'Survival Strategies of Slum Dwellers in Kerala'. Grant allocated Rs 4,44,8002/-.
- ▶ Dr. Meera Jan Abraham, Dept of Zoology, 'Antifouling role of natural products'. Grant allocated Rs 1,70,250/-.

## Patents Generated

Bio-compatible ZnS: nanocrystals conjugated with L-citrulline, as fluorescent probes for DNA visualization and for finger print analysis in forensic studies”, has been filed for patent with the patent application number 4900/CHE/2012 by **Dr. Sajimol Augustine M, Dept of Physics and Dr. Alphonsa Vijaya Joseph, Dept of Botany.**

## Publications by the Faculty

- ▶ Dr. Romilly Margaret Mendez and Agnes Romeo Miranda, The International Journal of Engineering And Science Studies on the allelopathic effect of aquatic invasive plants on *Cicer arietinum* L., Volume 4 Issue 6 Pages, PP.42-48, June -2015.
- ▶ Dr. Liza Jacob, Dr. Romilly Margaret Mendez and Alka Nassar, International Journal Of Current Research Study On The Physicochemical Properties Of Soil And Phytosociological Aspects Of Plants In An Industrial Hub Of Kerala, Volume 7 Issue 11, Pages 22271-22277, Nov. 2015.
- ▶ Dr. Liza Jacob and Sruthy S. Dev, International Journal of Informative and futuristic Research, Allelopathic Impact of Certain Weeds on *Oryza sativa* L., Volume 3 Issue 3, Pages 1055-1062, Nov. 2015
- ▶ Dr. Liza Jacob, Dr. Romilly Margaret Mendez and Bindu Antony, International Journal Of Scientific and Technology Research, Analysis of the Soil Properties of an Industrial area in Kerala, Volume 4, Issue 12, Pages 139-140, Dec. 2015.
- ▶ Kirthana Raj B. and Alphonsa Vijaya Joseph (2016), International Journal of Innovative Research and Development, Antibacterial Potential of Phytochemicals against Urinary Tract Infectious Bacteria, Vol 5(4):179-183. (ISSN 2278 – 0211).
- ▶ Kirthana Raj B. and Alphonsa Vijaya Joseph (2016), The International Journal of Science & Technoledge. Comparative Study on Antibacterial Potential of Phytochemicals and Ayurvedic Formulations against Urinary Tract Infectious Bacteria, Vol 4(4): 46-50. (ISSN 2321 – 919X).
- ▶ Dr. Jaya. T. Varkey, Journal of Pharmaceutical and Medicinal Chemistry, On-resin intramolecular chemoselective oxime bond formation to cyclic peptides, Vol 1 pg no: 23-27, 2015.
- ▶ Dr. Navya Antony, International Conference on “ Materials for the millennium Matcon 2016, Influence of method of preparation of polypyrrole on alpha amylase Immobilization, ISBN 978-93-80095-738 Vol(1) pg:332-334.
- ▶ Smt. Derry Holaday, Conference Proceedings on Material for the Millennium AIEE, Luminescence Mechanochromism and ‘Turn On’ Fluorescence Zinc sensing ‘Dragonesque’ Schiff’s base, ISBN 978-93-80095-738 Vol(1) Pg no:76.
- ▶ Dr. Divya Thomas, Journal of Recent Scientific Research Development of a fluorescence Sensor for the determination of ferric ion, ISBN 978-93-80095-738 Vol(1) pg no:612.
- ▶ Dr. Divya Thomas, Journal of Recent scientific research, Green spectrophotometric method for the determination of nitrite in environmental samples using sulfadiazine. Vol 6 Issue 11, pp.7234-7239.

- ▶ Ms. Tania Mary Vivera, IUP Journal of English Studies, "Cut up Voices in Graham Rawle's Woman's World", Vol X, no:2.
- ▶ Leena George, International journal of science and research, Awareness about autism among Parents, ISSN ;2319-7064.
- ▶ Smt. Shilpa Jose and Smt. Subhasree S, International Journal of science and research, Impact of household food security on maternal nutritional profile, Vol.4, Issue 10 October, Pp:105-108.
- ▶ Dr. Ushamani M, Proceedings – National seminar on Nanochemistry- Techniques, Advancement and Applications. Organized by SD College , Alappuzha.
- ▶ Electrochemical synthesis of copper nanoparticles and conductivity study on PVA-Cu nanocomposite thin films".
- ▶ Dr. Ushamani M, Proceedings – 14th National seminar ,(K.V Thomas Endowment lecture) on Molecular Approach to Current Advances In Chemistry.
- ▶ Preparation and characterization of silver nanoparticles by chemical, physical and biological methods, ISBN: 978-81-930558-1-6.
- ▶ Dr. Jaya. T. Varkey, UGC sponsored National Seminar on molecular approach to current advances in chemistry, Synthesis and characterization of polymer metal complexes of Cu(II), Zn(II) with NMMBA crosslinked polyacrylamide supported L-Aspartic acid and L-Lysine", ISBN: 978-81-930558-1-6.
- ▶ Smt. Mary Sruthy Melbin, Foreign Direct Investment and Indian Economy, FDI in Education- Is the need of the hour?- A Status Analysis with Special Emphasis on Higher Education Sector of India, Page no: 285, Year 2014.
- ▶ Dr. Swathy Varma P.R, Proceedings of UGC Sponsored National Seminar on Inclusive Growth, Financial Inclusion & General Insurance Sector, September 2015.
- ▶ Ms. Jeena Ann Joseph, Critical Encounter: A Journal of Literary Studies "Orhan Pamuk's Snow: An Interlacing of Culture and Nature", Vol 1: Issue 1
- ▶ Ms. Jeena Ann Joseph, Critical Encounter: A Journal of Literary Studies "Orhan Pamuk's Snow: An Interlacing of Culture and Nature", Vol 1: Issue 1
- ▶ Ms. Jeena Ann Joseph, Humour: Texts and Contexts, "Carnivalistic Subversion in Orhan Pamuk's The White Castle", Pg:273-281.
- ▶ Dr. Teena Thomas, Hindi, When the Empire writes back- Contour of post colonial re-aligned, Hindi kahaniyom mein samajik sanskritik badlaav ki parchaiyaan, Vol-11-1 2016.
- ▶ Susan Cherian, Proceedings of UGC sponsored National Seminar on 'Sustainable Resource Management – Tools and Techniques 2014', 'Eco Concerns and Practices among Adolescents'

- ▶ Susan Cherian, Proceedings of UGC sponsored National Seminar on 'Sustainable Health and Wellness – Issues and Challenges', 'Self Rejuvenation Techniques adopted by Urban Employed Women'.
- ▶ Susan Cherian, Proceedings of 'Contemporary Research Initiatives' - ReAP 2014 – Interdisciplinary Research Fair, 'Development and Evaluation of Green Salad Recipes'.
- ▶ Smt. Rashmi Poojara Home science, Saffron Media Publishers, Mumbai  
Dietary Supplements – urban growth drives supplement segment Ingredients, South Asia, July 1-15, 2015.
- ▶ Smt. Rashmi Poojara 'Homescience, Saffron Media Publishers, Mumbai, Kalpavriksha  
May 16-31, 2015.
- ▶ Dr. Dhanya .N, Research Highlights' Avinashilingam Deemed University, Coimbatore  
Comparison of the readiness skills of preschool children aged three and four years  
ISSN no 2231-2314, Vol 25, No 4, October 2015, pp 342- 345.
- ▶ Rose mary Francis, Annam National Food and Agro Biodiversity Seminar  
Poster on Awareness, preferences and Use of Home remedies by Urban Mothers for common ailments, 10, 11 and 12 December 2015.
- ▶ Rashmi Poojara, Indian Journal of Research in Food Science and Nutrition  
"Co-relates of body composition and Nutritional status of 9-12 year old school going children in Kochi, Vol 2 (1) Jan – June- 2015, ISSN – 2349-8897, pages – 21- 28.
- ▶ Dr Thara Sebastian, IJSR- Indian Journal of Science and Research, Vol 4, Issue 11, November, 2015, Pain and Palliative care Services of general Hospital, Ernakulam – A case study based on Participatory Approach, Vol 4, Issue 11, November 2015, ISSN - 2317- 7064 Impact factor- 5.611
- ▶ Dr. N. Dhanya, IOSR-JHSS Journal of Humanitis and Social Science  
'Enlightening Anganwadi teachers and Parents of Preschoolers on Attention Deficit Hypersensitive Disorder (ADHD), Vol .21, Issue – I Jan 2016, pp-83-88, ISBN – 2279-0845. Impact factor- 1,607.
- ▶ Dr. N . Dhanya, Worldwide Journal of Multi disciplinary Research and Development,  
Development of a Package of Activities to channelise creativity and reduce behavioural issues in school age children, Vol 2.(1) pages 44- 47 January 2016, ISSN – 2454- 5615.
- ▶ Dr. N . Dhanya, Research Highlights' Avinashilingam Deemed University, Coimbatore  
Comparison of emotional Intelligence of teachers and Professionals in Information Technology, ISSN no 2231-2314, Vol 26, Jan 2016, pp 28- 37.
- ▶ Stancy.S, Tribals : Problems and prospects Kurumbas in Attapady, Gandhian studies, M.G University, Kottayam.
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- ▶ Dr.Saumya Baby,Malayala Bsashasastranjar,L.V Ramaswami Aiyar,2015, Kerala Bhasha Institute
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- ▶ Dr. Kala M S,Proceedings of UGC sponsored National Seminar entitled” Current Trends in Material Science” 2014,Preparation, Characterisation and Antibacterial Study on Silver and Copper Oxide Nanoparticles and Conductivity Study on PVC- Silver Nanocomposite Thin Films.
- ▶ Dr. Rose P Ignatius,Aquinas Journal of Multidisciplinary Research Studies Synchronization of Hyperchaotic Lü, Lorenz and Chen Systems,Vol 1,Issue 1,April 2015, ISSN 2395-7751.
- ▶ Pearly Antony ,Training Mannual on Threeranaipunya – A capacity Building Training Progarmme, Equipping The Fiusher women for the Future by Central Marine Fisheries Research Institute,Success Strategies,Page No.279-282,2016.

### **Publication of faculty members with citation index and impact factor**

- ▶ Dr.Liza Jacob, Dept of Botany, ‘Allelopathic Impact of Certain Weeds on Oryza sativa L’, International Journal of Informative and futuristic Research.  
**Impact factor - 4.164**
- ▶ Dr. N. Dhanya, Dept of Home Science, ‘Enlightening Anganwadi teachers and Parents of Preschoolers on Attention Deficit Hypersensitive Disorder (ADHD)’;IOSR-JHSS Journal of Humanitis and Social Science.Vol .21, Issue – I Jan 2016, pp-83-88, ISBN – 2279-0845.  
**Impact factor- 1,607**
- ▶ Dr Thara Sebastian, Dept of Home Science, ‘Pain and Palliative care Services of general Hospital , Ernakulam – A case study based on Participatory Approach’,IJSR- Indian Journal of Science and Research , Vol 4, Issue 11, November , 2015,ISSN - 2317- 7064.  
**Impact factor- 5.611**

### **Linkages developed with National/ International, academic/research bodies**

- ▶ Dr.Elsam Joseph, Dept of Botany, National Linkage with Govt. of India for environment awareness campaign activity- Biodiversity conservation.
- ▶ Dept of Economics, Linkages with CSES-for Conducting workshops,K.M.Mani Centre for Budget Studies ,CUSAT,Kerala Institute of Local Administration,Ernst&Young.

- ▶ Dr.Nirmala Padmanbhan, Dept of Economics, Linkage with NSS Technical cell and with Sakthi.
- ▶ Dr Nisha.V,Dept of Home Science,Advisory member of Cultural Academy for Peace(Sakhi).
- ▶ Dr.Thara Sebastian,Dept of Home Science,Elected member of the core committee of Child Rights advisory Committee
- ▶ Dr. Betty Rani Issaac and Dr.Shilpa Jose,Dept of Home Science,consultancy in sensory evaluation of new products of Synthite Industries Ltd, Kolenchery.
- ▶ Dr. Kala M S,Dept of Physics,Co guide of research scholars guided by Dr. Nandakumar Kalarikkal, Faculty, International and Inter University Centre for Nanoscience and Nanotechnology . The research scholars also utilizes the facilities available in the department.
- ▶ Smt. Gladys Francis, Dept of Zoology ,International MoU with Dr. Rath Research Institute, USA.
- ▶ Dr.Soja Louis,Dept of Zoology,National Consultant for Zoological Survey of India and for Research scholar, Pondicherry Universty.

*□ Hold yourself responsible for a higher standard  
than what anyone else expects of you □  
-Henry Ward Becher.*

## Seminars/Conferences/Workshops Organised

The academic year 2015-16 witnessed a series of international, national and regional level seminars; conferences and international training programmes and workshops organized for the staff and students.

The Dept. of Physics conducted an International Conference on Quantum Optics and Photonics on 11 and 12 February 2016. Prof. Serge Massar, Laboratoire Information Quantique, Belgium, Prof: Bertrand Poumellec, LPCES, University of Paris, France; Prof. V M Nandakumaran from Amritha Vishwaha Vidyapeetham; Dr. Vinu V Namboodiri from the Bhabha Atomic Research Centre and Dr. Anil Shaji, Indian Institute for Science Education and Research (IISER), Thiruvananthapuram were the key speakers for the conference.



International Conference on Quantum Optics and Photonics

### National Workshop on Teaching Physics using Python

A One day National Workshop on 'Teaching Physics using Python' was organized by the Department of Physics on 19 August by the Department of Physics, as part of the Faculty Enrichment programme. It was inaugurated by the Principal, Dr Sajimol Augustine. Dr Ajith Kumar B.P, Scientist (H) from IUAC, New Delhi conducted classes on Python programming. Faculty and students from neighbouring colleges also attended the seminar.



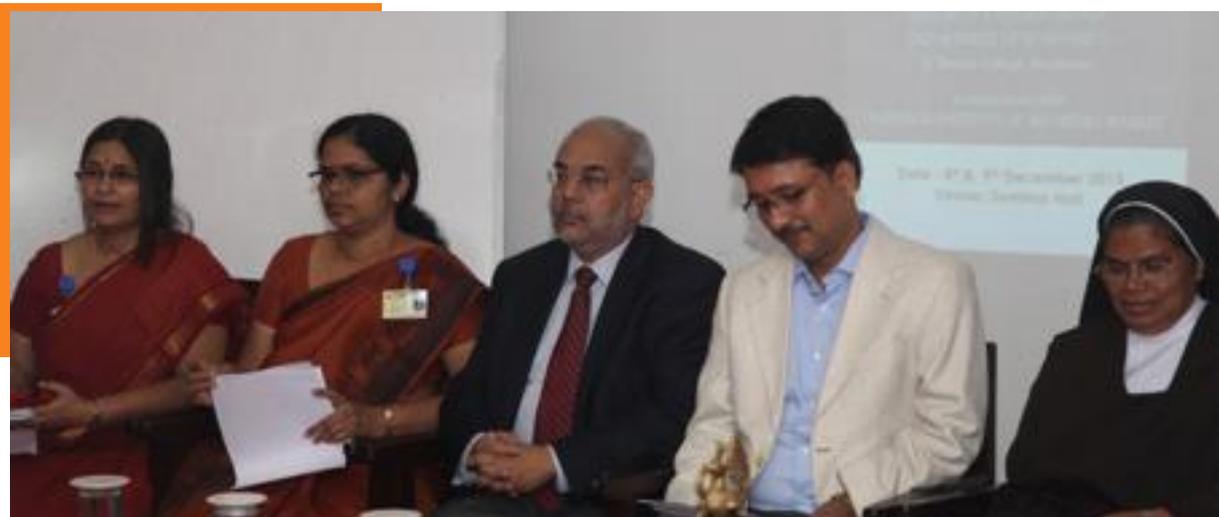
National Workshop on Teaching Physics using Python



Seminar on Recent advances in Nano Science and Nanotechnology

### **Impact of Capital Market on Indian Economy**

A workshop on "Impact of Capital Market on Indian Economy" was conducted by the Dept of Economics from 8th and 9th of December, 2015. The resource person was Mr. Sandip Ghose, Director, NISM, and Mr. Jitendrakumar, Faculty, SRSS Mumbai.



Workshop on the Impact of Capital Market on Indian Economy

## National Seminar on Transforming Theatre: Non Conformist trends in Performing Arts; New Age and its Implications

The post graduate students of the Dept. of English and the Centre for Research conducted a National Seminar on 'Transforming Theatre: Non Conformist trends in Performing Arts; New Age and its Implications' on 9 February 2016. Prof. B Ananthakrishnan, Professor of Theatre Arts, University of Hyderabad inaugurated the seminar.



National Seminar on Transforming Theatre: Non Conformist trends in Performing Arts; New Age and its Implications

## National level Workshop on Creative Writing

The Department of English organised National level Workshop on Creative Writing by Ms. Preeti Shenoy, the best selling women writer and by other prominent writers and alumni of the college, Ms. Jaisree Misra and Ms. Radhika Lee.

## Learning and Sharing Workshops for legal and police officers in Kerala – To End Violence against Women' (VAW)

The Department of Sociology and NSS Unit St. Teresa's College together coordinated the inauguration of the 'Learning and Sharing Workshops for legal and police officers in Kerala – To End Violence against Women' (VAW) hosted by the British Deputy High Commission, Chennai. Eminent lawyer Indira Jaising and Justice Kurian Joseph of the Supreme Court of India spoke on the occasion.



Learning and Sharing Workshops for legal and police officers in Kerala – To End Violence against Women' (VAW)

An international workshop on 'Teaching Methodologies for English (Communication) skill development in collaboration with Volun Tours was conducted on 12 August,2015.



International workshop on Teaching Methodologies for English

### **International Lecture on Ecosystem Modelling and Modelling Fish Distribution**

An International Lecture on Ecosystem Modelling and Modelling Fish Distribution was held by the Zoology Dept. on 10th September, by Dr. Kenneth Rose, Associate Professor and Dean for Research, School of Coast and Environment, Department of Oceanography and Coastal Science, Louisiana State University. The lecture was held as two sessions. The forenoon session was a talk on 'Ecosystem Modelling' followed by the afternoon session, a talk on 'Modelling Fish Distribution'.



International Lecture on Ecosystem Modelling and Modelling Fish Distribution

### **Workshop on Pricing Strategies using Micro Economic Tools**

The dept of Economics conducted a National Workshop on "Pricing Strategies using Micro Economic Tools" on 04-06-2015. The resource person was Dr. Ajit Dayanandan, Associate Professor of Economics, University of Alaska University, Former Director, Research Department, Reserve Bank of India.



Workshop on Pricing Strategies using Micro Economic Tools

### **Faculty Improvement Programme on Advanced Mathematical Tools for Economic Analysis**

The dept of Economics conducted a faculty Improvement Programme on 'Advanced Mathematical Tools for Economic Analysis'. The resource person was Prof. Balakrishnan V P, Retd. Professor, Mathematics department, Govt. Brennen College, Thalassery, Kerala on 15-16 October 2015.



Faculty Improvement Programme on 'Advanced Mathematical Tools for Economic Analysis

### **Seminar on Econometric applications of demand analysis**

The dept of Economics conducted a seminar on 'Econometric applications of demand analysis' on 24th November, 2015. The resource person was Dr. P. Duraisamy, National fellow of ICSSR, Madras Institute of Development Studies.



Seminar on Economic applications of Demand Analysis

### **Seminar on Growth- is there an alternative? An Energy Perspective and The Third Curve**

The dept of Economics organized a seminar on “Growth Is there an alternative? An Energy Perspective and The Third Curve” by Mansoor Khan, Hindi film producer, organised by SEEM – Society of Energy Engineers & Managers, Department of Economics & Bhoomithra Sena Club, St.Teresa’s College, Ernakulam on April 16, 2016.



Seminar on Growth - is there an alternative? An Energy Perspective and the Third Curve

### **National Workshop on Basic Econometrics**

The dept of Economics conducted a National Workshop on “Basic Econometrics” in association with The Indian Econometrics Society, Kerala Economic Association from 21-22 January 2016 . Chief Resource Person : Dr Sangeetha G, professor of Amritha Institute Of Buisness, Coimbatore and the co - author of the text Basic Econometrics along with Gujarati.



National Workshop on Basic Econometrics

### Faculty Enrichment Programme on Mathematical Softwares

The departments of Mathematics, Statistics and Computer Applications of St. Teresa's College, Ernakulam organized a one day Faculty Enrichment Programme on 20/10/2015. Professor Dr. Ambat Vijayakumar, Professor, Dept. of Mathematics, CUSAT inaugurated the program. The workshop had three sessions. Professor Dr. A Vijayakumar presented a session on Internet Mathematics. Dr. A Noufal, Assistant Professor, Department of Mathematics, CUSAT conducted a workshop on mathematical software 'Geogebra' and Prof. Rajeevan Pillai, retired professor Maharaja's College took a class on 'R' a statistical software. Nearly 30 teachers from various colleges attended the workshop.



Faculty Enrichment Programme on Mathematical Softwares

### International Seminar on Stem cell Technology and Tissue Engineering

The Department of Botany conducted a one day international seminar on Stem cell Technology and Tissue Engineering on 23-9-2015. The Key note address was by Prof. Sunny Luke Program Director, International Education Research, IISAC, USA who delivered a talk on current status of Stem Cell Technology and Tissue engineering. About 150 students of undergraduate and post graduate students, research scholars and faculty members participated in the seminar. It was attended by students, research scholars and faculty of the science streams.

A one day Workshop on 'Nutritional Values and Safety Issues' was also organized by the Botany Dept. on 29 December 2015. This regional level workshop was part of teacher enrichment programme. Faculty, research scholars and students of the science streams attended.



International Seminar on Stem cell Technology and Tissue Engineering

### **Training programme on Techniques in Microbiology and Biotechnology**

The department of Zoology conducted a Hands on Training programme on 'Techniques in Microbiology and Biotechnology' as a part of the Teacher Enrichment Programme on 11th November, 2015. The training was conducted by Merit Biolabs in the Department as a one day programme. It included sessions on basic Microbiological Techniques, DNA, RNA, and Plasmid isolation from bacteria, Blotting techniques, Flame Photometry, PCR, DNA Sequencing and Bioinformatic Analysis. Apart from the teachers of the department of Zoology, teachers and research scholars from Botany and Home Science participated. The training held as two sessions the first being a theory session where the importance and working of various instruments were explained followed by second session in which hands on training was provided.



Hands on Training on Tools and Techniques in Microbiology and Biotechnology

### **Chroma 2015: Colour Me Equal**

The final year students of the Department of Communicative English organised a Public Relations Campaign, Chroma- Colour Me Equal on 15 September to shed light on colour bias in the society. It was aimed at challenging stereotypical notions of fair skin reinforced by the

media .The campaign included a panel discussion and Inter Collegiate fest. It was organized in association with WOW (Women of Worth) on 15 September 2015. WOW (Women of Worth), a Chennai based NGO, conducts an awareness campaign called 'Dark is Beautiful' that seeks to draw attention to the unjust effects of skin colour bias. Ms. Kavitha Emmanuel, Founder and Director of Women of Worth (WOW), was the keynote speaker. As a part of the campaign the department conducted a panel discussion involving experts from various fields to gain perspective on the issue. Chief guests, Mr. Divakaran Krishna, popular cine actor, and Mr. Afzal Yusuf, Indian film composer, inaugurated the campaign. Ms Kavitha Emmanuel, founder and director of WOW (Women of Worth); Psychiatrist, Dr C.J John, Medical Trust Hospital; Author and Columnist, Shinie Antony; Advertisement and Fashion Photographer, Mr Anil Kumar; RJ and Columnist Ms Anjali Kurien were part of the panel. Various inter-collegiate competitions were also conducted to promote and support the cause.



Chroma 2015: Colour Me Equal

### **Seminar – 'QUANT -2016'**

A one day seminar was conducted by the dept of Physics on 30/01/2016 on the topic 'Variation and perturbation methods in Quantum Mechanics' using CPE Recurring Grant 2015-16. Resource person of the day was Shri. K.J. Jerly, the author of the book " The nano world".

### **Seminar on Biology and Society**

The Zoology Association conducted a one day seminar on 'Biology and Society' on 9th September, 2015. The programme commenced with a prayer followed by the inauguration of the seminar by the Director of St. Teresa's College, Rev. Dr. Sr. Vineetha and the Principal Dr. Sajimol Augustine. The guest speakers were Dr. Shaju Thomas, Senior Writer Fellow, Kerala State Council For Science, Technology and Environment and gave a talk on "New Biology- What and Why?". This was followed by a talk on the topic 'Why Should I Study Biology? A Fishery Scientist Perspective.' by Dr. Sunil Mohammed, Principal Scientist and Head, Molluscan Fisheries Division, CMFRI. The next session was by Dr. Kaladharan, Principal Scientist, FEMD, CMFRI on the topic 'Biology as a Hobby'. The final speech was by Dr. Vijayagopal, Principal Scientist and Head, Marine biotechnology Division, CMFRI on the topic 'Fish and Health'. The programme concluded with an interactive session followed by Vote of Thanks proposed by Dr. Soja Louis.



Seminar on Biology and Society

### **Nanma – Workshop on Computer literacy**

The department of Computer Applications, in collaboration with 'Nanma' organised a one-day workshop on Computer Literacy, on January 30th for the eighth standard students of around 4 schools in Ambalamugal Unit. The seminar was organized for 31 students. They were given a presentation on the various aspects of MS- POWERPOINT followed by a practical session.

Seminar on 'Hardwares' conducted by Aptech Computer Education on 29 th july. A seminar on 'Project Development' was conducted by 'LCC' on 3rd February Seminar on 'Project management Techniques' by Dr. Sabu M. K on 1 st August. A seminar on DBMS was conducted by 'India Options' on 9 th September The classes were taken by Mr. Manoj. A seminar on 'Cyber Security:Hacking' was conducted by on 11 th September The classes were taken by Mr. Vijay Louis.

### **International workshop on SPSS Data Analysis**

The Sociology dept organized an International workshop on SPSS Data Analysis for postgraduate students and PhD scholars. The sessions were led by Dr. Rajasree K Rajamma, Associate Professor of Marketing at Fairfield University, USA.



International workshop on SPSS Data Analysis

### **Talk on Qualitative Research Methodology**

A talk was arranged by the Dept of Sociology on Qualitative Research Methodology by Mr. K.S. Hakim, doctoral student at the Department of Sociology, Delhi School of Economics, University of Delhi and recipient of the Young Sociologist Award of the Kerala Sociological Society in 2014.



Talk on Qualitative Research Methodology

### **Talk on Consumer rights and protection**

The Consumer Club of St Teresa's College organized a talk on 17th September, 2015 by Adv. Tom Jose - renowned lawyer and the President of Federation of Consumer organizations of Kerala. He delivered a talk on the topic "Consumer rights and its protection" in an enlightening manner. He highlighted the consequences of the misleading advertisements fabricated by profit crazy producers. The concrete examples listed out by him were more than evidences for how the consumers are being exploited. He also stressed that the consumers should be really conscious of their rights and be very vigilant. Further, he gave information regarding the various mechanisms for the redressal of consumer grievances under Consumer Protection Act.



Talk on Consumer rights and Protection by Adv. Tom Jose

### **Talk on Better Nutrition: A Key to Development**

In connection with the the National Nutrition Week, the Department of Home Science organised a talk on 'Better Nutrition: A Key to Development' by Dr. Abraham Varghese, Vice President, IMA

and conducted an exhibition on healthy food choices and competition on healthy snacks on 9 September, 2015.



Talk on 'Better Nutrition: A Key to Development

### **Workshop on Make up and Costume for Dance**

A week long workshop on Make up and Costume for Dance was organized for the students of the Bharathanatyam Department. Renowned makeup artist, Shri Pattanam Rasheed was the chief resource person. Dance costumes for Mohiniyattam, Kuchippudi, Bharathanatyam and Folk Dances were given importance.



Workshop on Make up and Costume for Dance

### **Talk on Marine Pollution and Invasive Alien Species**

The Zoology Association conducted an awareness programme 7th July, 2015 by Dr. Nandini Menon, Senior Scientist of Nansen Environmental Research Centre India in partnership with the Nippon foundation and Pogo partnership for observation on the global ocean. Dr. Nandini Menon

spoke on the various dangers faced by marine environment highlighting on Marine Pollution and Invasive Alien Species and the need to conserve the marine habitat. Mr. Mathew of NERCI gave an outline on the activities of the Pogo – Alumni network for oceans and also gave an idea on the current job opportunities.



Talk on Marine Pollution and Invasive Alien Species

### **Sadhgamaya - Orientation Programme on positive thinking for the administrative staff**

February 27, 2016 Dr. J. Letha, the Vice Chancellor of Cochin University of Science and Technology inaugurated the programme. She reiterated the importance of positive thinking for a successful living. She also stressed the importance of having a goal or aim in one's life. Col. Mrs. Lathitha Nambiar a retired colonel, from the armed forces Medical service, with 21 years of experience, started her session by explaining in depth the various types of cancers, their causes and preventive methods. Dr. Marykutty John, a seasoned counsellor and psychotherapist, and a medical practitioner in alternative medicines certified by the Indian Board of Alternative medicines, conducted the second session on positive thinking



Sadhgamaya – Orientation Programme for the Non Teaching staff of the College

## Parent Teacher Association – PTA 2015-16

This academic year, the PTA has taken tremendous initiative for the well being of the college. On 18 September, the parent representatives of each class selected the office bearers to the Central Executive Committee of the PTA. Office bearers to the Central Executive Committee of the PTA was selected. President-Sri. Dan Paul Thomas, Secretary – Sri. Chandrasekharan, Joint Secretary – Smt. Geetha Kishore, Treasurer – Sri Kunjachan K J. Other members to the executive committee includes Adv. Geetha Tom, Prof. Ransamma Joseph, Sri. Alikoya, Sri Varghese Dominic, Sri. Sainudhin, Smt. Jameela, Sri. Patrick Godhino and Sri. Dinesh V K

The optimistic and enthusiastic spirit of the PTA members has motivated us to step forward with certain vital proposals and projects. Understanding the responsibilities of the PTA in the autonomy scenario the PTA took up the responsibilities in helping the effective functioning of the college. The PTA suggested to collect the mobile contacts of the parents to inform them through SMS about their children.

The emerging need for infrastructure with increasing number of Degree and Post Graduate programmes was the need of the hour. The PTA welcomed the Central Block Building project and decided to have the logo designing competition. The best logo was selected and a prize for the best logo was sponsored by the PTA.

The launch of the Central Block Building Project was conducted on 05/02/2016 at 10 am in the Platinum Jubilee Auditorium. Dr. Rose Varghese, Vice chancellor, National University of Advanced Legal Studies, Ernakulam inaugurated the function. Smt. Poornima Indrajith (cine artist) launched the logo of the Central Block. The programme was attended by the teachers, alumnae and the parents.

The PTA planned to introduce coaching classes for PSC, UPSC, Banking, SSC after the regular class hours for the final year and other interested students. They also planned to inaugurate a programme 'Walk with a Legend' in the next academic year 2016-17. In this programme each department is expected to honour a legend and a talk show to be conducted which could benefit the students. On 11th March 2016 it was decided to organize a Benefactor's Meet on 9th April 2016. The faculty members, PTA members, ASTA and the core parents were there for the Benefactor's meet.



Benefactor's Meet

## Association of St. Teresa's College Alumnae (AstA)

St Teresa's College has the staunch support of its very enthusiastic alumnae- 'AstA'. The annual meeting of the Association of St. Teresa's College Alumnae (AstA) was held on July 12th Saturday at 10.30am in the College Auditorium. Regular meetings are conducted by the office bearers and executive members to decide about the conduct of programmes for the year. The alumnae also discussed the maintenance of the Buggy Car- sponsored by St. Teresa's College Alumnae and Staff to the south railway station for the easy conveyance of the sick and physically challenged. On 16th September Principal, Dr. Sajimol Augustine M., Director Dr. Sr. Vineetha and Staff in-charge of Alumnae Association and the executive members along with 12 alumnae members visited "Home of Faith" a rescue home for children at Kakkanad to celebrate Onam. . The AstA committee held the X-mas sale December 2015. The grand X-mas sale was conducted on 9-12-2015 with 74 stalls for textiles, 46 for home decor and 58 for food. There was active participation from the alumnae, staff, students and the public that made the event turn out to be a grand success.

Following the election of class representatives of various batches, the AstA organised a meeting for all the alumnae on the 7th of January 2016 at 2.30 pm. in the Arts Block Auditorium. On 6th of February 2015, the alumnae members attended the programme organised by Management and Staff of the college, in connection with the Founders day. There was sincere cooperation from the alumnae in charge of various committees for the successful conduct of the programme.

## Scholar Support Programme

As part of the Scholar Supported Programme 2015-16,. from among the students who have joined in the first year of UG Programme during the year, a total of 10 students are selected to each identified subject as per the procedure prescribed. A total of 50 students from 5 subjects were selected on the basis of marks secured in their plus two exam. The selected subjects for first year are English, Sociology, Economics, Physics and Mathematics. Similarly 50 students from 5 subjects were also selected for the second year SSP. The identified subjects for second year are English, Sociology, Physics, Statistics and Zoology. The Coordinator of SS Programme is Dr. Mariyam Thomas, Dept. of Physics. The faculty who are taking classes for the first year are Ms. Anju James (English), Ms. Linda Therese Luiz (Sociology), Ms. Anju George (Economics), Smt. Susan Mathew (Physics) and those who are taking classes for the second year are Ms. Athira (English), Ms. Linda Therese Luiz (Sociology), Smt. Mary Vinaya (Physics), Dr. Soja Luiz (Zoology) and Smt. Betty Joseph (Statistics). For each year teachers engage 8 sessions and give all the support to the respective students. The college has received a sum of 1,21,000/- as the SSP grant for the year 2015-16.

### Additional Skill Acquisition programme ASAP

Additional Skill Acquisition programme (ASAP) is a Government Supported Training Programme with the Department of English. This 21 day Communicative English trainer program of ASAP was conducted in St. Teresa's College, Ernakulam from 23rd April 2016 to 13th May 2016.

Additional Skill Acquisition Program (ASAP) is an initiative of the government of Kerala in association with higher education board. This ambitious project named State Skill Development Project is to equip its young population with skills in cutting edge sectors in order to effectively alleviate the unemployment problem in the state. Training partner scheme (TPS) of ASAP is to encourage Departments of English functioning in various colleges to develop qualified professionals for prospective Skill Development Executive selection. The objective of the scheme is to train and develop professionals selected through campus recruitment.

The topics covered were Communicative English, Presentation skills, Confidence Building, Skills of Persuasion, Knowing Oneself, Thinking Creatively, Time and Stress Management, Understanding and Building Relationships, Emotional Intelligence, Positive Thinking, Being Cheerful, Tolerant, Assertive and Flexible. Topics on preparing for an interview, facing Interview, writing resume etc were also covered.



Additional Skill Acquisition programme ASAP

*□ I am not afraid of storms for I am learning to sail my ship □  
- Louisa .M. Alcott*

## Awards and Scholarships

The college ensures that the underprivileged students avail of every scholarship offered by the government. In addition, the college and its well wishers have instituted a series of scholarships for the deserving and needy students. It is a matter of immense fulfillment that 60 % of our total student strength avail scholarships under various schemes, thanks largely due to the interest, initiative and efforts of the management. The college also offers various other scholarships such as SC/ST, OEC, FC, SEBC, JNB Trust, Stars, Alumnae, Platinum Jubilee, PTA Endowment scholarships and other Special Scholarships.

Some of the students of our college have availed the Prathibha Scholarship, DST- Inspire Scholarship and other scholarships offered by the Kerala Higher Education Council.

This year, Prof. Mercy Williams Memorial Excellence Award has been instituted by her family to be awarded to the Best Sociology Department in Kerala for Excellence in Social Outreach Programmes. Professor Mercy Williams was the former Head of the Sociology Dept. and the first lady Mayor of the Corporation of Kochi.

The SC/ST Monitoring Cell caters to the educational and financial needs of the SC/ST students with remedial coaching classes, distribution of free study materials and allocation of funds for purchase of study materials.

## Career Guidance Cell

The Career Guidance Cell disseminates information about the availability of jobs, about centres of excellence in higher education and provides clear guidance about employment opportunities. The cell arranges several orientation programmes to guide students for choosing suitable career options. On 19 January 2016, eminent career guidance expert, Dr. B.S.Warrier conducted a career guidance class. Other sessions on career opportunities were conducted by organizations like IMS, TIME Institute, Bridge, ETEN IAS, and Indian Institute of Mind Power Training (IIMPT). Career Launcher IBPS Pamphlet was distributed twice in the year.

The first interactive session was held by Mr. Eldo of IMS on various career opportunities. The sessions were held for 2nd DC students on 3 consecutive days from 9th -11th June 2015. On 17th June 2015 the Career Guidance cell of the college organized a one day orientation programme for all III DC students by Mr. Pranab M Das of the Indian Institute of Mind Power Training (IIMPT), Bangalore.

On 25th June 2015, the Career Guidance Cell organized a talk by Smt. Sujatha Sunil Kumar, an International Education Marketing & Sales Management Professional, of the LEEDS University, UK for the final year students of both PG and UG. On 26th June 2015, Mr. Rangunath Krishnan of TIME institute, gave a talk on the topic Options for Higher Studies in UK and 'Job opportunities in the banking sector' exclusively for the science students.

A career guidance workshop, 'Bridge Employability Enhancement Program' (BEEP) was organized by the organisation 'Bridge' at the college on 13th July 2015 for the Economics and Commerce students. ETEN IAS in association with Pearson and ALS alternative Learning Systems distributed pamphlet and registered students for an 'IAS Mock examination' on 12th July 2015.

A session on career guidance class was conducted on 20/7/2016. The class was lead by Smt. Lakshmi Mahajankatti from Career Launcher. She gave an introduction on career launcher, headquartered in Delhi. She briefed the students on the job opportunities in the Government sector.



Class by Career Launcher

A seminar on "How to crack civil services examination" by Dr.Khan was organized by Yuvaan institute of Management Studies (P) Ltd on 23rd July 2016 at Arts Block auditorium of the college. It was an interactive session and about 300 students from different colleges in and around Ernakulam attended the seminar.

ETEN IAS in association with Pearson and ALS alternative Learning Systems conducted a one day talk on "How to Crack IAS "on 27th September 2015 .On 25th November 2016 a class was organized for Economics and Commerce stream by the Indian Institute of Logistics.

The Career Guidance Cell conducted a 4 day career orientation programme from 8th- 11th December 2015 on topics like bio-data preparation, employability factors and logistics, strategizing career moves, exploring higher studies and career options, career profile mapping, effective communication, etc. On 19 th January 2016, a Career Guidance Training was held by Dr. B. S. Warriar for the third year and post graduate students.

As a part of the activities of the Career Guidance Cell, an inter departmental talk was conducted on the M. Tech courses offered by the Amrita Institute on 27th January 2016.The Cell organized an interview preparation by Radio Mirchi for the students of the college on 10th March 2016.

## Placement Cell

Many reputed companies from in and around Kerala come for recruitment drives to the college. Wipro, Sutherland Global Service, TCS are some of them. This year, out of 438 students who have registered with the placement cell (2015-16),166 students have got selected in the various recruitment drives i.e., the placement rate of the college is 38%.

On 10th September 2015, 20 students qualified the WASE/ WISTA recruitment drive conducted in the College by WIPRO Technologies. Maria Tisma K.M, BSc Botany got selected. Eighteen students got selected in the WIPRO Technologies (WASE-WiSTA) campus drive held in the college on 29th January 2016.On 29th January 2016, WIPRO Technologies Step-up recruitment drive short listed four students from the arts stream. Four students got selected in the Additional Skill Acquisition Programme (ASAP) of Govt. of Kerala

Maria Kuruvilla, BSc Computer Applications was selected for the Scholar at SAP with BITS Pilani drive held on 14th October. Students selected in Sutherland Global Service recruitment drive held on 23rd November were 37 for non voice and 33 for voice.Thirty one students were selected in the Concentrix Daksh Services India Private Limited held on 10th December. Anu V Shenoy of BSc Chemistry got selected to Infosys. Elsa Roy,M.Com was selected in the KPMG recruitment drive held on 17th December, 2015 for M.Com students

Tata Consultancy Services (TCS) conducted recruitment drive on 26th November 2015. Forty one students got short listed for the interview. Out of this 17 students got selected Three students were selected in the Open Ignite Platform of Tata Consultancy Services (TCS). Darsana Jayraj, BSc Computer Applications got selected in TCS as Management Trainee.

*□Child by child ,we build the Nation.□*

## Walk with a Scholar Programme (WWS)

The Walk with a Scholar Programme is a government sponsored scheme to arrange specialized mentoring for students in undergraduate programmes. Students of the first year alone are included in this scheme. Students should have at least 60 % marks at the plus two level. The number of students identified under this scheme should not exceed 30.

WWS Programme for the year 2015-16 started with a talk on “ Personality Development” by Mr. Sooraj Abraham, Project Manager , Plan @ earth, on 16th July 2015. The session was claimed by the scholars as very enriching and inspirational.



Mr. Sooraj Abraham in the session on Personality Development

A talk on “ Career Guidance “ by Mr. Binod Krishnan Purushothaman, Senior Manager-HR, Cognizant Technologies, was held on 18th August 2015 . On 22nd September 2015, a session on ‘Effective communication skills’ was given to the scholars. The resource person was Mrs. Sajitha Rasheed, senior soft skills trainer. The session began with an insight into the concept of communication and an analysis of effective communication skills.



Session on Effective Communication Skills

The WWS session held on the 7th of December, 2015 for the second year scholars was conducted by Mr. Premchandra Pilla, Corporate Trainer, Thiruvananthapuram.. The session envisaged the techniques that help enhance one’s performance in exams.

A motivational workshop was conducted for the scholars of first year degree class by Mr.Jijo

Chittadi, an award winning motivation trainer on 14th December 2015. The class was basically on the unimaginable power and uniqueness of each individual. The three thematic schemas which ultimately was conveyed include-Respect parents', 'Never give up', and 'Believe in yourself'.



Session by Mr.Jijo Chittadi

A class on Preparation for competitive exams was conducted by Mr. Jinish P. Joseph on 15th December 2015. It was mainly on how to easily track questions while appearing for a competitive exam. On 16th December 2015 there was a talk on "Wisdom From The West" for the scholars, in which, the resource person was Dr. Rajeev Jayadevan. Here was a session on "Losers can be winners" handled by Mr. Jijo John, Principal SRV Vocational Higher Secondary School on 16th December, 2015. On 6th January 2016, there was a session on 'Game to Game' for scholars in which the resource person was Mr. Saneesh, Managing director, Edumitra. A one day workshop on 'Communication Skills' was handled by Dr. Rangarajan, Retd. Professor, Maharaja's College, Ernakulam on 16th January 2016. The discussions were mainly on the revolution in English language and the different dialects of the language. Various tips were introduced to put up the ideas of one's mind into words and also to use different synonyms to avoid repetitions of same word while communicating. There was a session conducted for the scholars on 20th of January 2016 on 'Developing informed insight for human development' by Mr. Vijay Menon, a motivational speaker. The inspiration has led the students to take up humanitarian endeavour of visiting the cancer ward of General hospital every Wednesday and donate medicines to the needy patients, by sacrificing their own personal luxuries.

### **Motivational Visit**

With a view of encouraging innovation in the youth, a visit to Start-up Village was organized for the WWS Scholars the 3rd of February 2015. Start up village is an initiative to build and bolster ideas that spark innovative minds. The students were exposed to the world of start-ups; start up culture and the ways of exploiting the cyberspace. Thirty scholars from both Arts and Science streams participated in the Motivational Visit. The WWS students were inspired to think and make a paradigm shift by using the tools of technology.



An interactive session with Start Up Mission Personnel

## Inter-Collegiate Fests/ Competitions organized

A number of Inter Collegiate Fests and Competitions were organized by the various departments of the college. To mention a few, The Hindi Association organised an Inter Collegiate Fest, Sadbhavana Parv to commemorate the 67th Republic Day celebrations. The students of Bharatmata College and Cochin College secured the first and second place respectively for the Patriotic Song Competition.



Inter Collegiate Fest - Sadbhavana Parv

Dr. Annie Joseph Vallamattom Memorial Intercollegiate Project Presentation Competition was organized on 1st October by the Department of Physics in memory of the former Head, Dr. Annie Joseph Vallamattom.

The Department of Malayalam conducted 'Vayanadinacharanam' which was inaugurated by eminent screenplay writer and film critic, Mr. John Paul which also included an exhibition of books.

The Department of Mathematics in association with Homi Bhabha Centre for Science Education (TIFR), Mumbai hosted the Madhava Mathematics Competition 13 December 2015.

on 7 August

### La Fête Francophone

The All Kerala French Fest 'La Fete Francophone' an inter-collegiate inter-school fest was organised by the Dept. of French for the students who learn French as second language was organized by the students of the department of French on 7th August 2015 to celebrate French culture with a mixture of literary, culinary and cultural events.. Students from various schools and colleges participated in the fest.

## Emporium 2016

On 2nd February 2016, PG Department of commerce conducted the commerce fest named Emporium 2016. The fest was inaugurated by Mr. Siju Kuruvila George (startup village) and Mr. Sanju Shiva Ramamn (cine artist). Various competitions conducted were password (quiz), insta ad (adzap), cardomanic (card designing), corporate walk (fashion show), best manager, corporate roadies (surprise event). Around 200 colleges were invited and about 450 students participated in the fest. The total cash award was worth Rs 43,000. Marian college, Kuttikanam walked away with the over all championship and trophy



Commerce Fest 'Emporium 2016'

The Department of Commerce (Regular) organized an Inter-collegiate Fest 'Etincelle 2k16' in January. Smt. Sheila Kochouseph Chittilappilly, the Managing Director of V-Star inaugurated the event and delivered a talk on Women Entrepreneurship.



Inter-Collegiate Fest 'Etincelle 2k16'

## Inter Collegiate Art and literary Fest

'Panache' - The annual Panache 2015, the annual inter-collegiate competition for the Sr. Therese Marie Ever-Rolling Trophy organized by the Dept. of English, was held on 11th September, 2015. Ms. Aparna Gopinath, the popular cine artist, was the chief guest of the event and inaugurated the same. Dr. Tessa Anthony C., the Head of the department, presided over the inaugural function. Over 100 participants from 30-odd colleges participated in the events.



Inter Collegiate Art and literary Fest –'Panache'

### Inter Collegiate Quiz on Wildlife and Environment

The Zoology Association, along with Directorate of Field Publicity, Govt. of India , Rotary Club Cochin South organized an Intercollegiate Quiz competition on the topic 'Wildlife and Environment' for the UG/PG students, on 12th August,2015. Students from various colleges participated in the Quiz. A preliminary round was conducted to select top 6 teams from which the winners were selected for the final Quiz. The winners were awarded, Rev.Sr.Rosalind Memorial Ever Rolling trophy and prize.



Inter Collegiate Quiz on Wildlife and Environment

### Intercollegiate competition -Best Outfit from Waste

The Women's Study Centre conducted an intercollegiate competition on January 23rd ,2016 based on the theme " Best Outfit from Waste" for the " Knowledge Fair 2016"



Intercollegiate competition -Best Outfit from Waste

## Kaleidoscope 2015

The department of Women's studies conducted a Graduation show of B.Sc Apparel and Fashion Design students and Post Graduate Diploma in fashion designing students titled 'Kaleidoscope 2015' on 26th June, 2015. An exhibition cum sale of products like cane products, terra cotta products, garments, home furnishings, and accessories, were also organized in connection with this.



Graduation show by the students of Apparel and Fashion Design - Kaleidoscope

## SPORTS

St. Teresa's College is proud to have International, National, State and University level champions excelling in the Physical Education Department. Our College has secured the seventh position among 175 colleges in the M.G. University for overall achievements in sports for the academic year 2014-15.

At the International level, Chelsia Johnson of II Year Sociology represented India in the Asian Senior Baseball Championship held at Korea in August.

At the National Level, Anisha Shaji from the Dept. of English Literature, Cicily Ancy C A from the Dept. of Sociology and Saranya K C from the Dept. of Economics represented Kerala and secured the second position in the Federation Softball Championship held at Punjab from 13 to 15 June.

Ashna Roy from the Dept. of History represented Kerala and secured the third place in the Singles and Team Championship in the South Zone Interstate Championship held at Pondicherry.

Sivangi Raj from the Dept. of Communicative English was in the M.G University team which won the South Zone Interuniversity Table Tennis Championship held at Velloor, Andhra Pradesh in January. She has qualified for the Inter Zone Table Tennis tournament to be held in Bhopal. She also secured the second prize in the Inter Collegiate Table Tennis Tournament at Govt. Engineering College, Painav.

Snehamol KB from the Department of History has been selected to the National Handball Team.

The college Badminton Team won the First Position in the M.G University Intercollegiate Badminton Championship held at Mar Thoma College, Thiruvalla on 25 September.

Aswathy T.K from the Dept. of Economics, Sethulakshmi and Snehamol K.B from the Dept. of History represented M.G University and won the fourth position in the South Zone All India Interuniversity Handball Championship held at Chennai in January.

The college Kabaddi Team won the Second position in the M.G University Intercollegiate Kabaddi Championship held at BCM College, Kottayam in October.

The college Cycling Team won the Second Position in the M.G University Intercollegiate Cycling Championship held at SD College, Kanjirappally on 31 October 2015. Ann Stanya Louis from the Dept. of English Literature and Christina Louis the Dept. of Chemistry bagged the Individual Champions from the Cycling Championship.



Ann Stanya Louis and Christeena Louis  
M.G University Cycling Champions

The college Handball Team won the Third Position in the M.G University Intercollegiate Handball Championship held at Marthoma College, Thiruvalla on 31 October.

The college Volleyball team won the Ernakulam Senior District Volleyball Championship held at Kothamangalam on 22 November.

The college Baseball team won the M.G. University Intercollegiate Baseball Championship held at Kottayam on 19 January 2016 and also won the Ernakulam District Baseball championship held at Parade Ground ,Fort Kochi on 6 January.



Chelsea Johnson – representing India at the Asian Senior Baseball Championship



College Badminton Team -M.G University Winners



College Baseball & Softball team -M.G University  
Baseball Winners and Softball Runner Up



College Table Tennis Team-  
M.G University Runner Up



College Yoga Team-M.G University Runner-Up



M.G University Handball 3rd Position



Saranya, Anisha, Akshaya, Cicily, Chelsia – Senior National Baseball Championship



Sruthy K.P -South Zone Interstate Badminton Championship

# TERESIAN SOCIAL COMMITMENT



St. Teresa's College envisions a life-oriented education that empowers students to respond proactively to social concerns as agents of transformation and development at different levels of life. We have always believed in a system of education that not only imparts sound academic values but also nurtures a humanistic world view which inspires the students to become socially responsible citizens who utilize their knowledge and skills for the empowerment of the underprivileged sections of the society.

One of the finest examples of the Teresian commitment toward social causes is the 'Teresian Outreach Programme (TROP)'. This is a unique Teresian project to reach out to the marginalized and under privileged communities of Panangad, Vypeen, Karuthedam, Kuzhupilly etc.

The aim of the Teresian Outreach Program (TROP) is dual, focusing on the need to uplift the underprivileged in the community, and at the same time inculcate in students the values of service, commitment to the community and society, thereby conscientising them on the needs and demands of the country at large. Teresian Outreach Program (TROP) for the year 2015-16 focused on women empowerment, skill development, training programmes on varied aspects such as environmental awareness including waste and water management, personality development, social security schemes in rural areas, e-commerce applications, computer literacy, kitchen gardening, simple mathematics, e-governance training, proficiency in English and communication skills, learning disabilities, develop scientific aptitude of students, awareness on cancer, nutrition, health, sanitation and hygiene, lifestyle disorders, etc.

The various departments of the college took up a theme and adopted an area, and students and staff were actively and enthusiastically involved in fostering a link between the community and the college and addressing the needs of the community by coordinating with the parish / Kudumbasree units of the respective areas. The target groups of the programmes included women and students of various schools. The majority of the programmes were held in the adopted rural areas while some were held at the college (Computer literacy to facilitate better learning with appropriate infrastructure).

The outreach programme focused on key areas such as academic improvement and skill development, nutritional awareness and health care, environmental consciousness and awareness campaigns. Eco-friendly initiatives were also a highlight of this year's activities. Outreach activities also included visits to children's home, special schools, general hospital, conducting eye camps, computer literacy classes for underprivileged students of government schools and so on.

## e-JAALAKAM - Initiatives towards e-Governance

e-Governance lays the foundation and provides the impetus for long-term growth of the country. It also promotes corrupt free-responsible government which helps in achieving economic growth and development. This aims at enhancing inclusive development which includes various sections - physically disadvantaged, women and other groups - in governance and development activities e-Jaalakam Website Launch At K .E, College, Mannanam

e-Jaalakam always had the efficacy and interest in developing common citizens to digitally literate citizens. In its journey towards this aim, today Mahatma Gandhi University (MGU), Kottayam in co-ordination with the National Service Scheme (NSS) Unit, is trying to take e-Jaalakam to another level with the help of NSS Volunteers from different colleges under MG University.

On 11th December 2015, the project "Thaane Thurakkam Arivinte Jaalakam" aiming in promoting e-Jaalakam to maximum students, was inaugurated by MG University Vice Chancellor Dr. Babu Sebastian, along with the launch of e-Jaalakam website, at K E College, Mannanam. Pro Vice Chancellor Dr. Sheena Shukhoor, Dr. Nirmala Padmanabhan, Head, Department of Economics, St. Teresa's College, and Dr. K Sabukuttan, Programme Co-ordinator presided over the inaugural function.



e-Jaalakam Website Launch

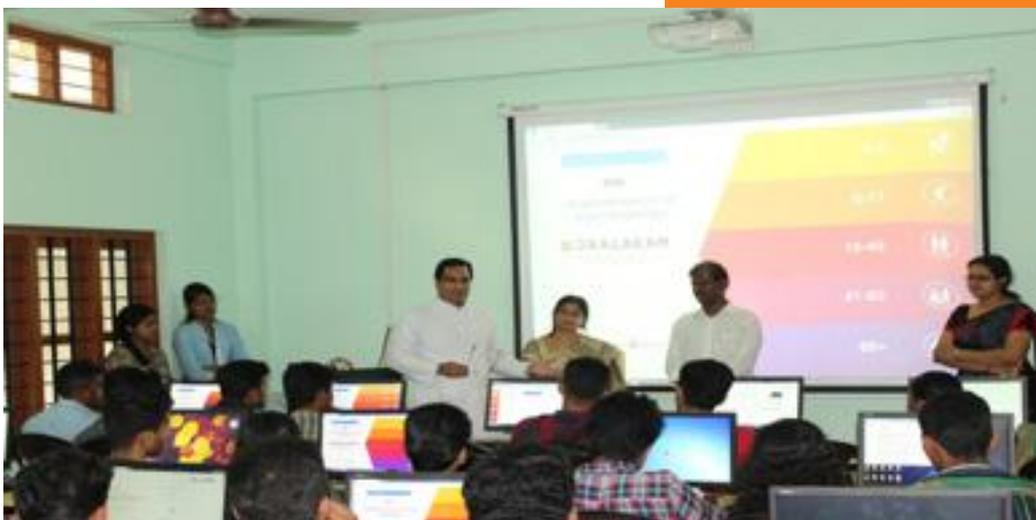
A copy of the Vivaranidhi Handbook published by the Department of Economics, St. Teresa's College along with the NSS Unit, MGU was handed over to the NSS Volunteers.



Vivaranidhi Handbook hand over to the NSS Volunteers

Later in the afternoon, the e-Jaalakam training session to the NSS Volunteers from various

Colleges in Kottayam district was conducted, under the supervision of Dr. Nirmala Padmanabhan, Ms. M Renuka and MS. Priyanka T R. The e-Jaalakam Master Trainers, Maria Ashmi, Shilpa C P, Ardra J, Aleena Shibu, Alna Joy, Aleena Tom, Meera Unnikrishnan and Donna Denny took classes on yhe various e-Services provided by the government through the website launched to the gathering. The session was very interactive and the volunteers were really interested in knowing each services. VivaraNidhi was distributed to the audience. An e- governance training session was conducted in Vaduthala on September 27th 2015.



e-Jaalakam training session to the NSS Volunteers



e-jaalakam training session



The e-jaalakam session held on the 1st of October, 2015 was conducted in Prajyothi Nikethan College, Pudukkad, Thrissur

### Digital India Week Celebration

The Department of Economics, St. Teresa’s College, celebrated Digital India Week by organizing the following programmes in and around the college as part of Digital India, a project of Government of India aimed at transforming India into a digitally empowered society with digitally literate citizens.

One day camp for opening Digi-lockers on June 30th 2015, which provided an opportunity to staff and students of the college to open Digital lockers which are meant to keep various valuable documents like IDs, licenses, degrees, mark lists etc., digitally with sufficient authentication by the concerned department/ organization/ University.

Debate on the topic “Digital India-Prospects and Problems” on 6th July 2015, shedding light on matters such as creation of digital infrastructure, delivery of governance on demand, and digital empowerment of citizens

One day workshop on “Towards Digital India through e-jaalakam” was inaugurated by district collector Sri. M.G Rajamanickam. e-jaalakam members organized a digital inclusion programme. The initiative was supported by Kerala State IT Mission and Akshaya District Project Ernakulam



Digital India Week Celebration

## Energy management awareness campaign: Urja Kiran

Bhoomitrasena Club and the Department of Physics organized an energy management awareness campaign named Urja Kiran on 14 January 2016. It was funded by the Centre of Environment and Development (CED) and Energy Management Centre – Kerala (EMC). An awareness class on energy management and energy efficiency and a workshop on LED assembling were conducted.



Energy management awareness campaign - Urja Kiran

## Launch of Social Security Schemes

The Department of Commerce hosted a National Level Programme on 'Launch of Social Security Schemes': Pradhan Mantri Jeevan Bima Yojana, Pradhan Mantri Suraksha Bima yojana, Atal Pension Yojana. To reenergize the scheme, as per directive of Govt the Lead Bank- Union Bank conducted the programme on 21.07.2015 at St. Teresa's College Auditorium.

To ensure social security, Finance Minister while presenting the budget 2015-16 had announced the implementation of three new low cost insurance/pension schemes. The three new social security schemes pertaining to the insurance and pension sector, namely the Pradhan Mantri Jeevan Jyoti Bima Yojana (PMJJBY), the Pradhan Mantri Suraksha Bima Yojana (PMSBY) and an old age income security pension scheme, the Atal Pension Yojana (APY) were officially launched by Hon'ble Prime Minister on 09th May, 2015 at Kolkata.

Shri. U .Chiranjeevi, GM, Reserve Bank of India presided the function and inaugurated the function by distributing the policy to Dr. Sr. Vinitha, Director, St. Teresa's College (Autonomous). Shri. R.Nellaiappan, DGM, Union Bank welcomed the gathering and Shri R. Muthuvel, DGM, SBI, Shri Vasu, DGM, SBT, Shri P Biju, Divisional Manager, LIC felicitated. Briefing on the Launch was made effective by Dr. Sajimol Augustine, Principal, St. Teresa's College (Autonomous). Powerpoint presentations by experts made the function more interactive. People from various sectors attended the function. Stalls by different banks were there from morning and the interested persons utilized it.



www.nallarelations.com



Launch of Social Security Schemes

**Documentary film screenings**

The Sociology department was engaged in awareness building regarding social issues through 'The Colloquium series of documentary film screenings and interactions with filmmakers and social activists'. Some of the documentaries shown were Life in a Day, Red Data Book: An Appendix (tribal issues in Attappady), Get Up Stand Up (resistance to nuclear reactors), Don't Be Our Fathers (Dalit issues) and Documenting Reality. Interactions were held with documentary film directors Sreemith N., Roopesh Kumar and Amarnath Sandipamu on a range of socio-political issues.

An interactive session was conducted on the Recent Women's struggles in Munnar with Ms. Thampatty Madhusood, freelance researcher and activist discussing the Penbillai Orumai strike of women tea plantations workers in Munnar with students.

Students were given an Orientation to the activities of Plan@Earth NGO to sensitize them to the issues surrounding waste disposal and recycling of various materials.

Health and Nutrition awareness programmes

Students of PG Diploma in Clinical Nutrition and Dietetics conducted nutritional awareness program for elderly women in association with 'Penma', Women's Organization, Kalamassery, on 03/07/2015. They also conducted nutritional awareness program for mothers of Adolescent girls at M.E.S Quarters, Velli, Fort Kochi on 15/07/2015.



Health and Nutrition awareness programmes

A programme was also conducted a nutritional awareness program for preschool children and their mothers at ICDS anganwadi, Thrikkakara on 22/07/2015.



The department set up a diet clinic in "Raahgiri" – an event for a social cause at Shanmugham road on 01/05/2016 from 6.30 a.m to 12.00 noon. The diet clinic was open to the public and it included medical checkups like Blood Pressure, height, weight, BMI, blood sugar and diet counselling according to the condition of the participants. This venture received a great positive response from the public.



Raahgiri – event for a social cause

The department organized a one day awareness talk on "Life Saving First Aid(CPR) and Trauma First aid on 29th May 2016. The resource person Dr. A.P.Varma , faculty to Red cross for St. John Ambulance First Aid training since 1984 has 32 years of experience in training life saving methods and CPR.



Talk on "Life Saving First Aid

## Awareness Programme

World Sight Day 2015 - In connection with the World Sight Day 2015, an awareness programme was organized by the Zoology Association and SSM Eye Research Foundation, in association with Giridhar Eye Hospital, Kadavanthra, on 7th October 2015. Dr. Vinay Sukumara Pillai of Giridhar Eye Hospital gave a talk on the importance of Eye health.



Awareness Programme – World Sight Day 2015

## Diafest 2015

was organised by the Department of Home Science in association with the Research Society for Study of Diabetes in India at Rajiv Gandhi Indoor Stadium, Kochi from 31 July to 4 August 2015. Ms. Ben Joe Vattathara, made wax exhibits focusing on the ill effects of Junk food for “Diafest”. Ms. Ani Thomas Thottan served as resource person for the class on “Goals of medical Nutrition Therapy in Diabetes mellitus”

## Hair Donation campaign for cancer patients

Renowned Cine Artists Manju Warrier and Rima Kallingal visited the college to pledge their support for cancer patients and the activities of the organisation, Canserve in connection with the Locks for Hope- Hair Donation Campaign on 14 October 2015. Ms. Padmapriya Menon of II BA History became a role model by donating her hair for the cause.





■ Teresians to donate hair in solidarity with cancer patients

# Manju, Rima pledge support

VINOD NEDUMUDY | DC KOCHI, OCT. 19

The Best and Fabrics of the forthcoming Ashiq Abu movie to be released on October 24 will flock to the St. Teresa's College (Autonomous) campus next Wednesday to pledge their support to the Teresians' campaign for cancer patients.

At an event to be organised at the college auditorium at 11 am on the day in association with Canserve Charitable Society, a group of Teresians will donate their hair to support cancer patients who are in dire need of wigs. Actors Manju Warrier and Rima Kallingal will be present on the occasion to pledge their support for the cause. The Teresians are expected to be joined by students from a few other women's colleges in the district on the occasion.



Manju Warrier



Rima Kallingal

● The Teresians are expected to be joined by students from a few other women's colleges in the district on the occasion.

"Hair loss visits cancer patients after they undergo chemotherapy. Many such women from the less-privileged classes are unable to afford wigs that are available in the market as the price is on the upper side. However, to go to their workplace, these women need wigs. So we thought of providing wigs at afford-

able rates using the hair donated in this manner," said K Sethuraj, a volunteer of Canserve Charitable Society. Saja P Nair, secretary, Canserve Charitable Society, who is also a cancer survivor and faced hair loss during chemotherapy, said wigs readily cost up to Rs 30,000. "We hope to provide each wig for less than Rs

1000 using the donated hair to poor patients. Fortunately we got Manju Warrier and Rima Kallingal to support our cause. Those who are willing to donate hair should ensure that the length of the hair donated should have a length of 18 inch and it should be shampooed and conditioned. If people arrive after cutting their hair, then it should be secured with a hair band," said Saja Nair.

# 'ലോക്സ് ഫോർ ഹോപ്പ്'

## കാൻസർ രോഗികൾക്ക് മുടി ദാനം ചെയ്യുന്ന കമ്പയിന് തുടക്കം

വിൽ ചെയ്യുന്ന കമ്പിയിൽ വിദ്യാർത്ഥിനി പങ്കെടുത്തു. മുടി ദാനം ചെയ്യുന്ന കമ്പിയിന് തുടക്കം

കാൻസർ രോഗികൾക്ക് മുടി ദാനം ചെയ്യുന്ന കമ്പിയിന് തുടക്കം. വിദ്യാർത്ഥിനി പങ്കെടുത്തു. മുടി ദാനം ചെയ്യുന്ന കമ്പിയിന് തുടക്കം.

കാൻസർ രോഗികൾക്ക് മുടി ദാനം ചെയ്യുന്ന കമ്പിയിന് തുടക്കം. വിദ്യാർത്ഥിനി പങ്കെടുത്തു. മുടി ദാനം ചെയ്യുന്ന കമ്പിയിന് തുടക്കം.

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കാൻസർ രോഗികൾക്ക് മുടി ദാനം ചെയ്യുന്ന കമ്പിയിന് തുടക്കം. വിദ്യാർത്ഥിനി പങ്കെടുത്തു. മുടി ദാനം ചെയ്യുന്ന കമ്പിയിന് തുടക്കം.

Hair Donation campaign for cancer patients by Canserve Charitable Society and St Teresa's College

Signature campaign to spread awareness about prevention of AIDS - The Youth Red Cross Society conducted World Aids Day on 1 December 2015 by initiating a signature campaign in the college to spread awareness about the prevention of AIDS.



Signature campaign to spread awareness about prevention of AIDS

## Green initiatives of the college

Taking the green auditing report as a base line for the action plan to be evolved till the next environment audit, the findings and recommendations of the audit committee had been forwarded to the management. On the request of the IQAC an environmental policy is being formulated by the management of the college. The services of the Bhoomitra Sena Club were invited to carry out the follow up and ensure that the shortlisted suggestions of the audit committee were implemented.

It was further decided that the EVS syllabus designed and proposed by the UGC would be incorporated into the curriculum of 2016-17 for all the UG programmes.

The College won the Paristhithi Mithra Award instituted by CEERD, St. Stephen's College, Uzhavoor and the Suchitwa Haritha award instituted by Mithradam and Rajagiri Outreach in recognition of its innovative greening initiatives to make the campus eco-friendly in 2016

### **Awareness Campaign: Healing the Ozone-protecting the life on earth**

The Dept. of Home Science conducted an Awareness Campaign sponsored by Kerala State Council for Science, Technology and Environment on 'Healing the Ozone- Protecting the Life on Earth' from 16 to 18 September. A one day seminar on 'Healing the Ozone-protecting the life on earth', an Inter-departmental environment quiz competition, a competition on 'wealth from waste' and 'trash to treasure' were conducted for encouraging ideas on recycling goods to create awareness on preventing waste and environmental pollution.





Awareness Campaign: Healing the Ozone-protecting the life on earth

The College has encouraged various clubs and cells to organise innovative programmes to make the campus eco-friendly. As a result many clubs and cells have come up with initiatives and programmes that have borne much fruit and proved effective. Special mention needs to be made of the Bhoomitra Sena (Nature) Club and the NSS.

### **BMS (Bhoomitra Sena Club)**

The College aims at grooming socially responsible and environmentally conscious young women who value the bounties of nature and strive to preserve them. Such moulding is being done by various departments and particularly by the Bhoomithra Sena Club. Bhoomithra Sena Club (Code No: 107/EKM/05/10), formed with support from Directorate of Environment and Climate Change, Government of Kerala, strives to promote green citizenship among its members as well as citizens in general. Through these, the college has been organizing nature camps, seminars, debates, lectures, quiz programmes on environmental issues and actively working to initiate change in students and in varied localities. Green initiatives of the college have focused mainly on scientific waste management and energy conservation. Activities for 2015-16 were carried out in three functional categories: Solid Waste Management, Energy Conservation and other environment related activities.

### **Bhoomithram Sanchi Project**

Bhoomithram sanchi is a small fist sized compact bag made of cloth which is designed in various shapes. The project aims at encouraging all people to have this in their handbags/pockets so as to reduce plastic waste generated. Kudumbasree members of the anti poverty cell in Cochin corporation are currently being trained in stitching these bags.

The objective is to make the use of bhoomithrasanchis (cloth bags made from old clothes) a fashion among all the students of the college and school students in the district, thereby reducing the volume of non recyclable plastic waste being generated in Kochi city at present. Kudumbasree members were given training for stitching these bags and popularising its use among various segments of society such as students, residents associations etc. Seventeen training sessions were given both within and outside the college, covering five districts of Alleppey, Ernakulam, Kottayam, Trichur and Palakkad Awareness classes were conducted by the Bhoomitra Sena members in 10 higher secondary schools

The Bhoomitra Sena Club hosted the 'Bhoomithra- Joining Hands with Nature campaign' on 22 July with an aim to reduce the use of plastic and spread awareness on the hazards of plastic usage. Dr. Nirmala Padmanabhan, HOD, Dept. of Economics introduced the Bhoomitra Sanji, a cloth bag which is a Kudumbasree initiative to replace plastic bags. The cloth bag was designed by the faculty members of the Women's Study Centre



### **Solid Waste Management**

The faculty in-charge of BhoomitraSena club is conducting a research on "Role of the Local Governments in Solid, Liquid Waste Management and Environment Protection-A Study of Panchayats in Kerala". As part of the research, waste audits were conducted in the following Panchayats. Chemical analysis of water quality was also done in sample water bodies since the first sign of environment stress will be reflected in water quality at Nenmeni Panchayat, Wayanad, Marutharod Panchaya, Palakkad, Ezhikkara Panchayat, Ernakulam, Kanjiramkulam Panchayat, Thiruvananthapuram.

### **Ezhazhakilekku Ezhikkara -Programme on Waste Management**

Bhoomithra sena club and Department of Economics initiated solid waste segregation and management of plastic waste in ward 10 of Ezhikkara panchayath under the "Ezhazhakilekku Ezhikkara" programme. It was launched by cine artist Kavya Madhavan on 04-02-2016.



Ezhazhakilekku Ezhikkara -Programme on Waste Management

The project aims at encouraging households at Ezhikkara Panchayat in Ernakulam district to implement segregation of solid waste and hand over plastic waste for recycling and safe disposal instead of burning, throwing or disposing in the nearby backwaters. The project which was started last year among 400 households in Ward 7 of Ezhikkara Panchayat was extended towards 390 households in Ward 10. BMC members conducted several awareness classes as a part of this project, and consequently plastic waste is being segregated by households, collected by Kudumbasree members and handed over to CREDAI Clean City Movement (CCCM) for recycling.

### **'E-waste'- Awareness and Collection Programme**

On 9th February 2016, Bhoomitra Sena club in association with NSS unit of St. Teresa's College organized an awareness program on the health hazards caused due to E-waste. On 11th February BMC and NSS unit of the college joined hands with the Cochin Corporation, collected E-waste from the college and handed it over to Cochin Corporation.



### **Promoting Green Campus**

Plastic-free Student Projects: The Economics department of St. Teresa's college promotes the greening of the campus by encouraging students to submit plastic free dissertations. Instead of a plastic bound cover students use chart papers and other paper materials to cover their projects.

### **Best of Waste**

Teresian Week Competition: A unique attempt at incorporating environmental concerns into the Annual Teresian week competitions, was made in response to the request made by BMC club. One of the competitions was 'Best of Waste' where contestants had to design useful products from various waste articles given to them.

The World Environment Day was celebrated by the NSS Unit in collaboration with BhoomitraSena on June 5, 2015. An intercollegiate training workshop on ecofriendly bag making was organized for NSS Volunteers. Fifty seven volunteers from 22 colleges attended the workshop.

The NSS Unit of St Teresa’s College created an awareness campaign for Energy conservation by designing a sticker which conveys the importance of energy conservation, encouraging people to switch off lights and fans after use. The volunteer secretaries pasted the sticker below the switchboards of every class and common rooms as well as all the departments on August 5, 2015.

A cycle rally for environment protection, in association with Kurishingal Church, Ochanthuruth was conducted on 11th August 2015 The Portuguese cyclist, Jose Hernani Moraro Cardozo who is visiting several countries on his cycle interacted with the volunteers.

NSS Volunteers visited Mitradam, an Institutional Partner of the International Society for the Promotion of Environment and Renewable Energy (ISPERE), on 18th September 2015, in order to generate a purview of energy conservation in the context of utilizing solar energy.

NSS Volunteers launched the initiative of ‘Organic Farming’, to promote pesticide free vegetables in the adopted village community of Ochanthuruthu, Vypin, Kerala, on Gandhi Jayanthi.

Taking into stride the slogan ‘Clean India Green India’, the NSS Volunteers of St. Teresa’s College, embarked on a cleaning campaign of boat jetty, Kochi, Ernakulam, thereby participating in the Swachh Bharat Abhiyan of the Government of India. On 2nd October, 50 volunteers participated in the cleaning of the premises of boat jetty and also interacted with the local people, creating awareness of a plastic free zone.

**Voicing concern against ineffective waste management**

Actor Sheela and Janaseva Shisubhavan joined St. Teresas College students to launch a stand-in strike in Kochi against the inability of authorities to implement an effective waste management plan. The college also hosted the program ‘Towards a waste-free Kerala’, along with Janaseva Sishu Bhavan on 8 February 2016. The programme was inaugurated by renowned actor, Sheela who is also a patron of the organisation. The deserving members of the Bhoomithra Sena Club and National Service Scheme were awarded the Janaseva Excellence Award for their exemplary effort to protect the environment.



Towards a waste-free Kerala

## NSS

The National Service Scheme aims at developing student's personality through community service. During the year 2015-16, the NSS of the College participated in 8 University level and 2 State level and 1 national level programme.

St. Teresa's College has won Best NSS Unit Award of M.G. University for the year 2014-15. This recognition from MG University is a reflection of the commitment to social causes by the NSS team under the initiative of Dr. Sr. Vinitha, (Principal) and Smt. Susan Cherian (Programme Officer). Ms. Rosemary, II BA Literature NSS Volunteer, St. Teresa's College (2013- 2015) was awarded Certificate of Merit at MG University level and State Level for her contribution to National Service Scheme of Mahatma Gandhi University during the year 2014-15.

Ms. Noumin K.N. and Ms. Aniya have been elected as the NSS volunteer secretaries for the academic year 2015-16. Dr. Nisha Vikraman, Dept. of Home Science and Dr. Sajitha Kurup from the Dept. of Sociology are the Program Officers



An Intercollegiate training workshop on eco friendly bag making was organized for N. S. S volunteers as part of World Environment Day on 5 June. An amount of Rs. 38,660/- was collected under the initiative of the NSS unit for the heart and lung transplantation of Kum. Ambily Fathima, MCom student of CMS College, Kottayam. The unit conducted a mini-camp from 31 July to 2 August 2015. On 11 August 2015 a Blood Donation camp was organised in collaboration with the Cochin South Rotary Club.





The NSS volunteers participated in the 'Walkathon' by Canserve to spread awareness regarding fighting cancer with a positive vigour. They also celebrated the International Day of Older Persons on 1 October along with 'Vayomitram', Scheme of Social Security Mission at Townhall, Fort Kochi. Taking into stride the slogan, 'Clean India, Green India' the NSS volunteers embarked on a cleaning campaign of the Boat Jetty, Ernakulam on 2 October 2015.

The NSS unit joined hands with 'Canserve', an NGO working for cancer patients in the 'Locks for Hope' campaign which focussed on donating hair for cancer patients. NSS volunteers imbibed the spirit of organic farming and took initiative by promoting pesticide free vegetables in the adopted village community of Ochanthuruth, Vypin.



Street play by the NSS on the International Day Against Drug Abuse And Illicit Trafficking

## NCC

The NCC unit has an enrollment of 52 student cadets during this academic year. Associate NCC Officer Lt. Dr. Seleena K V attended the Special National Integration Camp in Lakshadweep conducted by Kerala and Lakshadweep directorate. She was awarded the DG Commendation for the Best Associate NCC Officer of the camp.



On 3rd May 2015, 14 cadets passed the B certificate examination. Five cadets passed the C certificate exam on 6th June 2015.

From 18th – 28th January 2016, Cdt. Rishana Saffar attended the Republic Day Parade associated with the Special National Integration Camp at Delhi. Sgt. Linu Vincent was selected for the SSB Screening Test for NCC cadets held in Gwalior. She also attended the Officer's Training Academy Camp at Madras.

From 10th – 20th May 2015, 19 cadets attended Combined Annual Training Camp at Bhavans Newsprint School, Velloor. Cdt. Shilpa P S was selected as the second best cadet of the camp. From 30th May – 8th June 2015, Cdt. Suhana PN attended Advanced Leadership Camp in Kolkata, West Bengal.

Cdt. Anjumol K S and Cdt. Ditty Sebastian attended the National Integration Camp in Udaipur, from 25 October to 5 November 2015. Cdt. Suhana PN attended an Advanced Leadership Camp in Kolkata, West Bengal.

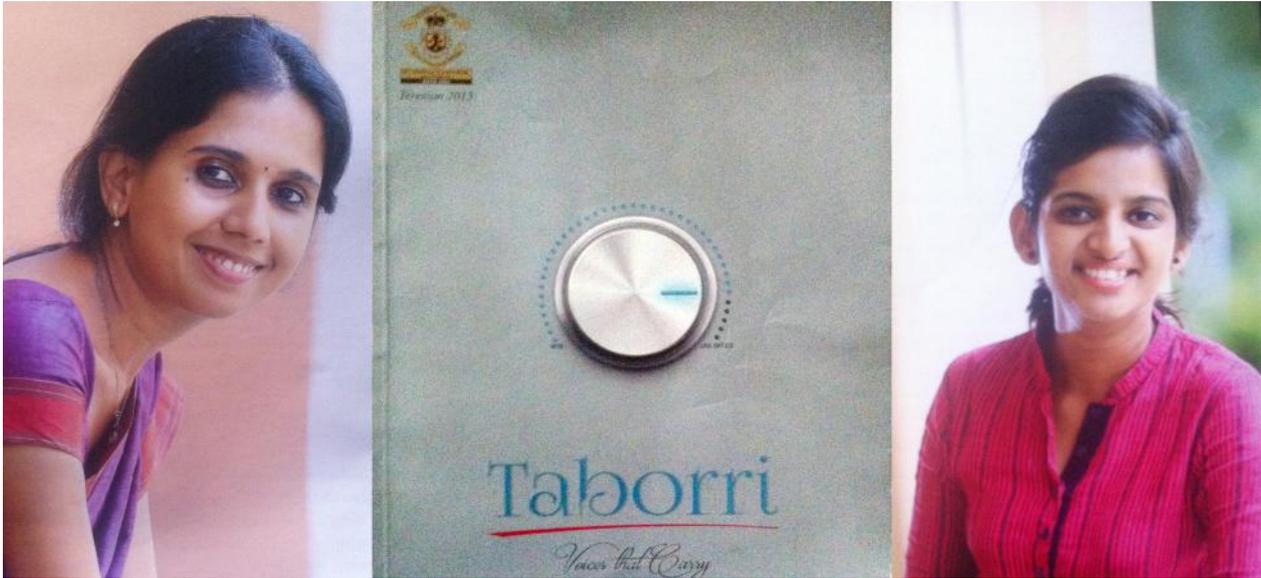
On 20th June 2015, the battalion organized one day camp for the international yoga day in our college. More than 450 cadets attended the camp.

The cadets have actively participated in the ANBOD Kochi, Chennai Flood Relief Programme and collected contributions for the Army Welfare Fund and has involved in many other activities. As part of the NCC Day celebration, the NCC Senior Wing Cadets organised a visit to Cherupushpam Old Age Home at Njarackal.

On 26th January 2016, 20 NCC cadets participated in the Republic Day Parade at Collectorate and the remaining cadets participated in the Republic Day Celebrations in the college.

### Taborri - The Navathy College magazine

The Navathy edition of Teresian College magazine - Taborri was released by Mr.M.P.Dinesh, City Police Commissioner on 8 September. Miss. Vidhu Mary John of the Dept. of English was the Chief Editor and Dona Denny of II B.A. Economics was the Student Editor.

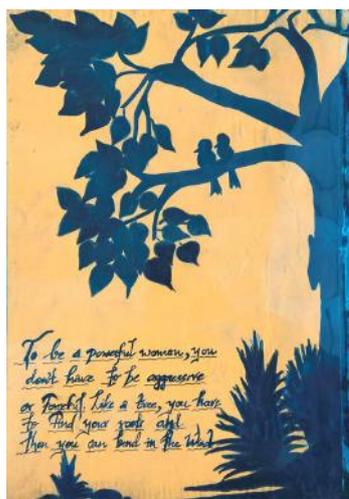
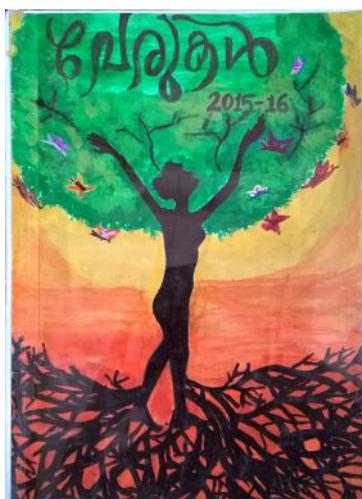


### Teresian Impact- The College News Magazine

The fourth edition of Teresian Impact, the college news magazine was brought out by the Department of Communicative English on 22 January 2016. Mr. Hibi Eden, MLA of Ernakulam Constituency released the news magazine during the inauguration of the knowledge Fair held in association with the Kerala State Higher Education Council



Verukal, the manuscript magazine of the Sociology Association was released on 9 December 2015.



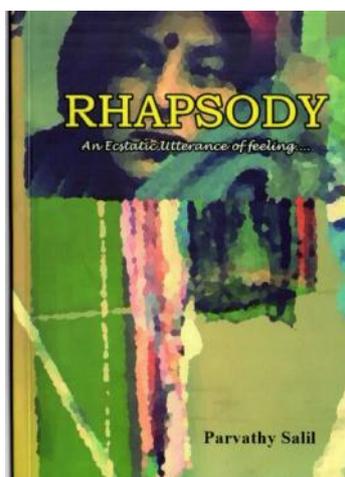
A handwritten magazine 'Nisarga' has been released by IDC chemistry students under the guidance of faculty in charge Dr.Saritha Chandran A. on the topic "Chemistry in everyday life". It was their initiative to spread awareness about the importance of chemistry in day to day life among other students.



Nisarga

### Book published by Student

Ms.Parvathy Salil, from the Dept. of Communicative English published a book named 'Rhapsody' which is an anthology of her poems. She also won the first prize for the Inter Collegiate Poetry Writing competition conducted by Darsana International Book Fair.



Ms.Parvathy Salil

## Taking 'ART' to 'HEART' - Fostering Art and Creativity for lifelong engagement

The implicit aim of Teresian education is the holistic development of young women. St Teresa's College aims to enable students to explore their talents, interests and creativity and enhance the possibility of personal success through academic as well as artistic ventures. The classroom teaching-learning environment is strengthened by co-curricular activities like debates and poetry writing and creative pursuits like music and dance. In broad terms, the skills and competencies discovered and developed by engaging in extra-curricular engagements instill confidence, creative thinking and a sense of self-esteem. In addition to fostering learning, these pursuits teach teamwork, discipline and offer opportunities for leadership roles. Interactions with peers from across different disciplines and ages provide an early training ground in negotiating differences, in inclusiveness and commitment. Thus in tandem with personal achievement, the college emphasises inculcation of creativity and team spirit in the students to prepare them for life as mature, responsible, and capable young women.

**The Arts Club** of St. Teresa's College conducts programmes that enable students to showcase their talents and to sensitize them towards the aesthetics of varied art forms. The Teresian Week – the annual cultural extravaganza is conducted every year. This college cultural fest is a competition across the different batches in the college.

### Music Club

The Music club consists of 345 members interested in vocal and instruments, both western and eastern. The Western Band is trained for various events by Dr. Beena Job, a pianist (Grade VIII Trinity College of Music, London) and professional trainer and lead vocalist of Rexband (a contemporary Christian Devotional Music group of 25 years standing with 16 albums and stage performances across 14 countries). The Eastern group has Mr. Suresh of the Bharatnatyam Department and professional musicians hired to train them.

### Writing Club

The poetry and creative writing clubs regularly conduct interdepartmental competitions to encourage the imaginative and artistic talents of the students

### Fine Arts Club

The Fine Arts Club of the college endeavours to train the students with technical skills and enable them to participate in university youth festival and various inter collegiate competitions. A mega fine arts exhibition cum sale - Creative Hunt 2015 was organized by students and alumni of St Teresa's college.

### Poets Club

The club conducted an interdepartmental poetry writing competition on the 23rd of September 2015. The topic "Cruelty of Time" was given and the students were given opportunity to write either in Malayalam or English. Carol Savio Fernanadez of III Literature got the first prize for English Poetry Writing & Divya Pius of III Literature got the first prize in the Malayalam category. Poet's club organized an interdepartmental poetry writing competition on 1-2-2016. The topic for the competition was "abayarthikal". Stephy Simon .A. of IIICD Mathematics was the winner

## The Debate Club

The debate club is a platform where the students can share their freedom of speech and expression in an open forum, engage in rhetoric on a variety of issues at the local, regional, national, and international level and expand learning in order to become more active and productive citizens.

The Debate club of the college has functioned keeping in mind the vision of providing opportunities to the students interested in social change and community organization, to discuss relevant topics and ideas, to engage in activities beneficial to their personal and professional development, and to increase the visibility of issues throughout the campus and community.

## Entrepreneurship Development Club

The Entrepreneurship Club organises events to facilitate the organizational and leadership skills of the students. The significance of values such as hard work, risk taking, and self-determination are reinforced. The club organized talks on 'Women Entrepreneurship' by Smt. Sheila Kochouseph Chittilappilly, the Managing Director of V-Star, and on 'Significance of Startup Villages in Kerala' by Mr. Sijo Kurivila George the former CEO of startup village. A workshop on healthy baking was also conducted by Smt. Rumana Jaseel, proprietor of Incredible Art, Kochi.

## Evidence of success

The awards garnered by the students at various competitions at the college, university, state and national levels are testimony to the expertise developed in various fields. The college finds greater satisfaction in this being an indicator of the confidence, aesthetic sensibility and intellectual accomplishment of its students.

Many students also pursue entrepreneurial activities after their course, taking the opportunities and creativity harnessed during their student days one step further. The Teresian alumni sale held at the college every year is a superb example of this. Others have taken up careers in the field of dance, music and literary fields.

This year our students brought laurels to the institution by their active participation in various extracurricular activities. The year was one of crowning achievements. The students represented the college in various cultural fests like Dhruvam, Dhvani, Bharatham and secured the first and second places.

## St. Teresa's College created history at the Mahatma Gandhi youth festival for the year 2015-2016

by bringing home the overall cup for the sixth consecutive time. The college team secured the first prizes in Bharathanatyam, Kuchipudi, Keralanadanam, Light music (Female), wind instrument (Eastern). Second prizes were won for Western vocal solo, Mono act, Clay modeling and third prizes in Folk Dance individual and Poetry Recitation English. For group events, Thiruvathira, Folk Dance Group and Eastern Group song bagged the first prizes. Oppana and Western Group song won the second prizes and the third place in the Drama festival.

Ms. Architha Anishkumar of First M.A. Sociology, the two time Kalathilakam of M.G. University secured the second position in the South Zone Inter University Youth Festival and the second position in the 31st National Inter-University Youth Festival held at Mysore, Karnataka in classical dance. She also received the Naatyam Bramari Puraskar for contributions to Kuchipudi



# SAPARYA 2016 – WINNERS

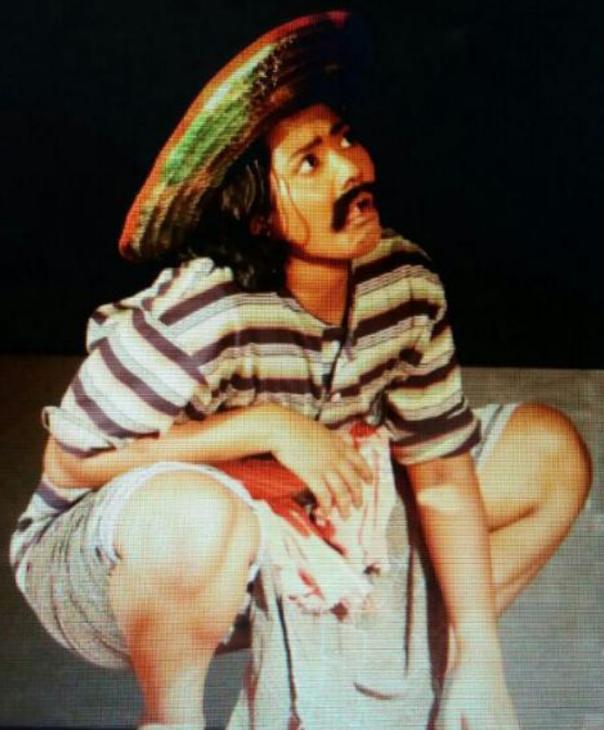
## Group Events

| SL No. | Event ( Group)     | Participants                                                                                                                                                                                                                    | Class                                                                                                                                                                             | Prize  |
|--------|--------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|
| 1      | Thiruvathira       | 1. DeviPrabha S.<br>2. Athira Menon K.P.<br>3. Chandhini Sunil<br>4. Aghila N.S.<br>5. Megha Shine<br>6. Nanditha Nandakumar<br>7. Parvathy Karunakaran C.<br>8. Rachana Balachandran<br>9. Sreeja A.C.<br>10. Sujina Surendran | III Bharathanatyam<br>I PG Botany<br>I PG Bharathanatyam<br>II Zoology<br>II Sociology<br>I PG Bharathanatyam<br>I Fashion<br>I Fashion<br>II Bharathanatyam<br>II Bharathanatyam | First  |
| 2      | Folk Dance         | 1. Ardra J.<br>2. Reva Ramesh<br>3. Divya G.<br>4. Sriya Surendran<br>5. Divya Hariharan<br>6. Swetha Unnikrishan<br>7. Kalyani S. Vidya<br>8. Kezia Merin Sebastian<br>9. Krishnaprabha M.<br>10. Arya Rajan                   | II Economics<br>II Comm Eng<br>III Bcom<br>II Sociology<br>II MCom<br>II MCom<br>I English Lit<br>I English Lit<br>I English Lit<br>II Bharathanatyam                             | First  |
| 3      | Eastern Group Song | 1. Niya Joy<br>2. Lakshmi Mohan<br>3. Althea Maria Pius<br>4. Aishwarya Aravind<br>5. Priya Davis<br>6. Abhirami Ajai<br>7. Soniya K.S.<br>8. Reshma K.S.<br>9. Ann Sharon Alex                                                 | III Comm Eng<br>III Comm Eng<br>III Comm Eng<br>II BCom REG<br>II Sociology<br>I Economics<br>I MA English<br>I MSc Chemistry<br>II MA Physics                                    | First  |
| 4      | Oppana             | 1. Aswathy Levin<br>2. Shaharban P.Z.<br>3. Ann Mary V.B.<br>4. Anjali Trilok<br>5. Nilufer Ansari<br>6. Chimmu Jayakumar<br>7. Amritha T.M.<br>8. Diya Gleeson<br>9. Jamsheena Jamal<br>10. Amalakanthy A.S.                   | III Economics<br>II Physics<br>II Zoology<br>III Botany<br>III French<br>III Sociology<br>II Economics<br>I Physics<br>I Bharathanatyam<br>I Economics                            | Second |
| 5      | Western Group Song | 1. Amrutha Justin V.<br>2. Ann Merin Toms<br>3. Anupama Thomas<br>4. Neha Susan George<br>5. Trisha S.<br>6. Tanya Tom<br>7. Leah Rachel Ninan                                                                                  | III English Lit<br>III BSc Home Science<br>III French<br>III BSc Comp App<br>II BCom<br>II English Lit<br>III English Lit                                                         | Second |
| 6      | Drama              | 1. Dona Denny<br>2. Toolika Suresh<br>3. Aleena Vithayathil A.<br>4. Megha Ann Joseph<br>5. Sreelakshmi Raghunath<br>6. Lini Sony<br>7. Haritha M.S.<br>8. Preetha Gopinath<br>9. Yudhith I.X.<br>10. Malini Anilkumar          | II Economics<br>III Economics<br>I Economics<br>I Comm Eng<br>II Comm Eng<br>II Chemistry<br>III Maths<br>III English Lit<br>I Physics<br>III Comm Eng                            | Third  |

# SAPARYA 2016 – WINNERS

## Individual Events

| No. Event                          | Participants        | Class               | Prize    |
|------------------------------------|---------------------|---------------------|----------|
| 1. Kathakali                       | Kala S. Nair        | I MA Bharathanatyam | A Grade  |
| 2. Bharathanatyam                  | Architha Anishkumar | I MA Sociology      | First    |
| 3. Mohiniyattam                    | Architha Anishkumar | I MA Sociology      | First    |
| 4. Folk Dance (Individual)         | Architha Anishkumar | I MA Sociology      | Third    |
| 5. Keralanatanam                   | Architha Anishkumar | I MA Sociology      | First    |
| 6. Other Forms of Classical Dances | Architha Anishkumar | I MA Sociology      | Withheld |
| 7. Ottamthullal                    | Kala S. Nair        | I MA Bharathanatyam | A Grade  |
| 8. Light Music (Female)            | Petreeza Sabu       | III Zoology         | First    |
| 9. Stringed Instrument Eastern     | Ragasree J. Mohanan | III English Lit     | A Grade  |
| 10. Stringed Instrument Western    | Elsa Anooth K.J.    | II BCom             | A Grade  |
| 11. Wind Instrument Eastern        | Soniya K.S.         | I MA English Lit    | First    |
| 12. Western Vocal Solo             | Abhirami Ajai       | I Economics         | Second   |
| 13. Elocution Hindi                | Vaishnavi Venu      | I Economics         | A Grade  |
| 14. Short Story Malayalam          | Divya Pius          | III English Lit     | A Grade  |
| 15. Short Story Hindi              | Shiksha Saini       | II Maths            | Second   |
| 16. Kavithaparayanam               | Petreeza Sabu       | II Zoology          | A Grade  |
| 17. Poetry Recitation English      | Aparna Warriar      | III BCom            | Third    |
| 18. Monoact                        | Dona Denny          | II Economics        | Second   |
| 19. Clay Modelling                 | Saranya K.          | II BSc Comp App     | Second   |



Five members of the Western Band were invited by Cine artiste Anju Joseph for a recording for Music Mojo, Kappa TV as backing vocalists in October 2015. Anupama Thomas of the Western Band participated in a music event organized by Alliance Francais at Centre Square Mall in August 2015. Niya Joy of the Eastern Band participated as a singer for the Onam celebration organized by the government of Kerala at Darbar Ground in Sept 2015. She shared the stage with cine artiste Najim Arshad.

### **Book published by Student**

Ms. Parvathy Salil, from the Dept. of Communicative English published a book named 'Rhapsody' which is an anthology of her poems. She also won the first prize for the Inter Collegiate Poetry Writing competition conducted by Darsana International Book Fair.

Ms. Benazir Nazeem Navaz and Ms. Irene Lizbeth George of III BA Economics represented the college at the 19th National Conference on e-Governance at Le Meridien, Nagpur, Maharashtra in January. They were the only student representatives at the conference among the various delegates and officials from the government.

The third year students of B.Sc Apparel and Fashion Design won the 1st runner up position in Ensemble 2015-16 an International Design Contest hosted by Seematti held at Le Meridien Kochi, on 10 October 2015.

In the Jackpro cookery competition organized by the Department of Industries and Commerce, Govt of Kerala on 6 February a team comprising of 5 students from the Department of Home Science bagged the first prize with a cash award of Rs.20,000/-.

The college also won the Overall Championship at the Sacred Heart Commerce Fest 2016. The students of the Department of Bharathanatyam performed the biography of Fr. Kuriakose Eliyas Chavara at the Chavara Cultural Centre on 23 August 2015 which was choreographed by Ms. Riya V.R., faculty of the department. The Post Graduate students of the department have conducted Bharathanatyam Kacheri and other programmes at Carmalagiri Seminary in connection with the National Bishop's Meet.

### **Prizes in debate/ elocution/literary competitions**

Ms. Minna Jose of the Dept. of English was awarded the Youth Excellence Award 2015-16 entailing a cash prize of Rs. 10,000/- as part of the competitions conducted by Newman College, Thodupuzha. She won the first prize for SBI Extempore competition in association with Vigilance Awareness Week held on 18 Oct, the second prize for the Annual Elocution Competition held by the Rotary Club of Cochin on October 24 and the first prize for English Elocution conducted by the Old Students Association of UC College, Alwaye.

Minna Jose also won the first prize for the YMCA All Kerala Intercollegiate Extempore Competition held at YMCA Fort Kochi on January 14, 2016, the first prize for Col. Dr. George Kurian VSM Memorial All Kerala Extempore Competition held at SB College on February 10, 2016 and the first prize for The Annual Ethics Competition held by Vigilance Study Circle. She won the First Prize and Best Speaker's Award for the Digital India Debate organized in the college by the Department of Economics

Minna Jose has secured a total cash prize of Rs 50,500 from the various competitions held during 2015-16.

Minna Jose and Devika V of II BA English won the Mother Digna Ever Rolling Trophy Debate Competition held at St Teresa's College on January 25, 2016. Devika V of II BA English won the Best speaker's Award for the Mother Digna Ever Rolling Debate Competition.

Devika V of II BA English won the first prize and Best Speaker Award for the KCYM Debate Competition held at Kaloor and the first prize for Digital India Debate conducted by the Dept. of Economics of St. Teresa's College.

Krishna Manmadhan of II BA Economics won the second prize for the SBI Extempore competition in association with vigilance awareness week held on October 18 and the second prize for Digital India Debate conducted by the Dept. of Economics of St. Teresa's College.

Meera Unnikrishnan of II BA Economics won the second prize for Digital India Debate conducted by the Dept. of Economics of St. Teresa's College.

Mercy Anna Mathew won the third prize for the Annual Ethics Competition held by Vigilance Study Circle on October 27. She won the second prize for the Bishop Mankuzhikary Memorial All Kerala Elocution Competition held on November 14, 2015 and the third prize in the Debate Competition conducted by the Bhoomitra Sena and Shuchitra Mission of St Teresa's College on December 15, 2015. She also won the third prize for The Annual Ethics Competition (Malayalam) held by Vigilance Study Circle on October 27.

Krishna Manmadhan and Meera Unnikrishnan of II BA Economics won the first prize for the Debate competition held as part of the Teresian Week.

Soniya K.S of I MA English won the first prize for the Intercollegiate Extempore Competition Preliminary Level (Malayalam) organized by the Chavara Cultural Centre and the first prize in the Elocution competition conducted by Janakeeya Vayanashala, Alinchuvadu on December 24, 2015. She was selected to the Mega Final (State Level) Round of the Speak for Kerala Intercollegiate Debate Competition organized by Mathrubhumi in association with Federal Bank.

Dennis and Minna Jose of III BA English won a cash prize of Rs 1000 for participating in a Symposium on the topic "Capital Punishment" at Mangalapuzha Major Seminary Aluva in January.

Sr. Shine Brigit CSST from the Dept. of Economics bagged the first prize for the essay writing competition held by MIR Group which included a cash prize of Rs. 10,000/-

Ms. Anna Geethu from the Dept. of Economics secured the first place for the Kanayannur Circle Co-operative Union Essay Writing competition held as part of the All India Co-operative Union week. Ms. Anna secured the first place of the Essay Writing Competition held as a part of the Regional Co-Operative Bank's, Co-Operation week celebration held on the 13th of October 2015 at the Ernakulam Government Girls Higher Secondary school. She also secured the second Position in the essay writing Competition held as a part of "Library Celebrations" in the Ernakulam District. Ms. Anna won the first prize for the essay writing competition held as part of the 90th year celebrations of the Janakeeya Vayanashala.

Ms. Merin Varghese and Ms. Krithika Ramakrishnan from the Dept. of Zoology secured the first place by winning Fr Kariyaty Memorial Trophy in the Inter Collegiate Debate Competition held at Bharath Matha College, Thrikkakara. Ms. Krithika also won the first prize and second prize in

the Intercollegiate PPT Presentation Competition as a part of Ozone Day celebration held at Bharath Matha College, Thrikkakara and St. Xavier's College, Aluva respectively.

Ms.Saraswathi Binoj, from the Dept. of Communicative English won the first prize for the Inter Collegiate Elocution competition held at Chinmaya Vidyapeet College, Ernakulam.

Ms.Vaishnavi Venu from the Dept. of Economics secured the Third prize in the All Kerala Intercollegiate Hindi Elocution Competition conducted by Alphonsa College, Palai.

Ms.Amritha Justin of the Dept. of English Literature won the first prize for the speech competition on 'The Part Played by Mother Teresa of St. Rose of Lima in Kerala Renaissance' held in Oct.

Ms.Anjana S.Raj of Maths Dept. was crowned Miss. Tantra in the Maths Fest TANTRA 2K15 hosted by St. Xavier's College, Aluva on 23 September. The drama team lead by Ms. Diya Sivadasan and Ms. Haritha M.S and Fashion Show team lead by Ms.Riyana Sreedaran secured the first place in the Drama competition and Thematic Fashion show competition respectively. The College won the overall championship.

Ms.Aleesha Joshy, from the Dept. of Communicative English was awarded the Best Actor prize for the Kerala Catholic Youth Meet Skit Fest 2016.

Ms.Sreelakshmi H. from the Department of Computer Applications secured the first place in the dance competitions at Inflore 2015 organised by Rajagiri Business School and at Denvo 2015 conducted by Toc- H Management College.

The third year students of B.Sc Apparel and Fashion Design participated in Ensemble 2015-16 (International Design Contest for Students of Fashion) held at Le Meridien Kochi, on 10th October 2015. The team of Anna Ben, Meenu Lal, Giya Joy, Sherin Treasa and Merlin Michael won the 1st runner up position for Ensemble 2015-16 (International Design Contest for Students of Fashion) held at Le Meridien Kochi, on 10th October 2015.



## Walking in the light- Fostering Spiritual and Emotional Growth

The motto of the College, "The fear of the Lord is the beginning of Wisdom" is a constant reminder to the teachers and students that true wisdom comes from God and is given to those who have reverential love for God.

Various programmes are initiated by the College for the spiritual and emotional well being of the students. Regular conduct of Value Education classes, Orientation Programmes for the new comers of the college, the annual three/four day retreat for the Christian students, with a simultaneous value oriented classes for the rest of the students, regular mentoring of the students, access to a Professional Counsellor in the college campus, the Life Guidance Seminar conducted for the final years are all part of the deep conviction that each student has to be spiritually, morally and emotionally guided to be totally educated and empowered.

An Orientation Programme is regularly conducted for the for the 1st year degree students as soon as they step into the portals of St Teresa's college, so as to facilitate their induction into the institution and to enable them to live and imbibe the true virtues which form the basis of Teresian living. A prayer service is conducted with songs and readings from the Holy Scriptures. Sessions in the orientation programme include those on "God's Love", "God's Plan, Building Confidence and Motivating Students, Building Self-Esteem and Instilling Values. The session usually concludes with a healing prayer. The programme is made lively with music and action songs.

A Life Guidance Course for the outgoing students is also held regularly. The sessions include topics like "Marriage as a Vocation - The Need for Preparation" by Dr. Beena Job, "Sanctity of Life" by Mr. Elvis Kottooran, 'The Silent Scream (an Audio Visual Presentation)' and "Effective Communication in Married Life" by Adv. Charly Paul. Smt. Annie Chacko (Retd. HOD, Dept of History) addressed the topic "Balancing Married Life and Career." The programme concluded with a time of prayer.

An Annual Retreat is held for students of the college. This year the college organized a 4 day retreat by Sehion Retreat Centre, Attapaddi. Jesus Youth volunteers ensured the smooth conduct of the retreat.

### Value Education

Values govern how we conduct ourselves and what we aspire to be. An hour has been allotted for value education every week to inculcate values and guide students in their journey of life. Teachers are given special workshops to prepare them to handle these classes effectively and in order to equip them with the qualities of Christian leadership. A team of teachers is entrusted to plan, monitor and evaluate the value education classes. Topics are fixed for the classes and given to the respective teachers beforehand. Value education classes are regularly conducted by the faculty, Stars and other renowned speakers. The one-hour weekly session is a time for students to discuss and debate with their teachers issues that pertain to them and the problems they encounter during their adolescent and post-adolescent years.

This year, the college in association with Maithri-Link with Life, launched a programme for life skill improvement and Crisis Management called 'Hand-in Hand'. As part of the programme an awareness session was held by Dr. C. J. John, Chief Psychiatrist, Medical Trust Hospital, Ernakulam.

At the beginning of each year an inaugural Mass is celebrated to invoke God's blessing on the new academic year. The First Friday Mass celebrated every month is a regular feature, with various departments taking charge in turn. Priests are arranged periodically to hear confessions and students are urged to frequently receive the grace that flows from the sacrament of reconciliation.

### **Counselling Cell**

The Counselling Cell seeks to help students deal effectively with stressful situations in life and provides a staunch support to students in need. Students are given professional assistance to help them cope with their problems/situations.

The service of a permanent resident counselor is made available for regular counselling services that could reach out to all the students of the college. A half-day workshop was also conducted for teachers on how to tackle the problems of students.

Classes were taken for the students to orient them on "The Need for Counselling", in order to erase the stigma associated with seeking counseling services. General student counselling is done on a monthly basis for students of various classes.

Altogether 48 students -33 from the Arts block and 15 students from the Science block) were given personal counselling and guidance during 2015-16.

### **Jesus Youth**

The college is proud of the active presence and vibrant ministry of Jesus Youth in the campus. This international Catholic youth movement, which had its beginnings in Cochin, Kerala, in the late 1970's, is today active in more than 30 countries. This year, the Pontifical Council for Laity has recognized Jesus Youth as an 'International Private Association of the Faithful with Juridical personality' - the first movement in India and the second movement from Asia to receive such an approval. St. Teresa's College is part of this history for being the place where the first ever Prayer Group of Jesus Youth was started.

There are 16 core members with another 60 students attending prayer meetings which are conducted every Wednesday. Chain rosary is conducted every Saturday as the intercession and chain fasting taken up by the core members every Friday.

As part of Year of Mercy, "The call of Jesus pushes each of us never to stop at the surface of things". In response to these words of Pope Francis during the declaration of the Year of Mercy the members of Jesus Youth recited the Chaplet of Divine Mercy prayer continuously for one week in the College chapel. Teresian Jesus Youth also organized the 'Mercy Meal Programme' on every Thursday in association with Mr. Murukan S Theruvoram, a 32-year-old social activist in Kochi, who has entered the Limca Book of Records 2014 for rescuing and helping more than 2,000 people. Murugan has been doing social work since the age of 19, rescuing the poor, sick and mentally challenged from the streets and leaving them in the care of hospitals, shelters and old age homes.

On 28th January as part of our Foundress Birthday, the Jesus Youth team Mercy Meal packets were collected from the students of the college. About 460 food packets were collected from the Art's block and 230 from the science block. The packets were given to Mr. Murugan, to distribute to the needy. Jesus Youth representatives created a Friendship Corner on 7th August as part of Friendship Day celebration.

The motto of Jesus Youth is to spread the love of Christ and the vision is to establish kingdom of God in the campus. The Jesus Youth team consists of 6 core ministries: Music ministry, Creative ministry, Mobilisation ministry, Intercession ministry, Audio- Visual ministry and Outreach ministry.

*Lead me to the rock that is higher than I.  
psalm 61*

*We are the voice of truth and light  
We are the ones who make tomorrow come alive  
Teresians Rise*

*We have the power to change the world  
And on the wings of truth we'll rise up to the skies  
Teresians Rise*

*We are the stars, we're shining bright  
We take victory and success in our stride  
We are the stars, we're shining bright  
We reflect the glory of our God on high  
Teresians Rise*

*We move ahead in love and peace  
And raise the banner of integrity and Faith  
Teresians Rise*

*Teresians Rise*