



**CARMEL COLLEGE (AUTONOMOUS)**

Mala, Thrissur, Kerala, India

Re-Accredited by NAAC with 'A' Grade (Fourth Cycle)

# DEPARTMENT OF BOTANY

Organising a talk on

## BALANCED FOOD DIET AND FUNCTIONAL FITNESS



Resource person:

**SIJO ELINJIKKADAN**

**(Fitness & Diet Coach)**

Mr. Thrissur Model Physique

(2015,16,17)

Black belt in karate

Blue belt in kung-fu

**Date : 15th December 2023**

**Time : 2.30 pm**

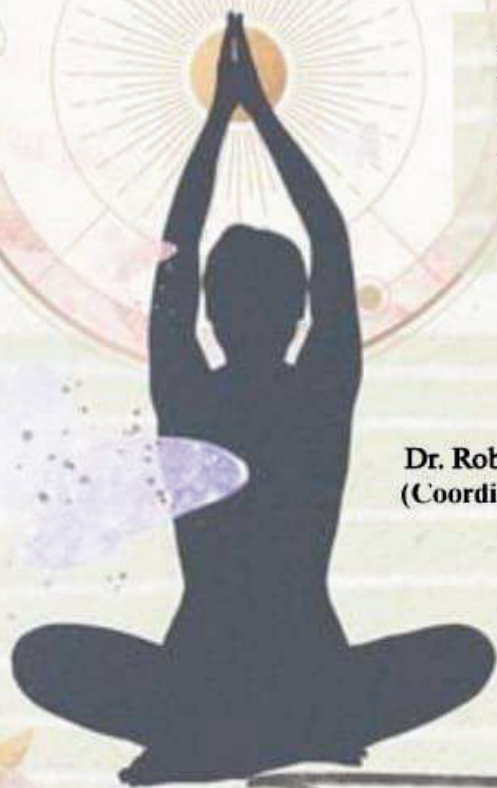
**Venue : Seminar Hall**

**ONLINE MODE**

**Dr. Roby T J**  
(Coordinator)

**Dr. Bindhu K B**  
(Head of the dept.)

**Dr. Sr. Kochuthressia K P**  
(Principal)





## **CARMEL COLLEGE (AUTONOMOUS) MALA**

**Re-Accredited By NAAC with 'A' Grade (4<sup>th</sup> Cycle)**

**Thrissur Dt. Kerala-680732, [www.carmelcollegemala.ac.in](http://www.carmelcollegemala.ac.in). 0480-2890247**

### **RESEARCH AND PG DEPARTMENT OF BOTANY**

Organising a talk on Life Skills


TOPIC : BALANCED FOOD DIET AND FUNCTIONAL FITNESS

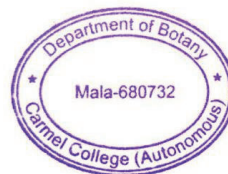
15.12.2023

PG and the research department of botany conducted a talk on the topic of balanced food diet and functional fitness. The talk was conducted by Sijo Elinjikkadan, a fitness and diet coach who is the Founder and CEO of Health Route Wellness LLP. The talk took place in the seminar hall in online mode at 2:30 pm on December 15, 2023. The gathering was welcomed by Anagha, I PG student, and the speaker was introduced by Ms. Amiya Shaju.. Dr. Roby T.J was the coordinator of the programme. The talk was reported to be very informative, with the speaker providing tips and advice to students for maintaining a healthy life. A balanced food diet refers to consuming a variety of different foods from different food groups in appropriate proportions. This includes consuming fruits, vegetables, whole grains, lean proteins, and healthy fats. A balanced diet provides all the necessary nutrients, vitamins, and minerals that the body needs to function properly. Functional fitness, on the other hand, refers to exercises and activities that mimic real-life movements and improve the body's ability to perform daily tasks efficiently and safely. It focuses on building strength, flexibility, coordination, and endurance to enhance overall physical fitness and prevent injuries. Finally, Deepthi, an MSC student, delivered the vote of thanks. 59 participants attended the programme.

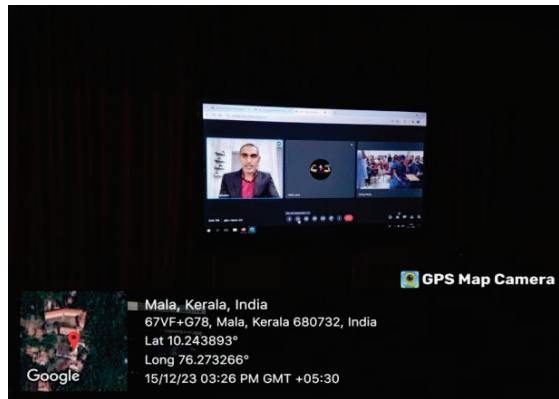
#### **OUTCOME :**


Both a balanced food diet and functional fitness are important for maintaining good health and well-being. A balanced diet provides the necessary fuel and nutrients for the body to function optimally, while functional fitness improves the body's ability to perform daily activities effectively. By combining these two elements, individuals can achieve overall wellness and improve their quality of life. The class provide information about the fitness and food diet for healthy well being.

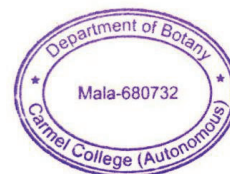
  
Head  
Department of Botany  
Carmel College (Autonomous)  
Mala-680732



## BALANCED FOOD DIET AND FUNCTIONAL FITNESS - 15.12.2023



  
Head  
Department of Botany  
Carmel College (Autonomous)  
Mala-680732



## DEPARTMENT OF BOTANY

organising a talk on

## BALANCED FOOD DIET AND FUNCTIONAL FITNESS

Resource Person : Sijo Elinjikkadan (Fitness &amp; Diet Coach)

Date : 15/12/2023

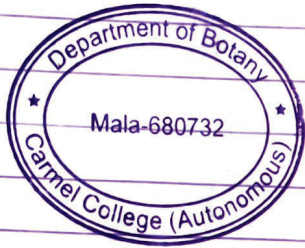
Venue : Seminar Hall  
(Online mode)

Time : 2:30pm

Sl. No	Name	Designation / class	Signature
1)	Nisa Jog	1 <sup>st</sup> B.Sc Botany	
2)	Sreya Anna Eby	1 <sup>st</sup> B.Sc Botany	
3)	Anjali C.S.	1 <sup>st</sup> MA History	
4)	Ummu Sulath . S	1 <sup>st</sup> MA History	
5.	Jesrav . J	"	
6	Lakshmi C.R	"	
7	Ragitha . P	"	
8	Khadeeja Sarma . C	"	
9	Anagha V.S	I Msc Botany	
10	Nandanav . P . T	1 <sup>st</sup> MA History	
11	Akshaya . N	1 <sup>st</sup> MA History	
12	Anusree P.P	1 <sup>st</sup> MA History	
13	Aryananda . N . V	1 <sup>st</sup> MA History	
14	Jyothika Sidharthan	1 <sup>st</sup> M.Sc. Botany	
15.	Aarathi . P . N	"	
16.	Nimmy V.S	1 <sup>st</sup> MA History	
17.	Greeshma K.S	2 <sup>nd</sup> Msc Botany	
18.	Sreeshma Ramesh	"	
19.	Alma Rose	"	
20.	Anjana . S	"	
21.	Jaya Lakshmi Gokuldas	"	
22.	Sona Sinaj	1 <sup>st</sup> B. Com Finance	
23	Fisa Francis	"	
24	Al-Ameena Mol	"	
25.	Christina Jaison	"	

26.	Disna George	1 <sup>st</sup> B.com finance	<del>Disna</del>
27.	Mithily	1 <sup>st</sup> B.com co-operation	<del>Mithily</del>
28.	Anshidha P.M	1 <sup>st</sup> M.A History	<del>Anshidha</del>
29.	MIZNA KM	"	<del>Mizna</del>
30.	Angel maria v s	1 <sup>st</sup> B.com cooperation	<del>Angel</del>
31.	Pavithra T.B	1 <sup>st</sup> B.com finance	<del>Pavithra</del>
32.	Harpriya P.B	1 <sup>st</sup> B.com Co-operation	<del>Harpriya</del>
33.	Anujana K.B	"	<del>Anujana</del>
34.	Theja K.J	"	<del>Theja</del>
35.	Anamika TM	"	<del>Anamika</del>
36.	Dhanuree MV	1 <sup>st</sup> B.com Finance	<del>Dhanuree</del>
37.	Vinutha B	II <sup>nd</sup> Bsc Botany	<del>Vinutha</del>
38.	Ashwini Radhakerishnan	"	<del>Ashwini</del>
39.	Abhirami C.U.	1 <sup>st</sup> MA HISTORY	<del>Abhirami</del>
40.	ASHIFA FATHMA S	I MSc Botany	<del>Ashifa</del>
41.	Nandana A.B	1 <sup>st</sup> B.com cooperation	<del>Nandana</del>
42.	Meerakshi P.M	"	<del>Meerakshi</del>
43.	Fidha Fathima	1 <sup>st</sup> B.com Finance	<del>Fidha</del>
44.	Devika Devadar	1 <sup>st</sup> B.com cooperation	<del>Devika</del>
45.	Sanjana K.T	1 <sup>st</sup> B.com finance	<del>Sanjana</del>
46.	Devapriya K.S	"	<del>Devapriya</del>
47.	Kokila Ratheesh	"	<del>Kokila</del>
48.	Raniya Ra.F	1 <sup>st</sup> B.com cooperation	<del>Raniya</del>
49.	Gopika K.G.	1 <sup>st</sup> MSc Botany	<del>Gopika</del>
50.	Devika T	" "	<del>Devika</del>
51.	Anagha John	"	<del>Anagha</del>
52.	RITHULA U	I <sup>st</sup> MSc BOTANY	<del>Rithula</del>
53.	Neeshal Clementina Xavier	"	<del>Neeshal</del>
54.	Aksharadeva K.B	"	<del>Aksharadeva</del>
55.	Vaishnavi C	"	<del>Vaishnavi</del>
56.	Neehanika TS	"	<del>Neehanika</del>
57.	Rithu Rose A.J	II <sup>nd</sup> Bsc. Botany	<del>Rithu</del>
58.	Tinu K. Mathew	"	<del>Tinu</del>

59.	Deepthy salilan	1 Msc Botany	<i>SD</i>
	Coordinator: Amiya Shajee		
	<i>Amiya</i>		



*Amiya*  
Head  
Department of Botany  
Carmel College (Autonomous)  
Mala-680732

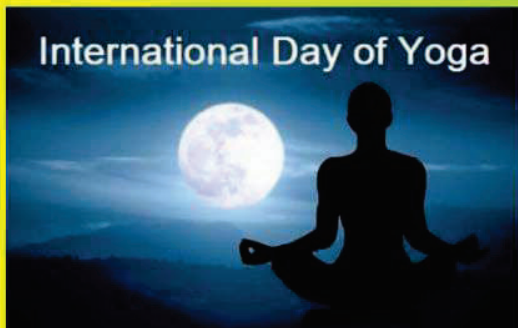


# CARMEL COLLEGE (AUTONOMOUS) MALA

Thrissur, Kerala, India  
Re-Accredited by NAAC with 'A' Grade(Fourth Cycle)

Sports Cell, Yoga Cell Organises

## TIME FOR INNER PEACE AND HEALTH



On 21 June 2023  
@2:00 PM  
Venue: Auditorium

**ALL ARE CORDIALLY INVITED**

Ms. Leena Mathew  
Ms. Sandra Jose  
Yoga Cell Co-ordinators

Dr. Sr. Kochuthressia K. P  
Principal in-charge

**CARMEL COLLEGE (AUTONOMOUS),MALA**  
**Department of Chemistry**  
**Interdepartmental Live Yoga day Campaign**

**Date – 21/06/2023**

**Time -2 pm**

**Venue – College Auditorium**

II year UG and PG students of department of chemistry participated in the **Interdepartmental Live Yoga day Campaign** on 21<sup>st</sup> June 2023 in the college auditorium. Yoga is extremely significant for people who aim to master the mind, healthily manage their emotions and have a healthy and flexible body. Yoga offers innumerable benefits for physical, mental, emotional and spiritual well-being. yoga day is observed for the promotion of global health, harmony and peace. The theme for this year is 'Yoga for Vasudhaiva Kutumbakam' or "One Earth, One Family".

**Outcome:** Through this programme, the students developed mindfulness, improved brain power, begins to heal, opens up the mental and emotional blockages.



*Prinyk. A.P*  
Head  
Department of Chemistry  
Carmel College (Autonomous)  
Mala-680732







## International Yoga Day observation.

"Time for inner peace and Health"

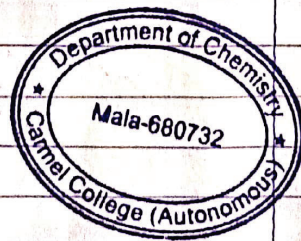
Date : 21/06/2023.

Time : 2.00 PM

Venue : College Auditorium.

Organizers : Sports cell and yoga cell.

Sl. No.	Name	class	Signature
1.	Reni. K.A	III <sup>rd</sup> BSc. Chemistry	Reni
2.	Riya. A.R	"	Riya
3.	Haripriya M.H	"	Haripriya
4.	Ashmi. C.B	"	Ashmi
5.	Deepika Das	"	Deepika
6.	Lakshmi. K.V	"	Lakshmi
7.	Anju Prakash. P	"	Anju
8.	Archa K.B	"	Archa
9.	Anjana K.S	"	Anjana
10.	Aradhya S	"	Aradhya
11	Queenandana N.E	"	Queenandana
12	Hishana Fathima	"	Hishana



Priny K.A.R

Head  
Department of Chemistry  
Carmel College (Autonomous)  
Mala-680732



**CARMEL COLLEGE (AUTONOMOUS) MALA**  
Re-Accredited by NAAC with 'A' Grade (4<sup>th</sup> Cycle)  
Thrissur Dt. Kerala-680732, [www.carmelcollegemala.ac.in](http://www.carmelcollegemala.ac.in), 0480-2890247

## **PG DEPARTMENT OF COMMERCE**

### **HEALTH AWARENESS SESSION MENSTRUAL HYGIENE AND NUTRITION**



**Date: 11/03/2024**

**Time: 2.30 pm**

**Venue: Seminar Hall**

**Mrs. SHOLY C R**

**Nutrition Counsellor**

**Saroj Devi Foundation (SDF)**



Ms. Jisha Jose  
Staff co-ordinator

Dr. Stegy VJ.  
HoD

Dr. Sr. Kochuthressia K.P.  
Principal



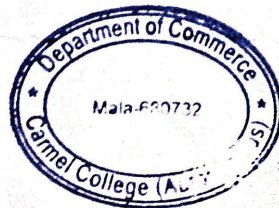
**CARMEL COLLEGE (AUTONOMOUS) MALA**  
**Re-Accredited by NAAC with 'A' Grade (4<sup>th</sup> Cycle)**  
Thrissur Dt. Kerala-680732, www.carmelcollegemala.ac.in, 0480-2890247

**PG DEPARTMENT OF COMMERCE**

**REPORT ON LIFE SKILL PROGRAMME**

P G Department of Commerce organized a health awareness session on the topic "Menstrual hygiene and nutrition." The session motivated the students for self hygiene. The talk was held on 11<sup>th</sup> March 2024, at 2.30 P.M in the seminar hall. The resource person for the talk was Mrs. Sholy C R., Nutrition counsellor, Saroj Devi Foundation. The programme started with a welcome speech delivered by Dr. Stegy V J, HoD, Department of Commerce, Carmel College (Autonomous), Mala, The session was attended by 51 participants. It was a very informative session which helped everyone imbibe knowledge about women nutrition and hygiene. Students participated in the interactive session with an intensive question & answer session at conclusion and delivered vote of thanks by Ms Athulya K L of I B.Com Finance.

**Outcome:** To equip student with abilities for adaptive and positive behavior that enables them to deal effectively with the demand and challenges of everyday life and the right attitude to develop healthy habits and behavior.

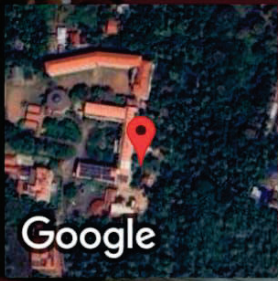


*Dr. Stegy V J*  
Head  
Department of Commerce  
Carmel College (Autonomous)  
Mala - 680 732



 **GPS Map Camera**

Mala, Kerala, India  
67VF+G78, Mala, Kerala 680732, India  
Lat 10.243807°  
Long 76.273307°  
11/03/24 02:37 PM GMT +05:30



Google

CARMEL COLLEGE (AUTONOMOUS) MALA  
PGI DEPARTMENT OF COMMERCE

HEALTH AWARENESS SESSION  
MENSTRUAL HYGIENE AND NUTRITION.


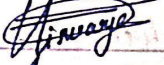
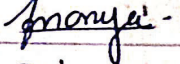
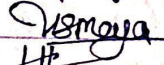
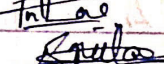
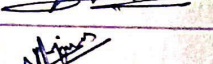




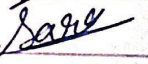

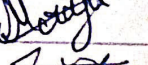
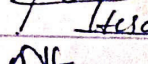


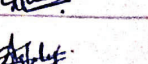
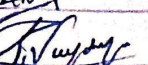
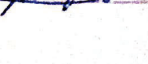

Date : 11/03/2024

Time : 2:30 pm

Venu : Seminar Hall.

Resource -

Person: Mrs sholy.C.R, Nutrition Counsellor, SDF.

Sl.No	Name	class	Signature
1	Aparna Babu.	II <sup>nd</sup> B.com finance	
2	Aiswarya K.S	"	
3	Ananya T.R	"	
4	Vismaya Vinod	"	
5	Pathima Shamnu	"	
6	Sreedalekshmi.M.R	"	
7	Anjana K.R	"	
8	Anagha K.B	II <sup>nd</sup> B.com co-operation	
9	Aanya E.V	II <sup>nd</sup> B.com Finance	
10	Abhirami Bibish	"	
11	Avanthika Nath	II <sup>nd</sup> B.com co-operation	
12	Sara Paul	II <sup>nd</sup> B.com Finance	
13	Devika TL	II <sup>nd</sup> B.com co-operation	
14	Mariya michael	II <sup>nd</sup> B.com Finance	
15	Hisana Thekris.V.M	II <sup>nd</sup> B.Com-Co-operation	
16	Anitta N.B	" "	
17	Baina K.B	" "	
18	Rizwana .C.A	II <sup>nd</sup> B.com Finance	
19	Ashly Sebastian	"	
20	Sivaganga V.R	II <sup>nd</sup> B.com Co-operation	

2021	Adithya N S	II <sup>nd</sup> B.com Finance	<del>Anitha</del>
22	Resmi. N.R	II <sup>nd</sup> B.com Cooperation	<del>Resmi</del>
23	Shahma Nassim M S	"	<del>Shahma</del>
24	Fathimath Swaliha V.M	"	<del>Swaliha</del>
25	Nishana N.N	"	<del>Nishana</del>
26	Archana P.S	"	<del>Archana</del>
27	Aksaraja Prasanna Kumar	II. B.COM. Finance	<del>Aksaraja</del>
28	Amritha NM	II. B.COM Cooperation	<del>Amritha</del>
29	Pranathy NP	"	<del>Pranathy</del>
30	ANJANA P.S	"	<del>Anjana</del>
31	Aiswarya TV	" "	<del>Aiswarya</del>
32	Neethu Johnson	II <sup>nd</sup> B.com Finance	<del>Neethu</del>
33	Avina Balachandran	II. B.com cooperation	<del>Avina</del>
34	Ascha. T.A	II <sup>nd</sup> B.com finance	<del>Ascha</del>
35	Josna Joy	" "	<del>Josna</del>
36	Afeefa M.B	" "	<del>Afeefa</del>
37	Anagha P-s	" "	<del>Anagha</del>
38	Bhavane P.S	" "	<del>Bhavane</del>
39	Navya K.S	" "	<del>Navya</del>
40	Hadi Priya P.V	II <sup>nd</sup> B.com Co-operation	<del>Hadi Priya</del>
41	Aswani. T.S	II <sup>nd</sup> B.com Finance.	<del>Aswani</del>
42	Pranaya Sajeevan	II <sup>nd</sup> B.com Co-operation	<del>Pranaya</del>
43	Keethana M.D	"	<del>Keethana</del>
44	Hida	"	<del>Hida</del>
45	Anusha P.g	II <sup>nd</sup> B.com finance.	<del>Anusha</del>
46	Nonha Krishna. P.s	"	<del>Nonha</del>
47	Athira Ajith	I <sup>st</sup> B-com finance	<del>Athira</del>
48	Athulya K.L	"	<del>Athulya</del>
49	Fidha Fathima	"	<del>Fidha</del>
50	Sreemayi. M. gish	I <sup>st</sup> B.com	<del>Sreemayi</del>
51	Mariya Jessica	I <sup>st</sup> B.com	<del>Mariya</del>



Head  
 Department of Commerce  
 Carmel College (Autonomous)  
 Malabar - 680 732





# CARMEL COLLEGE (AUTONOMOUS), MALA

Re-Accredited By Naac with "A" Grade (4<sup>th</sup> Cycle)

Thrissur Dt. Kerala-680732, [www.carmelcollegemala.ac.in](http://www.carmelcollegemala.ac.in), 0480-2890217, 9048365295

## PG DEPARTMENT OF COMMERCE

ORGANISING

### SEMINAR ON

### HUMAN VALUES

### YOGA SKILL AWARENESS AMONG STUDENTS



DATE 19/03/2024

VENUE SEMINAR HALL

TIME 2:30 PM

Mr. SHIBUMON K.A.

YOGA TRAINER

KERALA SPORTS COUNCIL

Ms. SARANYA M.S.  
Staff Co-ordinator

Dr. STEGY V.J.  
HoD

Dr. Sr. KOCHUTHRESSIA K.P.  
Principal



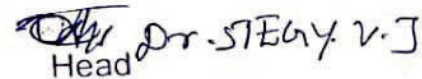
**CARMEL COLLEGE (AUTONOMOUS) MALA**  
**Re-Accredited by NAAC with 'A' Grade (4<sup>th</sup> Cycle)**  
Thrissur Dt. Kerala-680732, www.carmelcollegemala.ac.in, 0480-2890247

**CARMEL COLLEGE (AUTONOMOUS), MALA**  
**PG DEPARTMENT OF COMMERCE**

**HUMAN VALUES**

PG Department of Commerce conducted a seminar on the topic "YOGA SKILL AMONG COLLEGE STUDENTS" on 18<sup>th</sup> MARCH @ 2.30PM in Multi Purpose Hall. Here we the department of commerce decided to conduct a programme to build a peaceful mind and healthy mind among our UG students. Our programme started with prayer song delivered by Anitta from second B.com co-operation. Anchoring session was handled by staff coordinator Saranya M.S. Then welcoming address handled by our head of the department Dr. Stegy V.J. . After that the session handled by our Chief Guest Mr. Shibumon sir from kurumassery. He had 25 years experience in this field and now also he worked in sports council as a yoga trainer. By using limited time, he can entertain students very positively and students ask to conduct seminar like this in coming semester also. That is the outcome of this seminar because everyone has their own stress so we can reduce our stress through yoga. After the session Devika from second B.com delivered vote of thanks for this valuable session. Then department of commerce hand over a memento to our resource person as a token of love.

**Outcome:** This session creates an awareness among students about the need of yoga. This programme inspired the students to think about their mind and its health

  
Head

Department of Commerce  
Carmel College (Autonomous)  
Mala - 680 732

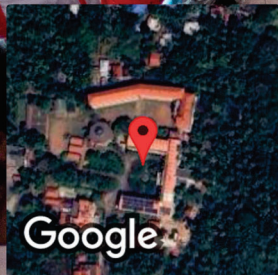




LIGHT LOVE

"I HAVE GROWN"

GPS Map Camera



Mala, Kerala, India  
67VF+G78, Mala, Kerala 680732, India  
Lat 10.244086°  
Long 76.272958°  
19/03/24 02:49 PM GMT +05:30

CARMEL COLLEGE (AUTONOMOUS), MALA  
PG DEPARTMENT OF COMMERCE

HUMAN VALUES  
YOGA SKILL AWARENESS AMONG STUDENTS

Date: 19/03/2024


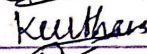

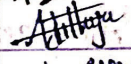
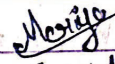
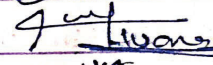
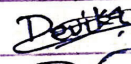

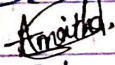

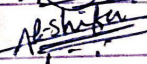
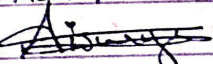
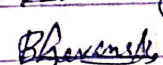
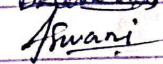

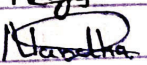
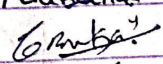
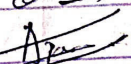
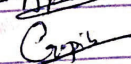
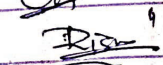


Mode: offline

Time: 2.30 PM

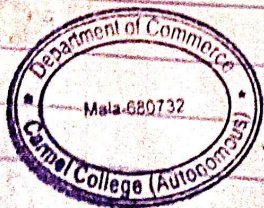
VENUE: SEMINAR HALL

Resource Person: Mr. SHIBUMON K. A., YOGA TRAINER KERALA  
Staff Coordinator - Saranya M.S

SPORTS COUNCIL

Sl.no	Name	Class	Signature
1.	Hida salom	II <sup>nd</sup> B.com cooperation	
2.	Keerthana M.D	"	
3.	Anusha P.J	II <sup>nd</sup> B.com finance.	
4.	Adithya N.S	"	
5.	Mariya Michael	"	
6.	Hisama behsin v.m	II <sup>nd</sup> B.Com finance	
7.	Devika T.L	II <sup>nd</sup> B.com co-operation	
8.	Pranathy NP	"	
9.	Anaritha. M.M.	"	
10.	Ascha P.A	II <sup>nd</sup> B.com finance	
11.	Al-shifa. C.S	II <sup>nd</sup> B.com cooperation	
12.	Aiswarya T.V	" "	
13.	Bhavana P.S	II <sup>nd</sup> B.com finance	
14.	Aswani T.S	"	
15.	Navya K.S	"	
16.	Nandha Krishna. P.S	"	
17.	Devika .E.S	"	
18.	Aparna Babu	"	
19.	Gopika Jayan	"	
20.	Riswana C.A	"	
21.	Aiswarya K.S	"	
22.	Anjana K.R	"	

23	Allanya E.V	II <sup>nd</sup> B.Com Finance	<del>Allys</del>
24	Aswini M.V	"	<del>Aswini</del>
25	Vismaya Vinod	"	Vismaya
26	Adarja T.R	39	Vismaya
27	Abhirami Bibish	"	<del>Abhirami</del>
28	Anagha P.S	"	Anagha
29	Aleefa M.B	"	<del>Aleefa</del>
30	Josna Joy	"	<del>Josna</del>
31	Aswathy V.B	"	<del>Aswathy</del>
32	Fathima Shamnu.	"	<del>Fatha</del>
33	Hadi Prisha P.O	II <sup>nd</sup> B.Com Co-operation	<del>Hadi</del>
34	Poonaya Sajeevan.	"	Poonaya
35	Anagha K.B	"	Anagha K.B
36	Resmi . N.R	"	<del>Resmi</del>
37	Archana ps	"	<del>Archana</del>
38	Shahma Nasrin MS	"	Shahma
39	Fathimath swalika V.M	"	Swalika
40	Arantlika Nath.	"	Arantlika
41	Sara Paul	2 <sup>nd</sup> B.Com Finance	Sara
42	Anjana E.M	2 <sup>nd</sup> B.Com Co-operation	<del>Anjana</del>
43	Asda . AS	II <sup>nd</sup> B.Com Finance	<del>Asda</del>
44	Athreena C.S	"	<del>Athreena</del>
45	Necthy Johnson	"	Necthy



  
 Head  
 Department of Commerce  
 Carmel College (Autonomous)  
 Mala - 680 732



**CARMEL COLLEGE (AUTONOMOUS)**

**MALA, THRISSUR, KERALA 680732**

Re-accredited with 'A' Grade by NAAC (4th Cycle)

**Department of Malayalam**

**FOLKLORE CLUB**

**TALK**

***KARKKIDAKAPPERUMA***



**Dr. REMA P.**

**HoD**

**Department of Business Administration**

**Carmel College (Autonomous), Mala**

**08.08.2023**

**@ 9.30 am**

**@ Audio Visual Room**

**All are invited.....**

**Rajeswary P.K**  
**Co-ordinator**

**Dr. Merin Francis**  
**HoD**

**Dr. Sr. Kochuthressia K.P**  
**Principal**

CARMEL COLLEGE (AUTONOMOUS), MALA

**DEPARTMENT OF MALAYALAM**

**FOLKLORE CLUB**

**ONE DAY SEMINAR**

**REPORT 2023-24**

Malayalam department organised a One Day Seminar on 8<sup>th</sup> August 2023 in the Audio-Visual Room at 9.30am. Dr. Rema P, HoD, Department of Business Administration Carmel College (Autonomous) Mala, delivered on the topic 'KARKKIDAKAPPERUMA'. College Principal Dr.Sr. Kochuthressia K P presided over the function. 42 students were participated in the function. Dr.Merin Francis, HoD, Department of Malayalam welcomed the gathering and Ms Rajeswary PK , gave away the vote of thanks.


**OUTCOME**

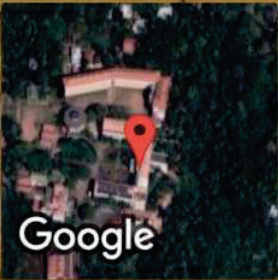
The programme was a great success and informative for students. It was very useful to the students for getting knowledge about the 'Traditional aspects of Karkkidaka month'. The resource person explained the various folk rituals, beliefs, concepts which Keralites followed in the month of Karkkidaka and its significans in the lifestyle of Kerala.



  
Dr. Merin Francis  
Assistant Professor &  
Head Department of Malayalam  
Carmel College (Autonomous), Mala



 **GPS Map Camera**



Mala, Kerala, India  
67VF+G78, Mala, Kerala 680732, India  
Lat 10.243972°  
Long 76.273156°  
08/08/23 09:30 AM GMT +05:30



CARMEL COLLEGE (AUTONOMOUS), MALA  
DEPARTMENT OF MALAYALAM 11

ONE DAY SEMINAR  
KARKKIDAKAPPERUMA

Resource Person: Dr. Rema. P.  
Assistant Professor,  
Dept. of Business Administration  
Carmel College (Autonomous) Mala.

Date: 8.8.2023

Time: 9.30 am

Venue: Audio Visual Room

Topic: Karkkidakapperuma

No	Name	Department	Signature
1	Angel maria V.S	B.com cooperation	Angel
2	Sivanya K.S	B.com Finance	Sivanya
3	Fidha Fathima. A.S	B.com finance	Fidha
4	Kokila Ratheesh	B.com finance	Kokila
5	Devapriya K.S	B.com Finance	Devapriya
6	Saijuna K.T	B.com Finance	Saijuna
7	Devika Devadas	B.com co-operation	Devika
8	Paniya Rafi	B.com co-operation	Paniya
9	Munakshi.PM	B.com co-operation	Munakshi
10	Abhirami - km	B.com finance	Abhirami
11	Christina Edison	B.com Finance	Christina
12	Sreepornalby. T. Rakesh	B.com co-operation	Sreepornalby
13	Ananya Saji	B.B.A	Ananya
14	Shubashan. AA	"	Shubashan
15	Naseer P.N	"	Naseer
16	Asna.k.J	"	Asna
17	Haripriya P.B	B.com Co-operation	Haripriya
18	Sajaya Saseevan	"	Sajaya
19	Anjana K.B	B.com co-operation	Anjana

No	Name	Dept.	Signature
		B.com finance	<del>APR</del>
20	Athulya V.N	B.com finance	<del>Pavithra</del>
21	Pavithra T.B	B.com finance	<del>APR</del>
22	Aiswarya CS	B.com finance	<del>Lizna</del>
23	Disna George	B.com finance	<del>Sanya</del>
24	Saniya CS	B.com finance	<del>Wishya</del>
25	CO Hridhya	B.com Finance	<del>Fisa</del>
26	Fisa Francis	"	<del>Shruthy</del>
27	Aswathy V.S	B.com Finance	<del>Anula</del>
28	Ansila V.N	B.com Finance	<del>Abhisma</del>
29	Abhivami K	BBA	<del>APR</del>
30	Anjana M.C	BBA	<del>APR</del>
31	Ann maria Sunny	B.com finance	<del>APR</del>
33	Ashaga P.S	B.com Finance	<del>Shresha</del>
34	Gayathri T.S	B.com Finance	<del>Gayathri</del>
35	Ansha Francis	B.com Finance	<del>APR</del>
36	Amritha T.R	B.com cooperation	<del>APR</del>
37	pavithra umesh	B.com co-operation	<del>Wishya</del>
38	Dhanusree M.V	B.com Finance	<del>hanna</del>
39	Theja k.j	B.com co-operation	<del>APR</del>
40	Lakshmi M.M	B.com Finance	<del>APR</del>
41	Jesica Maniya	B.com Cooperation	<del>APR</del>
42	Anusree K.V	B.com Finance	<del>APR</del>

Dr. Merin Francis  
 HOD, Asst. Professor  
 Department of Malayalam  
 Carmel College, Mala

*merin*



**CARMEL COLLEGE (AUTONOMOUS) MALA**  
**Re-Accredited by NAAC with 'A' Grade (4<sup>th</sup> Cycle)**  
Thrissur Dt. Kerala-680732, www.carmelcollegemala.ac.in, 0480-2890247

DEPARTMENT OF SOCIOLOGY

ORGANIZING AN

**WORKSHOP**

TOPIC: DIGITAL LITERACY


DATE & TIME: OCTOBER 6, 2023, 10 AM

VENUE: AUDITORIUM


**Satyāgraha: The March of FactShala**

Let's embrace the ethos of 'Satyagraha' and values of truth-seeking and critical thinking, celebrating the influential role of media and information literacy in shaping a progressive society.

**Celebrating Global Media Literacy Week**





**FactShala Trainer**



**Habeeb Rahman YP**

Hosted By:  Dept. of Sociology  
Carmel College (Autonomous)  
Mala, Thrissur, Kerala  
09 October 2023 | 9.30am  
At College Auditorium

**#FactShalaSatyagraha**  

A news and information literacy programme run by DataLEADS with support from Google News Initiative

MS. MANJUSARANYA M M  
STAFF CO- ORDINATOR

SR. JISHA CHAKKUNNY M  
HOD

DR SR. KOCHUTHRESSIA K P  
PRINCIPAL



**CARMEL COLLEGE (AUTONOMOUS) MALA**  
**Re-Accredited by NAAC with 'A' Grade (4<sup>th</sup> Cycle)**  
Thrissur Dt. Kerala-680732, [www.carmelcollegemala.ac.in](http://www.carmelcollegemala.ac.in), 0480-2890247

## **MEDIA LITERACY WORKSHOP REPORT:**

### **DEPARTMENT OF SOCIOLOGY**

#### **EMPOWERING STUDENTS THROUGH GOOGLE'S NEWS INITIATIVE**

The Factshala India Media Literacy Workshop, a part of Google's news initiative, proved to be a pivotal event in educating students on the importance of media literacy and fact-checking. The workshop took place on October 6, 2023, attracting 35 students from various colleges, specializing in Multimedia and Sociology programs.

In a world dominated by information and digital media, the need for media literacy has never been more critical. The workshop began with an inauguration ceremony, highlighting the workshop's importance. Distinguished speakers stressed the significance of media literacy in an era where misinformation can spread rapidly.

Through the structured program, students were immersed in activities and training aimed at developing their critical thinking skills and ability to distinguish between reliable and unreliable information sources. The first session targeted class 10-12 students, providing foundational knowledge on media literacy. This session was followed by a break that encouraged networking and informal discussions.

The afternoon session delved deeper into media literacy through hands-on activities and practical exercises. Students learned the art of fact-checking, critically assessing content, and verifying sources. The workshop emphasized the importance of cross-referencing information and discerning fact from fiction.

The workshop's conclusion was marked by post-workshop activities, where students provided valuable feedback. This feedback will be instrumental in refining future workshops and ensuring their effectiveness.

Google's new initiative, through the Factshala India Media Literacy Workshop, has played a significant role in promoting media literacy. It underscores the importance of equipping students with the skills needed to combat misinformation and navigate the complex world of digital media. In a world where information is power, this initiative is a beacon of knowledge and critical thinking in the digital age.

## outcomes

- **Increased Media Literacy Among Students:** One outcome is that the workshop successfully improved the media literacy of the 35 students who attended. They now possess the skills to critically assess information sources, fact-check content, and distinguish between reliable and unreliable information. This, in turn, might help them navigate the digital world more effectively.
- **Positive Impact on Future Workshops:** The feedback collected from the students at the end of the workshop could be used to refine and enhance future media literacy workshops. This ensures that subsequent events become even more effective in educating students about media literacy, making a lasting impact on their understanding of digital media.
- **Recognition of Google's Initiative:** The report highlights the positive role played by Google's News Initiative in promoting media literacy. This recognition can lead to increased support for and participation in similar initiatives, both from Google and other organizations, contributing to a more media-literate society.

*jisha*  
**JISHA CHAKKUNNY M**  
Assistant Professor  
Dept. of Sociology  
Carmel College, Mala



## PHOTOS





Programme : Fact Shala India Media Literacy Training  
 Date : 09-10-2022  
 Time : 9.30 am  
 Venue : College Auditorium  
 Resource Person : Habeeb Rahman Y P

*[Handwritten signature]*

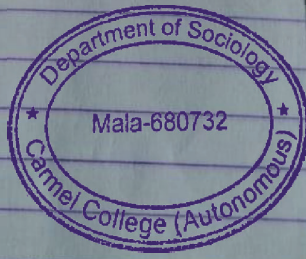
Name	Designation/Dept	Signature
1 Anamika K.S	I <sup>st</sup> B.voc Multimedia	<i>[Signature]</i>
2 Anu K Bhanu	II <sup>nd</sup> B.voc multimedia	<i>[Signature]</i>
3 Aparna Rani	II <sup>nd</sup> B.voc Multimedia	<i>[Signature]</i>
4 Krishna priya k.p.	M.voc Multimedia I	<i>[Signature]</i>
5 Sandra Shantoo	M.voc Multimedia I	<i>[Signature]</i>
6 Soba Prakash	II <sup>nd</sup> B.voc Multimedia	<i>[Signature]</i>
7. Vismaya N.V.	II <sup>nd</sup> B.voc Multimedia	<i>[Signature]</i>
8 Devi chandanap	III <sup>rd</sup> BA Sociology	<i>[Signature]</i>
9. Vaishnavi .D	3 <sup>rd</sup> MA Int Sociology	<i>[Signature]</i>
10 Abhirvani T.R	3 <sup>rd</sup> B.voc multimedia	<i>[Signature]</i>
11 Arsha K.S	3 <sup>rd</sup> B.voc multimedia	<i>[Signature]</i>
12 shahina	3 <sup>rd</sup> B.voc multimedia	<i>[Signature]</i>
13 Greeshma G.B	II <sup>nd</sup> M.voc Multimedia	<i>[Signature]</i>
14. Sangeetha .k.M	II <sup>nd</sup> M.voc Multimedia	<i>[Signature]</i>
15 Saeeekshmi c.s	II <sup>nd</sup> B.voc Multimedia	<i>[Signature]</i>
16 Amritha k.A	II <sup>nd</sup> B.voc multimedia	<i>[Signature]</i>
17 Ananthyanjana P.s	II <sup>nd</sup> B.voc Multimedia	<i>[Signature]</i>
18. Amalika vijay	II <sup>nd</sup> B.voc multimedia	<i>[Signature]</i>
19 subcena p.s	II <sup>nd</sup> B.voc multimedia	<i>[Signature]</i>
20. Iridya Mohan	II <sup>nd</sup> B.voc multimedia	<i>[Signature]</i>
21 shikha pavin	II <sup>nd</sup> B.voc multimedia	<i>[Signature]</i>
22 Anjana PR	III <sup>rd</sup> BA sociology	<i>[Signature]</i>
23 Asewathy .vp	III <sup>rd</sup> BA sociology	<i>[Signature]</i>
24 Anju menachery	"	<i>[Signature]</i>



25	Fatima Iniya	IV <sup>th</sup> MA Integrated Sociology	<i>[Signature]</i>
26	Shabecha ..	"	<i>[Signature]</i>
27	Arjaly	"	<i>[Signature]</i>
28	haritha 's	"	<i>[Signature]</i>
29	Sankar Krishna K.B	III <sup>rd</sup> BA Sociology	<i>[Signature]</i>
30	ANAMIKA - P.M	"	<i>[Signature]</i>
31	Kaishna Veni KP	"	<i>[Signature]</i>
32	Ameesha M.S	"	<i>[Signature]</i>
33	Nandana .s	"	<i>[Signature]</i>
34	Nadiya Usman	I <sup>st</sup> Bvoc Multimedia	<i>[Signature]</i>
35	Agnes Mary Deshy	I <sup>st</sup> Bvoc Multimedia	<i>[Signature]</i>
36	Aswani k	II <sup>nd</sup> MA Integrated Sociology	<i>[Signature]</i>
37	Manjasaranya M.M	Faculty	<i>[Signature]</i>

*jisha*

**JISHA CHAKKUNNY M**  
 Assistant Professor  
 Dept. of Sociology  
 Carmel College, Mala





**CARMEL COLLEGE (AUTONOMOUS) MALA**  
**Re-Accredited by NAAC with 'A' Grade (4<sup>th</sup> Cycle)**  
Thrissur Dt. Kerala-680732, [www.carmelcollegemala.ac.in](http://www.carmelcollegemala.ac.in), 0480-2890247

**DEPARTMENT OF  
SOCIOLOGY  
ORGANISING**

**KARATE TRAINING PROGRAMME**

**Date: 4-09-2023**

**Time: 12pm**

**Venue: Ruby Jubilee Block**

Anugraha Elza Varughese  
Staff Co-ordinator

Sr.Jisha Chakkunny M  
HoD & Programme Co-ordinator

Dr. Sr. Kochuthressia K P  
Principal



# **CARMEL COLLEGE (AUTONOMOUS) MALA**

## **Re-Accredited by NAAC with 'A' Grade (4<sup>th</sup> Cycle)**

**Thrissur Dt. Kerala-680732, [www.carmelcollegemala.ac.in](http://www.carmelcollegemala.ac.in), 0480-2890247**

### REPORT

### **Karate training programme**

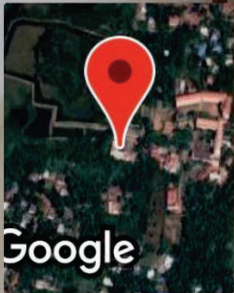
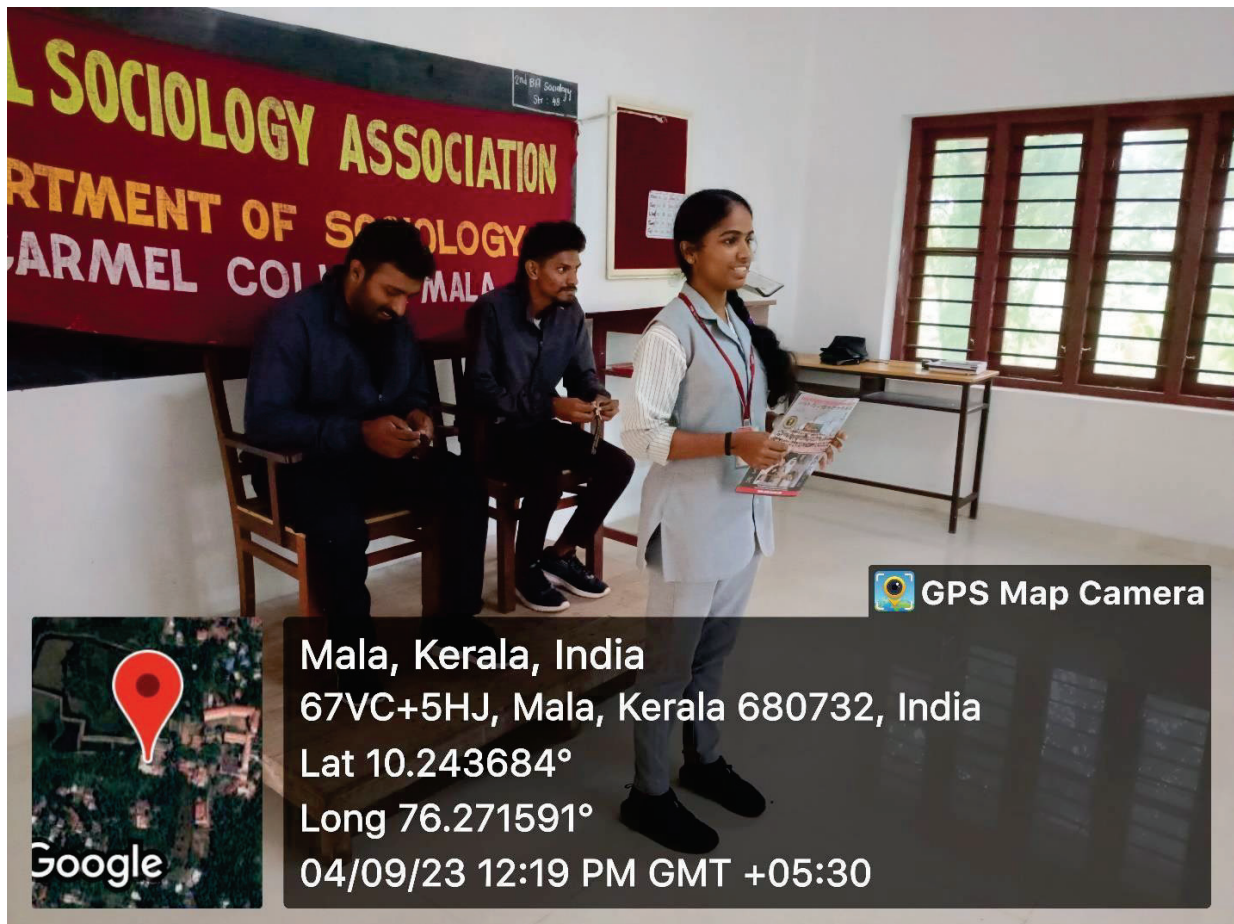
On September 4, 2023, Carmel Sociology Association (CSA) organized a Karate training session at the Ruby Jubilee Block for both undergraduate (UG) and postgraduate (PG) students. The session was conducted by Karate instructors Sharon C Clive and Arfan Abdul Salam. The primary objective of the Karate training session was to promote physical fitness, self-defense skills, and discipline among the students. The event aimed to create awareness about the benefits of Karate and encourage students to pursue it as an extracurricular activity. The session began with a thorough warm-up to prepare the participants for the physical activities ahead. This included stretching and light cardio exercises. Sharon C Clive and Arfan Abdul Salam demonstrated the fundamental Karate techniques, including stances, punches, kicks, and blocks. They provided step-by-step instructions, ensuring that students had a clear understanding of the basics. The instructors emphasized the importance of self-defense and taught practical self-defense techniques. Students were encouraged to practice these techniques in pairs, which fostered a sense of empowerment and confidence.

### Outcomes

1. The training session successfully raised awareness about Karate among the undergraduate and postgraduate students.
2. As a result of the session, students gained practical knowledge of self-defense techniques, which can be invaluable for personal safety.
3. Enhanced Physical Fitness and Discipline

*jisha*  
**JISHA CHAKKUNNY M**  
Assistant Professor  
Dept. of Sociology  
Carmel College, Mala





Mala, Kerala, India  
67VC+5HJ, Mala, Kerala 680732, India  
Lat 10.243684°  
Long 76.271591°  
04/09/23 12:19 PM GMT +05:30



Mala, Kerala, India  
67VC+5HJ, Mala, Kerala 680732, India  
Lat 10.243684°  
Long 76.271591°  
04/09/23 12:20 PM GMT +05:30





Programme : Karate Training Programme.  
 Date : 04-09-2023  
 Time : 12:00 PM  
 Venue : Room no: 260 - Ruby Jubilee Block.  
 Resource Person : Atfan Abdud Salam and Sharon C. Olive.

	<u>Name</u>	<u>Designation/ Dept</u>	<u>Signature</u>
1	Mathooma.k	Sociology-3 <sup>rd</sup> MA integrated <sup>Sec</sup>	
2	Adithya Rajesh	"	
3	Fathima Farzana .k	"	
4	Vaishnavi Manoj	"	
5	Nadiya Nesari	"	
6	Sriya Krishna N.S	"	
7	Ajina.p	3 <sup>rd</sup> BA sociology	
8	Meenaga .R.J	" "	
9	Kishoru Priya	" "	
10	Rabana fathima.M.R	" "	
11	Aswani .KT	" "	
12	Bindiya .C.V	" "	
13	Sivani Vm		
14	Anamol kv		
15	Jyotsana		
16	Sandra P.S	"	
17	Aneeta .Shaju	"	
18	Anju A.P	"	
19	meenalshim	"	
20	Sh. Diana	"	
21	Milasha David	"	
22	Hanna Fathima	"	
23	Asheela ks	"	
24	Jeeshma Jeyan	"	
25	Athira T.12	"	



20	Rejeesha P.R	3rd BA Sociology	Rejeesha
21	Nandana S	"	Nandana
22	Ameesha M.S	"	Ameesha
23	Krishnaveni KR	"	Krishna
24	Anja menachery	"	Anja
25	Sandharikrishna	"	Sandharika
26	Anjana P.R	"	Anjana
27	Aswathy V.P	"	Aswathy
28	Hanshamul V	"	Hanshamul

jisha

**JISHA CHAKKUNNY M**  
 Assistant Professor  
 Dept. of Sociology  
 Carmel College, Mala





**CARMEL COLLEGE (AUTONOMOUS)**

Mala, Thrissur District, Kerala 680 732  
Affiliated to the University of Calicut Re accredited by NAAC with  
'A' Grade in the Fourth Cycle



**DEPARTMENT OF POLITICAL SCIENCE**  
**NATIONAL WEBINAR**  
**on**  
**"HEALTH AND HYGIENE"**

Under MoU in Collaboration with  
**ST.PAUL INSTITUTE OF PROFESSIONAL  
STUDIES, INDORE**



**Dr. Sr. Kochuthressia K.P.**  
Principal  
Carmel College  
(Autonomous)



**Dr. G. Venugopal**  
SNMM hospital Cherthala  
Consultant Orthopaedic Surgeon.



**Rev. Fr. Simon Raj**  
DIRECTOR  
ST. PAUL  
INSTITUTE OF  
PROFESSIONAL  
STUDIES, INDORE



**Dr. Sr. Alice Thomas**  
PRINCIPAL  
ST. PAUL INSTITUTE OF  
PROFESSIONAL STUDIES,  
INDORE

**Date : 5/10/2023**  
**Time : 2.00 p.m**  
**Venue : Audio Visual**  
**Room**

**Ms.Mary Philip, Dept.of**  
**Political Science**  
**Dr. Arvind Jain, Dept. of**  
**Science**  
**HOD and Coordinators**

**Ms.Ushus Mol E.U**  
**Ms.Amilsha A.A**  
**Mr.Sujith K.S**  
**Organising Committee**

**Carmel College (Autonomous) Mala**  
**Department Of Political Science**  
**Report of National Webinar on Health and Hygiene**

As part of experiential learning, we the Department of Political Science conducted a national webinar on the topic of health and Hygiene under MOU in collaboration with St.Paul Institute of Professional Studies ,Indore at the Audio-visual room on 5 th October 2023.Dr.G Venugopal delivered session about relevance of health and hygiene in our daily life. The programme was coordinated by Ms. Mary Philip and Dr.Aravind Jain.Ms.UshusMol E U,Ms .AmilshaAA, and Mr.Sujith K S were the members of organising Committee.

**Outcome**

This programme helped the students to understand about the relationship between hygiene and health .Health and hygiene remain crucial today for overall wellbeing. They helps to prevent illness, ensure healthier life and inevitable for resilience of body and clear mind and maintaining health and hygiene.



*Mary Philip*  
Head  
Department of Political Science,  
Carmel College (Autonomous),  
Mala - 680 732

# Carmel College (Autonomous), Mala.

## Department of Political Science

11

5/10/2023

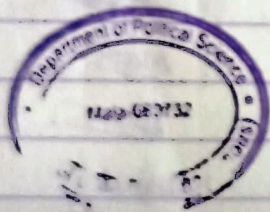
National webinar on Health and Hygiene.

29/9/2023. 2:00 PM

Audio-visual Room.

S.NO	NAME	Designation / Institution	Signature
1.	Fathma Asyath	3rd P.A Political Science	
2.	Shahma Sheerin E	"	
3.	Dilma P.S	"	
4.	Ayanaswopinaiah	"	
5.	Saina K.S	"	
6.	Jwala K.B	"	
7.	Ayesha A.K	"	
8.	Aswathi T.S	"	
9.	Lakshmi Priya MB	"	
10.	Shalini P.B	"	
11.	Akhya U.G	"	
12.	Ajitha Jayanta	"	
13.	Neetha	"	
14.	Ajna	"	
15.	Rashida V.A	"	
16.	Nandhana Asekaran	"	
17.	Nimmy Joy	"	
18.	Aleena John	"	
19.	Rajalakshmi P.R	"	
20.	Anjana T.S	"	
21.	Akhila Krishna	"	
22.	Aswathy P.S	"	
23.	Akshara Sudheesh.	1st BA Political Science.	
24.	Ansiya K.R	"	
25.	Jesna Joy	"	
26.	Krishna Sudheesh	"	
27.	Fahma T.A	"	

28.	Shobana T. A	2 <sup>nd</sup> year B.A. Politics	<i>[Signature]</i>
29.	Liya Leo	1 <sup>st</sup> year B.A. politics	<i>[Signature]</i>
30.	Arijana M.S	1 <sup>st</sup> year B.A. politics	<i>[Signature]</i>
31.	Fahima parvin	2 <sup>nd</sup> B.A. poli/culture	<i>[Signature]</i>
32.	ANANYA	"	<i>[Signature]</i>
33.	Srujan V.S	"	<i>[Signature]</i>
34.	Akhila um	"	<i>[Signature]</i>
35.	ananya am roy	"	<i>[Signature]</i>
36.	Anusha K.S	"	<i>[Signature]</i>
37.	Nouriya Jannath	"	<i>[Signature]</i>
38.	pavithra C	"	<i>[Signature]</i>
39.	Anjana karnan	"	<i>[Signature]</i>
40.	sneha sajan	"	<i>[Signature]</i>
41.	Bhadra T.S	"	<i>[Signature]</i>
42.	Fahma shirin	"	<i>[Signature]</i>



*[Signature]*  
Head

Department of Political Science  
Carnal College (Autonomous)  
Mob - 660 732

Department of Political Science, Carmel College (Autonomous), Mala					
In collaboration with St. Paul Institute of professional studies, Indoore					
National webinar on Health and Hygiene					
Timestamp	Email Address	Name of Participant	Name of Institution	Name of Department	whatsapp enabled phone no.
9/28/2023 4:53:00	alifiyamusafaarif@gmail.com	Alifiya Arif	St. Paul Institute of professional studies	Department of Humanities	09165555665
9/28/2023 4:54:26	kimmjooonie51@gmail.com	Sukhmani Tejwani	St Paul's Institute of professional studies	BSc	7974735340
9/28/2023 4:55:57	ananyawilson2005@gmail.com	Ananya Wilson	St. Paul Institute of professional studies	Commerce	7000155422
9/28/2023 4:57:03	i61420390@gmail.com	Vishakha salviya	St. Paul institute of professional studies	Science department	7415973158
9/28/2023 4:58:40	agarwalshakshi45@gmail.com	Shakshi Agarwal	St. Paul Institute of professional studies	Humanities	8016283595
9/28/2023 4:59:35	shubhamrochani8@gmail.com	Shubham Rochani	St. Paul Institute of professional studies	BCom, CA first year	9131175234
9/28/2023 5:01:17	lralfiyasanawadwala@gmail.com	Alefiya Sanawadwala	St. Paul Institute of professional studies	Department of Humanities	6263699331
9/28/2023 5:02:25	saniyavarade30@gmail.com	Saniya varade	St. Paul institute of professional studies	Commerce	7773032987
9/28/2023 5:03:17	prernajangra23453@gmail.com	Prerna Jangra	St. Paul institute of professional studies	Commerce	7089843040
9/28/2023 5:14:43	muskanrajpoot072004@gmail.com	Muskan Rajpoot	St. Paul institute of professional studies	Science department	7440905737
9/28/2023 5:16:07	mishtiiuppall@gmail.com	Mishtii shekhar uppall	St. Paul institute of professional studies	Humanities	9993006862
9/28/2023 5:24:46	yashikaa13mishra@gmail.com	Yashika mishra	St. Paul institute of professional studies	Humanities	7566933100
9/28/2023 5:49:16	najneen.522304@gmail.com	Najneen Khan	St. Paul Institute of professional studies	Humanities	9179236964
9/28/2023 6:26:05	yadavakanksha172@gmail.com	Akanksha	St. Paul Institute Of professional studies	BA III YEAR	9039815466
9/28/2023 6:42:04	avnikhatri454@gmail.com	Avani Khatri	St. Paul institute of professional studies	Department of management	7415122195
9/28/2023 7:27:05	varshithashrivastava27@gmail.com	Varshitha Shrivastava	St Paul's institute of professional studies	Department of Humanities	8349970741
10/4/2023 4:00:05	19shrshtisinghal03@gmail.com	Shrshti singhal	St Paul institute of professional studies	Commerce	9644813111
10/4/2023 4:42:50	mehulsonkarspips@gmail.com	Mehul Sonkar	St paul institute of professional studies	Commerce	9826782096
10/4/2023 5:02:05	bankermranalini@gmail.com	Mranalini Banker	St. Paul's Institute of professional studies	<a href="http://B.com">B.com</a>	79096 20228
10/4/2023 5:12:25	arwacylewala6733@gmail.com	Arwa cyclewala	St.paul institute of professional studies	Humanities	9752578686
10/4/2023 5:12:33	handiyawalabatul@gmail.com	Batul Handiyawala	St Paul institute of professional studies	Humanities department	9109672553
10/4/2023 5:22:00	kittuagrawal177@gmail.com	Kavita agrawal	St pouls of institution of professional studies	Commerce	8839019861
10/4/2023 5:27:08	inshashaikh1707@gmail.com	Insha Shaikh	St. Paul institute of professional studies	Department of commerce	8319791330
10/4/2023 5:39:02	adelinelorindlima@gmail.com	Adeline Lorin Dlima	St.paul institute of professional studies	Commerce	+918827854288
10/4/2023 5:42:30	yashnandpatel108@gmail.com	Yash Patel	St. Paul Institute Of professional studies	Commerce	7223847016
10/4/2023 6:21:01	agarwalshakshi45@gmail.com	Shakshi Agarwal	St. Paul Institute of professional studies	Humanities	8016283595
10/4/2023 6:27:13	chaitanyasinghaanjna3@gmail.com	Chaitanya Singh Aanjanika	St.Paul Institute of professional studies	Humanities	6261848439

10/4/2023 6:33:52	asmipurohit85@gmail.c	Asmi Purohit	St Paul's Institute of Pr	Management	8817171241
10/4/2023 6:37:56	ritikabhakal7@gmail.cc	Ritika Bhakal	St Paul Institute of Prof	Humanities	9977592691
10/4/2023 6:45:42	jibinbenny1224@gmail.	Jibin Benny	St. Paul institute of prof	Computer science	8643069073
10/4/2023 7:15:38	luckypaliwal301@gmail	Lucky Paliwal	St Paul institute of prof	Bcom 1 year section C	7828623772
10/4/2023 7:20:31	kchowhan001@gmail.c	Kaif chowhan	St. Paul institute of prof	Department of science	8690938038
10/4/2023 7:20:45	shubhamrochani8@gm	Shubham rochani	St. Paul Institute of pro	Commerce, BCom	9131175234
10/4/2023 7:21:30	lavijainbafnasha@gma	Lavisha jain	Saint paul of professor	Commerce	7999773590
10/4/2023 7:23:39	riyajaiswal112003@gm	Riya Jaiswal	St. Paul Institute of Pro	Commerce	8435302303
10/4/2023 7:26:27	parthk319@gmail.com	Parth Khandelwal	St.paul institute of prof	<a href="#">B.com</a>	6265224430
10/4/2023 7:28:53	vishalpandey91098@g	VISHAL PANDEY	St. Paul Institute of pro	B.Com (Honrs) 1st yea	9109858031
10/4/2023 7:47:17	alicemasih50@gmail.c	Alice masih	St paul institute of prof	Department of science	7049467764
10/4/2023 7:58:37	doleej029@gmail.com	DOLEE JETHWANI	St.paul institute of prof	Commerce	9425484385
10/4/2023 8:01:01	yashikaa13mishra@gm	Yashika mishra	St. Paul institute of pro	Humanities	7566933100
10/4/2023 8:15:38	riddhimamenghwani7@	Riddhima Menghwani	St Paul institute of prof	Commerce	9755379101
10/4/2023 8:42:56	blessybenny744@gma	blessybenny744@gma	St. Paul institute of pro	Commerce	9753869407
10/4/2023 9:24:18	kothiyageetanjali@gma	Geetanjali Kothiya	St. Paul institute of pro	Commerce department	7879000685
10/4/2023 10:01:00	himanshichandani0707	Himanshi chandani	St Paul's institute of pro	Departmental of scienc	7224049104
10/4/2023 10:21:16	nandini04patil@gmail.c	Nandini Patil	St Paul institute of prof	Commerce department	7024437726
10/4/2023 10:25:06	akankshaapte07@gma	Akanksha Apte	St Paul Institution	Commerce	7089113807
10/4/2023 10:26:51	yovraj79970@gmail.co	Divyanshi jaiswal	St. Paul institute of pro	Management	9111343311
10/4/2023 10:30:30	catnikki511@gmail.com	Nikita Soni	Spips	Management	7987646275
10/4/2023 10:30:38	agrawaltanisha0710@c	Tanisha Agrawal	St.paul institution of pro	Management	8966915993
10/4/2023 10:31:23	puneetkalra7182@gma	Puneet Kalra	St. Paul Institute of Pro	Management	8319922848
10/4/2023 10:32:44	naqvijafar638@gmail.c	Syed jafar mehedi naq	St paul institute of prof	Management	9302238528
10/4/2023 11:01:24	pragya.sagane04@gm	Pragya Sagane	St. Paul Institute Of Pro	Commerce	9302631351
10/4/2023 11:22:35	amritajmani1602@gma	Amrit Singh Ajmani	St. Paul Institute of Pro	Department of Manage	7999591851
10/4/2023 18:55:52	yutimehta19@gmail.co	Yuti Mehta	St.Paul Institute of Prof	Commerce	9826625404
10/4/2023 19:49:38	vikaspanday117@gma	Vikas pamdey	St.paul Institute of prof	BBA 1st year B	9691321158
10/4/2023 19:51:18	komalsharma35387@g	Komal Sharma	St. Paul Institute of Pro	Computer Science	6267845606
10/4/2023 21:11:10	rashi01pandey@gmail.	Rashi Pandey	St. Paul Institute of pro	Commerce	7974601703
10/4/2023 21:17:20	kalesurbhi24@gmail.cc	Surbhi kale	St Paul Institute of Prof	Humanities	8629912205
10/4/2023 21:22:28	chaitaljain3104@gmail	Chaitali jain	St .Paul institute of pro	University	8839092764
10/4/2023 21:43:32	osahu2923@gmail.com	Om sahu	Saint paul institute of p	Department of	8640018611

10/4/2023 22:38:16	yyash0772@gmail.com	Yash yadav	St.paul institute of prof	BBA	7879045611
10/4/2023 22:38:56	pranamyadav21@gmai	Pranam Yadav	St. Paul institute of prof	Management	7747828994
10/4/2023 23:45:56	sharmabulbul080@gm	Bulbul Sharma	St. Paul Institute of Pro	Computer Science	9303947533
10/5/2023 0:04:06	bhuwanchouhan8092@	Bhuwan chouhan	St paul institute of prof	Commerce	8435893877
10/5/2023 0:55:17	jatharshita69@gmail.c	Harshita Jat	St.paul Institute of prof	Department of compute	9977650915
10/5/2023 0:59:31	utsavjoshi5264@gmail	Utsav joshi	Spips	Commerce	9981955559
10/5/2023 1:17:36	muskanrajpoot072004	Muskan Rajpoot	St. Paul institute of Pro	Science department	7440905737
10/5/2023 1:29:39	samuelsanu2004@gm	Samuel Sanu Mathew	St Paul institute of prof	Management	7879861998
10/5/2023 1:31:54	prashant.th24@gmail.c	Prashant thakur	SPIPS	Management departme	9893078210
10/5/2023 1:34:18	fk612741@gmail.com	Faisal khan	St.paul Institute of prof	Department of manage	8641056335
10/5/2023 1:35:56	shikhapatel0802@gma	Shikha Patel	St. Paul institute of prof	Humanities	7389994854
10/5/2023 1:38:24	shubhamsharma35387	Shubham sharma	St.paul institute of prof	Computer science	9302844033
10/5/2023 1:47:07	samjuanirohdshukla@	Siddhi shukla	St.paul institute of prof	Humanities	7225892105
10/5/2023 1:47:19	sharmadiya166@gmail	Diya Sharma	SPIPS	BA 3rd year	8269200542
10/5/2023 2:02:14	sunidhi0603@gmail.co	Sunidhi pandey	Spips	Management	8420707652
10/5/2023 2:04:52	jevinjoy732@gmail.com	Jevin Joy	St.Paul Institute of Pro	<a href="#">B.com</a>	9495076068
10/5/2023 2:14:31	paransvipatil92@gmail	Paransvi patil	Sant paul institute of pr	Commerce	7509526529
10/5/2023 2:29:25	rajalakshmivfc05@gma	Rajalakshmi pr	Carmel collage mala	Political science	9567942523
10/5/2023 2:40:02	afterjaneetta@gmail.co	After janeetta k a	Carmel college mala	BA political science	7592097199
10/5/2023 2:41:52	pavithrajbinraj@gmail	Pavithra C	Carmel college Mala	Political Science	7736640305
10/5/2023 2:42:12	snehasajan412@gmail	Sneha sajan	Carmel college mala	Political science	7736564566
10/5/2023 2:43:26	sreyaparu@gmail.com	Ushus Mol E U	Carmel College,Mala	Political Science	9497804692
10/5/2023 2:44:10	bhadrasurendran8@gn	Bhadra T S	Carmel college autonor	3 BA political science	8921794518
10/5/2023 3:05:18	www.yazmine05@gma	Safna Yasmine	Carmel College ( Autor	BA political science	9961772090
10/5/2023 3:21:14	afnanowshad@gmail.c	Afna Nowshad	Carmel college	BA political science	9995347550
10/5/2023 3:25:26	ishaaanjana600@gmai	Isha Aanjana	St.Poul Institute Of Pro	Humanities	9926585355
10/5/2023 3:47:30	kannananjana7@gmail	Anjana k. K	Carmel college autonor	3 BA POLITICAL SCIE	9539511345
10/5/2023 4:04:48	nandhanaasokan33@g	Nandhana Asokan	Carmel College Autono	B.A Political Science	9496288321
10/5/2023 4:06:25	nimmy4778@gmail.cor	Nimmy Joy	Carmel college mala	3rd BA political science	8606752835
10/5/2023 4:07:22	liyaleo90@gmail.com	Liya Leo	Carmel college, Mala	B.A Political Science	9072334570
10/5/2023 5:03:39	fahmaashrafthemali@g	Fahma T.A	Carmel college mala	BA political science	9605142158
10/5/2023 5:05:35	ishabiashraf@gmail.co	Shahma T.A	Carmel college mala	BA political science	9048684557
10/5/2023 5:08:44	aleenajohnk216@gmai	Aleena John	Carmel college mala	BA Political science	9074782753



10/5/2023 5:20:01	girijanathira000@gmail	Athira. V. G	Carmel college mala	BA Political science	8714753891	
10/5/2023 5:45:45	ayshabasheer0773@gr	Fathima parvin	Carmel college mala	Political science	9048867782	
10/5/2023 5:46:44	antoniymary59@gmai	Antoniya Mary	Carmel college (autono	Political science	9037683383	
10/5/2023 6:23:32	msakhila296@gmail.co	Akhilakrishna.S.Kumar	Carmel College Autono	Political Science	9072981544	
10/5/2023 6:54:48	amujwala1@gmail.com	Jwala K.B	Carmel college,Mala	BA Political Science	7902316681	
10/5/2023 8:22:47	sudheeshakshara422@G	Akshara Sudheesh	Carmel College,Mala	BA Political Science	8138067172	
10/5/2023 8:25:09	kssaina1@gmail.com	Saina ks	Carmel college mala	BA political science	8089281806	
10/5/2023 8:30:09	aswathyunnikrishnan9E	Aswathy PU	Carmel College Mala	3rd BA. Political scienc	7025099851	
10/5/2023 8:37:02	thanuthanooja7@gmail	Nouriya jannath kj	Carmel college mala	2nd political science	8943886685	
10/5/2023 8:39:29	shahmasherin9462@g	Shahma Sherin	Carmel college Autono	Ba political science	09633972069	
10/5/2023 9:13:37	anjanatsanthosh68@g	Anjana. T. S	Carmelcollege mala, th	BA Political Science	9544293494	
10/5/2023 9:42:19	dilnaps892002@gmail.	Dilna ps	Carmel college mala	BA political science	9995109479	
10/5/2023 20:51:19	jesfinjoy46@gmail.com	Jesna joy	Carmel college mala	BA political science	9048585221	
10/5/2023 20:56:34	anjanamsmadathil@gr	Anjana . M. S	Carmel college mala	BA political science	7306486932	
10/5/2023 21:27:40	lakshmiPriya6466@gm	Lakshmi Priya MB	Carmel College Mala	BA political science	9207435642	
10/5/2023 21:29:35	ats762593@gmail.com	Aswathy T.S	Carmel college mala	BA Political Science	8848696864	
10/9/2023 4:50:39	chinnushalna@gmail.c	Shalna p b	Carmel College Autono	BA Political Science	8593808750	
10/9/2023 4:58:32	rashidava351@gmail.c	Rashida VA	Carmel college mala	BA political science	9946780652	
10/9/2023 5:18:37	amilsha0@gmail.com	Amilsha.A.A	Carmel College (Auton	Political Science	9496092592	
10/9/2023 5:44:22	thanuthanooja7@gmail	Nouriya jannath kj	Carmel college mala	2nd BA political science	8943886685	
10/9/2023 6:18:18	ats762593@gmail.com	Aswathy T.S	Carmel college mala	B A Political science	8157933078	
10/9/2023 6:30:30	ks324021@gmail.com	Krishna sudheesh	Carmel college	BA political science	9633639899	
10/9/2023 4:50:39	abhiramiaparna44@gm	Abhirami Murali	Carmel College Autono	BA political science	7593925195	
10/9/2023 4:58:32	gopinathanjana6@gma	Anjana gopinath	Carmel college mala	BA political science	7736545418	
10/9/2023 5:18:37	Sreeshmaalangadan@	Sreeshma A.K	Carmel College (Auton	BA political science	9846191187	
10/9/2023 5:44:22	devikats45@gmail.com	Devika T.S	Carmel college mala	BA Political Science	9778774839	
10/9/2023 6:18:18	Shalvisherin92@gmail.	Shalvi theres. V. S	Carmel college mala	BA Political Science	9605727919	
10/9/2023 6:30:30	nandhanams54@gmail	Nandhana Shaju	Carmel college	BA political science	7907091272	
10/9/2023 4:50:39	meerachinnu3@gmali.	MEERA A.S	Carmel college mala	BA Political Science	9562804378	
10/9/2023 4:58:32	fathma7737@gmail.co	Fathima Asna kv	Carmel college mala	BA political science	7736841373	
10/9/2023 5:18:37	Kannananjana7@gmai	ANJANA K. K	Carmel college mala	BA political science	9539511345	
10/9/2023 5:44:22	fasnashirinraffy@gmail	FASNA Shirin	Carmel college mala	BA Political Science		
10/9/2023 6:18:18	swathyvswathy09gmai	SWATHI VS	Carmel college	BA Political Science	9037710765	

10/9/2023 4:50:39	prathulya04@gmail.co	ATHULYA P.R	Carmel college mala	BA political science	8281937655	
10/9/2023 4:58:32	greetyanroy25@gmail	GREETY ANN ROY	Carmel college mala	BA Political Science	7994229783	
10/9/2023 5:18:37	suryasruthi052@gmail.	SURYA. S	Carmel college mala	BA political science	8943091752	
10/9/2023 5:44:22	marybphilip@gmail.com	Mary Philip	Carmel College (Auton	Political Science	9995083995	

Cell: B128

Comment: =====


ID#AAABImpx41s  
(2024-03-10 09:47:32)  
meerachinnu3@gmail.com

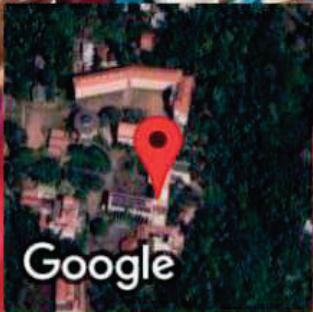
Cell: C128

Comment: =====

ID#AAABImpx41w  
(2024-03-10 09:47:32)  
MEERA A.S




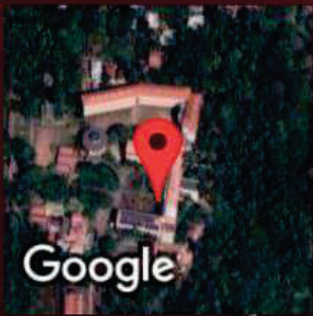
 GPS Map Camera



Mala, Kerala, India  
67VF+G78, Mala, Kerala 680732, India  
Lat 10.243902°  
Long 76.27315°  
05/10/23 02:02 PM GMT +05:30



 GPS Map Camera



Mala, Kerala, India  
67VF+G78, Mala, Kerala 680732, India  
Lat 10.244022°  
Long 76.273083°  
05/10/23 02:05 PM GMT +05:30



**DEPARTMENT OF CHEMISTRY**  
**CARMEL COLLEGE(AUTONOMOUS),MALA**  
Nationally Re Accredited with A Grade( Fourth Cycle)



**LAB TOUR FOR SCHOOL STUDENTS**  
**HOLY CHILD CENTRAL SCHOOL, SNEHAGIRI (ICSE)**



13/10/2023



11:30 A.M



Chemistry Lab



Ms. Neethu Sunny  
Dr. Roshini K.Thumpakara  
**Staff Coordinators**

Ms. Ancilyn Antu K  
Ms. Saranya M.P  
**Joint Coordinators**

Dr. Princy K.G  
**Head of the Department**

Dr. Sr. Kochuthressia K.P  
**Principal**



**CARMEL COLLEGE (AUTONOMOUS),MALA**  
*Department of Chemistry*

**Report : Experiential Learning for School students**  
**(Outreach Programme)**

**Date** – 13/10/2023

**Time** – 11.30pm

**Venue** – Chemistry Laboratory

On 13<sup>th</sup> October, tenth grade students of Holy Child Central School, Snehagiri, Mala visited the Chemistry Laboratory of our department. The purpose of this visit was to familiarize the students with laboratory equipment and basic experiments, enhancing their understanding of practical chemistry. The visit commenced with a safety briefing conducted by our Chemistry teacher, Ms. Roshini K Thumpakara. Students were reminded of the importance of lab safety, including wearing appropriate safety gear such as lab coats and goggles, handling chemicals with care, and the importance of staying focused and attentive during experiments. After the safety briefing, the students were introduced to various laboratory equipment and apparatus. They were shown and explained the functions of common items such as beakers, test tubes, pipettes, Bunsen burners, and safety showers. This session allowed students to understand the purpose of each piece of equipment in a practical setting.

The students then had the opportunity to perform simple chemical experiments under the supervision of the chemistry teacher, Ms. Neethu Sunny. This hands-on experience allowed them to apply their theoretical knowledge and witness chemical reactions firsthand. This hands-on experience allowed them to apply their theoretical knowledge and witness chemical reactions firsthand.

**OUTCOME:**

The Chemistry lab visit was a highly educational and engaging experience for students. They not only learned about laboratory safety and equipment but also had the chance to actively participate in chemical experiments. The visit was successful in promoting a greater interest in the subject of chemistry and reinforcing the importance of practical applications of scientific knowledge.



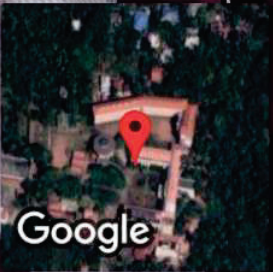
*Princy K. G. P.*  
Head  
Department of Chemistry  
Carmel College (Autonomous)  
Mala-680732







 **GPS Map Camera**



Mala, Kerala, India  
67VF+G78, Mala, Kerala 680732, India  
Lat 10.244236°  
Long 76.272873°  
13/10/23 11:29 AM GMT +05:30



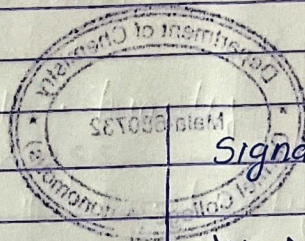
Experiential Learning for school students -

Holy child central school (ICSE), Snehagiri  
(standard X)

Venue : Chemistry Laboratory

Date : 13/10/2023

Time : 11:30 A.M.



Sl. No	Name of the students.	Signature
1	Abhishek P	
2	Adhosh VN	
3)	Joel boby	
4)	Jyothik Krishna	
5)	Pradyush Reghu	
6)	Aqna Varghese	
7.)	Alphonsa Fiya K.M	
8.	Ann Mariya Sheeson	
9.	Devanjana P.A	
10.	Ardhra Sujith	
11.	Ashmi Mariya hayu	
12.	Chris Mary Benny	
13.	Elna S Kurisinal	
14	Rhys Mariya	
15	Nandana N.V	
16	Keerthana menon	
17	Lima Rose Santhosh	
18.	Mithra Sibil	
19.	Sanyana Joseph	
20	Samira Balu	
21.	June Liza cysiac	
22	Smitha Sukumaran	

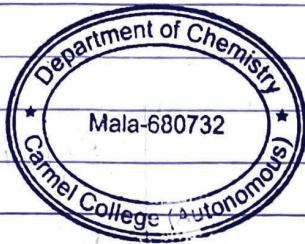
22

23 Seema Davis Thekkan

Seema

24. Simi Mary Joy

Simi



Princy K A P

Head

Department of Chemistry  
Carmel College (Autonomous)  
Mala-680732

- 1. ...
- 2. ...
- 3. ...
- 4. ...
- 5. ...
- 6. ...
- 7. ...
- 8. ...
- 9. ...
- 10. ...
- 11. ...
- 12. ...
- 13. ...
- 14. ...
- 15. ...
- 16. ...
- 17. ...
- 18. ...
- 19. ...
- 20. ...