



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

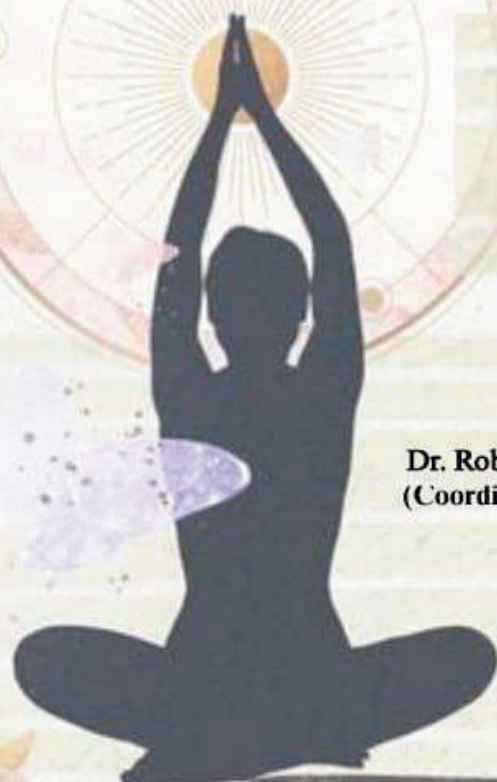
Venue : Seminar Hall

ONLINE MODE

Dr. Roby T J
(Coordinator)

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

Dr.Sr. kochuthressia K P
(Principal)



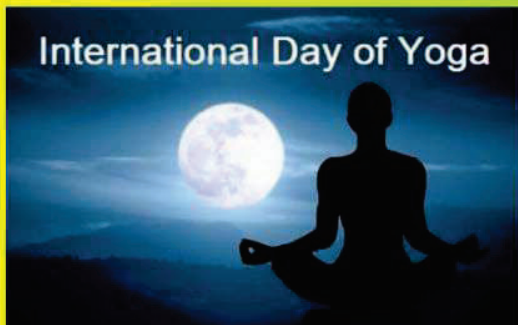


CARMEL COLLEGE (AUTONOMOUS) MALA

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
Re-Accredited by NAAC with 'A' Grade (4th Cycle)
Thrissur Dt. Kerala-680732, 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 (4th Cycle)

Thrissur Dt. Kerala-680732, 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, 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
Re-Accredited by NAAC with 'A' Grade (4th 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 (4th Cycle)
Thrissur Dt. Kerala-680732, 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, 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