

COLLEGE ANNUAL REPORT

2020-21

INTRODUCTION

Commit your actions to the Lord, and your plans will be established

(Proverbs 16:3)

In her sojourn to success, Vimala has always been steadfast in her adherence to perfection and innovation. As one of the premier institutions in the higher education arena, Vimala has been at the vanguard of many strategic academic changes and educational perspectives, consistently striving towards excellence, since its inception in 1967. The Autonomous status, College with Potential for Excellence, Mentor College under UGC Paramarsh scheme and other innumerable awards and recognitions Vimala received over the years, have been stamps of merit which moulded her into a reputed and coveted citadel of learning.

The spirit of valiance and compassion, along with her principled pursuit of truth that align with her motto Veritas et Amor, have imparted a distinctive outlook to Vimala, and have been her steering forces till date. Even amidst a raging pandemic, when the nation and world at large stood perplexed, and educational institutions across the globe were tormented with uncertainties, Vimala battled to successfully transform her challenges into opportunities. The disciplined, coordinated and prompt execution of academic and administrative affairs assured a quick, smooth and total transition of teaching-learning system into digital mode. The relentless endeavours of the Vimala fraternity this year truly deserve appreciation.

I deem it my honour and privilege to present before you the annual college report of the year 2020-21. Let me begin with the highlights of the year.

Highlights of the Year

- College achieved 100% success in implementing digital teaching, learning and evaluation
- College executed and conducted all curricular, co-curricular and extra-curricular activities, abiding with the Standard Operating Procedure and following the COVID-19 protocol.

- College became a part of the Coursera for Campus- Online learning platform allowing free access to over 3800 courses of international institutes and universities to students, faculty and alumnae.
- The Boards of Studies of all disciplines were reconstituted for the term 2020-22. BoS meetings were conducted to upgrade teaching, learning and evaluation modalities, with the approval of the institution's Academic Council and further, the parent university.
- Four new academic programmes- M.Sc Statistics, M.Sc Computer Science, B.Sc Psychology and M.Sc Zoology (with specialisation in physiology, structure and classification of animals) were initiated this academic year.
- Three new programmes- B.Voc in Specialised Accounting and Finance, PG Diploma in Data Science and M.Voc in Machine Learning and Data Analytics were sanctioned by UGC for the College this year.
- College secured 99th position in the MHRD, NIRF Ranking 2020. Besides, the institution also secured 59th position in Arts, 33rd in Science, 34th in Commerce and 22nd in Social Work in the India Today Ranking. The College has submitted data for NIRF, India Today Ranking 2021 also and is awaiting the results.
- The College conducted a National Level Faculty Development Programme on Skills for Next Generation Teachers in collaboration with Guru Angad Dev Teaching Learning Centre of Ministry of Education (MoE) Govt. of India and Jean Monnet Module, Centre for European Studies, Jawaharlal Nehru University, New Delhi.
- The College was recognised as 'Social Entrepreneurship, Swachhta & Rural Engagement Institution by Higher Education Department of Government of India for its Post COVID Action Plan
- The NSS units of Vimala college won the 2019 Swachh Bharath Summer Internship award instituted by the Department of Drinking water and sanitation, Ministry of Jal Sakthi, Govt. of India and received Certificate and cash prize of Rs.20000 from the district collector Sri. S Shanavas
- The NSS units of the College received Functional Excellence Award instituted by the Excise Department in recognition of their Anti-drug programmes and initiatives.
- The Women Development Cell of the College has been selected for the Best Women Development Centre Award this year by the University of Calicut
- The Research Centre of the Department of Malayalam was inaugurated.
- Nine faculty members of the College have been recognised as Research Guides under University of Calicut this year
- Five faculty members were awarded Doctorate degrees this year.
- The College bids farewell to four of her exemplary staff members:
Dr. Minimol K Jose (Vice-Principal and IQAC Co-ordinator)
Dr. Asha P Rao (Head of the Department of Social Work)
Mr Lonappan E.P (Gardener) and
Mr Periaswamy C.D.(Office Attendant)

Over to Anjana, Angelina and Ann Mary who will lead you through the year's events

INFRASTRUCTURE

- The construction of a new Video-Conference Room equipped with a lecture-capturing system, was completed this year.
- Christ Hall, a new Conference Room with state-of-the-art facilities was constructed in the Main Block ground floor.
- Renovation of Principal's Room, IQAC Room and Library was undertaken and successfully completed.
- The construction of Research Rooms above the Old Conference Room is under way.

LIBRARY

Vimala College library is the cradle of book-lovers and has always been striving hard to meet the expectations of its users. This year, extended its services from routine to high-tech online SDI services using social media and offered uninterrupted reference facility to faculty and students. The library has initiated the College registration in Vidwan Portal developed and maintained by INFLIBNET. College was registered as an Institutional Publisher under Raja Rammohan Roy National Agency as 'Vimala College Publications' for books and proceedings with ISBN.

- Library felicitated its Best E-Users of the year 2020-2021
- Improved its infrastructure by adding "Research Hub"- a space for Research Scholars
- Library Club organized a one-day seminar on "Logophilia: Let's Talk Book",
- Organised online reading week celebrations and programmes- Bibliophilia 2020 through social media platforms like Whatsapp and Instagram.
- Sobreviver of Library Club took to making eco-friendly paper pens- Wisdompen@covid19 during pandemic period.

INTERNAL QUALITY ASSURANCE CELL

The IQAC of the College spearheaded academic activities to successfully cope with the COVID 19 crisis, introduced digital teaching-learning strategies, upskilled the faculty on their digital skills through systematic faculty enrichment programmes, developed COVID protocol for campus learning activities and examinations, organized student and parent orientations, conducted stakeholder feedback analysis, set new initiatives to ensure quality in learning and research, took to implementing UGC Paramarsh Scheme etc. The IQAC initiated preparation of Self Study Report for the IV Cycle of NAAC Accreditation.

- **IQAC constituted a COVID Cell and during** the COVID 19 National lockdown and disseminated awareness generation information and materials to support Janata Curfew, social Distancing protocol and self-care measures among the students and

staff through a formal standard operating procedure for campus activities, examinations etc. It also extended its service to the community, during the pandemic.

- 11 **faculty enrichment sessions and several capacity-building workshops** on digital teaching and learning, academic publishing, new National Education Policy and professional ethics were organised
- A **Podcast series** was initiated, based on the theme COVID 19 and 25 related talks were made available through YouTube Channel.
- Organised **Reaching Out** programme to strengthen the mentor-mentee relationship.
- Coordinated the student support programme '**Lend a Hand**' to mobilise resources to support students with electronic devices and ensure their effective participation in online learning.
- Organised a **meeting with the Divyangana students** and their parents to understand their needs and concerns in the context of COVID 19 and online education.
- Organized **Explorigate-** a research webinar series with leading national and international experts from various parts of the country sharing their experiences with participants
- Introduced new initiatives such as **V TRACK** which aims at tuning research aspirants for creating knowledge and **V Inspiration-** a platform for students to interact with illustrious alumnae who pursue their higher education in premium institutions
- Conducted online '**Welcome Week**' activities for the freshers which included orientation for students and parents, orientation on online teaching and learning, departmental induction, entry level assessment and bridge courses and orientation for parents on Gender sensitized Parents – an Asset for Girls
- Organised Dr Sr Lissy John Irimpan Endowment Talk for parents, on 'Enhancing Mental Health of Young Adults- Role of Parents' by Dr Seema P Uthaman, Head and Associate Professor, Institute of Mental health and Neuro Sciences, Kozhikode
- Arranged a New year Orientation "Hello 2021", a talk by Rev. Fr Dr MK George SJ, Regional Assistant of South Asia and General Counsellor to Fr Superior General of Jesuits in Rome.
- Organized DISHA, a one day Life Guidance Programme for the final year UG and PG students with sessions on 'Core skills for Life of Young Adults' and 'Health and Well-being of Young Women with a focus on Reproductive Health', in collaboration with Thrissur Obstetrics and Gynaecologists Association
- Conducted Academic Audit of all the 20 academic departments of the college with the help of external peer team.
- The IQAC initiates mentoring sessions to her 5 mentee colleges under UGC Paramarsh Scheme and assists them in their accreditation process

Career Guidance, Placement and Training Cell

Career Guidance Placement and Training cell conducted eleven webinars on career orientation, personal development and orientation on higher education through the webinar series EXCELSIOR 2020. The sessions helped students to prepare for competitive exams, civil services examination and also arranged several motivational talks and interactive sessions. Campus placement drives by Goan Institute and LIC were organised. Students also participated in the off-campus placements conducted by Deloitte, Wipro, Infosys, TCS, CTS, Focus edumatics, Hexaware and ZIFO. The Cell has been giving regular coaching classes for spoken English, IELTS, CAT, JAM, PSC, Bank coaching, Staff Selection Commission exams, NET and Civil Services examination.

COLLEGE UNION

The students' union of 2019-20 continued to execute its duties all through this year too. The union, under the dynamic captaincy of the Chairperson, Ms. Alinta Joy discharged their duties in this unprecedented academic status-quo.

A series of online competitions and activities were organised by the College Union this year. **"TAKE A BREAK"** -an initiative by College Union and the Fine Arts Committee to cool down the scorching academic atmosphere, interaction sessions with eminent resource persons and media professionals, **PALETTE 2020-** an Interdepartmental drawing competition, **"SOOKSHICHONAM"** -Onam celebrations, **Feast Day Celebrations of the Principal** were a few.

DBT STAR College Scheme

DBT STAR College Scheme was sanctioned by the Department of Biotechnology (DBT) under the Ministry of Science and Technology, Govt. of India, for six Science Departments of the college- Botany, Zoology, Physics, Chemistry, Mathematics and Statistics, in 2019. These departments conducted around 40 national and international level webinars for the UG students in 2020-21 and two Faculty Development Programmes to strengthen the skills and competencies of the faculty. E-tendered laboratory instruments, chemicals and glassware were also provided to the selected departments.

RESEARCH

From the very inception, Vimala College has been in the forefront of implanting research aptitude and inspiring intellectual pursuits. Currently the College has six established Research centres. Six of our faculty members were awarded Doctoral Degrees this year. It is indeed a matter of pride that nine of the faculty members have been recognized as Research Guides. Several of the faculty members have served as Resource Persons at various online webinars and have presented papers at various national and international conferences.

LAURELS

FACULTY ACHIEVEMENTS

- **Dr Sitara V Attokkaran**
Dr Jovia Jose
Dr. Lakshmi C M
Dr Prathibha P
Dr. Samja Sabu and
Dr. Treesa T Pulickal were awarded Doctoral degrees this year:
- **Dr Hemamalini M,**
Dr Nisha Francis O
Dr Sr Beena T.L.
Dr Jancy K A
Dr. Sneha Gopeekrishna
Dr Mallika A Nair
Dr. Jiji Abraham
Dr. Sr. Silvy Mathew and
Dr Aneesh George were recognised as Research Guides under University of Calicut
- **Dr Shinju V** received Co-guideship in Bharathidasan University. She also received the International Esteemed Women Educator Award 2021 in Sociology on the International Convention on Empowered Future Woman's Role instituted by IMRF Education and Research Foundation and Centre for Potential Advance, Midlands UK and India.
- **Dr Sheeba P** was promoted to the grade of Associate Professor
- **Dr. Jerin Paul** was selected as a consultant biostatistician of Pankajakasthuri Herbals India (P) Ltd and was part of the team of experts involved in the clinical trial of ZingiVir-H, an anti-COVID ayurvedic drug.
- **Dr Sr Beena Jose** published 3 of her books: *Biochemical Studies on Glyricidia Sepium and its Medicinal Application*, *Anticancer Potential of Wrightia Tinctoria Roxb. R. Br.* and *Recent Developments in the Chemistry of Life and Science Playing God*
- **Dr. Sr. Silvy Mathew** received the Innovative Researcher and Dedicated Academician Award instituted by the Society of Innovative Scientific Research Professional, Chennai, India. She also published 2 of her books- *Phytonanotechnology: Challenges and Perspectives* & *Alpinia Calcarata: The Goldmine of Future Therapeutics*, published this year.
- **Dr Sneha Gopeekrishna** was certified as a Professional Life Coach, by Transformation Academy, Clearwater, Florida, USA. She also edited 2 books *Women Empowerment-Issues, Prospects & Challenges* and *Covid-19 Pandemic and Global Resurgence*

- *Methodology and Perspectives in Plant Science*, the book edited by **Dr. Sheeja T Tharakan** and **Dr Manju Madhavan** was accepted as the Core text for IV Semester B.Sc Botany Programme under Calicut University
- **Mr. Sojan Joseph** got his book *Income Tax Law and Accounts- Assessment Year 2020-21* published this year.
- *Diaries from Calcutta*, the debut novel by **Mr Amaldev P. J.** was ranked 47 in the Global Best Seller List on Amazon
- **Dr. Binu V** was appointed as the Chairman of Expert Committee Land Acquisition Board by the District Collector of Thrissur
- **Dr. Lakshmi C.M** secured II position in the National Level Singing Competition for Teachers, organised by Harmony, the Music Club of All Saints' College, Trivandrum, Kerala

STUDENT ACHIEVEMENTS

- Jashlin Anna James secured Second prize in e- quiz competition at the ICAR Krishi Vigyan Kendra Malappuram, Kerala Agricultural University
- Cicina Maria Cicil secured Second prize in Online poster making competition, organised by the Dept. of Home Science, Govt College for Women, Vazhuthacaud, Trivandrum
- Devika Rajesh Menon secured Second prize in Asianet season-2 Family cooking competition
- Anila.V.B won Best Poster award at the National webinar organized by the Home Science Association of India
- Aiswarya R was selected as the Internshala Student Ambassador by IPSR Solutions Ltd.
- Ms. Aswini Rajendran and Ms. Jazana Faisal secured First and second prizes in statistical quiz competitions conducted by Sacred Heart College, Ernakulum and Old Students' Forum, CUSAT, Cochin respectively
- Ms. Sneha Rajeev received first prize in Youth Orator of Kerala 2020, an online English speech competition conducted by JCI, Kochi
- Brijit Sara Joseph won first prize in Sr. Edwina memorial PPT presentation on "Role of Youth amidst Pandemic" organised by Providence Women's College
- Nileena Manoj, Deepthi Ann Vadakkan and Rosmin Biju of Physics Department were selected as DST Inspire Fellows
- Diya Aji secured Third prize in Quiz conducted by Telangana Krishna Reddy College of Pharmacy

- Alan Charisma Joseph won First in Speech competitions organised by Government Law College, Thiruvananthapuram, and Christ College, Irinjalakuda, First in Book review competition and Third in Debate Competition organised by TKM College Kollam.
- Sandra Baiju won Second Prize in All Kerala Maria Phillip Memorial intercollegiate Debate competition, Kochi Zone organised by XIME, Kochi
- Anlia Marys won First prize in state level speech contest ‘Voice of Independence’ organised by Department of English, St Mary’s College, Thrissur.
- Joshna Johnson participated in the world record winning Nation Building Project organised by 3G Institute of Research & Policy Studies, IIT Madras Research Park

SEMINARS AND WORKSHOPS

About 75 webinars and 4 workshops were organised by the various departments of the College this academic year

- Webinar on Sociological Insight on the New Normal organised by the Department of Sociology
- on ‘Spectroscopy of Materials’ by the Department of Chemistry
- on “Impact of COVID 19 pandemic on Global business environment” by the Department of Commerce
- Webinars on Data Analytics and Secure Web Applications by the Department of Computer Science
- on AGBIOTECH Advancements and Crop Improvement by the Department of Botany
- webinar series **EXCELSIOR 2020** by CGPT
- webinar on Mental Wellness Awareness organised by the Alumnae Association were a few of the international ones.

Besides these, several national and regional level webinars were also hosted by the departments

TALKS AND LECTURES

- Department of Zoology organised the alumnae lecture series, **Zooalumnar**.
- Department of English organised a talk by renowned author Ms Jayasree Misra on the topic Memoir: The Truth Behind Fiction.
- Department of Botany organised a motivational talk by Narayanan Master, recipient of the 2017 Sarojini Damodaran Foundation State Level Special Award,.
- Department of Physics organised the alumnae lecture series **IGNITE, Coffee with Scientist, Women in Science** and **Dr Sr Ritty J Nedumpara Endowment Lecture**
- Department of Social Work organised an alumnae lecture series **Samvaad** and a session on **The Widening Horizons of Social Work Profession**

- Department of Malayalam organised the alumnae lecture series **Thejus 2020** and a **Podcast series** in connection with Reading Week
- Department of Chemistry organised a lecture series in the name **We Shall Overcome-Covid 19, an Ozone Day talk** by Dr. Louise Ko Huang, Assistant Dean of Undergraduate Studies, College of Liberal Arts & Sciences (CLAS), Azusa Pacific University, California and a talk in connection with **World Science Day**
- Department of Computer Science organised an **Academia Industry Interface Expert Lecture Series** and several **Technical talks**
- Department of Economics organised a lecture on **Relevance of Financial Inclusion.**
- Department of Sociology organised a lecture by the entrepreneur Mrs Soumya Ramachandran in connection with the inauguration of the course **Entrepreneurial Skill Development and Self Employment for Women**

EXTRA CURRICULAR ACTIVITIES

The major competitions conducted over the year include

- **UMANG 2020, EL-ALIMENTO** and **Resilience 2020** by the Department of Home Science
- **LOCHANA** and **UJWALA** by the Department of Malayalam
- Intercollegiate General Quiz Competition for Sr. Philomina Ever Rolling Trophy by the Department of Economics
- **Riti 5.0**, the IT Fest by the Department of Computer Science
- **TechTrix 1.0-** the Tech Fest by B.Voc Web Technology, Department of Computer Science
- **AGNI 2K20** by the Department of Physics
- **EZIPHILAYO** by the Department of Botany
- **Thalassophile** by the Department of Zoology
- **KEATS @ 200** by the Department of English
- **BUSINESS TRACK 2020 and COMFEST 2020 – BUSINESS UNPLUGGED** by the Department of Commerce.
- **HARIYAALI 2020 and 'DABAANG 2020'** by the Department of Hindi
- International Mole Day competitions by the Department of Chemistry
- **Astra** by the Department of Mathematics

BEYOND BOOKS

The college stresses on the overall development of students encouraging them to widen their horizons beyond the academic space. It opens up new vistas of opportunities for the aspiring candidates through online Internship programmes, skill enhancement programmes, capacity-building events, competency boosting workshops, community reach out programmes and career guidance sessions

- Students participated in international and national webinars, presented papers at online conferences, published articles in various journals and completed online internships at various organisations.
- Students observed days of international and national importance.
- Courses in collaboration with Trinity College, London, Alliance Francaise de Trivandrum and Goethe Zentrum are offered, training students for Trinity GESE, French and German respectively

NATIONAL CADET CORPS (NCC)

- NCC unit of Vimala College actively participated in the community awareness enhancing activities during the pandemic, under the able guidance of the Commanding Officer Col Joseph Antony and 7 Kerala Girls Battalion.
- Cadets honoured the Corona Warriors, organised blood donation camps and donated blood at IMA Blood Bank
- NCC coordinated a Food grain/Grocery/Sanitary items collection camp in the College. The cadets distributed 50 kits, with everyday essentials and reached out to the residents of the tribal colonies of Palapilly Estate who were adversely affected by the pandemic.
- Cadets planted saplings on Environment Day.
- Observed International Yoga Day. Cadet Sana Joseph and Cadet Kathiya Varghese uploaded a video of practising pranayamas and asanas in the official page of Ministry of Ayush.
- Conducted a virtual campaign against drug abuse and illicit trafficking along with Ek Bharat Sreshth Bharath club.
- Cadet Alphonsa Augustine took charge as the Junior Under Officer of the NCC Unit of the College.
- Observed Kargil Vijay Diwas through a virtual meeting with Param Veer Chakra recipient Sub Major Yoginder Singh Yadav PVC
- Cadets presented a Musical Tribute, Garveet to the valiant souls who laid their lives for India's Independence.
- Organized webinars on Fitness Awareness, Blood Donation, National Education Policy and Present Indian Education System, Disaster Reduction, SAMVIDHAN as

part of the Constitution week, Resistance, Resilience and Revival: Opportunities in the Post-Pandemic World etc.

- Conducted a stone art competition as part of Gandhi Jayanti celebration.
- Cadets celebrated International Girl Child Day, Rashtriya Ekta Diwas, NCC Day, Armed Forces Flag Day and Kissan Diwas by creating posters, organising competitions and discussions.
- National Cancer Awareness Day 2020 was observed,
- Cadets made Covid Safety Alert Christmas cards.
- On the second anniversary of the Pulwama attack cadets created posters in remembrance of the martyrs

NSS

NSS units of Vimala college won the 2019 Swachh Bharath Summer Internship Award from the Ministry of Jalsakthi, Govt of India and the Functional Excellence Award 'Vimukthi' instituted by the Excise Department in recognition of their Anti-drug programmes and initiatives this year.

Several activities and competitions were initiated by the units this academic year.

- NSS units conducted a Webinar on ' Introduction to Modernization in Motor Vehicles Department '.
- NSS volunteers participated in the blood donation camp conducted by the Rotary Club International at Govt Medical College, Thrissur.
- Organized a talk on “Vigilant India, Prosperous India” by Mr. Jim Paul C, Inspector of Police, Vigilance and Anti-Corruption Bureau, Thrissur, as part of the Vigilance week celebrations
- Celebrated NSS day through a series of activities- an inspiring talk by Sri Brahma Nayak Vinayakam, several intercollegiate competitions and interactive sessions for students.
- Organized an interactive session with Sr. Chaithanya CMC, as part of the observation of World Aids Day
- Conducted UNARVU 2K20 – a seven-day online NSS Camp with awareness classes on ‘Organic Farming for Sustainable Living’, ‘Science and Technology of Waste Management’ and more

CLUBS AND FORUMS

NATURE CLUB

- organized a **Webinar** on the topic “Living in Harmony with Nature”
- **‘Paloma’ – an Inter Departmental Quiz Competition’**
- **‘Prithvi – an Online Painting Competition’**
- **‘Gandhi Darshan’- An Intercollegiate Gardening Competition**

- **‘Let’s Renew Our Energy’ Live Quiz Competition**
- started a **You Tube channel ‘VRITHIKA’** to stream informative videos
- prepared **signboards** to propagate nature conservation ideas among the students of our college
- designed an **E- Calendar** highlighting all environmentally significant days
- hosted an **online interactive session with kids- ‘wild schooling’**.

DANCE CLUB- Noopuram

- organised an **Online Dance Competition** during the Lockdown period
- produced a **Theme Dance Video** to give awareness about COVID-19
- paid a **Dance Tribute to Freedom Fighters**
- organised **SPARKLES-Meet with Juniors**.
- performed cultural programmes in connection with Freshers Day and Principal’s Feast Day.

ENTREPRENEURSHIP DEVELOPMENT CLUB

- organized a **Webinar** on ‘Entrepreneurial Prospects and Possibilities for Women’
- hosted a virtual **state level intercollegiate competition** – ‘Business Re-engineering’.

NUTRITION CLUB

- conducted a **webinar** on ‘Nutritional Management in Dysphagia.
- constituted a **video detailing different immunity boosting nutrients** and their sources, in the wake of the pandemic.

MUSIC CLUB Saarang

- organized **Kudumbonam: Onapattu Competition** for faculty members and families
- conducted a **Musical Combo of the present batches of students and Alumnae** titled “musical coalescence of past and present” in connection with Gandhi Jayanti
- conducted **Christmas Carols with Family** -competition exclusively for teaching and non-teaching staff
- Organized a **Talent Hunt** to identify talented singers among students.

THE JOURNAL CLUB, Enflammer

- conducted **POOVILI 2020** an Intercollegiate Quiz Competition on Onam Flowers
- organised **National Level Paper Presentation Competition** in coordination with Kerala Academy of Science (KAS).

BIODIVERSITY CLUB

- organized '**CORONAM**' a virtual Pookkalam Competition
- **Quiz Competition on Ozone Day**
- **Intercollegiate Photography Competition** in connection with world river day and tourism day
- Organised '**SEVANA VARAM**', in connection with Gandhi Jayanthi
- Conducted a series of competitions viz. stone writing, terrarium making, bottle art and troll making as part of National Environment Month.

VIMALA ASTRONOMY CLUB (VAC)

Vimala Astronomy Club organised a **webinar series 'ASTRO TALKS'** under the DBT-STAR scheme.

EK BHARAT SRESHT BHARAT CLUB

- As part of the **Ek Bharat Sresht Bharat** Day, the EBSB Club organized a podcast to spread awareness on COVID-19 pandemic among the civil society.
- prepared a Covid-19 Pandemic Awareness Animation video for the staff and students of Vimala College
- conducted an **Intercollegiate Covid-19 Pandemic Awareness Quiz titled "QU"**
- organised an online quiz **Himachal Pradesh: Feel the Spark of Life** for students of various colleges across Kerala
- observed **Ek Bharat Sresht Bharat** Day
- organised an online cookery show "**Himachali Dham**" showcasing the major traditional cuisines of Himachal Pradesh
- organised **Ganalap**, a musical tribute to the Nation on Independence Day
- conducted **Pahari Samskriti** featuring the traditional attires and ornaments of Himachal Pradesh
- organised an online **Wellness Programme "Maanasik Swaasthya"** and an informative session **on the musical instruments of Kerala.**

BHOOMITHRA SENA

- Club conducted **online workshops** on the following topics like self-preparation of masks, wearing and disposing masks, shielding ourselves from COVID etc.
- conducted an **essay competition** on the topic Shaping Peace Together, in connection with Gandhi Jayanthi

YOGA & WELLNESS CLUB

- organised a number of **online competitions**
- circulated **exercise videos** among faculty and students to keep them fit and healthy in the pandemic period.
- delivered **talks and lectures** on Yoga and Quarantine Fitness as part of V Podcast.

UGC-CENTRE FOR WOMEN'S STUDIES

The centre organised a **series of state level webinars** on topics like “Nutri Village for Ensuring Nutritional Security”, “Ensuring Gender Empowerment During Covid - 19”, Enhancing Women Mental Health: Psycho- Social and Futuristic Dynamics and “Academia & Gender Sensitization”. The centre also organised a **National Level Workshop on Gender and Research Writing**.

WOMEN DEVELOPMENT CELL

This year the WDC conducted an array of programmes. The Cell organised webinars on Nutritional safety for Women during Covid -19, Women Empowerment Beyond the Predefined Body Image, Laws Relating to Crime Against Women and also on Life style Education programme on prevention of reproductive cancer in collaboration with the Department of Zoology.

CATHOLIC ACTIVITIES

Consecration to the Sacred Heart of Jesus was made in the month of June. Rosary month prayers and Christmas Celebrations were conducted online.

Chavara Feast Celebrations were organised as part of the commemoration of the 150th Death anniversary of St. Chavara Kuriakose Elias. Rev Dr. Roby Kannanchira CMI delivered a speech on St. Chavara’s model on sustainable development. Dr. Mary Thomas K secured first prize in Kavitha Rachana based on Fratelli Tutti, new Encyclical published by Pope Francis and Dr. Hemamalini, Dr. Lakshmi and team secured first prize for Group song in the Chavara Fiesta conducted by CMC Nirmala Province.

Jesus Youth of Vimala College is one of the primary pillars that supports the spiritual growth of students. Vimala Jesus Youth adopted online methods of worship this year and organised online prayer gatherings, adorations, meetings and competitions. Christmas celebration and a talk by Honourable Justice Kurian Joseph was arranged as part of Mistletoe 2020.

College, along with Chair for Christian Studies and Research, University of Calicut conducted online Value Education classes and examinations for UG and PG students.

A one-day annual retreat was arranged for final year UG and PG students alongwith a talk on Life Guidance on 6 March 2021 and a Thanksgiving Holy Mass in the college Auditorium.

EXTENSION ACTIVITIES

- **Hand Sanitizer (C glow) Preparation** by the Chemistry Department as a response towards ‘Break the Chain’ Campaign by the state government against COVID-19
- **Paithrukam** - by the Department of Botany to promote students as resource persons to handle sessions for parents, especially mothers.

- **Energy Literacy Drive-** a joint venture by the Department of Physics in association and Energy Swaraj Foundation launched a short course on ‘Learn to design your own Solar Home system’.
- **Inauguration of Vimala Energy Management Centre** by Physics department in collaboration with Athul Energy Systems Pvt. Ltd., Thrissur
- **Tele-counselling:** helpline by Social Work Department in COVID Care & Counselling in association with All Time Love, NGO, Kottayam
- **Psycho-Social Support to Homeless Community** by the Department of Social Work in association with National Health Mission (NHM) and Kerala Association of professional Social Workers (KAPS) Thrissur
- **Project** on “helping the Middle-class household to sell their skills and products” submitted by the UG students of Sociology Department to the Kerala Government under the Young Innovative Programme.
- **"Hack the Crisis":** by the Department of Computer Science aimed at “Assistive technology to ensure social distancing”.
- **Short Film** *You are not alone* by First year BSc Psychology students on the occasion of World Mental Health Day celebrations.
- **‘Zooera’-** a series of presentations by UG and PG students of Department of Zoology for bio enthusiasts

VIMALA COMMUNITY OUTREACH PROGRAMME

As a part of Vimala Community Extension Centre, aided by Central Social Welfare Board, the College renders social service to the needy. Vimala Community Outreach Programme includes:

- Vimala Family Counselling Centre (VFCC)
- Vimala Child Guidance Centre,
- Childline,
- VCASS and Vimala Service Providing Centre.

Under the auspices of the above, several programmes are organised every year for the betterment of the society and families in general and children and women in particular.

Apart from these programmes, various departments took part in Covid-19 relief activities in the nearby communities, this year.

- Department of Computer Science sewed and distributed around 500 reusable masks to nearby colleges. The department also distributed “Pothichoru” to the migrant labourers in Edamuttam Panchayath, Thriprayar, Thrissur. In collaboration with Unnat Bharat Abhiyan the department conducted a gap-analysis on perception and expectation in online teaching and learning under the schools in UBA villages and other schools in Kerala.

UBA- UNNAT BHARAT ABHIYAN

- As part of Covid - 19 relief activities, UBA wing of the College distributed reusable masks to frontline health officials and workers as a gesture of social commitment
- conducted an online quiz on "Knowledge about Drug Abuse and Adverse Effects on Human Health" in connection with International Day Against Drug Abuse and Illicit Trafficking
- Students celebrated World Paper Bag Day by making paper bags at home and distributing the same at their neighbourhood
- Conducted an online survey on Awareness of ICT Tools
- Organized “**Abhiman 2020**” – the Independence Day Celebrations and competitions for students from grades one to twelve in connection with 74th Independence Day.
- special tribute was paid to Real Life Heroes – humanitarians and front-line workers on World Humanitarian Day
- started an educational Youtube Channel – V4U – to cater to the educational needs of Govt. Children’s Home, Ramavarmapuram, Thrissur. Our students prepared educational video content for classes 1 to 11.
- A set of competitions named ‘*Arise*’ ‘*Shine*’, ‘*Predict*’& ‘*Sail Over*’ were organized as part of the Gandhi Jayanthi celebrations initiated by the UBA this year

PARENT TEACHER ASSOCIATION

Vimala has always enjoyed the patronage and support of a dedicated PTA. The General Body Meeting of the Parent Teacher Association was held in the online mode in the month of December. The PTA functions with Principal Dr. Sr. Beena Jose as its President and Mr. Francy Antony as the Vice President.

PTA assisted infrastructural additions and renovation works are in progress in the campus.

ALUMNAE

The Alumnae Association, Ritorno, serves as a powerful network connecting the alumnae and the Alma Mater. In the pandemic situation, the Association with the support of our foreign chapter, Vimex UAE contributed Rs 80000 towards facilitating access to online teaching for our needy students.

The Association organized an international webinar on Mental Wellness Awareness to enlighten the minds of the alumnae during this period of anxiety.

The annual reunion and general body meeting of the Association was held on the second Saturday of October. The seventh edition of the Alumnae newsletter ‘Dear Alumna’ was released during this virtual reunion.

As part of **Vimalardhram**, the outreach initiative by the Association, an amount of Rs 3000 was collected from each department and was given to our students struggling with financial crisis in the current COVID-19 pandemic situation.

SPORTS

The concept of “**Fit Vimala Fit India**” was introduced by the department with a vision to involve the students and the faculty in various kinds of physical activity. Even with the pandemic tightening its grip everywhere, the department of Physical Education took pride in conducting intramural competitions and several sports activities for the students. This venture also enabled the students and staff to have fun, learn new sports, and test their physical capabilities. Several online competitions that were organised, offered a change from the daily routine and means to re-energise.

- The International Yoga Day, Independence Day, and National Sports day were celebrated on virtual mode.
- The Department organized a motivational talk on “**Development of Psychological Skills for Successful Sports Performance**” for our sports students.
- During the lockdown period online training sessions were conducted to engage the students and to maintain their fitness. In February the students started off with offline practice sessions.
- At present six Athletes represent Kerala State and participate in national level championships.
- **Tug of War:** Preethi Krishna ,6thSemester BA Economics, Anu Xavier, 6thSemester BSc Computer Science and Greeshma M, 1st B Com have won the gold medal in the Senior & Junior National Tug of war championship respectively.
- **Softball:** Sandra M, 2ndSem B.Sc Chemistry, Arya M, 2nd B.Com and Sreelakshmi T 6th Semester were selected to represent Kerala State in the National Softball Championship.
- **Fencing:** Dona Maria Tom 4thsem B A Economics was selected to represent Kerala State in the Senior National Fencing Championship.
- **Wushu:** Sreeshma P M, 5thSemester BA Economics and Raseena Iqbal, 5thSemester BA English secured silver medal in Senior State Wushu Championship.
- **Wrestling:** Harsha Venu, 5th Semester BA Sociology secured silver medal in Junior State Wrestling Championship.
- Vimala secured 2nd runner up in Calicut University Intercollegiate Ball Badminton and Baseball Championship.
- Theertha secured gold and Raseena and Bhavana secured silver medals at the Kerala State Senior and Youth Women’s Boxing Championship

CONCLUSION

We fondly remember Prof. Annam John, Retired faculty of Physics, who left us for her heavenly abode early in November. We also mourn the untimely demise of two of our dear students, Ms. Geetha M and Ms. Sruthi Krishna.

We bow our heads in prayer for the departed souls.

The year 2020-21 was distinguished by the remarkable strides that the College took towards greater glory and excellence. The year would be scripted as yet another golden year in the annals of Vimala.

We owe it all to the abundant blessings of the Almighty Lord and the grace of Vimalamatha. May I conclude by placing on record my deep sense of appreciation and gratitude to all the perseverant hands, committed hearts and undaunted spirit of Vimala fraternity, in helping the institution grow in success and stature. May Vimalamatha continue to shield us with her protective mantle and be the guiding star in our voyage ahead.

