



# THE COCHIN COLLEGE

Koovapadam, Kochi-2

Affiliated To Mahatma Gandhi University

Re-accredited by NAAC With B+ Grade



Fourth Cycle  
NAAC Accreditation 2024

## Criterion 6 Governance, Leadership and Management

### DVV Clarifications

#### 6.3 - Faculty Empowerment Strategies

Metric No. 6.3.3

Total number of teaching and non-teaching staff participating in Faculty development Programmes (FDP), Management Development Programmes (MDPs) professional development /administrative training programs during the last five years

Annual Report 2022-23(Highlighting the programs undertaken by the teaching faculty)

Submitted to



National Assessment and Accreditation Council



# THE COCHIN COLLEGE

KOCHI - 682 002

(Affiliated to Mahatma Gandhi University and Accredited by NAAC)

Website: [www.thecochincollege.edu.in](http://www.thecochincollege.edu.in)

email: [email@thecochincollege.edu.in](mailto:email@thecochincollege.edu.in)



## THE COCHIN COLLEGE, KOCHI-2

### ANNUAL REPORT 2022-23



The Cochin College, Koovapadam, Kochi-2

(Affiliated to Mahatma Gandhi University, Kottayam)

E mail : [thecochincollegekochi2@gmail.com](mailto:thecochincollegekochi2@gmail.com)

Phone: 04842224954



*Mrudula Menon V.*  
Mrudula Menon V.  
Principal-in-Charge  
The Cochin College



# THE COCHIN COLLEGE

KOCHI - 682 002

(Affiliated to Mahatma Gandhi University and Accredited by NAAC)

Website: [www.thecochincollege.edu.in](http://www.thecochincollege.edu.in)

email: [email@thecochincollege.edu.in](mailto:email@thecochincollege.edu.in)

## Contents

1	Members of College Council	4
2	Members of Internal Quality Assurance Cell	5
3	Member of the Parent Teacher Association	6
4	MG University Toppers (2020-2023 UG Batch)	6
5	Report of INIZIO-2022: Student Induction Programme	7
6	Awards and Achievements received by the College for Extension Activities	8
6.1	Letter of Appreciation from St Mary's High School, Chellanam . . . . .	8
6.2	Certificate of Appreciation by Certificate of Appreciation by Kerala State AIDS Control Society/ Kerala State Blood Transfusion Council . . . . .	8
6.3	Letter of Appreciation from E M G H S Veli . . . . .	8
7	Awards and Achievements received by the Students in Sports and Cultural Activities	9
8	Research Publications by Faculty members	12
9	Faculty Development Programmes Attended by teachers during 2022-2023	15
10	Various Activities conducted by the college during 2022-2023	17
11	Report on Azadi Ka Amrit Mahotsav Celebrations at The Cochin College	21



*Mrudula Menon V.*  
**Mrudula Menon V.**  
**Principal-in-Charge**  
**The Cochin College**



# THE COCHIN COLLEGE

KOCHI - 682 002

(Affiliated to Mahatma Gandhi University and Accredited by NAAC)

Website: [www.thecochincollege.edu.in](http://www.thecochincollege.edu.in)

email: [email@thecochincollege.edu.in](mailto:email@thecochincollege.edu.in)



## Motto: Lead Kindly Light

The motto "Lead Kindly Light" is a prayer for guidance in times of darkness and uncertainty. Originating from the hymn written by John Henry Newman, it symbolizes the aspiration for moral and spiritual enlightenment. It reflects the College's dedication to being a beacon of wisdom, virtue, and integrity, guiding its students through the challenges of life with compassion and understanding. The phrase also encapsulates the institution's commitment to fostering an environment where knowledge leads not only to personal success but also to the greater good of society. As students embark on their educational journey, the light of knowledge, integrity, and wisdom leads them towards a brighter and more meaningful future.

### College Management:

- **President:** Sri. Ulhas V. Saraf
- **Secretary:** Sri. Deepak Shetty
- **Manager:** Sri. Thomas J. Vayalat

### Board Members:

- Sri. M. L. Parekh
- Adv. P.P. Jacob
- Sri. Kishore Kumar Shamji
- Sri. Raj Kumar Gupta
- Sri. Bharat Khona
- Sri. Arun D. Mookken
- Adv. M. Anilkumar (Hon. Mayor, Corporation of Kochi)
- Smt. K.A. Ansiya (Deputy Mayor, Corporation of Kochi)
- Sri. Arun D. Mookken (President, Indian Chamber of Commerce & Industry)
- Sri. Joe V. Job (Vice President, Indian Chamber of Commerce & Industry)



*Mrudula Menon V.*  
**Mrudula Menon V.**  
**Principal-in-Charge**  
**The Cochin College**



# THE COCHIN COLLEGE

KOCHI - 682 002

(Affiliated to Mahatma Gandhi University and Accredited by NAAC)

Website: [www.thecochincollege.edu.in](http://www.thecochincollege.edu.in)

email: [email@thecochincollege.edu.in](mailto:email@thecochincollege.edu.in)

## 1 Members of College Council

Designation	Name
President(Principal)	Dr. M. Geetha
Elected Member	Ms. Neena Simon V
Elected Member	Mr. Unniraja P.S.
Elected Member	Dr. Manju Subramanian
HoD of English	Ms. Mrudula Menon V
HoD of Economics	Dr.Sindhu K
HoD of Botany	Dr. Suprabha G. Nair
HoD of Physics	Dr. Manjusha M
HoD of Chemistry	Dr. Zafna Rasheed
HoD of Commerce	Dr. Rekha P.G.
HoD of Zoology	Dr. Smitha N.R.
HoD of Hindi	Ms. Srividya K.S.
HoD of Malayalam	Dr. Reshimon P R.
HoD of French	Ms. Janu V Kumar
HoD of Electronics	Dr. Paulbert Thomas
HoD of History	Ms. Renjith S.
HoD of Mathematics	Mr. Dominic T. Joseph
HoD of Bio-technology	Dr. Jayesh Kuriakose
HoD of Biochemistry	Dr. Nayana Jose
Academic Head (SF)	Dr. Meera Menon
UGC Librarian	Ms. Jeena Jayan
Office Superintendent	Ms. Anitha Kumaari T.P.



*Mrudula Menon V.*  
**Mrudula Menon V.**  
**Principal-in-Charge**  
**The Cochin College**



# THE COCHIN COLLEGE

KOCHI - 682 002

(Affiliated to Mahatma Gandhi University and Accredited by NAAC)

Website: [www.thecochincollege.edu.in](http://www.thecochincollege.edu.in)

email: [email@thecochincollege.edu.in](mailto:email@thecochincollege.edu.in)

## 2 Members of Internal Quality Assurance Cell

Sl. No	Name	Designation
1	Dr. M. Geetha	Principal (Chairperson)
2	Dr. Sindhu K.	Associate Professor (IQAC Coordinator)
3	Mr. Thomas J Vayalat	Manager (Management Representative)
4	Ms. Srividya K. S.	Teacher Representative
5	Dr. Reshimon P. R.	Teacher Representative
6	Ms. Mrudula Menon V.	Teacher Representative
7	Dr. Manjusha M. V.	Teacher Representative
8	Dr. Rekha P. G.	Teacher Representative
9	Dr. Suprabha G. Nair	Teacher Representative
10	Dr. Zafna Rasheed	Teacher Representative
11	Mr. Febin George	Teacher Representative
12	Ms. Keerthana S.	Teacher Representative
13	Ms. Jeena Jayan	UGC Librarian
14	Ms. Anitha Kumari T. P.	Jr. Superintendent (Senior Admin Staff)
15	Dr. Priya P. A.	Division Councilor, Cochin Corporation
16	Ms. Hridika K. P.	Student Representative (M.Sc. Physics)
17	Ms. Rethika Sohini	Student Representative (M.Com)



*Mrudula Menon V.*  
**Mrudula Menon V.**  
**Principal-in-Charge**  
**The Cochin College**



# THE COCHIN COLLEGE

KOCHI - 682 002

(Affiliated to Mahatma Gandhi University and Accredited by NAAC)

Website: [www.thecochincollege.edu.in](http://www.thecochincollege.edu.in)

email: [email@thecochincollege.edu.in](mailto:email@thecochincollege.edu.in)

### 3 Member of the Parent Teacher Association

Designation	Name
President	Dr. M. Geetha (Principal)
Vice President	Ms. Rajeswari T.B.(Parent)
Secretary	Ms. Mrudula Menon (Associate Professor)
Treasurer	Dr. Jayesh Kuriakose (Assistant Professor)
Member	Dr.Kochuthresia Jose (Assistant Professor)
Member	Dr. Kavitha V. Rajan (Assistant Professor)
Member	Mr.V.B. Rajan (Parent)
Member	Mr. Afsal Naina (Parent)
Member	Mr. Shaheer K.E.(Parent)
Member	Mr. Jaiby K.K. (Parent)

### 4 MG University Toppers (2020-2023 UG Batch)

Name	Rank	Course
Poornima Umesh	1st Rank	B.Sc. Botany
Andriya Lain T.T.	2nd Rank	B.Com Marketing
Meghana B Pai	5th Rank	B.Com Marketing
Aishwarya Elizabeth	7th Rank	B.Sc. Zoology
Neha Nizar	7th Rank	B.Com Marketing
Iylin Shaju	9th Rank	B.Sc. Mathematics
Mary Sreya V.X.	9th Rank	B.Com Marketing



*Mrudula Menon*  
**Mrudula Menon V.**  
**Principal-in-Charge**  
**The Cochin College**





# THE COCHIN COLLEGE

KOCHI - 682 002

(Affiliated to Mahatma Gandhi University and Accredited by NAAC)

Website: [www.thecochincollege.edu.in](http://www.thecochincollege.edu.in)

email: [email@thecochincollege.edu.in](mailto:email@thecochincollege.edu.in)

## 5 Report of INIZIO-2022: Student Induction Programme

The College successfully conducted the INIZIO 2022 - Student Induction Programme from 12th to 16th December 2022, designed to welcome and orient the first-year undergraduate students to the college environment. The program, conducted in both online and offline modes, followed the Deeksharambh guidelines provided by the University Grants Commission (UGC), which aim to ensure a smooth transition of students into higher education.

The induction program featured a variety of sessions and activities to familiarize students with the academic, social, and cultural life at The Cochin College. Notable among these were interactive training sessions conducted by HABIT THEORY, focusing on themes such as:

The Science of Learning: Helping students develop effective learning strategies. Creativity and Problem-Solving: Encouraging innovative thinking in academic and personal pursuits. Boosting Memory and Willpower: Practical techniques for improving focus and resilience. The Academic Orientation was handled by the respective departments, introducing students to their courses, faculty, and career prospects. Additionally, the students were briefed on the various Clubs and Committees at the institution, encouraging active participation in extracurricular activities. Sessions on health and well-being, the SWAYAM portal for online learning, and the use of cloud tools for academic purposes were also part of the induction.

On the cultural side, yoga sessions were organized, and students were encouraged to take part in assignments and activities, such as resume creation and video submissions showcasing their talents. These activities provided opportunities for personal development and expression, ensuring students felt involved from the very beginning.

The program saw active participation from approximately 350-400 students, who gained a comprehensive understanding of college life, academic expectations, and personal growth opportunities. Janu V Kumar, along with an organizing committee comprising faculty from various departments, coordinated the event, ensuring its success.



*Mrudula Menon V.*  
**Mrudula Menon V.**  
**Principal-in-Charge**  
**The Cochin College**





# THE COCHIN COLLEGE

KOCHI - 682 002

(Affiliated to Mahatma Gandhi University and Accredited by NAAC)

Website: [www.thecochincollege.edu.in](http://www.thecochincollege.edu.in)

email: [email@thecochincollege.edu.in](mailto:email@thecochincollege.edu.in)

## 6 Awards and Achievements received by the College for Extension Activities

### 6.1 Letter of Appreciation from St Mary's High School, Chellanam

Name of Award	Letter of Appreciation from St Mary's School, Chellanam, to NSS, The Cochin College
Nature of Activity	For rendering initiatives like organic farming at school, cleaning and beautification of school campus
Awarding body	Principal, St Mary's High School, Chellanam
Year of award	2023

### 6.2 Certificate of Appreciation by Certificate of Appreciation by Kerala State AIDS Control Society/ Kerala State Blood Transfusion Council

Name of Award	Certificate of Appreciation by Kerala State AIDS Control Society/ Kerala State Blood Transfusion Council
Nature of Activity	Blood donation to blood banks for public
Awarding body	Certificate of Appreciation by Kerala State AIDS Control Society/ Kerala State Blood Transfusion Council
Year of award	2022

### 6.3 Letter of Appreciation from E M G H S Veli

Name of Award	Letter of Appreciation from E M G H S Veli to Dept of Chemistry, The Cochin College
Nature of Activity	For conducting an Awareness class on Ozone Layer Depletion as part of Ozone Day Celebration
Awarding body	Principal, E M G H S, Veli
Year of award	2022



*Mrudula Menon V.*  
**Mrudula Menon V.**  
**Principal-in-Charge**  
**The Cochin College**



# THE COCHIN COLLEGE

KOCHI - 682 002

(Affiliated to Mahatma Gandhi University and Accredited by NAAC)

Website: [www.thecochincollege.edu.in](http://www.thecochincollege.edu.in)

email: [email@thecochincollege.edu.in](mailto:email@thecochincollege.edu.in)

## 7 Awards and Achievements received by the Students in Sports and Cultural Activities

Year	Name of the award/ medal	Team / Individual	Level of competition (University / State / National / International)	Nature of competition (Sports / Cultural)	Name of the student(s)
2022-2023	THIRD - Women's Classic Powerlifting Championship (84 kg Junior)	Individual	State	Sports	NAYANA SANTHOSH
2022-2023	THIRD - Classic Bench Press Championship (Jr) - 66 kg	Individual	State	Sports	NIHAS N.S
2022-2023	SECOND - Bench Press Championship (Jr)	Individual	University	Sports	NIHAS N.S
2022-2023	FIRST - Wrestling (M) Championship 92 kg	Individual	University	Sports	ALAN ANTONY
2022-2023	FIRST - Junior Men Wrestling Championship (under 20)	Individual	State	Sports	MOHAMMED ARSHID A



*Mendula Menon*  
**Mrudula Menon V.**  
**Principal-in-Charge**  
**The Cochin College**



# THE COCHIN COLLEGE

KOCHI - 682 002

(Affiliated to Mahatma Gandhi University and Accredited by NAAC)

Website: [www.thecochincollege.edu.in](http://www.thecochincollege.edu.in)

email: [email@thecochincollege.edu.in](mailto:email@thecochincollege.edu.in)

Year	Name of the award/ medal	Team / Individual	Level of competition (University / State / National / International)	Nature of competition (Sports / Cultural)	Name of the student(s)
2022-2023	SECOND - Senior Men Wrestling Championship	Individual	State	Sports	MOHAMMED ARSHID A
2022-2023	THIRD - Senior Indian style Men Wrestling Championship (under 65 kg)	Individual	State	Sports	MOHAMMED ARSHID A
2022-2023	SECOND - Under 23 Men Wrestling Championship	Individual	State	Sports	MOHAMMED ARSHID A
2022-2023	FIRST - Wrestling Championship (65 kg)	Individual	University	Sports	MOHAMMED ARSHID A
2022-2023	FIRST - Wrestling Championship (Under 23 Category)	Individual	University	Sports	MOHAMMED ARSHID A
2022-2023	FIRST - Senior Men Wrestling Championship (67 kg)	Individual	University	Sports	MOHAMMED ARSHID A



*Mrudula Menon V.*  
**Mrudula Menon V.**  
**Principal-in-Charge**  
**The Cochin College**



# THE COCHIN COLLEGE

KOCHI - 682 002

(Affiliated to Mahatma Gandhi University and Accredited by NAAC)

Website: [www.thecochincollege.edu.in](http://www.thecochincollege.edu.in)

email: [email@thecochincollege.edu.in](mailto:email@thecochincollege.edu.in)

Year	Name of the award/ medal	Team / Individual	Level of competition (University / State / National / International)	Nature of competition (Sports / Cultural)	Name of the student(s)
2022-2023	FIRST - Wrestling Championship (Under 20 Category)	Individual	University	Sports	MOHAMMED ARSHID A
2022-2023	FIRST - Senior (Men and Women) Wushu Championship 2022	Individual	National	Sports	ANJALY ROSE VARGHESE
2022-2023	Bodybuilding and Physique Championship (Sub Junior)	Individual	National	Sports	HARIKRISHNAM M.B
2022-2023	A GRADE - M G University Youth Festival - Oppana	Team	University	Cultural	FASEELA AH, SHANA PARVEEN, SHAHANA HARIS, SAJILA A, SIMNA SIYAD, NOURIN RAFEEQUE, FARSANA K.N, ASHNA PAVITHRAN, RISWANA K.A, AFIYA FATHIMA P.Y
2022-2023	A GRADE - M G University Youth Festival - Mohiniyattam	Individual	University	Cultural	MEGHANA P.V



*Mendula Menon*  
**Mrudula Menon V.**  
**Principal-in-Charge**  
**The Cochin College**



# THE COCHIN COLLEGE

KOCHI - 682 002

(Affiliated to Mahatma Gandhi University and Accredited by NAAC)

Website: [www.thecochincollege.edu.in](http://www.thecochincollege.edu.in)

email: [email@thecochincollege.edu.in](mailto:email@thecochincollege.edu.in)

Year	Name of the award/ medal	Team / Individual	Level of competition (University / State / National / International)	Nature of competition (Sports / Cultural)	Name of the student(s)
2022-2023	A GRADE - M G University Youth Festival - Bharatanatyam	Individual	University	Cultural	ARYA RAJAN
2022-2023	A GRADE - M G University Youth Festival - Aneka Classical Music	Individual	University	Cultural	VEDAVATHI S, MALLYA

## 8 Research Publications by Faculty members

Sl No	Year	Name of the Author	Title of Paper	Name of Journal	ISBN
1	2022	Dr. Remya ML	Queer Tradition in Indian Cultural Context: A Socio- Historical Overview	IJSER	2229-5518
2	2022	Dr.Rekha.P.G	Role of Kudumasree Mission in Eradicating Poverty in Rural Paarts of Kerala-A Study with Special Referevnce to Deendayal Antyodaya Yojana-National Rural Livelihoods Mission	Contemporary Commercev Reivew	2319-3638
3	2022	Dr.Rekha.P.G	THE GENDER SENSITIVITY OF TOOTHBRUSH INDUSTRY	International Journal of Early Childhood Special Education	1308-5581



*Mrudula Menon V.*  
**Mrudula Menon V.**  
**Principal-in-Charge**  
**The Cochin College**



# THE COCHIN COLLEGE

KOCHI - 682 002

(Affiliated to Mahatma Gandhi University and Accredited by NAAC)

Website: [www.thecochincollege.edu.in](http://www.thecochincollege.edu.in)

email: [email@thecochincollege.edu.in](mailto:email@thecochincollege.edu.in)

Sl No	Year	Name of the Author	Title of Paper	Name of Journal	ISBN
4	2022	Dr. Liance Mathew	Cross market linkage of Indian commodity futures market with world futures markets	Anvesak Sardar Patel Institute of Economic and Social Research	0378-4568
5	2022	SONYMON P S	BALASAHITHYAVUM SHASTHRABODHAVUM	VIJNANAKAIRALI	2349-1051
6	2022	SONYMON P S	SPIDER-MAN ATHIMAANUSHA SANGALPAVUM SWATHVAPRATHISANTHIYUM	VIJNANAKAIRALI	2349-1051
7	2022	SONYMON P S	AALKKOOTTA SAMSKARATHINTE VINIMAYABHEDANGAL LIJO JOSE PELLISSERIYUDE CINEMAKALIL	KKTM COGNIZANCE	2456-4168
8	2022	Dr. Paulbert Thomas	Four-element Compact and Dual-band MIMO Antenna with Self-decoupled Mechanism for 5G Applications.	Progress In Electromagnetics Research C	1559-8985
9	2022	Dr. Mary Varghese Kundukulam	The Effect of Strength Training on Flexibility Among Intercollegiate Female Volleyball Players	Mukt Shabd Journal	2347-3150
10	2022	Dr.M.Geetha	JUNK FOOD ADVERTISEMENTS AN EVALUATIVE STUDY	International Journal of Biology, Pharmacy and Allied Sciences (IJBPAS)	2277-4998
11	2022	Dr. M Geetha	JUNK FOOD ADVERTISEMENTS AN EVALUATIVE STUDY	International Journal of Biology, Pharmacy, and Allied Sciences	2277-4998



*Mendula Menon*  
Mrudula Menon V.  
Principal-in-Charge  
The Cochin College



# THE COCHIN COLLEGE

KOCHI - 682 002

(Affiliated to Mahatma Gandhi University and Accredited by NAAC)

Website: [www.thecochincollege.edu.in](http://www.thecochincollege.edu.in)

email: [email@thecochincollege.edu.in](mailto:email@thecochincollege.edu.in)

Sl No	Year	Name of the Author	Title of Paper	Name of Journal	ISBN
12	2022	Dr. M Geetha	Impact of Organizational Justice on Employee Job Satisfaction A Study Among Self-financing College Teachers in Kerala	KUTAP	2582-5356
13	2022	Dr Rajani B Bhat	A Theoretical Study on Leverage and Spillover Effects in Indian Equity ETFs	ComFin Research	2582-6190
14	2022	Dr Amnieta Philip	Al <sub>3</sub> Fe <sub>5</sub> O <sub>12</sub> nanoparticles loaded electrospun polyaniline/polyacrylonitrile composite fibers: Preparation and characterization	Vacuum	0042-207X
15	2022	Dr. Rajani B Bhat	Evaluation of Performance and Replication Strategy of Indian Equity Exchange Traded Funds	Rabindra Bharathi Journal Of Philosophy	0973-0087
16	2022	Dr. Kochuthresia Jose	Unfurling The Gender Sensitivity Of Toothbrush Industry	International Journal of Early Childhood Special Education	1308-5581
17	2022	Dr. Anu L	Risk Perception Of In-Store Mobile Wallet Payment System: A Customer Perspective	South India Journal of Social Sciences	0972-8945
18	2022	Neena Simon	Pilgrimage Tourism and Intermittent Fasting: Syncretism of Religio-Cultural Dichotomies	Madhya Bharti- Humanities and Social Sciences	0974-0066
19	2022	Jayesh Kuriakose	Rotula aquatica Lour. mitigates oxidative stress and inflammation in acute pyelonephritic rats	Archives of Physiology and Biochemistry	1381-3455



*Mendula Menon*  
**Mrudula Menon V.**  
 Principal-in-Charge  
 The Cochin College





# THE COCHIN COLLEGE

KOCHI - 682 002

(Affiliated to Mahatma Gandhi University and Accredited by NAAC)

Website: [www.thecochincollege.edu.in](http://www.thecochincollege.edu.in)

email: [email@thecochincollege.edu.in](mailto:email@thecochincollege.edu.in)

## 9 Faculty Development Programmes Attended by teachers during 2022-2023

Sl. No	Name of the participant	Title of the FDP /MDP/ professional development / administrative training program	Dates (from-to) (DD-MM-YYYY)
1	Shushupna S S	Advanced Research Methodology	22-07-2022 to 05-08-2022
2	Dr. Zafna Rasheed	Towards a flourishing educator	23-08-2022 to 29-08-2022
3	Dr. Nayana Jose C	Towards a flourishing educator	23-08-2022 to 29-08-2022
4	C S Prabha	Towards a Flourishing Educator	23-08-2022 to 29-08-2022
5	Anisha Antony V A	Towards a Flourishing Educator	23-08-2022 to 29-08-2022
6	Dr. Poornima C. C.	Towards a Flourishing Educator	23-08-2022 to 29-08-2022
7	Georgina Grace T W	Towards a Flourishing Educator	23-08-2022 to 29-08-2022
8	Vidya Joseph	Towards a Flourishing Educator	23-08-2022 to 29-08-2022
9	Noufiya T N	Towards a Flourishing Educator	23-08-2022 to 29-08-2022
10	Shinda Vargheese	Towards a Flourishing Educator	23-08-2022 to 29-08-2022
11	Aswathyreghunath	Towards a Flourishing Educator	23-08-2022 to 29-08-2022
12	Amala Mary C.A	Towards a Flourishing Educator	23-08-2022 to 29-08-2022
13	Arathy A S	Towards a Flourishing Educator	23-08-2022 to 29-08-2022
14	Aneesha Mary Almeida	Towards a Flourishing Educator	23-08-2022 to 29-08-2022
15	Dr. Meera Menon	Innovation Ambassador (IA) training 'Foundation Level'	11-09-2022 to 26-09-2022
16	Amal Pavithran	Innovation Ambassador (IA) training 'Foundation Level'	11-09-2022 to 26-09-2022
17	Jeffy Thomas	Cryptocurrency, blockchain and Cyber security	12-09-2022 to 16-09-2022
18	Dr Manju V Subramanian	Orientation course for NSS Programme officers	15-09-2022 to 21-09-2022
19	Dr. Remya M.L	FDP in Advanced Pedagogical Techniques	19-09-2022 to 25-09-2022
20	Reethi P	Innovation Ambassador (IA) training 'Foundation Level'	25-09-2022 to 10-10-2022
21	Veena R Nair	Innovation Ambassador (IA) training 'Foundation Level'	27-09-2022 to 12-10-2022



*Mendula Menon*  
**Mrudula Menon V.**  
 Principal-in-Charge  
 The Cochin College



# THE COCHIN COLLEGE

KOCHI - 682 002

(Affiliated to Mahatma Gandhi University and Accredited by NAAC)

Website: [www.thecochincollege.edu.in](http://www.thecochincollege.edu.in)

email: [email@thecochincollege.edu.in](mailto:email@thecochincollege.edu.in)

Sl. No	Name of the participant	Title of the FDP /MDP/ professional development / administrative training program	Dates (from-to) (DD-MM-YYYY)
22	Dr Manjusha M V	Innovation Ambassador (IA) training 'Foundation Level'	28-09-2022 to 13-10-2022
23	Vineeth Kumar T V	Innovation Ambassador Training	01-10-2022 to 08-10-2022
24	Neena Simon	Online refresher course in English	12-10-2022 to 25-10-2022
25	Dominic T. Joseph	UGC-Sponsored Refresher Course	13-10-2022 to 26-10-2022
26	Dr. Anu. L	Advanced Research Methodology and Publishing	01-11-2022 to 30-11-2022
27	Amrutha S Kumar	Social Structures and Cultural Boundaries in India	10-11-2022 to 14-11-2022
28	Dr. Kavitha V. Rajan	4-week Faculty Induction Program	21-11-2022 to 20-12-2022
29	Keerthana S	Online Faculty Development Program on Python	01-12-2022 to 23-12-2022
30	Unni Raja P S	Managing Online Classes & Co-creating MOOCS 22.O	07-01-2023 to 21-01-2023
31	Arunkumar G	Two Weeks Refresher Course in Botany	18-02-2023 to 04-03-2023
32	Dr. Suprabha G Nair	Two Weeks Refresher Course in Botany	18-02-2023 to 04-03-2023
33	Vijeesh P	Refresher Course on Combating COVID-19 with Yoga	14-03-2023 to 27-03-2023
34	Sabitha Joseph	Combating COVID-19 with Yoga	14-03-2023 to 27-03-2023
35	Paulbert Thomas	Advanced Research Methodology	22-04-2023 to 06-05-2023
36	Uma S	Advanced Research Methodology	22-04-2023 to 06-05-2023
37	Dr. Rekha P G	Managing Online Classes & Co-Creating MOOCS 26.0	08-05-2023 to 22-05-2023
38	Dr. Kochuthresia Jose	Managing Online Classes & Co-creating MOOC 26.0	08-05-2023 to 22-05-2023
39	Dr. Rajani B Bhat	7 Day National Level Online Faculty Development Program on Outcome Based Education (OBE)	10-05-2023 to 17-05-2023



*Mendula Menon*  
 Mrudula Menon V.  
 Principal-in-Charge  
 The Cochin College



# THE COCHIN COLLEGE

KOCHI - 682 002

(Affiliated to Mahatma Gandhi University and Accredited by NAAC)

Website: [www.thecochincollege.edu.in](http://www.thecochincollege.edu.in)

email: [email@thecochincollege.edu.in](mailto:email@thecochincollege.edu.in)

Sl. No	Name of the participant	Title of the FDP /MDP/ professional development / administrative training program	Dates (from-to) (DD-MM-YYYY)
40	Dr. Smitha N R	One Week Online Workshop on Advanced Statistical Analysis using SPSS	21-05-2023 to 27-05-2023
41	Navya Chandran	Scholarly Writing & Publishing	29-05-2023 to 03-07-2023
42	Lakshmisree R	Scholarly Writing & Publishing	29-05-2023 to 03-07-2023
43	Dr. Rekha P G	Managing Online Classes & Co-Creating MOOCS 26.0	08-05-2023 to 22-05-2023
44	Dr. Kochuthresia Jose	Managing Online Classes & Co-creating MOOC 26.0	08-05-2023 to 22-05-2023
45	Dr. Rajani B Bhat	7 Day National Level Online Faculty Development Program on Outcome Based Education (OBE)	10-05-2023 to 17-05-2023
46	Dr. Smitha N R	One Week Online Workshop on Advanced Statistical Analysis using SPSS	21-05-2023 to 27-05-2023
47	Navya Chandran	Scholarly Writing & Publishing	29-05-2023 to 03-07-2023
48	Lakshmisree R	Scholarly Writing & Publishing	29-05-2023 to 03-07-2023

## 10 Various Activities conducted by the college during 2022-2023

The Cochin College is actively engaged in a wide range of community service, environmental, and social welfare initiatives through the efforts of its NSS unit and Bhoomitrasena Club. These activities include environmental awareness programs such as the World Environmental Day Celebration, Coastal Clean-Up at Fort Kochi Beach, and Institutional Organic Farming projects. Social welfare initiatives like the Cup of Life focusing on menstrual health, Books on Wheels promoting literacy, and food distribution drives such as Kanivu 2022 for impoverished persons demonstrate the college's commitment to societal upliftment. The institution also celebrates important national days, including Independence Day and Gandhi Jayanti, engaging students in meaningful community service activities such as visits to preschools and old age homes, and organizing awareness programs like the Memory Walk for dementia. Additionally, leadership and skill-building opportunities are provided through programs like the Team Kerala Training



*Mendula Menon*  
**Mrudula Menon V.**  
 Principal-in-Charge  
 The Cochin College



# THE COCHIN COLLEGE

KOCHI - 682 002

(Affiliated to Mahatma Gandhi University and Accredited by NAAC)

Website: [www.thecochincollege.edu.in](http://www.thecochincollege.edu.in)

email: [email@thecochincollege.edu.in](mailto:email@thecochincollege.edu.in)

Camp and participation in international events like the International Peace G20 Youth Summit 2023, reflecting the college's holistic approach to education and societal responsibility.

Sl. No.	Title of the Program	Date	Organizing Dept./Cell/Club
1	International Peace G20 Youth Summit 2023	12 August 2023	Bhoomitrasena Club
2	World Environmental Day Celebration	5 June 2022.	NSS
3	International Yoga Day	21 June 2022.	NSS
4	Coast Guard Painting Competition	22 June 2022.	NSS
5	Books on Wheels	24 June 2022.	NSS
6	Independence Day Celebrations	15 August 2022	NSS
7	Cup of Life Initiative	19-24 August 2022	NSS
8	Sukrutham 2022: Onam Celebration at Old Age Home	2 September 2022	NSS
9	Memory Walk - Bodhi Project: Dementia awareness programme	21 September 2022	NSS
10	Kanivu 2022: Food packet distribution for impoverished persons	24 September 2022	NSS
11	Gandhi Jayanthi Celebrations: Visit to preschool, Kochi	2 October 2022	NSS
12	Team Kerala Training Camp	21- 23 February 2022,	NSS
13	Institutional Organic Farming	16th January 2023	NSS
14	Coastal Clean Up - Swachh Sagar, Surakshith Sagar: Fort Kochi Beach	27th August 2022	NSS
15	Gandhi Jayanti Community service Ward -7 Cochin Corporation	4 October 2022	NSS
16	Gandhi Jayanti Community service Ward -7 Cochin Corporation	4 October 2022	NSS
17	Anti Drug Awareness Campaign	14th October 2022	NSS
18	Blood Donation Camp	10 October 2022	NSS



*Mrudula Menon V.*  
**Mrudula Menon V.**  
**Principal-in-Charge**  
**The Cochin College**



# THE COCHIN COLLEGE

KOCHI - 682 002

(Affiliated to Mahatma Gandhi University and Accredited by NAAC)

Website: [www.thecochincollege.edu.in](http://www.thecochincollege.edu.in)

email: [email@thecochincollege.edu.in](mailto:email@thecochincollege.edu.in)

Sl. No.	Title of the Program	Date	Organizing Dept./Cell/Club
19	Marathon	23 October 2022	NSS
20	Vayojanolsavam ( A Day for senior citizens )	1 November 2022	NSS
21	Agricultural Census and Training Session	January 2023	NSS
22	Yuvabheri Celebrations	24 September 2022	NSS
23	Girl Child Day	11 October 2022	NSS
24	Constitutional Day 2022	25th November 2022	NSS
25	NSS Room Cleaning and Painting	1 October 2022	NSS
26	Pre Republic Day Selection	5 October 2023	NSS
27	Disaster Management Training	17-18 September 2022	NSS
28	National Youth Day Celebrations	12 January 2023	NSS
28	Snehasparsham 2022	11 January 2023	NSS
29	Beach for All Campaign	17 January 2023	NSS
30	World Palliative care day	15 January 2023	NSS
31	We Care Project: Community Assistance	18 October 2022	NSS
32	World AIDS Day Celebrations	3 December 2022	NSS
32	EUNOIA: Higher education fest 2023	17-19 January 2023	NSS
33	Republic Day Observance	26 January 2023	NSS
34	Lahari Virudha Sringala : Anti Drug campaign	1 November 2022.	NSS
35	Beach Clean Up Drive	27 November 2022	NSS
36	Organic farming at camp school	31 December 2022	NSS
37	Anti Drug Awareness Rally	27 December 2023	NSS
38	Socio -Economic Survey	30 December 2022	NSS



*Mendula Menon*  
**Mrudula Menon V.**  
**Principal-in-Charge**  
**The Cochin College**



# THE COCHIN COLLEGE

KOCHI - 682 002

(Affiliated to Mahatma Gandhi University and Accredited by NAAC)

Website: [www.thecochincollege.edu.in](http://www.thecochincollege.edu.in)

email: [email@thecochincollege.edu.in](mailto:email@thecochincollege.edu.in)

Sl. No.	Title of the Program	Date	Organizing Dept./Cell/Club
39	World Environment Day	6 June , 2022.	Department of Zoology
40	World AIDS Day	1 December 2022	Department of Zoology
41	International Day for Preservation of the Ozone Layer:	30 September 2022	Department of Zoology
42	Institutional Visit:	20 February 2023	Department of Zoology
43	Vermicomposting Workshop	1 March 2023	Department of Zoology
44	Career Orientation Classes for school children:	29 June 2022	Department of Economics
45	11th Agricultural Census 2023:	January 28, 30, and 31, 2023.	Department of Economics
46	Understanding Communication Barriers:	13 February 2023.	Department of English
47	Ozone Day Extension Activity	07 October 2022.	Department of Chemistry
48	Swachh Bharat Mission	19 August 2022	Department of Commerce
49	Ozone Day Celebration	7 October 2022	Department of Botany
50	Workshop on E-Content Awareness	9 August 2022	College Library
51	FortKochi Beach Cleaning	25 February 2022	NSS
52	Road Safety Awareness Class	24 September 2021.	NSS
53	Online Seven Day Camp	January 21- 27 2022	NSS
54	Awareness Class on Immunity and Personal Hygiene	22 January 2022	NSS
55	Awareness Class "Say Yes to Life and No to Drugs"	24 January 2022	NSS



*Mrudula Menon V.*  
**Mrudula Menon V.**  
**Principal-in-Charge**  
**The Cochin College**



# THE COCHIN COLLEGE

KOCHI - 682 002

(Affiliated to Mahatma Gandhi University and Accredited by NAAC)

Website: [www.thecochincollege.edu.in](http://www.thecochincollege.edu.in)

email: [email@thecochincollege.edu.in](mailto:email@thecochincollege.edu.in)

Sl. No.	Title of the Program	Date	Organizing Dept./Cell/Club
56	Session on Handling Fire and Fire Equipment	27 January 2022	NSS

## 11 Report on Azadi Ka Amrit Mahotsav Celebrations at The Cochin College

As part of the nationwide Azadi Ka Amrit Mahotsav initiative, The Cochin College organized a series of events and activities to commemorate 75 years of Indian independence. The events, held under the guidance of the Directorate of Higher Education of Kerala and the National Service Scheme (NSS) units, highlighted the country's rich history, cultural diversity, and the sacrifices made by freedom fighters.

One of the prominent initiatives was the Freedom Wall Mural Art Project, where a team of 25 student artists from the college, led by Sheetal Sebastian, Maneesh M., and Prathyush M.V., created a 200-square-foot mural inside the college. This vibrant piece of art, completed in just 12 hours, brought to life important historical scenes and cultural icons, serving as a visual tribute to India's journey to freedom.

In addition, the Literary and Debating Club (LD Club) organized multiple events to engage students in reflecting on India's independence. An essay competition in both English and Malayalam was held on 10 August 2022, while a Poetry Writing Competition was organized on 20 August 2022, with students expressing their thoughts and feelings on patriotism and national pride.

Moreover, the Science and Quiz Club and the Department of Physics launched a series of programs under the title "Sciinspirations". The first event in this series was conducted on 11 August 2022 to celebrate the 103rd birth anniversary of Dr. Vikram Sarabhai, an iconic figure in Indian space research. The session included an inspirational speech by Dr. Helen Basil, Senior Engineer/Scientist from VSSC, followed by a documentary on the life and contributions of Dr. Sarabhai.

The Postgraduate and Research Department of Commerce and the Career Guidance Cell also organized a special session on the Role of the Indian Navy in the 1971 War. This event featured prominent speakers such as Commander Anup Padman P., Lt. Cdr. Jithu S., and Lt. Cdr. Saloni Gandhi, who shared their insights on the Navy's contributions to India's defense and independence.

Finally, the Botany Department organized a Patriotic Song Writing Competition in Malayalam, English, and Hindi to foster a sense of unity and patriotism among students.



*Mendula Menon*  
**Mrudula Menon V.**  
**Principal-in-Charge**  
**The Cochin College**





# THE COCHIN COLLEGE

KOCHI - 682 002

(Affiliated to Mahatma Gandhi University and Accredited by NAAC)

Website: [www.thecochoincollege.edu.in](http://www.thecochoincollege.edu.in)

email: [email@thecochoincollege.edu.in](mailto:email@thecochoincollege.edu.in)

Through these diverse activities, The Cochin College celebrated Azadi Ka Amrit Mahotsav with enthusiasm and pride, involving students in meaningful reflections on India's freedom struggle and encouraging them to contribute to the nation's continued progress.



As we bring the academic year 2022-23 to a close, it is with great pride that we reflect on the significant strides made by The Cochin College in all areas of academic excellence, community engagement, and holistic development. The year has been marked by outstanding achievements, from securing top university ranks to hosting a wide array of programs that enriched the lives of our students, faculty, and community. Our emphasis on research, innovation, sustainability, and social responsibility has set a strong foundation for future growth.

The College has continued to uphold its mission of providing high-quality education while fostering a nurturing environment that encourages intellectual curiosity, creativity, and leadership. With the support of our dedicated faculty, proactive administration, and enthusiastic students, we have successfully navigated the challenges of the year and emerged stronger, more resilient, and better equipped to face the future.

We look forward to building on this success in the years to come, as we strive to achieve new milestones in academic excellence and community service. The Cochin College remains committed to its role as a beacon of knowledge, inclusivity, and innovation, ready to adapt and grow in an ever-evolving educational landscape.



*Mrudula Menon V.*  
**Mrudula Menon V.**  
 Principal-in-Charge  
 The Cochin College