

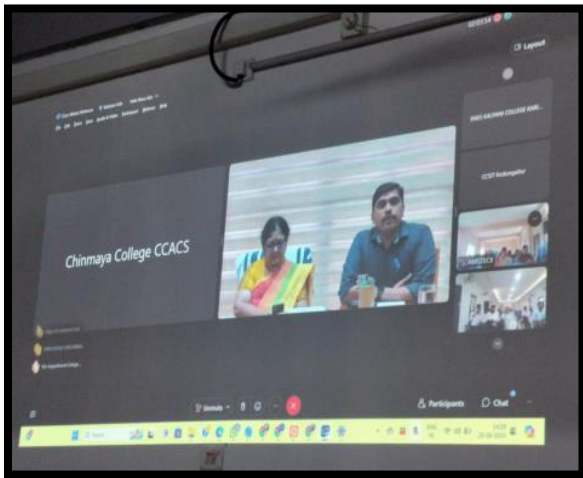


PARAMAKKAVU COLLEGE OF ARTS AND SCIENCE

Affiliated to University of Calicut, U.O.No. 2436/2013/CU
(Managed by Sree Paramakkavu Educational, Cultural and Charitable Trust)
MLA Road, Punkunnam, Thrissur 680 002. Ph : 0487 2960800, 9961068618
E-mail : paramakkavucas@yahoo.in, Website : www.paramakkavuartsandsciencecollege.com

ORIENTATION SESSION FOR TEACHERS ON THE FOUR-YEAR UNDERGRADUATE PROGRAMME (FYUGP)

Orientation class regarding the Four Year Undergraduate Programme (FYUGP) was held at Paramakkavu College of Arts and Science on May 18, 2024, from 10 a.m. to 5:00 p.m. in the AV room. All the faculties attended the programme. The resource person was Prof. Capt. Dr. Rejimon P M, Professor in Economics, Mar Dionysious College, Pazhanji. The class was extremely useful, and all the faculties were able to clarify their doubts regarding FYGUP. Discussion regarding major and minor courses, AEC, MDC, outcome-based education, and course outcomes was really helpful for the entire faculty.



FYUGP Orientation for 1st year students

Paramekkavu College of Arts and Science conducted an event welcoming the first batch of the Four Year Under Graduate Programme (FYUGP) on 01/07/2024 at 10.00am within the college campus. Academic Coordinator Mrs. Sreedevi V conducted a talk on FYUGP. Live streaming of the official inauguration and orientation of FYUGP. Students, teachers and parents participated.

“VIJNANOLSAVAM” took place after the talk. Vijnanolsavam is the state-wide inaugural event of FYUGP, which will take place at the Government College for Women, Thiruvananthapuram. The message of Sri. Pinarayi Vijayan, Honourable Chief Minister of Kerala, along with the inaugural address by Dr. R. Bindu, Minister of Higher Education and Social Justice, Kerala, has been live streamed across the colleges in the state.



 **PARAMEKKAVU COLLEGE OF ARTS AND SCIENCE**
MLA Road, Pankunnam, Thrissur.
Affiliated to the University of Calicut

വിജ്ഞാനോത്സവം

Chief Guest
N PRASAD
Councillor, Ayyanthole

 **JULY 1ST 2024**
10.00 AM

 **COLLEGE CAMPUS**

PRINCIPAL
Dr. (Capt.) Suseela Menon R

ACADEMIC CO-ORDINATOR
Sreedevi V

PROGRAMME CO-ORDINATORS
Amrutha T S
Limitha C M
Remya Rajeev

REPORT ON HEALTH CAMP

As part of the decennial celebration, the Department of Commerce and Management Studies, in association with IQAC and Aswini Hospital, has organized a free health camp on July 26th, 2023, from 10.30 a.m. to 3.30 p.m. at Paramekkavu College of Arts and Science, Thrissur. The event began with an inaugural session by chief guest Ms. Maria Babu, a clinical psychologist, and Dr. Vishnu, a physician of Aswini Hospital, Thrissur, along with our president, Dr. M. Balagopal, and other managing trustees, teachers, and students at 10.30 a.m. in the AV room. As per the programme schedule, the session started with a prayer by Sreerag. The welcome speech delivered by our principal, Dr. K.P. Sudha, and the presidential address delivered by our president, Dr. M. Balagopal. Following our chief guest, Ms. Maria Babu delivered the inaugural address, and a vote of thanks was delivered by Babira. The inaugural session concluded with the handing over of mementos by our president and principal to our chief guests. After the inaugural session, there was a talk regarding "mental health and well-being" by clinical psychologist Ms. Maria Babu. After the session, counselling was provided to the needy students. Eight students participated in counselling, and the physician, Dr. Vishnu, has consulted our management, students, teachers, and non-teaching staff. Some tests, like the sugar test, BP, HB, height, weight, and BMI, were conducted to keep the health records of our students. Our president, managing trustees, 17 teachers, 5 non-teaching staff, and 90 students participated in the health camp. The health camp wound up at 3.30 p.m.



REPORT ON EYE CAMP

As part of the decennial celebration, IQAC, in association with Aarya Eye Care, has organized a free eye camp on July 25th, 2023, from 10 a.m. to 4 p.m. at Paramakkavu College of Arts and Science, Thrissur. The event began with an inaugural session by chief guest Dr. Minudath. K. B., Medical Director, MD Ophthalmology (AIMS), Phaco, Oculoplasty & Squint Surgeon, along with our president, Dr. M. Balagopal, and other managing trustees, teachers, and students at 10 a.m. in the AV room.

As per the programme schedule, the session started with a prayer by Aiswarya Sreekandan. The welcome speech delivered by student representative Aparna Shaji, and the presidential address delivered by our principal, Dr. K.P. Sudha. Following our chief guest, Dr. Minudath delivered the inaugural address, and felicitation was given by the administrator of the college, Mr. Prasanth Balakrishnan. A vote of thanks was given by student representative Shyam Krishna.

After the inaugural session, there was a talk regarding "Digital Eye Strain: Facts and Myths" by Dr. Minudath. A total of 46 students attended the talk. The free eye camp started at 11 a.m. A total of 196 people, including students, teaching staff, and non-teaching staff, participated in the eye camp. The health camp wound up at 4.00 p.m.



INTERNATIONAL CONFERENCE ON “ EMOTIONAL INTELLIGENCE”

PROGRAMME REPORT

Academic Year: 2024-2025

Name of the programme : An International Conference on the topic ‘Emotional Intelligence’ at the college Seminar Hall.

Date and Time. : 27/08/2024

Organised by : Department of Psychology, Paramakkavu College of Arts & Science with Mindcraft & EQ4Peace

Participants : Interested Psychology & other Students and Faculty members from different institutions

Resource Person : Prof. Matt Perelstein Founder, EQ4 Peace ,California, United States of America

Coordinator : Dr. Aiswarya Rasmi M. N.

DETAILS OF THE PROGRAMME

The Department of Psychology, Paramakkavu College of Arts and Science, conducted an international seminar on ‘Emotional Intelligence’ on 28/09/2024 at 10 a.m. in the College Seminar Hall. All students of the Psychology Department and other interested students from various departments and from outside institutions were registered and participated in the seminar. The programme was initiated with a prayer by the faculty, Miss Nima. Dr. Aiswarya Rasmi M N. International Seminar Coordinator and Assistant Professor, Department of Psychology, gave the welcome speech and introduced the workshop to the audience.

The programme was presided over by Dr. (Capt.) Susheela Menon, Principal, Paramakkavu College of Arts and Science, has delivered a presidential address. Her opening remark set a positive tone for the event, emphasizing the importance of ‘emotional intelligence’ in the modern world. Paramakkavu Devaswom President Dr. Balagopal, Devaswom Secretary G. Rajesh, and Administrator Prasanth Balakrishnan were given the felicitation address. The international seminar was inaugurated, and the keynote address was given by Prof. Matt Perelstein, Founder, EQ4 Peace California, United States of America. The Mindcraft CEO, the joint coordinator of the programme, Jayan Namboothiri, rendered the vote of thanks.

The resource person has given an understanding about the relevance of ‘Emotional intelligence on mental health’. There was an interactive session after the seminar, and the students and other delegates had actively participated in the discussions. This event proved to be an appreciated involvement for the seminar delegates and successfully achieved its objective of developing a vigorous understanding on the topic that is helpful to everyday practical situations.

mindcraft
WE LISTEN, CARE & CURE

PARAMEKKA VU COLLEGE OF ARTS AND SCIENCE

EQ4Peace Worldwide, Inc.-USA

BEHAVIOR TECHNOLOGY FOR BETTER LIVING

Insight 2K24
International Conference on Emotional Intelligence

EMOTIONAL INTELLIGENCE AND POSITIVE MENTAL HEALTH AS A PATHWAY TO PEACE

Jointly Organized by
Department of Psychology, Paramekkavu College of Arts & Science, Mindcraft & EQ4Peace Worldwide, Inc-USA

Faculty

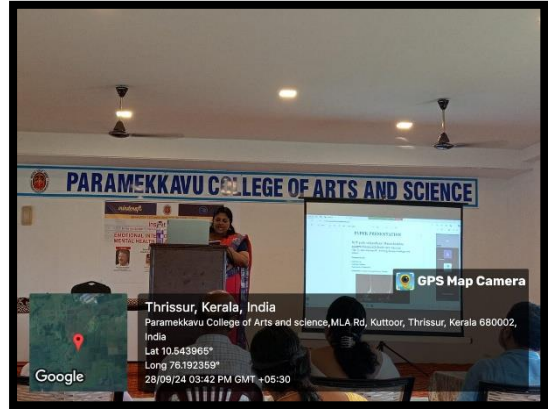
Prof. Matt Perelstein
CEO/Co-Founder
EQ4Peace Worldwide Inc-USA

Capt. Dr. Sushalea Menon
Principal
Paramekkavu college of Arts And Science, Thrissur

Jayan Nambodiri
Organizing Secretary
Mindcraft

Dr. Aiswarya Rajee PM
HOD, Department of Psychology,
Paramekkavu college of Arts And Science, Thrissur

Hybrid Mode
2024 September 28 Saturday 10.00 am to 5.00 pm



**NATIONAL LEVEL FACULTY DEVELOPMENT PROGRAMME
'ASPIRANTIA 2K24 - STRATEGIES TO ENHANCE RESEARCH ATTITUDE'**

PROGRAMME REPORT

Academic Year: 2024-2025

Programme Name: National Level Faculty Development Programme 'ASPIRANTIA 2K24 - Strategies to Enhance Research Attitude'

Date and Time: 20/11/2024 – 24/11/2024, 7.00 pm - 8.30 pm

Organised by IQAC in association with R&D Cell, Paramakkavu College of Arts & Science

Participants: Faculty members from different institutions

Resource Persons: Day 1: Dr. Geo A Joseph (HOD & Assistant Professor,
Department of Psychology, PSGR Krishnammal
College for Women, Coimbatore, Tamil Nadu)

Day 2: Dr. Arjun Sekhar P (Assistant Professor, Department of
Psychology, Kristu Jayanti College, Bengaluru,
Karnataka)

Day 3: Dr. Sajitha U (Assistant Professor and Assistant
Director of Centre for Community Mental Health
(CCMH) at Jindal Institute of Behavioural Sciences
(JIBS), O. P. Jindal Global University, Sonipat,
Haryana)

Day 4: Dr. Joyce Jose (Dr. Joyce Jose, Dean of Research,
Assistant Professor of Zoology, St. Thomas College
Autonomous Thrissur)

Day 5: Dr. Madalaimuthu (Assistant Professor, Department of
Psychology, Christ University)

Coordinators : Dr. Suseela Menon R, Principal, PCAS, Thrissur
Dr. Aiswarya Rasmi M. N., HOD, Department of
Psychology, PCAS, Thrissur
Ms. Vrinda T. K., IQAC Coordinator, PCAS, Thrissur

Convenor:

Ms. Kavitha Menon, Assistant Professor, Department of Commerce & Management Studies

DETAILS OF THE PROGRAMME

Paramekkavu College of Arts and Science, in association with IQAC and R&D Cell, conducted a national level FDP entitled ASPIRANTIA 2K24- ‘Strategies to Enhance Research Aptitude’ from 20/11/2024 – 24/11/2024 through online mode. All faculties from the college and from outside institutions were registered and participated in this FDP. The programme was initiated with a prayer by Ms. Rekha P. Seminar coordinator and Assistant Professor, Department of Psychology gave the welcome speech and introduced the topic to the audience. The programme was inaugurated by Dr. (Capt.) Susheela Menon, Principal, Paramekkavu College of Arts and Science. Her opening remark set a positive tone for the event, emphasizing the importance of ‘suicide prevention’ in the modern world. Administrator Prasanth Balakrishnan was given the felicitation address. Ms. Vrinda TK, IQAC Coordinator rendered the vote of thanks. There was an interactive session after the seminar and the faculty members had actively participated in the discussions. The details of each session including Zoom meeting details, Screenshots of sessions, Short notes on the sessions are given below. Nearly 125 participants actively participated and interacted in this webinar for five days.

PARAMEKKAVU COLLEGE OF ARTS AND SCIENCE, THRISSUR
(Affiliated to the University of Calicut)

ASPIRANTIA 2K24

National Level FDP

Paramekkavu College of Arts and Science, in Association with IQAC and the Research and Development Cell, organizes a NATIONAL-LEVEL, 5-DAY FACULTY DEVELOPMENT PROGRAMME on 'Strategies to Enhance Research Aptitude'.

Date: 20th to 24th November 2024 (Wednesday to Sunday)
Mode: Online Event through ZOOM APP
Time session: 7:00 PM to 8:30 PM, IST

WHO CAN PARTICIPATE?
Faculty members
Research Students
PG Students

KEY LEARNING TAKEAWAYS OF FDP
Development of Research Aptitude among Faculty and Research aspirants
Understanding the scope of research in academic development
Building our Research profiles
Stress management techniques for academic professionals
Work-life balance as an academic professional

COORDINATORS
Dr. Capt. Susheela Menon, R, Principal, Paramekkavu College of Arts and Science.
Dr. M. R. Anuraj Ramesh, PhD, Dept. of Psychology, Paramekkavu College of Arts and Science.
Mrs. Vrinda TK, IQAC Coordinator, Paramekkavu College of Arts and Science.

CONVENOR
Mrs. Kavitha C, Asst. Professor,
Dept. of Commerce and Management Studies, Paramekkavu College of Arts and Science.

REGISTRATION FEE
RS 250/PARTICIPANT

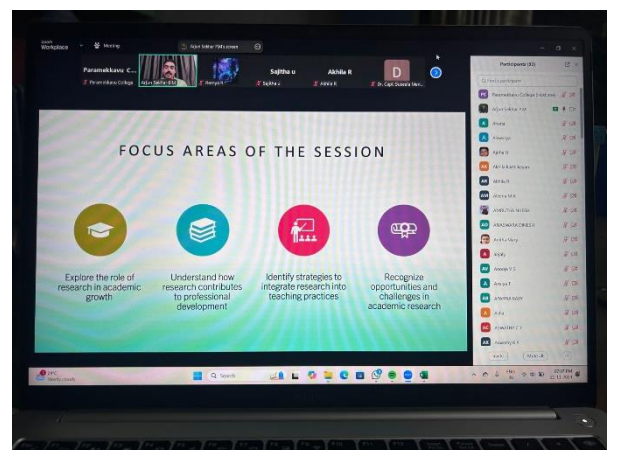
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CONTACT US
Technical support:
94951881425, Mrs. Soumya C
HOD, Dept. of Computer Science and Applications, Paramekkavu College of Arts and Science.

REGISTRATION
https://docs.google.com/forms/d/e/1FAIpQLSvW6W2J8B78_yj3h_G6b8W756566Lm956427Fdp/viewform

REGISTRATION STARTS ON 17th NOVEMBER, 2024

IMPORTANT INFORMATION: Ensure that you are providing the correct email address. All the information regarding the FDP will be shared via WhatsApp. Please use the payment details (transaction, payment slip) to WhatsApp Number 94951881425. E-commerce will be provided to all the participants via e-mail. All participants should install Zoom App. The meeting password will be shared.



REPORT ON 2 DAY WORKSHOP AND INDUSTRIAL VISIT

Dates: 23-OCTOBER-2024 to 25-OCTOBER-2024

Location: Paramekkavu College Of Arts And Science And KGISL Micro College, Coimbatore.

Organised by: Department Of Computer Science and Application And Application And Department Of Electronics

Introduction

This report provides a detailed overview of the two-day workshop held at Paramekkavu College Of Arts And Science on 23, 24 October 2024. The workshop aimed to give knowledge to the students about Cloud Computing and hands-on experience on Web Hosting. An industrial visit organised by Paramekkavu College Of Arts And Science , for the students of BSc. Computer science , BCA and Electronics in order to get the practical knowledge about “Cyber Security, Server Control And Career Guidance” carried out by KGISL Micro College , Coimbatore.

COMPANY PROFILE

KGISL Micro College is a private institute located in Coimbatore. The college is recognised by National Skill Development Corporation, NASSCOM and Futureskills. KGISL Micro College offers varied certificate courses in Banking, Digital Marketing, Financial Services and Cybersecurity, among others. Admission to these courses is based on the KAT or KGISL Micro College Assessment Test. The college also offers scholarships to meritorious students. The college also offers well-equipped campus facilities to students. The college also offers well-equipped campus facilities to students such as classrooms, library, cafeteria, sports and medical facilities, among others The flagship programmes offered at KGISL Micro College include Cybersecurity with Networking, Linux & AWS, Full Stack Development, UI/UX & Software Testing and DevOps with Networking, Linux & AWS. The duration of these certificate courses is 6 months. Pursuing these courses will help students with career development.



REPORT ON EXHIBITION ORGANIZED BY WOMEN DEVELOPMENT CELL



Date: 12th May 2024

Venue: Paramekkavu College of Arts and Science Campus

The Women Development Cell of Paramekkavu College of Arts and Science organized an insightful exhibition on medicinal plants and their benefits, titled "**പരിസ്ഥിതി-ജീവനം-ഔഷധം-സംരംഭം**". The event aimed to raise awareness about the importance of environmental conservation, the significance of medicinal plants in traditional healthcare, and their sustainable utilization.

The exhibition featured an array of medicinal plants native to Kerala, each meticulously displayed with detailed descriptions of their medicinal properties and uses. Students and faculty members enthusiastically participated in the event, engaging visitors with informative presentations and demonstrations. Visitors had the opportunity to learn about various medicinal plants such as neem, Tulsi, aloe vera, and ashwagandha, among others. Each plant was showcased not only for its medicinal value but also for its ecological role in maintaining biodiversity and ecological balance. The highlight of the exhibition was the interactive sessions where experts from the field of Ayurveda and botany shared their knowledge and insights. They discussed the therapeutic benefits of these plants in treating common ailments and promoting overall well-being. Additionally, the event emphasized the importance of conserving medicinal plant species, considering their vulnerability to environmental changes and overexploitation.

Discussions were held on sustainable practices for cultivation and harvesting, ensuring the preservation of these invaluable resources for future generations. In conclusion, the exhibition organized by the Women Development Cell of Paramekkavu College of Arts and Science was a commendable initiative to promote environmental consciousness and traditional knowledge of medicinal plants. It successfully highlighted the intersection of environment, life, medicine, and collective effort towards sustainable development. This event not only enriched the understanding of medicinal plants but also inspired a commitment to safeguarding our natural heritage for a healthier and sustainable future.



REPORT ON THE PROGRAMME ORGANIZED BY THE WOMEN DEVELOPMENT CELL IN ASSOCIATION WITH IQAC ON INTELLECTUAL PROPERTY RIGHTS

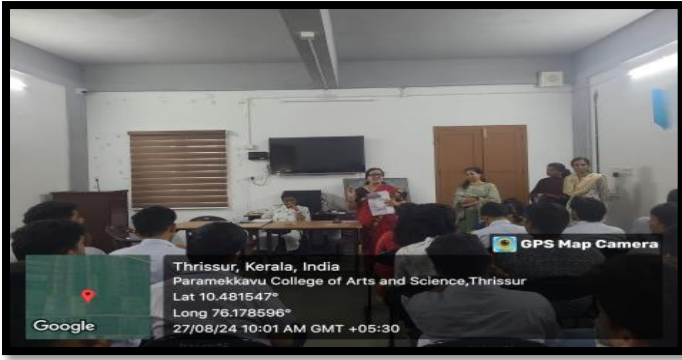
Date: 27th August 2024

Venue: Paramekkavu College of Arts and Science, Thrissur

The Women Development Cell (WDC) of Paramekkavu College of Arts and Science, Thrissur, in association with the Internal Quality Assurance Cell (IQAC), organized an insightful programme on the topic of Intellectual Property Rights (IPR) on 27th August 2024. The event was held in the college campus and was coordinated by WDC Coordinator, Ms. Bindu A.B., under the guidance and leadership of our esteemed Principal, Dr. (Capt.) Suseela Menon R. The programme was graced by the presence of Advocate Preetha R, an expert in Intellectual Property Law, who served as the guest speaker. Her extensive experience and knowledge in the field provided students and faculty with a comprehensive understanding of the nuances and significance of Intellectual Property Rights in today's world.

The session commenced with a warm welcome by Ms. Bindu A.B., who highlighted the importance of creating awareness about Intellectual Property Rights, especially among students, to safeguard their creative and innovative ideas. She also emphasized the role of women in the field of intellectual property and how they can leverage IPR to protect their contributions in various domains. Advocate Preetha R began her lecture by introducing the basic concepts of Intellectual Property Rights, explaining the different types of IP such as patents, trademarks, copyrights, and industrial designs. She provided practical examples and case studies to illustrate the application of these rights in real-world scenarios. Her presentation was both informative and engaging, encouraging active participation from the audience.

The session also covered the legal procedures involved in registering and enforcing Intellectual Property Rights in India. Advocate Preetha R elaborated on the challenges faced by individuals and organizations in protecting their intellectual assets and offered practical solutions to overcome these challenges. She also addressed the ethical aspects of IPR, stressing the importance of respecting others' intellectual property and the legal consequences of infringement. Following the presentation, an interactive Q&A session was held, where students and faculty members had the opportunity to clarify their doubts and seek advice on specific issues related to Intellectual Property. The speaker provided detailed responses and valuable insights, making the session highly beneficial for all attendees. The programme concluded with a vote of thanks delivered by a faculty member from the WDC. The event was a resounding success, with positive feedback from participants who appreciated the opportunity to gain knowledge on such a critical and relevant topic. The Women Development Cell, in collaboration with IQAC, continues to play a vital role in empowering students and faculty through such initiatives, fostering a culture of awareness and proactive learning in the college.



REPORT ON INDUSTRIAL VISIT TO MASCO TEA FACTORY, VAGAMON

Date of Visit: 19th October 2024

Organized by: Department of Commerce & Management Studies and ED Club, Paramekkavu College of Arts and Science, Thrissur.

Introduction

On 19th October 2024, the Department of Commerce & Management Studies and ED Club of Paramekkavu College of Arts and Science, Thrissur organized an industrial visit to Masco Tea Factory, Vagamon. The objective of this visit was to provide students with hands-on experience and insights into the tea manufacturing process.

Masco Tea Factory

Masco Tea Factory, located in Vagamon, is a renowned tea processing unit in Kerala. It processes high-quality tea leaves from the surrounding plantations. The factory is equipped with modern machinery and employs skilled personnel to ensure efficient and hygienic tea production.

Key Observations and Learnings

During the visit, students were able to observe the entire tea manufacturing process, from the initial stage of withering to the final packaging of tea. The key observations and learnings are summarized below:

1. Tea Leaf Processing:

- **Withering:** Freshly plucked tea leaves are spread out on racks to reduce their moisture content. This process is crucial for the subsequent stages of tea production.
- **Rolling:** The withered leaves are rolled to rupture the cell walls and release enzymes, which contribute to the development of tea's flavour and aroma.
- **Fermentation:** Rolled leaves are oxidized in a controlled environment to develop the characteristic color and flavour of black tea.
- **Drying:** The fermented leaves are dried to remove excess moisture and fix the flavour and aroma.
- **Sorting and Grading:** The dried tea is sorted and graded based on leaf size and quality.
- **Packaging:** The graded tea is packed in airtight containers for distribution.

2. Quality Control:

- **Tea Testing:** Samples of tea are regularly tested in the factory's quality control laboratory to ensure that they meet the required standards.
- **Sensory Evaluation:** Trained tasters assess the color, aroma, and taste of tea to evaluate its quality.

3. Factory Management:

- **Production Planning:** The factory has a well-defined production plan to ensure efficient utilization of resources.
- **Inventory Management:** Effective inventory management is crucial for maintaining a steady supply of raw materials and finished products.
- **Quality Assurance:** The factory emphasizes quality assurance throughout the entire production process.

4. Sustainability:

- **Waste Management:** The factory implements proper waste management practices to minimize environmental impact.
- **Social Responsibility:** Masco Tea Factory is committed to social responsibility and supports local communities.

Conclusion

The industrial visit to Masco Tea Factory provided students with a valuable opportunity to understand the intricacies of tea production. It enhanced their theoretical knowledge and exposed them to real-world applications of management concepts. The visit was a significant learning experience and will undoubtedly benefit the students in their future endeavours.



DIGITAL HORIZON TECH EXPO AND WORKSHOP REPORT

The Department of computer science and applications in association with IQAC conducted a tech expo Digital Horizon on 21/10/2024 at 10am. The expo was inaugurated by Dr. (Capt.) Suseela Menon Principal Paramakkavu College of Arts and Science. The tech expo consists of various charts prepared by students of computer science and BCA describing latest technology trends and some mathematical concepts. There are also some working models related to latest technologies. Students participated and explained each concept very clearly. This expo was very informative and added a new milestone to computer science and applications department. After the expo there was workshop sessions by students explaining different Trending applications like AI, online app designing, hardware concepts, word, excel, PowerPoint, Canva. The sessions were very informative.



PARAMAKKAVU COLLEGE OF ARTS AND SCIENCE
DEPARTMENT OF COMPUTER SCIENCE AND APPLICATIONS
AND DEPARTMENT OF ELECTRONICS
IN ASSOCIATION WITH IQAC

DIGITAL HORIZON
IT EXPO

21-10-2024

VENUE: F1, F2
TIME: 10:00 AM

PRINCIPAL
DR. CAPT. SUSEELA MENON R

WORKSHOP SECTION
classes are handled by talented students

10:30 AM →	APP DEVELOPMENT	AV ROOM
10:30 AM →	OFFICE AUTOMATION (MS OFFICE, EXCEL, POWER POINT)	COMPUTER LAB
11:30 AM →	AI TOOLS	AV ROOM
11:30 AM →	DESIGN WORKSHOP (CANVA, ADOBE PHOTOSHOP)	COMPUTER LAB
12:45 PM →	COMPUTER HARDWARE	AV ROOM



REPORT ON FINANCIAL AWARENESS

Date – 9th October 2024

Time – 10.30 A.M – 11.30 A.M

Mode of Conduction – Offline

Venue: Seminar Hall, Paramekkavu College of Arts and Science

1. Introduction

This report details a seminar on financial awareness organized by the Department of Commerce & Management Studies and ED Club of Paramekkavu College of Arts and Science, Thrissur, in association with IQAC (Internal Quality Assurance Cell).

2. Event Details

Title: "A Seminar on Financial Awareness about Various Banking Facilities and Safe Banking Practices" with a Mass Account Opening Drive by SBI Poonkunnam Branch

3. Organizers

Department of Commerce & Management Studies

ED Club

IQAC

4. Resource Person

Representatives from SBI Poonkunnam Branch

5. Objectives

The primary objective of this seminar is to enhance financial literacy among students and the general public. It aims to provide in-depth knowledge about various banking facilities, safe banking practices, and financial planning.

6. Content of the Seminar

Paramekkavu College of Arts and Science is organizing a seminar on financial awareness on October 9th, 2024, at 10:30 AM in the college's seminar hall. This event aims to enhance financial literacy among students and the general public by providing in-depth knowledge about various banking facilities, safe banking practices, and financial planning. The seminar will cover topics such as different types of bank accounts, online banking security, budgeting, investing, retirement planning, and insurance. By attending this seminar, participants can gain valuable insights, make informed financial decisions, and improve their overall financial well-being.

8. Outcome

Increased awareness of financial services and safe banking practices (This can be further strengthened by mentioning if there was a feedback mechanism or if the organizers have a way to gauge the impact)

Potential increase in bank account openings through the SBI drive (Quantification with numbers would be ideal)

The seminar successfully provided valuable information on financial awareness and promoted safe banking practices among students and faculty. The collaboration with SBI further facilitated access to banking services through the mass account opening drive.



PARAMEKKAVU COLLEGE OF ARTS AND SCIENCE
THRISSUR AFFILIATED TO UNIVERSITY OF CALICUT, U.O. No. 2436/2013/CU
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ORGANIZED BY
**DEPARTMENT OF COMMERCE & MANAGEMENT STUDIES
AND ED CLUB**
in association with **IQAC**

**"A Seminar on financial awareness
about various banking facilities and
safe banking practices"**
by
SBI Punnunnam Branch

MASS ACCOUNT OPENING DRIVE

**VENUE : SEMINAR HALL
ON 9TH OCTOBER 2024 @ 10.30 AM**

PRINCIPAL
Dr.(Capt) Suseela Menon R

CO-ORDINATORS
Kala.S
Sajil T.S



INSTITUTION'S INNOVATION COUNCIL (IIC)

MOTIVATION SESSION BY SUCCESSFUL ENTREPRENEUR

Date – 22/05/2024

Time – 10.30 A.M – 11.30 A.M

Mode of Conduction – Offline

Event Description:

IIC and the Department of Commerce in association with IQAC conducted an offline session about motivation by successful entrepreneur and start-up founder, Mr. Saji (the proprietor of Samrithi Enterprises). The session started with what entrepreneurship is and how to become an entrepreneur. Later, we discussed the qualities, roles, and skills of the entrepreneur, small business, and entrepreneurship, as well as the importance of entrepreneurship. Also, we went into why entrepreneurship failed and key components of the business. We also discussed how to initiate the start-up and basic skills for the start-ups.

After the session, we moved on to the question-and-answer session with the students present in the talk. It motivated the students to study and create awareness about successful entrepreneurs and start-ups.

Objective of the Event:

The main objective of the talk is to understand the importance of Entrepreneurship and start-up. Skills required to become a successful Entrepreneur. How we can sustain in the market, enhancement in new ideas and inventions in Start-ups.

Benefits in terms of Learning and Skill-set acquired:

- Entrepreneur
- Start-Up opportunities.
- Overcome the failures Entrepreneurships.
- Human Resource behind a Start-Up.
- Decision making.
- Successful Entrepreneur.

Photos of the event:



EXPERT TALK ON “INDUSTRIES 4.0 TECHNOLOGIES”

REPORT ON EXPERT TALK

Academic year : 2024-25

Date : 28/10/2024

Name of the Event : Expert talk on “Industries 4.0 technologies”

Date and time	28/10/2024, 02.30 PM
Venue	Seminar Hall
Organized by	Department of Computer Science and Applications in association with IQAC
Targeted Audience	Students of the college

Details of the programme:

On 28/10/2024, Department of Computer Science and Applications in association with IQAC of Paramekkavu College of Arts and Science hosted an insightful expert talk on “Industries 4.0 Technologies,” aimed at exploring the impact of cutting-edge technologies on modern manufacturing and production. The talk was organized as a part of observing October as cyber security awareness month. The event was organized in association with Sapience Edu connect Institution. The event attracted students to learn about the advancements shaping the future of industry.

The session began with a warm welcome from the principal, Dr, Capt., Suseela Menon R., who introduced the speaker, Mr. Nithin K S, Founder of Sapience Edu connect, Certified Ethical Hacker, CompTIA Certified Instructor and Cyber Security Researcher. The speaker outlined the transformative power of Industry 4.0 and its implications for businesses across various sectors.

The speaker provided a comprehensive overview of Industry 4.0, detailing its origin and the technological advancements that have led to this new industrial revolution. Emphasis was placed on the integration of digital technologies, including IoT, AI, and data analytics. The speaker outlined key challenges organizations face, including Cybersecurity threats to interconnected systems, skills gaps in the workforce needing training for new technologies, high costs of initial investment and implementation. The talk concluded with insights into future trends, including the continued evolution of smart manufacturing and the potential for further technological innovations. In between the session a quiz was conducted using technology for the students and teachers. The audience were asked to scan QR code shown in the presentation screen and answer the questions given in the google form.

The winners were selected and gifts were given at the end of the session. Student of college Devika Babu of S3 BCom CA and Cooperation got first prize and Smt. Soumya C., HOD of Dept. of Computer Science got second prize. The session ended by 3.30 PM. The expert talk on Industries 4.0 provided attendees with a valuable understanding of

how these technologies are revolutionizing the industrial landscape. Participants left with actionable insights on how to navigate the challenges and opportunities presented by Industry 4.0.



Anti Ragging Awareness Programme

The Anti-Ragging Awareness Day was successfully conducted in association with IQAC with active participation from students across various years. The event aimed to foster a ragging-free campus environment while promoting healthy interaction between freshers and senior students.

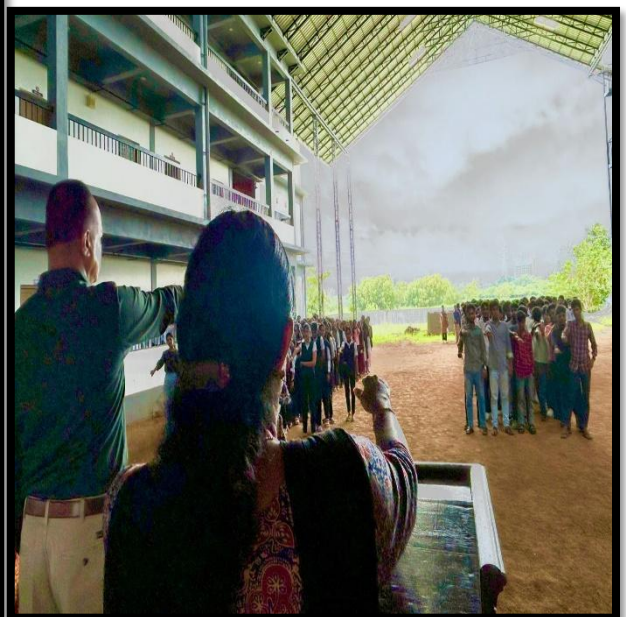
The event began with an energetic flash mob performed by students from the first, second, and third years. This performance served as an ice-breaking activity, allowing the freshers to interact with their seniors in a fun and informal setting. It helped ease the anxieties that new students often face while adjusting to college life.

Following the flash mob, all students took an **anti-ragging pledge** to commit themselves to a ragging-free campus. The pledge was read out by **Athira Somasundaran**, the Anti-Ragging Cell Coordinator, in the presence of the **Principal**, the **Administrative Officer**, and all faculty members.

The programme concluded with inspiring messages from the **Principal** and the **Administrative Officer**.

The Principal delivered an impactful message, highlighting the importance of building a supportive, harmonious, and ragging-free campus. The Principal encouraged students to maintain a culture of respect, responsibility, and mutual care within the student community.

The Administrative Officer echoed the Principal's sentiments, further emphasizing the college's zero-tolerance policy toward ragging. The officer encouraged students to come forward in case of any issues and assured them of the administration's unwavering support in creating a safe environment.





Thrissur, Kerala, India
Paramekkavu College of Arts and Science MLA Road, Kuttoor, Thrissur, Kerala
680013, India
Lat 10.56082°
Long 76.184036°
30/08/24 03:03 PM GMT +05:30

GPS Map Camera

WORKSHOP ON SUSTAINABLE LIVING: PAPER BAG AND CROCHET MAKING

PARAMEKKAVU COLLEGE OF ARTS AND SCIENCE
 MLA ROAD, PUNKUNNAM, THRISSUR
 Affiliated to University of Calicut

Organized by:
 Dept. of Commerce and Management Studies
 &
 Nature club
 In Association With
 IIC & IQAC

Work shop on Sustainable living: Paper bag & Crochet Working

Join us for a unique workshop that combines creativity with sustainability. Learn the art of making reusable paper bags and crochet items, reducing plastic waste and promoting eco-friendly living.

Date : 07/10/24
Venue: Seminar Hall
PRINCIPAL
 Dr. (Capt) Suseela Menon R

COORDINATORS
 Rekha P
 Kavitha T



Programme Report

ACADEMIC YEAR: 2024-25

DATE: 07/10/2024

NAME OF THE EVENT: Workshop on sustainable Living: Paper bag and crochet making

Date and Time	07/10/2024
Venue	Seminar Hall
Organized by	Department of Commerce and Management Studies & Nature Club in association with IIC & IQAC.
Targeted Audience	College Students

Programme Schedule

Prayer	: Anu maria
Welcome Speech	: Kavitha T (Nature Club Coordinator)
Presidential Address:	: Kala S (HOD, Department of Commerce)
Inauguration	: Dr Capt. Suseela Menon R (Principal)
Felicitation	: Rekha P (Programme Coordinator)
Vote of Thanks	: Sam Franko (Student Representative)

Details of the Programme

The Department of Commerce and Management, in collaboration with the Nature Club, IIC, and IQAC, successfully organized a workshop on sustainable living focused on paper bag and Crochet Making. The event aimed to promote eco-friendly practices and raise awareness about reducing plastic waste. Participants engaged in hands-on activities, learning to create reusable paper bags and Crochet Making using recycled materials. The workshop fostered creativity and teamwork while emphasizing the importance of sustainable choices. Attendee feedback highlighted increased awareness and commitment to environmentally responsible living.

At 1.30 Pm, the programme started with a prayer and the welcome speech provided by Smt. Kavitha T (Nature Club coordinator). The function was presided over by Smt. Kala S (HOD, Department of Commerce and Management Studies). The college principal Dr Capt. Suseela Menon R inaugurated the function. The Felicitation was delivered by Rekha P (Programme Coordinator) and the expression of Vote of Thanks by Sam Franko (Student Representative). Jishna Sajeesh, Jins Dominic and Rahul Rajan E coordinated the programme.

After the official Function workshop started at 1.45 pm. Paper bag-making workshop was conducted by resource persons Meghna and Gayatri, aimed at promoting eco-friendly practices and encouraging the use of sustainable materials. The workshop focused on the importance of reducing plastic usage and provided hands-on training on crafting paper bags from recycled materials. Meghna and Gayatri guided the participants through the process, from selecting the right materials to cutting, folding, and assembling the bags. The session was highly interactive, with participants enthusiastically engaging in the activities. Both resource persons shared valuable insights on the environmental impact of single-use plastics and the role of handmade paper bags in reducing waste. The workshop was a great success, leaving participants with practical skills and a deeper understanding of sustainability. Total 17 students participated in this workshop.

A crochet-making workshop aimed at teaching participants the art of crochet while fostering creativity and patience. During the workshop, Ajanya and Anirudh demonstrated the fundamental techniques of crochet, including how to hold the hook, create basic stitches, and select appropriate yarns and tools. The participants were guided step-by-step, starting with simple patterns and gradually moving on to more intricate designs. Ajanya and Anirudh also shared tips on maintaining consistency in stitching and troubleshooting common mistakes. The atmosphere was collaborative, with attendees enthusiastically following along and asking questions. By the end of the session, participants had successfully created their own small crochet pieces, such as coasters and bookmarks. The workshop was both informative and enjoyable, providing a relaxing, hands-on experience while encouraging a deeper appreciation for the craft of crochet. Total 22 students participated in this workshop.

English Department Seminar

The department of English organized a seminar on 25/10/2024 in association with IQAC. Dr Nimisha MN, Assistant Professor, Little Flower college, Guruvayur was the resource person. Topic: Femvertising: Empowerment or Exploitation, A Critical Analysis of Gender Representation in New Media. Venue: AV Room, Coordinator: Dr Nisha A, Time-10.30 am. Students from all the batches of the English department were present for the seminar.



Paramekkavu College of Arts and Science

Empowerment or Exploitation ?

FEMVERTISING

A Critical Analysis of
Gender Representation
in New Media

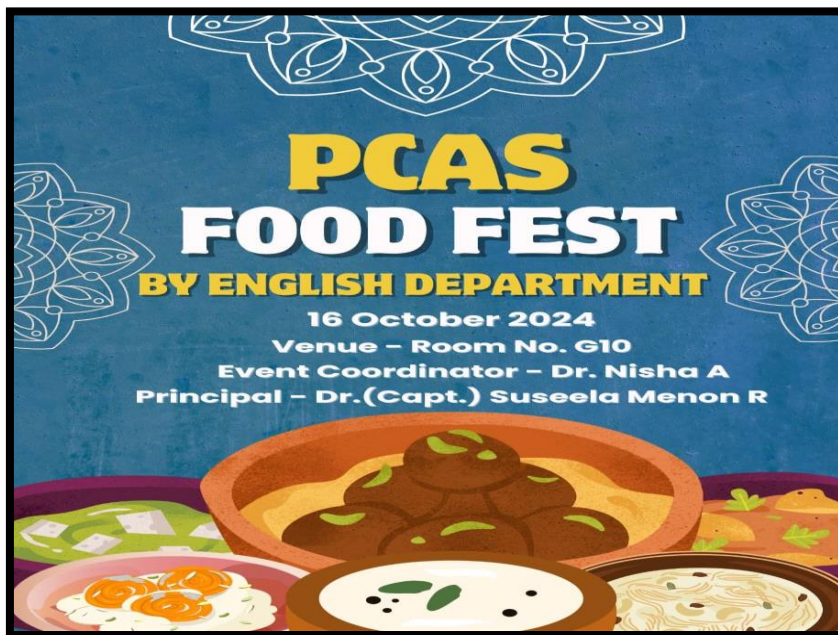
 Speaker
Dr Nimisha M N
Asst Professor
LF College
Guruvayoor

Principal - Dr Capt Suseela Menon R
Event Coordinator - Dr. Nisha A

OCT 25, 2024
10:30 AM
VENUE - AV ROOM

REPORT ON FOOD FEST ORGANISED BY THE DEPARTMENT OF ENGLISH

The department of English organised a food fest in association with IQAC for the students of English language and Literature on 16 October 2024 at G10 at 10.30. The students brought food items prepared from their homes and shared it with the teachers and other students. The event provided an opportunity to inculcate values like sharing, love and togetherness. The event was inaugurated by Dr. (Capt.) Suseela Menon R. and felicitation was given by Smt. Usha Devi K. HOD, Department of English. The entire event was filled with happiness, love and the joy of sharing the food.



REPORT ON WORLD TRANSLATION DAY CELEBRATION AT PARAMEKKAVU COLLEGE OF ARTS AND SCIENCE.

On September 30, 2024, the English Department in association with IQAC celebrated World Translation Day with a lively event featuring a Translation Competition. The programme, titled Transcripto 24, was held at the college's S7 hall and attracted enthusiastic participation from undergraduate students across various disciplines. Amrutha TS, a faculty member of the English Department, led the event.

The celebration aimed to foster an appreciation for the art of translation and encourage linguistic and cultural exchange among students. Notably, the competition was open to all students, regardless of prior experience in translation. Participants were encouraged to showcase their creativity and passion for languages, translating selected passages that allowed them to explore different linguistic nuances.

The event commenced at 10:30 a.m. with an introduction to the importance of translation in bridging cultural and linguistic gaps. Usha Devi A, HOD of Department of English, highlighted the role of translation in today's globalized world, emphasizing that language can connect people from diverse backgrounds and foster greater mutual understanding.

The Translation Competition saw active participation from students who demonstrated remarkable language skills and creativity. Each translation was evaluated on clarity, accuracy, and the ability to convey the essence of the original text. The event successfully promoted awareness of translation as an essential skill in a multicultural society, and the participants appreciated the opportunity to engage in such a meaningful exercise. The winner of the competition is Karthika M Suresh (BCA)

The celebration concluded with a brief feedback session, where students shared their experiences and learning outcomes from the event.



Report on COIFFURE Hairstyle Competition at Paramakkavu College of Arts and Science

On October 17, 2024, the English Department in association with IQAC of Paramakkavu College of Arts and Science hosted an exciting event titled COIFFURE—a creative hairstyle competition that encouraged students from various departments to showcase their hairstyling skills. The event, held at the college's Seminar Hall at 2:00 pm, drew an enthusiastic crowd, with many eager participants and spectators filling the venue to support their peers.

The competition allowed students to participate in teams of two, fostering a sense of collaboration and teamwork. The guidelines for participation were clear: no artificial creams were permitted, only single slides were allowed if necessary, and each team was responsible for bringing their own combs and styling tools. This natural approach emphasized creativity within practical constraints, challenging participants to create stunning hairstyles using limited resources.

Under the supervision of Bindu AB(College Librarian) Kavitha T (Faculty of Department of Commerce and Management), Ushadevi K (HOD of English Department) Vaishnavi KP(Faculty of Department of Computer Science and Application), and coordination by Amrutha TS, the event was meticulously organized. Participants were judged on their creativity, precision, and the aesthetic appeal of their styles. Each team presented a unique interpretation, with styles ranging from classic to modern, and even some experimental approaches. The first runner up team of Aleena Justin and Tessa(Bcom Students)the winners of the programme was the team of Sreelakshmi KB and Sona A(Computer Science Students).

The event not only highlighted the creative potential within the student community but also served as a platform for students from different disciplines to interact and bond. It concluded with a vote of thanks from the coordinator, Amrutha TS, who commended the participants' efforts and creativity. The event was a resounding success, leaving both participants and audience members eager for similar activities in the future. COIFFURE truly proved to be a memorable celebration of artistry and teamwork, showcasing the college's commitment to fostering talent beyond academics.



Paramekkavu College of Arts and Science

MLA Road, Poonkunnam

Affiliated to the University of Calicut

English Department organizes

On 17-Oct, 2024

COIFFURE

Can participate team wise, Pair of two students

Venue

Seminar Hall

Time

2.00 pm

We invite all of you from every department to join and participate in our exciting Hairstyle Competition. Let's come together, showcase your creativity, and make this event a memorable one!

Dr. Cap..Suseela Menon R
Principal

Amrutha.TS
Co-ordinator



Report on "Glimpses on Neruda" Documentary Series and Versification Competition

Event: 120th Birthday Celebration of Pablo Neruda

Organized by: Department of English, Paramekkavu College of Arts and Science

Date: 12 July 2024

Venue: Room S7

Programme Coordinator: Ms. Amrutha T.S.

Key note speech : Dr. Nisha A.

In celebration of the 120th birthday of the renowned poet Pablo Neruda, the Department of English in association with IQAC at Paramekkavu College of Arts and Science hosted a special event titled "Glimpses on Neruda." The programme featured a documentary series on Neruda, followed by a versification competition that showcased the poetic talents of the students.

The event commenced at 10:30 AM in the AV Room, where students, faculty, and staff gathered to immerse themselves in the life and legacy of Pablo Neruda. The documentary series offered a deep insight into the poet's life, his literary contributions, and his enduring influence on literature and society. The theme of "Laughter is the language of the soul" resonated throughout the screening, bringing out the vibrant spirit of Neruda's work.

The versification competition was held in Room S7, where students expressed their creativity and passion for poetry. The competition provided a platform for students to channel their inspiration from Neruda's works into original verses.

The programme was further enriched by the insightful remarks of Dr. Nisha A. Faculty of Department of English, who emphasized the cultural and emotional depth of Neruda's poetry and its relevance in contemporary times. Dr. Nisha's address encouraged students to engage with literature in a meaningful way, inspiring many young poets to continue exploring the power of language. The winner of the programme is Narayanan K (BA English)

The event concluded with expressions of gratitude by the programme coordinator Amrutha TS, faculty of English Department to the organizers, participants, and audience. The success of "Glimpses on Neruda" not only celebrated the legacy of Pablo Neruda but also fostered a deeper appreciation for poetry within the college community.



REPORT ON ENVIRONMENT DAY CELEBRATION ON JUNE: 5, 2024

The World Environment Day was celebrated on June 5, 2024 in association with IQAC at Paramakkavu College of Arts and Science, Thrissur. The programme started at 10:30 A.M with a prayer by students.

Welcome speech was delivered by Anirudh.R of 5th semester B.Com(finance)class.The Environment Day message was conveyed to students by Dr. Captain. Suseela Meno.K, principal of paramakkavu college of arts and science. After that, oath taking ceremony was done. The slogan of Environment Day 2024 is "Our Land, Our Future, we are #GenerationRestoration.The felicitation speech was done by Sr. Prasanth Balakrishnan,(Administrator PCAS).Anu Maria of class 2nd semester B.Com Co-operation recited a beautiful poem.Nature club members displayed placards with slogans like "Our Land, Our Future" "No Nature No Future", "Connecting People with Nature". The programme concluded with a vote of thanks by Meghana Menon of class S5 BBA. After the session, nature club members and teachers planted the saplings.

