

MAHATMA GANDHI COLLEGE THIRUVANANTHAPURAM

CRITERION:5 – KEY INDICATOR: 5.1

5.1.2 Capacity building and skills enhancement initiatives taken by the institution include the following 1. Soft skills, 2. Language and communication skills, 3. Life skills (Yoga, physical fitness, health, and hygiene), 4. Awareness of Trends in Technology

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Sl. No.	Name of the capacity development and skills enhancement program	Date of implementation (DD-MM-YYYY)	Number of students enrolled	Name of the agencies/consultants involved with contact details (if any)	Category
2018-19					
1	Paper bag making	19th September 2018	50	Dept. of Botany in association with IQAC	Soft Skills
2	Seed pen making	08-01-2019	50	Dept. of Botany in association with IQAC	Soft Skills
3	“Issues of Ozone Layer Protection: Awareness and Preservation”	19th September 2018	150	Dept of Chemistry & KSCSTE	Soft Skills
4	“Ozone: Chemistry, History, Ecology and Future”	20th September 2018	150	Dept of Chemistry & KSCSTE	Soft Skills
5	“Sasthra Jalakam” & “Sasthra Padham- Exhibition and Talk	January 19th and Jan26th 2019	24	Dept of Chemistry & Govt of Kerala	Soft Skills

6	A Healthy Mind in a Healthy Body	04-07-2018	43	Dept of English & Dr Aneesh V Appu, Mahatma Gandhi College, Thiruvananthapuram	Life Skills
7	CELEBRATION OF INTERNATION YOGA DAY-YOGA TRAINING SECTION	21-06-2018	27	Dept of Sociology & DEPARTMENT OF PSYCHOLOGY, MAHATMA GANDHI COLLEGE, TVPM	Life Skills
8	LANGUAGE SKILL(MAL)-BASIC CONCEPTS OF LANGUAGE	03-09-2018	56	Dept of Malayalam in association with IQAC	Language and communication skills
9	SAMSKRITHAPARICHAYA (SANSKRIT)	15-10-2018	19	Dept of Malayalam in association with IQAC	Language and communication skills

**MAHATMA GANDHI
COLLEGE
THIRUVANANTHAPURAM**



**DEPARTMENT OF BOTANY
PAPER BAG MAKING PROGRAMME**

In our commitment to promoting sustainable practices and creative initiatives, we are excited to announce a workshop on "Paper Bag Making". The goal of this session is to offer insightful information regarding alternatives to plastic bags, with a particular emphasis on a program for producing eco-friendly plastic bags. The creation of environmentally friendly and biodegradable plastic bags is emphasized in the programme.

**Resource Person:
Dr. Anima T, Assistant
Professor Malayalam,
MG College, TVM**

**Date: 19th
September 2018
Time: 10.30AM
Venue: Seminar
Hall (MG College,
TVM)**

Report

Introduction:

In recent years, there has been a growing emphasis on sustainability and environmental consciousness. As a result, the demand for eco-friendly alternatives to plastic bags has increased significantly. Paper bags offer a viable solution, and the process of preparing them can serve as an excellent skill development activity for college students. The event commenced at 10:30 a.m. in the seminar hall under the guidance of Dr. Anima T.

Objectives:

The primary objectives of introducing paper bag preparation as a skill development activity in college are as follows:

- a) To foster environmental awareness and promote sustainable practices among students.
- b) To enhance students' creativity, craftsmanship, and problem-solving skills.
- c) To encourage teamwork and collaboration through group-based projects.
- d) To provide practical hands-on experience in a real-world application of sustainable materials.

Methodology:

The following steps can be followed to implement the skill development activity of paper bag preparation in college: a) Resource Acquisition: Procure the necessary materials such as paper, scissors, glue, and decorative items. b) Design Selection: Provide students with a range of bag design options or encourage them to create their

own. c) Training Session: Conduct workshops or demonstrations on the techniques and procedures involved in paper bag preparation. d) Implementation: Assign students to groups and provide them with the required materials to start preparing their paper bags. e) Evaluation: Assess the students' creativity, craftsmanship, and overall quality of the final products.



Benefits:

- a) Environmental Awareness: By engaging in paper bag preparation, students will gain a deeper understanding of the environmental impact of plastic bags and the importance of sustainable alternatives.
- b) Skill Development: This activity fosters creativity, problem-solving, and attention to detail, enhancing students' practical skills and dexterity.
- c) Teamwork and Collaboration: Working in groups allows students to develop communication, cooperation, and leadership skills as they collectively complete the project.

d) Real-World Application: Paper bag preparation provides students with hands-on experience in creating sustainable products, enabling them to understand the practical implementation of sustainable materials.



Conclusion:

Preparing paper bags as a skill development activity in college offers numerous benefits to students, including environmental awareness, skill enhancement, teamwork, and real-world application. By incorporating this activity into the curriculum, colleges can equip students with practical skills while promoting sustainable practices. It is an effective way to foster a sense of responsibility towards the environment and empower students to become active contributors to a greener future.



PARTICIPANTS

Sl. No.	Name	Signature
1.	Amritha S. Nair	
2.	ARYA B. NAIR	
3.	Sandra M-J	
4.	Athira R S	
5.	Divya S Nair	
6.	Sandra M J	
7.	Oropika P S	
8.	SREEHARI . M . NAIR	
9.	Sabari Chandran	
10.	Abinav E. J	
11.	Anjana B. S. Krishna	
12.	Vishnu Vaswanath	
13.	Athira S. Santhosh	
14.	Ajith Kumar . M.	
15.	Lekshmi P	
16.	Prayathvi . Devi . Sub	
17.	Aswani Anil	
18.	Anjemol X X	
19.	Kena Vijayar	
20.	Mithun M Nair	
21.	Subin B	
22.	Paiyan M	

Sl. No	Name	Signature
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24	Jeena Muresh	Jeena
25	Pranga MS	Pranga
26	Fathima SS	Fathima SS
27	Aswathy K	Aswathy K
28	Anymol Binu	Anymol Binu
29	Anandha Krishnan RS	Anandha Krishnan RS
30	Neena J CS	Neena J CS
31	Neethu MT	Neethu MT
32	Ranjitha RS	Ranjitha
33	REVATHY B.R	Revathy
34	Karthika B.S	Karthika
35	Susya Suresh K	Susya Suresh K
36	Teetha G.P	Teetha
37	VAISHNAK R. NAIR	Vaishnak
38	Abhrami Nair P.J	Abhrami
39	Aishwarya M S	Aishwarya
40	Ajith V.S	Ajith
41	Athira S.D.	Athira
42	Varsha Sabhyan	Varsha
43	Karaya Shaji CS	Karaya
44	Karega T Nair	Karega
45	Amya A.S	Amya
46	Anakha A. Nair	Anakha
47	SUFANA NOCSEAD	Sufana
48	Athira S.J	Athira
49	Biodhya B Jayan	Biodhya
50	Deekha G. NAIR	Deekha

MAHATMA GANDHI COLLEGE THIRUVANANTHAPURAM



DEPARTMENT OF BOTANY SEED PEN MAKING PROGRAMME

In our commitment to promoting sustainable practices and creative initiatives, we are excited to announce a workshop on "Seed Pen Making". This course aims to provide useful knowledge regarding the production of seed pens, which function as a substitute for conventional plastic pens.

Because plastic pens are non-biodegradable. The seed pen, on the other hand, is biodegradable. The pen can be discarded in the ground after use, enabling the implanted seed to sprout and develop into a new plant. This initiative offers an environmentally responsible solution and is an ideal chance that shouldn't be passed up.

Resource Person:
Dr. Divya K R,
Assistant Professor
Botany, MG College,
TVM

Date: 8th January
2019

Time: 10.30 AM

Venue: Seminar
Hall (MG College,
TVM)

Report

Introduction

1. The purpose of this report is to explore and evaluate the incorporation of seed pen preparation as a skill development activity in college. Seed pen preparation involves the creation of writing instruments using seeds, which not only enhances manual dexterity but also fosters an appreciation for sustainable materials and ecological consciousness. The growing concern for the environment and the need to reduce plastic waste has led to the development of various eco-friendly alternatives. The paper seed pen is one such initiative that promotes sustainability. By incorporating plant seeds within the pen, users can enjoy the benefits of writing while also contributing to reforestation efforts.

As the part of the skill development 50 students and three teachers participated in the program. The details were explained by Dr. Divya K R, Assistant Professor Botany, MG College, TVM

Benefits of Seed Pen Preparation:

Manual Dexterity: Seed pen preparation requires precision and fine motor skills, improving students' hand-eye coordination and manual dexterity. 2.2. **Environmental Awareness:** By using seeds as a sustainable material, students develop an understanding of the importance of ecological conservation and the use of renewable resources. 2.3. **Creativity and Innovation:** Seed pen preparation offers an opportunity for students to express their creativity by designing unique pens using a variety of seed types and artistic techniques. 2.4. **Entrepreneurial Skills:** Students can learn about the market potential of eco-friendly products and explore entrepreneurial ventures related to seed pen production.

Materials and Equipment: To carry out seed pen preparation, the following materials and equipment are typically required:

- Seeds (e.g., sunflower, pumpkin, or flax seeds)
- Pen barrel blanks (Paper, wood or bamboo)
- Colour paper, Recycled paper
- Press

- Pen turning kit (including mandrel, pen mill, bushings, and pen assembly components)
- Adhesive (e.g., Fevicol glue)
- Finishing materials (e.g., varnish, polish, or wax)
- Safety equipment (e.g., gloves)





Step-by-Step Process: 4.

Step 1: Collection and preparation of recycled paper: Collect used paper, such as scrap paper or newspaper, and remove any non-recyclable materials, such as staples or plastic coatings. Tear the paper into small pieces and soak them in water for a few hours.

Step 2: Blending the paper: Drain the water from the soaked paper and transfer it to a blender. Add a small amount of fresh water and blend until a smooth pulp is formed. This pulp will serve as the base material for creating the pen bodies.

Step 3: Shaping the pen bodies: Place the pen molds or empty pen barrels on a flat surface. Fill the molds with the paper pulp, ensuring it is evenly distributed. Press the pulp firmly using a spoon or any suitable tool to remove excess water and create a compact shape.

Step 4: Inserting seed capsules: Make a small hole in one end of the pen body using a pencil or a pointed tool. Insert a plantable seed capsule or individual seed into the hole, ensuring it is embedded securely within the paper pulp.

Step 5: Drying and assembly: Transfer the pen bodies to a drying rack or a well-ventilated area. Allow them to air dry completely, which may take a few days. Once dry, attach pen nibs and ink cartridges to the pen bodies, completing the assembly process.

5.1. Seed Selection: Students choose seeds that are suitable in size and shape for pen barrels.

5.2. Pen Barrel Preparation: Pen blanks are cut to the desired length and shape using a saw or lathe. The ends are squared off and drilled to accommodate the pen components.

5.3. Seed Embedding: Students carefully embed the seeds onto the pen blanks using cyanoacrylate glue, arranging them in attractive patterns if desired.

5.4. Turning and Finishing: The prepared pen blanks are mounted on a mandrel and turned on a lathe to achieve the desired shape. Sanding, polishing, and finishing techniques are then applied to enhance the pen's appearance and durability.

5.5. Assembly: Students assemble the pen components (e.g., refill, clip, and cap) following the manufacturer's instructions.

5.6. Testing and Refinement: The completed seed pens are tested for functionality and appearance, allowing students to make any necessary adjustments or refinements.

6. Impact on Skill Development:

Integrating seed pen preparation as a skill development activity in college can have several positive impacts on students:

Enhanced Fine Motor Skills: The intricate nature of seed pen preparation hones students' fine motor skills and attention to detail.

Practical Knowledge: Students gain practical knowledge in woodworking, craftsmanship, and the use of various tools and techniques.

Environmental Consciousness: Engaging with sustainable materials like seeds raises awareness about environmental issues and encourages responsible consumption.

Creative Expression: Seed pen preparation nurtures creativity and self-expression through the design and customization of pens.

Entrepreneurial Skills: Students develop an entrepreneurial mindset by exploring the market potential and potential business opportunities related to eco-friendly products.



7. Advantages of Paper Seed Pens:

- Environmentally friendly: Paper seed pens reduce plastic waste and contribute to reforestation by allowing users to plant the pens after use.
- Cost-effective: The production cost of paper seed pens is relatively low, making them an affordable option for college students.
- Promotes sustainability: By using paper seed pens, college students can actively participate in sustainable practices and raise awareness about eco-friendly alternatives.

8. Conclusion:

The preparation of paper seed pens offers an innovative and sustainable approach for college students. By following the outlined procedure, students can create their own eco-friendly pens, contributing to environmental conservation and promoting sustainable practices. Implementing such initiatives in college campuses can have a positive impact on the overall sustainability efforts within the community.

Seed pen preparation offers a unique and engaging skill development activity for college students. By combining manual dexterity, environmental awareness, and creative expression, this activity promotes a range of valuable skills and knowledge. Incorporating seed pen preparation into college curricula can empower students with

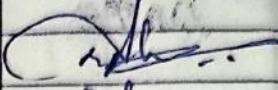
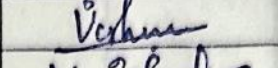
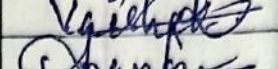
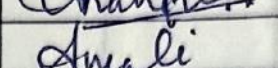


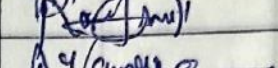
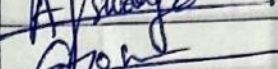
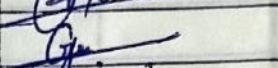
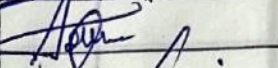
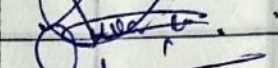


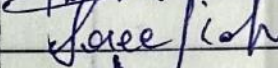
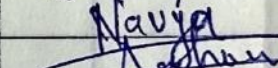
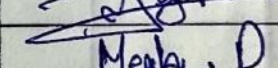
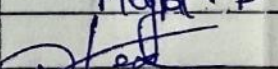
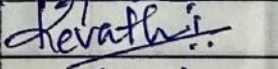
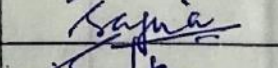
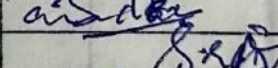
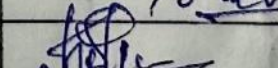
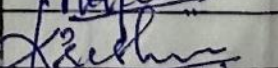
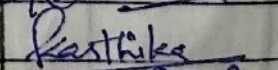
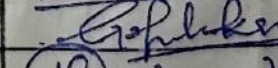
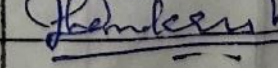
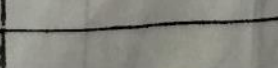
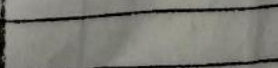

practical skills, foster ecological consciousness, and inspire entrepreneurship in the sustainable product industry.

9. Future Directions:

1. Enhancing durability and longevity of paper seed pens.
2. Optimizing the germination process for embedded seeds.
3. Conducting market research and feasibility studies for commercialization.
4. Exploring additional sustainable materials for pen production.

PARTICIPANTS

Sl. No:	NAME	SIGNATURE
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7	Crokal. G.A	Crokal
8	Akhila. A.B	Akhila
9	Breerag. S.M	Breerag
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11	Crathri. J.	Crathri
12	Sajitha. N	Sajitha
13	Parvathy. P.O.S	Parvathy
14	Devi Niveditha. U. N	Devi
15	Vishnu Velappan	Vishnu
17	Reshmi S	Reshmi
18	KARTHIK VIJAYAKUMAR	Karthik
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28	Anjana S S	
29	Rahul Chandran C.S	
30	Ayswarya P.S	
31	Geekul Coppinath	
32	Geetika D Pillai	
33	Anavind MS	
33	Swathi S L	
34	Geetika B.S	
35	MALAVIKA S	
36	Prabha J	
37	SREELAKSHMI P.S.	
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43	Sajna S.S	
44	SANDRA M P	
45	SHILPA K.V	
46	Praveen P. Nair	
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48	Karthika Mohan	
49	G. GOPIKRISHNA	
50	Phanakrishna R.R	
51		
52		

Report of Ozone Day Celebrations 2018

The Ozone day Celebrations 2018 was conducted by PG Department of Chemistry and Research Centre, Mahatma Gandhi College, Thiruvananthapuram in association with Kerala State Council for Science, Technology and Environment (KSCSTE) on 19th September. Dr Resmi V.G., Assistant Professor Dept of Chemistry was the Programme Coordinator. The proposed activities of the ozone day were two invited talk by Dr Sibi K.S., Asst. Professor, Dept. Of Physics, University of Kerala, Kariavattom on “Issues of Ozone Layer Protection: Awareness and Preservation” and Dr. Rony Rajan Paul, Asst. Professor, Dept. Of Chemistry, CMS College, Kottayam, on “Ozone: Chemistry, History, Ecology and Future” and an intercollegiate quiz Competition was conducted based on ozone day by the quiz master Dr. M.R. Sudarsanakumar, Retd. Principal, M. G. College, Thiruvananthapuram. The KSCSTE sanctioned Rs 14,000/- as financial support for the conductance of the programme.

Programme schedule

The Programme started at 10 AM at Seminar Hall, Mahatma Gandhi College on 19/09/2018 with a prayer. Dr Resmi V.G, Asst. Professor, Department of Chemistry addressed the gathering by a warm Welcome Speech. Dr Shikha T.S., Asst. Professor, Dept. of Chemistry gave the Presidential Address followed by the Inauguration, lighting the lamp and inaugural address by Dr T. S. Sujatha, Principal, and Mahatma Gandhi College. Dr Anil Kumar M S, IQAC Coordinator, and Dr M R Sudarsanakumar Rtd. Principal Mahatma Gandhi College gave the felicitations. The session ended with a Vote of Thanks by MSc S2 student Miss. Jincy.

The Technical session started with an invited talk on “Issues of Ozone Layer Protection: Awareness and Preservation” by Dr Sibi K.S., Asst. Professor, Dept. Of Physics, University of Kerala, Kariavattom. The talk was very interesting and an interactive session for the students after the talk. The second invited talk by Rony Rajan Paul, Asst. Professor of Chemistry, CMS College, Kottayam, on “Ozone: Chemistry, History, Ecology and Future” was very informative. The session ended by a vote of Thanks by MSc Student Miss. Athira. The total numbers of participants were around 150.



Interdepartmental Essay writing Competition on “Ozone Depletion: Problems and the Roadmaps”

The programme was conducted from 2.00 to 3.00pm. Students from various departments participated in the programme. BSc S5 Psychology students Miss Namitha Sankar and Miss Nisha P bagged the first and second prizes for the competition. The judge for the competition was Dr Jithesh, Dept of English.

intercollegiate quiz Competition Quiz Competition for Students

All the colleges under university of Kerala were informed that the quiz will cover questions related to environmental aspects including ozone layer depletion and the programme details via phone/ email. The brochure, rules for the competition (one team comprising of two students and two teams can participated from one college and in final round restricted one team/ college etc) and the information regarding the registration timing, prizes were given in detail. The programme was organised in various stages. The registration started at 10 AM. About twenty students from various schools registered for the competition. At first a preliminary screening was conducted in auditorium at 11.30 pm. A preliminary round was conducted to select the teams for the final round. Dr. Dhanya V S and Rahul S were the Quiz Coordinators. Twenty three questions were given for the preliminary round. The valuation of the answers was done by the UG students of Dept of Chemistry under the guidance of the Quiz Master. Twelve students from six colleges were selected for the final round based on their scores of the preliminary Round. The students selected for the final round were

There were 25 teams from various colleges participated in preliminary quiz competition and based on the mark; six teams were selected in final round. Final round started at 2 pm at seminar hall by quiz master Dr M R Sudarsanakumar, Rtd. Principal Mahatma Gandhi College. a list of the higher secondary schools from city of Thiruvananthapuram was prepared including their name, contact numbers, email etc. The news regarding the Quiz competition was given in all the newspapers, social media like facebook page of PG Department of Chemistry, Mahatma Gandhi College.

Akshay Shreyas (St Mary's HSS Pattom) Vimal Joseph Preliminary Round Score: 19	Ankit Praveen (Christ Nagar Central School) Madhavan Mohan Preliminary Round Score: 18
Deviprasad VR (Mary Giri English Medium School) Vismal S Kumar Preliminary Round Score: 17	Adhishika SK (Carmel GHSS) Neerjas Meeran Preliminary Round Score: 10

Parvathy A (Saraswathi Vidyalaya) Parvathy Krishnan M Preliminary Round Score: 7	Vivek P C (St Mary's Pattom) Sooraj S R Preliminary Round Score: 7
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Final Round Contestants

The second session of the quiz competition started from 1.30 PM. The students actively participated in all the rounds. Master Akshay Shreyas and Master Vimal Joseph of St Mary's HSS Pattom won the first prize (Cash Prize of Rs 2001/-, Memento and Certificate) and Master Ankit Praveen & Master Madhavan Mohan of Christ Nagar Central School won the second prize (Cash Prize of Rs 1001/-, Memento and Certificate).

Valedictory and Prize Distribution

The prizes for the various competitions held as a part of ozone day celebrations 2017 were distributed in the valedictory and Prize Distribution session held from 3.00 to 3.30 PM. Principal, Head of the Department, Chemistry distributed Cash Prize, Memento and Certificates for the first and second prize winners of Quiz, Elocution, Essay writing and Poster competitions.



The programme ended with a Vote of thanks by Dr. Sudha Devi, HoD., Dept. Of Chemistry.

Sasthra Jalakam & Sasthrapadam

Sasthrajalakam was conducted in collaboration Govt of Kerala.

Department of Chemistry joined hands to conduct experiments in the lab as part of “Sasthra Jalakam” on November 16,17,18. The programme was meant for High School students. Students from various schools participated in the programme.











A no. of experiments were conducted in the Chemistry lab as part of “Sasthra Padham” on January 19th and Jan. 26th, 2018. The experiments conducted were meant for Higher Secondary School students. Students from various schools visited the lab during the two days.



ശാസ്ത്രജാലകം ശിൽപ്പശാല ആരംഭിച്ചു

തിരുവനന്തപുരം

പൊതുവിദ്യാഭ്യാസവകുപ്പും സ്റ്റേറ്റ് ഇൻസ്റ്റിറ്റ്യൂട്ട് ഓഫ് എഡ്യൂക്കേഷണൽ ടെക്നോളജിയും ചേർന്ന് ഹൈസ്കൂൾ കുട്ടികളിൽ ശാസ്ത്രാഭിരുചി വളർത്താൻ ലക്ഷ്യമിട്ട് നടത്തുന്ന ത്രിദിന ശിൽപ്പശാലയ്ക്ക് തുടക്കമായി. എംജി കോളേജിൽ ശിൽപ്പ

ശാല ശാസ്ത്രാധ്യാപകൻ ഡോ. സി പി അരവിന്ദാക്ഷൻ ഉദ്ഘാടനം ചെയ്തു.

കോളേജ് പ്രിൻസിപ്പൽ ഡോ. എം എസ് അനീൽകുമാർ അധ്യക്ഷനായി. പി ബാലകൃഷ്ണൻ, ഡോ. ജി സനൽകുമാർ, ഡോ. എസ് രാഹുൽ എന്നിവർ സംസാരിച്ചു.

ശാസ്ത്രജാലകം ത്രിദിന ശില്പശാല സമാപിച്ചു



എം.ജി. കോളേജിൽ നടന്ന ശാസ്ത്രജാലകം ത്രിദിന ശില്പശാലയിൽ പങ്കെടുത്ത കുട്ടികൾ

പൊതു വിദ്യാഭ്യാസ വകുപ്പും സ്റ്റേറ്റ് ഇൻസ്റ്റിറ്റ്യൂട്ട് ഓഫ് എഡ്യൂക്കേഷണൽ ടെക്നോളജിയും നടത്തിയ (എസ്.ഐ.ഇ.ടി.) ത്രിദിന ശില്പശാല എം.ജി. കോളേജിൽ സമാപിച്ചു. വിമെൻസ് കോളേജ് മുൻ പ്രിൻസിപ്പൽ ഡോ. സി.പി.അരവി

നാക്ഷൻ ഉദ്ഘാടനം ചെയ്തു. ഫിസിക്സ്, കെമിസ്ട്രി, ബയോളജി വിഷയങ്ങളിൽ ക്ലാസുകളും പരീക്ഷണ നിരീക്ഷണങ്ങളും ക്യാമ്പിന്റെ ഭാഗമായി സംഘടിപ്പിച്ചിരുന്നു. റിസർച്ച് കോ-ഓർഡിനേറ്റർ ഡോ. രതിഷ് കെ. സമാപന സമ്മേളനം ഉദ്ഘാടനം ചെയ്തു.

എം.ജി. കോളേജ് പ്രിൻസിപ്പൽ ഡോ. എം.എസ്.അനീൽകുമാർ അധ്യക്ഷത വഹിച്ചു. അബുരാജ് (ഡയറക്ടർ എസ്.ഐ.ഇ.ടി.), ഡോ. ജി.സനൽകുമാർ (എസ്.ഐ.ഇ.ടി.), ഡോ. എസ്.രാഹുൽ (കോ-ഓർഡിനേറ്റർ, തിരുവനന്തപുരം) എന്നിവർ സംസാരിച്ചു.

INDUSTRIAL VISIT REPORT

A VISIT TO KUDAMKULAM NUCLEAR POWER PROJECT ON 25TH MARCH 2019

A group of 15 students got an opportunity to visit the nuclear power plant, understanding their construction, commissioning and operation of VVER reactors and generation of nuclear power. We are accompanied by Dr.Sudha Devi (Head of the Department of Chemistry), Dr.Reshmi Reghunandhan (Assistant Professor), Sandhya Rani V S (Lab assistant). This industrial visit was organised by the department of chemistry, M G College in order to understand the crucial role of nuclear industry in our country's energy needs and their role in securing our future energy needs.

AIM OF INDUSTRIAL VISIT

This educational visit helped in applying the theoretical concepts learned by us –it lets students to know things practically through interaction, working methods and practices. Visiting these industries help students in building good relationship with those industries and can gain a combined knowledge of both theory and practical.

DETAILS OF INDUSTRIAL VISIT

1. Site visit commences with a structured lecture programme for about two hours on nuclear energy, safety features of KKNPP with relevance to events at Fukushima and addresses the queries mainly related to protection of marine organism and handling of waste.

Lecture started with a description of the nuclear plant area-two dome shaped nuclear reactors and their rectangular turbines and the production of power by the two reactors to be 1000MW. Also they added the future projects that two plants (3 and 4) are on construction and two more (5 and 6) will be started when the above said (3 and 4) reactors completes 80% of its work. Mentor then explained about the starting material, their abundance and its application on the reactor and a brief layout of the fundamental laws we have learned. Lecture gave information about 22 reactors in India and their growing needs in the energy. Types of radiations, their shielding techniques, boron carbide rods and their safety measures were the next in the class. They really succeeded in convincing us about the safety and the need of such reactors to our nation through environmental protection.

2. We are then taken to the intake structure and desalination plant where they explained about the protection of marine organism that how large fishes are being distracted inside the water and how smaller fishes are directed to move towards the surface. In the desalination plant, reverse osmosis and evaporation process were explained. Evaporation is preferred over the other which is done by using four large units where complete removal of salt from the sea water occurs by the boiling of water at lower temperature than 100°C along with lowering the pressure which follows the ideal gas law ($PV=nRT$). Finally minerals as per stipulation are added to the condensed water obtained by the above steam on condensation which thus become efficient for drinking.

Being chemistry students, they challenged us the reason for froth in sea water, corrosion and erosion of the buildings and also for the barnacle growth. Also they suggested us for doing research on these areas.

3. Subsequently, were taken to the model room for familiarisation of site layout, simulator facility to visualize the functioning of safety systems and health physics training facility to understand the concept of radiation safety during normal operation and abnormal situation.

This programme concluded with a feedback section. Two of the feedbacks were received from us in this section.



PG Department of English Mahatma Gandhi College Thiruvananthapuram

Life Skills

A Healthy Mind in a Healthy Body

Report on a Talk titled '*A Healthy Mind in a Healthy Body*' organized by PG Department of English Mahatma Gandhi College Thiruvananthapuram on 04.07.2018

Introduction

PG Department of English, Mahatma Gandhi College, Thiruvananthapuram organized a Talk titled '*A Healthy Mind in a Healthy Body*' delivered by Dr. Shri Aneesh V. Appu, Assistant Professor, Dept. of Psychology, MG College, Trivandrum on the 04th of July 2018 for PG and UG students in Room No: 75, MG College, Thiruvananthapuram. The Talk began at 10.30 a.m with a prayer, followed by Acharyanusmaranam. The Welcome Speech was delivered by the Head of the Department, English, Smt. Jayalakshmi P.R. Presidential Address was given by Dr. Smt. Sujatha. S, Principal, M.G College. Felicitations were expressed by- Dr. Smt. Vidya Rajagopal, Dr. Smt. Chitra V.S. and Smt. Jessykutty M. Jose. Subsequent to the conclusion of the Talk, the Vote of Thanks was delivered by Shri Jitesh J. Nair, the Programme Coordinator. The Talk ended at 12.30 p.m.

Objective

Mental & emotional health and well-being are topics gaining much traction in today's world. They come under the category of 'Life Skills'. Negotiating the increasingly tough world of academics and maintaining a healthy lifestyle and social presence has become matters of paramount importance to today's student. Emotional Quotient of a candidate is also being assessed as a qualifying parameter even during job interviews nowadays. As such, sustaining a healthy physical as well as emotional status has become essential for students in life. The talk titled- *A Healthy Mind in a Healthy Body*, is thus a derivative of this cited need.

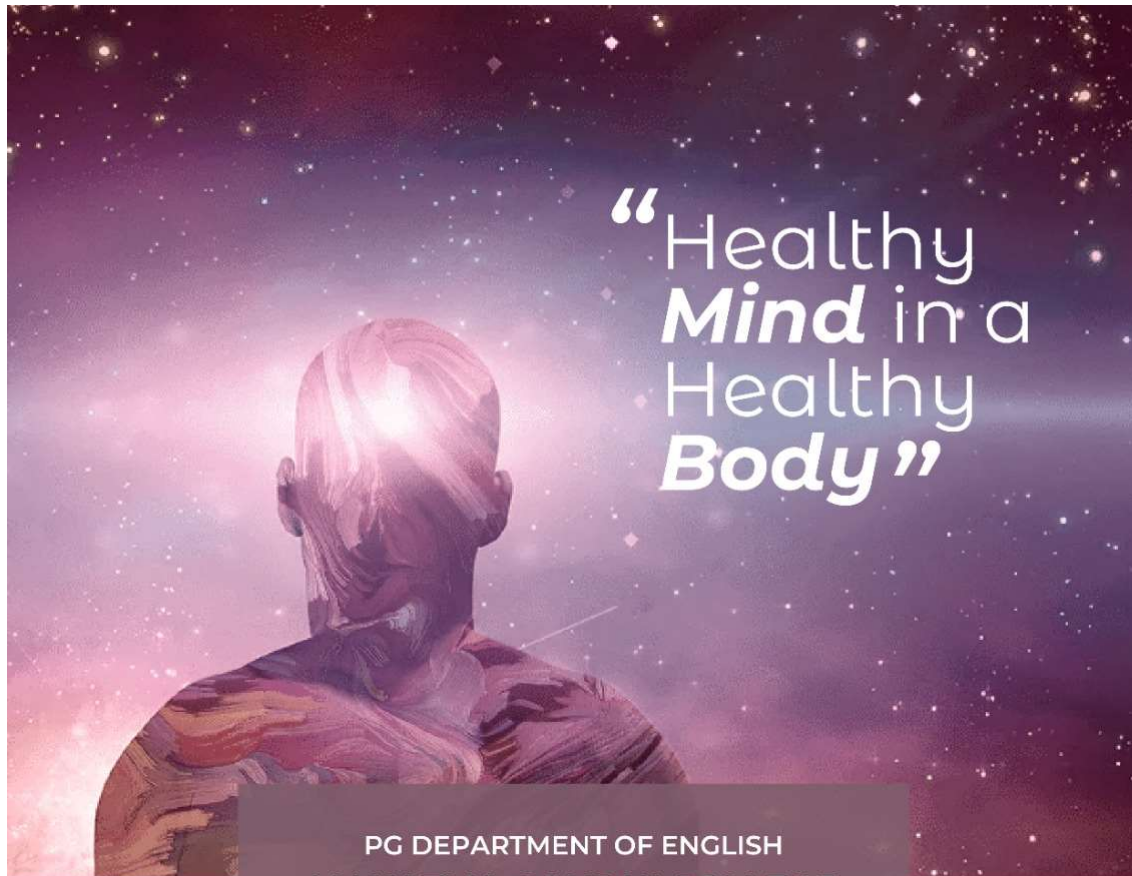
Methodology

The Talk on *A Healthy Mind in a Healthy Body* by Dr. Shri Aneesh V. Appu, Assistant Professor, Department of Psychology, MG College, Thiruvananthapuram was accompanied by a power point presentation on human psychology and its inter-relationship with human physiology. The expert elaborated upon the various concepts associated with mental health and detailed techniques and tactics such as yoga, meditation etc. available to tackle emotional issues.

Outcome of the Talk

The Talk on *A Healthy Mind in a Healthy Body* by Dr. Shri Aneesh V. Appu was most invaluable to both the students and faculty in gaining insight into the world of human psychology. The students were introduced to several concepts related to mental health and emotional well-being. Both the student community in the College, as well as the faculty members, were highly appreciative of the Talk delivered by the subject expert.

Brochure



“Healthy
Mind in a
Healthy
Body”

PG DEPARTMENT OF ENGLISH
MAHATMA GANDHI COLLEGE
THIRUVANANTHAPURAM
in association with IQAC

“Healthy **Mind** in a Health **Body**”

Session Handled by ;

Dr. Aneesh V Appu

*Assistant Professor - Department of Psychology
Mahatma Gandhi College*

Date : 04/07/2018

Time : 10:30 am

Venue : Room no. 75

HOD

Jayalakshmi P.R

Convenor

Jithesh J Nair

Principal

Dr Sujatha

Student list

A Talk on 'A Healthy Mind in a Healthy Body' organised by P.G. Department of English, Mahatma Gandhi College, Tirupur on 4/7/2018

1. Raju S.R	U.G	<u>Raju</u>
2. Sathya J	U.G	<u>Sathya</u>
3. Akhila A. Nagar	U.G	<u>Akhila</u>
4. Neethu S	U.G	<u>Neethu</u>
5. Akshaya S	U.G	<u>Akshaya</u>
6. Anjali S.	U.G	<u>Anjali</u>
7. Kanya S.P	U.G	<u>Kanya</u>
8. Lopika A.S	U.G	<u>Lopika</u>
9. Radhika R.	U.G	<u>Radhika</u>
10. Swetha Nagar	U.G	<u>Swetha</u>
11. Anoop M.R	UG	<u>Anoop</u>
12. Jidhu K. Roby	UG	<u>Jidhu</u>
13. Luigi Basil	UG	<u>Luigi</u>
14. Asha R. Chandran	UG	<u>Asha</u>
15. R.S. Varun	UG	<u>Varun</u>
16. Nima S. Shaji	UG	<u>Nima</u>
17. Bhagya R. Sajeer	UG	<u>Bhagya</u>

18. Aswathy S	UG	<u>Aswathy</u>
19. Veda Narayana Moothy	UG	<u>Veda</u>
20. Radhika L Roy	UG	<u>Radhika</u>
21. Arya S	UG	<u>Arya</u>
22. J. S. Vishnu Prasad	UG	<u>Vishnu</u>
23. Abhijith M S	UG	<u>Abhijith</u>
24. Vaisakh S.V	UG	<u>Vaisakh</u>
25. Sujith S	UG	<u>Sujith</u>
26. Revathy CM	P.G	<u>Revathy</u>
27. Sasika S.S	P.G	<u>Sasika</u>
28. Greelatha A.S	P.G	<u>Greelatha</u>
29. Sathy S.R	P.G	<u>Sathy</u>
30. Vaishnavi M.S	P.G	<u>Vaishnavi</u>
31. Vivek T.M	P.G	<u>Vivek</u>
32. Aiswarya R. Shaji	P.G	<u>Aiswarya</u>
33. Anun Raj T.S	P.G	<u>Anun Raj</u>
34. Arundha M.J	P.G	<u>Arundha</u>
35. Arya V. Jayan	P.G	<u>Arya</u>
36. Gayathri A.S	P.G	<u>Gayathri</u>
37. Gouri B.	P.G	<u>Gouri</u>
38. Haritha V.S		<u>Haritha</u>

39. Indbu sekbaor a-v
40. Lekakmi A. a.
41. Nagmal tuola M
42. Pavethora J M
43. Reuchu A. a

P. 47 Indbu Sekbaor

P. 47 Lekakmi

P. 47 Nagmal

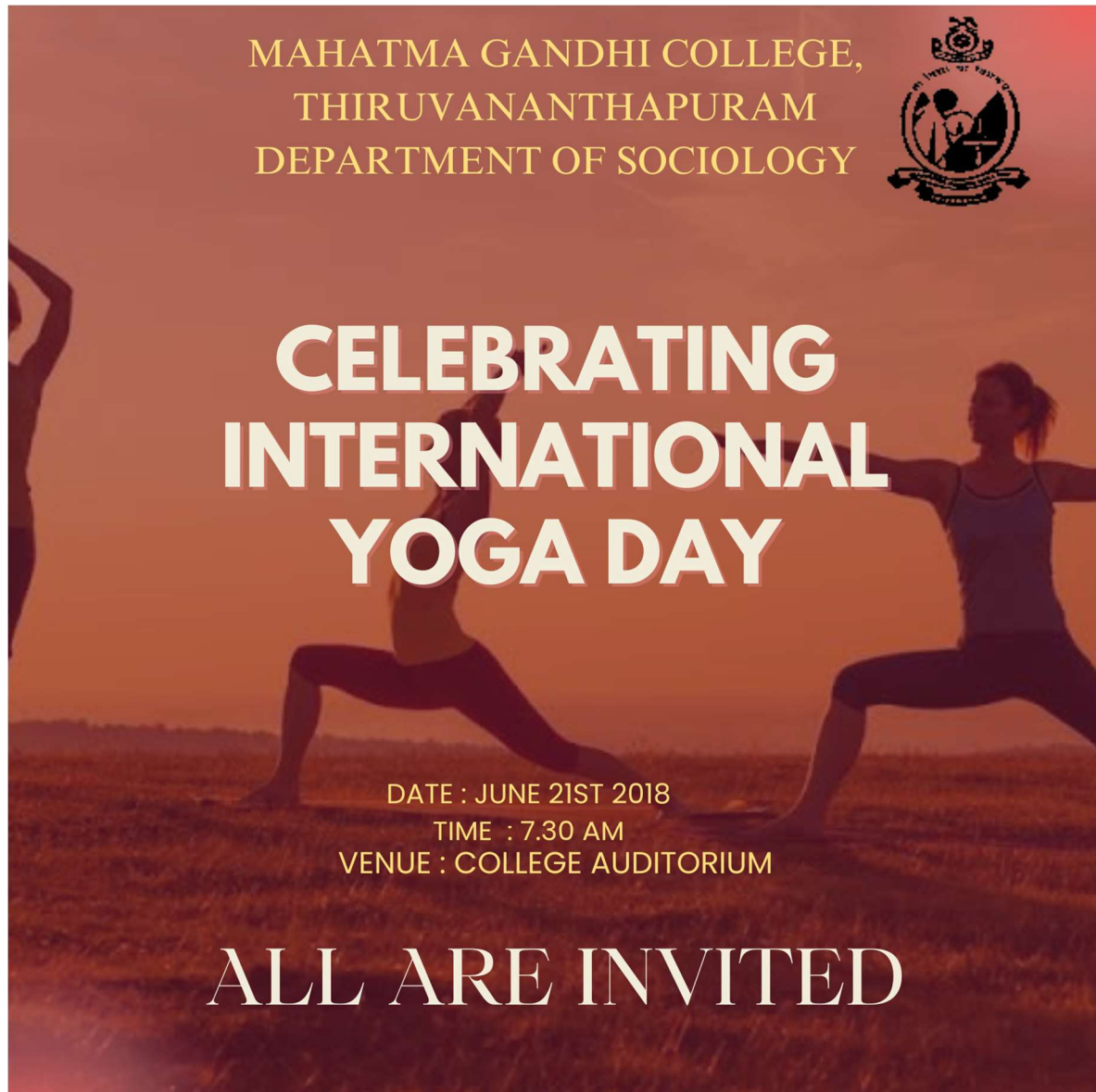
P. 47 Pavethora

P. 47 Reuchu


DEPARTMENT OF SOCIOLOGY, MAHATMA GANDHI COLLEGE

INTERNATIONAL YOGA DAY

The Department of Sociology celebrated Yoga Day by conducting a yoga session on 21st June 2018.



MAHATMA GANDHI COLLEGE,
THIRUVANANTHAPURAM
DEPARTMENT OF SOCIOLOGY



**CELEBRATING
INTERNATIONAL
YOGA DAY**

DATE : JUNE 21ST 2018
TIME : 7.30 AM
VENUE : COLLEGE AUDITORIUM

ALL ARE INVITED

OVERVIEW OF THE PROGRAM

As part of International Yoga Day, the Department of Sociology, Mahatma Gandhi College, Thiruvananthapuram conducted a yoga session in the college on 21st June 2018. It was instructed and demonstrated by Dr Prathibha S Nair, Head of the Department of Psychology. She was the convenor of the Yoga Club. Students and faculties from various departments were also joined in the session. Some basic Asanas such as Shalabhasana, Vrikshasana, and Nataraja Asana were performed by the instructor and encouraged the participants to do the same. As a continuity of the program, the students practiced the yoga lessons for more than three months with high enthusiasm and confidence.

LIST OF PARTICIPANTS

Sl.No	Name of the Participants	Designation
1	Dr. Sarita R	Assistant Professor
2	Dr. Subalekshmi G. S	Assistant Professor
3	N K Sunil Kumar	Assistant Professor
4	Anagha B.R.	Student
5	Abheesha Mohan	Student
6	Athira T.	Student
7	Anto C. Das	Student
8	Minesh M.P.	Student
9	Parvathy A.B.	Student

10	Sarath R.S.	Student
11	Rijith Raj R.S.	Student
12	Sachu S.R.	Student
13	Mubeena U.	Student
14	Gowri S.S.	Student
15	Gauri S.Nair	Student
16	Anu P.S.	Student
17	Fayiz A.K.	Student
18	Krishna M.R.	Student
19	Seena G.	Student
20	Jiji S	Student
21	Aparna J	Student
22	Sumesh S	Student
23	Asha S	Student
24	Nanthu Vijayan V. B.	Student
25	Punnya S Pradeep	Student
26	Varsha Vijayan P.V.	Student

27	Amal Shankar H R	Student
28	Arundhathi G.H.	Student
29	Dhanya S Nair	Student
30	Vivek V.M.	Student









മഹാത്മാഗാന്ധി കോളേജ്, തിരുവനന്തപുരം

മലയാളവിഭാഗം

LANGUAGE SKILL PROGRAM

ഭാഷാപണ്ഡിതന്മാർ: പ്രയോഗവും സായുജ്യങ്ങളും

കോസ്റ്റുകൾ നയിക്കുന്നത്:

ഡോ എ രമാദേവി

3

സെപ്റ്റംബർ

2019

സെമിനാർ ഹാൾ

MAHATMA GANDHI COLLEGE, THIRUVANANTHAPURAM
P.G.DEPARTMENT OF MALAYALAM & RESEARCH CENTRE
ACADEMIC YEAR 2018-19

LANGUAGE SKILL

ഭാഷാവബോധം - അടിസ്ഥാനതത്ത്വങ്ങൾ

Sl No.	Name of the Student
1	ABHIJA P
2	ABHIJITH SEBASTIAN
3	ADHIN S
4	AJITH S S
5	AKHIL B S
6	AKHIL V
7	AKHILA G R
8	AMAL MA
9	ANAND T M
10	ANJU J S
11	ANOOPA R B
12	ANU KRISHNA B
13	ANUMOL C
14	APARNA L S
15	ARUN M
16	ARUN R
17	ARUNIMA GOPAN
18	ARUNIMA R S
19	ARYA KRISHNAN R S
20	ARYA VIJAYAN L
21	ASHA S

22	ASWATHY RAJ M R
23	BIMALRAJ M V
24	CHAITHRAGOPAN A
25	DEEPA R
26	DHRISYATHAMPI J S
27	FATHIMA R M
28	GOPIKA B G
29	JAYAPARVATHY A
30	KRISHNENDU R N
31	LEETHUMARIYA A
32	MALU M
33	MANJU G NAIR
34	MITHILA M S
35	NISHA M S
36	PANJAMI B P
37	PREMJITH S
38	PUSHPAKUMARI G
39	RAHUL R L
40	RENJITH H R
41	RESHMA RAJ T S
42	SARANYA L
43	SHYMOL S





MAHATMA GANDHI COLLEGE, THIRUVANANTHAPURAM

DEPARTMENT OF MALAYALAM

LANGUAGE SKILL PROGRAM

BASIC CONCEPTS OF LANGUAGE - ഭാഷാവിശ്ലേഷം: പ്രയോഗവും സാധ്യതകളും

THIS IS TO CERTIFY THAT

HAS SUCCESSFULLY COMPLETED THE LANGUAGE SKILL PROGRAM ON

BASIC CONCEPTS OF LANGUAGE (ഭാഷാവിശ്ലേഷം: പ്രയോഗവും

സാധ്യതകളും) ORGANIZED BY DEPARTMENT OF MALAYALAM ON 2ND

SEPTEMBER 2019.

Signature



HEAD OF THE DEPARTMENT

PRINCIPAL

മഹാത്മാഗാന്ധി കോളേജ്, തിരുവനന്തപുരം

മലയാളവിഭാഗം

LANGUAGE SKILL PROGRAM

BASIC CONCEPTS OF LANGUAGE- ഭാഷാവബോധം: പ്രയോഗവും സാധ്യതകളും

റിപ്പോർട്ട് 2018-19

2019-19 അക്കാദമിക വർഷത്തിൽ മലയാളവിഭാഗം നടത്തിയ ഭാഷാപരിപാടി (Language skill) ആയിരുന്നു 'ഭാഷാവബോധം: പ്രയോഗവും സാധ്യതകളും (Basic concepts of Language) എന്നത്. മലയാളവിഭാഗത്തിൽ വച്ച്, 3 സെപ്റ്റംബർ 2018-നായിരുന്നു പരിപാടി നടത്തിയത്. ഡോ രമാദേവി എ ക്ലാസ്സുകൾ നയിച്ചു. മലയാളഭാഷയുടെ അക്ഷരങ്ങൾ, പദതലം, വാക്യതലം, പ്രത്യയങ്ങൾ, സന്ധികൾ, സമാസങ്ങൾ തുടങ്ങിയവ അറിയുകയും അതിന്റെ അടിസ്ഥാനത്തിൽ ആശയവിപുലനം നടത്താൻ പരിശീലിക്കുകയും ഭാഷയുടെ പല വ്യവഹാരങ്ങളിലേക്ക് ഇവയെ പ്രയോഗിക്കുകയും ചെയ്യുന്ന രീതിയിലാണ് ക്ലാസുകൾ നടന്നത്. പല എഴുത്തുമാതൃകകൾ കുട്ടികൾ തയ്യാറാക്കുകയും ചെയ്തു. 56 കുട്ടികൾ പങ്കെടുത്തു.



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മഹാത്മാഗാന്ധി കോളേജ്, തിരുവനന്തപുരം
മലയാളവിഭാഗം

LANGUAGE SKILL PROGRAM

സംസ്കൃതപരിചയ

15 ഒക്ടോബർ 2018

സെമിനാർ ഹാൾ

ക്ലാസുകൾ നയിക്കുന്നത് : ശ്രീ. എൻ. സദാനന്ദൻ നായർ

Created



MAHATMA GANDHI COLLEGE, THIRUVANANTHAPURAM
P.G.DEPARTMENT OF MALAYALAM & RESEARCH CENTRE
ACADEMIC YEAR 2018-19

LANGUAGE SKILL

സംസ്കൃതപരിചയ

Sl. No.	Name of Student	
1	ACHU MOHAN.M.V	Achu
2	ANAZ.N.S	Anaz
3	ANUSREE.A.S	Anusree
4	ARUNIMA.V.R	Arunima
5	ARYA.M.J	Arya
6	ARYA.S	Arya
7	ASHA THAMPI.B	Asha
8	DEVINA DEVI.R.S	Devina
9	DIVYA.S	Divya
10	GAYATHRI.J	Gayathri
11	GREESHMA.V.L	Greeshma
12	JAYALEKSHMI.R	Jaya
13	PAVITHRA.P.R	Pavithra
14	RAJI.B.J	Raji
15	REEBA.B	Reeba
16	SALINI.G.S	Salini
17	SARANYA.I.S	Sarany
18	SARANYA.S.S	Sarany
19	SHAHANI.H	Shahani

(Signature)



MAHATMA GANDHI COLLEGE
THIRUVANANTHAPURAM



P.G DEPARTMENT OF MALAYALAM & SANSKRIT
MAHATMA GANDHI COLLEGE, THIRUVANANTHAPURAM
NAAC Accredited with B+ Grade with CGPA 2.73

SANSKRITHAPARICHAYA
CERTIFICATE

This is to certify that

..... has participated and successfully completed the
language skill programme on 'SANSKRITHA PARICHAYA' organised by department of Sanskrit
on 15 October 2018.

Principal

HOD, Malayalam

Co-Ordinator



മഹാത്മാഗാന്ധി കോളേജ്, തിരുവനന്തപുരം

LANGUAGE SKILL PROGRAM 2018-19

സംസ്കൃതപരിചയം- റിപ്പോർട്ട്

2018-19 അക്കാദമിക വർഷത്തിൽ സംസ്കൃതവിഭാഗം നടത്തിയ ഭാഷാനൈപുണിപ്രവർത്തനം (Language skill) ആയിരുന്നു 'സംസ്കൃതപരിചയം' എന്നത്. മലയാളവിഭാഗത്തിൽ വച്ച്, 15 ഒക്ടോബർ 2018-നായിരുന്നു പരിപാടി നടത്തിയത്. ശ്രീ എൻ സദാനന്ദൻ നായർ ക്ലാസ്സുകൾ നയിച്ചു. സംസ്കൃതഭാഷയുടെ അക്ഷരങ്ങൾ, പദതലം, വാക്യതലം, പ്രത്യയങ്ങൾ, സന്ധികൾ, സമാസങ്ങൾ തുടങ്ങിയവ അറിയുകയും അതിന്റെ അടിസ്ഥാനത്തിൽ ആശയവിപുലനം നടത്താൻ പരിശീലിക്കുകയും ചെയ്യുന്ന രീതിയിലാണ് ക്ലാസുകൾ നടന്നത്. പല എഴുത്തുമാതൃകകൾ കുട്ടികൾ തയ്യാറാക്കുകയും ചെയ്തു. 19 കുട്ടികൾ പങ്കെടുത്തു.

