

## College Report 2024—25

Respected chief guest Mr B Krishnakumar, IPS, District Police Chief (Thrissur Rural), Founder Director and Manager Fr Harshajan Pazhayattil, other dignitaries on the dais, colleagues and students,

Mistake increases your experience, and experience decreases your mistakes. If you learn from your mistakes then others learn from your success.

Let us analyse our success and learning experiences in different fields during 2024-25.

### Endowments

In the academic field, the success is 80% at under graduate level and 100% at PG level in the university exams held on April 2024. The following students secured various endowments from this batch.

1. PNC teaching staff endowment : Gopika G S (Rank III), Vyshnavi P V (Rank V), Sreelakshmi C B
2. PNC management endowment : Nandhana P Nair
3. PNC PTA endowment : Abu Farih P H
4. V L Jose endowment : Jaina K J (Rank I), Nandhana P Nair
5. P V Menon endowment : Nandhana P Nair
6. V O Sebastian endowment : Manushi Bhaskaran, Gopika G S
7. K A Thomas endowment : Vyshnavi P V
8. Thresia Thomas endowment : Jaina K J
9. Rosamma & Paulose endowment: Gopika G S
10. Gracy Mathews endowment : Sandra V S (Rank IV)
11. Dr Varghese Paul & Dr Monsy Edward endowment: Riya T J (Rank VIII)
12. Dr Joju & Dr Sandhya endowment: Lixon M P
13. Dr Joju K T endowment : Vyshnavi P V
14. Dr E Sandhya endowment : Abraham Peter
15. Dr Paul Chacko endowment : Anusha C M

### NSS

NSS volunteers took proactive steps by organizing flood relief activity in Nenmanikkara Grama Panchayath and assisted the local residents in cleaning their flood-affected homes. They have also distributed essential relief materials, including bags and notebooks worth ₹ 30,000. Other activities of NSS include planting a vegetable garden in the college campus and Digi Kerala Survey, an initiative aimed at promoting digital literacy and understanding the digital needs of the community.

Independence Day was celebrated by highlighting the importance of patriotism and social responsibility. The celebration included a pledge-taking ceremony aimed at raising awareness about the dangers of drug abuse, as part of our ongoing commitment to fostering a healthy and responsible student community. NSS units joined hands with Kodakara Block Panchayath and cleaned Pudukad town area on Kerala Piravi Day. They also organized an anti-drug awareness programme titled "Embrace Life, Not Drugs" on 6<sup>th</sup> November 2024 to educate students about the dangers of drug abuse. They have

collaborated with Indian Medical Association and successfully conducted a blood donation camp on 15<sup>th</sup> November 2024 in which 49 individuals donated the blood.

The Seven-Day camp was conducted during 21<sup>st</sup> to 27<sup>th</sup> December 2024 at St George's HSS Pariyaram. The students organised several programmes to support the developmental projects of Pariyaram Grama Panchayath. The highlight of the programme was the special drive organised by the students to support UDID registration.

### College Union

The following students were elected to the college union in the election held on 10<sup>th</sup> October 2024.

|                               |   |                          |
|-------------------------------|---|--------------------------|
| 1. Chairperson                | : | Aksa Daison              |
| 2. Vice Chairperson           | : | Sreya K S                |
| 3. General Secretary          | : | Catherine Davis          |
| 4. Joint Secretary            | : | Aleena T N               |
| 5. University Union Councilor | : | Karthika K S             |
| 6. Fine Arts Secretary        | : | Aadith M D               |
| 7. Chief Student Editor       | : | Venugopal T P            |
| 8. General Captain            | : | Sanusha M S              |
| 9. I DC Representative        | : | Gouri Madakkayi Santhosh |
| 10. II DC                     | : | Aryanandha K J           |
| 11. III DC                    | : | Ashin K S                |
| 12. PG                        | : | Shaima Khaadeeja         |
| Association Secretaries       |   |                          |
| 13. Computer Science          | : | Hanna Maria Sunny        |
| 14. Electronics               | : | Devapriya N B            |
| 15. Psychology                | : | Aayisha Diya             |
| 16. English                   | : | Ajith K V                |
| 17. Commerce                  | : | Swathi P H               |

### IQAC

The IQAC welcomed the new comers with a student induction programme. Several workshops have also been conducted by IQAC on the topics such as outcome based education, KSR, UGC regulations, and Office administration.

### Proficiency Prize

|                              |   |                    |
|------------------------------|---|--------------------|
| 1. I B.Sc Computer Science   | : | Aljo George        |
| 2. II B.Sc Computer Science  | : | A S Anusree        |
| 3. III B.Sc Computer Science | : | Vaishnav T Prakash |
| 4. I M.Sc Computer Science   | : | Dheeraj K R        |
| 5. II M.Sc Computer Science  | : | Veena M            |

|                                 |   |                  |
|---------------------------------|---|------------------|
| 6. I B.Sc Psychology            | : | Sr Limina Jose   |
| 7. II B.Sc Psychology           | : | Kishore M Nair   |
| 8. III B.Sc Psychology          | : | Aneesa P A       |
| 9. I M.Sc Clinical Psychology   | : | Gayathri K       |
| 10. II M.Sc Clinical Psychology | : | Aiswarya Roopesh |
| 11. I B.Sc Electronics          | : | Archana T S      |
| 12. II B.Sc Electronics         | : | Avin Xavy        |
| 13. III B.Sc Electronics        | : | Gloriya K Johny  |
| 14. I BA English                | : | Sr Dona Davis    |
| 15. II BA English               | : | Aiswarya Sanjay  |
| 16. III BA English              | : | Aleena T N       |
| 17. I B.Com                     | : | Sivapriya K D    |
| 18. II B.Com                    | : | Delvin Johnson   |
| 19. III B.Com                   | : | Namitha Shajahan |

### Awards & Prizes

Nandana Nandakumar and Thejasri T R won best paper awards under the guidance of Dr Milu Maria Anto. Students from English department won overall trophy in Media fest competitions held at Chetana College, Chiyaram.

Awarded Ph.D to Bayana Beevi OMS, Ajitha V A, Vandhana V S, Julieemol George, Liby Leo Akkara, Jisha P K, and Fathima M A under the guidance of Dr Sukanya B Menon, Dr Soumya Starlet C T, Dr Jaya A T, Dr Nicemary Francis P and Dr Milu Maria Anto.

### Departmental Activities

PG & Research Department of Clinical Psychology conducted workshops on *From concept to measurement: mastering scale development in research* and Enhancing Research Visibility & APA Style Academic Writing. The department conducted a seminar on the topic Mental Health in Corporate Culture. They have conducted programmes such as "Brain Boosters : The Intelligence in You" and "From Stress to Strength : Empowering Teen Mental Health - understanding stress, digital well being, overcoming procrastination, self care" in GVHSS Pudukad. A programme known as "SAATH": A mental Health Initiative for Suicide Prevention is conducted at Sree Narayana Vilasam VHSS, Aloor. Apart from these, various programmes have been conducted in association with Savio Bhavan, Manakodi, to manage Behavioural Problems of inmates.

PG Department of Computer Science conducted a workshop on Exploring the world of machine learning and computer vision: fundamentals and applications. The department conducted seminar/webinar on the topics *CYBERSENTINEL: Safeguarding your Digital Presence*, and Gen AI and Prompt Engineering. They conducted different sessions on Project orientation, Career avenues after graduation, and Bridging Skills and Careers: AI, ML & Data Science with Python. At St Xavier's School, Pudukad, a programme is arranged to introduce AI tools to the students.

Department of Commerce conducted Webinars in association with International Goodwill Society of India, Indian Economic Association and three other partnering institutions.

Department of English conducted a Workshop on Research Methodology. The department also arranged a talk on The Commodification and Consumption of the "Other": A Critique. An orientation programme on "Career Path after English" is conducted by the department.

Department of Journalism conducted a Workshop on "Career Prospects in Digital Media and Journalism in the Age of AI". The department conducted another workshop on 'The Camera Eye' for MDC students.

Department of Political Science conducted a Workshop on "Students and Social Commitment: A Constitutional Perspective". The department conducted a quiz competition too on this topic.

Department of Electronics conducted a workshop on Arduino project orientation. The department conducted a training programme on LED bulb making. They have also conducted an Intercollegiate Project Exhibition, and App Development Programme.

## **Sports**

Annual sports day was conducted on 7<sup>th</sup> February 2025 in which department of English won the overall trophy. Yoga day, karate demonstration session, and football intramural were also conducted by the department.

Edward M Joshua won first prize in Archery at Thrissur district and Inter-zone competitions. Our men and women team won second runner-up trophy in inter-zone competitions.

## **Fine Arts**

Talent's Day – Navarasa 2024 was held on 23<sup>rd</sup> August 2024 in which Department of Commerce bagged the overall trophy. Dhwani fine arts competitions held during January 2025 were inaugurated by cine artist Mr Gautham P Krishna in which Department of Psychology won the overall trophy.

Muhammed Aslam won I<sup>st</sup> prize in Mappilappattu at D-zone competitions and Chanda Sahani won III<sup>rd</sup> prize in hindi essay writing (inter-zone).

## **Club & Cell Activities**

Radio club organized Rashtrbhasha awareness programme in collaboration with KVIC. Dance club is inaugurated by classical dancer Mrs RLV Sreeji on 25<sup>th</sup> September 2024. Quiz Competition and Spot Mobile Photography Competition were conducted as part of International Tourism day by Tourism Club. Film & Theatre club organized a theatre workshop on 13<sup>th</sup> January 2025. Women's cell conducted a self defense training programme for girls. Music club is inaugurated by Ganabhushanam Chitra Hariharan, and conducted a music quiz competition also.

## **Alumni**

Prana alumni association conducted a session on “Thriving in the Digital Landscape: Exploring opportunities and Strategies” as part of alumni talk series. Association also provided Nanma scholarship worth ₹1,74,593 for 31 students. They have also sponsored four sports cycles, academic events and distributed cash prize for winners in sports and arts. Prana Alumni introduced an initiative known as Human Library which allowed readers to engage in insightful conversations with famous personalities.

### **Achievements**

Alex Emmanuel Shajan and Paulwin M L participated in republic day parade held at New Delhi. Krishnendu is selected as the captain of Alagappa FC which participated in Kerala Women’s league football. With the cooperation of staff and students, we have conducted several activities in the campus to make it clean and plastic free. We could achieve certain progress in this regard, and as a result Haritha Kerala Mission certified Prajyoti Niketan College as Green Institution with A+ grade for demonstrating efficient practices in the field of waste management, water security, energy and biodiversity. We have also secured 43<sup>rd</sup> rank in KIRF for the achievements during 2023-24.

### **Professional Activities**

Dr Milu Maria Anto delivered a talk in a webinar on The intrusive Mind: Understanding Obsessive Compulsive Disorder. She also created voice podcasts on the topics *How working for 70 hours will affect your mental health* (for The Hindu Business Line) and *How to handle Exam Anxiety* (for Club FM).

Dr Soumya Starlet C T, Member, BoS (Psychology), UoC, SH College, Chalakudy.

Dr Mary Paul C, Member, BoS (English), Vimala College, Thrissur.

Dr Jaya A T, Member, BoS (Psychology), FoS, UoC.

Dr Sonia Sunny, Member, BoS (Software development), St Mary’s College, Thrissur.

Dr Milu Maria Anto, Member, BoS (Christain studies), UoC, Clinical Psychology, Rajagiri College.

Dr Simi Varghese, Member, BoS (Journalism), SH College, Chalakudy, St Joseph’s College, Irinjalakuda, Mar Ivanious College, Trivandrum, AC, UoC.

Dr Nicemary Francis P, Member, BoS (Psychology – PG), UoC.

Dr Sukanya B Menon, Member, BoS (Clinical Psychology), UoC.

Dr Binu P Chacko, Member, BoS (Computer Science), St Theresa’s College, Ernakulam, FoS, UoC.

### **Publications**

Dr Nicemary Francis P, Aishwaki B and Hemanth N S, *Impact of Professional Demands on Burnout, Sleep and Mental Health in the Information Technology (IT) and Healthcare Sectors*, J. Indian Academy of Applied Psychology.

Dr Nicemary Francis P, *Psychological Correlates of Osteogenesis Imperfecta with Non-Osteogenesis Imperfecta Individuals*, J. Indian Academy of Applied Psychology.

Dr Nicemary Francis P, *Emerging themes and research frontiers in Suicide Prediction: A scientometric Analysis*, The Cureus Journal of medical Science.

Dr Nicemary Francis P, *Navigating the Web of Influence: A Bibliometric Analysis of Social Media Addiction*, The Cureus Journal of medical Science.

Dr Nicemary Francis P, Sulthana A H and Soloman S, *Psychiatric Morbidity, Social Support, and Coping Mechanisms among Individuals with Fibromyalgia*. Int. J. Behavioral Sciences.

Dr Ceena Mathews, *Optimising Semantic Segmentation of Tumor core Region in Multimodal Brain MRI: A Comparative Analysis of Loss Functions*, Int. J. computer science and their applications.

Mr George Jose published a book titled Financial literacy for UoC.

Anupriya S Thuruthel published a book titled കർക്കുഴലേ.

Ms Shinta G Nellai, പെൺകവിതകളിലെ സ്ത്രീ, സാവിത്രി രാജീവിന്റെ കവിതകൾ ആസ്പദമാക്കിയുള്ള പഠനം, J. carmel blaze.

Ms Shinta G Nellai published book chapters ഇരിഞ്ഞാലക്കുടയുടെ ചരിത്രം and ഓർമയുടെ നിലാവെട്ടം (ആത്മകഥാപഠനം ).

Dr Milu Maria Anto and Radhika T H, *The role of Spirituality and Religious Beliefs in Coping with End of Life Issues among older adults: A Review study*, Eastern Journal of Dialogue and Culture.

Bishmi P D and Dr. Milu Maria Anto, *Relationship between Academic Self-efficacy and procrastination behavior of high school students*. Int. J. Indian Psychology.

Grace Saju, Elz Maria Benny, Anusree K R, Aparna Surendran, and Dr Milu Maria Anto, *Compulsive Buying, Self Regulation, Self Esteem among Young adults*. Int. J. Indian Psychology.

Dr Renjith R published a book titled Fundamentals of financial accounting for UoC.

Dr Simi Varghese published a book chapter titled The Dynamics of Social Media Networks in Post Truth Era (in Springer).

Ms Bijitha Vincent, *Effect of Psychological Skill Training on Motivation and Anxiety Among Sepaktakraw Strikers*, Int J. Zoological Investigations.

Ms Bijitha Vincent, *The impact of psychological skill training on self-confidence and anxiety among Sepaktakraw Tekongs: a research study*, Proc. Int. Conf. Advanced Research.

Ms Bijitha Vincent published a book titled Yoga and stress management for UoC.

Ms Jeetha Johny Chungath edited a book titled Gender Perspectives in Literatures for UoC.

Dr Binu P Chacko, *Advancements in Segmentation of Unconstrained Malayalam Handwritten Documents for Enhanced OCR*, Indian J Science and Technology.

Dr Binu P Chacko, *Ultrasensitive Detection of Blood-Based Alzheimer's Disease Biomarkers: A Comprehensive SERS-Immunoassay Platform Enhanced by Machine Learning*, ACS Chemical Neuroscience.

Dr Binu P Chacko, *Text line segmentation of offline malayalam handwritten document*, Proc. AIP Conf.

### **Paper Presentations**

Dr Soumya Starlet CT, "A Comparative Study on Psychological Well-being and Religiosity among Imams and Muslim Ordinary Men", Int. Conf. Mental Health Across Life Span.

Dr Soumya Starlet CT, "Character Strength and Self Efficacy Among Adolescents" Int. Conf. Psychotherapeutics and Psychological Wellbeing.

Dr Soumya Starlet CT, "Parental Encouragement and Self-Esteem Among High School Students", Int. Conf. Emerging Trends in Psychology: Contemporary approaches and Global Perspectives.

Dr Soumya Starlet CT, "Cyberchondria and Health Anxiety Among Adolescents", Int. Conf. Emerging Trends in Psychology: Contemporary approaches and Global Perspectives.

Dr Soumya Starlet CT, "Health among females with Menstrual symptoms", Int. Conf. Emerging Trends in Psychology: Contemporary approaches and Global Perspectives.

Dr Jaya A T, "Exploring age and gender difference in attitudes toward premarital sex and polygamy", Nat. sem. sexuality and sexual behavior.

Dr Binu P Chacko, "TrA-MWHR: Transformer-enhanced feature extraction with attention-based recognition for offline handwritten Malayalam words", Int Conf. Emerging research in computational science.

Dr Milu Maria Anto, "Relevance of Cognitive Rehabilitation among Children with Epilepsy- A theoretical Analysis", Int. Conf. Cognitive and Neuropsychology.

### **Conclusion**

In this academic year, college completed three decades of service to the student community. During this period, the institution could produce many professionals in different fields such as IT, teaching, business, counseling, etc. Being a college offering job oriented programmes, we hope that our younger generation will also excel in the profession in which they are graduated from here. It is the need of the era to train the people with knowledge in artificial intelligence as it is trending now.

Thirtieth annual report is now submitted for your consideration and approval.

Pudukad  
12-03-2024

**Dr Binu P Chacko**  
Principal