



**BCM**  
BISHOP CHULAPARAMBIL MEMORIAL  
COLLEGE | KOTTAYAM  
*Sapientia et Gratia-Wisdom and Grace*



# PAGE ONE

---NEWS THAT DESERVES PAGE ONE

**OCTOBER 2025**

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**NEWS @ BCM**

# NEWS @BCM

## SEPTEMBER, 2025



# BCM

BISHOP CHULAPARAMBIL MEMORIAL  
COLLEGE | KOTTAYAM

*Sapientia et Gratia-Wisdom and Grace*

NAAC ACCREDITED WITH A' GRADE (CGPA-3.46)

### OUR TORCH BEARERS

#### **Mar Alexander Chulaparambil**

Bishop of Kottayam (1914-51)  
Visionary whose dream realised in  
Bishop Chulaparambil Memorial College,  
Kottayam

#### **Mar Thomas Tharayil**

Bishop of Kottayam (1951-74), Founder

#### **Mar Mathew Moolakkatt**

Metropolitan Archbishop of the  
Archebishopric of Kottayam.  
Patron

#### **Mar Joseph Pandarasseril**

Proto Syncellus, Archebishopric of Kottayam  
Chairman, Governing Body,  
BCM College Kottayam

#### **Rev. Fr. Abraham Parambett**

Manager

#### **Dr. T M Joseph**

Pro- manager

#### **Prof. Dr. Thomas K. V.**

Principal

#### **Dr. Annu Thomas**

Vice Principal

#### **Ms Priya Thomas**

Vice Principal

#### **Rev. Fr. Philmon Kalathra**

Secretary, Corporate Education Agency of  
Colleges, Archebishopric of Kottayam and  
Bursar, BCM College, Kottayam

## ABOUT THE COLLEGE

Bishop Chulaparambil Memorial College, Kottayam, established in 1955, was founded by Mar Thomas Tharayil in fulfillment of the vision of his predecessor, Mar Alexander Chulaparambil. Dedicated to the education and empowerment of young women, the college upholds the motto "*Sapientia Et Gratia*" — *Wisdom and Grace*.

True to its founding ideals, BCM College is committed to nurturing the holistic development of its students — not only through academic excellence but also by cultivating the skills, values, and global competencies essential in today's world.

The institution strives to unlock the full potential of every student, equipping them to meet contemporary challenges with confidence and integrity.

As a vibrant academic community, lovingly known as the BCM family, the college stands as a beacon of truth, justice, and social responsibility. Deeply rooted in its mission, BCM continues to inspire both teachers and students to uphold strong values and to remain committed to the upliftment of society, especially the marginalized and the needy.

# Editorial



Aided College affiliated to MG University | NAAC accredited with A+ (3.46/4)

October has been a month of reflection and new beginnings for our college. We observed Gandhi Jayanthi, a day that reminds us of Mahatma Gandhi's timeless values of truth, simplicity, and non-violence. Though there were no formal programs, his ideals continue to inspire us in our daily lives and interactions.

A major highlight of the month was the College Union Inauguration. The event brought together students and faculty to mark the beginning of a new academic year full of energy, creativity, and enthusiasm. The inauguration also set the stage for various student-led initiatives, clubs, and activities that aim to make campus life more vibrant and engaging.

As we move forward, let us carry the spirit of unity, leadership, and active participation into all our endeavors. With commitment, creativity, and collaboration, this academic year promises to be one of growth, achievement, and memorable experiences for everyone in our college community.

From the Editorial Desk,

**Harsha Susan Benoy**, II DC English Media Studies

**Evelyn T Mathew**, II DC English Media Studies

**Afra Aysha**, II DC Computer Science

# UNION AND ARTS CLUB INAUGURATION 2025-2026



The BCM College Union 'Yuga' and Arts Club 2025-26 was officially inaugurated on 08 October 2025 at 12:30 pm in the College Auditorium, marking the beginning of a vibrant new academic year for student activities. The ceremony was a blend of solemnity and spirited anticipation, setting a positive tone for the year ahead. The programme commenced with a soulful prayer song presented by the College Choir, followed by a warm Welcome Speech delivered by U.K. Gouri, the I PG Representative. The atmosphere was further energized by the Presidential Address delivered by

the newly elected Union Chairperson, Kesia Elisabeth Babu, who outlined the vision and goals of 'Yuga' for the term.

The highlight of the event was the official Inauguration and Inaugural Address delivered by the student team, Team Night Riders. Their address was inspiring and focused on fostering creativity, leadership, and camaraderie among the student body, aligning with the Union's new name, 'Yuga' (signifying an era). The Keynote Address was delivered by the college principal, Prof (Dr) Thomas K V, and Bursar, Rev Fr Philmon Kalathara, who congratulated the new student council and stressed the importance of co-curricular activities in holistic education. The latter part of the event featured an engaging Interactive Session led by Team Night Riders and Arts Club Secretary Keerthana Aneesh, promoting direct communication between the union and the students. The memorable function concluded with a formal Vote of Thanks by Keerthana Aneesh, expressing gratitude to all attendees and participants for their presence and contribution to the event's success.



*Where Concepts Come Alive through Practical Application!*

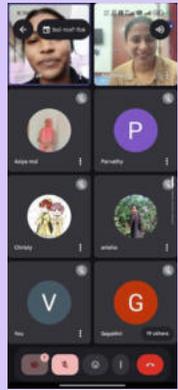
## MISSION YOUTH

On October 8, 2025, the **NCC** cadets of BCM College, Kottayam NCC Unit, 5 Kerala Girls Battalion NCC, Changanassery, organized a video presentation in connection with Indian Air Force Day celebrations. The presentation aimed to honor the courage, commitment, and sacrifices of the Indian Air Force personnel who safeguard the nation's skies. Cadets creatively showcased the history, achievements and technological strength of the IAF through informative visuals and narrations. The program was conducted under the guidance of ANO Lt. Jintumol K.U. and SUO Durga Prasad S, reflecting the NCC unit's spirit of respect and gratitude toward the nation's law enforcement heroes.



*"Honouring the warriors who rule the skies—Happy Air Force Day!"*

## INTERNATIONAL GIRL CHILD DAY



*Girl Talk on the Day of the Girl Child- Led by Prof. Alphonsa Kurian*

On October 11, 2025, the **NCC** cadets of BCM College, Kottayam NCC Unit, 5 Kerala Girls Battalion NCC, Changanassery, organized a Webinar Talk in observance of the International Day of the Girl Child. The session was conducted by Ms. Alphonsa Kurian, Head of the Department of Sociology, at 8:30 a.m. The program aimed to emphasize the importance of empowering girls and promoting gender equality in all walks of life. Ms. Alphonsa Kurian highlighted the significance of education, self-confidence, and leadership among girls to build a more inclusive and progressive society. The interactive session enabled cadets to share their views and reflect on the challenges faced by girls in today's world. The event inspired participants to contribute towards creating a society where every girl can realize her potential and dreams. The webinar was coordinated under the guidance of ANO Lt. Jintumul K.U. and SUO Durga Prasad S, showcasing the NCC's dedication to women's empowerment and social awareness.

## POLICE COMMEMORATION DAY

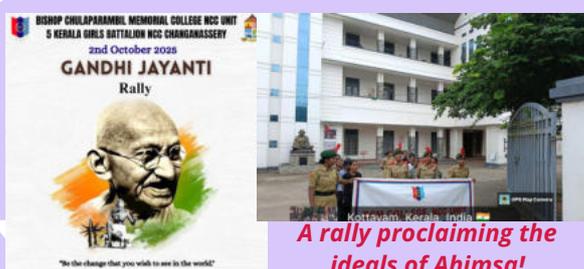
On October 21, 2025, the **NCC** cadets of BCM College, Kottayam NCC Unit, 5 Kerala Girls Battalion NCC, Changanassery, organized a poster-making competition in connection with Police Commemoration Day. The event was conducted to pay tribute to the bravery, sacrifice, and dedication of police personnel who have laid down their lives in the line of duty. Cadets skillfully expressed their respect and patriotism through creative posters depicting the courage and commitment of the Indian police force. The competition also aimed to spread awareness among students about the significance of Police Commemoration Day and the invaluable service rendered by the police in maintaining law and order. This creative initiative encouraged cadets to appreciate the values of duty, discipline, and sacrifice. The program was conducted under the guidance of ANO Lt. Jintumul K.U. and SUO Durga Prasad S, reflecting the NCC unit's spirit of respect and gratitude toward the nation's law enforcement heroes.



*An artistic tribute to the guardians of order!*

## CELEBRATION OF GANDHI JAYANTI

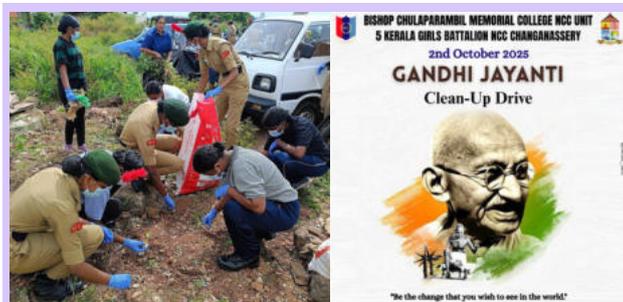
The **NCC** unit of BCM College Kottayam celebrated Gandhi Jayanti on the 2nd of October commemorating the Mahatma's life, principles and also his experiences with the truth.



*A rally proclaiming the ideals of Ahimsa!*

NCC cadets of BCM College, Kottayam NCC Unit, 5 Kerala Girls Battalion NCC, Changanassery, organized a rally as part of the Gandhi Jayanti celebrations. The rally was conducted to spread Gandhiji's ideals of truth, non-violence, cleanliness, and social responsibility among the public.

**NCC** cadets of BCM College, Kottayam NCC Unit, 5 Kerala Girls Battalion NCC, Changanassery, organized a Clean-up Drive at the KSRTC Bus Stand, Kottayam, as part of the Gandhi Jayanti celebrations. The program aimed to honor Mahatma Gandhi's vision of cleanliness and social responsibility by encouraging youth participation in maintaining public spaces. The cadets enthusiastically engaged in cleaning the bus stand premises, removing waste materials, and spreading awareness about the importance of hygiene and sanitation. The activity highlighted Gandhiji's principle that "Cleanliness is next to Godliness" and emphasized the need for community cooperation in creating a healthier environment.



*Cleanliness is next to Godliness- Our NCC cadets emphasizes through their actions!*

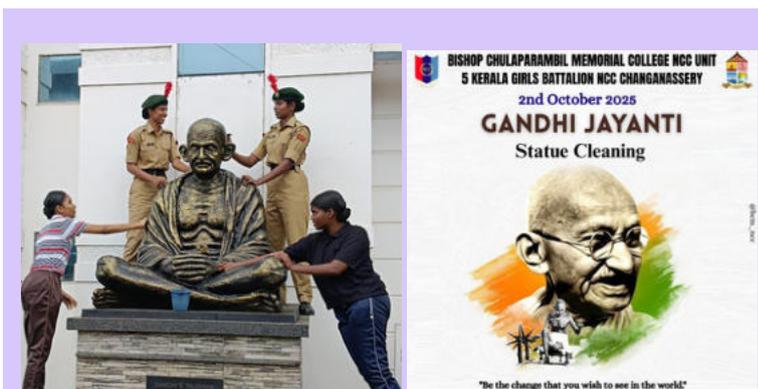


*A pledge to uphold peace!*

NCC cadets of BCM College, Kottayam NCC Unit, 5 Kerala Girls Battalion NCC, Changanassery, organized a pledge ceremony as part of the Gandhi Jayanti celebrations. The pledge was taken to uphold the values of truth, non-violence, simplicity, and cleanliness, which were the guiding principles of Mahatma Gandhi's life. The cadets, along with students and staff, solemnly pledged to practice honesty, discipline, and responsibility in their daily lives. The ceremony also emphasized the importance

of community service and maintaining cleanliness in line with Gandhiji's vision of a pure and peaceful nation.

The NCC cadets of BCM College, Kottayam NCC Unit, 5 Kerala Girls Battalion NCC, Changanassery, organized a Gandhi Jayanti program to honor the birth anniversary of Mahatma Gandhi, the Father of the Nation. As part of the observance, the cadets actively took part in cleaning the Gandhi statue located on the college campus. The program also highlighted the importance of maintaining public spaces and spreading the message of Swachh Bharat Abhiyan.



*Polishing the figure, preserving the principles!*

Through this activity, cadets demonstrated discipline, teamwork, and responsibility towards society.

The events were conducted under the guidance of ANO Lt. Jintumol K.U. and SUO Durga Prasad S, reflecting the NCC cadets' commitment to Gandhiji's ideals of service, non-violence, and community welfare.

## FOOD DRIVE



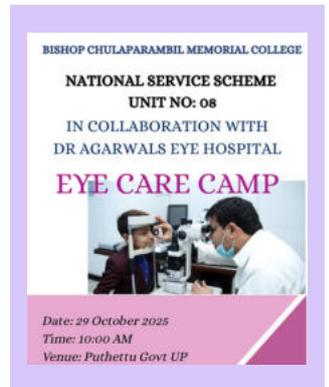
*Food drive as a promotion for social responsibility!*

On October 25, 2025, as part of a community outreach initiative, the NCC cadets of BCM College, Kottayam, 5 Kerala Girls Battalion NCC, Changanassery organized a Food Drive to support underprivileged families in the region. The event aimed to promote social responsibility and compassion among students. Cadets encouraged active participation from students, faculty, and local residents to contribute towards helping those in need. The collected supplies were distributed to local shelters and orphanages, bringing smiles to many faces. The drive not only provided relief but also spread awareness about the importance of sharing and caring for the less fortunate. The activity fostered teamwork, empathy, and community spirit among the cadets. Conducted under the guidance of ANO Lt. Jintumol K.U. and SUO Durga Prasad S, the Food Drive reflected the cadets' dedication to humanitarian service and their commitment to building a compassionate and inclusive society.

## EYE CARE CAMP AT PUTHETTU GOVT UP SCHOOL

NSS Unit No. 08 of Bishop Chulaparambil Memorial College organized an Eye Care Camp on 29 October 2025 at Puthettu Government UP School. The camp was conducted in collaboration with Dr. Agarwals Eye Hospital and was held at 10:00 am. The program was guided by the NSS Program Officers and NSS volunteers.

During the camp, students of the school received basic eye checkups and consultations from the medical team. The doctors examined the vision of each child and provided necessary guidance regarding eye health and preventive care. The camp helped create awareness about the importance of regular eye checkups and maintaining good eye hygiene. The activity was carried out smoothly with the cooperation of the medical team, the school staff, and the NSS volunteers.



## EREVNA



*Objectivism: Research Gaps and Possibilities - Explained!*

The Postgraduate Department of English Research Forum, EREVNA, organized a special programme for advanced learners on Monday, 6th October 2025, at the Research Center. The session, held from 2:00 to 3:00 pm, focused on the topic "Objectivism: Research Gaps and Possibilities." The programme was conducted under the guidance of Dr. Neethu Varghese, the teacher in charge. Ananthalakshmi Anoop, second-year postgraduate student of English, served as the resource person for the session.

The session offered an in-depth exploration of the concept of Objectivism, highlighting its theoretical framework, evolution, and relevance in contemporary research. The session successfully fulfilled its objective of fostering research awareness and academic curiosity among postgraduate students. Overall, the programme was an intellectually enriching experience that strengthened the department's ongoing efforts to promote critical inquiry and scholarly engagement.

# A DISCUSSION ON ARUNDHATI ROY'S MEMOIR MOTHER MARY COMES TO ME

The **Postgraduate Department of English**, BCM College, organized a Book Discussion on Arundhati Roy's memoir *Mother Mary Comes to Me* on October 13, 2025, at the Research Center. The session, moderated by Ananthalakshmi Anoop and Aleena Luke of Second Year M.A. English, focused on the theme "Motherhood - Expectations and Experiences, in the Light of Reading Arundhati Roy's Memoir." A total of 19 participants attended the discussion, including 8 teachers, 4 second-year PG students, and 7 first-year PG students. The event provided a space for engaging reflections on motherhood, identity,

and personal experience as portrayed in Roy's work. Participants actively shared insights connecting the text to feminist thought and lived realities. The session concluded with appreciation from faculty members for fostering a culture of literary dialogue and critical inquiry within the department.



*Exploring motherhood: expectations, experiences, and Arundhati Roy's reflections.*

## FOOD EXPRESS

A poster is done every Friday of the month on the main headline of food related news as "FOOD SCIENCE EXPRESS".



"BENEFITS OF BEETROOT" was done by Fathima Shifa of 1DC FSQC. Beetroot contains antioxidants, fiber and nitrates which lowers blood pressure and boosts heart health. It supports detox and reduces inflammation.



A news headline "BENEFIT OF MANGO" has been done by Kamala Rajesh 1DC FSQC. Mango benefits in regulating blood sugar level, and contributing to a feel of fullness potentially aiding in weight management.



A news headline "BENEFIT OF PINEAPPLE" has been done by Manjima Ajimon 1DC FSQC. Pineapple benefits in reducing inflammation and it's also good for skin.



A new headline on benefits of apple was published by Mariyam Rasheed of 1st DC. Apples are beneficial due to their high fiber, vitamin and antioxidants content.

## INTER DEPARTMENT QUIZ COMPETITION



The **Department of Food Science and Quality Control** conducted an inter-department quiz competition on October 16, 2025, as part of the World Food Day celebrations. The event was held at 12:15 PM in Room No: 423, centered around the theme "Hand in Hand for Better Foods and a Better Future." Students from various departments enthusiastically participated, showcasing their knowledge and awareness about food, nutrition, and sustainability.

The competition saw active involvement and a healthy competitive spirit among participants. Ananthalekshmi from the PG English Department secured the first prize, followed by Aleena Luke, also from PG English, in second place. Anusha Davis from 1DC Mathematics won the third prize.



*Because you are what you eat.....and what you know!*

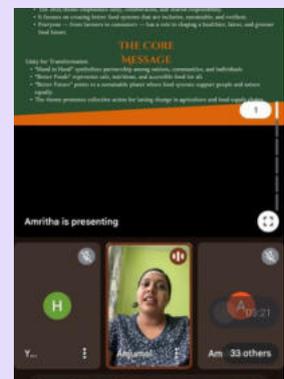
## INTERNATIONAL WEBINAR

The **Department of Food Science and Quality Control** of Bishop Chulaparambil Memorial College, Kottayam, organized an International Webinar on the occasion of World Food Day on 16th October 2025 at 3:00 PM.

The session began with a welcome address delivered by Amritha Miss, who warmly greeted the gathering and highlighted the significance of celebrating World Food Day.

The resource person for the event was Mrs. Anjumol K. A., Food Service Supervisor at Vancouver Island Health, Canada. She delivered an insightful session on food safety, sustainability, and the global importance of achieving food security. Her talk inspired students to work towards building a world free from hunger and malnutrition.

The event, conducted via Google Meet, saw active participation from students and faculty members. The program concluded with a heartfelt vote of thanks proposed by Ms. Jyothika, expressing gratitude to the resource person and all participants for making the session successful.



*Glimpses from the webinar!*

## FOOD SAFETY AWARENESS SESSION



A food safety awareness session was organised by the **Department of Food Science and Quality Control**, BCM College, Kottayam at St. Luigi School, Kottayam. The students were enlightened on food safety, hygiene, and nutrition, using demonstrations and real-life examples.

*Now it's time to learn the ABCs of safe eating! - And it starts with the St.Luigians!!*

## AWARENESS CLASS FOR PARENTS

The awareness class and survey were organized by the third-year students of the **Department of Food Science and Quality Control** as part of their Extension Programme on the topic "Awareness Class for Parents of Anganwadi Students on Basic Nutrition and Hygiene Practices." The programme aimed to educate parents about the importance of proper nutrition, safe food habits, and hygienic practices essential for children's growth and well-being. Conducted at Punarjani Anganwadi, Pullinchodu, Kudamaloor, Kottayam, the session began at 2:30 p.m. and involved four student volunteers who coordinated the activities under faculty supervision.

The session started with a welcome and introduction, followed by discussions on

balanced nutrition, nutrient-rich foods, meal planning using local ingredients, and hygiene practices like handwashing and food safety. The harmful effects of plastic lunchboxes and their safer alternatives were also discussed. The programme concluded with a short questionnaire and discussion to assess parents' understanding and reinforce the importance of nutritious diets and good hygiene for children's health.



## FOOD SAFETY AWARENESS CLASS FOR THE KUDUMBASREE



*Young teachers and wiser learners- Awareness on food safety for the Kudumbasree*

An awareness session was organised by **Department of Food Science and Quality Control**, BCM College, Kottayam on the topic Basic Food Adulteration Tests, Kitchen Awareness, and Waste Management for Kudumbasree members to demonstrate simple food adulteration tests, promote kitchen hygiene, and teach waste management methods at home. The resource persons Akhila Ganakumar, Aleena Finny, P. H. Devika Nair, Sneha S. S. (III DC FSQC). Participants learned practical ways to detect adulteration and maintain hygienic and sustainable kitchen practices.

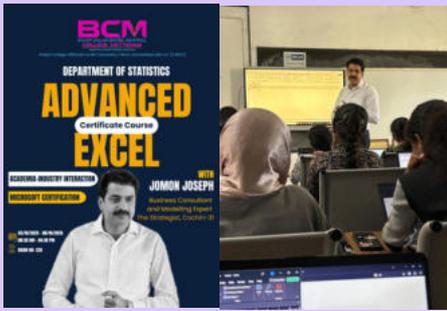
## A VISIT TO THE MUNICIPALITY CANTEEN

The students from the **fsqc Department** of BCM College Kottayam surveyed the Kottayam Municipality canteen's cleanliness, food handling, and hygiene standards. Suggestions for improvement were provided based on observations. The Resource Persons involved are, Ashika Farhath, Sandra H. S., Sona Sabu (III DC FSQC). Students gained field experience in evaluating real-life food safety practices.



*A visit with a purpose - Our FSQC students examine the status quo!*

## CERTIFICATE COURSE IN ADVANCED EXCEL



*Certified specialists of Excel Experts!*

The **Department of Statistics** at Bishop Chulaparambil Memorial College, Kottayam, organized an Advanced Certificate Course in Microsoft Excel from 3rd to 8th October 2025, held in Room No. 220. The programme aimed to equip participants with practical knowledge and hands-on experience in advanced Excel functions, data analysis, statistical applications, and business decision-making. The course comprised four structured sessions conducted by experts in the field. Mr. Jomon Joseph, Business Consultant and Modelling Expert at The Strategist, Cochin, led the first two sessions. The final two sessions were

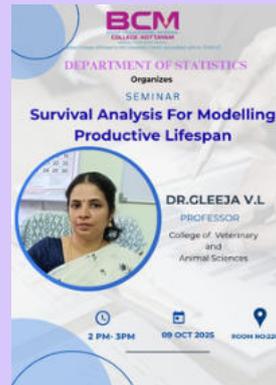
conducted by Mr. Linto George, focusing on assessment and consolidation of skills. The course concluded on 10th October 2025 with participants successfully completing the Microsoft Office Specialist: Excel Expert (Microsoft 365) certification exam.

## A GLIMPSE OF THE SEMINAR SESSION ON SURVIVAL ANALYSIS

The **Department of Statistics**, BCM College, Kottayam, organized a seminar on “Survival Analysis for Modelling Productive Lifespan” on 9th October 2025. The session was led by Dr. Gleeja V. L, Professor, College of Veterinary and Animal Sciences, Mannuthy. The event was graced by Dr. Stephy Thomas (Head of the Department), Ms. Asha Kiran Francis, Ms. Dona Joseph, and Ms. Albi Elizabeth Abraham. Dr. Gleeja explained key concepts such as survival function and hazard function. A significant portion of the session focused on censoring, which refers to incomplete information about survival time when an event has not yet occurred.

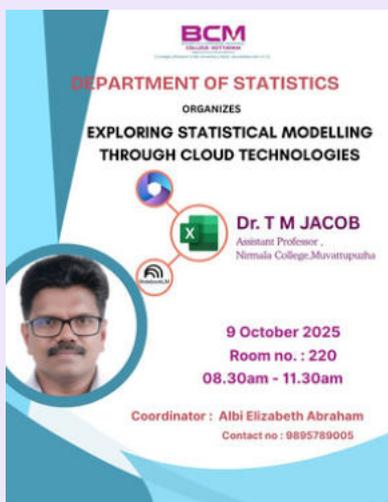
Various analytical methods were also discussed, including the Kaplan-Meier method, the Life Table

method and the Cox Proportional Hazards model. The concepts were illustrated through a practical study conducted on cows at the speaker's research farm, making the topic more relatable and engaging for students.



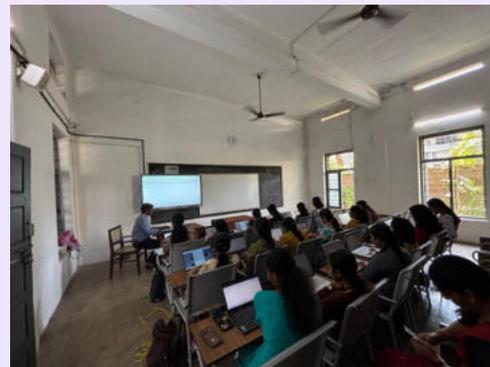
*Dr. Gleeja V L p rovides insights on Survival Analysis.*

## ACADEMIC SEMINAR EXPLORING STATISTICAL MODELLING THROUGH CLOUD TECHNOLOGIES



The **Department of Statistics**, BCM College Kottayam, organized a seminar on “Exploring Statistical Modelling Through Cloud Technologies” on 9th October 2025. The session was led by Dr. T. M. Jacob, Assistant Professor, Nirmala College, Muvattupuzha, and was graced by Dr. Stephy Thomas (Head of the Department), Ms. Asha Kiran Francis, Ms. Dona Joseph, and Ms. Albi Elizabeth Abraham. The seminar offered an insightful exploration of the role of cloud technologies in statistical modeling and data analysis. Dr. Jacob highlighted the potential of Microsoft Copilot for generating more reliable analytical outcomes compared to ChatGPT. Participants were also

introduced to Google applications like Sheets, Docs, and Colab, which facilitate real-time collaboration and data management. Through this session, students gained practical insights into integrating cloud-based tools for efficient data analysis and statistical modeling. They learned how to use Excel, Power BI, and cloud technologies for real-time data visualization and collaborative research. Overall, the session proved highly informative and beneficial for the students' academic and professional growth.



*The students explore statistical modelling through cloud technologies under the guidance of Dr. T M Jacob!*

## LEARNING POWER BI



The **Department of Statistics** at BCM College Kottayam, in collaboration with The Strategist organized a 30 hour certificate course on Microsoft Power BI led by Mr. Linto George from 28th October 2025 to 1st November 2025. The course aimed to equip students and faculty with foundational knowledge and practical skills in data visualization, data modelling, and analytical reporting using Power BI.

## INSPIRING INSIGHTS ON UNDERSTANDING YOUNG MINDS

On October 6, the **Department of Home Science** organized a seminar on "Methods to Identify Learning Disabilities and Career Opportunities in Child Development." The session was led by Mrs. Manju Mathew, a special educator at the Bangalore Steiner School. She shared valuable insights on identifying different types of learning disabilities in children and the importance of early intervention. Mrs. Manju also highlighted various assessment methods and classroom strategies that can help children overcome learning challenges. In the second part of the session, she discussed the wide range of career opportunities available in the field of child development, including counseling, special education, and research. The seminar was highly informative and gives students a deeper understanding of how Home Science contributes to child growth and education. Faculty members and students actively participated, making the session both engaging and enlightening.



## SPORTS NUTRI-BAR AND MEAL REPLACEMENT BAR MAKING COMPETITION



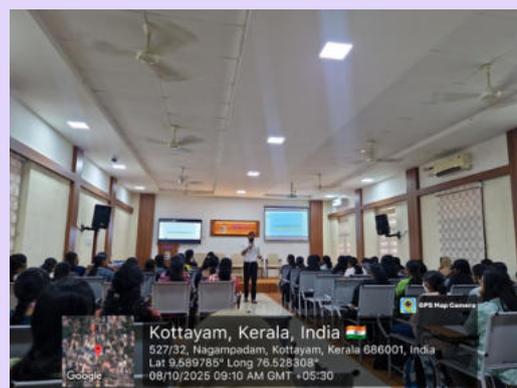
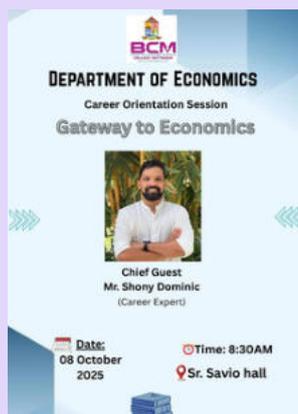
As part of World Food Day on October 16, 2025, our department organized a Sports Nutri-Bar and Meal Replacement Making Competition. It was an intra-department competition held in our Nutrition Lab. The event encouraged students to design innovative and nutritious products for athletes and health-conscious consumers. The competition was judged by Mr. Luke Leon and Dr. Anila H. L., who evaluated the entries based on nutritional value, creativity, and taste. Students showcased impressive formulations highlighting the importance of balanced nutrition and sustainable food choices. The first prize was awarded to the team of Adrika, Aleeza, Esha, and Jyothika for their outstanding performance and innovative product concept. The event successfully promoted awareness of healthy eating and food innovation among students.

## CAREER ORIENTATION SESSION

The **Department of Statistics**, BCM College, Kottayam, organized a seminar on “Survival Analysis for Modelling Productive Lifespan” on 9th October 2025. The session was led by Dr. Gleeja V.L, Professor at the College of Veterinary and Animal Sciences, Mannuthy. The event was graced by Dr. Stephy Thomas (Head of the Department), Ms. Asha Kiran Francis, Ms. Dona Joseph, and Ms. Albi Elizabeth Abraham. The session began with a warm welcome address by Ms. Dona Joseph, setting an engaging tone for the program.

The seminar, presented through a PowerPoint presentation, introduced the concept of Survival Analysis, a statistical technique used to analyze time-to-event data. Dr. Gleeja

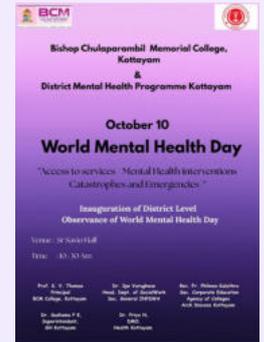
explained key concepts such as the survival function, hazard function, and censoring, highlighting how incomplete data can affect analysis. She also elaborated on major analytical methods, including the Kaplan-Meier method, Life Table method, and the Cox Proportional Hazards model, emphasizing their applications in estimating survival probabilities and identifying influential factors. The survival analysis in research and data interpretation. It enhanced their confidence in using statistical tools to analyze time-dependent events. The seminar concluded with a vote of thanks by Dr. Stephy Thomas, who expressed gratitude to Dr. Gleeja and all participants for making the event a successful and enriching experience.



# WORLD MENTAL HEALTH DAY

The **Department of Social Work**, BCM College, Kottayam, in association with the District Mental Health Programme (DMHP), organized the district-level observance of World Mental Health Day on October 10, 2025. The inaugural session began with a welcome address by Dr. Sandra Alex, Medical Officer, DMHP Kottayam. The presidential address was delivered by Dr. Sushama P. K., Superintendent, Government Hospital, Kottayam. The programme was inaugurated by Dr. Priya N, District Medical Officer while Prof. Dr. K. V. Thomas, Principal of BCM College, delivered the message of the day, and Dr. Soumya Suseela P, Nodal Officer, DMHP Kottayam, presented the keynote address. The Mental Health Promotion leaflet was released by Dr. Vyas Sukumaran, followed by felicitations from Dr. Ipe Varughese and Dr. Santhosh Kumar R.

A session about Mental Health Awareness Class conducted by Dr. Joe Sunny, Psychiatrist, DMHP Kottayam. The importance of developing life skills, promoting resilience, and encouraging open conversations about mental health was also emphasized. The session concluded with the message "Look, Listen, and Link," encouraging participants to identify warning signs, listen empathetically, and connect individuals to professional help. The session concluded with a vote of thanks by Mr. Rijesh P. Markose, Psychiatric Social Worker, DMHP.



*Glimpses from the Mental Health day programs*

# SAPHALAM SAYANAM



*Celebrating golden hearts and timeless wisdom — Saphalam Sayanam*

The **Department of Social Work**, BCM College, Kottayam, in collaboration with the NGO Smile India 'Pakalveedu', organized the 17th edition of the annual program Saphalam Sayanam on 11th October 2025 (Saturday) at the BCM College Auditorium. The event was specially dedicated to celebrating and honouring the elderly citizens who have devoted their lives to the welfare of others, yet often spend their later years in solitude.

The formal session commenced at 9:30 AM with an inaugural ceremony graced by H.G. Mor Philoxenos Zacharias, Metropolitan of the Diocese of Idukki. The keynote address was delivered by Sri. Shahul Hameed A, IPS, District Police Chief of Kottayam, and the special session was led by Prof. Motti Thomas Zacharia, Former Head, Department of Chemistry who emphasized the importance of compassion, community engagement, and intergenerational bonding in ensuring the dignity and well-being of senior citizens.

Following the formal session, an input session titled "Aging with Nobility" was conducted, which reflected upon the value of graceful aging, emotional health, and social inclusion of the elderly. 152 elderly participants from various old age homes and panchayats across Kottayam attended the program. The venue was transformed into a vibrant and nostalgic space with both students and senior citizens taking part in group songs, couple dances, and cultural performances inspired by vintage cinema. The event concluded around 1:00 PM with a communal meal, shared among the guests, students, and faculty, symbolizing togetherness and gratitude.





Parippu, Kerala, India  
 Jgrh+m89, Parippu, Kerala 686014, India  
 Lat 9.619159° Long 76.478292°  
 Thursday, 30/10/2025 10:52 AM GMT +05:30



The session began with an informative talk by the Junior Health Nurse, who discussed the physical and psychological changes experienced during adolescence, emphasizing the importance of maintaining good hygiene, emotional stability, and self-awareness. Following this, Trainee Social Worker Ms. Sonamol Mathew led an engaging session on screen addiction, addressing the psychological effects of excessive screen use such as anxiety, depression, and declining social interaction. The initiative not only raised awareness among students but also strengthened the trainees' practical skills in community engagement, communication, and behavioral education.

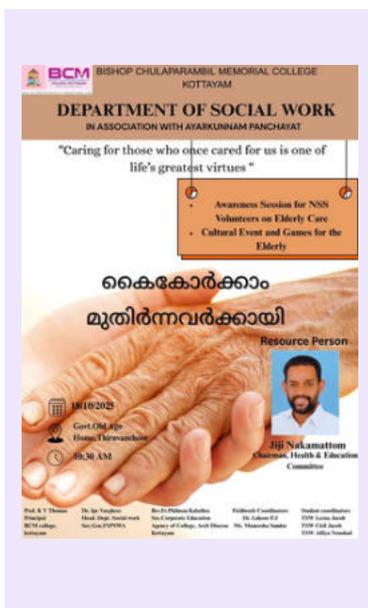
## AWARENESS SESSION ON HYGIENE

As part of Field Practicum, we were delighted to organize an Awareness Session on Hygiene – “Waves of Wellness” in association with the **Department of Social Work**, BCM College Kottayam, Arpookkara Grama Panchayat, and Sathirthya Special School, Arpookkara. The session was led by Ms. Aneenamol Shaji, Assistant Professor, Department of Social Work, BCM College, Kottayam. Her engaging presentation highlighted the significance of

maintaining personal hygiene and adopting healthy habits for overall well-being. A total of 36 participants (Differently Abled) actively took part in the session. The participants showed great enthusiasm and involvement throughout the programme activities.



## KAIKORKAM MUTHIRNAVARKAY



The community program titled “Kaikorkam Muthirnavarkay” was organized on 18th October 2025 at 11:00 AM at the Old Age Home, Thiruvanchoor. The session was coordinated by TSW Leena, TSW Alfiya, and TSW Ciril, with Mr. Jiji Nakamattam, Chairman of the Health and Education Committee, Ayarkunnam Panchayat, serving as the resource person. Around 28–30 elderly residents and 10–20 community members participated in the program. The matron of the old age home, Ms. Anjali, NSS Coordinator Mr. Jaymon, and NSS students from St. Sebastian’s HSS, Ayarkunnam were also present, adding warmth and enthusiasm to the event. It fostered intergenerational connection, emotional well-being, and community engagement. The initiative not only brought smiles to the faces of the elderly but also instilled in the TSW team a greater sense of social responsibility, compassion, and teamwork—making the event both memorable and meaningful.

# UNFILTERED: NAVIGATING TEEN CHALLENGES

The 1st Year MSW trainees as part of their fieldwork activity conducted a community program titled “Unfiltered: Navigating Teen Challenges” in association with the Government High school, Vadavathoor. The session was led by Dr. Saji Kumar K.P., (MA, PHD in Counseling) who addressed the students through an interactive and motivational talk. The main focus of the program was to help students understand the different challenges faced during adolescence and to guide them towards healthy and responsible behaviour.

The session covered important topics such as goal-setting, developing good habits, staying focused, handling distractions, and using technology responsibly. The trainees also engaged the students through small ice-breaking games before the session began, which helped in creating a friendly and comfortable learning environment. For the trainees, this program was a meaningful learning experience. It helped them understand how to communicate with school-aged children, organize a community-based educational session, and work together as a team. They also learned how theoretical ideas about behaviour, motivation, and guidance can be translated into real-life practice when working with young people



## SWAPNA BALYAM

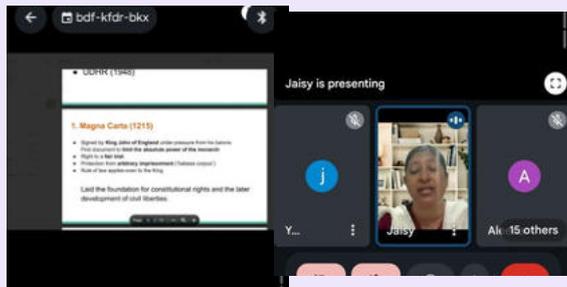
An awareness session on Child Rights and the Concept of Good Touch and Bad Touch was conducted on 25th October 2025 at Udhiikkal Anganwadi, organized by the Department of Social Work, Bishop Chulaparambil Memorial College, Kottayam, in association with Vakkathanam Panchayath.

The session was led by Ms. Asha Devasya and Mr. Neji Benny, trainee social workers from BCM College. The program focused on helping children understand their rights and the importance of identifying safe and unsafe touches. Through interactive discussions and demonstrations, the children were taught how to respond to uncomfortable situations confidently.

The session was informative, engaging, and effectively enhanced awareness among the children and Anganwadi staff about child safety and protection.



# WEBINAR ON “CONSTITUTIONAL REFORMS AND HUMAN RIGHTS”

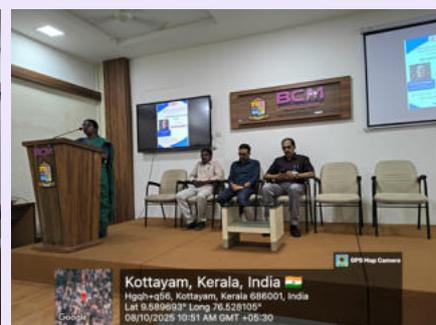
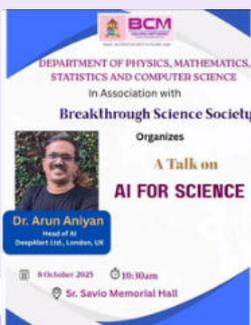


*A small snippet from the webinar !!*

The **Department of Sociology**, BCM College, Kottayam, organized an insightful Webinar on “Constitutional Reforms and Human Rights” on 8th October 2025 at 6:00 PM. The session aimed to enhance students’ understanding of the evolving nature of constitutional principles and the significance of human rights in upholding democratic values. The resource person for the webinar was Dr. Jaisy Karingattil, Vice Principal of CSI College for Legal Studies, Kanakkary, Kottayam. With her extensive experience in the field of law and human rights education, Dr. Jaisy provided a deep and engaging analysis of the Indian Constitution, its reforms, and their relevance in ensuring justice, equality, and liberty for all citizens.

## A TALK ON AI FOR SCIENCE

A talk on "AI for Science" was organized in BCM college, kottayam, under the joint initiative of the **Department of Physics, Mathematics, Computer science** and **Statistics**. The event aimed to introduce students to the emerging role of Artificial Intelligence (AI) in scientific research, data analysis, and modern problem-solving. The session began with a warm welcome by the Head of the Department of Physics, Dr. Smitha Joseph, who highlighted the growing importance of interdisciplinary studies combining physics, mathematics, statistics, and computer science. The invited speaker, Dr. Arun Aniyani, Head of AI in deepalert Ltd. Uk, London, delivered an engaging lecture on how AI techniques such as machine learning, deep learning, and data-driven modeling are revolutionizing scientific fields including physics, biology, and environmental studies. The speaker discussed real-world applications of AI - from predicting climate change patterns to accelerating drug discovery and analyzing astronomical data. The session emphasized how a strong foundation in mathematical modeling and statistical inference is essential for effectively using AI tools in research. The event concluded with an interactive Q&A session, where students enthusiastically participated and cleared their doubts about the integration of AI with scientific disciplines. The faculty members expressed their appreciation to the departments for organizing such an insightful and forward-looking program.



*Glimpses from the talk on AI for Science!*

# ACHIEVEMENTS

**BCM**  
BISHOP CHULAPARAMBIL MEMORIAL COLLEGE  
KOTTAYAM

Postgraduate Department of English  
and Research Centre

For presenting their papers in the National Seminar on  
EDUCATION, EMPLOYMENT AND SOCIAL MOBILITY AMONG  
MINORITIES: PATHWAYS TO PEACE AND SOCIAL  
TRANSFORMATION, 2025,  
Organized by Department of Sociology, Loyola College of Social  
Sciences, Chennai, Tamil Nadu.

**Congratulations**



Ananthalakshmi AnooB  
II MA ENGLISH

Research Supervisor: Dr. Neethu Varghese

**BCM**  
BISHOP CHULAPARAMBIL MEMORIAL COLLEGE  
KOTTAYAM

THE POSTGRADUATE DEPARTMENT OF ENGLISH  
AND RESEARCH CENTRE

**CONGRATULATIONS!**

For presenting their papers in the international conference  
on (Un)dying Colonialism: Deferring Centres, Dissenting  
(Post)colonial Voices, organised by School of Letters,  
Mahatma Gandhi University, Kottayam,



ANANTHALAKSHMI ANOOB  
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ELNA YACOB  
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ATHIRA SURESH  
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B VIDHURIBHAVA  
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SREELAKSHMI M NAIR  
2ND MA ENGLISH

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WINNERS**

**2<sup>nd</sup>** **1<sup>st</sup>** **3<sup>rd</sup>**



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Devadeth KA  
MD Seminary  
HSS



Angel Joji and  
Liya Rose  
Mount Carmel HSS



Arav R. Nair and  
Rinna Elizabeth  
Abraham  
Marian Senior  
Secondary School

**CONGRATULATIONS**

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KOTTAYAM

Postgraduate Department of English  
and Research Centre

**Congratulations**

For presenting the paper in the National Seminar on  
ECOCRITICAL READINGS:  
Exploring the Human Nature Dialectics, 2025,  
Organized by Postgraduate and Research Department of English,  
Mar Thoma college, Thiruvalla, Kottayam,  
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Elizabeth Reji  
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Research Supervisor: Ms. Philcy Philip

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DEPARTMENT OF STATISTICS  
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**100% PASSED**

**CONGRATULATIONS**



Anupama Shibu



Jintu Elsa Oommen



Ganga Sunil



Aiswarya R B



Nandana P V



Sreelakshmi Anilkumar



Jayalakshmi Jayan



Jyothi Darsana Mol T



Anakha K N



Aparna B



Malavika Vinod



Nandana Ajikumar



Aleesha Paulose



Adithya R Unnithan



Lazin Fathima



Sona Shaji



Asapriya V B



Arshana A.N



Abhirami M

Microsoft Office Specialist  
EXCEL EXPERT

# BCM IN THE HEADLINES

Deepika 08/10/25

**നെറ്റ്, ഗേറ്റ്, ജാം പരീക്ഷകൾക്കു പരിശീലനം**

**കോട്ടയം:** ബിസിഎം കോളജും കോച്ചിംഗ് സെന്ററായ ബെൻസിൽ കെമിസ്ട്രി കോഴിക്കോടും ചേർന്നു യൂജി, പിജി കെമിസ്ട്രി വിദ്യാർത്ഥികൾക്കായി നെറ്റ്, ഗേറ്റ്, ജാം പരീക്ഷകൾക്കു പരിശീലനം നൽകും. അവധി ദിവസങ്ങളിൽ ഓഫ്ലൈനായും മറ്റു ദിവസങ്ങളിൽ ഓൺലൈനായിട്ടുമാണ് ക്ലാസുകൾ നടത്തുന്നത്. അർഹരായ വിദ്യാർത്ഥികൾക്ക് 100 ശതമാനം സ്കോളർഷിപ്പുകളും നൽകും. ഫോൺ: 9496833830 9444394159.

Manorama 11/10/2025

**ഇന്നത്തെ പരിപാടി**

● കോട്ടയം ബിസിഎം കോളജ് ഓഡിറ്റോറിയം: കോളജ് സോഷ്യൽ വർക്ക് വിഭാഗവും സ്മൈൽ ഇന്ത്യ പകൽ വീടും ചേർന്ന് നടത്തുന്ന മുതിർന്ന വരുടെ സ്നേഹകൂട്ടായ്മ 'സഹലം സായാഹ്നം'. ഉദ്ഘാടനം. സഖറിയാസ് മാർ പീലക്ലിനോസ്, ക്ലോസ്. പ്രഫ. മോട്ടി തോമസ്-9.30.

Deepika 14/10/2025

**നാട്ടുരുചിയുടെ സ്വാദ് നുണഞ്ഞ് ബിസിഎം കോളജ്**

കോട്ടയം: നാടൻ ക്ഷേത്രവിഭവങ്ങൾ തയ്യാറാക്കി പ്രദർശനത്തിനെത്തിച്ചു ബിസിഎം കോളജിലെ വിദ്യാർത്ഥികളും അധ്യാപക, അന്യോപകര സംഘം. തരിവട്ട്, സ്പൈസി അവർ ലെയർ, ചക്കപ്പൊയസം, റാഗി സെലിയ പുട്ട്, അവിൽ കൊഴുക്കട്ട, പുളിയില അട തുടങ്ങിയ വിഭവങ്ങൾ പഴയതോടെ ആരോഗ്യകരമായ സ്വാദ് നാവിലെത്തിച്ചു. ഉലകക്ഷേത്രത്തിനോടനുബന്ധിച്ചു കോളജിലെ സെന്റർ ഫോർ ഇന്ത്യൻ നേളവർണ്ണ സിസ്റ്റംസ്, ഭൂമിതരസന ക്ലബ്ബ്, എൻജിനീയറിംഗ് സീനിയർ ടോണി ടോൺ ഉദ്ഘാടനം ചെയ്തു. കോളജ് പ്രിൻസിപ്പൽ ഡോ. കെ.വി. തോമസ് അധ്യക്ഷത വഹിച്ചു. കോളജ് മാനേജർ ഫാ. എബ്രഹാം പറമ്പട്ട്, ഫാ. ബെഞ്ചു മാത്യു, ഡോ. സവിന ജെ. നരി തൃക്കൽ, പ്രിയം തോമസ്, അനിൽ സ്റ്റീഫൻ, ഡോ. എലിസബത്ത് ടോണി, ജേ.ജി ഇമ്മാനുവൽ, ലൂക്ക് ലിയാൺ കുര്യൻ, ലക്ഷ്മി നയന, എ. അനശ്വര എന്നിവർ പ്രസംഗിച്ചു. കോളജ് ബർസാർ ഫാ. ഫ്രീഡോമൽ കരുത വിജയികൾക്ക് സമ്മാനങ്ങൾ വിതരണം ചെയ്തു.

Sri Lanka 11/10/2025

**നക്ഷത്രവനി പദ്ധതി ഉദ്ഘാടനം**

പൊന്നിമല ● ശ്രീമാൻ ലക്ഷ്മണ സാധി ക്ഷേത്രത്തിൽ നക്ഷത്ര വനി പദ്ധതിയുടെ ഉദ്ഘാടനം, ക്ഷേത്രപുരസ്കാർ (നീള) എസ്. ഉണ്ണികൃഷ്ണൻ നായർ നാളെ 10.30നു നിർവഹിക്കും. ഡോ. രാമേശ്വരി കടമാൻചിറമ്പത്തൂർ, നൽകും. അനുകൂലമായ വൃക്ഷം നടത്താൻ അനുബന്ധം.

**വള്ളം ബ്ലോക്ക് കേരളോത്സവം**

കോട്ടയം ● പള്ളം ബ്ലോക്ക് പഞ്ചായത്തിന്റെ കേരളോത്സവം 14.15 തിരയിലുള്ളിൽ. കലാ മത്സരങ്ങൾ പള്ളം ബ്ലോക്ക് പഞ്ചായത്ത് അടങ്ങിയിട്ടുണ്ട്. കായിക മത്സരങ്ങൾ ജവാഹർ നെറായണ സ്കൂൾ മൈതാനത്തും നടത്തും. പഞ്ചായത്തു തല വിജയികളായ മത്സരാർത്ഥികൾ 12ന് ഉച്ചയ്ക്ക് 2ന് മുൻപായി ഓൺലൈനായി റജിസ്റ്റർ ചെയ്യണം.

**പ്രാർത്ഥനാ സംഗമം**

പുതുപ്പള്ളി ● സെന്റ് ജോർജ് ഓർത്തഡോക്സ് വെലിയംപള്ളിയിൽ നാളെ 3.30ന് ഗാനമൃദംഗം, പാത്രം സന്നദ്ധം പ്രാർത്ഥനാ സംഗമം നടത്തും. ഫാ. കുര്യാക്കോസ് കുര്യാക്കും പങ്കെടുത്തിൽ വചനസന്ദേശം നൽകും. രോഗങ്ങളാൽ ബുദ്ധിമുട്ടുന്നവർക്ക് .5ന് പ്രത്യേക പ്രാർത്ഥന.

**ചിത്രരചനാ മത്സരം**

കോട്ടയം ● തപസ്വ കലാസാഹിത്യ വേദി സുവർണ്ണ ജ്യാന്തി വർഷമുത്തേടുകയ്യാണിടയിൽ 20ന് കായിക ഓഡിറ്റോറിയത്തിൽ നടന്നു മുഖൻ കുർയാക്കും 5 വിഭാഗത്തിൽ സ്വർണ്ണം, 2025 സഹായക പിന്തുടരുന്ന മത്സരം നടത്തും. കുര്യാക്കും കൃഷ്ണൻ പങ്കെടുക്കുന്ന സ്റ്റുഡന്റുകൾക്ക് പുരസ്കാരം നൽകും. ഫോൺ: 949732328

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