



MAR THOMA COLLEGE, TIRUVALLA

Education par excellence and Educated for the Society

(Accredited with A-Grade by the National Assessment and Accreditation Council - NAAC)

Affiliated to Mahatma Gandhi University, Kerala www.mtct.ac.in

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IQAC Annual Report 2024-2025

Introduction:

The Internal Quality Assurance Cell (IQAC) of Mar Thoma College, Tiruvalla, has been actively engaged in promoting quality initiatives and ensuring the continuous improvement of the institution. This annual report highlights the various activities and initiatives undertaken by the IQAC during the academic year 2024-2025.

International Yoga Day:

The College celebrated International Yoga Day on June 21, 2024, under the joint auspices of the IQAC, Indian Knowledge System Forum and NCC. The event featured yoga training led by Dr. Vishnu Namboothiri K.M.

Yoga Sessions:

Regular yoga sessions were held at the college every Thursday as part of the weekly wellness initiative organized by IQAC, NSS, and the Indian Knowledge System Forum. The sessions were led by Dr. Vishnu Namboodiri K.M.

Sustainable Village Project:

The Centre for Social Action (CSA), in association with IQAC, launched the Sustainable Village Project 2024, aimed at promoting sustainable development in Tiruvalla Kakkathuruthu Village. The proposed activities encompass various sectors, including education, environment, social service, economic empowerment, and women's empowerment.

Quizzards - Quiz Competition Series:

The IQAC, in collaboration with the College Library, organized the Quizzards quiz competition series for PSC aspirants. This series consisted of multiple sessions, with Dr. Sumayya Abdul Rahim serving as the quiz master.

Research Methodology Workshop Series:

The IQAC and the Research Advisory Committee (RAC) jointly organized a Research Methodology Workshop Series and Lecture Series for research scholars. The workshops focused on topics such as Overleaf writing templates, Zotero reference tools, literature analysis, scientific writing, and research ethics.

Orientation Classes for UGC/JRF exam aspirants:

The IQAC and the UGC/JRF Guidance Cell jointly organized online orientation and coaching classes for CSIR-UGC NET/JRF examination in the English and Life Sciences categories. Ms. Anakha Sudarshanan and Ms. Anna Reji served as tutors for the Life Sciences and English classes, respectively.

Faculty Retreat Programme:

On August 23, 2024, the IQAC organized a Faculty Retreat Programme featuring a motivational session led by Dr. Sam Skariah, former Principal of Wilson College, Mumbai.

Walk with the Scholars:

In collaboration with the Walk With Scholars (WWS) initiative, IQAC organized three sessions of the "Walk with the Scholars" programme, with Mr. Mathew Koshy, alumnus and HR Trainer, serving as the master trainer.

Zumba Classes:

In partnership with the IQAC, the Women Empowerment Cell initiated Zumba classes to promote physical fitness, mental relaxation, and overall well-being.

Mar Thoma College Merit Day 2024:

The Mar Thoma College Merit Day 2024 was celebrated on October 1, 2024, to honor rank holders and students who achieved A+ grades in the Mahatma Gandhi University Examinations 2024 (Undergraduate and Postgraduate).

OBE Workshop for Faculty:

An Outcome-Based Education (OBE) Workshop on "Continuous Comprehensive Assessment (CCA) Evaluation Process and Internal Marking System" was conducted for the faculty on October 18, 2024, with Dr. Vishnu Namboodiri K.M. as the resource person.

Administrative Training Programme:

The IQAC conducted an Administrative Training Programme titled "Empowering Office Staff: Mastering 4-Year UG Programme Operations" on October 26, 2024 with Dr. Vishnu Namboodiri K.M. as the resource person.

MTC Calendar 2025:

The MTC Calendar 2025, published by IQAC, was released by Bishop Emeritus Rt. Rev. Dr. Thomas Samuel on December 19, 2024.

Annual Academic Audit:

The Annual Academic Audit was conducted on behalf of the IQAC on January 16 and 17, 2025. Prof Samson Mathew (NIT, Trichy), Prof Philip Varghese (former IQAC coordinator, St Thomas College, Kozhencherry) and Dr Reji T (Principal, Govt College, Chittur) were the members of the audit team. The team visited the departments, evaluated the presentations, and conducted an exit meeting. During the meeting, they shared their observations, suggestions, and recommendations for the college's improvement.

Career Enhancement Sessions:

The Placement Cell and IQAC organized a seminar on Skill Acquisition for Career Enhancement in association with Global Gates Academy on October 4, 2024. Additionally, the Placement Cell and IQAC, in collaboration with Amritha IAS, hosted an interactive session titled "Aspire to Lead Change?" on January 29, 2025.

Value Education Training Programme:

In partnership with the Centre for Social Action (CSA), an online training session on "Teaching Body Boundaries to Young Children" was conducted on February 10, 2025.

Life Skill Training Session:

The IQAC, in association with the Women Empowerment Cell, organized a session titled 'Basic Self-Defence' under the theme 'Empowering One Another' on February 12, 2025. The session was led by Ms. Sean Ann Kuruvilla, a second-year BA English student and trained martial arts practitioner.

Faculty Development Programmes:

An Online Faculty Development Programme on the Malaviya Mission teachers' training courses was held on February 27, 2025, with Dr. Vishnu Namboodiri K.M. as the resource person.

Skill Development Programmes:

The IQAC, in association with WWS, organized a skill development programme on public speaking, along with an elocution competition held on March 6. Additionally, in collaboration with the Department of Computer Applications, another skill development programme titled "Essential Computing Tools for Project and Dissertation" was conducted on the same day, with Ms. Animol Thomas as the resource person.

Non-Teaching Staff Retreat:

The IQAC organised a Non-Teaching Staff Retreat on May 30, themed "Behind the Scenes, Building Success". Rev. Vinod Easow, Director, Jyothis Special School, Mar Thoma Syrian Church, Mavelikkara, delivered the keynote address, highlighting the crucial role of non-teaching staff in the institution's success and motivating them to strive for excellence.

Other Activities:

Six IQAC committee meetings were held throughout the year. The IQAC Newsletter, "MTC Pulse," and its video version, "Rhythm of the Campus," were regularly published. The Academic Calendar 2024-25 was published. Furthermore, the AQAR, NIRF, and AISHE data submissions were completed on time.

This report summarizes the diverse activities and initiatives undertaken by the IQAC at Mar Thoma College, Tiruvalla, in promoting quality enhancement and development within the institution.