

MAR ATHANASIUS COLLEGE (AUTONOMOUS)  
KOTHAMANGALAM, KERALA, INDIA 686 666  
CONSISTENTLY RANKED IN NIRF'S TOP 100 COLLEGES SINCE 2021  
NAAC A+ GRADE INSTITUTION

**Volume 01**  
**Issue 01**



# MAC

## *Reflections*

Rooted in a legacy of academic excellence, we look back on our journey with pride and forward to our future with purpose. This issue is a chronicle of the milestones, voices, and visions that define Mar Athanasius College today.

**JUNE' 2026**

# In Reverence and Remembrance

OUR PATRON SAINT



**SAINT PAULOSE MAR  
ATHANASIOUS**



## **HOLY SEPULCHRE OF YELDO MAR BASELIOS**

*By 1684, when there was no Holy Father to guide the Christians of Malankara Church who suffered at the hands of the Portuguese, in answer to the prayers of the Malankara Christians, the Patriarch of Antioch sent Yeldo Mar Baselios - a nonagenarian- to Malankara. He embarked on his journey in the company of his brothers Jumang and Samo and three monks. For fear of being captured by the Portuguese, they trudged through Tamil Nadu in disguise to reach Kothamangalam. By the time he reached there, he had lost all but one fellow traveller. Eight days after the arrival, the old saint was laid to eternal rests. This is the Holy Sepulchre of that saint.*



## Message from the Secretary

# Dr. Winny Varghese

SECRETARY, MAR ATHANASIOUS COLLEGE  
ASSOCIATION

Our institution has a story to tell; it is woven with faith, vision and perseverance. It began with a dream, was nurtured by grace and continues to flourish through the dedication of countless hearts and hands. Sheltered under the gracious patronage of Saint Mar Athanasius, blessed by the sacred presence of the Holy Sepulchre of Yeldho Mar Baselios and inspired by the visionary ideals of our founder Secretary, Late Prof. M. P. Varghese, the seeds of this institution were sown with hope and purpose. Over the decades, those seeds have blossomed into a great beacon of knowledge, strengthened by the steadfast support and enlightened leadership of the Management and nourished by the commitment of generations of teachers, students, alumni, staff and well-wishers.

As Mar Athanasius College steps into the eighth decade of its illustrious journey, following the grand celebration of its Saphthathi last year, we pause to celebrate the legacy etched in sacrifice, sustained by faith and enriched by the lives of all who have walked its corridors. Every classroom has witnessed dreams taking flight; every milestone bears testimony to perseverance, excellence and shared purpose.

For more than seven decades, the College has kindled minds, shaped character, and inspired generations of learners who have gone on to illuminate diverse fields and serve the nation and the wider world. Anchored in a glorious heritage and guided by an ever-expanding vision, Mar Athanasius College continues to write its story.

**MAC Reflections** is our endeavour to preserve this legacy by capturing the moments that define our institution, celebrating our milestones and showcasing the vibrant life of our campus. I hope this publication grows into a meaningful record of our journey and reflects who we are and what we aspire to become.

The theme of this inaugural issue, *Environmental Sustainability*, is both relevant and inspiring. At Mar Athanasius College, sustainability has become an integral part of our vision for the future. The introduction of our postgraduate programme in *Green Hydrogen Energy* this academic year marks a significant step in that direction. Together with our green campus initiatives, Net Zero mission and focus on clean energy technologies, it reflects our commitment to build a more sustainable future. We believe that education, research, and innovation have the power to address environmental challenges and inspire lasting positive change.

As **MAC Reflections** begins its journey, I hope it will become a vibrant forum for ideas, achievements and meaningful dialogue. I congratulate the editorial team for their dedication and creativity in bringing this inaugural issue to life. May this publication continue to inspire, inform and strengthen the spirit of the MAC family for many years to come.



## Message from the Principal

**Dr. Manju Kurian**

PRINCIPAL & PROFESSOR,  
MAR ATHANASIUS COLLEGE, KOTHAMANGALAM

Some dreams take shape quietly. They begin as conversations, grow through shared enthusiasm and come alive through collective effort. **MAC Reflections** is one such dream. It gives me immense happiness to see this long-cherished vision become a reality through the creativity, passion and commitment of our students.

I extend my heartfelt congratulations and best wishes to the editorial team for bringing out the inaugural issue of *MAC Reflections* (Volume 1, Issue 1). I sincerely appreciate the editorial team for taking complete responsibility of this venture. From collecting stories and documenting events to designing an attractive layout, they have carried out every responsibility with remarkable dedication and professionalism. Their efforts deserve wholehearted appreciation. This publication embodies the quintessence of what young minds can achieve when they work together with purpose and passion.

It is particularly delightful that the theme of our very first issue is *Environmental Sustainability*. While this may have been a happy coincidence, it beautifully reflects the identity of our institution. Long before sustainability became a global priority, our campus had embraced the philosophy of living in harmony with nature. For many years, Mar Athanasius College has remained committed to green initiatives and sustainable practices. Our green campus, environmental programmes and conservation efforts have earned us several recognitions over the years, including a recent international green award.

Over the years, Mar Athanasius College has established itself as one of Kerala's leading institutions of higher education. The blessings of our patron saint, Mar Athanasius and the Holy Sepulchre of Yeldho Mar Baselios have remained a constant source of strength and light in all our endeavours. Inspired by the vision of its founder, Prof. M. P. Varghese, and guided by the progressive leadership of the Management under the stewardship of the present Secretary, Dr. Winny Varghese, the College continues to advance its legacy of academic excellence and holistic development. Today, the college is recognised for its outstanding achievements in academics, accreditations, national rankings, research, innovation, cultural excellence and student-centred initiatives. Yet, our greatest strength lies in our willingness to keep evolving while remaining rooted in the values that define us. Every milestone we achieve inspires us to dream further, strive harder and serve society with greater commitment.

I hope **MAC Reflections** grows into a treasured chronicle of our memories, milestones, ideas and aspirations. As we turn the pages of this inaugural issue, may we also begin a new chapter in our collective journey with hope, purpose and the promise of a brighter future.

# Remembering our Founder Secretary

## LATE PROF. M P VARGHESE

*(Former Principal, M A College &  
Former Secretary, M A College Association)*



*Prof. M. P. Varghese was an eminent scholar, academician, and administrator. After highly distinguished studies at Union Christian College and Madras Christian College, he pursued advanced economic research at Oxford University. He entered public life in 1952 upon being elected as a Member of the Legislative Assembly. In 1953, he became the Founder Secretary of the Mar Athanasius College Association. He joined the Department of Economics at Mar Athanasius College in 1955, serving dually as Principal and Professor from 1963 to 1982.*

*As an economic thinker, he published internationally recognized works, most notably **Theory of Economic Potential and Growth**. A fierce fighter for social causes, he founded the Organisation for Protection from Nuclear Radiation (OPNR) and successfully stopped a proposed nuclear power plant at Bhoothathankettu. He also championed the opening of self-financing professional colleges through OPTeK and fought for small farmers' rights by establishing OFFER. His lifelong dedication earned him numerous accolades, including the Acharya, Akshaya, and Prakruthi Mithra awards, alongside high ecclesiastical honors from the Patriarch of Antioch. He passed away on July 19, 2011, leaving a monumental institutional and visionary legacy that continues to be honored by his namesake foundation.*

*He lit the light,  
We carry it forward...*

## Editorial: Roots Before Growth

Putting together the first issue of anything comes with a quiet kind of responsibility. You are not just documenting a month — you are setting a tone for everything that will follow. I hope, in these pages, we have done that with the honesty and care this institution deserves.

June, in many ways, wrote its own theme. Long before we chose *Environmental Sustainability* for this issue, our campus had already been living it — in the saplings planted, the awareness carried into classrooms and neighbouring villages, and the quiet, consistent work of departments and student units who did not wait to be asked. It felt fitting, then, that this same spirit of responsibility and renewal ran through so much of what we witnessed this month: a new batch of postgraduates finding their footing, our athletes carrying the college's name onto a national stage, and our faculty being recognised for research and mentorship that will shape students long after this issue is forgotten. Different as these moments were, they all pointed to the same thing — an institution that keeps choosing to grow, deliberately and together.

This publication exists because a many people chose to make time for it.

I am especially grateful to our Secretary, Dr. Winny Varghese, for providing the institutional support and trust that made this project possible; to our Principal, Dr. Manju Kurian, whose vision and quiet confidence in a group of students gave this idea room to become real, and to our mentors, Dr. Minnu James and Dr. Sherin Philip, for their steady guidance at every stage. My thanks also go to the faculty and departments across the college who so generously shared their updates, photographs, and time — often on short notice — and to the many students whose achievements and efforts fill these pages. To my fellow editors, and to everyone who helped gather even the smallest detail that made this issue whole, thank you.

We hope *MAC Reflections* grows into something worth returning to. This is only the beginning.



REEM FATIMA  
EDITOR - IN - CHIEF  
MAC REFLECTIONS

# meet the mentors

## Meet the Mentors



**Dr. Minnu James**

Assistant Professor

Department of English



**Dr. Sherin Philip**

Assistant Professor

Department of Chemistry

# meet the curators

## Meet the Curators



**Reem Fatima**

EDITOR-IN-CHIEF

II BA. Sociology



**Zayn Tmren**

EDITORIAL ASSOCIATE

II BA. Sociology



**Elsa Justin**

LEAD COLUMNIST

MSe program in basic sciences - Biology



## Remembering Prof. M.P Varghese: 104th Birth Anniversary Commemoration

29 JUNE 2026

The Mar Athanasius College Association came together to commemorate the 104th birth anniversary of Prof. M.P Varghese, Founding Secretary of the Association, whose vision laid the foundation for the institutions it continues to nurture today. The observance began with the Remembrance Festival of St. Peter and St. Paul the Apostles, marked by a Holy Qurbana at St. James Chapel, followed by "Snehavirunnu" and a public function at the Indoor Stadium.

The gathering opened with a welcome address by Principal Dr. Manju Kurian, followed by the presidential address of H.G. Dr. Mathews Mar Aphrem, Chairman of the Association. Prof. (Dr.) D. Mavoothu, Vice-Chancellor (in-charge) of Mahatma Gandhi University, delivered the commemorative speech and formally inaugurated the proceedings. Memorial addresses by Prof. M.K. Babu, former Principal of the College, and Sri A.G. George, Vice Chairman of the Association, paid tribute to Prof. Varghese's legacy. Dr. Bos Mathew Jos, Principal of Mar Athanasius College of Engineering, concluded the function with a vote of thanks.

*The occasion served as a moment of reflection and gratitude - a chance for the MAC family to honour the memory of a founder whose priceless contributions continue to shape the institution's traditions and legacy.*





# DEEKSHARAMBH 2026

*Igniting the  
Flame of  
Learning*



Mar Athanasius College welcomed its latest batch of postgraduate students with Deeksharambh 2026 - a PG Induction Programme that was far more than a formal orientation. It was a celebration of potential and a promise of transformation.



## Igniting Minds: Deeksharambh 2026 Takes Flight

10<sup>TH</sup> JUNE 2026

The campus came alive on Wednesday, June 10<sup>th</sup>, as we warmly welcomed our new batch of first-year postgraduate students to the Mar Athanasius College family. Marking the official launch of their advanced academic journeys, the Student Induction Programme, Deeksharambh 2026, kicked off inside a vibrant auditorium. Morning began on a graceful note with a ceremonial candle-lighting ceremony, symbolizing the dispelling of ignorance through the shared warmth of knowledge and wisdom.

Dr. Claudin Rocha, the event coordinator, set a welcoming tone for the days ahead, greeting the fresh faces and outlining the foundational goals of the induction. Soon after, our Principal, Prof. (Dr.) Manju Kurian, delivered a heartfelt presidential address. She formally welcomed the incoming students into our close-knit academic community, encouraging them to fearlessly embrace every opportunity, resource, and conversation the campus has to offer.



## A Vision for Research and Sustainability



The definitive highlight of the morning was the brilliant keynote address delivered by the chief guest, Prof. (Dr.) Sabu Thomas, Chairman of TrEST Research Park and former Vice Chancellor of MG University. Instead of a standard academic speech, Dr. Thomas spoke with genuine passion about the transformative power of deep reading and curiosity-driven research in postgraduate studies.

He challenged the new scholars to look beyond the classroom, emphasizing the critical need for sustainability-oriented thinking and responsible citizenship in addressing global challenges. Following inspiring felicitations from Vice Principal- Dr. Aby P. Varghese and Dean of Research- Dr. Rajesh K. Thumbakara, Student Dean Dr. Asha Mathai wrapped up the morning with a warm vote of thanks. It was the perfect, motivating start to what promises to be an incredible, life-changing postgraduate chapter at MAC.

## Horizons of Resilience and Innovation: Day Two of *Deeksharambh' 26*

11<sup>TH</sup> JUNE 2026

Day two of the postgraduate Induction Programme opened with a comforting and deeply necessary conversation on mental resilience. Led by Student Counsellor Ms. Anet Paul, the session, "Coping Mechanisms for Stress and Suicide," stepped away from clinical jargon to address real postgraduate pressures like career anxiety and academic workloads. Emphasizing that stress should never be a solitary burden, Ms. Anet shared practical strategies for mindfulness, time management, and leaning on support systems, leaving the new batch with a reassuring safety net for their academic journey.

Following a brief recess, the focus shifted dynamically toward future possibilities with Dr. Blessy M. Mani's presentation, "The Horizon of Innovation: Finding Your Purpose in Postgraduate Studies." Representing the RIDE Centre, she demystified innovation by showing how groundbreaking ideas stem from solving everyday, practical problems. By introducing the students to the campus innovation ecosystem—including mentorship pipelines and incubation facilities—the session left the audience inspired to collaborate across departments and push creative boundaries.

**Coping Mechanism for  
Stress & Suicide**

**Ms. Annet Paul**  
STUDENTS' COUNSELLOR



**The Horizon of  
Innovation: Finding your  
Purpose in P.G Studies**

**Dr. Blessy M Mani**  
RESEARCH FACULTY  
FOR RIDE



## From Marks to Mastery: Academic Purpose and Well-being on Day Three

12<sup>TH</sup> JUNE 2026

**Marks to Mastery**

**Mr. Anoop John**  
CEO - META MINDS



**Health & Fitness in Daily  
Life & Life Skill Education**

**Ms. Archana Shaji**  
ASSISTANT POFESSOR,  
DEPARTMENT OF P.E

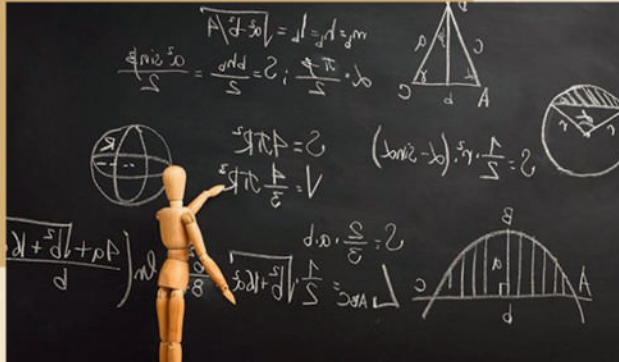


The final day commenced with a powerhouse session designed to reshape how students view higher education. In his keynote titled "Marks to Mastery," Meta Minds CEO Mr. Anoop John challenged grade-obsessed metrics, urging postgraduates to look past examinations and focus instead on building deep, functional competency. Through engaging storytelling, he spoke on the power of a growth mindset, encouraging the audience to see academic setbacks as stepping stones and to leverage campus resources to build real-world capability rather than just certificates.

Bringing the three-day induction to a balanced conclusion, the final afternoon turned its focus toward physical well-being. Titled "Health and Fitness," the session was dynamically led by Ms. Archana Shaji from the Department of Physical Education. Highlighting how physical movement directly boosts cognitive clarity, she provided everyday strategies for cutting down sedentary hours, maintaining correct posture, and making conscious nutritional choices. As Deeksharambh 2026 wrapped up, the new postgraduate batch walked away equipped with a vital toolkit for a healthy, balanced, and purposeful campus life.

# Newly Launched Programs

## Newly Launched Programs



### BSc Actuarial Science (Hons.)

The B.Sc. Actuarial Science programme is designed to provide students with a strong foundation in mathematical, statistical, economic and financial principles essential for analysing and managing risk and uncertainty. It integrates theoretical knowledge with practical applications to develop analytical, quantitative, and problem-solving skills, while also preparing students for professional actuarial examinations and entry-level roles in sectors such as insurance, finance, and risk management.

### BSc Computer Science- Artificial Intelligence and Machine Learning (Hons.)

The B.Sc. Computer Science – Artificial Intelligence and Machine Learning programme is designed to equip students with strong foundations in computer science, data science, artificial intelligence and machine learning technologies. The programme combines theoretical learning with hands-on practical training in programming, intelligent systems data analytics and emerging technologies to prepare students for careers in AI-driven industries, software development, research and higher studies.



### MSc Green Hydrogen Energy

The M.Sc. Green Hydrogen Energy programme is designed to address the growing global demand for sustainable and clean energy solutions by developing skilled professionals in emerging hydrogen technologies. It provides a strong interdisciplinary foundation in energy materials, electrochemistry, renewable energy systems, hydrogen production, storage, and fuel cell technologies, along with environmental and policy aspects. The curriculum integrates theory, hands-on laboratory training, internship, and research project work to equip students with practical skills and research competence. Graduates of the programme are prepared for careers in research, industry, and policy sectors contributing to a low carbon and sustainable energy future.

# Research Centre Recognition

## Newly Recognised Research Centre

# Department of Statistics

The Department of Statistics was officially recognised as a Research Department, a significant academic milestone that strengthens the research reputation of the college.

# Faculty Honours

**Awarded a Major Research Project from Ministry of Education, Govt. Of India under IKS Division**



Title: Scientific Investigation of Time-Activated Luminosity in Kerala Temple Murals: Integrating Material Characterization with Traditional Chitra-kara Knowledge.

Approved Budget: Rs.13,94,920/-

**DR. SANU MATHEW SIMON**

ASSISTANT PROFESSOR  
DEPARTMENT OF PHYSICS

*Congragulations on your achievement.*



# WORLD ENVIRONMENT DAY' 26

*At MAC*



"The Earth does not belong to us. We belong to the Earth". Every year on the 5th of June, the world pauses to reflect on the fragile beauty of the planet we call 'home'. At Mar Athanasius College, that meaning was brought to life. Departments, student units, and associations across the campus turned the occasion into a college-wide movement by planting saplings, distributing cloth bags, staging performances, and reaching out to schools and local communities. As John Muir once said, "In every walk with nature, one receives far more than he seeks". And on this day, the college walked that path together.



## World Environment Day At MAC

5<sup>TH</sup> JUNE 2026

### Dr. Winny Varghese Kicks Off Environment Day Celebrations

Serving as the grand inauguration for all subsequent World Environment Day activities on campus, a specialized green initiative was launched at the Prof. M. P. Varghese Tree Park. The mega-drive was officially set in motion by the Association Secretary, Dr. Winny Varghese, by planting the first saplings of the newly introduced Nakshathra Vanam (Star Forest). This foundational event anchored the college's week-long ecological campaigns.



### NSS: Inauguration of Bird Forest

The NSS unit inaugurated a Bird Forest on campus as an environmental initiative, coordinated by Dr. Feba Kurian and Dr. Majid N V along with student coordinators Devadarsan, Ann Catherine and Abhinav. The volunteers along with the coordinators planted saplings.

### NSS: Cloth Bag Distribution

As part of World Environment Day, the NSS volunteers distributed cloth bags in the adopted village (Keerampara) to promote sustainable living.



### NCC: Tree Plantation and Cleanliness Drive

The NCC cadets organized a tree plantation and cleanliness drive at Ayyappanmudi. The activity was held at the regional level, with resource persons including Prince Varkey (Vice Chairperson, Kothamangalam Municipality), Shibi Babu (Counsellor, Ward 6) & Joseph T K (Biodiversity Chairman, Kothamangalam Municipality). Coordinator - Dr. Remia K.



### Department of Botany: Plant Sapling Distribution Drive

The Department of Botany, Bhoomitrasena club & Biodiversity club under the coordination of Dr. Sarath G Nair organised a plant sapling distribution drive.

### Department of Biology: Sapling Distribution Drive

The Department of Biology conducted an offline extension outreach through a sapling distribution drive at Govt. VHSS, Mathirappilly, at the regional level, under Dr. Jayaraj S.



### Department of B.Voc BAT: Jeevana Vriksha

The Department of B.Voc Business Accounting & Taxation organised 'Jeeva Vriksha', an outdoor awareness campaign with tree sapling distribution. Resource person was Mr. Sukumaran M S, Vice President, Periyar Tourism Development Co-operative Society and it was coordinated by Ms. Sreelakshmi P R with sponsored funding.

### Department of MA Sociology: Creative Hands: Green Hearts - Craft Making

The Department of MA Sociology organised an Environment Day craft making programme with resource persons Dr. Jayalakshmi P S and Dr. Sarath G Nair (Dept. of Botany), under the coordinatorship of Mr. Jiljith Rajan.





### Department of English: Film Screening

The Department of English organised a screening of Wall - E, a movie reflective of humanitarian values as part of the World Environment Day. It was organized by Dr. Eldhose A Y



### Department of History: Roots for the Future

The Department of History conducted a sapling plantation drive titled 'Roots for the Future' at the regional level, with Ward Member Sathar V N as resource person. It was coordinated by Mr. Bince Mathew.



### Department of Chemistry: Cleaning Drive

The Department of Chemistry observed World Environment Day through an offline college-level programme, by organising a cleaning drive. It was organized by Dr. Sherin Philip.



### Department of Statistics: Swachh Kal

The Department of Statistics conducted 'Swachh Kal', an offline sapling planting drive at the regional level. It was coordinated by Dr. Nidhi P Ramesh and funded by PTA.

## Annmaria Terin

II BA. Sociology

**Gold medal** in  
**Hammer Throw,**  
(women) with a  
performance of  
44.46m



## Sajalkhan

II BA. Sociology

**Silver medal** in  
**Triple Jump,**  
(men) in the  
State Senior  
Athletics with a  
personal best  
performance  
of 15.71 m



## Jincy G

II MA. Sociology

**Gold medal** in  
**Steeplechase**  
State Senior  
Athletics  
Championship  
at Kollam



## YET ANOTHER TALE OF RESILIENCE: MA College Athletics Storms Kollam, Secures National Berths

**KOLLAM:** In a spectacular display of grit, discipline, and raw athletic prowess, the athletes of Mar Athanasius (MA) College, Kothamangalam, turned the tracks and fields of Kollam into their personal arena at the Kerala Senior State Athletics Championship 2026. Echoing their long-standing legacy of sporting excellence, the contingent delivered a masterclass in resilience, capturing a haul of medals and securing six coveted spots in the Kerala State team for the upcoming Senior National Athletics Championship in Odisha.

## The Gold Standard. The Glory of the Personal Best.

The championship witnessed jaw-dropping performances that kept the crowd on the edge of their seats. Leading the golden charge was **Ann Maria Terrin**, who dominated the women's **hammer throw** arena with a powerful launch of 44.46m to claim the Gold. Joining her on the top step of the podium was **Jincy G**, who outclassed the field in a grueling **Steeplechase** event to secure a well-deserved Gold.

In the men's pit, **Sajalkhan** soared to a sensational Silver medal in the **Triple Jump**, shattering his previous records to mark a new Personal Best of 15.71m. The **Long Jump** events also saw MA Academy dominance, with **Anurag C.V** leaping an impressive 7.46m to grab Silver, closely followed by teammate **Dhanushraj**, who secured Bronze with a commendable 7.22m.

### Akhilamol K

II BA. Sociology

**Bronze medal** in **High Jump**, (women) in the State Senior Athletics at Kollam



### Jithin Raj K

II MA. Sociology

**Silver medal** in **Half Marathon Race Walking** for men in the State Senior Athletics Championship at Kollam



### Miya Rose

III BA. Sociology

**Bronze medal** in **Half Marathon Race Walking** for women in the state senior Athletics Championship at Kollam



### Devika Ben

I MA. Economics

**Silver medal** in 1500 mtr. in the Senior State Athletics Championship at Kollam



## Endurance and Agility on Display

The track and high-altitude events tested the limits of endurance. In the grueling **Half Marathon Race Walk**, **Jithin Raj K** clinched a fighting **Silver** in the men's category, while **Miya Rose** demonstrated incredible stamina to bag the **Bronze** in the women's division.

Meanwhile, **Devika Ben** blazed through the **middle-distance track** to claim **Silver** in the 1500m (Women), and **Akhilamol** cleared the bar beautifully to take home the **Bronze** medal in the **Women's High Jump**.

## The Road to the Nationals: Six Selected for Odisha



For six phenomenal MA College athletes, the journey doesn't end in Kollam. Their stellar performances have earned them the ultimate honor—representing the Kerala State Athletics Team at the Senior National Athletics Championship in Odisha, scheduled from June 24 - 28, 2026.

The national-bound powerhouse contingent includes:

**Abhirami V.M, Halvi S. Vij, Saran Shaji, Jasmine Mathachan, Janice Tressa Regi & Mukundan A.D**

# Faculty Honours

## Newly Recognised Research Guides



**Dr. Akhila Sen**

Assistant Professor  
Department of Botany



**Dr. Sarath G Nair**

Assistant Professor  
Department of Botany



**Dr. Sherin Philip**

Assistant Professor  
Department of Chemistry



**Dr. Jayalakshmi  
P.S**

Assistant Professor  
Department of Botany



**Dr. Sibi M M**

Assistant Professor  
Department of Hindi



**Dr. Jinu John**

Assistant Professor  
Department of Hindi



**Dr. Jitto Jose**

Assistant Professor  
Department of  
Statistics



**Dr. Nidhi P  
Ramesh**

Assistant Professor  
Department of  
Statistics

# Student Honours

## Placement Achievements



### **Sandhra Sekhar**

**(PG Actuarial Science, Batch 2024–2026)** has been placed at **PNB MetLife, Mumbai**. Her success highlights the stellar global and corporate readiness of our postgraduate scholars.



### **Riya Prasad**

**(PG Actuarial Science, Batch 2024–2026)** have secured corporate placements at the Insurance **Information Bureau of India, Hyderabad**, marking a proud milestone for the department.

### **Athira Krishnan**



# Student Honours



## **NATIONAL CADET CORPS**

**18 (K) BATTALION MUVATTUPUZHA**

**MAR ATHANASIOUS COLLEGE (AUTONOMOUS) KOTHAMANGALAM**



### **CDT ABHINAND SURESH**

**SELECTED FOR IGSSC -  
2026**

**AT SIST, VELLANAD,  
THIRUVANANTHAPURAM**

**FROM JUNE 1 - JUNE 10  
2026**

### **L/CPL PALLAVI S**

**Won First Prize at  
the Inter-College  
World Ocean Day  
Essay Writing  
Competition  
organised by the  
NCC**



# Student Honours



## NATIONAL CADET CORPS

18(K) BATTALION MUVATTUPUZHA

MAR ATHANASIOUS COLLEGE (AUTONOMOUS), KOTHAMANGALAM



### SELECTED FOR TSC PRE - IGCC 1

AT NEWMAN COLLEGE THODUPUZHA  
FROM 03 JUNE 2026 TO 12 JUNE 2026



UO ANNMARIYA PAUL  
(MAP READING)



CPL ANGELO GEORGE JOSEPH  
(MAP READING)



CPL ANILDA BIJU  
(JDFS)



L/CPL ANWARA MUMTHAS  
(FIRING)



CDT DEBORAH BIJU  
(FIRING)



CDT KEERTHANA SREEKUMAR  
(HEALTH AND HYGIENE)

## Congratulations

# Student Honours



## **NATIONAL CADET CORPS** **18 (K) BATTALION MUVATTUPUZHA**



**MAR ATHANASIUS COLLEGE (AUTONOMOUS), KOTHAMANGALAM**

SELECTED FOR

## **ALL INDIA THAL SAINIK CAMP** **PRE-IGC 2**

AT AMAL JYOTHI ENGINEERING COLLEGE KANJIRAPPALLY  
FROM 24 JUNE TO 03 JULY 2026



**UO ANN MARIYA PAUL**  
(MAP READING)



**CPL ANILDA BIJU**  
(JDPS)



**CPL ANGELO GEORGE JOSEPH**  
(MAP READING)



**L/CPL ANWARA MUMTHAS**  
( FIRING )



**CDT KEERTHANA SREEKUMAR**  
( HEALTH & HYGIENE )



**CDT ABHINAND SURESH**  
( FIRING )

## **Congratulations**

# Student Honours



## NATIONAL CADET CORPS 18 (K) BATTALION MUVATTUPUZHA



MAR ATHANASIUS COLLEGE (AUTONOMOUS), KOTHAMANGALAM

SELECTED FOR

## TSC PRE IGC-II

AT AMAL JYOTHI ENGINEERING COLLEGE KANJIRAPPALLY  
FROM 24 JUNE TO 03 JULY 2026



UO ANN MARIYA PAUL  
(MAP READING)



CPL ANILDA BIJU  
(JDFS)



CPL ANGELO GEORGE JOSEPH  
(MAP READING)



L/CPL ANWARA MUMTHAS  
(FIRING)



CDT KEERTHANA SREEKUMAR  
(HEALTH & HYGIENE)

# Congratulations

# Inter Department Competitions

## QUIZ COMPETITION (WORLD ENVIRONMENT DAY)

Department of Economics  
Coordinator: Ms. Fiza Shameer,  
Association Secretary

**WINNERS: PARVATHY V N &  
SANDRA ELDOSE  
III BA Economics**



## POSTER MAKING (WORLD ENVIRONMENT DAY)

Department of Hindi  
Coordinator: Dr. Jinu John

**FIRST: ANAKHA JERRY  
II BA Hindi  
SECOND: JEWEL RAJAN  
III BA Hindi**



## QUIZ COMPETITION (WORLD ENVIRONMENT DAY)

PG & Research Department of Physics  
Coordinator: Dr. Francis Xavier

**FIRST: ANCY SAMUEL &  
AMAL KRISHNA A P  
MSc Actuarial Science  
SECOND: ABHIRAM P B &  
SANGEETH NARAYAN S  
MSc Actuarial Science**



## DOCUMENTARY REVIEW (WORLD ENVIRONMENT DAY)

PG & Research Department of  
Commerce  
Coordinator: Ms. Jiya John Parayil

**WINNER: DYUTHIMOL K S  
II M Com**



# Inter Department Competitions

## QUIZ COMPETITION (WORLD ENVIRONMENT DAY)

Department of Commerce (SF)  
Coordinator: Ms. Arya Manmadhan

**FIRST: FATHIMA & SANIA**  
III B Com M3  
**SECOND: PARVATHY & NOUMY**  
III B Com M3



## GUESS THE BOOK (READING DAY)

Department of History & Political Science  
Coordinator: Mr. Gokul H

**FIRST: ABHINAV & VISHWANATHAN**  
II BA Sociology & Chemistry  
**SECOND: GOURI & SNEHA**  
III BA Sociology



## DEBATE COMPETITION "FREEBIES: BOON OR BANE?"

Cultural Forum  
Coordinator: Dr. Sini K S

**FIRST: REEM FATIMA**  
II BA Sociology  
**SECOND: SOORYAKIRAN A AJIT**  
II BSc Statistics



# Weekly Initiatives

## Cultural Forum

### Friday Programs

EVERY FRIDAY AT NOON  
VENUE: NEAR ECONOMICS DEPARTMENT

COORDINATED BY DR. SINI KS,  
SOORYAKIRAN A AJIT

### SYMPHONY FOR THE SOIL

### 5<sup>TH</sup> JUNE 2026



Organized in relation to World Environment Day, the Cultural Forum's *Symphony for the Soil* brought a refreshing energy to our Friday campus routine. While the afternoon largely focused on casual, high-energy dance routines and popular songs that got the crowd cheering, it was firmly anchored by a vital message. A few dedicated, theme-focused acts beautifully captured our responsibility to the earth, reminding everyone of the deep connection we share with the environment.

## Cultural Forum Special: Cine Connect



Stepping outside its usual Friday slot, the Cultural Forum brought a deeply engaging energy to campus with Cine Connect. Under the theme NOBODY—Interact, Play & Win, an energetic MC invited participants from the crowd to share personal, heartfelt stories about the people in their lives who rose from being a "nobody" to a "somebody."

This lively, interactive storytelling session completely captivated the audience, moving away from standard games to focus on real human connection. The courage of the speakers was richly rewarded, as the lucky winners earned an exclusive opportunity to meet and interact live with renowned actor-filmmaker Prithviraj Sukumaran.



### 12<sup>TH</sup> JUNE 2026

Turning its focus to an urgent social issue, the Cultural Forum presented *Stolen Tomorrows*, a Friday initiative highlighting the fight against child labor. The event blended serious reflection with a relaxed weekend vibe. Amid the casual musical numbers and dance segments that kept the atmosphere vibrant, the key thematic performances stood out, using creative storytelling to shed light on the innocent childhoods and lost potentials stolen by forced labor.

### STOLEN TOMORROWS



TO PARTICIPATE, CONTACT: +91 77365 54676 SOORYAKIRAN, II BSC STATISTICS

# Weekly Initiatives

## NSS Unit

EVERY MONDAY & THURSDAY

**Snehakaram**



### **SNEHAKARAM: SHARING LOVE, ONE MEAL AT A TIME**

True to its name, Snehakaram (The Hand of Love) has been a quiet beacon of compassion on our campus this month. Organized by the NSS unit, this beautiful initiative steps forward every Monday and Thursday to ensure that those in need aren't left behind during the lunch hour. By partnering with the campus canteen, the team packages and provides wholesome lunches twice a week, turning a simple meal into a gesture of deep care and community solidarity.

This June, the NSS volunteers successfully completed eight rounds of the program, showing up consistently to support four individuals each day. In the middle of busy college schedules, this initiative serves as a gentle, human reminder of the NSS unit's strong dedication to cultivating empathy, looking out for one another, and driving meaningful social impact from the ground up.

# June at a Glance



## 2 JUNE - NSS: DISTRIBUTION OF STUDY MATERIAL

The NSS unit conducted an outdoor extension activity, distributing study materials to students of the adopted school. The programme was coordinated by Dr. Feba Kurian and Dr. Majid N V, funded by the NSS State Government grant.



## 5 JUNE - DEPARTMENT OF BOTANY: EXTENSION OUTREACH

The department of Botany conducted an outdoor extension Outreach programme, distributing study materials to students of Govt. LP School, Palamattom, under the cordination of Dr. Akhila Sen.



## 8 JUNE - WORLD OCEAN DAY: DOCUMENTARY PRESENTATION

The Bhoomithrasena and Biodiversity Club presented the documentary 'Our Planet – Coastal Seas' to mark World Ocean Day 2026, coordinated by Dr. Jayalakshmi P S.



## 8 JUNE - NCC: WORLD OCEAN DAY

The NCC unit observed World Ocean Day through an online academic programme. Coordinated by Dr. Remia K.

## READING DAY AT MAC



### Department of English: "Every Book Leaves A Mark"

The Department of English organised an offline Reading Day lecture at the college level. The resource person was E. Sandhya, poet and retired a from Prajyothi Niketan College, Puthukad. It was coordinated by Ms. Reeba Thomas.



### NSS: Reading Stories To Young Minds

The NSS unit organized an outdoor activity titled "Vayanadinam – Reading Stories to Young Minds in Adopted School" on the occasion of Reading Day. Volunteers visited an adopted school and read inspiring stories to young students, aiming to spark curiosity and attract children to the world of reading.



### Department of Chemistry: "Reading Molecules, Reading Minds"

The Department of Chemistry organized an offline event titled "Reading Molecules, Reading Minds" as part of Reading Day 2026. Ms. Chippy KS emerged as the winner at the PG level, while Ms. Julie Mariya Eldha won at the UG level. The event was coordinated by Dr. Sherin Philip and aimed at fostering a culture of reading among students.



### Department of Hindi: Book Review & Short Film Screening

The Department of Hindi organised an offline book review and short film screening. Ms. Anakha Jerry, Ms. Naera Kunjumammed, Ms. Amika Rajesh & Ms. Mayidathul Fulha presented reviews of their favourite books. As part of the celebration, the film *Malgudi Days*, based on the famous stories of renowned Indian writer R. K. Narayan, was screened for the students. Coordinated by Celeeshia Joseph.

# June at a Glance



## 10 JUNE - WORLD CUP ROAD SHOW

The Department of Physical Education conducted an outdoor World Cup Road Show featuring a penalty shootout event at the college premises, coordinated by Ms. Archana Shaji and other student coordinators.



## 16 JUNE - DEPT. OF STATISTICS: CENSUS AWARENESS PROGRAMME

The Department of Statistics and Sankhyayan Association hosted an offline state-level awareness programme on India's Census System, with Divyendhu T R, Statistical Investigator Grade II, Directorate of Census Operations, Kerala, as resource person. Coordinated by Dr. Jitto Jose.



## 18 JUNE - NSS & NCC: DRUG AWARENESS RALLY

The NSS and NCC units jointly organized a Drug Awareness Rally to spread awareness about the harmful effects of substance abuse. Volunteers and cadets marched through the local streets carrying placards and raising anti-drug slogans, drawing attention from the public. The event encouraged youth to lead a healthy, drug-free life and highlighted the importance of collective responsibility in building a better society.



## 24 JUNE - NSS: TOURISM PROMOTION INITIATIVE

As part of a tourism promotion and environmental conservation initiative, NSS volunteers organized a cleanliness and beautification drive at Injathotti Bridge, Keerampara (adopted village). The regional-level outdoor activity, coordinated by Dr. Feba Kurian and Dr. Majid N V, reflected the unit's commitment to community-development and eco-tourism promotion.

### International Yoga Day at MAC

#### Day 1: NCC Cadets Lead Campus Yoga Observance

The campus marked the global occasion with a dedicated program on June 21, Organized by the NCC cadets, the event was officially inaugurated by Mrs. Bhanumathi Raju, Municipal Chairperson of Kothamangalam. The introductory session focused on the core values of the practice, bringing cadets together to begin the weekend observance with a collective focus on health and discipline.

21 JUNE 2026



22 JUNE 2026

#### Day 2: Joint Campus Demonstration & Practical Session

The observance continued into the following day under the leadership of the Department of Physical Education. Coordinated by Mrs. Archana Shaji, this session brought together a larger student body, with active participation from both the NCC cadets and the NSS volunteers. The practical routine was demonstrated by Gloria, a student of the college, who guided the gathered participants through various structured movements to promote daily fitness and holistic well-being.



# June at a Glance



## 25 JUNE - DEPARTMENT OF BOTANY: POLLINATOR WEEK - POSTER PRESENTATION

The Department of Botany, under the Botany Association, organized an offline poster presentation as part of Pollinator Week celebrations. Coordinated by Dr. Akhila Sen, the college-level academic event enabled students to creatively express and communicate the significance of pollinators in sustaining biodiversity.



## 25 JUNE - DEPT. OF BOTANY, BHOOMITHRASENA & BIODIVERSITY CLUB: STEP INTO THE WILD

In observance of International Day for the Conservation of Tropical Forests and Pollinator Week 2026, the Department of Botany, Bhoomithrasena, and the Biodiversity Club organized an outdoor nature walk titled "Step into the Wild, Discover, Connect & Conserve" at Bhoothathankkettu. The regional-level event kindled awareness about forest conservation and the vital role of pollinators in maintaining ecological balance.



## 26 & 27 JUNE - DEPARTMENT OF COMMERCE: SYSTEMATIC LITERATURE REVIEW: WORKSHOP

The Department of Commerce organised a two-day offline state-level hands-on workshop on Systematic Literature Review. The resource person was Dr. Biju T, Professor & Head, Dept. of Commerce, University of Kerala. Coordinated by Jiya John Parayil, funded by the college management.



## 30 JUNE - DEPT. OF PHYSICS: DOCUMENTARY PRESENTATION

The PG and Research Dept. Of Physics organized a documentary presentation in connection with Asteroid Day. The screening focused on the science of asteroids, their historical impact on Earth, and current advancements in planetary defense systems, aiming to raise awareness and interest in space observation among students.





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