

S E S COLLEGE SREEKANDAPURAM



Department of Physics



2025-2026

1. Research Methodology Building Research Foundations

One day seminar on research methodology was conducted on 17th July 2025. Jishnu P, ALUMNI, Research fellow, IIT Palakkad handled the session. Students of our department, 30 students benefitted the same.

Objectives: Awareness on various research opportunities in India and abroad. Strategies to implement in appearing competitive exam. Understand the Basics of Research Methodology. Provide clarity on what research methodology is and why it's essential—a foundation for conducting valid and reliable studies

Outcome:

The lecture successfully build research interest in students. Attendees improved their understanding of core concepts—research design, hypothesis formulation, qualitative vs quantitative methods, data collection, and ethical conduct. Reports showed significant pre-test to post-test knowledge gains.





2. Connecting with Alumni: Insights and Experience

One day talk on Connecting with Alumni was conducted on 17th July 2025. Devaprakash P V, Food Co operation of India, Ass. Grade 3, ALUMNI, handled the session. Students of our department, 28 students benefitted the same.

Objectives: To introduce students to the operational structure, mandate, and career pathways within the Food Corporation of India To explain the day-to-day responsibilities and strategic importance of the Assistant Grade 3 cadre in national food security Bridge the Academic-Professional Gap To share personal transition strategies from university student to a public sector professional To highlight the specific academic modules, competencies, and mindsets that translate directly into government service success

Outcome: Enhanced Institutional Clarity: Participants gained a comprehensive understanding of FCI's role in procurement, storage, and distribution of food grains. Attendees successfully mapped the promotional trajectory and career milestones originating from the Assistant Grade 3 benchmark





SES COLLEGE

SREEKANDAPURAM

DEPARTMENT OF PHYSICS

CONNECTING WITH ALUMNI : INSIGHTS AND EXPERIENCES

 17th JULY 2025, THURSDAY

 11:00 AM

 SEMINAR HALL



DEVAPRAKSH P V
 FOOD CORPORATION OF INDIA
 ASSISTANT GRADE 3
 2016-2019 BATCH

**"ONCE A STUDENT,
ALWAYS PART OF THE
FAMILY."**

ALL ARE WELCOME!



3. Your gate way to crack competitive Exams

Tips to qualify various entrance exams, a coaching series was inaugurated on 17/07/2025. It was an initiation by ALUMNI of our department. Shama Lulu C K, ALUMNI (2022-2025 Batch) inaugurated the same by handling session on the same. Selected 29 students of our department benefitted it.

Objectives: Help students understand their exam's structure, topics, and grading system so they can set clear, achievable goals. Introduce practical habits—like prioritizing tough questions, using the Pomodoro technique, and taking timed practice tests—to build confidence and improve time management on test day.

Outcome: Participants mastered the art of designing structured study plans and prioritizing tasks, leading to optimized time management throughout their preparation and on exam day. Additionally, integrating core wellness habits—such as adequate sleep, proper nutrition, physical activity, and meditation—alongside confidence-boosting techniques like visualization and peer networks, effectively lowered stress levels and elevated performance.



SES COLLEGE SREEKANDAPURAM
DEPARTMENT OF PHYSICS



YOUR GATEWAY TO CRACK COMPETITIVE EXAMS

SESSION HANDLED BY

SHAMA LULU C K

Bsc Physics 2022-25 Batch
(MSc Physics at IIT Palakkad,
GATE 2025 Holder)

📅 17TH JULY 2025

🕒 1:30 PM

📍 SEMINAR HALL

Open to All BSc Physics
Students

*"Competitive Exams Don't
Test Intelligence-They Test
Your Patience, Preparation,
and Perseverance."*



What to Expect:

- ✓ Expert Tips from Competitive Exam Coaches
- ✓ Study Planning & Smart Preparation Strategies
- ✓ Q&A and Career Guidance Session





4. Carrier Guidance : The master key to ace your State PSC.

On July 17, 2025, a specialized coaching series focused on clearing State PSC examinations was launched. This program was conceptualized and driven entirely by departmental alumni. Arun Kumar N, inaugurated the initiative and conducted the opening technical session. 28 selected students from the department actively attended and benefited from the seminar.

Objectives: To decode the syllabus, question weightage, and scoring patterns of various State PSC examinations (such as preliminary and mains
Department of Physics, Activity Report 2025-26

structures). To explain the evolving trends in PSC question papers and identify high-yield topics to optimize study efforts. Establish Strategic Execution Frameworks To train aspirants on how to set realistic, time-bound SMART goals for their daily and monthly preparation timelines.

Outcome: Participants successfully demystified the target PSC framework, transitioning from generic studying to highly focused, syllabus-aligned preparation. Aspirants created individual, actionable study schedules built around realistic performance milestones. Optimized Time Management & Testing Strategy Attendees integrated structured study intervals into their daily routines and learned how to practice effectively using timed mock tests.


SES COLLEGE SREEKANDAPURAM
 DEPARTMENT OF PHYSICS

CARRIER GUIDANCE

SESSION HANDLED BY



ARUN KUMAR
(KERALA POLICE)


17 JULY 2025

12:00 PM

"your Positive Action Combined With Positive Thinking Results In Success."



Sreekandapuram, Kerala, India

2gg9+c75, Sreekandapuram, Kerala 670631, India

Lat 12.026085° Long 75.516347°
17/07/2025 11:46 AM GMT +05:30

Google

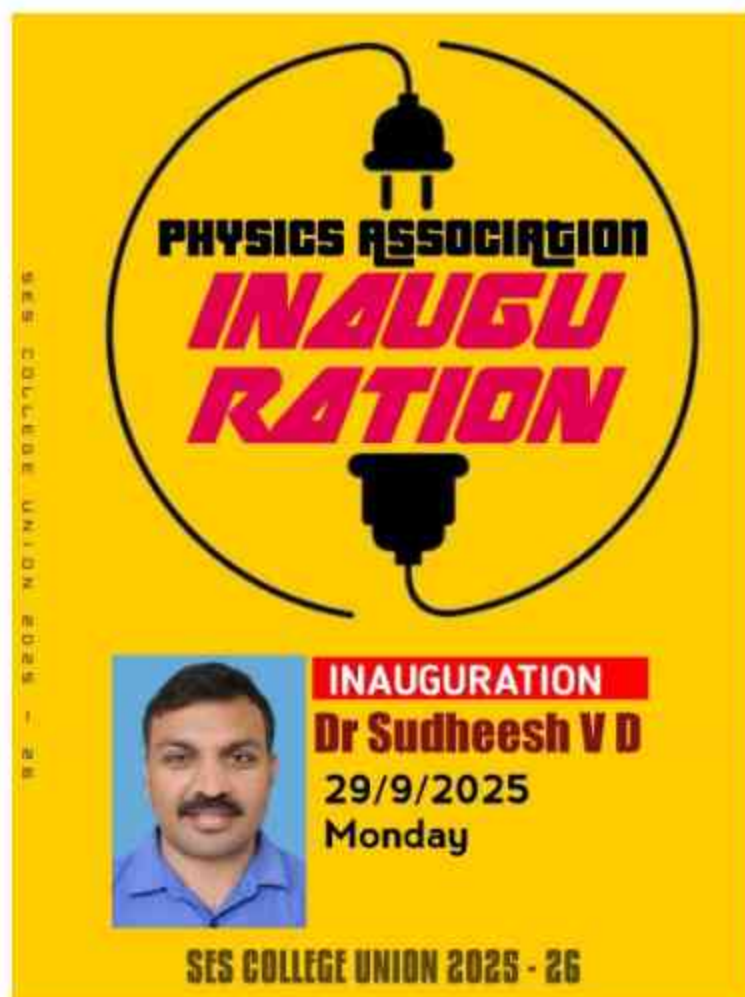


5. Association Inauguration.

Inauguration of Physics Association was conducted on 29th September 2025. Dr. Sudeesh V D, Assistant Professor, P R NSS College, Mattanur, handled the session. Students of our department, 26 students benefitted the same.

Objectives: To officially launch the departmental Physics Association as an interactive platform for co-curricular learning, innovation, and academic discourse. To foster leadership, collaboration, and organizational skills among the core student members of the department. Incorporate Expert Academic Insights To provide students with a foundational lecture by a subject expert (Dr. Sudeesh V V) on modern advancements, research scope, and practical applications in physics.

Outcome: The Physics Association was successfully institutionalized, providing a structured venue for students to host future seminars, quizzes, and science exhibitions. A cohesive network was built within the department, assigning student roles to drive future academic initiatives. Enriched Subject Comprehension The 26 attending students gained meaningful insights into core physics concepts and emerging scientific frontiers shared during the expert session.





6. Power Quiz: State Level Quiz Competition by KSEB

Kerala State Electricity Board conduct Power Quiz every year. It is a state level Quiz competition for School and College students. Students of various departments actively participated in the event on 06/11/2025. Thushar Babu won First prize. Adhya U won Second prize.

Objectives: Introduce students to the workings of the power industry—from generation to transmission, distribution, and renewable integration—to deepen their understanding of how electricity systems function in Kerala and beyond.

Outcome: The competition aims to enhance awareness and knowledge about the power sector among students, fostering a deeper understanding of energy conservation, electricity generation, and related technologies.



7. Skill development Programme

Language and communication skill development seminar was conducted on 05th December 2025. Students from various departments benefitted the same. Shama Lulu C K, Associate Professor, department of physics, SN college Kannur. 09 students of our department benefitted it.

Objectives: To equip students with essential technical competencies, including the proficient operation of laboratory instruments, high-precision measurement, and systematic trial execution required for advanced scientific and technological endeavors.

Outcomes: Experiential laboratory learning successfully links theoretical frameworks with practical execution. Observing concepts in real time—such as visualizing the laws of motion through targeted experiment dynamics—deepens student comprehension of abstract physics principles.



8. Women Empowerment Programme

In order to encourage and motivate girl students, women empowerment seminar was conducted by the department on 03rd December 2025.

Anusha T, Alumni, department of physics, SES College Sreekandapuram. Around twenty two students motivated.



9. Extension 1: Races

Extention Out reach Activity conducted at Malappattam H SS on 18-12-2025

EXTENSION OUTREACH ACTIVITY

RACES

RESEARCH & ACADEMIC COMMUNITY
EXTENSION SERIES

RACES 2026

DEPARTMENT OF PHYSICS EXTENSION INITIATIVE

DEPARTMENT OF PHYSICS
S.E.S. COLLEGE, SREEKANDAPURAM

"BEYOND THE BLACKBOARD"

PROGRAM SCHEDULE & LOCATION CARD

DATE	TIME	VENUE
18 Dec 2026 Thursday	11:30 AM IST	Malappattam HSS

KEY DISCUSSION FOCUS AREAS

Everyday Physics
& Curiosity

Experiential
Learning

All High School Students & Teachers Are Cordially Invited!



10. Extension 2: Races

Extension Out reach Activity conducted at IMNSGHSS, Mayyil on 18-12-2025

EXTENSION OUTREACH ACTIVITY

RACES

RESEARCH & ACADEMIC COMMUNITY
EXTENSION SERIES

RACES 2026

DEPARTMENT OF PHYSICS EXTENSION INITIATIVE
DEPARTMENT OF PHYSICS
S.E.S. COLLEGE, SREEKANDAPURAM

"BEYOND THE BLACKBOARD"

PROGRAM SCHEDULE & LOCATION CARD

DATE	TIME	VENUE
18 Dec 2025 Thursday	12:30 PM IST	Mayyil HSS

KEY DISCUSSION FOCUS AREAS

- Everyday Physics & Curiosity
- Experiential Learning

All High School Students & Teachers Are Cordially Invited!



11. Extension 3: Races

Extension Out reach Activity conducted at Kathiroor VHSS on 31-12-2025 talk on From phone to electric cars, by Dr. Jinisha B.

INVITED GUEST LECTURE

DEPARTMENT OF PHYSICS • SES COLLEGE SREEKANDAPURAM

FROM PHONE TO ELECTRIC CARS:

The Amazing World of Batteries

RESOURCE PERSON

Dr. Jinisha B.
Assistant Professor, Department of Physics
SES College Sreekandapuram

EVENT SCHEDULE & LOCATION

📅 DATE 31 Dec 2025 Wednesday	🕒 TIME 09:30 AM IST (GMT +05:30)	📍 VENUE Kadirur, Thalassery Kerala 670642
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SESSION HIGHLIGHTS

📱 **Mobile & EV Battery Systems**

Explore the fundamental electrochemical principles powering modern smartphones, laptops, and electric vehicle battery packs.

🌱 **Green Energy Transition**

Learn how cutting-edge battery storage technologies drive renewable energy integration and global sustainability.



12. Exhibition

Exhibition Activity conducted at department of Physics, SES college Sreekandapuram, on 07-01-2026.



13. Industrial Visit to Goa Planetarium

Students of Physics department visited Solar Observatory Museum on 30th October 2025. Various instruments including telescopes were got familiarized by the students. Students Around 12 students visited the same.

