



# THE COCHIN COLLEGE

Koovapadam, Kochi-2

Affiliated To Mahatma Gandhi University

Re-accredited by NAAC With B+ Grade



Fourth Cycle  
NAAC Accreditation 2024

## Criterion 1 Curricular Aspects

### 1.3 - Curriculum Enrichment

Metric No. 1.3.1

Institution integrates crosscutting issues relevant to Professional Ethics, Gender, Human Values, Environment and Sustainability in transacting the Curriculum.

### Activities Addressing Human Values

Submitted to



National Assessment and Accreditation Council



# THE COCHIN COLLEGE

KOCHI - 682 002

(Affiliated to Mahatma Gandhi University and Accredited by NAAC)

Website: [www.thecochincollege.edu.in](http://www.thecochincollege.edu.in)

email: [email@thecochincollege.edu.in](mailto:email@thecochincollege.edu.in)

## Activities addressing Human Values

This document presents a comprehensive overview of the various activities and initiatives undertaken by **The Cochin College** to promote and instill human values among its students and the wider community. Spanning the academic years from **2019 to 2024**, this compilation highlights our unwavering commitment to fostering a socially responsible, ethically aware, and environmentally conscious society through education and community engagement.

The activities detailed in this report encompass a wide array of themes, including but not limited to, **environmental conservation, gender equality, mental health awareness, social service, and ethical governance**. Each initiative has been meticulously planned and executed with the objective of nurturing empathetic and responsible individuals who can contribute positively to the societal fabric.

Key programs such as *Jeevani (Centre for Student's Well-being)*, *International Peace G20 Youth Summit*, and *World Sparrow Day* celebrations underscore our dedication to addressing pressing global and local issues. Furthermore, community outreach efforts like *Nutrition Kit Distribution for TB Patients*, *Blood Donation Camps*, and visits to *Old Age Homes* reflect our commitment to social welfare and humanitarian assistance.

The document is organized chronologically, providing detailed descriptions, objectives, and outcomes of each activity. Visual representations through photographs and illustrations are included to offer a more immersive and engaging understanding of our endeavors.

We believe that education extends beyond academic excellence; it is about building character and imparting values that shape responsible citizens. Through these activities, **The Cochin College** strives to create an environment that encourages students to actively participate in societal development and become ambassadors of positive change.

We extend our heartfelt gratitude to all the faculty members, students, and partners who have contributed to the success of these initiatives. Their enthusiasm and dedication have been instrumental in realizing our vision of a harmonious and value-driven community.

We hope this document serves as an inspiration and a testament to the profound impact that concerted efforts in promoting human values can achieve. Together, let us continue to work towards building a more inclusive, compassionate, and sustainable world.





# THE COCHIN COLLEGE

KOCHI - 682 002

(Affiliated to Mahatma Gandhi University and Accredited by NAAC)

Website: [www.thecochincollege.edu.in](http://www.thecochincollege.edu.in)

email: [email@thecochincollege.edu.in](mailto:email@thecochincollege.edu.in)

## Contents

1 Jeevani (Centre for student's well being )	3
2 International Peace G20 Youth Summit 2023	4
3 Angana	5
4 EPOXY- Environment Day Celebrations	7
5 You Kan Heal	9
6 Nutrition Kit Distribution for TB Patients	11
7 Blood Donation Camp 2023	12
8 Onam Celebrations at Good Hope Old Age Home	13
9 Student Vermicompost Sale and Exhibition	14
10 World Sparrow Day	15
11 Pre-marital Counselling Course	17
12 Sukrutham 2022: Onam Celebration at Old Age Home	19
13 Books on Wheels	20
14 Kanivu 2022: Food packet distribution for impoverished persons	21
15 Blood Donation Camp 2022	22
16 Menace of Dowry and Women Empowerment	24
17 Pre-Marital Counselling Course	25
18 Creative Palette Painting Workshop	26
19 Demonstration Class of Chinese Martial Art	27
20 One Person One Hand Sanitizer	28
21 Blood Donation Camp 2019-2020	29
22 Talkathon Lecture Series	30
23 Peppersav	32





# THE COCHIN COLLEGE

KOCHI - 682 002

(Affiliated to Mahatma Gandhi University and Accredited by NAAC)

Website: [www.thecochoincollege.edu.in](http://www.thecochoincollege.edu.in)

email: [email@thecochoincollege.edu.in](mailto:email@thecochoincollege.edu.in)

2023-2024

## 1 Jeevani (Centre for student's well being )

Jeevani (Centre for student's well being ) is a project by the Department of Collegiate Education, Government of Kerala, in technical collaboration with National Institute of Mental Health & Neurosciences (NIMHANS), Bengaluru which focuses on the mental well-being of the students in Government Arts and Science colleges in Kerala. The project aims to promote mental health for college students and to improve awareness among them. This programme helps to identify psychological issues among college students. I, Anu Bejoy, joined as the Jeevani Psychologist on 6th Nov, 2023. Subsequently, the centre officially opened its doors for students. The main objectives under the project in our campus were: Conducting programmes for creating awareness about mental health. Providing Psycho educational classes for enrolled students. Counselling of students having psychological issues. As part of the programme, mental health awareness classes were conducted for the students which covered the topics on depression, anxiety, stress, suicidal ideations ,toxic relationship. Additionally, students in need received individual sessions based on their scheduled time.





# THE COCHIN COLLEGE

KOCHI - 682 002

(Affiliated to Mahatma Gandhi University and Accredited by NAAC)

Website: [www.thecochincollege.edu.in](http://www.thecochincollege.edu.in)

email: [email@thecochincollege.edu.in](mailto:email@thecochincollege.edu.in)

## 2 International Peace G20 Youth Summit 2023

The Cochin college is recognised as “Peace League Institution “ in International Peace G20 Youth Summit 2023 Kochi, Kerala, South India hosted by The Choice School, Thripunithura, kochi on August 12<sup>th</sup>. Students of The Cochin College took ‘Peace Pledge’ and ten students - Arya Jayan & Nandhana from BCom marketing , Sourav from BSc Physics, Manu Mohan,Vivek, Anjana, Anjali, Ayana, Adhil & Sandhya from BSc Zoology participated in the IP20 Youth Summit along with Faculty in Charge Dr Manju V. Subramanian was recognised as Peace Ambassador. Manu Mohan, of 2nd BSc Zoology actively participated in a panel discussion on “Gender Equality” was appreciated by the panel members and gifted him with a book by a delegate from US on Cryptocurrency.





# THE COCHIN COLLEGE

KOCHI - 682 002

(Affiliated to Mahatma Gandhi University and Accredited by NAAC)

Website: [www.thecochincollege.edu.in](http://www.thecochincollege.edu.in)

email: [email@thecochincollege.edu.in](mailto:email@thecochincollege.edu.in)

## 3 Angana

The Department of English celebrated Women's Day-Angana on 12 March 2024. The International Women's Day celebration held on March 12, 2024, at our college was a resounding success, marked by a variety of engaging activities aimed at commemorating and honouring the achievements of women worldwide. The event encompassed a range of initiatives, including a poster exhibition, quiz competition, art and food exhibition, as well as a special tribute to the janitorial staff of our college. The poster exhibition served as a visual representation of the theme of women's empowerment and equality. Various posters highlighting the struggles, triumphs, and contributions of women across different fields adorned the exhibition space. Identify the person- in which students, teachers and staffs participated actively. The competition fostered a spirit of camaraderie and intellectual engagement among participants, while also enhancing awareness about the challenges faced by women globally and the progress achieved in advancing gender equality. The art and food exhibition showcased the creativity and culinary talents of students and faculty members. Artistic creations celebrating the strength, resilience, and diversity of women were displayed alongside delectable culinary delights prepared by students. The exhibition provided a platform for artistic expression and gastronomic exploration, adding a vibrant dimension to the celebration of International Women's Day. A poignant highlight of the event was the special tribute paid to the janitorial staff of our college. These unsung heroes play a crucial role in maintaining the cleanliness and functionality of our campus, yet their contributions often go unnoticed. In recognition of their hard work and dedication, a heartfelt ceremony was organized to honour and express gratitude to the janitorial staff for their invaluable service to the college community. The International Women's Day celebration held on March 12, 2024, was a meaningful and impactful event that brought together students, faculty, and staff to commemorate the achievements of women and promote gender equality. Through engaging activities such as the poster exhibition, quiz competition, art and food exhibition, and special tribute to the janitorial staff, the event succeeded in fostering awareness, appreciation, and solidarity in support of women's rights and empowerment.





# THE COCHIN COLLEGE

KOCHI - 682 002

(Affiliated to Mahatma Gandhi University and Accredited by NAAC)

Website: [www.thecochincollege.edu.in](http://www.thecochincollege.edu.in)

email: [email@thecochincollege.edu.in](mailto:email@thecochincollege.edu.in)





# THE COCHIN COLLEGE

KOCHI - 682 002

(Affiliated to Mahatma Gandhi University and Accredited by NAAC)

Website: [www.thecochincollege.edu.in](http://www.thecochincollege.edu.in)

email: [email@thecochincollege.edu.in](mailto:email@thecochincollege.edu.in)

## 4 EPOXY- Environment Day Celebrations

The Department of Botany, (The Cochin College) in association with the Dept. of Biotechnology, the Dept. of Biochemistry and Bhoomithrasena Club celebrated World Environmental Day (June 5) by conducting an exhibition cum sale programme 'EPOXY'. The programme was held on 21-06-2023 from 10.00 a.m. to 01:30 p.m. at the botany lab of Cochin College. The theme of world environmental day 2023 was to, 'Beat plastic pollution'. The programme was intended to enhance the creativity of students through recycle and reuse of plastic products into innovative useful items. The students and faculties of the department made different materials using plastic. The students, faculties and non-teaching staffs from various departments of the college had participated in the exhibition. Dr. M. Geetha, Principal of The Cochin College inaugurated the programme by purchasing the plastic products made by students and she appreciated the faculties and students of the department. Dr. Suprabha. G. Nair, HOD of botany gave a speech on plastic pollution and the effectiveness of this programme at college level. The programme was also aimed to boost the social commitment of students towards the society and to create awareness among them as they are the ones who can build a better nation through their small contributions.







# THE COCHIN COLLEGE

KOCHI - 682 002

(Affiliated to Mahatma Gandhi University and Accredited by NAAC)

Website: [www.thecochoincollege.edu.in](http://www.thecochoincollege.edu.in)

email: [email@thecochoincollege.edu.in](mailto:email@thecochoincollege.edu.in)





# THE COCHIN COLLEGE

KOCHI - 682 002

(Affiliated to Mahatma Gandhi University and Accredited by NAAC)

Website: [www.thecochincollege.edu.in](http://www.thecochincollege.edu.in)

email: [email@thecochincollege.edu.in](mailto:email@thecochincollege.edu.in)

## 5 You Kan Heal

On July 3rd First Regional Workshop of You Kan Heal was organised by Bhoomithrasena Club of the Cochin College in association with Kochi Municipal Corporation, GIZ, C-HED and St. Teresa's College. Together will initiate a project in alignment with the LiFE project of Govt. of India, which aims at mobilising youth for reduction of single use plastics and promotion of sustainable practices/eco friendly alternatives. This venture strives to effect solutions to the serious environmental crisis posed by plastic waste also leading to pollution of marine waters. The proactive involvement of children and youth is a critical step required in moulding an environmentally responsible future generation. The Programme was presided by Dr M Geetha, Principal, The Cochin College and was inaugurated by TK Ashraf, Standing Committee Chairman. Sessions were taken by Dr Nirmala Padmanabhan, You Kan Heal Expert and Mr Joshy Varghese, You Kan Heal Coordinators from St Teresa's College, Ernakulam.

**YOU CAN HEAL KOCHI**  
(YOUTH FOR KOCHI ALL FOR NATURE)

FIRST REGIONAL WORKSHOP  
IN WEST KOCHI

CREATION OF  
**HEAL CLUBS**  
IN EDUCATIONAL INSTITUTIONS

ON  
03/07/2023  
(INTERNATIONAL PLASTIC BAG FREE DAY)

VENUE: SEMINAR HALL  
THE COCHIN COLLEGE  
TIME: 10AM-1PM

**KOCHI MUNICIPAL CORPORATION**  
in association with  
DEPARTMENT OF  
EDUCATION  
organises  
**HEAL**

Supported by  
GIZ

Co-Ordinator  
St. Teresa's College





# THE COCHIN COLLEGE

KOCHI - 682 002

(Affiliated to Mahatma Gandhi University and Accredited by NAAC)

Website: [www.thecochincollege.edu.in](http://www.thecochincollege.edu.in)

email: [email@thecochincollege.edu.in](mailto:email@thecochincollege.edu.in)

**HEAL Kochi**  
Health Enhancement, Agricultural Extension, Livelihood

**THE KOCHI MUNICIPAL CORPORATION**  
IN ASSOCIATION WITH  
**DEPARTMENT OF EDUCATION**  
ORGANISES  
**HEAL**

**YOU KAN HEAL**  
(Youth for Kochi All for Nature)

First Regional Workshop  
in West Kochi

creation of  
**HEAL CLUBS**  
in Educational Institutions

on  
**02/07/2023**  
(International Plastic Bag Free Day)

Venue: Seminar Hall  
The Cochin College

Time: 10AM-1PM

**PROGRAMME SCHEDULE**

Prayer

Welcome Speech: Dr. Suprabha G Nair  
(Faculty in Charge, Bhoomithrasena Club)

Presidential Address: Dr. M. Geetha  
(Principal, The Cochin College)

Keynote address: Sri V.A. Sreejith  
(Education Standing Committee Chairman)

Inauguration: Sri T.A. Ashraf  
(Health Standing Committee Chairman)

**Participants**

Sri J. Sanjivan  
(Town Planning Standing Committee Chairman)

Sri H. Sheela Lal  
(Chairperson, Welfare Standing Committee)

Sri Priya Prasadini  
(Chairperson, For Appeal Standing Committee)

Sri S. Sathya Devi  
(AO, Mathematics)

Dr. Ramesh Nair  
(City Manager, Q2)

**Sessions:**

1. Dr. Himelata Padmanabhan  
(St Theresa's College, Deptt YOU KAN HEAL)

2. Mr. Josty Varughese  
(St Teresa's College, Co-Ordinator YOU KAN HEAL)

3. Dr. Haritha Alexander  
(Project Officer, YOU KAN HEAL)

Vote of Thanks: Dr. Manjya V Subramanian  
(Co-Faculty in Charge, Bhoomithrasena Club)



*Mrudula Menon V.*  
**Mrudula Menon V.**  
**Principal-in-Charge**  
**The Cochin College**



# THE COCHIN COLLEGE

KOCHI - 682 002

(Affiliated to Mahatma Gandhi University and Accredited by NAAC)

Website: [www.thecochoincollege.edu.in](http://www.thecochoincollege.edu.in)

email: [email@thecochoincollege.edu.in](mailto:email@thecochoincollege.edu.in)

## 6 Nutrition Kit Distribution for TB Patients

In connection with the International Day for TB Awareness, the NSS unit of The Cochin College distributed nutrition kits comprising food items stipulated by health department authorities. The kits, costing around Rs. 4500, were sponsored by the teachers from the Second Language Department. This initiative was part of the Pradhanmantri T.B. Mukth Abhyan, which aims to ensure that TB patients from low-income families have access to nutritious food.

The NSS volunteers, along with Program Officers Mr. Renjith S and Dr. Soney Bhageeradhan, visited the District TB Centre at Karuvelipady. They spent time with the patients, inquiring about their health conditions and support systems at home.





# THE COCHIN COLLEGE

KOCHI - 682 002

(Affiliated to Mahatma Gandhi University and Accredited by NAAC)

Website: [www.thecochincollege.edu.in](http://www.thecochincollege.edu.in)

email: [email@thecochincollege.edu.in](mailto:email@thecochincollege.edu.in)

## 7 Blood Donation Camp 2023

The NSS unit of The Cochin College organized a blood donation camp on 11 August 2023 in association with HDFC Bank and IMA, Cochin. The camp was held at the Chemistry Lab from 9.00 am to 1.00 pm. The event was inaugurated by the college principal, Dr. M. Geetha. The camp saw a very enthusiastic response from both male and female students, with a total of 53 donors donated their blood.





# THE COCHIN COLLEGE

KOCHI - 682 002

(Affiliated to Mahatma Gandhi University and Accredited by NAAC)

Website: [www.thecochincollege.edu.in](http://www.thecochincollege.edu.in)

email: [email@thecochincollege.edu.in](mailto:email@thecochincollege.edu.in)

## 8 Onam Celebrations at Good Hope Old Age Home

On 25 August 2023, the Saturday after The Cochin College closed for Onam holidays, 25 NSS volunteers and Program Officers visited Good Hope Old Age Home in Fort Kochi. The volunteers laid a floral carpet and staged dance performances, including Thiruvathira, for the residents. The singing sessions were particularly enjoyable, with some residents taking the mic and singing along with the students. The students also devised several age-appropriate games for the residents, which saw enthusiastic participation. Prizes were distributed to the winners, bringing joy and excitement to the event. In addition to the activities, the NSS unit collected Rs. 14,000 from sponsors, which was handed over to the warden as a contribution to support the residents. The students and Program Officers returned with a sense of fulfilment, feeling that the spirit and happiness of Onam had truly descended upon them.





# THE COCHIN COLLEGE

KOCHI - 682 002

(Affiliated to Mahatma Gandhi University and Accredited by NAAC)

Website: [www.thecochoincollege.edu.in](http://www.thecochoincollege.edu.in)

email: [email@thecochoincollege.edu.in](mailto:email@thecochoincollege.edu.in)

## 9 Student Vermicompost Sale and Exhibition

Bhoomithrasena Club of The Cochin College organised a skill development and sustainable way of biowaste management training session by Faculty in Charge Dr Manju V. Subramanian. "Students Vermicompost" produced by the students were kept for sale at the Entrepreneurs Market (Udyami Bazar) at the IIC regional meet held at CUSAT, Kalamassery on 16 January 2024.





# THE COCHIN COLLEGE

KOCHI - 682 002

(Affiliated to Mahatma Gandhi University and Accredited by NAAC)

Website: [www.thecochoincollege.edu.in](http://www.thecochoincollege.edu.in)

email: [email@thecochoincollege.edu.in](mailto:email@thecochoincollege.edu.in)

## 10 World Sparrow Day

World Sparrow Day, observed annually on March 20, a day to raise awareness of the protection of sparrows. On 26th March World Sparrow Day was observed by Bhoomithrasena Club to raise awareness of the house sparrow and then other common birds to urban environments, and of threats to their populations. An awareness session by Shi Mukesh Jain was organised to encourage Youth to know the importance of birds in our ecosystem. Students placed bird nests in the campus garden to colonise them and also installed bowls for bird feed and water during summers to ensure that the birds are safeguarded from heat exhaustion and dehydration.







# THE COCHIN COLLEGE

KOCHI - 682 002

(Affiliated to Mahatma Gandhi University and Accredited by NAAC)

Website: [www.thechoinchcollege.edu.in](http://www.thechoinchcollege.edu.in)

email: [email@thechoinchcollege.edu.in](mailto:email@thechoinchcollege.edu.in)



ലോക കുരുവി ദിനം, ലോക ജല ദിനം എന്നിവയോട് അനുബന്ധിച്ച് കുരുവി സഹകരണത്തിന് മൺകുടങ്ങളും മൺ ചട്ടികളും ഫലവൃക്ഷ തൈകളും കൊച്ചിൻ കോളേജിലെ വിദ്യാർഥികൾക്ക് വിതരണം ചെയ്തു പോയി

## മൺ കുടങ്ങളും മൺ ചട്ടികളും വിതരണം ചെയ്തു

മട്ടാഞ്ചേരി • കുരുവികൾക്ക് കൃഷിയിലൂടെ മൺ കുടങ്ങളും പാവകൾക്ക് വെള്ളം നൽകാൻ മൺ ചട്ടികളും ലോക കുരുവി ദിനം, ലോക ജല ദിനം എന്നിവയോട് അനുബന്ധിച്ച് കൊച്ചിൻ കോളേജ് സുവോളജി വിഭാഗം വിദ്യാർഥികൾക്ക് മുകേഷ് ജൈൻ നേതൃത്വത്തിലാണ് ഇവ വിതരണം ചെയ്തത്. കൊച്ചിൻ കോളേജ് നേച്ചർ ക്ലബ്ബ്, ദുരിത സേന ക്ലബ്ബ് എന്നിവയുടെ സഹകരണത്തോടെയാണ് പരിപാടി സംഘടിപ്പിച്ചത്. പ്രകൃതി സഹകരണത്തെക്കുറിച്ചും കുരുവി സഹകരണത്തെക്കുറിച്ചും എസ്.സുധീഷ് ഷേണായ് ക്ലാസ് എടുത്തു. കൊച്ചിൻ കോളേജ് നേച്ചർ ക്ലബ്ബ് കോഓർഡിനേറ്റർ ഡോ.എൻ.ആർ. സമിത, ഡോ.മഞ്ജു വി.സുബ്രഹ്മണ്യൻ എന്നിവർ പ്രസംഗിച്ചു.

## വിദ്യാർഥികൾക്ക് കുരുവിക്കുടുകൾ നൽകി



കൊച്ചിൻ കോളേജിലെ വിദ്യാർഥികൾക്ക് ജീവകാരുണ്യ പ്രവർത്തകൻ മുകേഷ് ജൈൻ കുരുവിക്കുടുകൾ നൽകുന്നു

മട്ടാഞ്ചേരി • ലോക കുരുവിദിനത്തോടനുബന്ധിച്ച് കൊച്ചിൻ കോളേജിലെ വിദ്യാർഥികൾക്ക് ജൈൻ ഹൗഷേപ്പന്റെ നേതൃത്വത്തിൽ കുരുവിക്കുടുകൾ വിതരണം ചെയ്തു. വേനൽക്കാലത്ത് പാവകൾക്ക് വെള്ളം നൽകുന്നതിനുള്ള മൺപാത്രങ്ങളും നൽകി. ജീവകാരുണ്യ പ്രവർത്തകൻ മുകേഷ് ജൈൻ മുഖ്യാതിഥിയായിരുന്നു. എസ്. സുധീഷ് ഷേണായി, സുവോളജി വിഭാഗം മേധാവി ഡോ. എൻ.ആർ. സമിത, സുവോളജി വിഭാഗം അസി. പ്രൊഫസർ ഡോ. മഞ്ജു വി. സുബ്രഹ്മണ്യൻ തുടങ്ങിയവർ സംസാരിച്ചു.



*Mendula Menon*  
 Mrudula Menon V.  
 Principal-in-Charge  
 The Cochin College



# THE COCHIN COLLEGE

KOCHI - 682 002

(Affiliated to Mahatma Gandhi University and Accredited by NAAC)

Website: [www.thecochincollege.edu.in](http://www.thecochincollege.edu.in)

email: [email@thecochincollege.edu.in](mailto:email@thecochincollege.edu.in)

2022-2023

## 11 Pre-marital Counselling Course

The Cochin College Minority Cell, Women's Guidance Cell, Student Counselling Centre, and IQAC in association with CCMY Mattanchery that comes under Directorate of Minority Welfare Govt. of Kerala organised a four-day Pre-marital Counselling Course from 1st to 3rd of February 2023. The programme was intended to make aware and prepare the youth for healthy and happy married life and to enhance the skills and develop confidence in handling situations in married life. Certificates were distributed to the minority students who attended the course.

DEPARTMENT OF MINORITY WELFARE

**PATHWAY**

SOCIAL LIFE WELLNESS PROGRAMME

Organised

by

Minority Cell

&

Women's Guidance Cell

The Cochin College

in association with

Coaching Centre for Minority Youth, Mattancherry

on

1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> February, 2023

Venue : Seminar Hall

Time : 9.30 a.m.

Programme Co-ordinators

Ms. Neena Simon Ms. Srividya. K.S. Ms. Janu V. Kumar





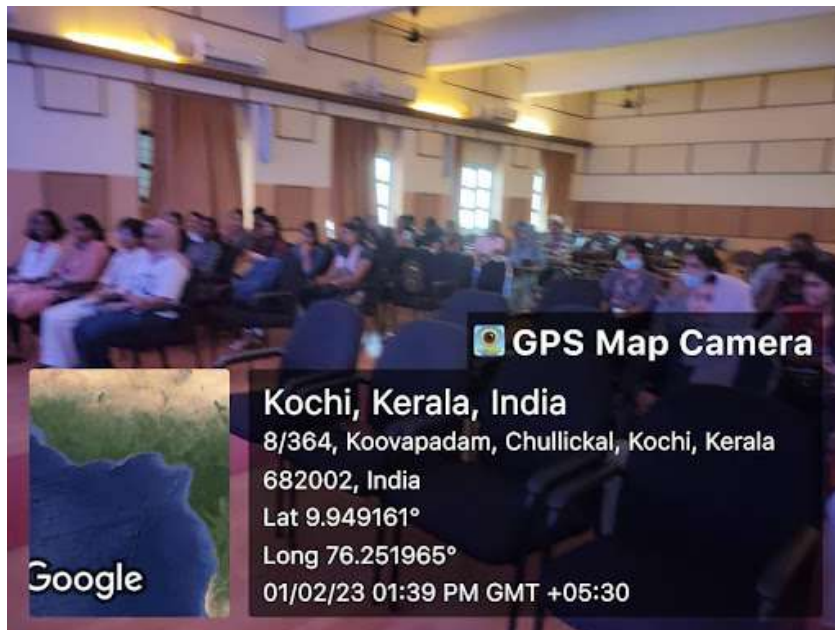
# THE COCHIN COLLEGE

KOCHI - 682 002

(Affiliated to Mahatma Gandhi University and Accredited by NAAC)

Website: [www.thecochoincollege.edu.in](http://www.thecochoincollege.edu.in)

email: [email@thecochoincollege.edu.in](mailto:email@thecochoincollege.edu.in)



*Mrudula Menon V.*  
**Mrudula Menon V.**  
**Principal-in-Charge**  
**The Cochin College**



# THE COCHIN COLLEGE

KOCHI - 682 002

(Affiliated to Mahatma Gandhi University and Accredited by NAAC)

Website: [www.thecochincollege.edu.in](http://www.thecochincollege.edu.in)

email: [email@thecochincollege.edu.in](mailto:email@thecochincollege.edu.in)

## 12 Sukrutham 2022: Onam Celebration at Old Age Home

On 2nd September 2022, the NSS unit of The Cochin College celebrated Onam with a heartwarming event at St. Agnes Convent. As part of the celebrations, the NSS volunteers, along with Programme Officers Dr. Manju V. Subramanian and Mr. Renjith S., visited an old age home to distribute Onam gifts valued at around Rs. 15,000. This initiative was aimed at bringing joy and festive cheer to the elderly residents, ensuring they felt remembered and cherished during the Onam festivities. The visit highlighted the NSS unit's commitment to community service and social responsibility.





# THE COCHIN COLLEGE

KOCHI - 682 002

(Affiliated to Mahatma Gandhi University and Accredited by NAAC)

Website: [www.thecochincollege.edu.in](http://www.thecochincollege.edu.in)

email: [email@thecochincollege.edu.in](mailto:email@thecochincollege.edu.in)

## 13 Books on Wheels

The Cochin College NSS unit, in association with the college library, inaugurated a program named “Books on Wheels.” This initiative was launched on 24th June 2022 with the objective of distributing books to senior citizens in Ward 7 of Cochin Corporation. NSS volunteers visit the senior citizens’ residences once a month, providing them with books from the college library, ensuring continuous engagement and access to reading material for the elderly community members.





# THE COCHIN COLLEGE

KOCHI - 682 002

(Affiliated to Mahatma Gandhi University and Accredited by NAAC)

Website: [www.thecochincollege.edu.in](http://www.thecochincollege.edu.in)

email: [email@thecochincollege.edu.in](mailto:email@thecochincollege.edu.in)

## 14 Kanivu 2022: Food packet distribution for impoverished persons

On 24th September 2022, the NSS volunteers of The Cochin College took to the streets near the college, including the areas of Mattancherry and Fort Kochi, to distribute food packets to people in need. This initiative was part of their ongoing efforts to support the local community and ensure that those facing food insecurity received essential nourishment. The volunteers' dedication and compassion were evident as they reached out to the less fortunate, reinforcing the college's commitment to social service and community welfare.





# THE COCHIN COLLEGE

KOCHI - 682 002

(Affiliated to Mahatma Gandhi University and Accredited by NAAC)

Website: [www.thecochincollege.edu.in](http://www.thecochincollege.edu.in)

email: [email@thecochincollege.edu.in](mailto:email@thecochincollege.edu.in)

## 15 Blood Donation Camp 2022

On 10th October 2022, The Cochin College organised a blood donation camp in association with the Red Ribbon Club, Ernakulam Government Hospital, and HDFC Bank. The event, inaugurated by the College Principal Dr. M. Geetha, aimed to encourage students and community members to donate blood, thereby contributing to saving lives and supporting the healthcare system. Volunteers from the college, along with medical professionals from Ernakulam Government Hospital, facilitated the donation process, ensuring it was safe and efficient. Representatives from HDFC Bank also participated, highlighting the importance of corporate social responsibility. The camp saw enthusiastic participation from students, faculty, and local residents, resulting in the donation of 57 units of blood from 57 volunteers. This initiative not only addressed the critical need for blood in medical emergencies but also fostered a sense of community service and altruism among participants. The successful collaboration between the college, healthcare institutions, and corporate partners underscored the collective effort required to make a positive impact on public health. Red Ribbon Club Inaugurated by Dr. Roy Abraham on 10th October 2022.





# THE COCHIN COLLEGE

KOCHI - 682 002

(Affiliated to Mahatma Gandhi University and Accredited by NAAC)

Website: [www.thechochincollege.edu.in](http://www.thechochincollege.edu.in)

email: [email@thechochincollege.edu.in](mailto:email@thechochincollege.edu.in)



*Mrudula Menon V.*  
Mrudula Menon V.  
Principal-in-Charge  
The Cochin College





# THE COCHIN COLLEGE

KOCHI - 682 002

(Affiliated to Mahatma Gandhi University and Accredited by NAAC)

Website: [www.thecochincollege.edu.in](http://www.thecochincollege.edu.in)

email: [email@thecochincollege.edu.in](mailto:email@thecochincollege.edu.in)

2021-2022

## 16 Menace of Dowry and Women Empowerment

A webinar in association with NSS Unit and Taluk Legal Services Committee Kochi was organised by Women's Guidance Cell on "Menace of Dowry and Women Empowerment" on 6 August 2021. The Programme was inaugurated by Sri. Rajesh R, Sub Judge and Chairman, Taluk Legal Service Committee Kochi.

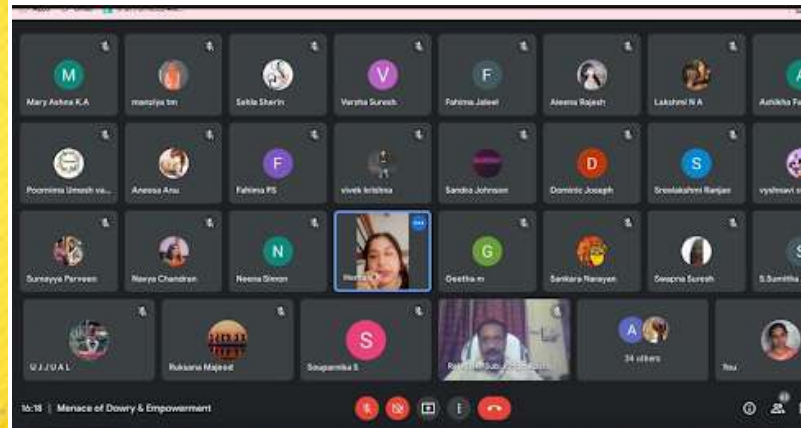
**Taluk Legal Services Committee, Kochi**  
 in association with  
**NSS & Women's Guidance Cell,**  
**The Cochin College, Kochi-2**

**MENACE OF DOWRY & WOMEN EMPOWERMENT**  
 webinar on 06/08/2021 at 4 pm  
 webinar

**Introduction & Inauguration**  
  
**Sri. Rajesh. R**  
 Sub Judge &  
 Chairman TLSC Kochi

**Awareness class**  
  
**Smt. V. K. Hema**  
 Advocate High Court of Kerala

google meet link:-kir-ufbw-xxr





# THE COCHIN COLLEGE

KOCHI - 682 002

(Affiliated to Mahatma Gandhi University and Accredited by NAAC)

Website: [www.thecochincollege.edu.in](http://www.thecochincollege.edu.in)

email: [email@thecochincollege.edu.in](mailto:email@thecochincollege.edu.in)

## 17 Pre-Marital Counselling Course

A four-day Pre-Marital Counselling Course was conducted in association with the Directorate of Minority Welfare from 7 January 2022.



*Mrudula Menon V.*  
Mrudula Menon V.  
Principal-in-Charge  
The Cochin College



# THE COCHIN COLLEGE

KOCHI - 682 002

(Affiliated to Mahatma Gandhi University and Accredited by NAAC)

Website: [www.thecochincollege.edu.in](http://www.thecochincollege.edu.in)

email: [email@thecochincollege.edu.in](mailto:email@thecochincollege.edu.in)

## 18 Creative Palette Painting Workshop

Date: 23-03-2022

Time: 9.30 am to 12.30 pm

Organised by: ENTREPRENEURSHIP DEVELOPMENT CLUB

Resource person: Mrs. Priya Jegan, Fevicryl Expert Teacher

The Entrepreneurship Development Club of the college organised a painting workshop 'Creative Palette'. Ms. Priya Jegan, Fevicryl expert teacher, undertook a creative session for the members of the club. She introduced them to a plethora of artistic techniques using paint and moulds. The session explored the creative side of students by offering hands-on training on painting on files and designing moulded art works.





# THE COCHIN COLLEGE

KOCHI - 682 002

(Affiliated to Mahatma Gandhi University and Accredited by NAAC)

Website: [www.thecochincollege.edu.in](http://www.thecochincollege.edu.in)

email: [email@thecochincollege.edu.in](mailto:email@thecochincollege.edu.in)

2020-2021

## 19 Demonstration Class of Chinese Martial Art

The Women's Guidance Cell organised a demonstration class of the Karate style—International Shirin ryu seibukan Karate and Tai chi, a Chinese martial art for self-defence and meditation for II DC students by Xavier Korreya (Black belt 6th dan) in connection with the Women's Day Celebration on 8 March 2021 in the College Seminar Hall. Around 40 students from different batches actively participated in the programme. Xavier Korreya and his team members demonstrated various punches to be adopted for self-defence.





# THE COCHIN COLLEGE

KOCHI - 682 002

(Affiliated to Mahatma Gandhi University and Accredited by NAAC)

Website: [www.thecochincollege.edu.in](http://www.thecochincollege.edu.in)

email: [email@thecochincollege.edu.in](mailto:email@thecochincollege.edu.in)

## 20 One Person One Hand Sanitizer

Following the Covid-19 outbreak in March 2020, the Chemistry faculty of The Cochin College prepared hand sanitizers as there was a sudden demand and scarcity in stores. The World Health Organisation's guidelines formulation was followed to prepare the sanitizer. The team distributed sanitizers to students, neighbourhood residents, shops, banks, police stations, hospitals, orphanages, and old age homes in the locality.





# THE COCHIN COLLEGE

KOCHI - 682 002

(Affiliated to Mahatma Gandhi University and Accredited by NAAC)

Website: [www.thecochincollege.edu.in](http://www.thecochincollege.edu.in)

email: [email@thecochincollege.edu.in](mailto:email@thecochincollege.edu.in)

2019-2020

## 21 Blood Donation Camp 2019-2020

On 26th September 2019, The Cochin College NSS Unit organized a Blood Donation Camp in collaboration with the Indian Medical Association (IMA) and Blood Donor Kerala. The camp was inaugurated by the college principal, Dr. Biju P. Thampi. A total of 48 generous blood donors, including students and faculty, participated in the event, contributing to a noble cause. The camp aimed to address the critical need for blood in medical emergencies and to promote the importance of blood donation within the college community. Volunteers and faculty members actively participated, ensuring the smooth conduct of the event. The successful blood donation camp highlighted the spirit of altruism and community service prevalent among the college's students and staff.





# THE COCHIN COLLEGE

KOCHI - 682 002

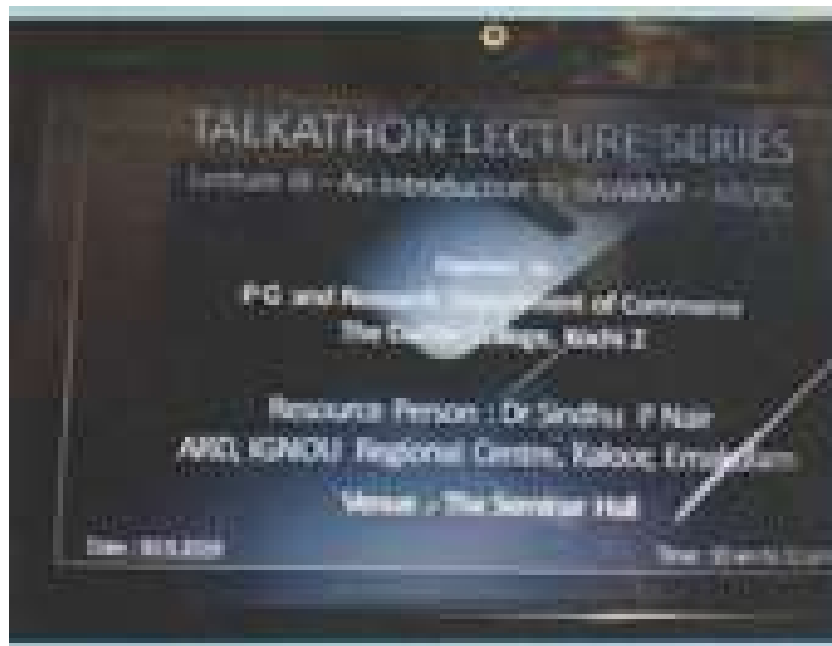
(Affiliated to Mahatma Gandhi University and Accredited by NAAC)

Website: [www.thechochincollege.edu.in](http://www.thechochincollege.edu.in)

email: [email@thechochincollege.edu.in](mailto:email@thechochincollege.edu.in)

## 22 Talkathon Lecture Series

With a view to make the students aware and express their opinions on all matters of relevance in the society, the flagship programme of Talkathon-Lecture series was organized by the Department of Commerce. The first lecture in the lecture series was conducted on Budget 2019 creating awareness regarding income tax provisions by Mr. Anil Xavier CMA. The second lecture was on the contemporary topic Human Rights – National Perspective. The session was handled by Dr. Aneesh V. Pillai, Assistant Professor of Law School of Legal Studies CUSAT. The third lecture in the series was on the topic Introduction to SWAYAM – MOOC. The lecture was delivered by Dr. Sindhu P Nair, Assistant Regional Director, IGNOU Regional Centre Kaloor. The fourth lecture in the series was an enlightening session by Dr. Clement Cabral, Assistant Professor, Indian Institute of Management and alumnus of The Cochin College.





# THE COCHIN COLLEGE

KOCHI - 682 002

(Affiliated to Mahatma Gandhi University and Accredited by NAAC)

Website: [www.thecochincollege.edu.in](http://www.thecochincollege.edu.in)

email: [email@thecochincollege.edu.in](mailto:email@thecochincollege.edu.in)







# THE COCHIN COLLEGE

KOCHI - 682 002

(Affiliated to Mahatma Gandhi University and Accredited by NAAC)

Website: [www.thecochincollege.edu.in](http://www.thecochincollege.edu.in)

email: [email@thecochincollege.edu.in](mailto:email@thecochincollege.edu.in)

## 23 Peppersav

Date of Programme: 30/01/2020

A food fest organised by the Entrepreneurship Development Club and Post Graduate and research Department of Commerce. A vibrant and fun-filled event, the fest witnessed the enthusiastic participation of students who put up food stalls within the campus in a festive ambience. The best student entrepreneur and best stall was rewarded.

