



# THE COCHIN COLLEGE

Koovapadam, Kochi-2

Affiliated To Mahatma Gandhi University

Re-accredited by NAAC With B+ Grade



Fourth Cycle  
NAAC Accreditation 2024

## Criterion 7 Institutional Values and Best Practices

### 7.1 - Institutional Values and Social Responsibilities

Metric No. 7.1.4

Describe the Institutional efforts/initiatives in providing an inclusive environment i.e., tolerance and harmony towards cultural, regional, linguistic, communal socioeconomic and Sensitization of students and employees to the constitutional obligations: values, rights, duties and responsibilities of citizens

### Communal and Socio Economic Inclusiveness

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)

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## Institutional Efforts/Initiatives for Communal and Socio-economic Inclusiveness

Sl. No.	Title of the Program	Date	Organizing Dept/Cell/Club
1	Environment Day Celebration	5 June 2023	NSS
2	Planting of Saplings at Adopted School	8 June 2023	NSS
3	International Yoga Day	21 June 2023	NSS
4	"Clean My Village" project at Kodakara	21 June 2023	NSS
5	Nature Education Camp: Silent Valley National Park	16-18 November 202	NSS
6	Training on Organic Farming and Bio-Waste Management	22 July 2023	NSS
7	Poster Designing Competition	3 July 2023	NSS
8	Nutrition Kit Distribution for TB Patients	10 August 2023	NSS
9	Blood Donation Camp	11 August 2023	NSS
10	Independence Day Celebrations	15 August 2023	NSS
11	Two Day Residential Camp for Volunteer Secretaries	8-19 August 2023	NSS
12	Onam Celebrations at Good Hope Old Age Home	25 August 2023	NSS
13	Teachers' Day Celebration	5th September 2023	NSS
14	World Preservation/Ozone Day	15 September 2023	NSS
15	Beach Cleaning and Wall Painting for Swachhata Mission	16 September 2023	NSS





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Sl. No.	Title of the Program	Date	Organizing Dept/Cell/Club
16	Selection Orientation for First Year Volunteers	27 September 2023	NSS
17	Gandhi Jayanti week observance	02 October2023	NSS
18	Swachhata Hi Seva Campaign at Raksha Special School	04 October2023	NSS
19	Pre-Orientation and Campus Cleaning Session	07 October2023	NSS
20	Beach Cleaning at Fort Kochi in Association with NETFED	13 October2023	NSS
21	NSS Room Cleaning and Painting	18 October2023	NSS
22	Orientation Camp for First Year NSS Volunteers	20-21 October2023	NSS
23	Nature Education Camp at Idukki Wildlife Sanctuary	25-27 October2023	NSS
24	Vayojanotsavam: A Day for Senior Citizens	1 November2023	NSS
25	Malayala Bhasha Vaaracharanam	3-13 November2023	NSS
26	Malinya Muktha Keralam Nava Keralam Training Program	18 November2023	NSS
27	Constitution Day	26 November 2023	NSS
28	AIDS Day Observance	01 December 2023	NSS
29	NSS Adventure Camp	03-12 January 2024	NSS
30	Sneharaamam Project	03-12 January 2024	NSS
31	Pacha Thuruthu Project in Collaboration with Cochin Corporation	15 January 2024	NSS
32	Nutrition Day Competitions Held by the Health Department	16 January 2024	NSS





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Sl. No.	Title of the Program	Date	Organizing Dept/Cell/Club
33	Palliative Care Day	17 January 2024	NSS
34	Republic Day Celebration	26 January 2024	NSS
35	Gandhi Samadhi Day	30 January 2024	NSS
36	National Youth Day Celebration	5 February 2024	NSS
37	Cyber Awareness Session	8 February 2024	NSS
38	Women's Day Celebration	08 March 2024	NSS
39	Anti-Drug Campaign	13 March 2024	NSS
40	NSS 7 Days Residential Camp	25 to 31 December 2023	NSS
41	SHARP Project	5th June 2023, to 9th June 2023	Department of Zoology
42	ECHO Project	22nd and 23rd September 2023	Department of Zoology
43	Zonal Zoo fest 2023	20th October 2023	Department of Zoology
44	DROP (Drive to Recover Ocean Plastics)	31st January 2024	Department of Zoology
45	Citizen Science Program (REVIVAL) (Rehabilitation of Vibrio Infested Waters of Vembanad Lake- Pollution and Solution)	8 November 2023	Department of Zoology
45	Nature Education Camp: Silent Valley National Park	16 to 18 November 2023	Department of Zoology
46	Institute Visit	2 February 2024	Department of Zoology
47	Student's Exhibition cum Sale of Vermicompost at Udyami Bazar:	13 December 2023	Department of Zoology
48	English Enhancement Programme	2 March 2024.	Department of English
49	Served as Judge	1-20 December 2023.	Department of Economics





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Sl. No.	Title of the Program	Date	Organizing Dept/Cell/Club
50	Motivation Class	23 March 2024.	Department of Economics
51	Swachh Bharat	5 October 2023.	Department of Commerce
52	Outreach Activity: Visit to Raksha Special School	22 August 2023.	Department of Commerce
53	Tarang 2024	24 February 2024.	Department of Physics and Electronics
54	Visit to Old Age Care Home: Snehapoorvam	19 December 2023.	Department of Botany
55	Books on Wheels	17 October 2023.	College Library
56	Awareness Class on the Abuse of Drugs	30 June 2023.	Department of Chemistry
57	Survey on Water Quality	25 March 2024.	Department of Chemistry
58	Awareness Campaign	30 June 2023.	Anti Narcotic Cell
59	Nature Camp and Field Study	18 November 2023	Nature Club
60	Awareness Campaign	31 January 2024	Bhoomitrasena Club
61	International Peace G20 Youth Summit 2023	12 August 2023	Bhoomitrasena Club
62	World Environmental Day Celebration	5 June 2022.	NSS
63	International Yoga Day	21 June 2022.	NSS
64	Coast Guard Painting Competition	22 June 2022.	NSS
65	Books on Wheels	24 June 2022.	NSS
66	Independence Day Celebrations	15 August 2022	NSS
67	Cup of Life Initiative	19-24 August 2022	NSS
68	Sukrutham 2022: Onam Celebration at Old Age Home	2 September 2022	NSS
69	Memory Walk - Bodhi Project: Dementia awareness programme	21 September 2022	NSS





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Sl. No.	Title of the Program	Date	Organizing Dept/Cell/Club
70	Kanivu 2022: Food packet distribution for impoverished persons	24 September 2022	NSS
71	Gandhi Jayanthi Celebrations: Visit to preschool, Kochi	2 October 2022	NSS
72	Team Kerala Training Camp	21- 23 February 2022,	NSS
73	Institutional Organic Farming	16th January 2023	NSS
74	Coastal Clean Up - Swachh Sagar, Surakshith Sagar: Fort Kochi Beach	27th August 2022	NSS
75	Gandhi Jayanti Community service Ward -7 Cochin Corporation	4 October 2022	NSS
75	Gandhi Jayanti Community service Ward -7 Cochin Corporation	4 October 2022	NSS
75	Anti Drug Awareness Campaign	14th October 2022	NSS
76	Blood Donation Camp	10 October 2022	NSS
77	Marathon	23 October 2022	NSS
78	Vayojanolsavum ( A Day for senior citizens )	1 November 2022	NSS
79	Agricultural Census and Training Session	January 2023	NSS
80	Yuvabheri Celebrations	24 September 2022	NSS
81	Girl Child Day	11 October 2022	NSS
82	Constitutional Day 2022	25th November 2022	NSS
83	NSS Room Cleaning and Painting	1 October 2022	NSS
84	Pre Republic Day Selection	5 October 2023	NSS
85	Disaster Management Training	17-18 September 2022	NSS





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Sl. No.	Title of the Program	Date	Organizing Dept/Cell/Club
86	National Youth Day Celebrations	12 January 2023	NSS
87	Snehasparsham 2022	11 January 2023	NSS
88	Beach for All Campaign	17 January 2023	NSS
89	World Palliative care day	15 January 2023	NSS
90	We Care Project: Community Assistance	18 October 2022	NSS
91	World AIDS Day Celebrations	3 December 2022	NSS
92	EUNOIA: Higher education fest 2023	17-19 January 2023	NSS
93	Republic Day Observance	26 January 2023	NSS
94	Lahari Virudha Sringala : Anti Drug campaign	1 November 2022.	NSS
95	Beach Clean Up Drive	27 November 2022	NSS
96	Organic farming at camp school	31 December 2022	NSS
97	Anti Drug Awareness Rally	27 December 2023	NSS
98	Socio -Economic Survey	30 December 2022	NSS
99	World Environment Day	6 June , 2022.	Department of Zoology
100	World AIDS Day	1 December 2022	Department of Zoology
101	International Day for Preservation of the Ozone Layer:	30 September 2022	Department of Zoology
102	Institutional Visit:	20 February 2023	Department of Zoology
103	Vermicomposting Workshop	1 March 2023	Department of Zoology
104	Career Orientation Classes for school children:	29 June 2022	Department of Economics
105	11th Agricultural Census 2023:	January 28, 30, and 31, 2023.	Department of Economics
106	Understanding Communication Barriers:	13 February 2023.	Department of English
107	Ozone Day Extension Activity	07 October 2022.	Department of Chemistry





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Sl. No.	Title of the Program	Date	Organizing Dept/Cell/Club
108	Swachh Bharat Mission	19 August 2022	Department of Commerce
109	Ozone Day Celebration	7 October 2022	Department of Botany
110	Workshop on E-Content Awareness	9 August 2022	College Library
111	FortKochi Beach Cleaning	25 February 2022	NSS
112	Road Safety Awareness Class	24 September 2021.	NSS
113	Online Seven Day Camp	January 21- 27 2022	NSS
114	Awareness Class on Immunity and Personal Hygiene	22 January 2022	NSS
115	Awareness Class "Say Yes to Life and No to Drugs"	24 January 2022	NSS
116	Session on Handling Fire and Fire Equipment	27 January 2022	NSS
117	Webinar on Yoga Day	21 June 2021	NSS
118	Webinar on Covid Vaccination	26 October 2021	NSS
119	Workshop on POCSO Act/ Dowry and women empowerment	2 february 2022	NSS
120	Webinar with Career Guidance Cell	17 December 2022	NSS
121	Covid Vaccination drive	03 December 2021	Covid Monitoring Committee
122	Anti drugs Campaig	5-6 January 2022,	Film Club
123	FortKochi Beach Cleaning and tree planting	25 February 2022	Bhoomithrasena Club
124	'Commemoration of Ponkunnam Varkey' and Talk on 'Academic Libraries'	30 june 2021	College Library
125	"Career Prospects in Library Science"	08 April 2022. I	College Library







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Sl. No.	Title of the Program	Date	Organizing Dept/Cell/Club
126	Awareness class on menstrual health practices	18 October 2022. I	Department of Malayalam
127	Online Seven-Day NSS Camp: "Unarvu"	January 23-29, 2021	NSS
128	Yoga session	25 January 2021	NSS
129	Covid 19 prevention measures	26 January, 2021	NSS
130	Classes on Innovative Farming Methods	27 January 2021	NSS
131	Distribution of Hand Sanitizers and Masks	January 2021	NSS
132	Personal Hygiene and Immunity Improvement Session	January 2021	NSS
133	House and Surroundings Cleaning Activities	January 2021	NSS
134	Wildlife Protection Session	January 2021	NSS
135	Drug Abuse Prevention Session	January 2021	NSS
136	Online Quiz Competitions	15 August 2020	NSS
137	Udbodh Programme	23-29 January 2021	NSS
138	Intercollegiate Online Quiz	29 August 2020	NSS
139	Sanitizer making and distribution	2020	Department of Chemistry
140	Intercollegiate Online Quiz	29 August 2020	NSS
141	Webinar	25 June 2020	College Library
142	Webinar on Preparing Library for NAAC	17 October 2020	College Library
143	BioBlitz	17 October 2020	Cochin College
144	YOGA DAY	21 June 2019	NSS





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Sl. No.	Title of the Program	Date	Organizing Dept/Cell/Club
145	INTERNATIONAL DAY FOR DRUG ABUSE AND ILLICIT TRAFFICKING	26 June 2019	NSS
146	VANAMAHOTHSAV DAY	1 July 2019	NSS
147	WORLD SOCIAL MEDIA DAY	8 July 2019	NSS
148	INDEPENDENCE DAY	15 August 2019:	NSS
149	Flood Relief Activities	16 August 2019:	NSS
150	TEACHERS' DAY Celebration	5 September 2019	NSS
151	Orientation program for first-year NSS volunteers	20 September 2019	NSS
152	Blood Donation Camp	26 September 2019	NSS
153	Railway Swachhata Programme	4 November 2019	NSS
154	E-Unnathi	22 October 2019	NSS
155	Pain and Palliative Care unit	28 November 2019	NSS
156	Tourism development in Chellanam	30 November 2019	NSS
157	Beach cleaning drive at Fort Kochi Beach	10 December 2019	NSS
158	Palliative Care Day	05 January 2020	NSS
159	Drug Awareness programme	07 February 2020	NSS
160	Coronavirus (COVID-19)	11 February 2020	NSS
161	Pre-orientation camp	13 February 2020	NSS
162	BIOMAG	December 2020	Department of Zoology
163	CUBE Student Scientist Program-2019	December 2020	Department of Zoology
164	Workshop on Environment and Sustainable Development Through Healthy Practices	7-10 January 2020.	Nature Club And Department of Zoology





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Sl. No.	Title of the Program	Date	Organizing Dept/Cell/Club
162	Institute Visit to MTCC and CSIR- IMTECH	4 March 2020	Department of Zoology
163	Institute Visit CMFRI	4 February 2020	Department of Zoology





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## Institutional Initiatives for Communal and Socio-economic Inclusiveness : 2023-24

The Cochin College is deeply committed to fostering an inclusive environment that promotes tolerance, harmony, and socioeconomic inclusiveness. Through the dedicated efforts of the National Service Scheme (NSS), various departments, clubs, and committees, the college actively reaches out to the community to sensitize students to the importance of communal and socioeconomic harmony. Over the past five years, the college has undertaken numerous initiatives and activities aimed at promoting these values. These efforts not only enhance the students' awareness and understanding but also contribute positively to the broader community, reinforcing the college's commitment to creating a more inclusive and equitable society.

### 1 Initiatives by National Service Scheme-2023-24

The National Service Scheme (NSS) unit of The Cochin College has had a remarkably active and impactful academic year 2023-2024, marked by a diverse array of programs and initiatives. Through activities ranging from environmental conservation efforts and health awareness campaigns to cultural celebrations and educational outreach, the NSS unit has demonstrated a strong commitment to community service and national development. Under the dedicated guidance of NSS Program Officers Mr. Renjith S and Dr. Soney Bhageeradhan, the volunteers have embraced the NSS motto "Not Me, But You," prioritizing the needs of the community and working tirelessly to make a positive impact. This document provides a comprehensive overview of the NSS activities carried out during the academic year. It highlights the various events and initiatives undertaken by the unit, showcasing the enthusiasm and dedication of the volunteers in promoting social welfare, environmental sustainability, and cultural enrichment. The successful execution of these programs reflects the collaborative efforts of students, faculty, and external partners, all working together to foster a sense of civic responsibility and community engagement.

#### 1.1 Environment Day Celebration

Date: 5<sup>th</sup> June 2023

The NSS unit of The Cochin College celebrated Environment Day by planting 30 fruit saplings on the campus. The event was inaugurated by the Principal, Dr. M. Geetha, at 10 am near the basketball court. The program saw a good turnout of teachers and the participation of 60 volunteers. NSS Program Officers Mr. Renjith S and Dr. Soney Bhageeradhan coordinated the event. Following the tree plantation, the event included the inauguration of the "Malinya Mukha Kerala, Navakeralam" initiative. This was accompanied by a campus cleaning drive aimed at raising awareness





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about the harmful effects of plastic waste. The program concluded at 12:30 pm.



## 1.2 Planting of Saplings at Adopted School

Date: 8<sup>th</sup> June 2023

On 8 June 2023, The Cochin College NSS unit planted 20 fruit saplings at TD School, their adopted school in Mat-tancherry, at 3:30 pm. The event was coordinated by NSS Program Officers Mr. Renjith S and Dr. Soney Bhageeradhan. They were joined by 10 volunteers from the NSS unit in this initiative.



## 1.3 International Yoga Day

Date: 21<sup>st</sup> June 2023

The NSS unit of The Cochin College observed International Yoga Day on 21 June 2023 at the indoor auditorium. The resource person for the event was Mr. Manoj Krishnan, a well-known yoga practitioner. The session was attended by a good turnout of teachers and volunteers. Mr. Krishnan guided the participants through various asanas and breathing





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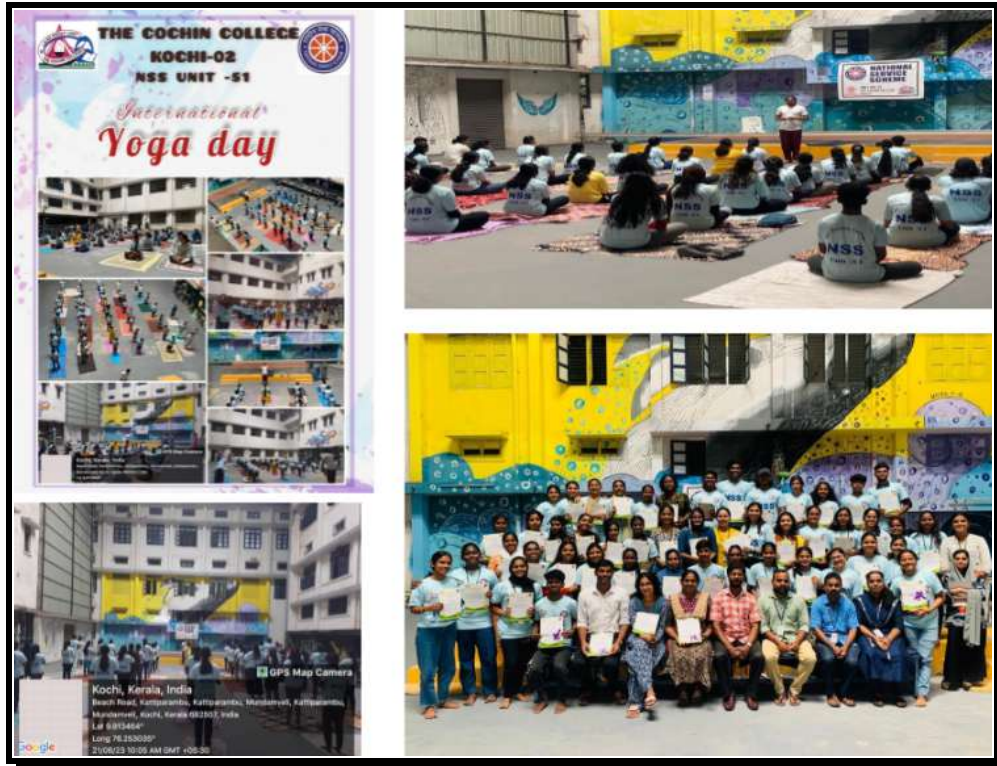
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exercises, which resonated well with the audience and brought about a refreshing sense of serenity. The session lasted from 9 am to 11 am.



## 1.4 "Clean My Village" project at Kodakara

The Department of Zoology, in collaboration with plan@earth and supported by Apollo Tyres, actively participated in the "Clean My Village" project at Kodakara. As part of this initiative, Dr. Manju V Subramanian served as the resource person for an awareness session on waste management. Her session focused on promoting safer menstrual practices, including the use of menstrual cups, to encourage sustainable and hygienic alternatives. This initiative not only contributed to the cleanliness of the village but also aimed to educate the community on important health and environmental practices.





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## 1.5 Nature Education Camp: Silent Valley National Park

First-year B.Sc Zoology students, in association with the Nature Club, participated in a three-day nature camp from 16<sup>th</sup> to 18<sup>th</sup> November 2023, at Silent Valley National Park, Mannarkkad, and Attappadi. Funded by the Kerala Forests and Wildlife Department and co-funded by the DBT Star College Scheme, the camp included bird-watching walks, where notable sightings such as the Malabar Trogon, Nilgiri Wood Pigeon, and the Great Indian Hornbill were observed. A session by forest officials emphasized the "Leave No Trace" policy, and a visit to the Attappadi landscape showcased the barren lands resulting from deforestation and improper land use. This highlighted the importance of sustainable practices to prevent ecological disasters. During the interactions with the Silent Valley tribal community, the tribes shared their deep connection with the forest and their traditional knowledge of the ecosystem which has been passed down through generations. It underscored the significance of preserving both the natural environment and the cultural heritage of the region.





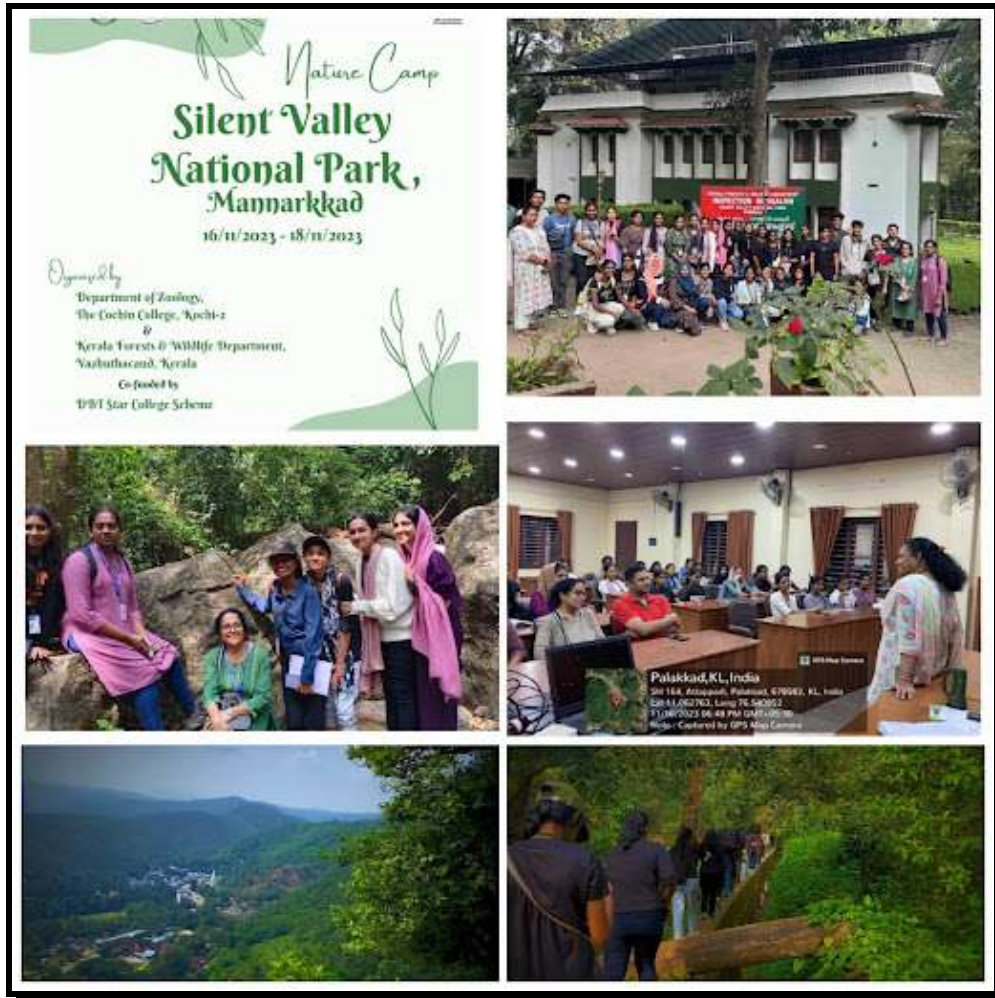
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## 1.6 Training on Organic Farming and Bio-Waste Management

On July 22, 2023, The Cochin College organized a training session on organic farming and bio-waste management as part of its green initiatives. The session was led by Ms. Manju V Subramanian from the Department of Zoology and was specifically aimed at students from Ernakulam Law College. The training provided in-depth knowledge on sustainable agricultural practices and efficient bio-waste management techniques. Participants learned about the importance of organic farming in promoting soil health and reducing chemical usage, as well as the benefits of proper bio-waste management in minimizing environmental pollution. This initiative underscored the college's commitment to fostering environmental awareness and sustainable practices among the broader student community.

## 1.7 Poster Designing Competition

Date: 3<sup>rd</sup> July 2023







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As part of observing the International Day against Drugs, The Cochin College NSS unit organized a poster designing competition for students on 3 July 2023. The competition, which witnessed good participation from the students, was conducted in Room No. 36 from 1 pm to 1:30 pm. The winners of the competition are:

1. Ashna Ali, III Eco (I Prize)
2. Rahul S., I English (II Prize)
3. Kochu Thressya Titus, IIMA English (III Prize)



## 1.8 Nutrition Kit Distribution for TB Patients

Date: 10<sup>th</sup> August 2023

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.





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## 1.9 Blood Donation Camp

Date: 11<sup>th</sup> August 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 participating and donating their blood.



## 1.10 Independence Day Celebrations

Date: 15<sup>th</sup> August 2023





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The NSS unit of The Cochin College organised an exuberant Independence Day celebration on 15 August 2023. Volunteers prepped the grounds and gardens with eco-friendly festoons, adding to the festive atmosphere. The event began with a flag hoisting ceremony, followed by an Independence Day message delivered by Program Officer Renjith S. and Vice Principal Reshimon P. R. The volunteers sang patriotic songs to mark the occasion. After the ceremony, the volunteers embarked on an Independence Day rally through the locality, singing patriotic songs and chanting nationalistic slogans.



## 1.11 Two Day Residential Camp for Volunteer Secretaries

Date: 18-19 August 2023

The four NSS volunteer secretaries Aldriya Nixon, Manu Mohan, Francis Savio, and Afeefa K.N. attended a two-day residential orientation camp for NSS volunteer secretaries at S.H. College, Thevara. The volunteer secretaries came back with their batteries recharged and with a renewed desire to work harder and better towards professed NSS goals.





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## 1.12 Onam Celebrations at Good Hope Old Age Home

Date: 25<sup>th</sup> August 2023

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 fulfillment, feeling that the spirit and happiness of Onam had truly descended upon them.





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## 1.13 Teachers' Day Celebration

Date: 5<sup>th</sup> September 2023

The NSS volunteers of The Cochin College undertook a special initiative to honor their teachers on Teachers' Day, 5 September 2023. They custom-made cards for each teacher in the college, a Herculean task accomplished over a week-end. On the day, the volunteers visited each department and handed over the cards along with a bar of chocolate to each teacher, expressing their gratitude and appreciation. The Principal was honored with a golden shawl, the customary mode of recognizing a person of accomplishment and achievements. This thoughtful gesture made the teachers feel truly special and appreciated on their dedicated day.





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## 1.14 World Preservation/Ozone Day

Date: 15<sup>th</sup> September 2023

As part of the observation of World Preservation Day on 15 September 2023, the NSS volunteers of The Cochin College participated in a banner beautification event at Marine Drive, Kochi. Fifteen volunteers took part in this initiative, contributing their artistic skills to create and beautify banners aimed at raising awareness about environmental preservation and the importance of conserving natural resources. This event highlighted the commitment of the NSS unit to promoting environmental sustainability and community involvement.



## 1.15 Beach Cleaning and Wall Painting for Swachhata Mission

Date: 16<sup>th</sup> September 2023

On 16 September 2023, the NSS volunteers of The Cochin College participated in a beach cleaning session organized by the Indian Swachhata Mission on Saturday morning. In the afternoon, they continued their efforts by cleaning and painting figures, motifs, and messages of the Swachhata Mission on a stretch of wall assigned to them for this purpose. Despite the persistent drizzle, which added challenges to the process, the volunteers remained upbeat and dedicated to their task. Their hard work and enthusiasm resulted in a beautifully cleaned and painted wall, reflecting their pride and commitment to the Swachhata Mission. NSS Program Officers Mr. Renjith S and Dr. Soney Bhageeradhan supervised and participated in the activities, ensuring the successful completion of the tasks.





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## 1.16 Selection Orientation for First Year Volunteers

Date: 27<sup>th</sup> September 2023

A Selection Orientation for the first-year volunteers was held on 27 September 2023 at the seminar hall from 12.45 pm to 1.45 pm. This session was organized to introduce the new volunteers to the NSS unit's activities, goals, and expectations. The orientation aimed to inspire and prepare the first-year students for their roles and responsibilities within the NSS unit.





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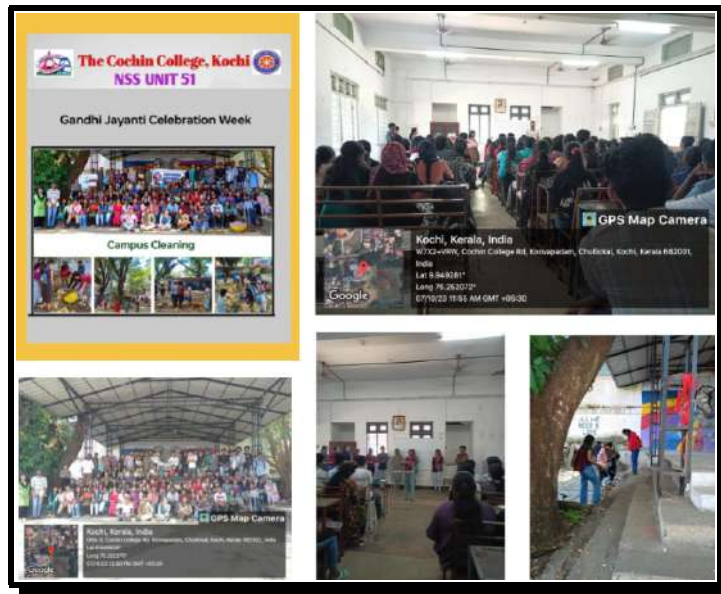
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## 1.17 Gandhi Jayanti week observance

Date: 02<sup>nd</sup> October 2023

The NSS unit at The Cochin College actively participates in the observance of Gandhi Jayanti week. This celebration typically includes various activities aimed at promoting the values and teachings of Mahatma Gandhi. Some of the activities organized by the NSS unit during this week include: Cleanliness Drives and Awareness Campaigns.



## 1.18 Swachhata Hi Seva Campaign at Raksha Special School

Date: 4<sup>th</sup> October 2023

On 4<sup>th</sup> October 2023, as part of the Swachhata Hi Seva campaign, 54 NSS volunteers from The Cochin College participated in a vigorous cleaning campaign at Raksha Special School and its vicinity. The program aimed to make the school and its surroundings safe and clean, deterring objectionable social elements. The event was attended by a sub-inspector and the ward councillor, who addressed the gathering, emphasizing the importance of cleanliness and community service.







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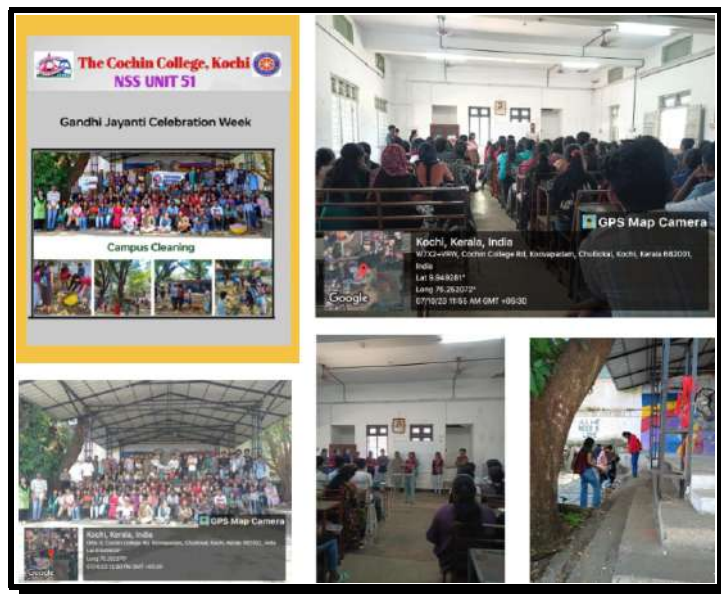
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## 1.19 Pre-Orientation and Campus Cleaning Session

Date: 7<sup>th</sup> October 2023

On 7<sup>th</sup> October 2023, a pre-orientation session was organized for the first-year recruits of the NSS unit at The Cochin College. During this session, the Program Officers and four volunteer secretaries addressed the new volunteers, initiating them into the values and principles of the NSS creed. The volunteer secretaries taught the recruits the NSS song and various NSS claps, fostering a sense of unity and enthusiasm among the new members. Following the orientation, the first-year volunteers participated in an energetic campus cleaning session, demonstrating their commitment to the NSS values of service and community engagement.



## 1.20 Beach Cleaning at Fort Kochi in Association with NETFED

Date: 13<sup>th</sup> October 2023





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On 13<sup>th</sup> October 2023, 40 NSS first-year volunteers and the two Program Officers of The Cochin College participated in a beach cleaning drive at Fort Kochi organized by NETFED. The cleanup session was scheduled for the afternoon, and the first-year volunteers were excited about their first external outdoor program, made even more special by the caps and jerseys handed out to them. Before the drive began, personnel from the Coast Guard addressed the volunteers, emphasizing the importance of keeping beaches clean and the impact of plastic pollution. The volunteers enthusiastically filled their bags with plastic waste, gaining a full awareness of the enormity of the problem caused by irresponsible human behavior regarding garbage disposal. This hands-on experience underscored the significance of their efforts in environmental conservation.



## 1.21 NSS Room Cleaning and Painting

Date: 18<sup>th</sup> October 2023

On 18<sup>th</sup> October 2023, a handpicked group of NSS volunteers undertook the task of cleaning, whitewashing, and beautifying the NSS room in preparation for the first-year orientation program scheduled to commence on 20 October 2023. The volunteers worked diligently to transform the room, with the walls blossoming with their artistic outpourings. Their efforts ensured that the NSS room was not only clean and fresh but also vibrant and welcoming for the upcoming orientation program.





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## 1.22 Orientation Camp for First Year NSS Volunteers

Dates: 20-21 October 2023 Aarambam 2K23

The two-day orientation program for first-year NSS volunteers, titled Aarambam 2K23, began on 20 October 2023 with a welcome speech by Program Officer Mr. Renjith S. The Principal, Dr. M. Geetha, delivered the presidential address, followed by an inspiring inaugural address by the MGU NSS Coordinator, Dr. E.N. Sivadasan. Dr. Soney Bhageeradhan, NSS P.O., proposed the vote of thanks.

### Day 1

The ice-breaking session focused on Life Skills and was conducted by Ms. Divya Ramakrishnan. In the afternoon, Fr. Eldhose K Joy led a session introducing NSS, its aims, objectives, and endless possibilities.

### Day 2

The morning session of Day 2 was handled by Dr. Thomas Varghese, NSS Program Officer at Bharatmata College.

The afternoon session was conducted by Dr. Manju Subramanian, former NSS P.O. of The Cochin College. Additionally, four former volunteer secretaries addressed the first-year volunteers, providing them with a firm grounding in the ethics and spirit of the NSS.





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## 1.23 Nature Education Camp at Idukki Wildlife Sanctuary

Dates: 25-27 October 2023

The NSS unit of The Cochin College organized a three-day residential nature education camp at the Idukki Wildlife Sanctuary from 25<sup>th</sup> to 27<sup>th</sup> October 2023. The group comprised 37 students (26 girls and 11 boys) and two Program Officers.

### Camp Activities

#### Evening Sessions

In the evenings, talks were organized by the forest department aimed at presenting facts and sensitizing students about the need to conserve forests and wildlife. These sessions provided valuable insights into the importance of environmental preservation.

#### Forenoon Sessions

The forenoon sessions were devoted to forest treks. Forest department officers guided the students, instructing them about the unique flora and fauna of the Idukki Wildlife Sanctuary. These treks offered hands-on learning experiences and deepened the students' understanding of the natural ecosystem. The volunteers returned with a renewed sense of responsibility towards the environment and a deeper appreciation for the natural world around them.





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## 1.24 Vayojanotsavam: A Day for Senior Citizens

Date: 1<sup>st</sup> November 2023

On 1<sup>st</sup> November 2023, 20 first-year volunteers from The Cochin College participated in Vayojanotsavam, a special day dedicated to senior citizens, organized by the Cochin Corporation at Town Hall near North Metro Station.

The volunteers assisted with various tasks and actively participated in the cultural activities. They were particularly happy dancing and singing with the senior citizens, creating a joyful and memorable experience for all.

The day-long program extended from 9.30 am to 3.30 pm, providing ample time for interaction and engagement between the young volunteers and the elderly participants.





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## 1.25 Malayala Bhasha Vaaracharanam

Dates: November 3 - 13

The NSS unit of The Cochin College, in collaboration with the college library and the Department of Malayalam, organized a week-long Malayala Bhasha Vaaracharanam program from November 3<sup>rd</sup> to 13<sup>rd</sup>. The aim was to encourage the use of the Malayalam language and create an engaging and lively atmosphere around it.

Activities

Throughout the week, various competitions were held, including:

1. Quiz
2. Essay writing
3. Elocution
4. Identifying the person
5. Recitation
6. Tongue twister competitions

These activities were designed to promote enthusiasm and interest in the Malayalam language among the students.

Concluding Event

The program concluded with a lecture on "Man, Language, and Nature" by Dr. Tom C. Thomas, Assistant Professor, Department of English, S.H. College, Thevara. This lecture provided insightful perspectives and was a fitting end to the week-long celebration of the Malayalam language.





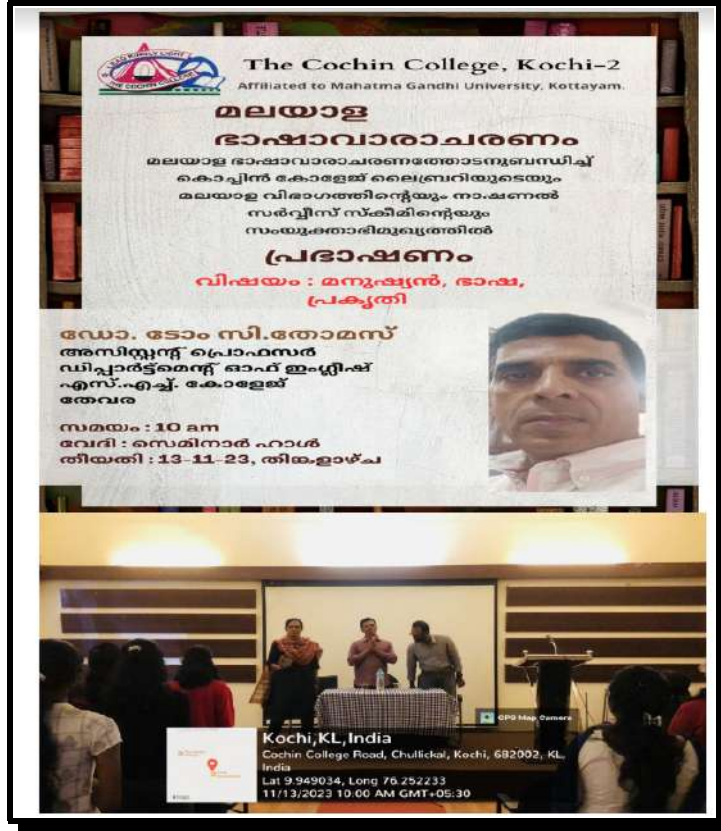
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## 1.26 Malinya Muktha Keralam Nava Keralam Training Program

Date: 18<sup>th</sup> November 2023

On 18<sup>th</sup> November 2023, NSS volunteer secretaries Francis Savio and Afeefa K.N. attended the training program for Malinya Muktha Keralam Navakeralam at Ernakulam Town Hall. This program aimed to equip participants with the knowledge and skills needed to contribute effectively to the Malinya Muktha Keralam Navakeralam initiative, focusing on creating a cleaner and greener Kerala.



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



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## 1.27 Constitution Day

Date: 26<sup>th</sup> November 2023

The NSS unit at The Cochin College actively participates in the observance of Constitution Day on November 26<sup>th</sup> of each year, dedicating the day to honouring and educating about the Indian Constitution. Activities typically include a group reading of the Preamble to reaffirm commitment to constitutional values, educational seminars and workshops on the history, significance, and key aspects of the Constitution.



## 1.28 AIDS Day Observance

Date: 01<sup>st</sup> December 2023

**AIDS Awareness Rally:** The NSS unit in association with THQH, Fort Kochi organized an AIDS Awareness Rally at Fort Kochi beach on 30<sup>th</sup> November 2023.

**AIDS Awareness Session:** The NSS unit organized an AIDS Awareness Session for the volunteers in the seminar hall on 01<sup>st</sup> December 2023. The ICTC counsellor Ms. Nikhila Divega was the resource person.







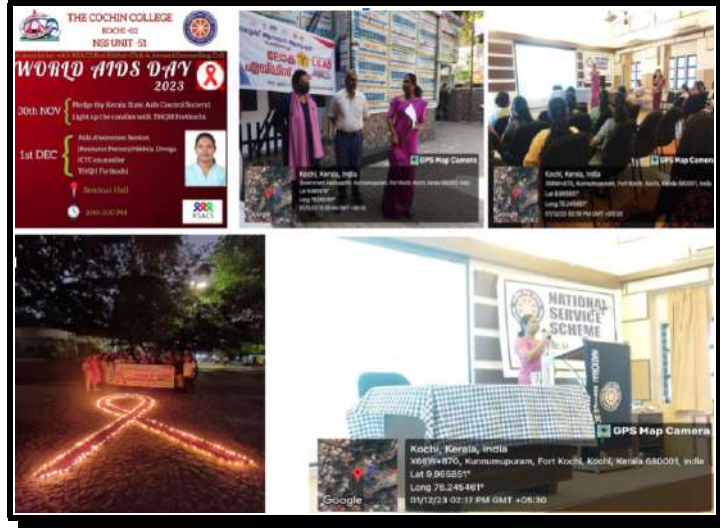
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## 1.29 NSS Adventure Camp

03-12 January 2024 Second year NSS volunteer, Francis Savio got selected for the NSS Adventure Camp held at Atal Bihari Vajpayee Institute of Mountaineering, Dharamsala.



## 1.30 Sneharagam Project

Stage 1

Date: 8<sup>th</sup> January 2024

The NSS unit of The Cochin College initiated Stage 1 of the Sneharagam project near Koovapaadam bus stand on 8<sup>th</sup> January 2024. Despite the first-year students having their exams, the second-year volunteers eagerly participated, exemplifying the NSS motto "Not me, but you." The volunteers diligently cleaned the area, removing plastics and





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other trash from the ground. This effort highlighted the importance of responsible waste disposal and the impact of mindless littering. The commitment and enthusiasm of the volunteers were commendable, earning them well-deserved NSS long claps.



## Stage 2

Date: 10<sup>th</sup> January 2024

Stage 2 of the Sneharaamam project took place on 10<sup>th</sup> January 2024. Sneharaamam aims to transform neglected spots in the city, which often become sites for irresponsible garbage disposal, into sustainable gardens where people can rest and relax. In this phase, a team of boys worked together to plant cuttings, shoots, and seedlings brought from home. Their efforts contributed to the creation of a green, welcoming space, embodying the spirit of the project and promoting environmental sustainability.



## 1.31 Pacha Thuruthu Project in Collaboration with Cochin Corporation

15<sup>th</sup> January 2024





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On 15<sup>th</sup> January 2024, the NSS unit of The Cochin College, in collaboration with the Cochin Corporation, undertook the Pachathuruthu project in Wards 8 and 9. This initiative focused on planting trees in areas prone to irresponsible garbage disposal, with the aim of creating natural deterrents against waste accumulation.

## Activities

**Tree Planting:** The volunteers planted 5 Ashoka trees, 5 Ilangi trees, and 10 Arya Vepu trees in Wards 8 and 9.

**Greening Effort:** The project aimed to transform neglected spots into green spaces, promoting environmental sustainability and cleanliness. The Pachathuruthu project not only enhanced the aesthetic appeal of these wards but also served as a strong deterrent against the piling up of garbage, reinforcing the importance of responsible waste disposal and environmental conservation.



## 1.32 Nutrition Day Competitions Held by the Health Department

16<sup>th</sup> January 2024

On 16<sup>th</sup> January 2024, the NSS team of The Cochin College participated in various events commemorating Nutrition Day, organized by the Department of Health at St. Thomas Moore Church Hall, Palluruthy.

### Achievements

**Quiz Competition:** Aparna Satheesh won the title of Nutrition Warrior by excelling in the quiz competition.

The participation and success of the NSS team in these events highlighted their commitment to promoting health and nutrition awareness within the community.





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## 1.33 Palliative Care Day

17<sup>th</sup> January 2024

To commemorate Palliative Care Day, which was on 15<sup>th</sup> January, the NSS volunteers of The Cochin College spent a day at Good Hope Care Home on 17<sup>th</sup> January 2024. The volunteers were asked to clip the nails of the residents, which had grown long and cumbersome. They went above and beyond by providing haircuts and shaves, making it a complete grooming session.

### Volunteer Participation

The second-year volunteers, demonstrating their dedication and compassion, participated for the fourth time after their special camp. They undertook the grooming endeavour wholeheartedly and with love, never once showing any manner of distaste.

### Acknowledgment

The sister in charge of the home spoke highly of the volunteers, praising their dedication and kindness. She remarked that helping a person in need is akin to helping God, and that the volunteers were beloved by the Almighty for their selfless service.





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## 1.34 Republic Day Celebration

26<sup>th</sup> January 2024

The NSS unit of The Cochin College celebrated the nation's Republic Day on 26<sup>th</sup> January 2024.

Activities

**Flag Hoisting:** The celebration began with the hoisting of the national flag by the College Vice Principal, Dr. Rishimon P.R.

**Republic Day Speech:** Following the flag hoisting, a Republic Day speech was delivered, highlighting the significance of the day and the values of the Republic.

**Republic Day Quiz:** An open Republic Day quiz was organized by the volunteers, engaging participants in a spirited competition and testing their knowledge about India's history and constitution.

The celebration was a meaningful and patriotic event, reflecting the NSS unit's commitment to national pride and civic engagement.





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## 1.35 Gandhi Samadhi Day

30<sup>th</sup> January 2024

The NSS unit of The Cochin College observed Mahatma Gandhi's Martyrs Day on 30<sup>th</sup> January 2024 at the Gandhi Statue near Koovapadam Market.

Activities

**Cleaning Drive:** The volunteers conducted a cleaning drive around the Gandhi Statue, ensuring the surroundings were neat and tidy as a mark of respect to the Father of the Nation.

This observance was a tribute to Mahatma Gandhi's legacy, reflecting the NSS unit's dedication to community service and cleanliness.





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## 1.36 National Youth Day Celebration

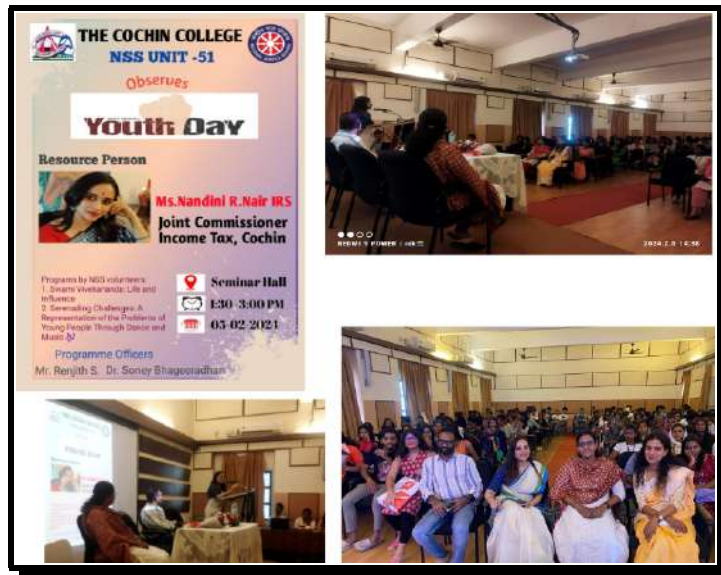
5<sup>th</sup> February 2024

The NSS unit of The Cochin College celebrated National Youth Day on 5<sup>th</sup> February 2024.

Inauguration and Keynote Speech

The celebrations were inaugurated by Ms. Nandini Nair IRS, Income Tax Joint Commissioner, Cochin, who also delivered the keynote speech. Her speech emphasized the role of youth in nation-building and inspired the volunteers to contribute positively to society.

The event highlighted the importance of empowering young people and encouraged them to take active roles in their communities.



## 1.37 Cyber Awareness Session

8<sup>th</sup> February 2024

On 8<sup>th</sup> February 2024, the NSS unit of The Cochin College organized a Cyber Awareness program for volunteers in association with Team Bodhini, Ernakulam. The session, coordinated by NSS Program Officers Mr. Renjith S and Dr. Soney Bhageeradhan, aimed to educate volunteers about the importance of cyber safety, the risks associated with digital platforms, and best practices for protecting personal information online. This informative event provided valuable insights into maintaining cybersecurity in the digital age.





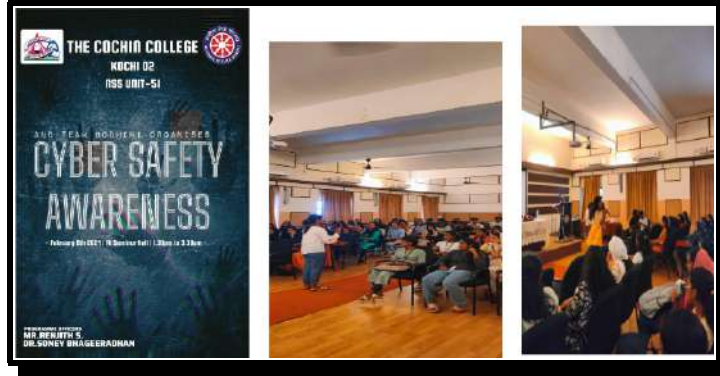
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## 1.38 Women’s Day Celebration

08<sup>th</sup> March 2024

International Women’s Day was celebrated as a collaborative effort of NSS, the Women’s Guidance Cell, and IQAC through the event, titled “FemmeFury”. The highlight of the celebration was the felicitation of students who participated in a remarkable demonstration of Yoga and Kalari-“Veerangana 2024”, organized under the banner of Dakshina Bharatha Vanitha Kalari. Following the felicitation ceremony, there was a captivating demonstration by the students, further showcasing their proficiency in Yoga and Kalari.



## 1.39 Anti-Drug Campaign

13<sup>th</sup> March 2024

The NSS unit and College Library of The Cochin College, in association with the Kochi City Police, organized “Unarv,” an Anti-Drug Awareness Campaign for the first-year NSS volunteers on 13<sup>th</sup> March 2024. This campaign aimed to educate and sensitize the volunteers about the dangers of drug abuse and the importance of staying drug-free.







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## 1.40 NSS 7 Days Residential Camp

ST. XAVIER'S PUBLIC SCHOOL, KANDAKKADAVU

25 to 31 December 2023

### Camp Activities Overview

#### 1.40.1 Daily Routine:

#### 1.40.2 Physical Exercise:

Each morning, physical exercise sessions were conducted by Amerzon Louis, Physical Education Teacher at St. Mary's School, Chellanam.

#### 1.40.3 Community Service:

Volunteers engaged in daily community service activities within the St. Xavier's Public School campus.





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#### 1.40.4 Educational Sessions:

#### 1.40.5 Financial Literacy:

Dr. Liance Mathew led daily discussions on financial literacy.

#### 1.40.6 Digital World:

Dr. Paulbert Thomas presented sessions on the digital world.

#### 1.40.7 Decision Making:

Mr. Tom Pious facilitated discussions on effective decision-making.

#### 1.40.8 Theatre Acting:

Rajesh Sharma conducted workshops on theatre acting.

#### 1.40.9 Student Seminars:

Each day included student seminar presentations aimed at enhancing presentation skills for all volunteers.





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<p>THE COCHIN COLLEGE KOCHI -02 NSS UNIT -51</p> <p><b>SPECIAL CAMP</b> <i>Discussion</i></p> <p> <b>Rajesh Sharma</b> Cine Artist &amp; Theatre person</p> <p>School Auditorium ST. Xavier's Public School Kandakadav, Chellanam</p> <p>2.00-3.30pm 28/12/2023</p>	<p>THE COCHIN COLLEGE KOCHI -02 NSS UNIT -51</p> <p><b>SPECIAL CAMP</b> <i>Discussion</i></p> <p> <b>Dr. Paulbert Thomas</b> Assistant Professor The Cochin College Kochi</p> <p>School Auditorium ST. Xavier's Public School Kandakadav, Chellanam</p> <p>2.00-3.30pm 29/12/2023</p>
<p>THE COCHIN COLLEGE KOCHI -02 NSS UNIT -51</p> <p><b>Special Camp</b> <b>DISCUSSION</b></p> <p> <b>Mr. TOM PIOUS</b> Assistant Professor St. Joseph College of Engineering, Pala</p> <p>School Auditorium ST. Xavier's Public School Kandakadav, Chellanam</p> <p>2.00-3.30pm</p>	<p>THE COCHIN COLLEGE KOCHI -02 NSS UNIT -51</p> <p><b>SPECIAL CAMP</b> <i>Discussion</i></p> <p> <b>Dr. Liance Mathew</b> Assistant Professor The Cochin College Kochi 02</p> <p>School Auditorium ST. Xavier's Public School Kandakadav, Chellanam</p> <p>2.00-3.30pm 30/12/2023</p>

#### 1.40.10 Special Activities:

#### 1.40.11 Beach Cleaning Drive:

A drive was organized at Kandakkad Beach to promote environmental cleanliness.

#### 1.40.12 Waste Management Awareness Rally:

A rally was held across wards 17, 18, and 19 in Chellanam Panchayat to raise awareness about waste management.





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#### 1.40.13 Honoring Ambedkar Award Winners:

Josy Kandakkad and Pauly Kandakkad were honored for their contributions.

#### 1.40.14 Shooting Session:

Bindhu Sujin, Kerala State 10 25 Meter Rifle Championship Winner 2023, introduced participants to shooting.

#### 1.40.15 Self-Defense Session:

Mareena Gurukkal, a martial arts trainer, conducted a session on self-defense.





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#### 1.40.16 Waste Management Survey:

Volunteers participated in a survey to assess waste management practices.

#### 1.40.17 Drug Awareness Rally:

A rally was conducted to promote drug awareness among the community.

#### 1.40.18 Organic Vegetable Cultivation:

Participants engaged in growing vegetables using organic grow bags.

#### 1.40.19 Contributions:

#### 1.40.20 Reverse Osmosis Water Purifier:

As part of its social responsibility, the NSS unit of Cochin College donated a Reverse Osmosis water purifier to St. Xavier's Public School.





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This comprehensive camp not only provided valuable learning experiences and community service opportunities but also contributed positively to the local environment and community.

## Conclusion of NSS Activities for the Academic Year 2023-2024

The academic year 2023-2024 has been a remarkable period for the NSS unit of The Cochin College, marked by a series of impactful and diverse activities. From celebrating national events like Republic Day and Independence Day to participating in environmental initiatives such as the Pachathuruthu and Sneharaamam projects, our volunteers have demonstrated unwavering commitment to community service and national pride.

Our efforts in organizing educational programs, such as the Cyber Awareness session and the Anti-Drug Campaign "Unary," have equipped students with essential knowledge and skills for personal and societal development. Additionally, the nature education camp at Idukki Wildlife Sanctuary and various other outreach programs have fostered a deeper sense of environmental responsibility and social awareness among the volunteers.

The involvement in health-related initiatives, including the Nutrition Kit Distribution for TB patients and participation in Nutrition Day competitions, underscores our dedication to public health and well-being. Moreover, our cultural and community engagement activities, such as the Onam Celebrations at Good Hope Old Age Home and the Vayojanotsavam for senior citizens, highlight the NSS unit's commitment to fostering a compassionate and inclusive community.

Through these diverse activities, our volunteers have embodied the NSS motto "Not Me, But You," consistently prioritising the needs of the community and contributing positively to society. The dedication and enthusiasm shown by our volunteers and Program Officers, Mr. Renjith S and Dr. Soney Bhageeradhan, have been exemplary, ensuring the successful execution of all initiatives.





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As we conclude this academic year, we look forward to continuing our mission of service, leadership, and community development in the years to come, inspired by the achievements and experiences of 2023-2024.

## 2 Institutional Initiatives for Communal and Socio-economic Inclusiveness through Various Departments, Clubs and Committees :2023-24

### 2.1 Department of Zoology

#### 2.1.1 SHARP Project:

Students of the Department of Zoology, The Cochin College volunteered in a Resource Recovery and Recycling Drive organised by Plan@earth in association with KMRL(Kochi Metro Rail Limited) from 5<sup>th</sup> June 2023, to 9<sup>th</sup> June 2023. This initiative aimed to promote environmental sustainability through effective waste management practices. The Zoology students played a crucial role in the collection, sorting, and categorising of recyclable materials, as well as educating the community on the importance of recycling and proper waste disposal at Aluva, Kalamassery, JLN Stadium, MG Road and Vytilla Metro Stations.



#### 2.1.2 ECHO Project:

Four students and one faculty member from the Department of Zoology, The Cochin College participated in the ECHO Bootcamp on 22<sup>nd</sup> and 23<sup>rd</sup> September 2023, at Christ University Nodal Office, Thiruvananthapuram. ECHO 2023 is



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a platform designed to empower young individuals to harness their innovation and entrepreneurial skills to drive positive change and create a significant environmental impact. Participants were tasked with identifying an environmental problem and devising an innovative solution that would benefit the community. This year's theme, "Innovate to create resilient cities and urban communities," encouraged the attendees to focus on developing solutions that enhance the resilience of urban areas, addressing issues pertinent to sustainable city living. The active involvement underscores their commitment to environmental stewardship and community development.



### 2.1.3 Zonal Zoo fest:

The Department of Zoology, The Cochin College in association with the Zoological Society of Kerala and co-funded by the DBT Star College Scheme, organized the Zonal Zoo FEST 2023 on 20<sup>th</sup> October 2023 at The Cochin College. The event saw participation from 106 students representing seven colleges: The Cochin College, St. Teresa's College Ernakulam, St. Albert's College Ernakulam, Maharaja's College Ernakulam, Bharata Mata College Ernakulam, Sacred Heart College, and St. Xavier's College Vaikom. The Fest featured nine different competitions for undergraduate students, fostering a spirit of academic and extracurricular excellence. ZOOFEST 2023 was inaugurated by Prof. Dr. Mohan Joseph Modayil, Fisheries Adviser Consultant, and Senior Adviser to the Government of Andhra Pradesh, who also engaged with students about career opportunities in the Life Sciences. The highlight of the event was The Cochin College winning The A K Prema ever-rolling trophy for accumulating the highest points in the competitions, underscoring the college's commitment to academic and extracurricular distinction.







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## 2.1.4 DROP (Drive to Recover Ocean Plastics) :

On 31<sup>st</sup> January 2024, students from the Department of Zoology along with the Bhoomitrasena Club of The Cochin College performed an impactful street play at Munambam Harbour, Kochi, to raise awareness about Plan@earth's 'DROP: Drive to Recover Ocean Plastics' project. Through their compelling performance, they highlighted the critical issue of ocean plastic pollution and the urgent need for collective action to address it. Additionally, they created stunning wall art to further educate the public about the detrimental effects of plastic on marine environments and to inspire community involvement in saving our oceans from plastic pollution. Their efforts were met with great appreciation from the local community, underscoring the importance of environmental conservation.





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## 2.1.5 Citizen Science Program (REVIVAL) (Rehabilitation of Vibrio Infested Waters of Vembanad Lake- Pollution and Solution):

In a bid to promote citizen science initiatives, the Central Marine Fisheries Research Institute (CMFRI) launched the REVIVAL project (Rehabilitation of Vibrio Infested Waters of Vembanad Lake - Pollution and Solution). This multi-institutional research project invited college students and the public to participate in optical mapping of the Vembanad Lake. The project's objectives include understanding the extent of pathogenic Vibrio pollution, identifying their reservoirs in the ecosystem, mapping the distribution of Vibrio carriers using remote-sensing techniques, and developing forecast models to anticipate microbial infection hotspots. Data collection was facilitated using a Secchi disc, a simple hand-held device to measure water turbidity, and a mobile app named TurbAqua was developed for uploading the data. On 8<sup>th</sup> November 2023, 32 first-year UG students from the Department of Zoology, The Cochin College attended an orientation session for the Citizen Science Program organised by Ms. Ancy C Stoy, a Research Scholar at CMFRI, where Secchi disks were distributed. The students also underwent a comprehensive training session at CMFRI on 24<sup>th</sup> January 2024, equipping them with the skills necessary to contribute effectively to this important environmental initiative.





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## 2.1.6 Nature Education Camp: Silent Valley National Park

First-year B.Sc Zoology students, in association with the Nature Club, participated in a three-day nature camp from 16<sup>th</sup> to 18<sup>th</sup> November 2023, at Silent Valley National Park, Mannarkkad, and Attappadi. Funded by the Kerala Forests Wildlife Department and co-funded by the DBT Star College Scheme, the camp included bird-watching walks, where notable sightings such as the Malabar Trogon, Nilgiri Wood Pigeon, and the Great Indian Hornbill were observed. A session by forest officials emphasized the "Leave No Trace" policy, and a visit to the Attappadi landscape showcased the barren lands resulting from deforestation and improper land use. This highlighted the importance of sustainable practices to prevent ecological disasters. During the interactions with the Silent Valley tribal community, the tribes shared their deep connection with the forest and their traditional knowledge of the ecosystem which has been passed down through generations. It underscored the significance of preserving both the natural environment and the cultural heritage of the region.





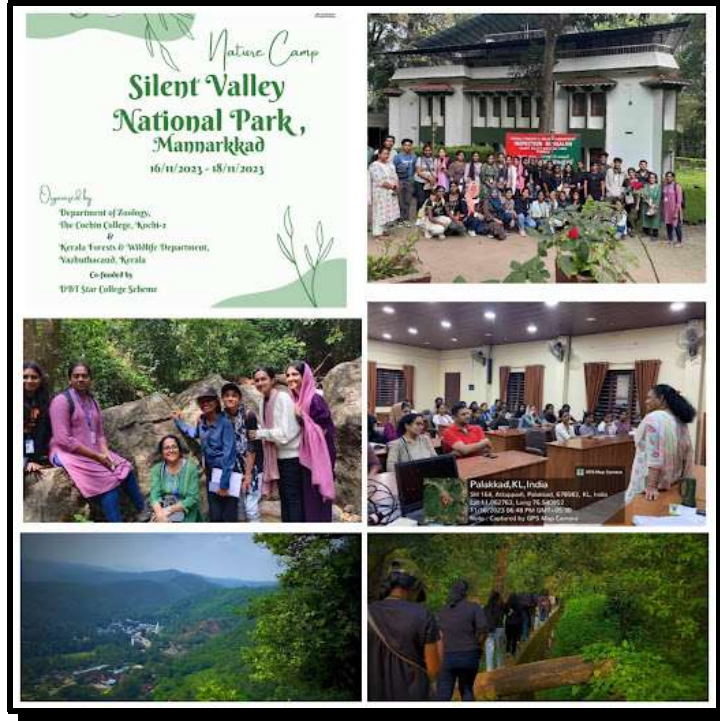
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## 2.1.7 Institute Visit:

On 2<sup>nd</sup> February 2024, the final year B.Sc students from the Department of Zoology, The Cochin College visited the Central Marine Fisheries Research Institute (CMFRI) on the occasion of its 77<sup>th</sup> Foundation Day. This visit provided the students with a valuable opportunity to explore the advanced research labs and the museum at CMFRI. The experience offered the students firsthand insight into the various research activities and technological advancements in marine fisheries. It was an enriching educational experience that allowed them to understand the practical applications of their studies and gain deeper knowledge about marine biodiversity and fisheries science.





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## 2.1.8 Student's Exhibition cum Sale of Vermicompost at Udyami Bazar:

The final year students of the Department of Zoology were given training in vermicomposting on 13<sup>th</sup> December 2023. Following this training, the students prepared high-quality vermicompost, which was showcased and sold at the Entrepreneurs Market (Udyami Bazar) during the IIC regional meet held at CUSAT, Kalamassery, on 16<sup>th</sup> January 2024. This initiative not only provided the students with practical experience in sustainable agricultural practices but also offered them a platform to demonstrate and market their products, fostering entrepreneurial skills and environmental awareness.



## 2.2 Department of English

### 2.2.1 English Enhancement Programme:

As part of an extension activity, teachers and Post Graduate students from the Department of English at The Cochin College organized an English Enhancement Programme for Anganwadi mothers and teachers on 12<sup>th</sup> March 2024. The initiative aimed to address common pronunciation mistakes made by native Malayalee speakers, providing tailored instruction to help improve their English language skills. In addition to the focused training sessions, the department also contributed valuable educational materials to the Anganwadi library, enhancing the resources available for both teachers and mothers. This program not only supported the participants in developing better communication skills but also reinforced the college's commitment to community engagement and educational development.





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## 2.3 Department of Economics

### 2.3.1 Served as Judge:

Mr. Renjith S, Assistant Professor of History, The Cochin College served as a judge at the Kerala State Social Science Fest held in Thiruvananthapuram on December 1-2, 2023. This event gathered students from across the state to showcase their knowledge and projects in various social science disciplines, promoting academic excellence and fostering a deeper understanding of social sciences among young minds.

### 2.3.2 Motivation Class:

As part of the extension activity, Mr. Renjith S, Assistant Professor of History, The Cochin College conducted a motivational session for the inmates of Mattancherry Sub Jail on 23<sup>rd</sup> March 2024. The session, titled "Man and Social Life," focused on the importance of social connections and the role of individuals within society. It aimed to inspire and educate the inmates, providing them with valuable insights and fostering a sense of community and personal growth.





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## 2.4 Department of Commerce

### 2.4.1 Swachh Bharat:

As part of its extension activities, the Department of Commerce at The Cochin College conducted a cleanup campaign on 5<sup>th</sup> October 2023 in alignment with the Swachh Bharat Abhiyan. The campaign focused on cleaning beaches and parks in and around Fort Kochi. This initiative aimed to promote environmental sustainability and cleanliness in public spaces, enhancing the beauty and hygiene of these areas. The active participation of students and faculty in this campaign not only contributed to a cleaner environment but also fostered a sense of community responsibility and awareness about the importance of maintaining public spaces.





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## 2.4.2 Outreach Activity: Visit to Raksha Special School

As part of its outreach activities, the Department of Commerce, The Cochin College organized a visit to Raksha Special School. On 22<sup>nd</sup> August 2023, students and teachers from the department visited Raksha Special School in Mat-tanchery to celebrate Onam with the students, bringing joy and festivity to the occasion. Additionally, a fundraiser program, Diwali Sale, was held on 8<sup>th</sup> November 2023, where Chirags made by the students of Raksha Special School were displayed and sold at The Cochin College. This initiative aimed to support the special school's students, highlighting their talents and fostering a sense of community and inclusion. The combined efforts of celebration and fundraising significantly contributed to the well-being and support of the students at Raksha Special School.



## 2.4.3 Extension Activity: Career Opportunities in Commerce

On 12<sup>th</sup> October 2023, Dr. Lakshmisree R., Assistant Professor in the Department of Commerce, conducted an extension activity on Career Opportunities in Commerce for the higher secondary students of St. Sebastian's School, Thoppampady. The session covered various career choices and job opportunities available to plus two commerce students, emphasizing the importance of selecting the right courses. It was an interactive session where students actively participated by asking queries about course selection and job prospects, receiving valuable guidance and insights from Dr. Lakshmisree.







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## 2.5 Department of Physics

### 2.5.1 Tarang 2024:

The Cochin College Science and Quiz Club, in association with the Department of Physics and the Department of Electronics, organized THARANG-2024, National Science Day Celebrations during the last week of February. The programs included a science field visit to C-SiS CUSAT, expert classes, and lab visits. Approximately 30 students participated in the field visit, gaining valuable exposure and insights into scientific research and applications.



## 2.6 Department of Botany

### 2.6.1 Visit to Old Age Care Home: Snehapoorvam

The Department of Botany, in association with the Department of Biochemistry and Biotechnology, organized an outreach programme titled 'Snehapoorvam' on 19<sup>th</sup> December 2023. The event took place at Prateeksha Bhavan, an old age care home located in Edakochi. The programme aimed to foster a sense of community and provide support to the elderly residents. Students and faculty members engaged in various activities designed to bring joy and companionship to the senior citizens.





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## 2.7 College Library

### 2.7.1 Books on Wheels:

Books are being delivered to homemakers in the Ninth Ward of the Cochin Corporation, thanks to a collaborative effort between the library of The Cochin College and the NSS unit. The flagging off ceremony took place on 17<sup>th</sup> October 2023. Now in its second year, this popular project aims to promote literacy and provide easy access to educational resources for homemakers who may find it challenging to visit the library. By bringing books directly to their homes, the initiative encourages reading and continuous learning, enriching the lives of community members and fostering a culture of knowledge and education.





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**The Cochin College, Kochi**  
**NSS UNIT 51**  
&  
**College Library**  
**"Books On Wheels"**

**Flagging Off Ceremony**  
17.10.2023





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**THE COCHIN COLLEGE**  
**NSS UNIT 51**  
&  
**College Library**

**Books on Wheels**  
Ward No : 9  
Cochin Corporation

01 03 2024

## 2.8 Department of Chemistry

### 2.8.1 Awareness Class on the Abuse of Drugs:

On the International Day Against Drug Abuse and Illicit Trafficking, Department of Chemistry, in collaboration with the Anti-Narcotic Club of The Cochin College, organized an awareness class on 30<sup>th</sup> June 2023, for the high school students of EMGHS, Veli, Fort Kochi. The session aimed to educate young minds about the dangers of drug abuse and its adverse effects. Conducted by the students of II B.Sc Chemistry, the class featured interactive discussions, providing valuable insights and fostering an open dialogue on this critical issue. This initiative underscored the college's commitment to community outreach and its proactive role in promoting a drug-free society.





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## 2.8.2 Survey on Water Quality:

Students of the first and second year B.Sc Chemistry at The Cochin College conducted a comprehensive water quality analysis in approximately 50 houses of the adopted Ward 7 on 25<sup>th</sup> March 2024. This initiative aimed to assess the quality of water being used by the residents and to identify any potential contaminants that might pose health risks.

The students meticulously collected water samples and performed various tests to evaluate parameters such as pH, turbidity, and the presence of harmful substances.





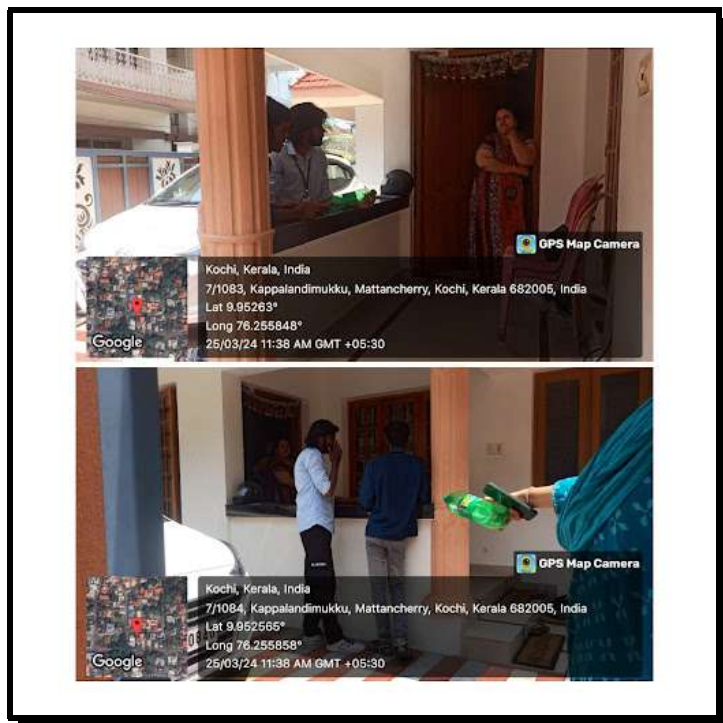
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## 2.9 Anti Narcotic Cell

### 2.9.1 Awareness Campaign:

In connection with the International Day Against Drug Abuse and Illicit Trafficking, the Anti-Narcotic Club of The Cochin College along with the Department of Chemistry conducted an awareness class on 30<sup>th</sup> June 2023 for the high school students of EMGHS, Veli, Fort Kochi. The session focused on the abuse of drugs and its adverse effects, aiming to educate young minds about the dangers of substance abuse. The class was conducted by the students of II B.Sc Chemistry, who interacted with the school students, providing valuable insights and fostering an open dialogue on this critical issue.





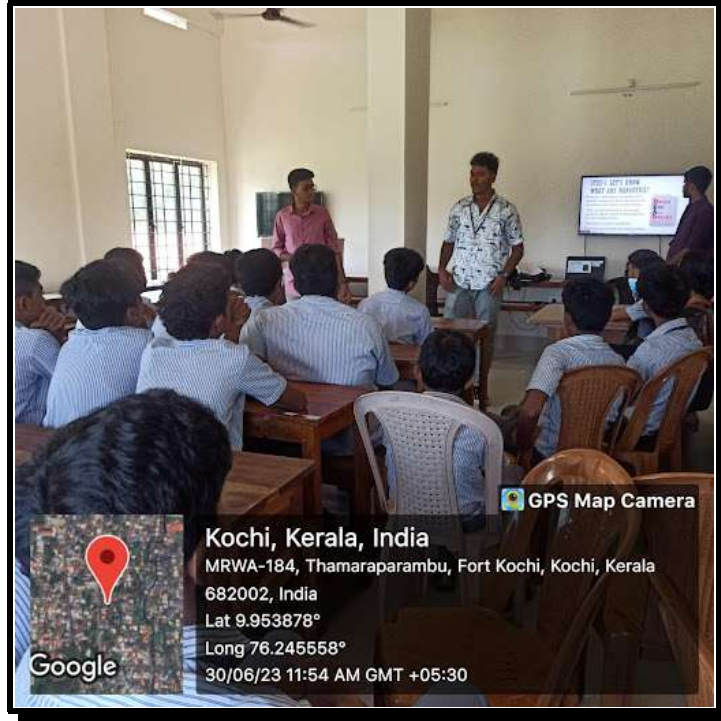
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## 2.10 Nature Club

### 2.10.1 Nature Camp and Field Study:

Silent Valley National Park First-year B.Sc Zoology students, in association with the Nature Club, participated in a three-day nature camp from 16<sup>th</sup> to 18<sup>th</sup> November 2023, at Silent Valley National Park, Mannarkkad, and Attappadi. Funded by the Kerala Forests Wildlife Department and co-funded by the DBT Star College Scheme, the camp included bird-watching walks, where notable sightings such as the Malabar Trogon, Nilgiri Wood Pigeon, and the Great Indian Hornbill were observed. A session by forest officials emphasized the "Leave No Trace" policy, and a visit to the Attappadi landscape showcased the barren lands resulting from deforestation and improper land use. This highlighted the importance of sustainable practices to prevent ecological disasters. During the interactions with the Silent Valley tribal community, the tribes shared their deep connection with the forest and their traditional knowledge of the ecosystem which has been passed down through generations. It underscored the significance of preserving both the natural environment and the cultural heritage of the region.





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## 2.11 Bhoomitrasena Club

### 2.11.1 Awareness Campaign:

On 31<sup>st</sup> January 2024, students from the Department of Zoology, along with the Bhoomitrasena Club of The Cochin College, performed an impactful street play at Munambam Harbour, Kochi, to raise awareness about Plan@earth's 'DROP: Drive to Recover Ocean Plastics' project aimed at combating plastic pollution. Their compelling performance emphasized the critical issue of ocean plastic pollution and the urgent need for collective action to address it. Additionally, they created stunning wall art to further educate the public about the detrimental effects of plastic on marine environments and to inspire community involvement in saving our oceans from plastic pollution.







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## 2.11.2 International Peace G20 Youth Summit 2023:

The Cochin College was recognized as a "Peace League Institution" at the International Peace G20 Youth Summit 2023, held on 12<sup>th</sup> August at The Choice School, Tripunithura, Kochi, Kerala, South India. In association with the Bhoomitrasena Club, ten students from B.Sc. Zoology, along with Faculty in Charge Dr. Manju V. Subramanian, who was honoured as a Peace Ambassador, participated in the summit. Notably, Manu Mohan of 2<sup>nd</sup> B.Sc. Zoology actively took part in a panel discussion on "Gender Equality," contributing to the important dialogue on this critical issue. The recognition and participation underscore The Cochin College's commitment to fostering peace and promoting gender equality.





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## Institutional Initiatives for Communal and Socio-economic Inlusiveness 2022-2023





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## Institutional Initiatives for Communal and Socio-economic Inclusiveness 2022-2023

Extension activities are carried out in the neighbourhood community, sensitising students to social issues, for their holistic development, and impact thereof during the last five years

Community welfare and support encompass a range of activities and services designed to improve the quality of life for individuals and groups within a community. These initiatives can address various needs, including health, education, housing, employment, social inclusion, and overall well-being. Here are some key areas typically involved in community welfare and support

The extension activities of the College are in harmony with the needs of the community and society. Each activity actively addresses at least one of the ten basic principles of UNAI and one or more of the Sustainable Development Goals (SDGs). Departments have organic connections with neighbourhood communities and the larger society through innovative outreach programs. Right from induction programs, students receive orientation and training to become ethical and responsible social beings who value and cherish deep empathetic relations with the community.

The activities of NSS, clubs and committees and the various departments in the Cochin College are pivotal in helping our students achieve holistic development. The Cochin College maintains a structured and scientific approach in conducting extension activities with the assistance of the NSS and various departments. These extension activities facilitate community development, social sensitization, and the overall growth of students.

### 3 Initiatives for Communal and Socio-economic Inclusiveness through National Service Scheme: 2022-23

#### 3.1 World Environmental Day Celebration

The NSS of the Cochin College organised awareness classes in nearby schools on 5th June 2022. Tree saplings were planted in the college campus and distributed to the students of nearby schools. The programme was inaugurated by the principal of the college Dr. M.Geetha.





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## 3.2 International Yoga Day

Participated in mass celebrations and conducted On 21st June 2022 NSS volunteers attended the mass International Yoga Day celebrations conducted by Nehru Yuva Kendra and Ayush in association with Govt. of India at Fort Kochi Parade Ground. An orientation session Knowing Your Breath was conducted in the college, by life coach Mr. Lakshman Kumar, followed by a training session by Mr. Manoj Krishnan.



## 3.3 Coast Guard Painting Competition

On 22nd June 2022, As part of International Yoga Day Indian Coast Guard conducted a painting competition for NSS volunteers at Coast Guard Auditorium, Fort Kochi. Aiswarya Riya II BA English Secured First Prize in the competition.





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### 3.4 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.



### 3.5 Independence Day Celebrations

On 15th August 2022, The Cochin College NSS unit celebrated Independence Day with a series of engaging activities. The celebrations began with the flag hoisting ceremony, where the national flag was hoisted by Principal Dr. M. Geetha, accompanied by NSS Program Officers Dr. Manju V. Subramanian and Mr. Renjith S. The event featured





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various activities, including placard making, patriotic song recitation, and flag distribution. These activities were aimed at fostering a sense of patriotism and community among the students and staff, making the day memorable and impactful for all participants.



## 3.6 Cup of Life Initiative

Cup Of Life Event:

“Cup of Life” is a new Initiative of Hibi Eden MP in association with IMA Cochin , District Administration Green Cochin Mission and the event is sponsored by Muthoot Finance. Through this initiative one lakh Menstrual Cups was distributed in one day (24 hours) on 31st August within Ernakulam parliament constituency through more than 100 venues. Colleges in Ernakulam Parliament Constituency participated in ”Cup of life World record event” which created history and hit the national headlines. The Cochin College is one among the stakeholders of this event. And we extend our services to society too in giving awareness about M- cups. Various programmes were done to popularise M Cups in college. All activities were co-ordinated by Nodal officer and NSS PO - Dr Manju V Subramanian, WGC Convener - Smt Srividya K S , NSS- PO Mr Renjith S and NSS volunteers. 1.Pre event : Training and awareness sessions were conducted before the day of distribution. Class wise sessions were done on 19th, 22nd 23rd August 2022. Sessions were handled by student trainers and nodal officers. Teaching staff and non teaching staff actively participated in the training and awareness sessions. 2. Day of cup distribution: Official Inauguration of distribution and awareness classes of CUP Of LIFE event were conducted on 31st August at the Seminar Hall of The Cochin College at 10 am. Dr Nergis S, Consultant Gynaecologist, Women and Children Hospital, Mattancherry officially inaugurated the event and was presided by Dr M Geetha, Principal -The Cochin College. WGC Convener welcomed the gathering and More than 100 registrations were there on the day and the trainees included students, teachers, non teaching staffs and cleaning staffs of our college 3.Post event: Follow up sessions were conducted in the month of september. 4. Method of training Various methods were followed by the student trainers in order to get focussed. -Flash mobs were organised. LCD





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projectors were used for effective presentations. - Demo cups were used to show the folding pattern. - Question Answer sessions were arranged. - Event pamphlets were distributed among students. - Posters were displayed on the notice board. Total no of Beneficiaries: 1600



### 3.7 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.







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### 3.8 Memory Walk - Bodhi Project: Dementia awareness programme

37 NSS volunteers of Unit-51 actively participated in the Memory Walk as part of the Bodhi Project to make Dementia free Kochi. The 'Bodhi' programme is being implemented as the second phase of the 'Udhboth' programme, which had made the Kochi Corporation the first corporation in the country to be declared dementia patient-friendly. The Ernakulam district administration and the CNS - Centre for Neuroscience had joined hands to successfully implement the 'Udhboth' programme. A Memory walk at Kaloor International Stadium, Kochi, was organised by Bodhi-CNS



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CUSAT, District administration Ernakulam and Social Justice Department, Government of Kerala on 21 September 2022. Memory walk basically aims to invite the attention of civil society to address the issues of people with dementia and generate maximum social security for their quality of life.



### 3.9 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.





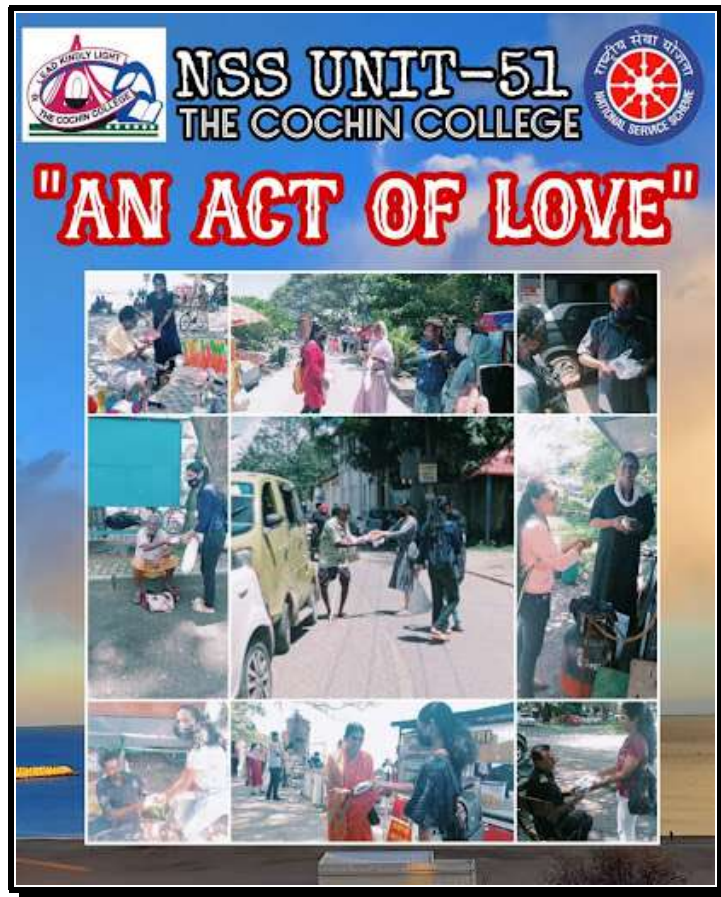
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### 3.10 Gandhi Jayanthi Celebrations: Visit to preschool, kochi

On 2nd October 2022, the NSS unit of The Cochin College conducted a comprehensive cleaning program at Anganavadi 99 and 102 in Ward 8 of the Cochin Corporation. This initiative, led by NSS Programme Officers Dr. Manju V. Subramanian and Mr. Renjith S., aimed to promote cleanliness and hygiene in the local community. Additionally, study materials valued at approximately Rs. 5,000, sponsored by generous donors, were distributed to the children at the Anganwadis. This effort not only enhanced the learning environment but also reinforced the importance of maintaining a clean and healthy space for the children.





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### 3.11 Team Kerala Training Camp

Disaster management training From 21st to 23rd February 2022, 25 NSS volunteers of The Cochin College successfully completed the training camp of Team Kerala for the Disaster Management Programme. The intensive training, held in Thiruvananthapuram, culminated in an official passing out parade. This program equipped the volunteers with essential skills and knowledge to effectively respond to emergencies and disasters, showcasing their commitment to serving the community in times of need. The dedication and preparedness of the volunteers were evident, as they stood ready to contribute to disaster management efforts across the region.





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### 3.12 Institutional Organic Farming

On 16th January 2023, The Cochin College, Kochi, initiated an organic farming project on 50 cents of land in association with ESAF and the Kerala Agricultural Department. The inauguration was conducted by the Principal, Dr. M. Geetha, and attended by the Vice Principals, Dr. Sindhu K. and Dr. Reshimon. The program was organized by NSS Program Officers Renjith S. and Dr. Manju V. Subramaniyan, marking a significant step towards sustainable agriculture and environmental stewardship. This initiative aims to promote organic farming practices and create a model for sustainable agriculture within the community. The project serves as a hands-on learning platform for students, providing them with practical experience in organic farming techniques and environmental conservation. By fostering collaboration with local agricultural experts and organizations, the college aims to enhance the impact of this initiative, encouraging the adoption of eco-friendly farming methods and contributing to the overall health and well-being of the





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local ecosystem.



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



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### 3.13 Coastal Clean Up - Swachh Sagar, Surakshith Sagar: Fort Kochi Beach

On 27th August 2022, The Cochin College organised a beach clean-up drive at Fort Kochi beach as part of the Coastal Clean Up initiative, Swachh Sagar, Surakshith Sagar. The event aimed to promote environmental awareness and ensure the cleanliness and safety of coastal areas. Students, faculty members, and volunteers actively participated in the drive, collecting and properly disposing of waste to restore the beach's natural beauty. The clean-up effort included the removal of plastic debris, glass, and other pollutants, highlighting the importance of maintaining a pollution-free coastal environment. The initiative underscored the college's commitment to environmental conservation and community service, inspiring others to take responsibility for preserving our coastal ecosystems. By engaging the local community and raising awareness about the adverse effects of marine pollution, the event contributed to the broader goal of fostering sustainable practices and protecting marine life.





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### 3.14 Gandhi Jayanti Community service Ward -7 Cochin Corporation

Cleaning and beautification of Ward 7 adopted ward: The National Service Scheme (NSS) is dedicated to the upliftment of communities and fostering a sense of social responsibility among students. As part of our ongoing efforts to contribute positively to society, we have adopted Ward 7 for a comprehensive cleaning and beautification project. This initiative aims to enhance the living conditions, promote environmental sustainability, and instill a sense of pride among the residents of Ward 7. Volunteers and teachers along with the ward members actively engaged the cleaning and beautification process on 2nd October. The whole event was inaugurated by the councillor of ward 7 cochin co operation. The cleaning and beautification of Ward 7 is more than just an initiative; it is a commitment to improving the quality of life for its residents and fostering a spirit of community and responsibility. Through the collective efforts of NSS volunteers and the active participation of the local community, we aim to create a cleaner, greener, and more vibrant environment. This project serves as a model of how dedicated efforts and community engagement can lead to sustainable and meaningful change.







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### 3.15 Anti Drug Awareness Campaign

Conducted an anti-drug awareness quiz and campaign in association with Kerala Police and TD School on 14th October 2022. On 14th October 2022, The Cochin College NSS unit conducted an anti-drug awareness quiz and campaign in association with the Kerala Police and TD School. The event aimed to educate students and the community about the dangers of drug abuse and promote a drug-free lifestyle. Through engaging activities and informative sessions, participants gained valuable insights into the adverse effects of drug addiction and the importance of making healthy choices. The collaboration with the Kerala Police and TD School highlighted the collective effort needed to combat drug abuse and foster a safer, healthier community. The campaign featured expert talks from law enforcement officers, interactive discussions, and real-life stories from individuals who have overcome addiction. Additionally, informational materials were distributed to raise awareness about the support systems and resources available for those struggling with substance abuse. The event was well-received, with active participation from students, teachers, and community members, reinforcing the message that a united front is crucial in the fight against drug abuse. Through this initiative, The Cochin College NSS unit demonstrated its commitment to social responsibility and the well-being of its students and the broader community.





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## 3.16 Blood Donation Camp

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.





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### 3.17 Marathon

Marathon Run on October 23 2022 organized by the Kerala state Youth welfare Board at Ernakulam. A team of NSS volunteers actively participated under the leadership of Volunteer Akshay TS.





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### 3.18 Vayojanolsavum ( A Day for senior citizens )

On 1st November 2022, The Cochin College participated in Vayojanolsavum (A Day for Senior Citizens) 2022, an event organised by the Local Government Body and Vayomithram. The event aimed to honour and celebrate senior citizens, providing them with a day of activities, recognition, and support. Students and faculty members from the college actively engaged in the event, assisting in organizing activities and interacting with the senior citizens. The participation of The Cochin College underscored its commitment to community service and intergenerational solidarity, fostering a spirit of respect and care for the elderly within the local community.







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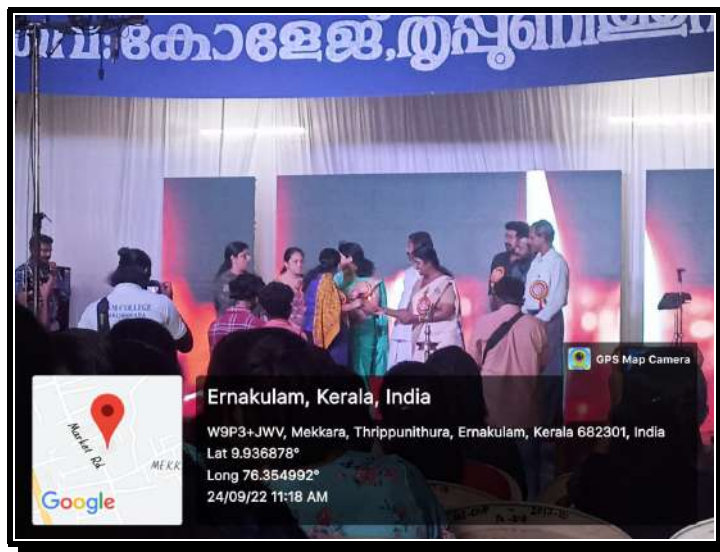
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### 3.20 Yuvabheri Celebrations

Yuvabheri Celebrations on 24th September 2022. NSS Volunteers actively participated in NSS Day celebrations at Govt Arts and Science College, Thrippunithura.





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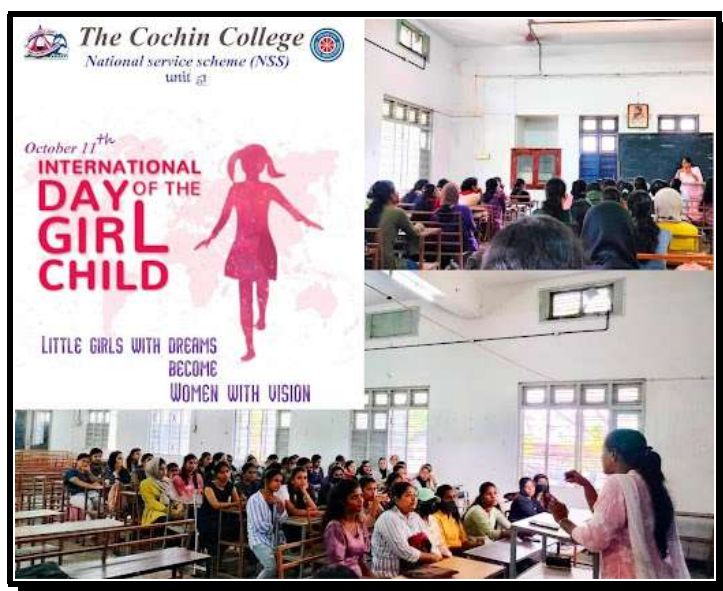
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## 3.21 Girl Child Day

On 11th October 2022, The Cochin College observed Girl Child Day in association with the College Union. The event aimed to raise awareness about the rights and importance of girl children in society, promoting gender equality and empowerment. Various activities and programs were organised to highlight the achievements and challenges faced by girls. Students and faculty members actively participated in discussions, workshops, and presentations focused on the significance of education, health, and safety for girl children. This observance underscored the college's commitment to fostering a supportive and inclusive environment for girls, encouraging the broader community to champion the cause of gender equality.



## 3.22 Constitutional Day 2022

On 25th November 2022, the NSS unit of The Cochin College observed Constitutional Day with a special oath-taking ceremony. The event aimed to honour the adoption of the Indian Constitution and promote awareness of constitutional values and principles among students and faculty. Vice Principal Dr. Sindhu K. led the ceremony and took the oath, reaffirming her commitment to uphold the Constitution and its ideals. The ceremony was attended by NSS Program Officers Renjith S. and Dr. Manju V. Subramaniyan, along with other participants, including students and faculty, who joined in the solemn pledge to support democracy, equality, and justice. This observance served as a reminder of the importance of the Constitution in guiding the nation's governance and fostering a sense of civic responsibility within the college community.





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### 3.23 NSS Room Cleaning and Painting

On October 1 2022 NSS room was cleaned and painted by a group of volunteers and NSS PO . The National Service Scheme (NSS) has always been a beacon of community service and social responsibility. Among its many initiatives, the NSS room cleaning and painting project stands out as a testament to the spirit of volunteerism and the importance of maintaining a clean and vibrant environment for all. This project not only rejuvenates the physical space but also fosters a sense of camaraderie and collective effort among the volunteers.







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### 3.24 Pre Republic Day Selection

NSS Volunteers Sri Sivaprasad and Ms Krishnapriya of Unit 51 actively participated and qualified in the first two rounds of Pre Republic Day Selection camp on 5th October 2023 at Baselios College, Kottayam .





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### 3.25 Disaster Management Training

On 17th and 18th September 2022, 20 NSS volunteers from The Cochin College attended Disaster Management Training sessions under the Kerala State Youth Welfare Board. The training aimed to equip the volunteers with essential skills and knowledge to effectively respond to emergencies and disasters. Participants were trained in various aspects of disaster management, including first aid, rescue operations, and crisis response strategies. The sessions emphasised the importance of preparedness, quick response, and community coordination in mitigating the impacts of disasters. This initiative highlighted the college's commitment to building a resilient and proactive community capable of handling emergency situations.





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### 3.26 National Youth Day Celebrations

On 12th January 2023, the NSS unit of The Cochin College organised an invited talk in celebration of National Youth Day. The talk, titled "Power of Words: Transform Your Life," was delivered by Shri Amerzlin Louis and aimed to inspire and motivate students to harness the power of language for personal and professional growth. The event was coordinated by NSS Program Officers Renjith S. and Dr. Manju V. Subramaniyan. The insightful session highlighted the impact of positive communication and effective expression, encouraging students to adopt empowering language to transform their lives. This celebration underscored the college's dedication to nurturing the potential of young individuals and fostering their holistic development.





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### 3.27 Snehasparsham 2022

On 11th January 2023, the NSS unit of The Cochin College visited the orphanage Ashwasa Bhavan in Fort Kochi as part of their "Snehasparsham 2022" initiative. The visit aimed to provide support and companionship to the residents, bringing joy and a sense of community. During the visit, students and faculty members engaged in various activities with the children and staff of the orphanage, including games, storytelling, and distributing gifts. This initiative reflected the college's commitment to social responsibility and its efforts to make a positive impact on the lives of those in need, fostering a spirit of compassion and empathy among students.





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### 3.28 Beach for All Campaign

On 17th January 2022, The Cochin College participated in the "Beach for All" campaign organized as part of the 'Liveable Cities India' project. The campaign aimed to promote inclusive and accessible beach spaces for everyone, regardless of physical abilities. Students and faculty members from the college actively engaged in activities that focused on cleaning and enhancing the accessibility of the beach. This participation underscored the college's commitment to creating a more inclusive and environmentally sustainable community. By supporting such initiatives, The Cochin College demonstrated its dedication to fostering a better quality of life for all residents and visitors.





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### 3.29 World Palliative care day

The Cochin college NSS unit participated in the cultural events palliative care day organized by Taluk Hospital, Fort Kochi on 15 January 2023



### 3.30 We Care Project: Community Assistance

On 18th October 2022, The Cochin College actively participated in the "We Care Project" launched by NSS Cell Mahatma Gandhi University, which aimed to assist poor people in the community. The college community came together to support this noble cause, collecting a total of Rs. 16,508 for the project. This initiative highlighted the collective effort of students, faculty, and staff in demonstrating compassion and solidarity towards those in need. The successful participation in the "We Care Project" underscored The Cochin College's commitment to social responsibility and its





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dedication to making a positive impact on the lives of disadvantaged individuals.

RTGS/NEFT APPLICATION	
DATE	18/10/2022
APPLICANT'S NAME	RENJITH S
ACCOUNT NO.	7046187819
AMOUNT TO BE REMITTED	16500
COMMISSION	0
BENEFICIARY ACCOUNT NO.	3774195077
BENEFICIARY NAME	NSS PROGRAMME CO-ORDINATOR
IFSC CODE	SBIN0070889
BENEFICIARY BANK	SB
BENEFICIARY BRANCH	MC UNIVERSITY BRANCH, KOTTAM
APPLICANT'S MOBILE NO.	9564894586
APPLICANT'S SIGNATURE	

UTR No. 1016N22291586289

BRANCH MANAGER

### 3.31 World AIDS Day Celebrations

On 1st and 3rd December 2022, the NSS unit of The Cochin College observed World AIDS Day at Taluk Hospital, Fort Kochi. The event included an AIDS awareness class conducted by Ms. Nikhila, aimed at educating attendees about HIV/AIDS prevention, treatment, and the importance of early diagnosis. NSS Program Officers Renjith S. and Dr. Manju V. Subramaniyan coordinated the event, ensuring active participation from students and the local community. This observance highlighted the college's commitment to health education and its role in spreading awareness about critical health issues, promoting a well-informed and supportive community.





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### 3.32 EUNOIA: Higher education fest 2023

NSS Volunteers of UNIT 51 volunteered for EUNOIA 2023- GLOBAL ACADEMIC CARNIVAL organised by Mahatma Gandhi University on 17th, 18th and 19th January 2023. Students distributed notices of various courses under Mahatma Gandhi university. They also conveyed the message of higher education through a flash mob and displaying placards.







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DISTRIBUTION OF EUNOIA NOTICE AT FORTKOCHI BY NSS UNIT 51, THE COCHIN COLLEGE

### 3.33 Republic Day Observance

On 26th January 2023, the NSS unit of The Cochin College observed Republic Day with a flag unfurling ceremony conducted by Vice Principal Dr. Sindhu K. The event was coordinated by NSS Program Officers Renjith S. and Dr. Manju V. Subramaniyan. Students, faculty, and staff gathered to celebrate the national occasion, reflecting on the significance of the Republic Day and reaffirming their commitment to the values enshrined in the Indian Constitution. The observance underscored the college's dedication to patriotism and civic responsibility.





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### 3.34 Lahari Virudha Sringala : Anti Drug campaign

As part of the Anti Drug campaign NSS volunteers, staff and students of The Cochin College formed a Lahari Virudha Sringala in front of the college on 1st November 2022.





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## 3.35 Beach Clean Up Drive

On 27th November 2022, the NSS unit of The Cochin College, in association with the NGO Volunteer for India and Siena College of Professional Studies, conducted a beach clean-up drive at Fort Kochi beach. The event was organized by NSS Program Officers Renjith S. and Dr. Manju V. Subramaniam. Volunteers from the college, along with participants from the NGO and Siena College, actively took part in cleaning the beach, removing litter and debris to restore its natural beauty. This collaborative effort aimed to promote environmental awareness and responsibility among the participants, emphasising the importance of maintaining clean and healthy coastal areas for the community and marine life.





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### 3.36 NSS 7 Day residential Special Camp:

### 3.37 Organic farming at camp school

The NSS unit of The Cochin College conducted a 7-day special camp at St. Mary's High School, Chellanam, 25 to 31st December 2022, focusing on various community service activities, including organic farming. Volunteers engaged in setting up and maintaining organic farming projects for the school, imparting valuable agricultural knowledge and prac-





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tices to the students and local community. Organised by NSS Program Officers Renjith S. and Dr. Manju V. Subramaniyan, the camp aimed to promote sustainable agriculture and environmental stewardship. These programs reflect the college's commitment to community welfare and the holistic development of its students, fostering a sense of social responsibility and practical skills among the participants.



### 3.38 Anti Drug Awareness Rally

On December 27, 2023, the NSS unit organized a vibrant anti-drug awareness rally in Chellanam Panchayath, covering wards 21, 23, and 24. The event saw enthusiastic participation from students, local residents, and community leaders, all united in the cause of combating drug abuse. Carrying banners and chanting slogans, the rally aimed to educate the public on the dangers of drug addiction and the importance of a drug-free community. Informative pamphlets were distributed, and speakers highlighted the critical role of awareness and vigilance in preventing substance abuse. The rally concluded with a strong message of solidarity and commitment to fostering a healthier, drug-free environment.





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### 3.39 Socio -Economic Survey

As part of the NSS 7-day residential special camp in 2023, a comprehensive socio-economic survey was conducted on 30 December 2023 in wards 23 and 24 of the Chellanam Panchayath. The survey aimed to gather detailed information on the living conditions, income levels, educational background, and employment status of the residents. NSS volunteers went door-to-door, engaging with community members to understand their needs and challenges. The collected data provided valuable insights into the socio-economic landscape of the area, highlighting key issues such as unemployment, access to education, and healthcare services. This survey not only helped in identifying the critical areas requiring attention but also strengthened the bond between the volunteers and the local community, fostering a spirit of cooperation and mutual support.





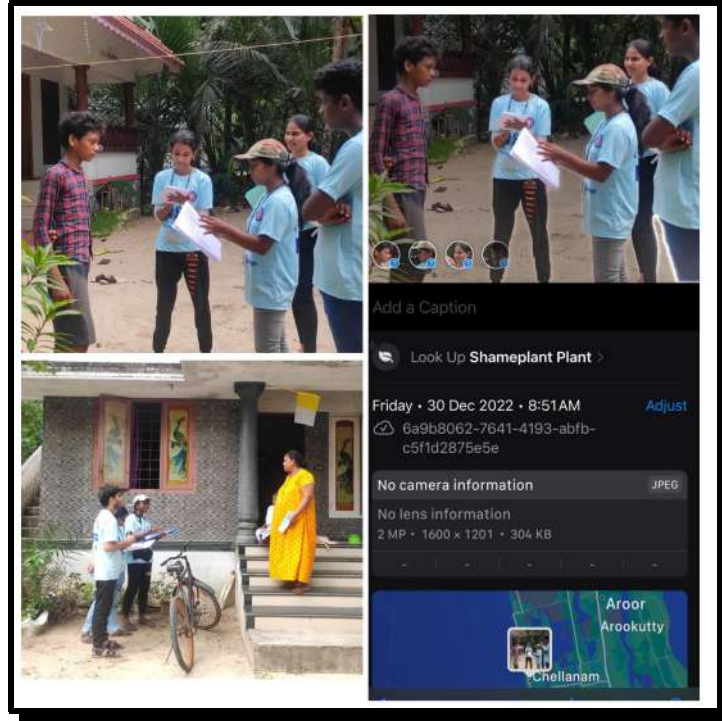
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## 4 Initiatives for Communal and Socio-economic Inclusiveness by various Departments: 2022-23

### 4.1 Department of Zoology

#### 4.1.1 World Environment Day:

On June 6, 2022, students from the Department of Zoology at The Cochin College conducted a series of awareness classes in nearby schools to educate young learners about important environmental and biological issues. These programs were held at MMOVHS, Panayapally; Santa Cruz High School, Fort Kochi; St. John De Britto's A.I.H.S, Fort Cochin; and Edward Memorial Government Higher Secondary School, Fortkochi. The sessions aimed to raise awareness about various ecological and health-related topics, fostering a sense of environmental stewardship and scientific curiosity among the students. Through interactive presentations and engaging discussions, the zoology students effectively communicated the significance of preserving biodiversity, maintaining ecological balance, and understanding basic biological principles. This initiative not only enhanced the knowledge of the school students but also provided the college students with valuable experience in community outreach and education, reinforcing their commitment to public service and environmental advocacy.





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#### 4.1.2 World AIDS Day:

On December 1, 2022, in observance of World AIDS Day, faculty and first-year postgraduate students from the Department of Zoology at The Cochin College visited two schools in Fort Kochi (EMGHSS and St John De Britto's AIHS) to conduct AIDS awareness classes for students in standards IX and X. The sessions were designed to provide crucial information about HIV/AIDS, including modes of transmission, prevention strategies, and the importance of early detection and treatment. By engaging with the students through informative presentations and interactive discussions, the team aimed to dispel myths, reduce stigma, and foster a well-informed and empathetic approach towards individuals affected by the virus. This outreach effort not only educated young students about the realities of HIV/AIDS but also highlighted the commitment of the Department of Zoology to public health and community service.







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#### 4.1.3 Apiculture Training and Workshop:

On November 21, 2022, the Department of Zoology, in association with TTC-IIC, The Cochin College, organized an Apiculture Training and Workshop. Fifty students and two staff members visited the Beekeeping and Training Institute in Mavelikara, Kerala, a Kerala Government initiative aimed at promoting apiculture, training farmers, and facilitating honey collection and sale. The students attended a seminar on the uses and benefits of honey, followed by hands-on training in bee handling and a tour of the honey processing plant.





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#### 4.1.4 International Day for Preservation of the Ozone Layer:

On September 30, 2022, the Department of Zoology at The Cochin College organized school-level quiz competitions to spread awareness about the importance of the ozone layer. The department's students visited nearby schools to conduct these engaging quizzes for high school students. The competitions aimed to educate participants about the critical role of the ozone layer in protecting the Earth from harmful ultraviolet radiation and the impacts of its depletion. Through the quiz format, students were not only tested on their knowledge but also encouraged to learn more about ozone layer preservation and environmental protection. This initiative sought to enhance understanding and foster a proactive attitude towards environmental conservation among young learners.





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#### 4.1.5 Institutional Visit:

On February 20, 2023, undergraduate students and faculty from the Department of Zoology at The Cochin College visited the Leprosy Mission Hospital in New Delhi. This visit, organized in association with TCC-IIC (The Cochin College - Industry Interface Cell), provided an opportunity for participants to gain insights into the work being done at the hospital to treat and support individuals affected by leprosy. The trip included tours of the hospital facilities, discussions with medical professionals, and an overview of the various programs and services offered to patients. This experience aimed to enhance the students' understanding of leprosy care, promote awareness of the disease, and highlight the importance of community health initiatives. The visit also underscored the department's commitment to social responsibility and public health education.





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## 4.1.6 Vermicomposting Workshop

The Department of Zoology at The Cochin College organized a Vermicomposting Workshop on 01/03/2023, focusing on sustainable waste management practices. The workshop provided hands-on training on the process of vermicomposting, where students learned to convert local vegetable waste into nutrient-rich compost using earthworms. The vegetable wastes for the vermipots were collected from the Koovapadam market. The vermicompost and vermivash produced were made available to the public for purchase. This practical session aimed to educate students on the environmental and economic benefits of vermicomposting, emphasizing its role in reducing organic waste and enhancing soil fertility. By engaging in this activity, students gained valuable skills in creating and managing composting systems, which they can implement in their personal lives and future careers. The workshop not only promoted eco-friendly practices but also reinforced the importance of sustainability and resource conservation, preparing students to contribute positively to environmental stewardship.



## 4.2 Department of Economics

### 4.2.1 Career Orientation Classes for school children:

On June 29, 2022, the Department of Economics at The Cochin College conducted career orientation classes for plus two students at Bhavan's Munshi Vidyashram, Thiruvankulam. These sessions aimed to provide valuable career guidance.





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ance and insights into various fields of study and professional opportunities available after completing their higher secondary education. The sessions included discussions on the importance of choosing the right career path, the various career options in economics and related fields, and the skills required to excel in these areas. Expert speakers and faculty members from the department shared their experiences and provided practical advice on how to navigate the transition from school to higher education and the job market. By engaging with the students, the department sought to inspire and equip them with the knowledge and confidence needed to make informed decisions about their future careers. This initiative not only highlighted the diverse opportunities in the field of economics but also emphasized the importance of strategic career planning for achieving long-term success.



#### 4.2.2 11th Agricultural Census 2023:

Along with the Department of Economics, the data collection for the agricultural census in divisions 7, 8, 9, 10, and 25 of Cochin Corporation under the Kochi Taluk limits was conducted by the staff of the Kochi Taluk Statistical Office and the NSS Programme Officers—Dr. Manju V Subramanian, Mr. Renjith S., and NSS volunteers of The Cochin College—on January 28, 30, and 31, 2023. A dedicated group of 85 volunteers participated in this extensive data collection effort. Initiated by the Food and Agriculture Committee of the United Nations, the Union Ministry of Agriculture has been conducting a continuous agricultural census every five years since 1970-71 across all states and Union Territories of India. The primary goal of this survey is to equip local governments with detailed data necessary for formulating plans aimed at enhancing the prosperity of farmers and the agricultural sector, developing innovative projects in the tea industry, and aiding in policy formulation in the social and economic domains. In Kerala, the Department of Economic Status and Statistics oversees the survey. For the 11th Agricultural Census 2021-2022, information was collected





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using a mobile app, with enumerators visiting every household in each local self-government body within the district, ensuring comprehensive and accurate data collection.



## 4.3 Department of English

### 4.3.1 Understanding Communication Barriers:

On February 13, 2023, as part of an extension activity, students from the Department of English conducted a survey to understand the communication problems faced by tourists visiting the Biennale in Fort Kochi. The survey aimed to assess the difficulties tourists encounter while communicating in English with tour guides. A comprehensive questionnaire consisting of 15 Yes/No questions was utilised, focusing on various aspects of oral communication such as pronunciation, fluency, grammar, vocabulary, and clarity. This activity successfully identified several communication barriers faced by tourists. Addressing these issues through targeted training and continuous improvement initiatives can significantly enhance the overall experience for international visitors, ensuring a more enjoyable and informative visit to the Biennale.





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## 4.4 Department of Chemistry

### 4.4.1 Ozone Day Extension Activity:

The department Organised awareness classes on the preservation of the ozone layer for school students on October 7, 2022. As part of World Ozone Day celebrations on October 7, 2022, the Department of Chemistry at The Cochin College conducted an extension activity for students of classes 8, 9, and 10 at EMGHS School, Fort Kochi. This initiative included an awareness class on the critical topic of “Preservation of the Ozone Layer,” delivered by second-year and final-year chemistry students. The session aimed to educate younger students about the significance of the ozone layer, the causes and consequences of its depletion, and the measures needed to protect it. Through engaging presentations and interactive discussions, the college students effectively communicated the science behind ozone depletion and the global efforts to mitigate it. This educational outreach not only enhanced the understanding of environmental issues among school students but also empowered the college students to take active roles in community education and environmental advocacy.





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## 4.5 Department of Commerce:

### 4.5.1 Swachh Bharat Mission:

On August 19, 2022, the Department of Commerce and the Internal Quality Assurance Cell (IQAC) at The Cochin College organized a Swachh Bharat Mission event at Fort Kochi Park. The initiative aimed to promote cleanliness and environmental sustainability as part of the nationwide Swachh Bharat Abhiyan. Students, faculty, and community members participated in the cleanup drive, which included collecting litter, clearing debris, and engaging in awareness activities about the importance of maintaining clean and healthy public spaces. The event not only contributed to the beautification of the local park but also reinforced the values of environmental stewardship and civic responsibility among participants. Through this collaborative effort, the college supported the broader mission of fostering a cleaner and more sustainable environment.







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## 4.6 Department of Botany

### 4.6.1 Ozone Day Celebration:

Extended awareness activities for students of EMGHS School, Fort Kochi on October 7, 2022. On October 7, 2022, the Department of Botany at The Cochin College extended its educational outreach by organizing awareness activities for the students of EMGHS School in Fort Kochi. This initiative aimed to educate young students about critical environmental issues and the importance of ecological conservation. The activities included interactive sessions and presentations that covered topics such as biodiversity, the significance of plants in maintaining ecological balance, and practical steps for environmental stewardship. Through engaging discussions and hands-on activities, the students were encouraged to develop a deeper understanding and appreciation of the natural world around them. This outreach effort not only enriched the students' knowledge but also inspired them to actively participate in preserving their environment, fostering a sense of responsibility and environmental consciousness from a young age.





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## 4.7 College Library

### 4.7.1 Workshop on E-Content Awareness by Smt. Jeena Jayan, Librarian, The Cochin College-Kochi-2 – 09/08/2022, (6:00 pm to 7:00 pm)

An online workshop on "E-Content Awareness" aims to educate participants on the creation, management, and utilisation of electronic content in educational and professional settings was conducted by Jeena Jayan, Librarian of The Cochin College on 9th August 2022 for St. Joseph College of Teacher Education for Women, Ernakulam. Topics include the benefits of e-content, various formats and platforms, and effective strategies for content development. Participants learn about digital tools, copyright considerations, and quality standards for e-learning materials. The workshop emphasises the importance of accessibility, interactivity, and user engagement in e-content. Through hands-on sessions and expert guidance, attendees gain practical skills to enhance their digital literacy and contribute to the growing field of e-content.





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ST. JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN,  
ERNAKULAM



**IQAC Organises**  
FACULTY DEVELOPMENT PROGRAM FOR TEACHER EDUCATORS  
**WORKSHOP ON**  
**E CONTENT AWARENESS**



**GOOGLE MEET**  
AUGUST 9 2022  
6PM-7PM

Mrs. Jeena Jayan,  
Librarian (UGC)  
The Cochin college,  
Kochi

Coordinator  
Mrs. Anu Cleetus  
Asst. Professor  
St. College of teacher education for Women Ern.





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## COMMUNITY EXTENSION PROGRAMMES 2021-2022

### Contents





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## Institutional Initiatives for Communal and Socio-economic Inclusiveness: 2021-2022

The Cochin College's Community Extension Programme for 2021-2022 highlights a year of significant contributions and proactive initiatives aimed at enhancing community welfare and fostering a sense of responsibility among students. This document details the extensive range of activities undertaken by the National Service Scheme (NSS), various clubs, and departments of the college, emphasizing their unwavering commitment to social service, environmental conservation, and public awareness. Despite the challenges posed by the ongoing Covid-19 pandemic, the NSS unit continued to engage students in meaningful online and offline activities, including beach clean-ups, road safety classes, and health awareness sessions. Additionally, the college's clubs and committees, such as the Covid Monitoring Committee, Film Club, and Bhoomithrasena Club, organized impactful events like vaccination drives, anti-drug campaigns, and environmental preservation initiatives. The document also showcases the efforts of the college library and departments in promoting education, career guidance, and community health. Furthermore, it celebrates the awards and recognitions received by faculty members for their outstanding contributions to science popularization and outreach, reflecting the college's dedication to academic excellence and societal development.

## 5 Initiatives for Communal and Socio-economic Inclusiveness by National Service Scheme-2021-22

### 5.1 FortKochi Beach Cleaning

On February 25, 2022, National Service Scheme (NSS) Bhoomitra Sena Club of The Cochin College, in collaboration with the Nature Club, organised a comprehensive beach cleaning activity at Fort Kochi Beach. The initiative began at 8:00 AM and saw enthusiastic participation from 78 students dedicated to environmental conservation. Equipped with gloves, garbage bags, and other necessary tools, the volunteers meticulously collected plastic waste, glass bottles, and various non-biodegradable debris, significantly improving the cleanliness of the beach. The event successfully raised awareness about the importance of maintaining clean beaches and highlighted the students' commitment to environmental stewardship. The collective effort not only made an immediate positive impact on the Fort Kochi Beach environment but also fostered a sense of responsibility and proactive involvement in ecological preservation among the students.





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## 5.2 Road Safety Awareness Class

The NSS unit of The Cochin College organised a Road Safety Awareness Class on September 24th 2021. The event was conducted online via Google Meet due to COVID-19 restrictions in the state. The session was led by Sri. Anoop Sai T, Safety Riding Officer from the Honda Safety Riding Education Centre, Kozhikode. The awareness class focused on imparting crucial road safety practices and protocols to the participants. The program aimed to educate and sensitise the students about the importance of adhering to safety guidelines while on the road, thus fostering a culture of responsible and safe driving. The event was well-coordinated by the NSS Program Officers, Dr. Manju V. Subramaniyan and Mr. Dominic T. Joseph, who ensured the smooth execution of the session and active participation of the students. Through this initiative, the NSS unit reiterated its commitment to promoting community welfare and safety among the college students.





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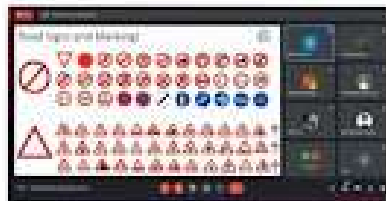
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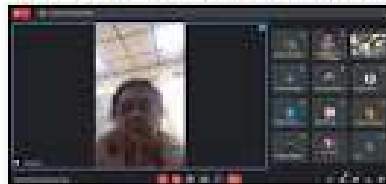
## Screenshots of the meeting



The Prayer Song was sung by MS Mariya Sathwana, 2nd year BA economics, The Cochin College



The presidential address was given by DR M Geetha the Principal of Cochin College





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## 5.3 Online Seven Day Camp

NSS Seven Day Camp "Suvarnam": Conducted online from January 21st to 27th, 2022. The camp included online yoga sessions each day, an awareness class on immunity and personal hygiene by Dr. Ashine Rose V.J., and various other activities.

The NSS unit of The Cochin College organised a Seven Day Camp titled "Suvarnam," conducted online from January 21st to 27th 2022. Due to COVID-19 restrictions, the camp was held virtually, ensuring the safety and participation of all attendees. Each day began with invigorating online yoga sessions, promoting physical and mental well-being among the students.

The camp also featured various other activities designed to enhance the students' skills and knowledge, ensuring a holistic developmental experience. The program was meticulously coordinated by the NSS Program Officers, Dr. Manju V. Subramaniyan and Dr. Dominic T. Joseph, who ensured the seamless execution of all sessions and activities. Through this camp, the NSS unit successfully engaged the students in meaningful and educational experiences, fostering a sense of community and personal growth.







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## 5.4 Awareness Class on Immunity and Personal Hygiene

The NSS unit of The Cochin College conducted an Awareness Class on Immunity and Personal Hygiene on 22nd January 2022, which was led by Dr. Neethu Sona, Medical Officer from Kodamthuruth, Alappuzha. This session was aimed at enhancing the students' understanding of maintaining good health and hygiene, especially during the ongoing pandemic. It provided valuable insights into boosting immunity through proper nutrition, regular exercise, and adequate sleep. Additionally, she emphasised the importance of personal hygiene practices such as regular hand washing, using sanitizers, and wearing masks to prevent the spread of infectious diseases. The class was part of the NSS unit's broader efforts to educate and empower students with essential health knowledge, ensuring their well-being and fostering a healthy campus environment.





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## 5.5 Awareness Class "Say Yes to Life and No to Drugs"

The NSS unit of The Cochin College organised an Awareness Class titled "Say Yes to Life and No to Drugs," on 24th January 2022 coordinated by the Vimukthi campaign. This session was held online via Google Meet, inaugurated by Dr. M. Geetha adhered to the COVID-19 restrictions in place. Sri. Sarath S, a Civil Excise Officer from the Excise Office in Mattancherry, was the distinguished speaker for the event. The class focused on educating the students about the dangers of drug abuse and the importance of leading a healthy, drug-free life. Sri. Sarath S provided valuable insights into the detrimental effects of drugs on individuals and society, and shared practical advice on how to avoid and combat substance abuse. The program was effectively coordinated by the NSS Program Officers, Dr. Manju V. Subramaniyan and Mr. Dominic T. Joseph, who ensured the smooth execution of the session. This initiative by the NSS unit aimed to foster awareness and resilience among students, encouraging them to make positive life choices and stay committed to a healthy lifestyle.





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## 5.6 Session on Handling Fire and Fire Equipment

Conducted by Sri. Manoj S. Nayik, Assistant Station Officer, Fire and Rescue Office, Mattancherry. The NSS unit of The Cochin College organised an informative session on Handling Fire and Fire Equipment on 27th January 2022, conducted by Sri. Manoj S. Nayik, Assistant Station Officer at the Fire and Rescue Office in Mattancherry. This session aimed to equip students with essential knowledge and skills to handle fire emergencies effectively. Sri. Manoj S. Nayik provided a comprehensive overview of fire safety protocols, the types of fire extinguishers, and their appropriate





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usage. He also demonstrated practical techniques for using fire equipment and explained the importance of quick response during fire incidents. The session was part of the NSS unit's ongoing efforts to promote safety and preparedness among students. The valuable insights and hands-on training offered by Sri. Manoj S. Nayik significantly enhanced the students' understanding of fire safety, ensuring they are better prepared to respond to potential fire hazards in their surroundings.





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## 5.7 Webinar on Yoga Day

Organised by the NSS unit and Swachh Bharat campaign. The NSS unit of The Cochin College, on 21 st June 2021 in collaboration with the Swachh Bharat campaign, organised a Webinar on Yoga Day. This virtual event aimed to promote the physical and mental well-being of the students through the practice of yoga. The webinar included sessions led by experienced yoga instructors who guided participants through various yoga postures and breathing exercises, emphasising the benefits of incorporating yoga into their daily routines. The instructors also highlighted the importance of maintaining a balanced lifestyle and staying active, especially during challenging times.





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## Screenshot of the camp



Home

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



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## 5.8 Webinar on Covid Vaccination

Conducted in association with Field Outreach Bureau, Ernakulam. The NSS unit of The Cochin College, in association with the Field Outreach Bureau, Ernakulam, conducted a Webinar on Covid Vaccination on October 26 2021. This webinar aimed to educate and inform students about the importance of Covid vaccination, dispelling myths, and providing accurate information about the vaccines. Experts from the Field Outreach Bureau led the session, covering various topics such as the benefits of getting vaccinated, the different types of vaccines available, the vaccination process, and addressing common concerns and misconceptions related to Covid-19 vaccines. The webinar also included a QA segment, allowing participants to ask questions and receive reliable answers from the experts.



## 5.9 Workshop on POCSO Act/ Dowry and women empowerment

The NSS unit of The Cochin College organised a Workshop on the Protection of Children from Sexual Offences (POCSO) Act specifically for NSS volunteers on 2nd february 2022. This workshop aimed to educate the volunteers about the critical provisions of the POCSO Act, empowering them with the knowledge to recognize, prevent, and respond to instances of child sexual abuse. Legal experts and child rights advocates led the session, providing an in-depth understanding of the POCSO Act's objectives, scope, and the legal framework designed to protect children from sexual offences. The workshop covered key topics such as the definitions of various offences under the Act, the roles and responsibilities of different stakeholders, reporting mechanisms, and the importance of child-friendly procedures during the







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investigation and trial processes. The volunteers were also trained on how to provide support to victims and the importance of creating a safe and supportive environment for children. This initiative by the NSS unit aimed to sensitise and equip the volunteers with the necessary skills and knowledge to contribute effectively to child protection efforts within their communities.

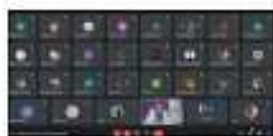
## Screenshots of the meeting



The presidential address was given by Dr Geetha M the principal of cochin college



The meet was formally inaugurated by Sir Rajesh



Advocate V. K Hema conducting the awareness Class on dowry and woman Empowerment





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## 5.10 Webinar with Career Guidance Cell

The NSS unit of The Cochin College, in collaboration with the Career Guidance Cell, organised a webinar featuring Sri. Mahesh Mohan as the resource person on 17th December 2022. This webinar aimed to provide students with valuable insights and guidance on career planning and development. Sri. Mahesh Mohan, an expert in career counselling, shared his extensive knowledge on various career opportunities, the importance of setting career goals, and strategies for achieving professional success. He discussed the current job market trends, the skills and qualifications in demand, and how students can align their education and extracurricular activities to meet these requirements. The session also included practical advice on resume building, interview preparation, and networking, helping students to better prepare for their future careers. Through this webinar, the NSS unit and the Career Guidance Cell aimed to empower students with the necessary tools and knowledge to make informed career decisions and succeed in their chosen fields.





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The welcome speech was conducted by sir Dominic T Joseph, nss programme officer, the cochin college



The webinar was conducted by sir Mahesh Mohan, higher education advisor and founder



Vote of thanks by sir Joshi Joseph





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## 6 Initiatives for Communal and Socio-economic Inclusiveness by Various Clubs and Committees: 2021-22

### 6.1 Covid Vaccination drive

The Covid Monitoring Committee of The Cochin College, under the leadership of the Ward Councillor of the Cochin Corporation, conducted a free COVID-19 vaccination drive for the students and staff of The Cochin College, along with the public of Ward 8 of the Cochin Corporation, on December 3, 2021. Mr. Sanil, the Councillor of Ward 8, was present at the event, supporting the initiative and highlighting the importance of vaccination for community health and safety. 275 people were vaccinated from this vaccination drive



### 6.2 Film Club

Anti drugs Campaign: As part of the anti-drugs drive initiated by The Cochin College, a short film titled *Nasha* was directed by Antony Neval Remalo of III BA English under the guidance of the Film Club. An acting camp was organized by the Film Club team on January 5th and 6th, 2022, to prepare for the production. The entire cast and crew of the short film comprised students from the college, showcasing their collective talent and dedication to raising awareness about the dangers of drug use. When uploaded to YouTube, the short film was widely accepted, garnering signifi-





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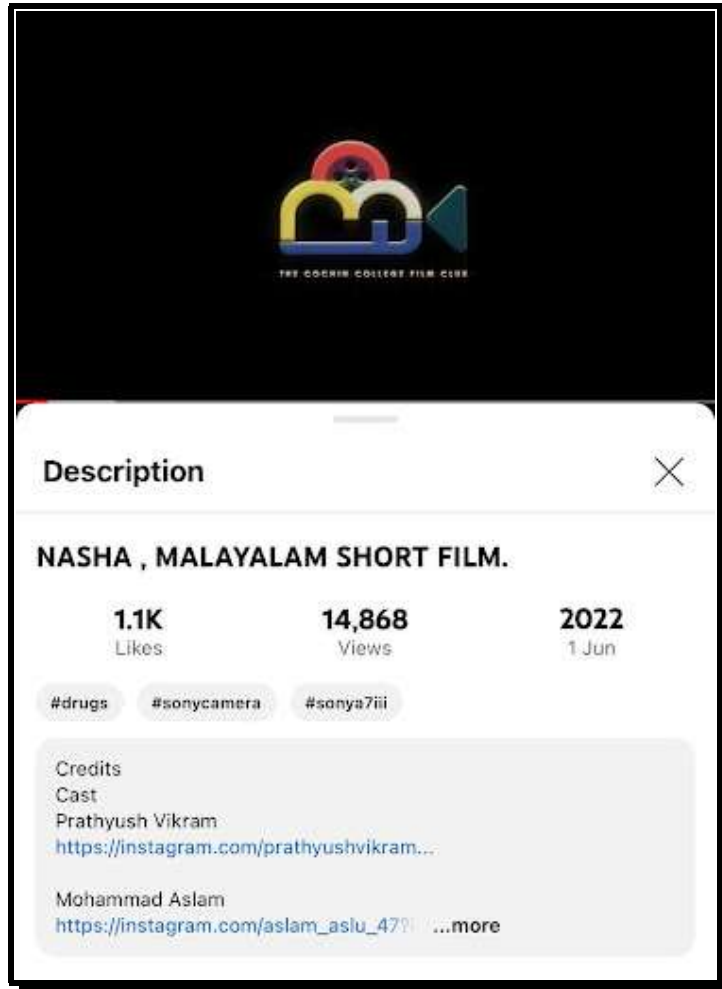
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cant attention and praise for its impactful message and production quality. The link to the short film is given below.

[Click to play the video](#)



## 6.3 Bhoomithrasena Club

## 6.4 FortKochi Beach Cleaning and tree planting

On February 25, 2022, Bhoomithrasena Club of The Cochin College, organized a comprehensive beach cleaning activity at Fort Kochi Beach. The initiative began at 8:00 AM and saw enthusiastic participation from 78 students dedicated to environmental conservation. Equipped with gloves, garbage bags, and other necessary tools, the volunteers meticulously collected plastic waste, glass bottles, and various non-biodegradable debris, significantly improving the cleanliness of the beach. The event successfully raised awareness about the importance of maintaining clean beaches and highlighted the students' commitment to environmental stewardship. The collective effort not only made an immediate





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positive impact on the Fort Kochi Beach environment but also fostered a sense of responsibility and proactive involvement in ecological preservation among the students.



## 6.5 Extension activities of College Library

## 6.6 ‘Commemoration of Ponkunnam Varkey’ and Talk on ‘Academic Libraries’

The webinar on the ”Commemoration of Ponkunnam Varkey and Talk on Academic Libraries” celebrates the legacy of the renowned Malayalam writer Ponkunnam Varkey, highlighting his contributions to literature and culture by smt. Jeena Jayan The Cochin college-Kochi-2- 30/06/2021 . It includes a special session on the role of academic libraries in preserving literary heritage and fostering educational growth. Discussions cover innovative library practices, digital archiving of literary works, and promotes reading culture among students. Experts share insights on enhancing library services, integrating technology, and supporting research, emphasising libraries’ pivotal role in academic and cultural development.





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കിഴക്കഞ്ചേരി ഗ്രാമപഞ്ചായത്ത്  
ലൈബ്രറി  
വായനപക്ഷാചരണം പന്ത്രണ്ടാം ദിവസം  
ജൂൺ 30  
പൊൻകുന്നം വർക്കി അനുസ്മരണം &  
ഗ്രന്ഥപ്പുര



ഗ്രന്ഥപ്പുര അവതരണം  
ശ്രീമതി ജീന ജയൻ, ലൈബ്രറിയൻ  
(കൊച്ചിൻ കോളേജ്, കൊച്ചി)



പൊൻകുന്നം വർക്കി  
അനുസ്മരണം  
ശ്രീ മോഹൻ മാത്യൂർ  
(പ്രസിഡണ്ട്, ആലത്തൂർ  
താലൂക്ക് ലൈബ്രറി കൗൺസിൽ)

**ഇന്ന് നമ്മളോടൊപ്പം 2 pm ന്**  
(ഒരിടത്തൊരിടത്ത് വാട്സാപ്പ് കൂട്ടായ്മ)

## 6.7 “Career Prospects in Library Science”

A webinar on "Career Prospects in Library Science" explores diverse career paths available to library science graduates, including roles in academic, public, special, and digital libraries. Talk by Smt. Jeena Jayan, Librarian, The Cochin college-Kochi-2- on 08/04/2022. It covers emerging opportunities in information management, digital archiving, and knowledge organisation. The session highlights essential skills, such as data curation, information literacy, and technology integration. Industry experts discuss job market trends, required qualifications, and professional development strategies. Participants gain insights into building a successful career, networking opportunities, and staying updated with advancements in library and information science, preparing them for dynamic and fulfilling roles in the field.



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



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**RAJAGIRI COLLEGE OF SOCIAL SCIENCES**  
(AUTONOMOUS), KALAMASSERY  
Accredited with highest NAAC score in India (fourth cycle)

## TALK ON CAREER PROSPECTS IN LIBRARY SCIENCE

Organized by Alumni Association 'OYSTER'  
Department of Library and Information Science



*Resource person*  
**Jeena Jayan**  
Librarian (UGC)  
The Cochin College, Kochi

On 8th April  
9:00 - 10:30 am

Joining link  
<http://meet.google.com/wkb-gyex-jrx>

**Dr. A.T. FRANCIS**  
HOD and Professor,  
DLIS

**NEETHA DEVAN, N.V.**  
Faculty Co-ordinator

**NITINDAS, A.**  
Student Co-ordinator

## 6.8 Department of Malayalam

## 6.9 Awareness class on menstrual health practices

On October 18, 2022, Poornima CC, Assistant professor in the Department of Malayalam at The Cochin College, conducted an awareness class as part of the 'Cup of Life' initiative. This program, spearheaded by Hibi Eden, the Member of Parliament from Ernakulam, aims to educate women about the benefits and uses of menstrual cups in contemporary life. The event took place at RLV College of Music and Fine Arts, Tripunithura, and was designed to empower women with knowledge about sustainable menstrual health practices.







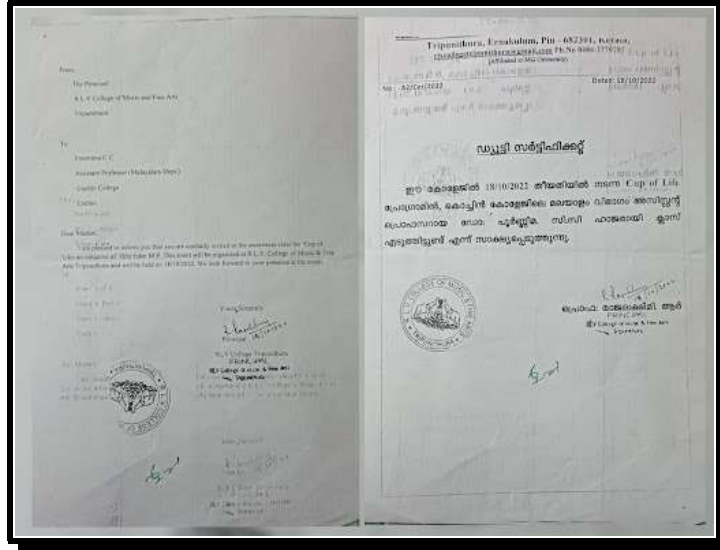
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## Institutional Initiatives for Communal and Socio-economic Inclusiveness : 2020-2021

### Contents





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## Institutional Initiatives for Communal and Socio-economic Inclusiveness :2020-2021

The Cochin College's Community Extension Programme for 2020-2021 showcases a year of dedicated service and innovative initiatives amidst the challenges posed by the Covid-19 pandemic. This document highlights the extension activities conducted through the National Service Scheme (NSS), various departments, and clubs, emphasizing the college's unwavering commitment to community support, education, and social responsibility.

From Covid-19 relief efforts and online awareness campaigns to virtual tutoring sessions and innovative farming practices, the NSS volunteers demonstrated remarkable resilience and adaptability. Additionally, the departments of Chemistry, Malayalam, and the college library played pivotal roles in addressing community needs through sanitizer production, academic support, and professional development webinars. The document also celebrates the numerous awards and recognitions received by the college and its members, underscoring their contributions to science popularization and community service.

## 7 Initiatives for Communal and Socio-economic Inclusiveness by National Service Scheme : 2020-21

During the Covid-19 pandemic lockdown, the NSS at The Cochin College undertook various initiatives to support the community and maintain their commitment to service. The volunteers engaged in distributing essential supplies such as food, masks, and sanitizers to those in need, ensuring that vulnerable populations had access to necessary resources. They organized online awareness campaigns to educate the public about Covid-19 safety measures, emphasizing the importance of social distancing, hand hygiene, and vaccination. Additionally, the NSS team facilitated virtual tutoring sessions for students struggling with the transition to online learning, providing academic support and emotional encouragement. These efforts not only addressed immediate needs but also fostered a sense of solidarity and resilience within the community during an unprecedented crisis.

- Hand sanitizer - 200 Bottles
- Surgical Masks - 250

### 7.1 Online Seven-Day NSS Camp: "Unarvu"

Dates: January 23-29, 2021





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Objective: The objective of the camp was to engage NSS volunteers in various activities that promote personal development, community service, and awareness on various social and health issues during the Covid-19 pandemic. The camp was formally inaugurated by Sri. Thomas J. Vayalat, Manager of The Cochin College. His address set a positive tone for the week-long activities and motivated the volunteers to actively participate in the sessions planned.

Dr. M.C. Dileepkumar, Former Vice Chancellor of Sree Sankaracharya University, delivered a keynote address online on 23<sup>rd</sup> January 2021. He emphasized the importance of NSS activities in shaping responsible citizens and highlighted the role of youth in nation-building.





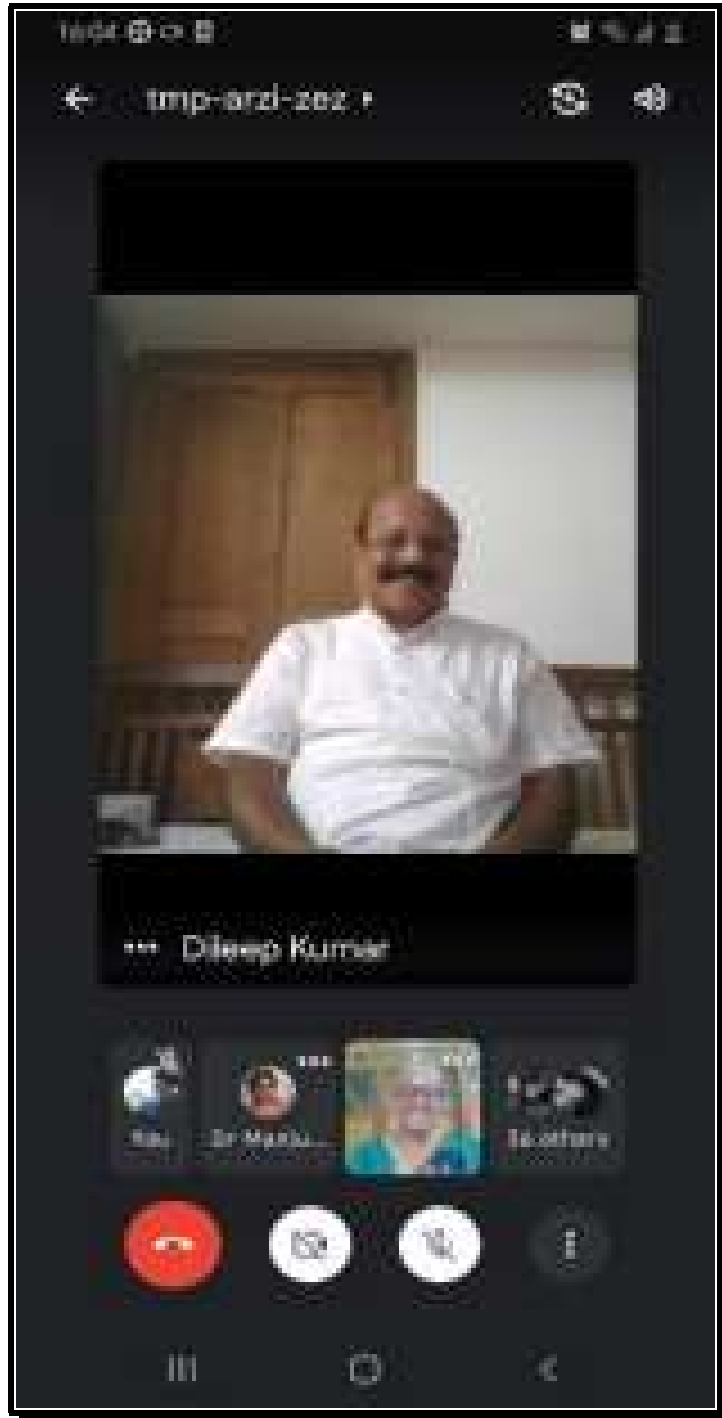
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## 7.2 Yoga session

Yoga sessions were conducted online every day of the camp date from 23<sup>rd</sup> to 29<sup>th</sup> January 2021. These sessions aimed at promoting physical and mental well-being among the volunteers. The sessions included various asanas and breathing



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exercises to help the participants stay fit and manage stress.



## 7.3 Covid 19 prevention measures

Mr. Vineeth V.K., Secretary of the Indian Medical Association, Guruvayoor, conducted a session on Covid-19 prevention on 26<sup>th</sup> January 2021 . He discussed the importance of hygiene, social distancing, and vaccination. He also provided practical tips on how to stay safe during the pandemic.





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## 7.4 Classes on Innovative Farming Methods

On January 27, 2021, Mr. Sajimon Joseph, Deputy Manager of VFPCCK, conducted an insightful session on innovative farming methods. During the class, he introduced the volunteers to modern agricultural practices and sustainable farming techniques, emphasizing the importance of adopting these methods for a sustainable future. The session aimed to inspire the volunteers to consider agriculture as a viable career option and to deepen their understanding of sustainable farming practices. Following the class, the students actively participated in a tree planting activity, reinforcing the practical application of the concepts discussed and contributing to environmental conservation efforts.





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## 7.5 Distribution of Hand Sanitizers and Masks:

As part of their community service activities, the NSS volunteers at The Cochin College distributed hand sanitizers and masks to the local community to promote hygiene and aid in the fight against the spread of Covid-19. This initiative was crucial during the pandemic, as access to these essential items was limited for many. The volunteers managed to distribute **200** bottles of hand sanitizers and **250** surgical masks, ensuring that the recipients could maintain proper hygiene practices to protect themselves and others. By directly addressing the needs of the community, the NSS volunteers played a vital role in reducing the risk of transmission and fostering a sense of collective responsibility. This effort not only provided immediate relief but also raised awareness about the importance of health and safety measures during a critical time.



## 7.6 Personal Hygiene and Immunity Improvement Session

Dr. Ashine Rose V.G., Medical Officer at Kumbalam, Ernakulam, conducted a session on personal hygiene and immunity improvement. She discussed the importance of maintaining personal hygiene to prevent diseases and provided tips on boosting immunity through a balanced diet and healthy lifestyle.





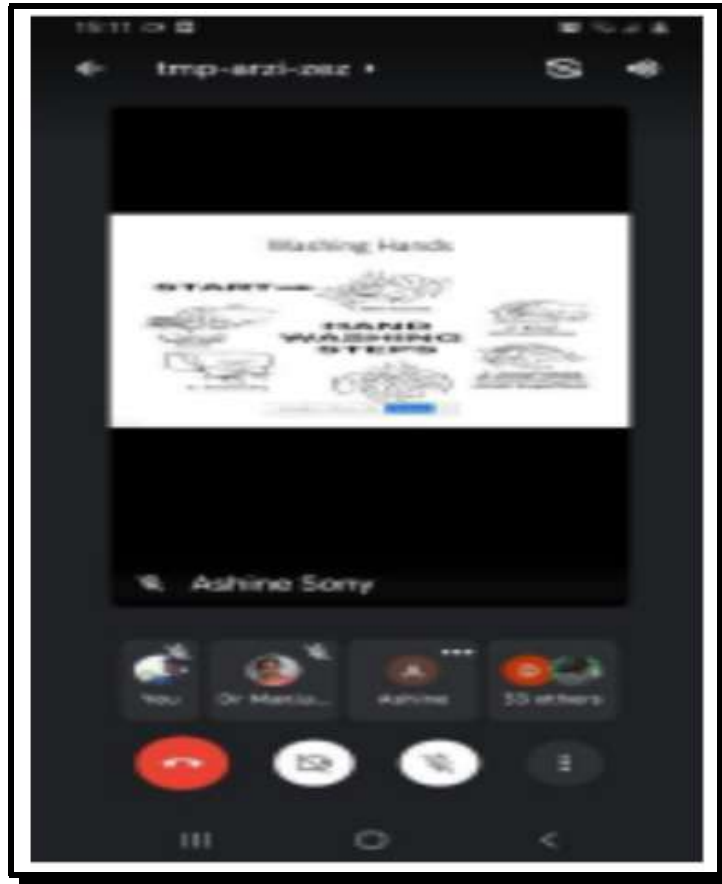
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## 7.7 House and Surroundings Cleaning Activities

The NSS volunteers participated in cleaning their houses and surroundings. This activity aimed at promoting cleanliness and hygiene in their immediate environment. The volunteers were encouraged to maintain cleanliness as a habit.





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## 7.8 Wildlife Protection Session

Dr. Pauli Shanti, a registered veterinary practitioner, conducted a session on wildlife protection. She discussed the importance of wildlife conservation and ways to protect local wildlife. The session aimed at raising awareness about the need to preserve biodiversity.





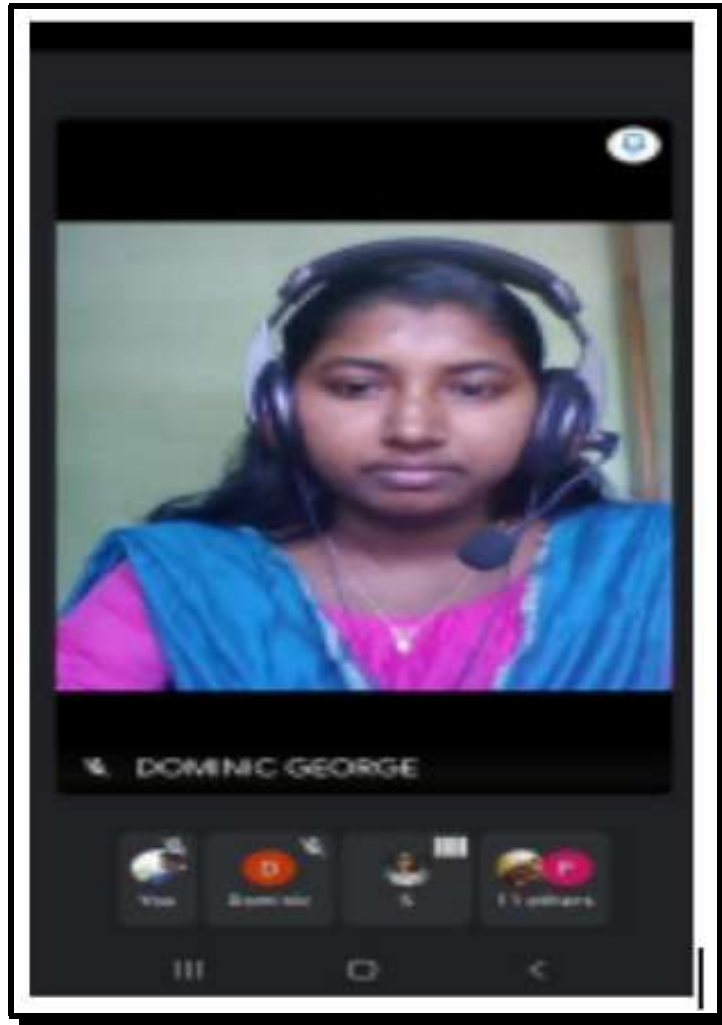
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## 7.9 Drug Abuse Prevention Session

Sreeja S., Civil Excise Range Officer from Cherthala, conducted a session on drug abuse prevention. She discussed the dangers of drug abuse and provided tips on how to avoid falling into the trap of substance abuse. She also shared information on how to help someone struggling with addiction.





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## 7.10 Online Orientation for First-Year Students

An induction programme was conducted online for first-year students who enrolled in NSS, as part of their induction into the programme

## 7.11 Online Quiz Competitions

An intercollegiate online quiz competition titled "A Voyage Through Indian Freedom Struggle Movement" was conducted on August 15<sup>th</sup>, 2020, supported by the Science and Quiz Club of The Cochin College. Another online quiz competition named "Vijnana Kairali" was organized on August 29, 2020, in association with Indfurr Superheat Furnaces, Chennai, for school and college students across Kerala.





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## 7.12 Udbodh Programme

Udbodh Programme Participation NSS students participated in the Udbodh programme conducted by CUSAT through online mode from January 23<sup>rd</sup>, to 29<sup>th</sup>, 2021. These activities reflect the diverse initiatives undertaken by the NSS unit at The Cochin College during the 2020-21 academic year.

## 7.13 Online Orientation for First-Year Students

Online Orientation for First-Year Students An induction programme was conducted online for first-year students who enrolled in NSS, as part of their induction into the programme Online Quiz Competitions

## 7.14 Intercollegiate Online Quiz

Intercollegiate Online Quiz: "A Voyage Through Indian Freedom Struggle Movement" on August 15<sup>th</sup>, 2020, supported by the Science and Quiz Club. Vijnana Kairali Quiz: Organised on August 29<sup>th</sup>, 2020, in association with Indfurr Superheat Furnaces, Chennai, for school and college students across Kerala. Udbodh Programme Participation NSS students participated in the Udbodh programme conducted by CUSAT through online mode from January 23 to 29<sup>th</sup>, 2021

## 8 Initiatives for Communal and Socio-economic Inclusiveness by Various Departments : 2020-21

### 8.1 Department of Chemistry

#### 8.1.1 Sanitizer making and distribution

The Department of Chemistry of The Cochin College was the first to take the initiative for the preparation and distribution of hand sanitizers, following the regulations of the WHO during the days of the COVID-19 pandemic. This effort gained much appreciation. Taking it as a social responsibility, the Department of Chemistry, with the support of the college management, prepared more than 1000 bottles of hand sanitizers and distributed them to the public, including hospitals, schools and police stations.





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## 8.2 Department of Malayalam

### Poornima CC as an Assistant Coordinator IGNOU Study Centre

Poornima C C, Assistant Professor in the Department of Malayalam at The Cochin College, has been appointed as a part-time Assistant Coordinator at the IGNOU Study Centre 14166. This role involves significant responsibilities in managing the study centre's academic and administrative activities. As an Assistant Coordinator, Poornima will oversee the coordination of various courses offered by IGNOU, ensuring that academic standards are maintained and that students receive the necessary support and resources for their studies. Her duties will also include organising study sessions, coordinating with faculty members, addressing student queries, and facilitating the smooth operation of the study centre.





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**INDIRA GANDHI NATIONAL OPEN UNIVERSITY  
REGIONAL CENTRE, KALOOR, COCHIN 682017**

**Dr. J.S. Dorothy**  
Regional Director

IG/RC-14/Chn/LSC/Appnt-PTS/14166/2021 / 15.01.21  
Dated: 30<sup>th</sup> January, 2021

**Dr. Prasanna CC**  
Assistant Coordinator  
IGNOU Study Centre 14166  
The Cochin College  
Cochin 682002.

Dear Madam,


**Sub: Appointment as Part-time Asst. Coordinator – Reg.**

We are pleased to offer you an appointment as Part Time Asst. Coordinator at IGNOU SC 14166 at Cochin College, Cochin on the following terms and conditions.

- Your assignment commences from the date of your joining.
- The terms of your appointment shall be till the 31<sup>st</sup> December of this year. No separate communication regarding termination of appointment will be sent on expiry of the term, unless renewed or extended.
- You will be paid an allowance of Rs.4620/- per month, which amount is an all inclusive sum for your functioning as Part Time Assistant Coordinator.
- You will have no claim for regular appointment and your services are liable to be terminated at any time, without assigning any reason and/or without giving any notice.
- You are expected to perform the functions as assigned to you by the Coordinator of the Study Centre.

*This letter is issued in English only. One copy of the same may be signed and returned to the Regional Director as token of acceptance of the above terms and conditions. While doing so you may mention "Accepted charges" with a date.*

With regards,

Yours sincerely,  
  
(Dr. J.S. Dorothy)  
Regional Director

Copy to:

- The Coordinator, IGNOU SC 14166
- F & A Section, RC, Cochin
- Office Copy

## 8.3 College Library

### 8.3.1 1 Webinar

Kerala Agriculture University (KAU) Webinars on IT and Librarianship & Copyright by Smt. Jeena Jayan, Librarian,  
The Cochin college-Kochi-2, 25/06/2020 (2:00 pm to 4:00 pm)







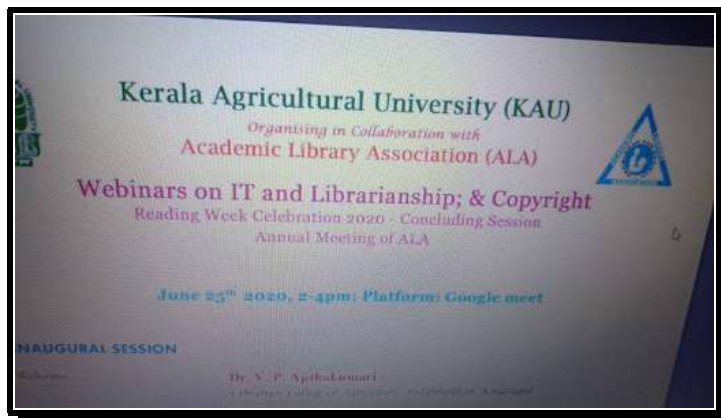
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### 8.3.2 2 Webinar on information and technology

Webinars on IT, librarianship, and copyright at Kerala Agriculture University typically focus on the integration of information technology in library services, best practices for managing digital resources, and understanding copyright laws in the context of academic and research libraries. These webinars aim to equip librarians and information professionals with the skills and knowledge to effectively manage digital information, comply with copyright regulations, and provide enhanced services to their users. They are often conducted by experts in the field, including academic faculty, IT professionals, and legal experts specialising in copyright law.

Number of Participants- 52\*

### 8.3.3 3 Preparing Library for NAAC

“Preparing Library for NAAC“ - Nirmala Arts and Science College, Mulanthuruthy by Smt. Jeena Jayan, Librarian, The Cochin college-Kochi-2, 17/10/2020, ( 2:30 pm to 4:00 pm )

A webinar on ”Preparing Libraries for NAAC Accreditation” focuses on aligning library services and resources with the National Assessment and Accreditation Council (NAAC) criteria. Topics include enhancing library infrastructure, adopting best practices in library management, improving user services, and integrating digital resources. It covers data management, documentation, and evidence collection to showcase the library’s contribution to academic excellence. Participants learn strategies for continuous improvement, self-assessment, and compliance with NAAC standards, ultimately aiming to elevate the library’s role in supporting institutional quality and accreditation success.

Number of Participants – 40\*





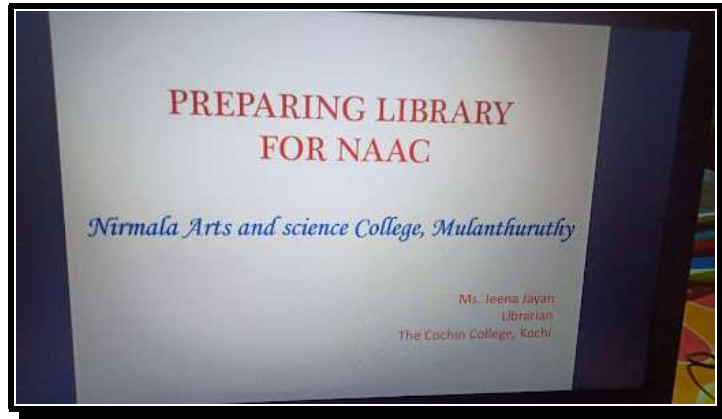
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## 8.4 BioBlitz

The cochin college received kerala BioBlitz season for the service of Data collection. Documentation of Biodiversity is the foundation of any conservation action as many species of flora and fauna disappear from Earth each day forever. Here, Kerala Bioblitz provided an opportunity for the students/citizens to document the biodiversity of their surroundings and identify them with the help of India Biodiversity Portal. Documentation methods include photography, videography, and sound recording.



## 8.5 Best Performer BioBlitz

Sreelakshmi P.R. , BSc Zoology received the best performer of kerala Bioblitz season I August 2020





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## Institutional Initiatives for Communal and Socio-economic Inclusiveness :2019-2020

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## Institutional Initiatives for Communal and Socio-economic Inclusiveness 2019-2020

The Cochin College's Community Extension Programme for 2019-2020 highlights a year filled with impactful activities and initiatives aimed at fostering community engagement and social responsibility among students. Through the National Service Scheme (NSS) and various departmental efforts, the college organized numerous events focused on health awareness, environmental sustainability, and social issues, reflecting a strong commitment to holistic education and community service. This document details the diverse range of activities carried out, including awareness programs, community service projects, environmental conservation efforts, and educational workshops. The involvement of students and faculty in these initiatives underscores the college's dedication to contributing positively to society while providing students with valuable experiences that enhance their personal and professional growth. Additionally, the awards and recognitions received by the college and its members highlight their outstanding contributions to research, education, and community development.

### 9 Initiatives for Communal and Socio-economic Inclusiveness by National Service Scheme :2019-20

#### 9.1 YOGA DAY

Date: 21<sup>st</sup> June 2019

International Yoga Day was celebrated at The Cochin College on 21st June 2019. The NSS unit organized a yoga teaching and practice session in the college auditorium. This session was guided by Mrs. Asha Ramanan, a skilled yoga tutor, who led the participants through various yoga exercises and techniques. The event aimed to promote the physical and mental well-being of students and staff, emphasizing the importance of yoga in daily life. The college community actively participated, making the event a successful and enlightening experience.





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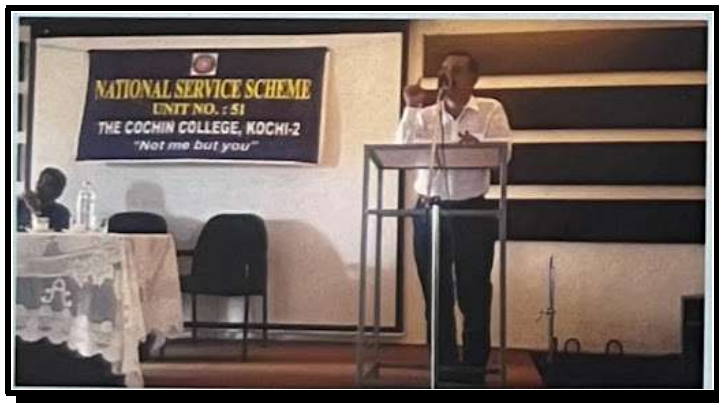
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## 9.2 INTERNATIONAL DAY FOR DRUG ABUSE AND ILLICIT TRAFFICKING

Date: 26<sup>th</sup> June 2019

On 26<sup>th</sup> June 2019, The Cochin College observed the International Day for Drug Abuse and Illicit Trafficking by organizing an awareness class in connection with World Anti-Drug Day. The session was conducted by Mr. T P Prabash Lal and Advocate Sunil CA, who provided valuable insights into the dangers of drug abuse and the importance of combating illicit trafficking. The class aimed to educate students on the adverse effects of drug use and to promote a drug-free environment within the community. The event was well-received, with active participation from the students, highlighting the college's commitment to raising awareness about critical social issues.



## 9.3 VANAMAHOTHSAV DAY

Date: 1<sup>st</sup> July 2019:

On 1st July 2019, The Cochin College celebrated Vanamahothsav Day with enthusiasm and creativity. As part of the celebration, a poster designing competition was organized on the topic "VANAM ORU VARAM." Students were encouraged to express their ideas and perspectives on environmental conservation through their artistic skills. The com-





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petition saw a variety of creative and impactful posters, showcasing the students' commitment to preserving nature. Participants presented their posters, explaining the concepts and messages behind their designs. The event highlighted the importance of environmental awareness and the role of creative expression in promoting sustainable practices.

## 9.4 WORLD SOCIAL MEDIA DAY

Date: 8<sup>th</sup> July 2019:

On 8<sup>th</sup> July 2019, The Cochin College marked World Social Media Day by organizing a thought-provoking debate competition on the topic "IS SOCIAL MEDIA A BOON OR A BANE?" Students from various departments participated, passionately presenting arguments for and against the impact of social media on society. The debate covered various aspects of social media, including its influence on communication, privacy, mental health, and societal norms. The participants engaged in lively discussions, showcasing their critical thinking and public speaking skills. The event provided a platform for students to voice their opinions and consider different perspectives on the role of social media in the modern world.



## 9.5 INDEPENDENCE DAY

Date: 15<sup>th</sup> August 2019:

The Cochin College celebrated Independence Day on 15<sup>th</sup> August 2019 with great patriotism and enthusiasm. The celebrations began with the flag hoisting ceremony, where students and faculty members gathered to honour the nation's independence. The college campus was adorned with the tricolour, and the atmosphere was filled with patriotic fervour. The event included singing of the national anthem, cultural performances, and speeches reflecting on the significance of the day. The participation of students and faculty in these activities highlighted their love for the country and their commitment to upholding its values. The day was marked by a sense of unity and pride, making it a memorable occasion for everyone present.





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## 9.6 Flood Relief Activities

Date: 16<sup>th</sup> August 2019

On 16<sup>th</sup> August 2019, the flood-related relief activities at The Cochin College came to a successful conclusion. Throughout the initiative, students and teachers worked diligently to collect essential materials to aid those affected by the floods. The collected items, which included food, clothing, and other necessities, were handed over to the district authorities. This effort demonstrated the college community's solidarity and commitment to supporting those in need during challenging times. The active participation of both students and faculty in this humanitarian endeavor showcased their dedication to social responsibility and community service. The event culminated with a gathering where the collected materials were formally handed over, marking the end of a meaningful and impactful relief campaign.







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## 9.7 TEACHERS' DAY

Date: 5<sup>th</sup> September 2019

The Cochin College celebrated Teachers Day on 5<sup>th</sup> September 2019 with a focus on environmental sustainability and community service. As part of the celebrations, students and faculty members engaged in campus cleaning and the planting of new saplings. This initiative aimed to honour teachers by contributing to the beautification and greening of the college campus. Participants worked together to clean the premises and plant trees, fostering a sense of teamwork and environmental responsibility. The activities not only celebrated the invaluable contributions of teachers but also promoted a cleaner and greener campus, reflecting the college's commitment to sustainability and environmental stewardship.

## 9.8 Orientation program for first-year NSS volunteers

Date: 20<sup>th</sup> September 2019

The Cochin College officially inaugurated the NSS activities for the academic year 2019-20 on 20<sup>th</sup> September 2019. The event marked the beginning of a new year of service and community engagement under the National Service Scheme (NSS). The inauguration ceremony included an orientation program for first-year NSS volunteers, introducing them to the objectives, responsibilities, and opportunities associated with NSS participation. The program officers, Dr. Manjusha M.V. and Dominic T. Joseph, led the ceremony, sharing insights and experiences to motivate the new volunteers. Their guidance emphasized the importance of service and the impact of collective efforts. Experienced volunteers and faculty members also contributed, ensuring that the new members were well-prepared for the year ahead. The event set





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the tone for a year of dedicated service, teamwork, and personal growth for all NSS members.

## 9.9 Blood Donation Camp

Date: 26<sup>th</sup> September 2019

On 26<sup>th</sup> 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.



## 9.10 Railway Swachhata Programme

Date: 2<sup>nd</sup> October 2019

On 2<sup>nd</sup> October 2019, The Cochin College participated in a flash mob competition as part of the Railway Swachhata Programme conducted by Indian Railway at Ernakulam South Railway Station. This event was organized to raise





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awareness about cleanliness and hygiene in public spaces, particularly railway stations. The flash mob, performed by enthusiastic students, captivated the audience and effectively conveyed the message of maintaining cleanliness. The participants showcased their talents through energetic dance routines, drawing attention to the importance of Swachh Bharat (Clean India) initiatives. The event not only highlighted the creative expression of the students but also reinforced the significance of collective efforts in promoting a cleaner and healthier environment. The program officers, Dr. Manjusha M.V. and Dominic T. Joseph.



## 9.11 E-Unnathi

Date: 14<sup>th</sup> November 2019

On 14<sup>th</sup> November 2019, The Cochin College NSS Unit, in association with E-Unnathi and the Haritha Keralam mission, This project aimed to enhance urban green spaces and promote environmental sustainability. Volunteers from the NSS unit engaged in planting trees and other greenery to transform urban areas into lush, green environments. The program officers, Dr. Manjusha M.V. and Dominic T. Joseph, along with enthusiastic students, played a crucial role in the success of this initiative, showcasing their commitment to a greener and healthier urban landscape.

## 9.12 Pain and Palliative Care unit

Date: 28<sup>th</sup> November 2019

On 28<sup>th</sup> November 2019, The Cochin College witnessed the inauguration of the Pain and Palliative Care unit of THANNAL within its premises. This significant event marked the beginning of a dedicated initiative to provide compassionate care and support to those suffering from chronic and serious illnesses. The inauguration ceremony was attended by faculty members, students, and representatives from THANNAL, all of whom expressed their commitment to the cause. The





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new unit aims to offer holistic care that addresses not only the physical but also the emotional and psychological needs of patients. The program officers, Dr. Manjusha M.V. and Dominic T. Joseph.

## 9.13 Tourism development in Chellanam

Date: 30<sup>th</sup> November 2019

On 30<sup>th</sup> November 2019, NSS volunteers from The Cochin College participated in various activities aimed at promoting tourism development in Chellanam. As part of the initiative, the volunteers took part in photography competitions and other engaging activities designed to highlight the scenic beauty and cultural heritage of the area. These events were organized to boost local tourism and create awareness about the unique attractions of Chellanam. The program officers, Dr. Manjusha M.V. and Dominic T. Joseph

## 9.14 Beach cleaning drive at Fort Kochi Beach

Date: 10<sup>th</sup> December 2019

On 10<sup>th</sup> December 2019, The Cochin College NSS unit conducted a beach cleaning drive at Fort Kochi Beach in association with the MLA's Office, Kochi. This initiative aimed to address the issue of marine pollution and maintain the cleanliness of one of the region's most popular tourist spots. Volunteers from the college actively participated in collecting and disposing of waste, ensuring a cleaner and more pleasant environment for visitors and locals alike. The program officers, Dr. Manjusha M.V. and Dominic T. Joseph, led the efforts, coordinating with the MLA's Office to facilitate the successful execution of the event. The beach cleaning drive was a testament to the college's commitment to environmental conservation and community service, reflecting the proactive role of the NSS in fostering sustainable practices and civic responsibility.

## 9.15 Palliative Care Day

Date: 15<sup>th</sup> January 2020

On 15<sup>th</sup> January 2020, The Cochin College NSS unit observed Palliative Care Day with an event titled "Sneha Sangamam" held at Fort Kochi Taluk Hospital. This event was dedicated to raising awareness about palliative care and providing support to patients with chronic illnesses. The NSS volunteers engaged with patients, offering companionship and emotional support, and participated in activities that aimed to bring joy and comfort to those in need. The program officers, Dr. Manjusha M.V. and Dominic T. Joseph, played a pivotal role in organizing the event, ensuring that it ran smoothly and effectively. "Sneha Sangamam" highlighted the importance of compassion and care in healthcare, reinforcing the college's commitment to community service and the well-being of others.





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## 9.16 Drug Awareness programme

Date: 7<sup>th</sup>February 2020

On 7<sup>th</sup>February 2020, The Cochin College NSS unit, in association with the Central Excise Department, celebrated an event named "JWALA" dedicated to raising awareness about the dangers of drug use. The day included various activities aimed at educating students about the adverse effects of drugs and promoting a drug-free lifestyle. Participants took a solemn pledge against the usage of drugs, committing themselves to spreading awareness and supporting those affected by substance abuse. The program officers, Dr. Manjusha M.V. and Dominic T. Joseph, were instrumental in organizing the event, coordinating with the Central Excise Department to ensure its success. "JWALA" served as a powerful reminder of the ongoing efforts needed to combat drug abuse and underscored the college's dedication to fostering a healthy, drug-free community.

## 9.17 Coronavirus (COVID-19)

Date: 11<sup>th</sup>February 2020

On 11<sup>th</sup>February 2020, The Cochin College NSS unit, in association with the Health Department, organized an awareness program on the prevention and spreading of the Coronavirus (COVID-19). The session was led by Dr. Veena from Vypin Panchayat Hospital, who provided valuable information on the virus, its symptoms, and preventive measures. The program aimed to educate students and faculty about the importance of hygiene, social distancing, and other safety protocols to curb the spread of the virus. The program officers, Dr. Manjusha M.V. and Dominic T. Joseph ensured the smooth conduct of the event, emphasizing the college's proactive approach to health and safety.

## 9.18 Pre-orientation camp

Date: 13<sup>th</sup>February 2020

On 13<sup>th</sup>February 2020, The Cochin College NSS unit organized a pre-orientation camp for volunteers selected to attend a one-week training session at Arakkonam Military Camp, conducted by Nehru Yuva Kendra. The pre-orientation camp aimed to prepare the volunteers for the rigorous training they would undergo at the military camp. It included sessions on physical fitness, leadership skills, and team-building activities. The program officers, Dr. Manjusha M.V. and Dominic T. Joseph, guided the volunteers, providing them with valuable insights and motivation. This preparatory camp ensured that the volunteers were well-equipped and confident to make the most of their training experience at Arakkonam Military Camp.





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## 10 Initiatives for Communal and Socio-economic Inclusiveness by Various Clubs and Committees :2019-20

### 10.1 BIOMAG - Community Based Solid Waste Management through Re-Cycling and Up-Cycling In an Adopted Ward Of Corporation of Kochi, Kerala, India.

The BIOMAG project was aimed at creating awareness among the public particularly the residents of ward VII of Kochi Corporation about the need to manage plastic waste properly. A consumer state like Kerala has a high per capita generation of plastic waste. This is particularly true in a city like Kochi. The project was perceived as relevant by the Department of Zoology of The Cochin College because of the coastal proximity of Kochi Corporation. Domestic plastic waste that is not managed properly will invariably find its way to the ocean through the storm-water drains and other public dumps especially during the rainy season. Thus it will become a threat to various species of marine life. On land also the dumps and litter lying around results in other threats to animal life through ingestion by birds, cows and other animals. Leaching from dumpsites like Brahmapuram leads to the contamination of ground water by additives and synthetic dyes used as colouring agents.

The Department of Zoology of The Cochin College took up this project as an Outreach project that can be steered by the students of the department under the guidance of the teachers. The main tasks of awareness creation and sensitization about the need to dispose plastic waste properly was undertaken by the students and teachers through door to door visits to the households of the ward and one on one explanation to the residents. Public activities like street plays and skits were also planned to spread awareness. Workshops were conducted on other methods to manage plastic waste such as reduce, reuse and refuse. Do It Yourself (DIY) workshops were also conducted for the public on how to make their own





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shopping bags from used clothing. Workshops were also conducted on how to do home composting of kitchen waste. The Project was not only aimed at giving awareness and sensitizing the target group about reduce, reuse and refuse strategies but went one step further in offering recycling solutions as well. It was fully understood that despite reduce, reuse and refuse strategies there is inevitably generation of plastic waste in every household particularly due to the fact that every item of food and grocery, from food grains to soap, comes in plastic packaging. Hence it was imperative that for the project to have an impact, recycling options too have to be provided to the public. For this purpose, the Department of Zoology engaged a reliable agency that has considerable experience in the field of door to door collection of plastic waste, followed by grading and finally dispatch for recycling. The agency selected for this was PlanatEarth a non-profit agency based in Aluva.

The recycling solution that was offered to the target community proved to be the main aspect of the project for the public was offered both strategies to reduce the per household generation of waste as well as a way to ensure that whatever plastic waste that is still generated gets collected and recycled. Total 5547 kg of plastic waste has been removed. Some non-recyclables have to be despatched to cement manufacturers for use for use as RDF. This process incurs charges.

The project got widely accepted and was published in American Journal of Multidisciplinary Research Development (AJMRD).

For accessing the article:[click](#)





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## 10.2 CUBE Student Scientist Program-2019

The Department of Zoology at The Cochin College, recognized as a CUBE Model Systems Research and Development Center by CUBE-TIFR, Mumbai, launched the 'Student Scientist Program' in 2019 to inspire young minds to consider careers in basic science. This initiative aimed to train students in the methodology of scientific research, including experiment design, data collection, and effective communication of findings. A total of 13 students from six schools in West Kochi—St. Mary's AIGHS, Fortkochi; St. Paul's Public School, Fortkochi; Fatima GHS, Fortkochi; St. John De Britto HS, Fortkochi; and TDHS, Mattancherry—registered for the program. The two-day intensive training, held on July 23-24, 2019, provided both students and their teachers with hands-on experience in the department's lab facilities and included two mini projects to be completed over the following three months.







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### 10.3 Nature Club

### 10.4 Workshop on Environment and Sustainable Development Through Healthy Practices (Environment Management Training EMT 2020)

As part of Environment Management Training, the Department of Zoology and Nature at The Cochin College, with support from the Kerala State Council for Science, Technology and Environment (KSCSTE), organized a three-day workshop titled "Environment and Sustainable Development Through Healthy Practices" on January 7th, 9th, and 10th, 2020. The program saw the participation of approximately 175 individuals, including students, staff and members of the public (Kudumbasree unit members). The workshop featured a series of technical sessions focusing on topics such as effective methods for biowaste management, biodiversity and sustainable development, vermicomposting, sustainable living, waste management, and adopting green protocols for sustainable development. These sessions were designed





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to equip participants with practical knowledge and skills for environmental conservation and sustainable practices. The workshop concluded with a field visit to the solid waste recycling and upcycling units of plan@earth in Aluva, Ernakulam, providing attendees with firsthand experience of successful waste management and sustainability initiatives.



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FIELD TRIP

#### 10.4.1 Institute Visit to MTCC

On March 4, 2020, 22 postgraduate students from the Department of Zoology, The Cochin College embarked on an educational visit to the Microbial Type Culture Collection and Gene Bank (MTCC) in Chandigarh. This visit provided the students with a unique opportunity to explore one of the premier microbial culture collections in India, which is known for its extensive repository of microbial strains.

#### 10.4.2 Visit to CSIR-IMTECH

Following their visit to the MTCC, the students proceeded to the Council of Scientific and Industrial Research - Institute of Microbial Technology (CSIR-IMTECH), also located in Chandigarh. At CSIR-IMTECH, the students were exposed to cutting-edge research and technological advancements in microbial technology. They had the opportunity to interact with leading scientists and researchers, who shared their knowledge and expertise on topics such as microbial genomics, industrial microbiology, and bioinformatics.





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### 10.4.3 Visit to CMFRI

Institute Visit: On February 4, 2020, the Second-year students from the Department of Zoology at The Cochin College visited the Central Marine Fisheries Research Institute (CMFRI) in Cochin. This educational visit aimed to provide practical exposure to marine biology and fisheries science. They toured various laboratories, observing advanced research techniques and learning about marine biodiversity, fishery resource assessment, and sustainable fisheries management.





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