



THE COCHIN COLLEGE

Koovapadam, Kochi-2

Affiliated To Mahatma Gandhi University

Re-accredited by NAAC With B+ Grade



Fourth Cycle
NAAC Accreditation 2024

Criterion 3 Research, Innovations and Extension

3.4 - Extension Activities

Metric No. 3.4.3

Number of extension and outreach programs conducted by the institution through organized forums including NSS/NCC with involvement of community during the last five years.

Extension and outreach activities: 2019-2020

Submitted to



National Assessment and Accreditation Council



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COMMUNITY EXTENSION PROGRAMMES 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.

1 EXTENSION ACTIVITIES THROUGH NATIONAL SERVICE SCHEME

1.1 YOGA DAY

Date: 21st 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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1.2 INTERNATIONAL DAY FOR DRUG ABUSE AND ILLICIT TRAFFICKING

Date: 26th June 2019

On 26th 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.





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1.3 VANAMAHOTHSAV DAY

Date: 1st 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 competition 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.

1.4 WORLD SOCIAL MEDIA DAY

Date: 8th July 2019:

On 8th 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





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1.5 INDEPENDENCE DAY

Date: 15th August 2019:

The Cochin College celebrated Independence Day on 15th 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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1.6 Flood Relief Activities

Date: 16th August 2019

On 16th 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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1.7 TEACHERS' DAY

Date: 5thSeptember 2019

The Cochin College celebrated Teachers Day on 5thSeptember 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.

1.8 Orientation program for first-year NSS volunteers

Date: 20thSeptember 2019

The Cochin College officially inaugurated the NSS activities for the academic year 2019-20 on 20thSeptember 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





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

1.9 Blood Donation Camp

Date: 26th September 2019

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





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1.10 Railway Swachhata Programme

Date: 2nd October 2019

On 2nd 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 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.



1.11 E-Unnathi

Date: 14th November 2019

On 14th 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





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the success of this initiative, showcasing their commitment to a greener and healthier urban landscape.

1.12 Pain and Palliative Care unit

Date: 28th November 2019

On 28th 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 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.

1.13 Tourism development in Chellanam

Date: 30th November 2019

On 30th 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

1.14 Beach cleaning drive at Fort Kochi Beach

Date: 10th December 2019

On 10th 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.





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1.15 Palliative Care Day

Date: 15th January 2020

On 15th 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.

1.16 Drug Awareness programme

Date: 7th February 2020

On 7th 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.

1.17 Coronavirus (COVID-19)

Date: 11th February 2020

On 11th 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.





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1.18 Pre-orientation camp

Date: 13th February 2020

On 13th 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



2 EXTENSION ACTIVITIES THROUGH CLUBS AND COMMITTEES

2.1 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





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

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Figure 4: Awareness and training classes for residents of Ward 7, Kochi Cooperation.

2.2 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





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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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2.3 Nature Club

2.4 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 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

2.4.1 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.

2.4.2 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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2.4.3 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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