



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: 2020-2021

Submitted to



National Assessment and Accreditation Council



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KOCHI - 682 002

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COMMUNITY EXTENSION PROGRAMME 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.

1 EXTENSION ACTIVITIES THROUGH NATIONAL SERVICE SCHEME

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

1.1 Online Seven-Day NSS Camp: "Unarvu"

Dates: January 23-29, 2021

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.





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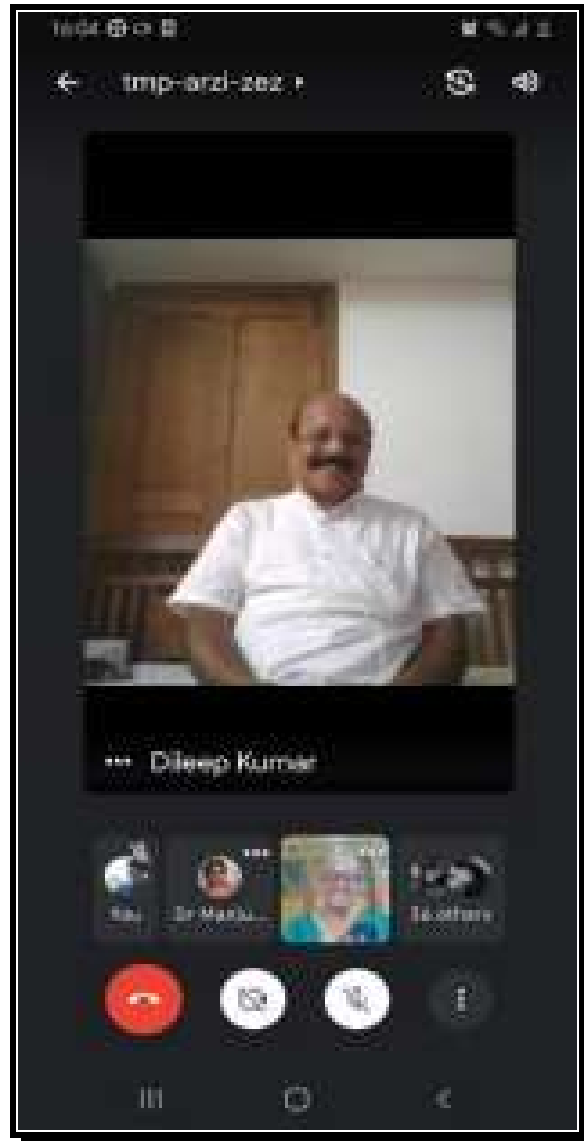
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Dr. M.C. Dileepkumar, Former Vice Chancellor of Sree Sankaracharya University, delivered a keynote address online on 23rd january 2021. He emphasized the importance of NSS activities in shaping responsible citizens and highlighted the role of youth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



1.2 Yoga session

Yoga sessions were conducted online every day of the camp date from 23rd to 29th january 2021. These sessions aimed at promoting physical and mental well-being among the volunteers. The sessions included various asanas and breathing exercises to help the participants stay fit and manage stress.





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1.3 Covid 19 prevention measures

Mr. Vineeth V.K., Secretary of the Indian Medical Association, Guruvayoor, conducted a session on Covid-19 prevention on 26th 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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1.4 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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1.5 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.



1.6 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.





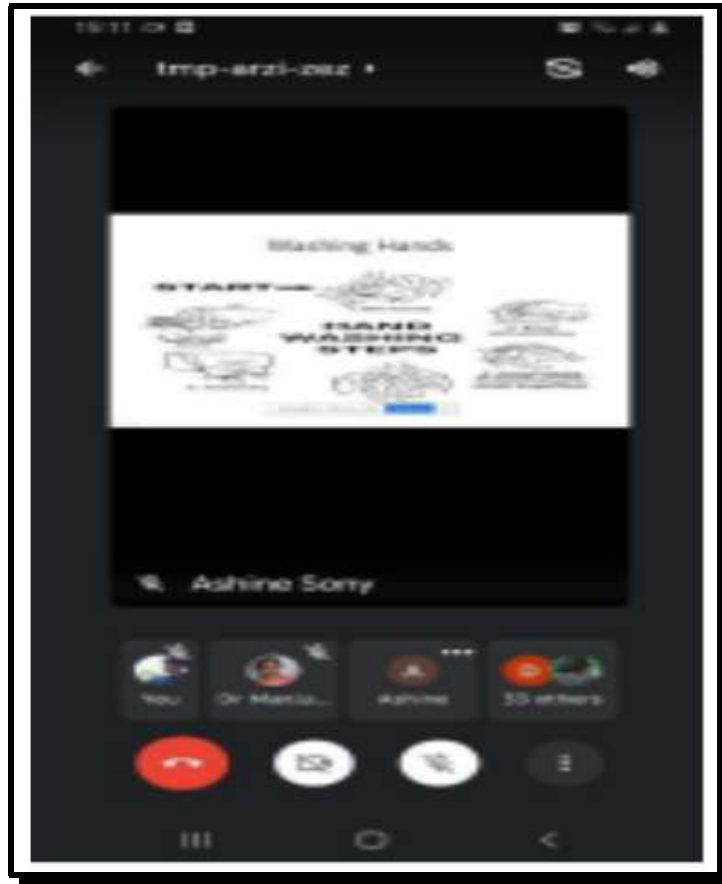
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1.7 House and Surroundings Cleaning Activities

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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1.8 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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1.9 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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1.10 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

1.11 Online Quiz Competitions

An intercollegiate online quiz competition titled "A Voyage Through Indian Freedom Struggle Movement" was conducted on August 15th, 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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1.12 Udbodh Programme

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

1.13 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

1.14 Intercollegiate Online Quiz

Intercollegiate Online Quiz: "A Voyage Through Indian Freedom Struggle Movement" on August 15th, 2020, supported by the Science and Quiz Club. Vijnana Kairali Quiz: Organised on August 29th, 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 29th, 2021

2 Activities of Various Departments

2.1 Department of Chemistry

2.1.1 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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2.2 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/14166/2021/15252
Dated: 30th 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 31st 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" w.r.t.

With regards,

Yours sincerely,

(Dr. J.S. Dorothy)
Regional Director

Copy to:

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

2.3 College Library

2.3.1 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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2.3.2 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*

2.3.3 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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