



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: 2021-2022

Submitted to



National Assessment and Accreditation Council



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COMMUNITY EXTENSION PROGRAMMES 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.

1 EXTENSION ACTIVITIES THROUGH NATIONAL SERVICE SCHEME

1.1 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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1.2 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. Subramaniam 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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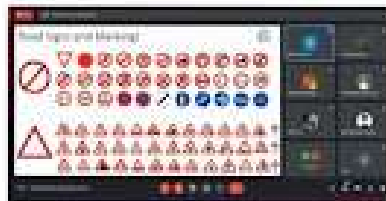
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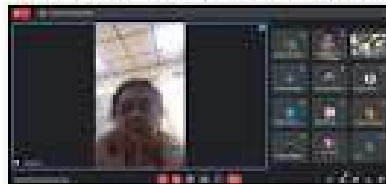
Screenshots of the meeting



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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1.3 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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1.4 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. The session 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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1.5 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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1.6 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 usage. He also





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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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1.7 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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1.8 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.





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1.9 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 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.





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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



1.10 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



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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.

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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2 EXTENSION ACTIVITIES THROUGH CLUBS AND COMMITTEES

2.1 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



2.2 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





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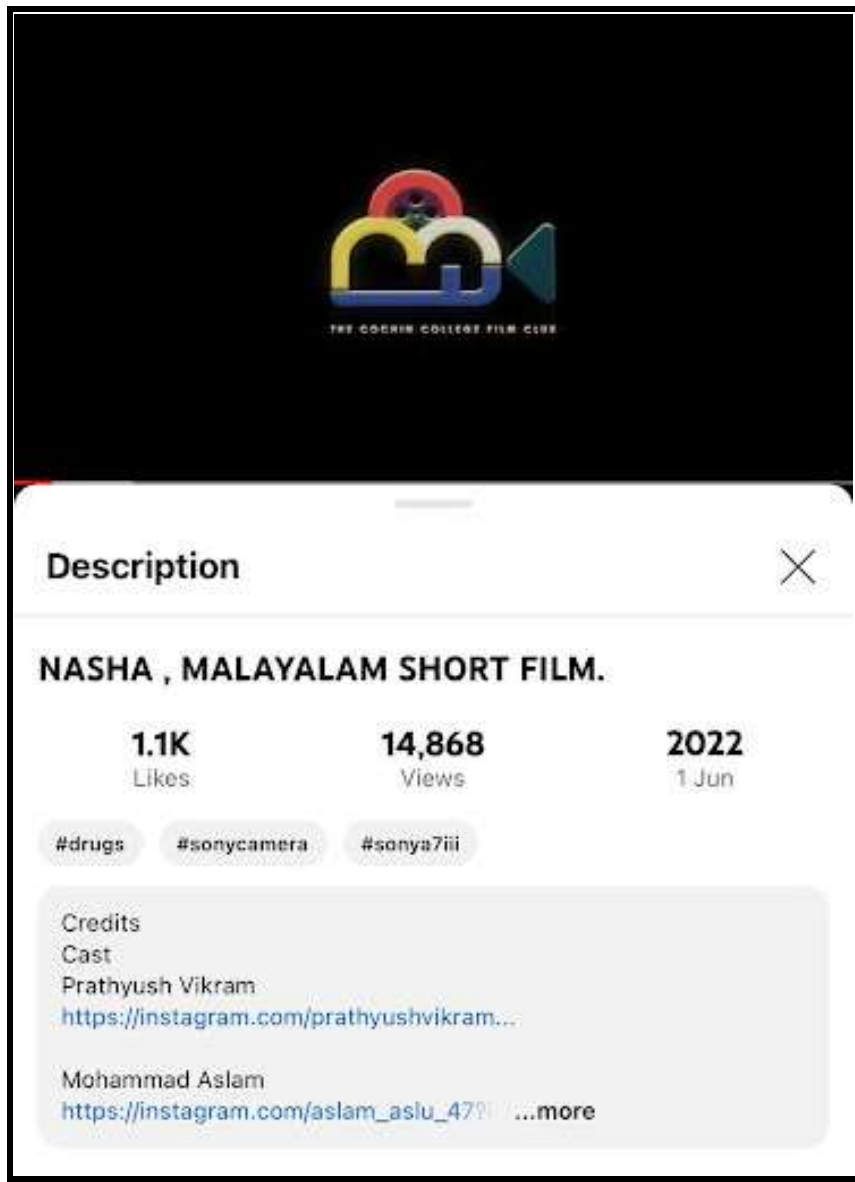
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by the Film Club team on January 5th and 6th, 2022, to prepare for the production. The entire cast and crew of the short film comprised students from the college, showcasing their collective talent and dedication to raising awareness about the dangers of drug use. When uploaded to YouTube, the short film was widely accepted, garnering significant attention and praise for its impactful message and production quality. The link to the short film is given below.

[Click to play the video](#)





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2.3 Bhoomithrasena Club

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





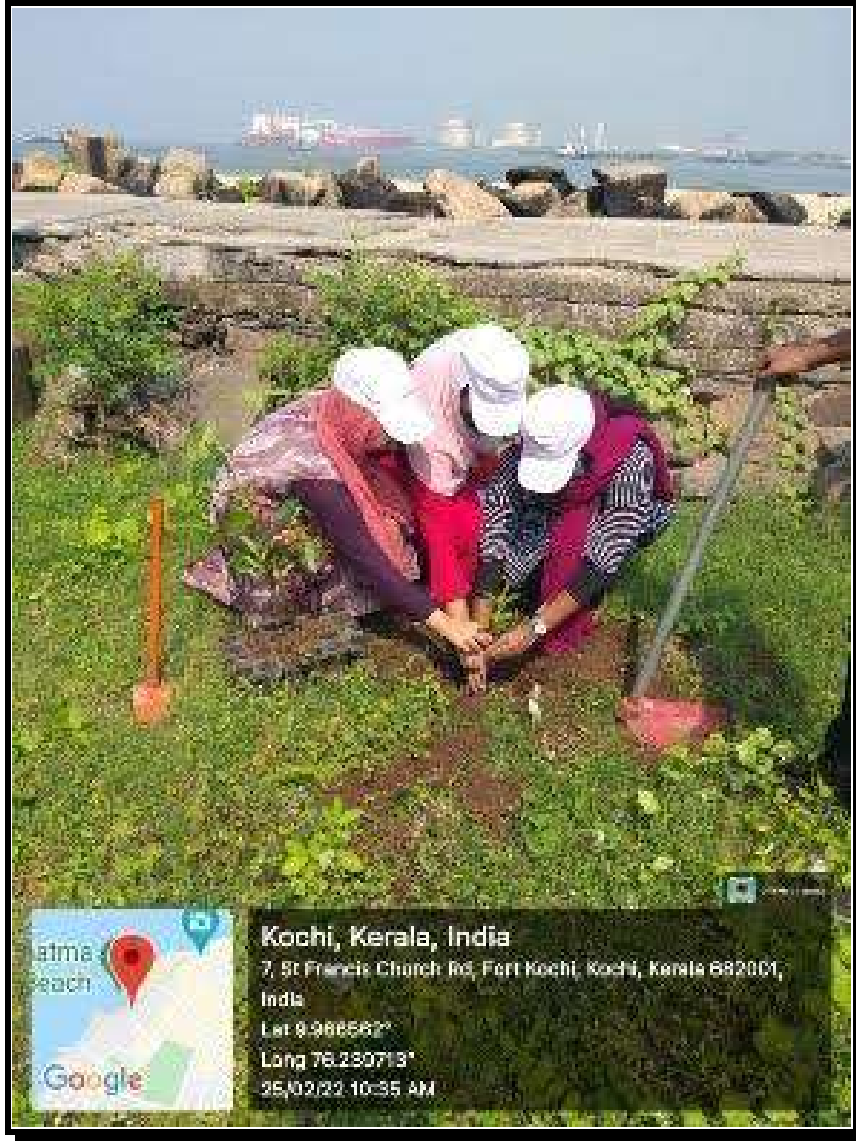
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2.5 Extension activities of College Library

2.6 ‘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





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development.

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 മാത്യു
(പ്രസിഡണ്ട്, ആലത്തൂർ
താലൂക്ക് ലൈബ്രറി കൗൺസിൽ)

ഇന്ന് നമ്മളോടൊപ്പം 2 pm ന്
(ഒരിടത്തൊരിടത്ത് വാട്സാപ്പ് കൂട്ടായ്മ)

2.7 “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.



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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

2.8 Department of Malayalam

2.9 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.





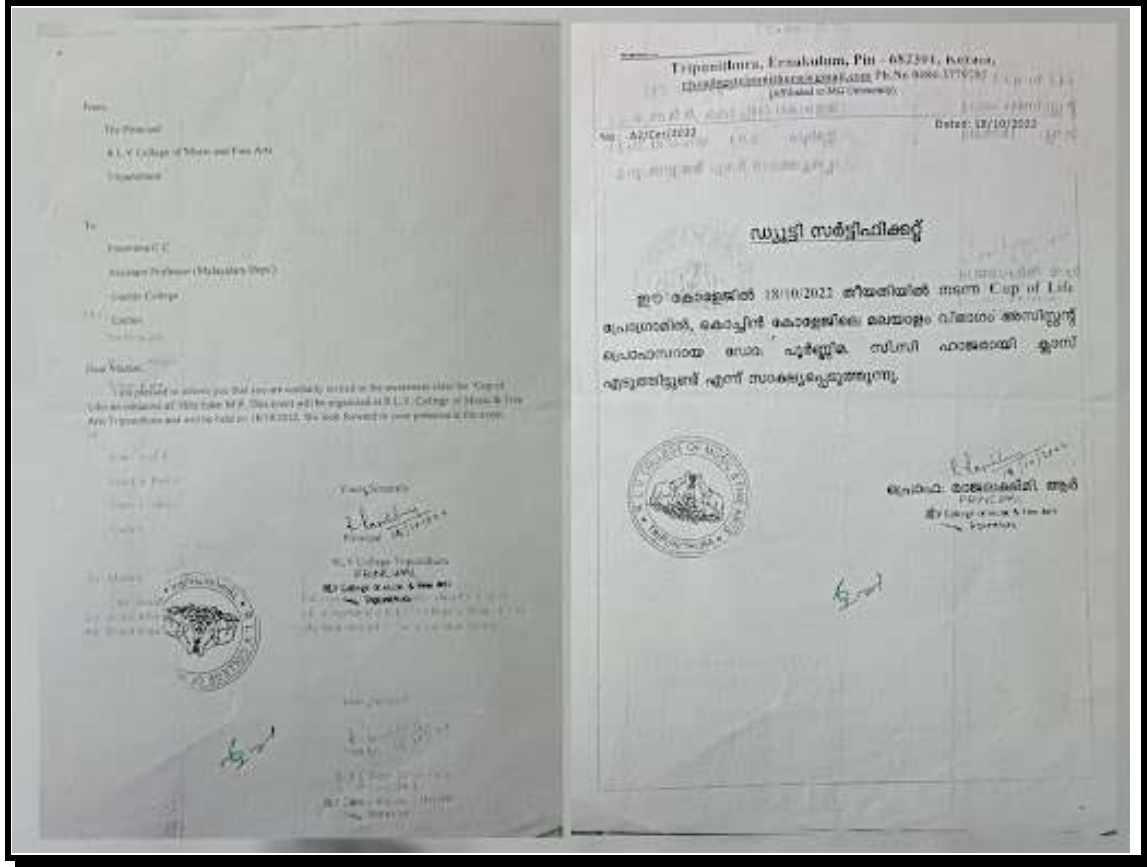
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