



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. 3.4.1

Outcomes of Extension activities in the neighborhood community in terms of impact and sensitizing the students to social issues for their holistic development during the last five years.

Extension and outreach activities: 2022-2023

Submitted to



National Assessment and Accreditation Council



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KOCHI - 682 002

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email: email@thecochoincollege.edu.in

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COMMUNITY EXTENSION PROGRAMMES 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.

1 EXTENSION ACTIVITIES THROUGH NATIONAL SERVICE SCHEME

EXTENSION ACTIVITIES THROUGH VARIOUS DEPARTMENTS

EXTENSION ACTIVITIES THROUGH CLUBS AND COMMITTEES AWARDS AND RECOGNITION

1.1 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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1.2 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 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.





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1.3 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.



Mendula Menon
Mrudula Menon V.
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1.4 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.





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1.5 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 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.





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1.6 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





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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 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



1.7 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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1.8 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 'Udhbodh' programme. A Memory walk at Kaloor International Stadium, Kochi, was organised by Bodhi-CNS CUSAT, District



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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.



1.9 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.





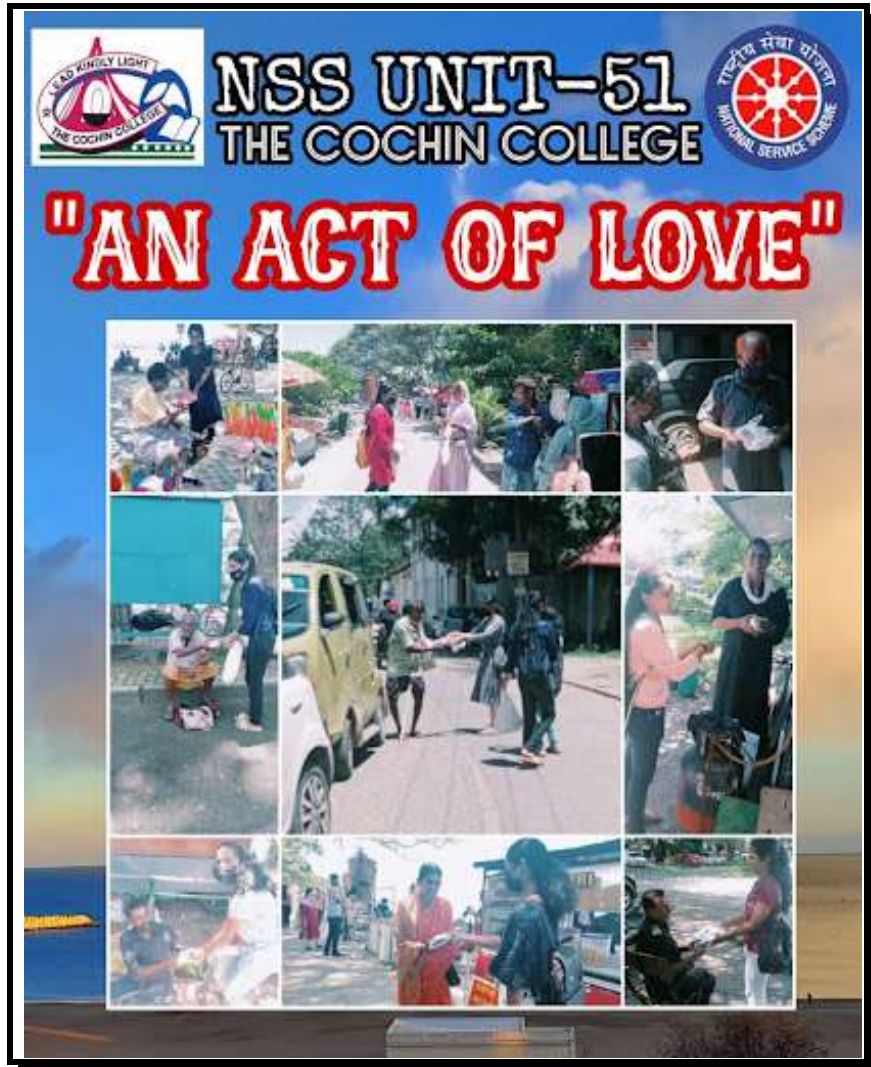
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1.10 Gandhi Jayanthi Celebrations: Visit to preschool, kochi

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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1.11 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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1.12 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





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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 local ecosystem.



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1.13 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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1.14 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.





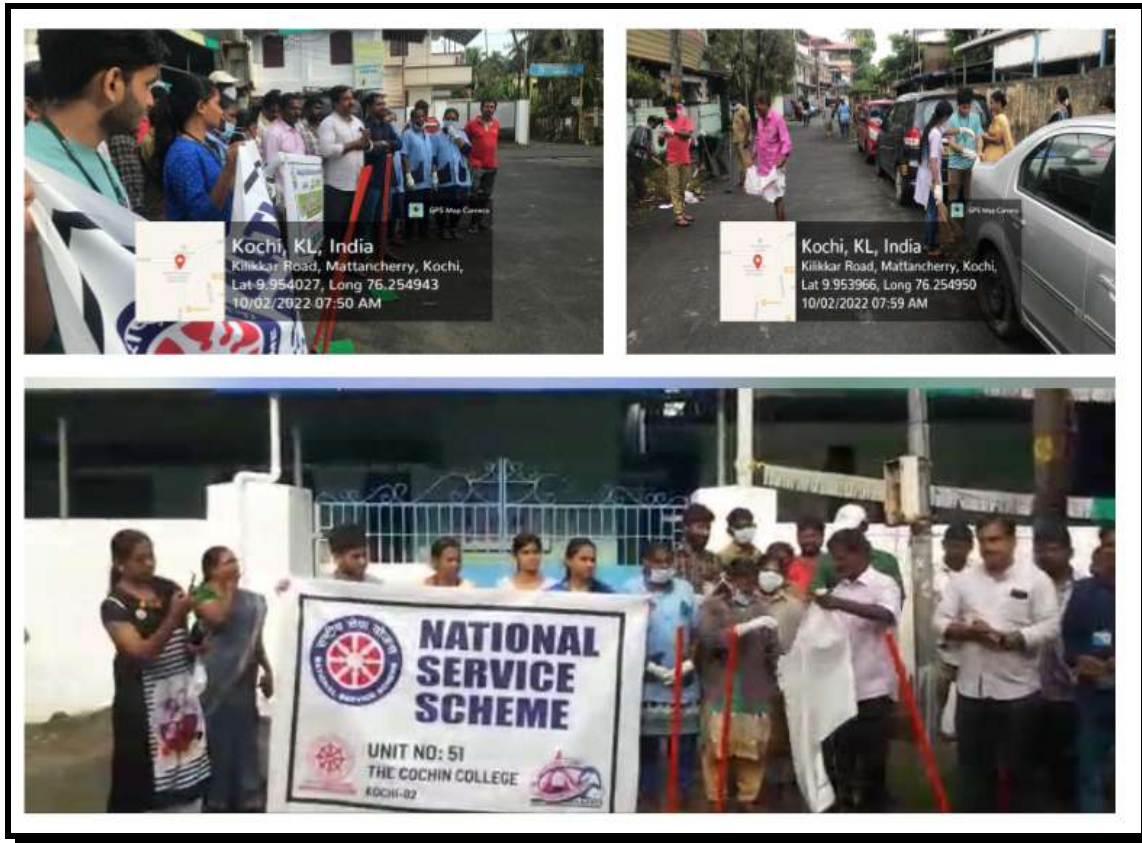
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1.15 Anti Drug Awareness Campaign

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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1.16 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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1.17 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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1.18 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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1.19 Agricultural Census and Training Session

In January 2023, the NSS unit of The Cochin College conducted an agricultural census and training session, collecting data for Cochin Corporation divisions 7, 8, 9, 10, and 25. This initiative aimed to gather comprehensive agricultural data to support local agricultural planning and development. A total of 81 volunteers participated, ensuring extensive coverage and accurate data collection. The volunteers were trained to meticulously gather and record information, ensuring the reliability of the data. Through this census, The Cochin College contributed to the local government's efforts in understanding and improving the agricultural landscape, demonstrating its commitment to community engagement and the advancement of local agricultural practices.





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1.20 Yuvabheri Celebrations

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





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1.21 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.





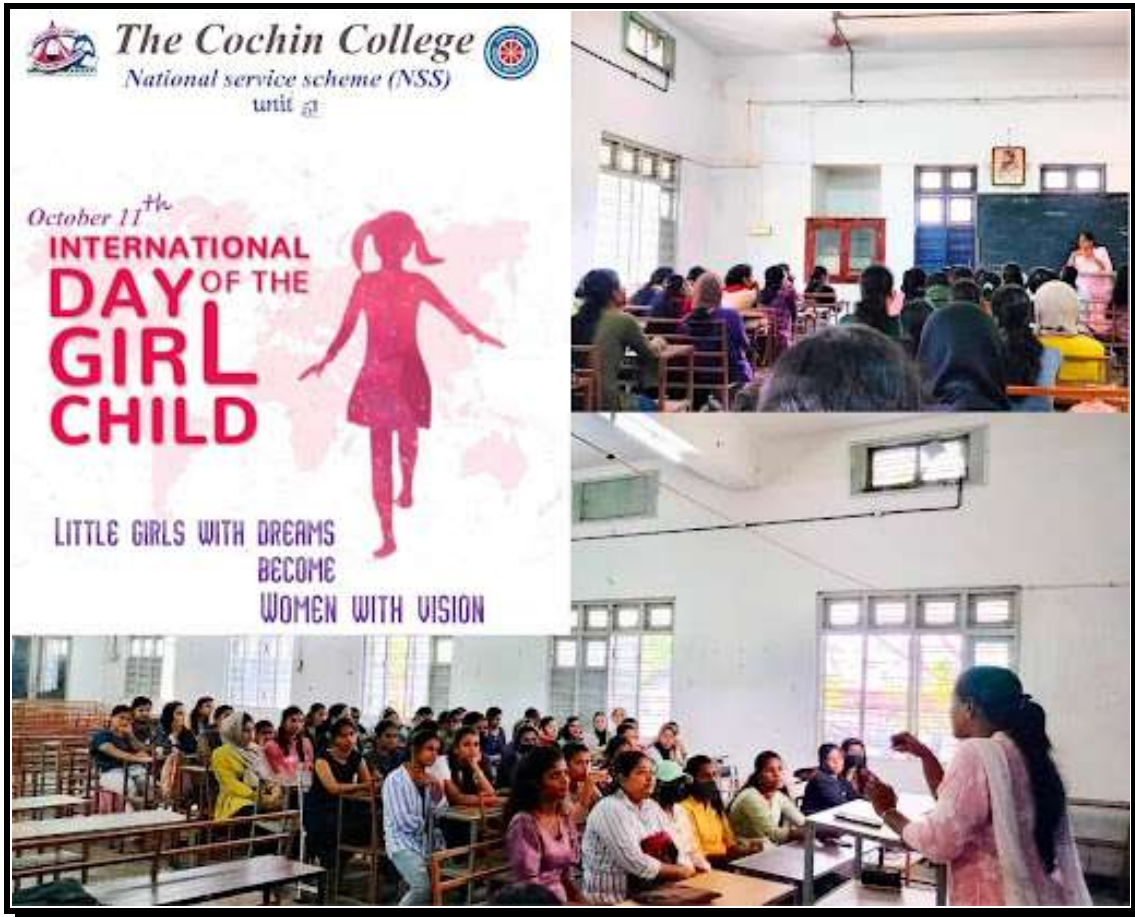
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1.22 Constitutional Day 2022

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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1.23 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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1.24 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 Basелиos College, Kottayam .





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1.25 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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1.26 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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1.27 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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1.28 Beach for All Campaign

On 17th January 2022, The Cochin College participated in the "Beach for All" campaign organized as part of the 'Livable 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.



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



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1.29 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





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





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RTGS/NEFT APPLICATION	
DATE	18/10/2022
APPLICANT'S NAME	RENJITH S
ACCOUNT NO.	7045187819
AMOUNT TO BE REMITTED	16500
COMMISSION	0
BENEFICIARY ACCOUNT NO.	31974195077
BENEFICIARY NAME	NSS PROGRAMME CO-ORDINATOR
IFSC CODE	SBIN0070559
BENEFICIARY BANK	SBI
BENEFICIARY BRANCH	MG UNIVERSITY BRANCH, KOTTAMAD
APPLICANT'S MOBILE NO.	9584894588
APPLICANT'S SIGNATURE	<i>[Signature]</i>

UTR No. 1016822291386259

BRANCH MANAGER

1.31 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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THE COCHIN COLLEGE
NATIONAL SERVICE SCHEME UNIT-51

In association with **KSACS & Red Ribbon Club**
WORLD AIDS DAY 2022

PROGRAMME SCHEDULE

1st DEC { Pledge (by Kerala State Aids Control Society)
Light up the candles with THQH Fortkochi
(Resource person :Nikhila Divega, ICTC
Counsellor, THQH Fortkochi

3rd DEC {

Kochi, Kerala, India
2/592, TM Muhammad Rd, Kunnumupuram, Fort Kochi,
Kochi, Kerala 682001, India
Lat 9.966191*

Kochi, Kerala, India
2/592, TM Muhammad Rd, Kunnumupuram, Fort Kochi,
Kochi, Kerala 682001, India





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1.32 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

1.33 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.



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



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1.34 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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1.35 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. Subramaniyan. 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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27 November 2022 · 9:49 am

[Edit](#)

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SM-E625F

5.25 MB | 4618x3464 | 16MP

ISO 50 | 24mm | 0.0ev | F1.8 | 1/3333 s



next to INS Dronacharya, Fort Kochi, Kochi, Kerala
682001, India





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1.36 NSS 7 Day residential Special Camp:

1.37 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 practices 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.



1.38 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,





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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.



1.39 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.





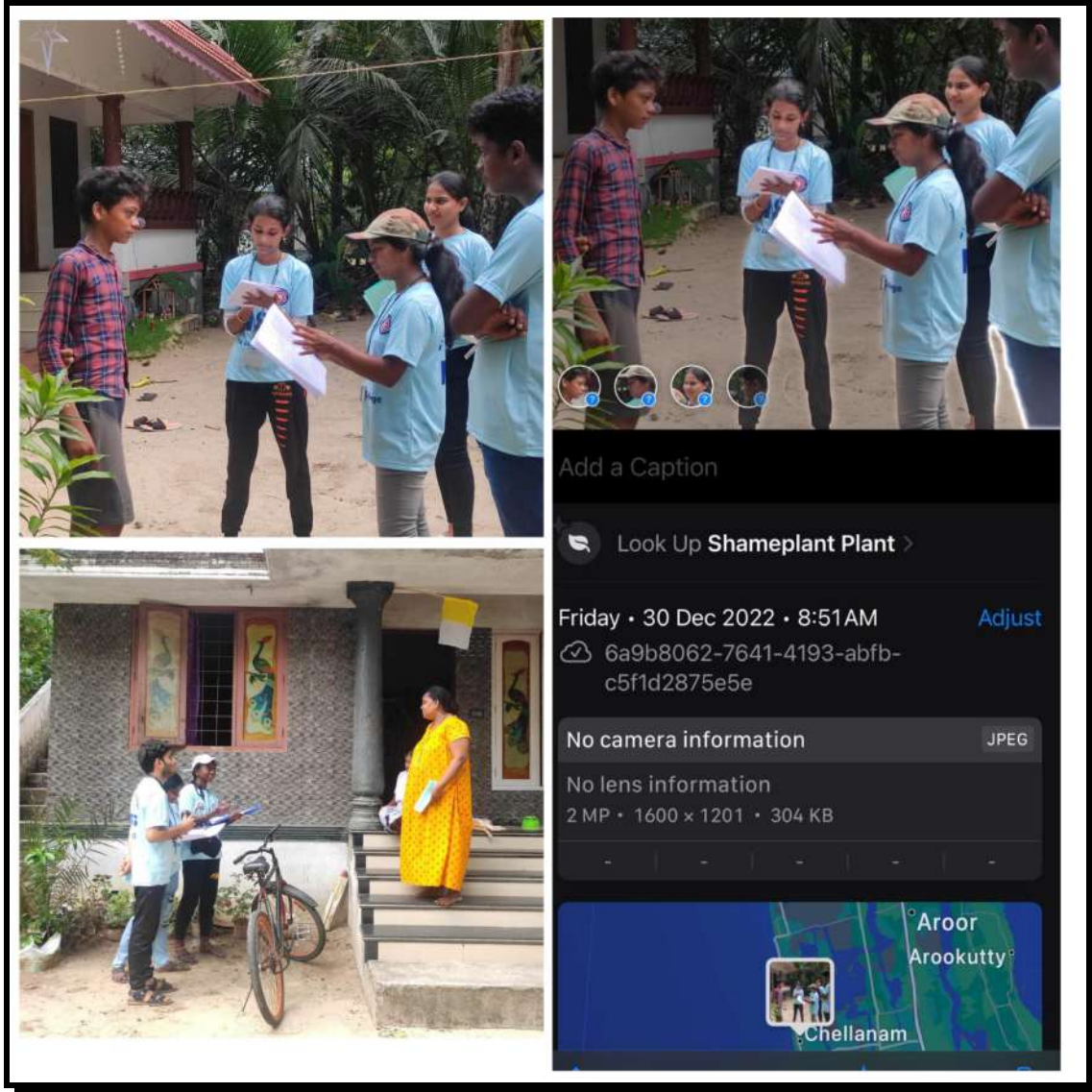
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2 EXTENSION ACTIVITIES THROUGH VARIOUS DEPARTMENTS

2.1 Department of Zoology

2.1.1 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





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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.



2.1.2 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





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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.



2.1.3 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





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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.



Department of Zoology
The Cochin College,
Kochi-2

**INSTITUTIONAL
VISIT**

**Beekeeping Consortium and
Training Center, Mavelikkara**

2.1.4 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





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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.



2.1.5 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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2.1.6 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 vermiwash 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.





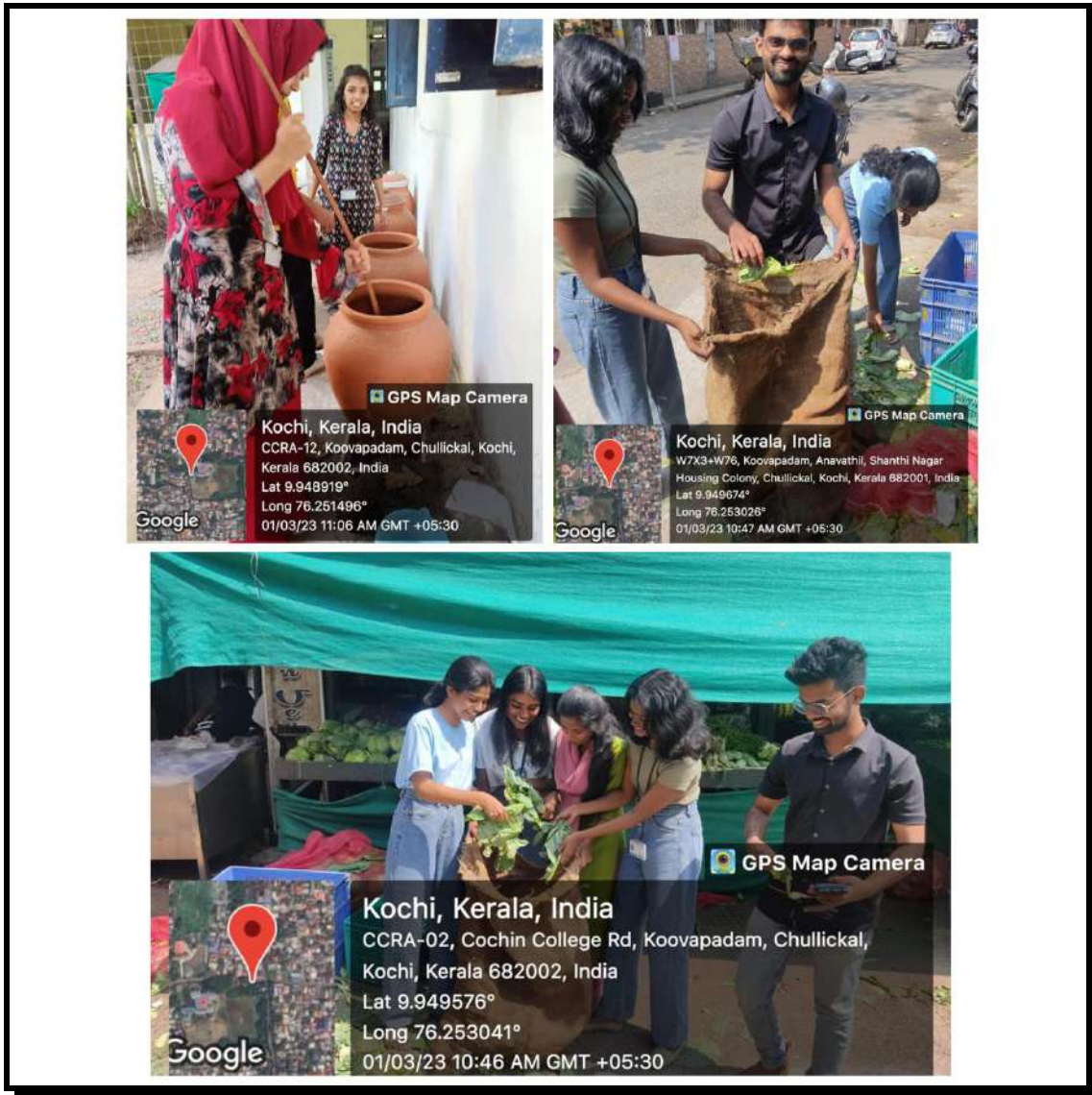
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2.2 Department of Economics

2.2.1 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 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





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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.



2.2.2 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





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Statistics oversees the survey. For the 11th Agricultural Census 2021-2022, information was collected using a mobile app, with enumerators visiting every household in each local self-government body within the district, ensuring comprehensive and accurate data collection.



2.3 Department of English

2.3.1 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





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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.



2.4 Department of Chemistry

2.4.1 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





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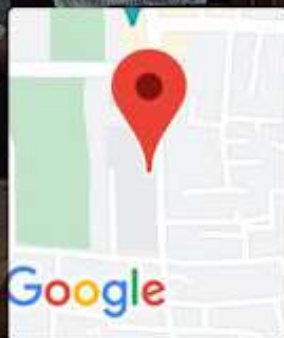
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conducted an extension activity for students of classes 8, 9, and 10 at EMGHS School, Fort Kochi. This initiative included an awareness class on the critical topic of "Preservation of the Ozone Layer," delivered by second-year and final-year chemistry 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.



Kochi, Kerala, India

1037, near mini market thuruthy, Fort Kochi,

Kochi, Kerala 682001, India

Lat 9.950224°

Long 76.244605°

07/10/22 11:48 AM GMT +05:30





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2.5 Department of Commerce:

2.5.1 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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2.6 Department of Botany

2.6.1 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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2.7 College Library

2.7.1 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 Cloetus
Asst. Professor
St. College of teacher education for Women Erna.

3 EXTENSION ACTIVITIES THROUGH CLUBS AND COMMITTEES

The Cochin College engages in extensive extension activities to sensitize students to social issues, promoting their holistic development and positively impacting the community. The Department of Botany and Chemistry organizes educational events on World Environment Day, World Forestry Day, and Ozone Day, extending outreach to local schools. The Zoology Department leads AIDS awareness classes and vermi composting workshops, while the Economics Department provides career guidance to high school students. The Green Protocol Committee and Nature Club promote Eco-friendly practices





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through organic farming, cloth bag distribution, and water quality analysis. These activities foster social responsibility among students, enhance their leadership skills, and benefit the local community by addressing health, environmental, and social issues

3.1 Green Protocol Committee Nature Club

3.1.1 Nature Camp:

The Green Protocol Committee and Nature Club at The Cochin College organized an enriching nature camp at Shenduruny Wildlife Sanctuary, Kollam, Kerala, on December 15-16, 2022. 32 students and 3 faculties attended the programme. This immersive experience aimed to deepen students' understanding of biodiversity and conservation. The camp featured interactive sessions with forest officials, who provided expert insights into the sanctuary's unique ecosystem, wildlife management, and conservation efforts. Participants engaged in guided treks through the sanctuary, observing various flora and fauna in their natural habitats. These activities not only enhanced the students' ecological knowledge but also fostered a greater appreciation for the importance of preserving natural environments. The nature camp served as an educational adventure, reinforcing the significance of environmental stewardship and the role of protected areas in maintaining ecological balance.





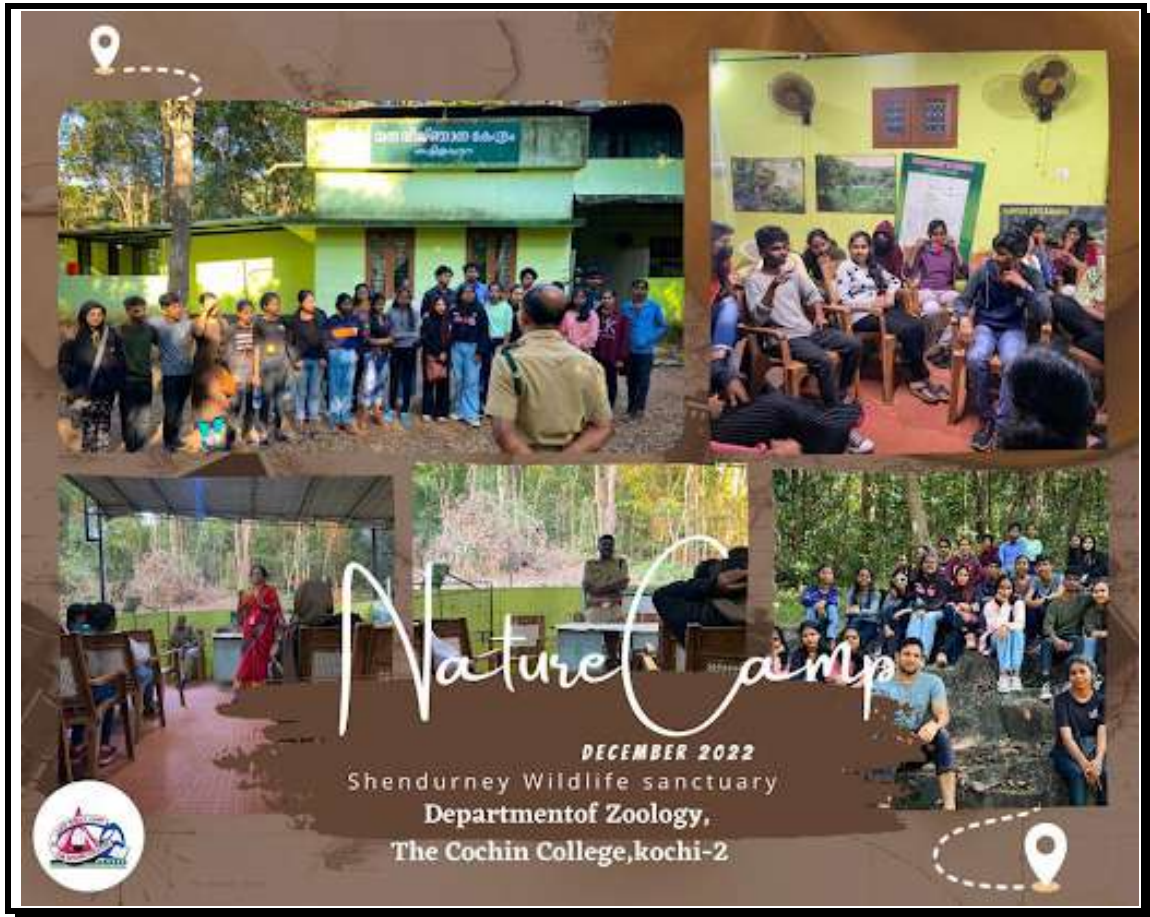
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3.2 Anti Narcotic Cell

On November 1, 2022, the Anti narcotic Cell of The Cochin College, in collaboration with the Department of Chemistry, organized a human chain involving students, staff and the public. Participants held placards that vividly depicted the adverse effects of drugs, reinforcing the anti-drug message. This collective effort not only showcased the creativity and commitment of the students but also fostered a sense of solidarity and responsibility within the college community to combat drug abuse. The event was a powerful statement against narcotics, emphasizing the college's dedication to promoting a healthy, drug-free environment.





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3.3 Bhoomithrasena Club:

3.3.1 Water Quality Analysis:

On June 11, 2022, the Bhoomithrasena Club of The Cochin College conducted a water quality analysis to determine the potability of various drinking water sources around Fort Kochi. The study involved testing three pond water samples, three well water samples, and three tap water samples collected from the Fort Kochi and Mattancherry areas. The results indicated that only one tap water sample met the standards for safe drinking water, while all other samples, including those from ponds, wells, and the remaining tap water samples, were found to be unsuitable for drinking purposes.





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email: email@thecochincollege.edu.in



3.3.2 Field Trip to Areas of Environment Deterioration:

On March 25, 2023, the BMS Club members including 14 students and a faculty from the Cochin college conducted a field trip to Brahmapuram and Eloor. The Cochin Corporation's waste treatment plant is located in Brahmapuram, where a recent catastrophic fire outbreak highlighted the urgent need for a well-defined waste treatment policy. During their visit, the club members emphasized this necessity. In Eloor, they observed the detrimental impact of untreated wastewater from factories being released directly into the river Periyar. The BMS Club members voiced their concern over the delayed actions against companies that lack proper wastewater treatment facilities, stressing the importance of immediate intervention to protect the environment.





THE COCHIN COLLEGE

KOCHI - 682 002

(Affiliated to Mahatma Gandhi University and Accredited by NAAC)

Website: www.thecochincollege.edu.in

email: email@thecochincollege.edu.in

