



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: 2023-2024

Submitted to



National Assessment and Accreditation Council



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KOCHI - 682 002

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Contents

1 COMMUNITY EXTENSION PROGRAMMES 2023-2024	3
1.1 Environment Day Celebration	3
1.2 Planting of Saplings at Adopted School	4
1.3 International Yoga Day	5
1.4 "Clean My Village" project at Kodakara	5
1.5 Nature Education Camp: Silent Valley National Park	6
1.6 Training on Organic Farming and Bio-Waste Management	7
1.7 Poster Designing Competition	7
1.8 Nutrition Kit Distribution for TB Patients	8
1.9 Blood Donation Camp	9
1.10 Independence Day Celebrations	10
1.11 Two Day Residential Camp for Volunteer Secretaries	11
1.12 Onam Celebrations at Good Hope Old Age Home	12
1.13 Teachers' Day Celebration	13
1.14 World Preservation/Ozone Day	14
1.15 Beach Cleaning and Wall Painting for Swachhata Mission	15
1.16 Selection Orientation for First Year Volunteers	16
1.17 Gandhi Jayanti week observance	17
1.18 Swachhata Hi Seva Campaign at Raksha Special School	18
1.19 Pre-Orientation and Campus Cleaning Session	19
1.20 Beach Cleaning at Fort Kochi in Association with NETFED	20
1.21 NSS Room Cleaning and Painting	21
1.22 Orientation Camp for First Year NSS Volunteers	22
1.23 Nature Education Camp at Idukki Wildlife Sanctuary	23
1.24 Vayojanotsavam: A Day for Senior Citizens	24
1.25 Malayala Bhasha Vaaracharanam	25
1.26 Malinya Muktha Keralam Nava Keralam Training Program	26
1.27 Constitution Day	27
1.28 AIDS Day Observance	28
1.29 NSS Adventure Camp	28
1.30 Sneharaamam Project	29
1.31 Pacha Thuruthu Project in Collaboration with Cochin Corporation	31
1.32 Nutrition Day Competitions Held by the Health Department	32
1.33 Palliative Care Day	33
1.34 Republic Day Celebration	34
1.35 Gandhi Samadhi Day	35
1.36 National Youth Day Celebration	36
1.37 Cyber Awareness Session	37
1.38 Women's Day Celebration	38
1.39 Anti-Drug Campaign	39
1.40 NSS 7 Days Residential Camp	39
1.40.1 Daily Routine:	39
1.40.2 Physical Exercise:	39
1.40.3 Community Service:	40
1.40.4 Educational Sessions:	40
1.40.5 Financial Literacy:	40
1.40.6 Digital World:	40
1.40.7 Decision Making:	40
1.40.8 Theatre Acting:	41
1.40.9 Student Seminars:	41





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Website: www.thecochoincollege.edu.in

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1.40.10 Special Activities:	42
1.40.11 Beach Cleaning Drive:	42
1.40.12 Waste Management Awareness Rally:	42
1.40.13 Honoring Ambedkar Award Winners:	42
1.40.14 Shooting Session:	42
1.40.15 Self-Defense Session:	43
1.40.16 Waste Management Survey:	43
1.40.17 Drug Awareness Rally:	43
1.40.18 Organic Vegetable Cultivation:	43
1.40.19 Contributions:	44
1.40.20 Reverse Osmosis Water Purifier:	44
2 EXTENSION ACTIVITIES THROUGH DEPARTMENTS, CLUBS AND COMMITTEES	45
2.1 Department of Zoology	45
2.1.1 SHARP Project:	45
2.1.2 ECHO Project:	46
2.1.3 Zonal Zoo fest:	47
2.1.4 DROP (Drive to Recover Ocean Plastics) :	48
2.1.5 Citizen Science Program (REVIVAL) (Rehabilitation of Vibrio Infested Waters of Vembanad Lake-Pollution and Solution):	49
2.1.6 Nature Education Camp: Silent Valley National Park	50
2.1.7 Institute Visit:	51
2.1.8 Student's Exhibition cum Sale of Vermicompost at Udyami Bazar:	52
2.2 Department of English	53
2.2.1 English Enhancement Programme:	53
2.3 Department of Economics	54
2.3.1 Served as Judge:	54
2.3.2 Motivation Class:	54
2.4 Department of Commerce	55
2.4.1 Swachh Bharat:	55
2.4.2 Outreach Activity: Visit to Raksha Special School	56
2.4.3 Extension Activity: Career Opportunities in Commerce	57
2.5 Department of Physics	58
2.5.1 Tarang 2024:	58
2.6 Department of Botany	58
2.6.1 Visit to Old Age Care Home: Snehapoorvam	58
2.7 College Library	59
2.7.1 Books on Wheels:	59
2.8 Department of Chemistry	61
2.8.1 Awareness Class on the Abuse of Drugs:	61
2.8.2 Survey on Water Quality:	62
2.9 Anti Narcotic Cell	63
2.9.1 Awareness Campaign:	63
2.10 Nature Club	64
2.10.1 Nature Camp and Field Study:	64
2.11 Bhoomitrasena Club	65
2.11.1 Awareness Campaign:	65
2.11.2 International Peace G20 Youth Summit 2023:	66





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1 COMMUNITY EXTENSION PROGRAMMES 2023-2024

The National Service Scheme (NSS) unit of The Cochin College has had a remarkably active and impactful academic year 2023-2024, marked by a diverse array of programs and initiatives. Through activities ranging from environmental conservation efforts and health awareness campaigns to cultural celebrations and educational outreach, the NSS unit has demonstrated a strong commitment to community service and national development. Under the dedicated guidance of NSS Program Officers Mr. Renjith S and Dr. Soney Bhageeradhan, the volunteers have embraced the NSS motto "Not Me, But You," prioritizing the needs of the community and working tirelessly to make a positive impact.

This document provides a comprehensive overview of the NSS activities carried out during the academic year. It highlights the various events and initiatives undertaken by the unit, showcasing the enthusiasm and dedication of the volunteers in promoting social welfare, environmental sustainability, and cultural enrichment. The successful execution of these programs reflects the collaborative efforts of students, faculty, and external partners, all working together to foster a sense of civic responsibility and community engagement.

1.1 Environment Day Celebration

Date: 5th June 2023

The NSS unit of The Cochin College celebrated Environment Day by planting 30 fruit saplings on the campus. The event was inaugurated by the Principal, Dr. M. Geetha, at 10 am near the basketball court. The program saw a good turnout of teachers and the participation of 60 volunteers. NSS Program Officers Mr. Renjith S and Dr. Soney Bhageeradhan coordinated the event. Following the tree plantation, the event included the inauguration of the "Malinya Muktha Keralam, Navakeralam" initiative. This was accompanied by a campus cleaning drive aimed at raising awareness about the harmful effects of plastic waste. The program concluded at 12:30 pm.





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1.2 Planting of Saplings at Adopted School

Date: 8th June 2023

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



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



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1.3 International Yoga Day

Date: 21st June 2023

The NSS unit of The Cochin College observed International Yoga Day on 21 June 2023 at the indoor auditorium. The resource person for the event was Mr. Manoj Krishnan, a well-known yoga practitioner. The session was attended by a good turnout of teachers and volunteers. Mr. Krishnan guided the participants through various asanas and breathing exercises, which resonated well with the audience and brought about a refreshing sense of serenity. The session lasted from 9 am to 11 am.

1.4 "Clean My Village" project at Kodakara

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





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1.5 Nature Education Camp: Silent Valley National Park

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





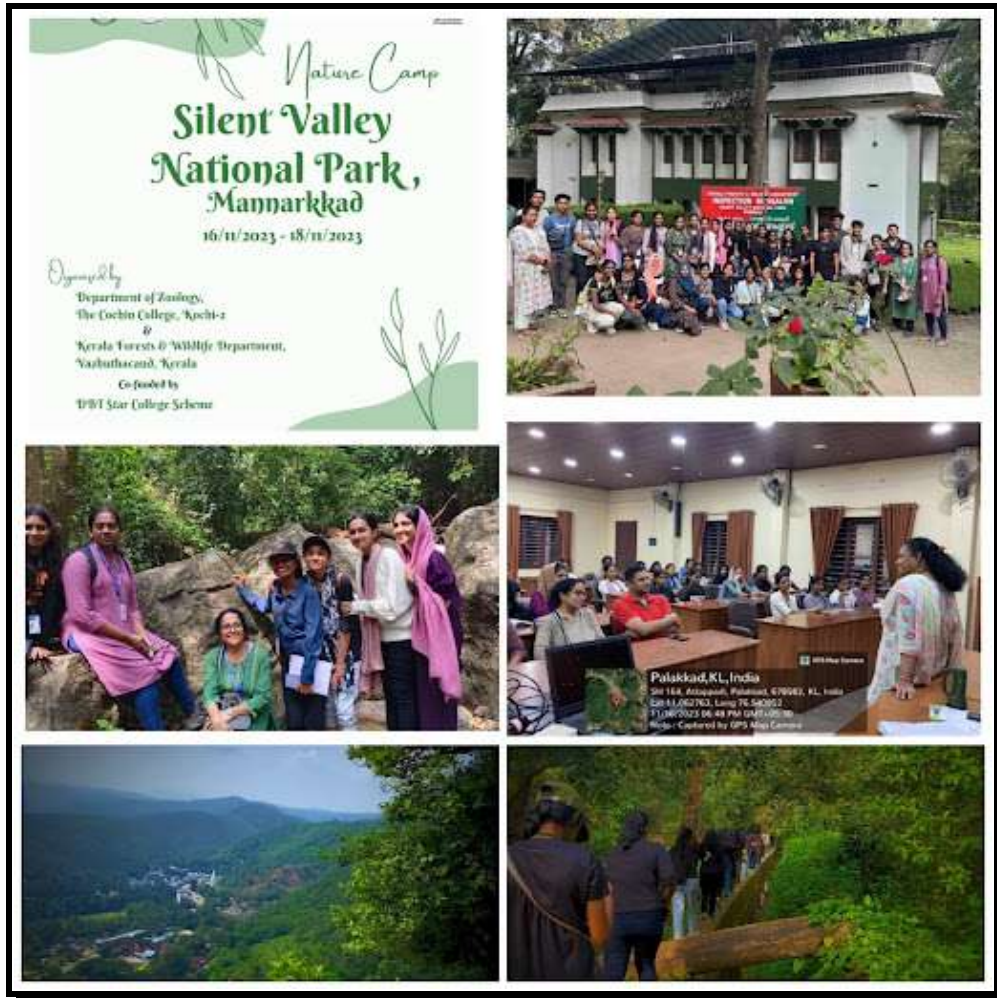
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1.6 Training on Organic Farming and Bio-Waste Management

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

1.7 Poster Designing Competition

Date: 3rd July 2023





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

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



1.8 Nutrition Kit Distribution for TB Patients

Date: 10th August 2023

In connection with the International Day for TB Awareness, the NSS unit of The Cochin College distributed nutrition kits comprising food items stipulated by health department authorities. The kits, costing around Rs. 4500, were sponsored by the teachers from the Second Language Department. This initiative was part of the Pradhanmantri T.B. Mukth Abhyan, which aims to ensure that TB patients from low-income families have access to nutritious food. The NSS volunteers, along with Program Officers Mr. Renjith S and Dr. Soney Bhageeradhan, visited the District TB Centre at Karuvelipady.

They spent time with the patients, inquiring about their health conditions and support systems at home.





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1.9 Blood Donation Camp

Date: 11th August 2023

The NSS unit of The Cochin College organized a blood donation camp on 11 August 2023 in association with HDFC Bank and IMA, Cochin. The camp was held at the Chemistry Lab from 9:00 am to 1:00 pm. The event was inaugurated by the college principal, Dr. M. Geetha. The camp saw a very enthusiastic response from both male and female students, with a total of 53 donors participating and donating their blood.





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1.10 Independence Day Celebrations

Date: 15th August 2023

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





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1.11 Two Day Residential Camp for Volunteer Secretaries

Date: 18-19 August 2023

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





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1.12 Onam Celebrations at Good Hope Old Age Home

Date: 25th August 2023

On 25 August 2023, the Saturday after The Cochin College closed for Onam holidays, 25 NSS volunteers and Program Officers visited Good Hope Old Age Home in Fort Kochi. The volunteers laid a floral carpet and staged dance performances, including Thiruvathira, for the residents. The singing sessions were particularly enjoyable, with some residents taking the mic and singing along with the students. The students also devised several age-appropriate games for the residents, which saw enthusiastic participation. Prizes were distributed to the winners, bringing joy and excitement to the event. In addition to the activities, the NSS unit collected Rs. 14,000 from sponsors, which was handed over to the warden as a contribution to support the residents. The students and Program Officers returned with a sense of fulfilment, feeling that the spirit and happiness of Onam had truly descended upon them.





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1.13 Teachers' Day Celebration

Date: 5th September 2023

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





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1.14 World Preservation/Ozone Day

Date: 15th September 2023

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





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1.15 Beach Cleaning and Wall Painting for Swachhata Mission

Date: 16th September 2023

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





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1.16 Selection Orientation for First Year Volunteers

Date: 27th September 2023

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





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1.17 Gandhi Jayanti week observance

Date: 02nd October 2023

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





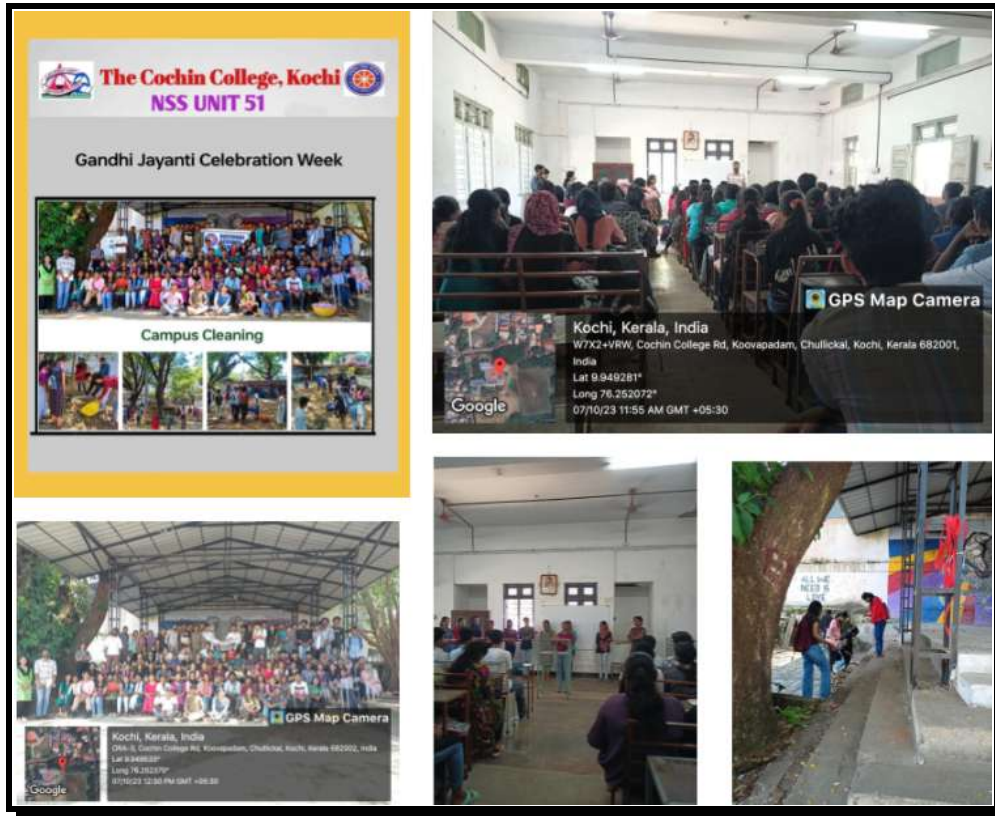
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1.18 Swachhata Hi Seva Campaign at Raksha Special School

Date: 4th October 2023

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





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1.19 Pre-Orientation and Campus Cleaning Session

Date: 7th October 2023

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





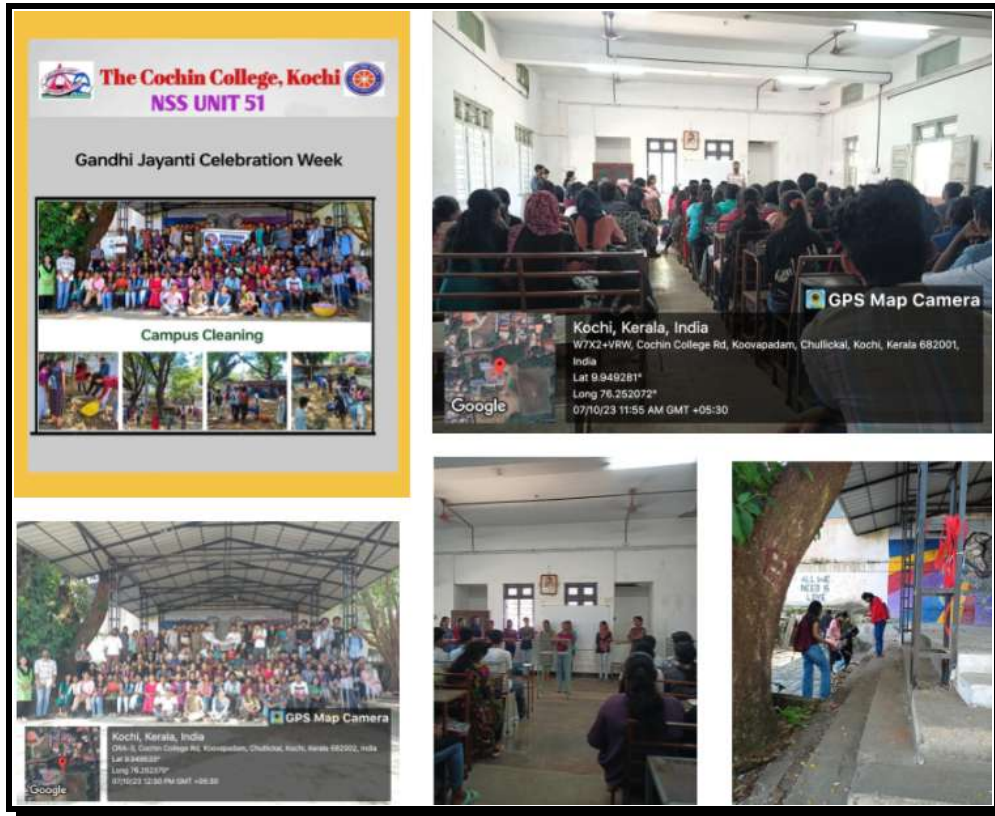
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1.20 Beach Cleaning at Fort Kochi in Association with NETFED

Date: 13th October 2023

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





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1.21 NSS Room Cleaning and Painting

Date: 18th October 2023

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





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1.22 Orientation Camp for First Year NSS Volunteers

Dates: 20-21 October 2023 Aarambam 2K23

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

Day 1

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

Day 2

The morning session of Day 2 was handled by Dr. Thomas Varghese, NSS Program Officer at Bharatmata College. The afternoon session was conducted by Dr. Manju Subramanian, former NSS P.O. of The Cochin College. Additionally, four former volunteer secretaries addressed the first-year volunteers, providing them with a firm grounding in the ethics and spirit of the NSS.





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1.23 Nature Education Camp at Idukki Wildlife Sanctuary

Dates: 25-27 October 2023

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

Camp Activities

Evening Sessions

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

Forenoon Sessions

The forenoon sessions were devoted to forest treks. Forest department officers guided the students, instructing them about the unique flora and fauna of the Idukki Wildlife Sanctuary. These treks offered hands-on learning experiences





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and deepened the students' understanding of the natural ecosystem. The volunteers returned with a renewed sense of responsibility towards the environment and a deeper appreciation for the natural world around them.



1.24 Vayojanotsavam: A Day for Senior Citizens

Date: 1st November 2023

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

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

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





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1.25 Malayala Bhasha Vaaracharanam

Dates: November 3 - 13

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

Activities

Throughout the week, various competitions were held, including:

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





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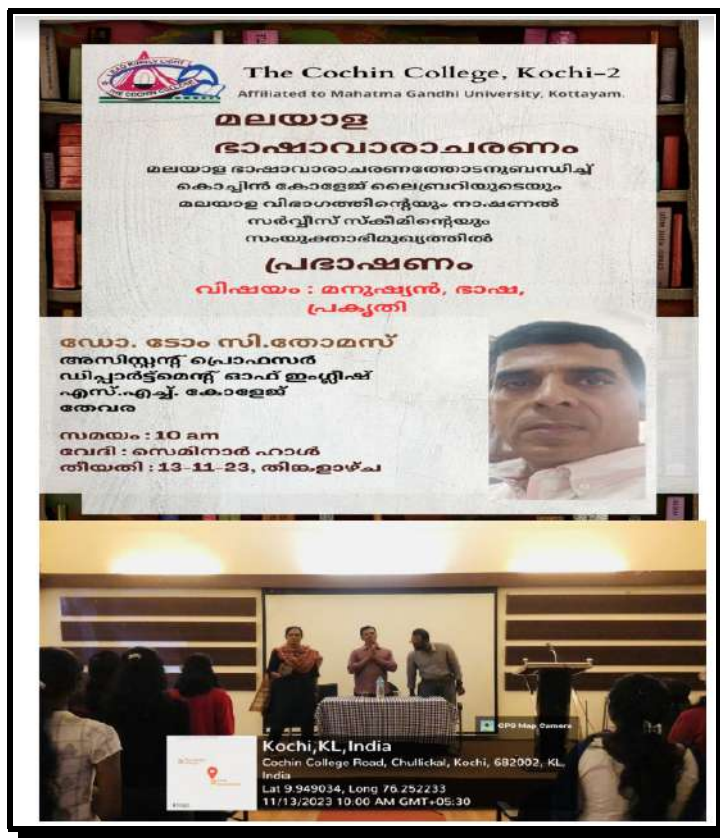
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These activities were designed to promote enthusiasm and interest in the Malayalam language among the students.

Concluding Event

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



1.26 Malinya Muktha Keralam Nava Keralam Training Program

Date: 18th November 2023

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



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1.27 Constitution Day

Date: 26th November 2023

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





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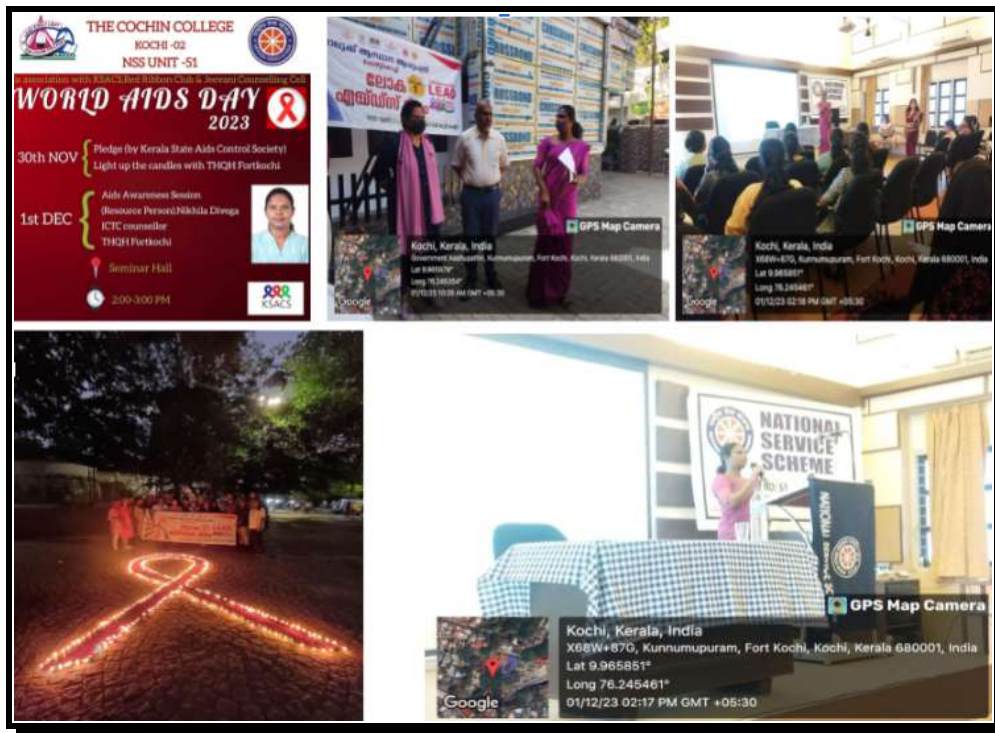
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1.28 AIDS Day Observance

Date: 01st December 2023

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

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



1.29 NSS Adventure Camp

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





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1.30 Sneharaamam Project

Stage 1

Date: 8th January 2024

The NSS unit of The Cochin College initiated Stage 1 of the Sneharaamam project near Koovapaadam bus stand on 8th January 2024. Despite the first-year students having their exams, the second-year volunteers eagerly participated, exemplifying the NSS motto "Not me, but you." The volunteers diligently cleaned the area, removing plastics and other trash from the ground. This effort highlighted the importance of responsible waste disposal and the impact of mindless littering. The commitment and enthusiasm of the volunteers were commendable, earning them well-deserved NSS long claps.





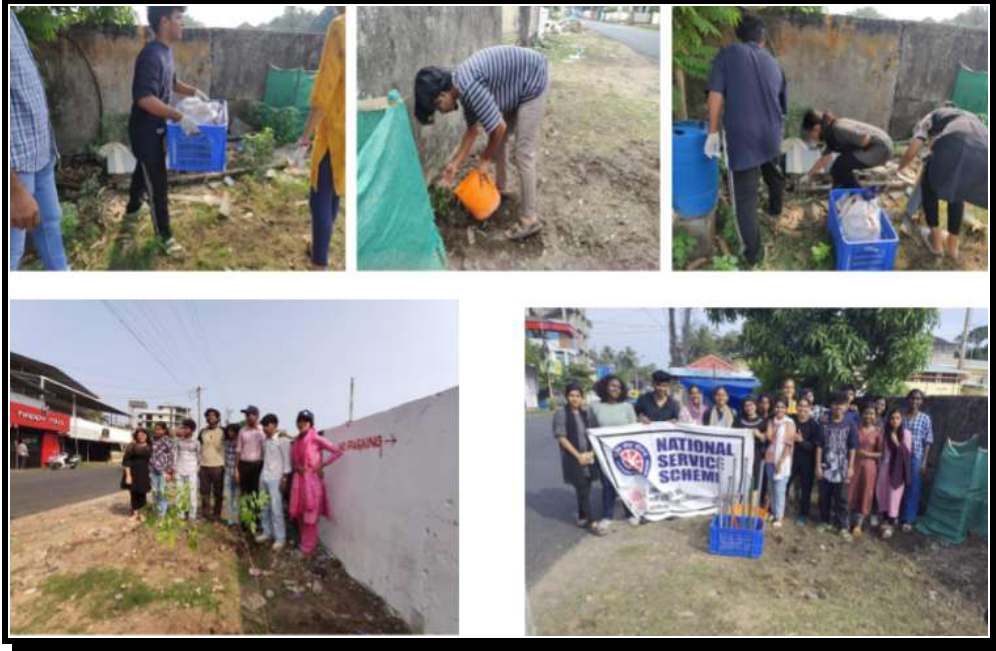
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Stage 2

Date: 10th January 2024

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





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1.31 Pacha Thuruthu Project in Collaboration with Cochin Corporation

15th January 2024

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

Activities

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

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





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1.32 Nutrition Day Competitions Held by the Health Department

16th January 2024

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

Achievements

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

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





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1.33 Palliative Care Day

17th January 2024

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

Volunteer Participation

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

Acknowledgment

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



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1.34 Republic Day Celebration

26th January 2024

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

Activities

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

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

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

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





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1.35 Gandhi Samadhi Day

30th January 2024

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

Activities

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

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





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1.36 National Youth Day Celebration

5th February 2024

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

Inauguration and Keynote Speech

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

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





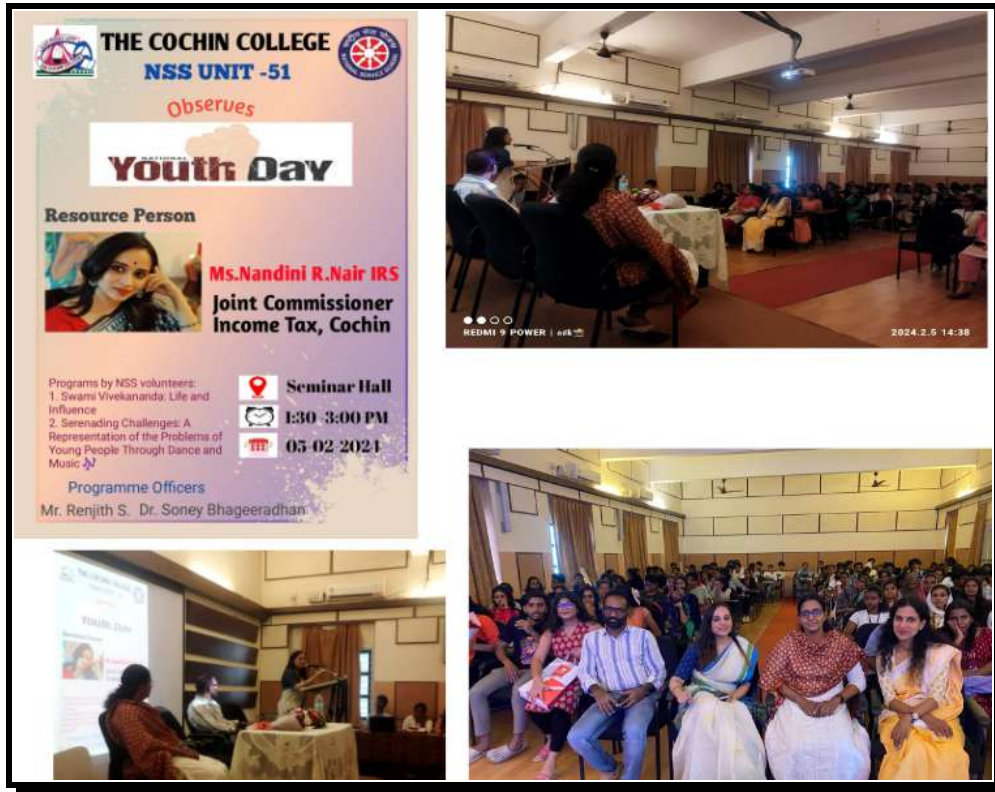
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1.37 Cyber Awareness Session

8th February 2024

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





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1.38 Women’s Day Celebration

08th March 2024

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



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1.39 Anti-Drug Campaign

13th March 2024

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



1.40 NSS 7 Days Residential Camp

ST. XAVIER'S PUBLIC SCHOOL, KANDAKKADAVU

25 to 31 December 2023

Camp Activities Overview

1.40.1 Daily Routine:

1.40.2 Physical Exercise:

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





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1.40.3 Community Service:

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



1.40.4 Educational Sessions:

1.40.5 Financial Literacy:

Dr. Liance Mathew led daily discussions on financial literacy.

1.40.6 Digital World:

Dr. Paulbert Thomas presented sessions on the digital world.

1.40.7 Decision Making:

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



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1.40.8 Theatre Acting:

Rajesh Sharma conducted workshops on theatre acting.

1.40.9 Student Seminars:

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

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





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1.40.10 Special Activities:

1.40.11 Beach Cleaning Drive:

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

1.40.12 Waste Management Awareness Rally:

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



1.40.13 Honoring Ambedkar Award Winners:

Josy Kandakkad and Pauly Kandakkad were honored for their contributions.

1.40.14 Shooting Session:

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





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1.40.15 Self-Defense Session:

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



1.40.16 Waste Management Survey:

Volunteers participated in a survey to assess waste management practices.

1.40.17 Drug Awareness Rally:

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

1.40.18 Organic Vegetable Cultivation:

Participants engaged in growing vegetables using organic grow bags.





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1.40.19 Contributions:

1.40.20 Reverse Osmosis Water Purifier:

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



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

Conclusion of NSS Activities for the Academic Year 2023-2024

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

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





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

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

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

2 EXTENSION ACTIVITIES THROUGH DEPARTMENTS, CLUBS AND COMMITTEES

2.1 Department of Zoology

2.1.1 SHARP Project:

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





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2.1.2 ECHO Project:

Four students and one faculty member from the Department of Zoology, The Cochin College participated in the ECHO Bootcamp on 22nd and 23rd September 2023, at Christ University Nodal Office, Thiruvananthapuram. ECHO 2023 is a platform designed to empower young individuals to harness their innovation and entrepreneurial skills to drive positive change and create a significant environmental impact. Participants were tasked with identifying an environmental problem and devising an innovative solution that would benefit the community. This year's theme, "Innovate to create resilient cities and urban communities," encouraged the attendees to focus on developing solutions that enhance the resilience of urban areas, addressing issues pertinent to sustainable city living. The active involvement underscores their commitment to environmental stewardship and community development.



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2.1.3 Zonal Zoo fest:

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





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2.1.4 DROP (Drive to Recover Ocean Plastics) :

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





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

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



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disks were distributed. The students also underwent a comprehensive training session at CMFRI on 24th January 2024, equipping them with the skills necessary to contribute effectively to this important environmental initiative.



2.1.6 Nature Education Camp: Silent Valley National Park

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





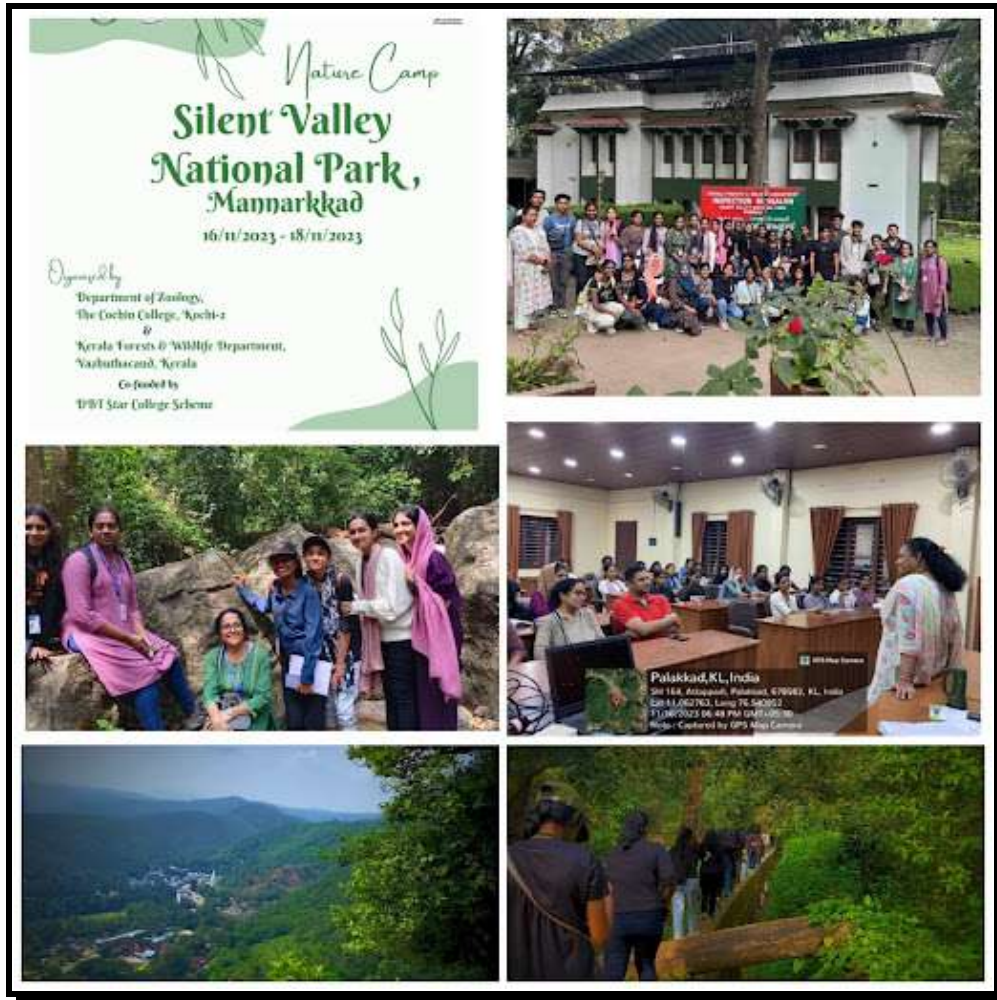
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2.1.7 Institute Visit:

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





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

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





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2.2 Department of English

2.2.1 English Enhancement Programme:

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





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2.3 Department of Economics

2.3.1 Served as Judge:

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

2.3.2 Motivation Class:

As part of the extension activity, Mr. Renjith S, Assistant Professor of History, The Cochin College conducted a motivational session for the inmates of Mattancherry Sub Jail on 23rd March 2024. The session, titled "Man and Social





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Life,” focused on the importance of social connections and the role of individuals within society. It aimed to inspire and educate the inmates, providing them with valuable insights and fostering a sense of community and personal growth.

2.4 Department of Commerce

2.4.1 Swachh Bharat:

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





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2.4.2 Outreach Activity: Visit to Raksha Special School

As part of its outreach activities, the Department of Commerce, The Cochin College organized a visit to Raksha Special School. On 22nd August 2023, students and teachers from the department visited Raksha Special School in Mattanchery to celebrate Onam with the students, bringing joy and festivity to the occasion. Additionally, a fundraiser program, Diwali





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Sale, was held on 8th November 2023, where Chirags made by the students of Raksha Special School were displayed and sold at The Cochin College. This initiative aimed to support the special school's students, highlighting their talents and fostering a sense of community and inclusion. The combined efforts of celebration and fundraising significantly contributed to the well-being and support of the students at Raksha Special School.



2.4.3 Extension Activity: Career Opportunities in Commerce

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





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2.5 Department of Physics

2.5.1 Tarang 2024:

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



2.6 Department of Botany

2.6.1 Visit to Old Age Care Home: Snehapoorvam

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





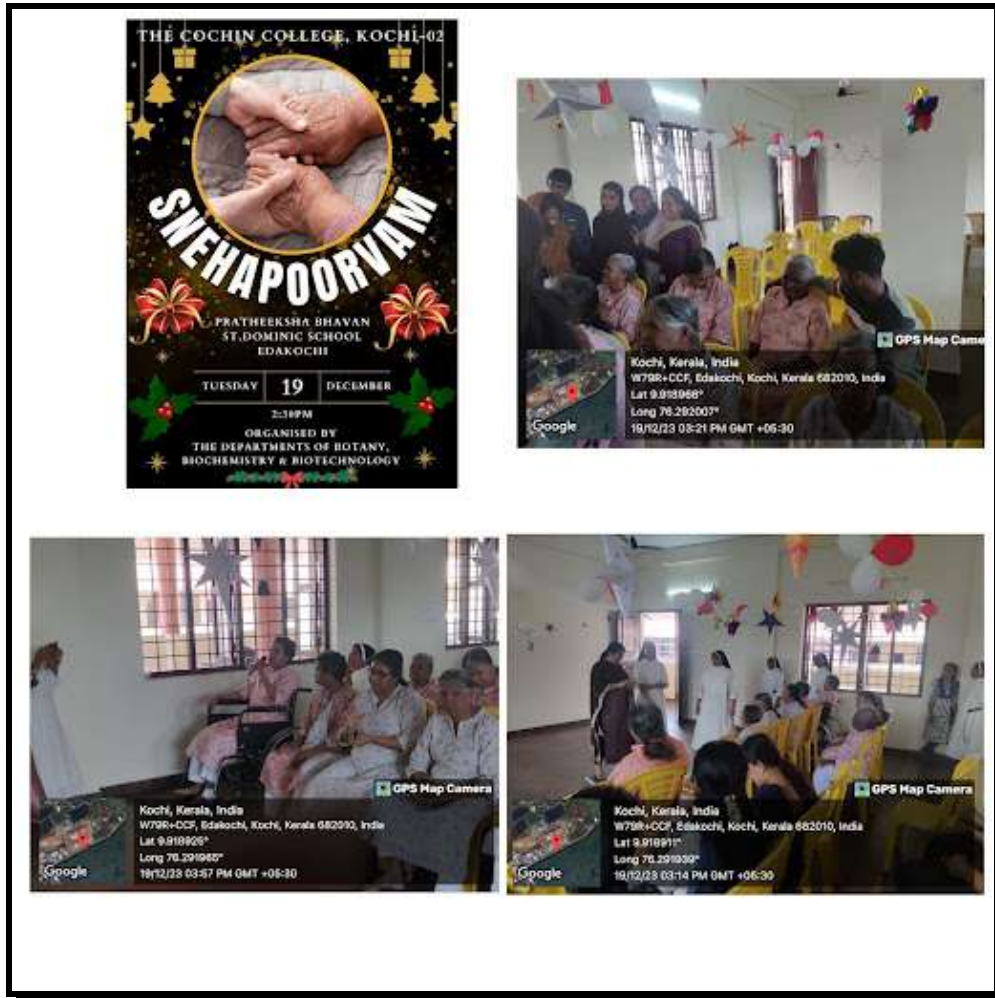
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2.7 College Library

2.7.1 Books on Wheels:

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





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The Cochin College, Kochi NSS UNIT 51



&
College Library

"Books On Wheels"



Flagging Off Ceremony

17.10.2023





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THE COCHIN COLLEGE

NSS UNIT 51

&

College Library








Books on Wheels

Ward No : 9
Cochin Corporation

01 03 2024

2.8 Department of Chemistry

2.8.1 Awareness Class on the Abuse of Drugs:

On the International Day Against Drug Abuse and Illicit Trafficking, Department of Chemistry, in collaboration with the Anti-Narcotic Club of The Cochin College, organized an awareness class on 30th June 2023, for the high school students of EMGHS, Veli, Fort Kochi. The session aimed to educate young minds about the dangers of drug abuse and its adverse effects. Conducted by the students of II B.Sc Chemistry, the class featured interactive discussions, providing valuable





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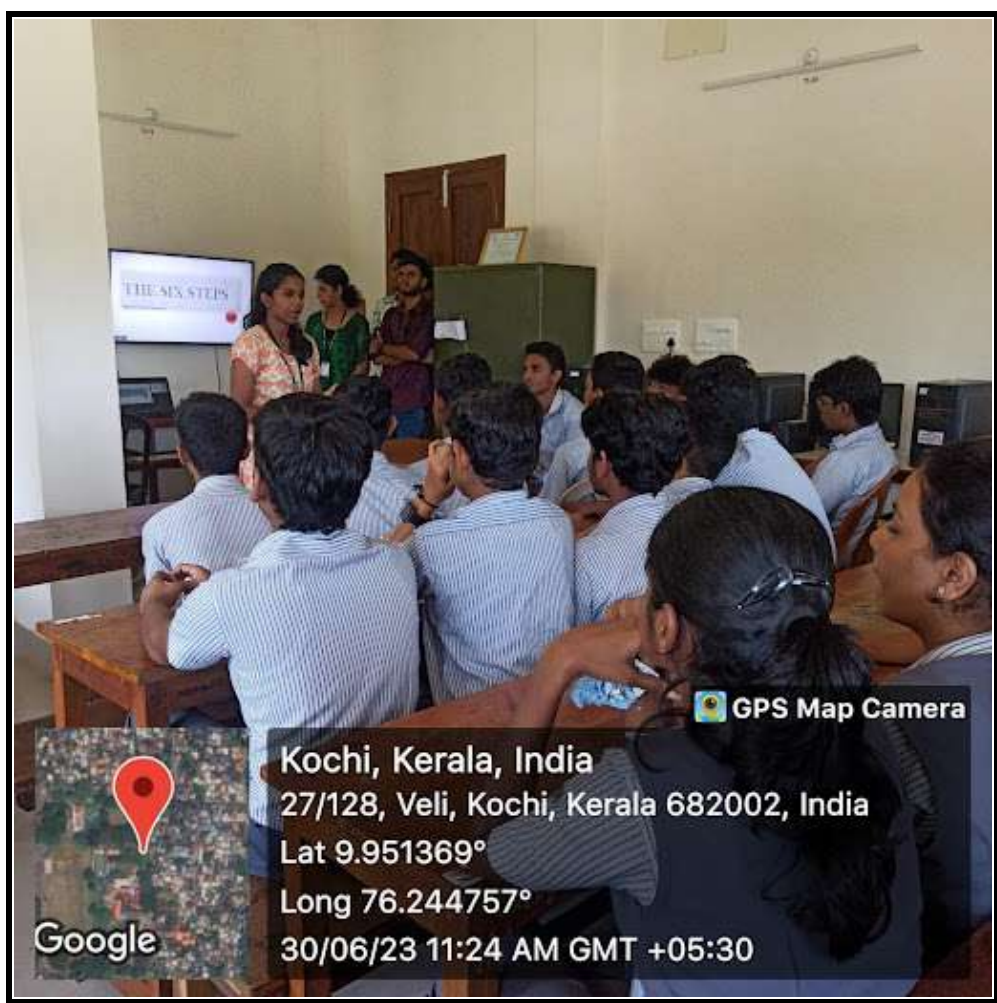
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insights and fostering an open dialogue on this critical issue. This initiative underscored the college's commitment to community outreach and its proactive role in promoting a drug-free society.



2.8.2 Survey on Water Quality:

Students of the first and second year B.Sc Chemistry at The Cochin College conducted a comprehensive water quality analysis in approximately 50 houses of the adopted Ward 7 on 25th March 2024. This initiative aimed to assess the quality of water being used by the residents and to identify any potential contaminants that might pose health risks. The students meticulously collected water samples and performed various tests to evaluate parameters such as pH, turbidity, and the presence of harmful substances.





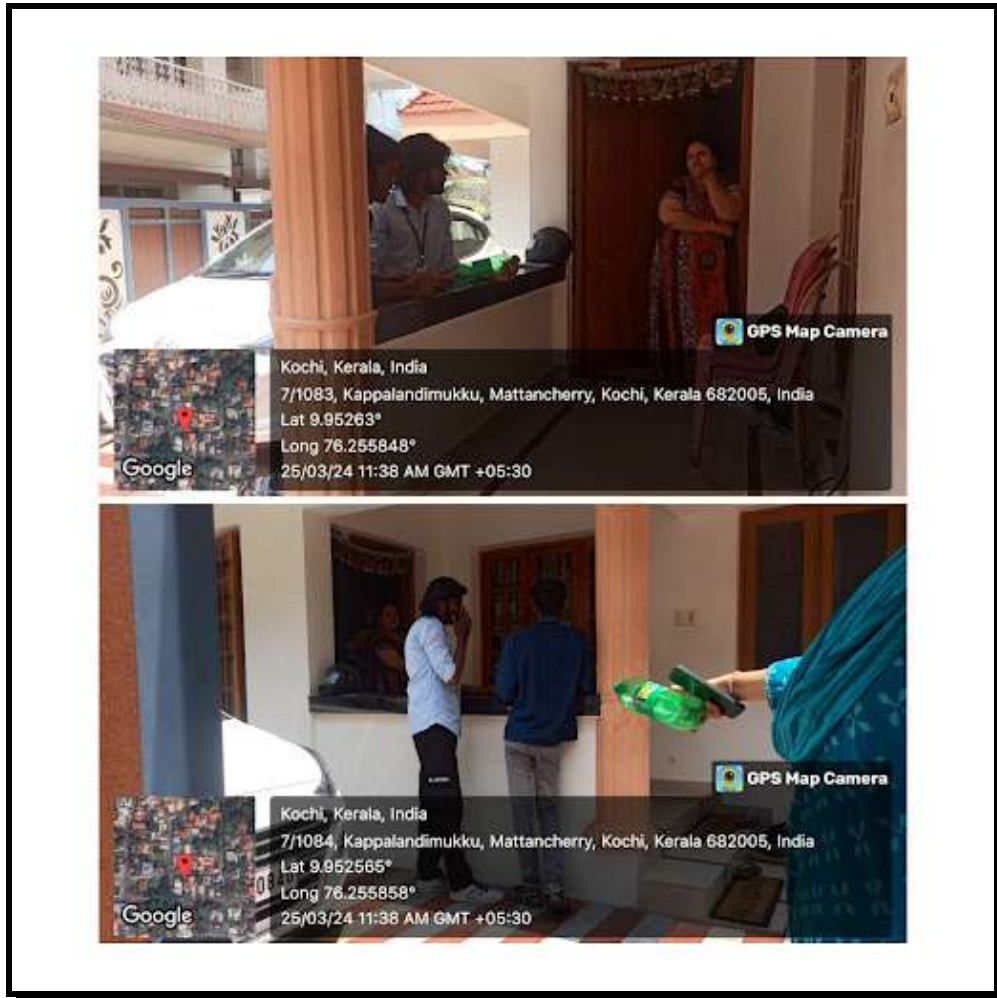
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2.9 Anti Narcotic Cell

2.9.1 Awareness Campaign:

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





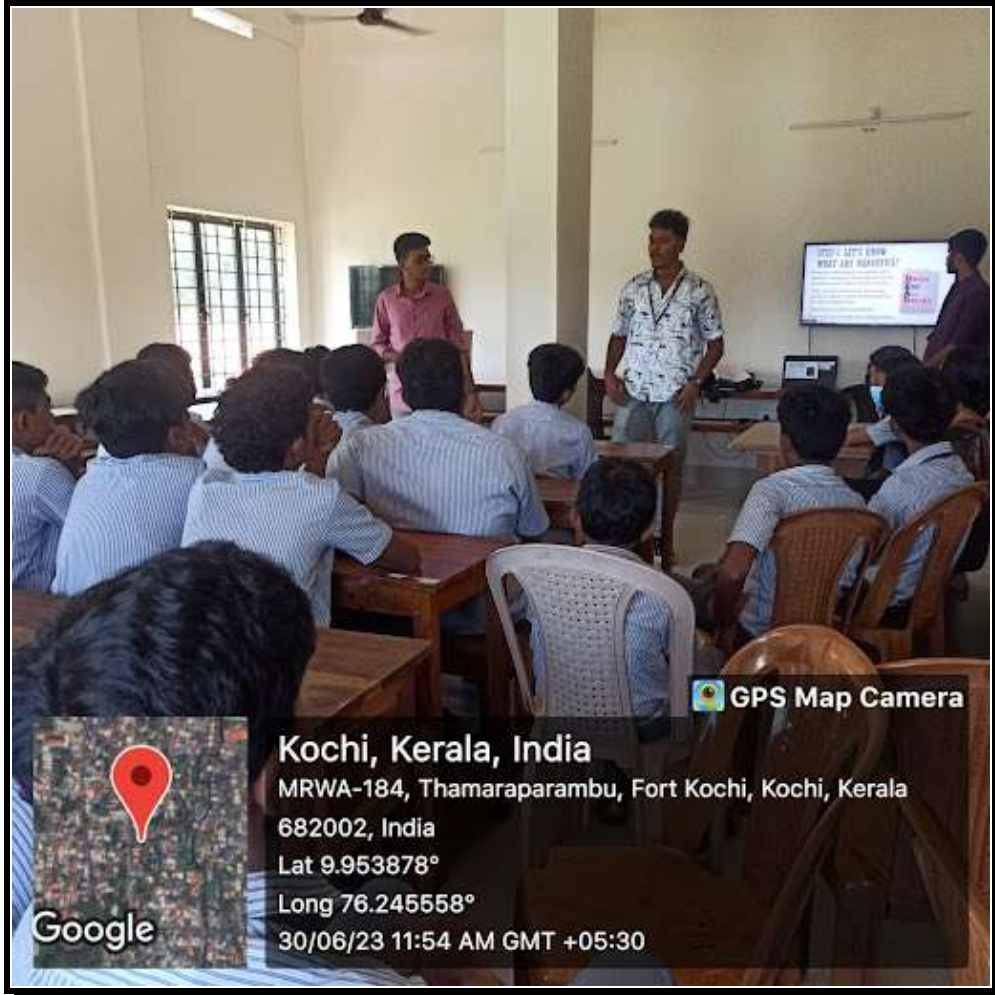
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2.10 Nature Club

2.10.1 Nature Camp and Field Study:

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





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cultural heritage of the region.



2.11 Bhoomitrasena Club

2.11.1 Awareness Campaign:

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





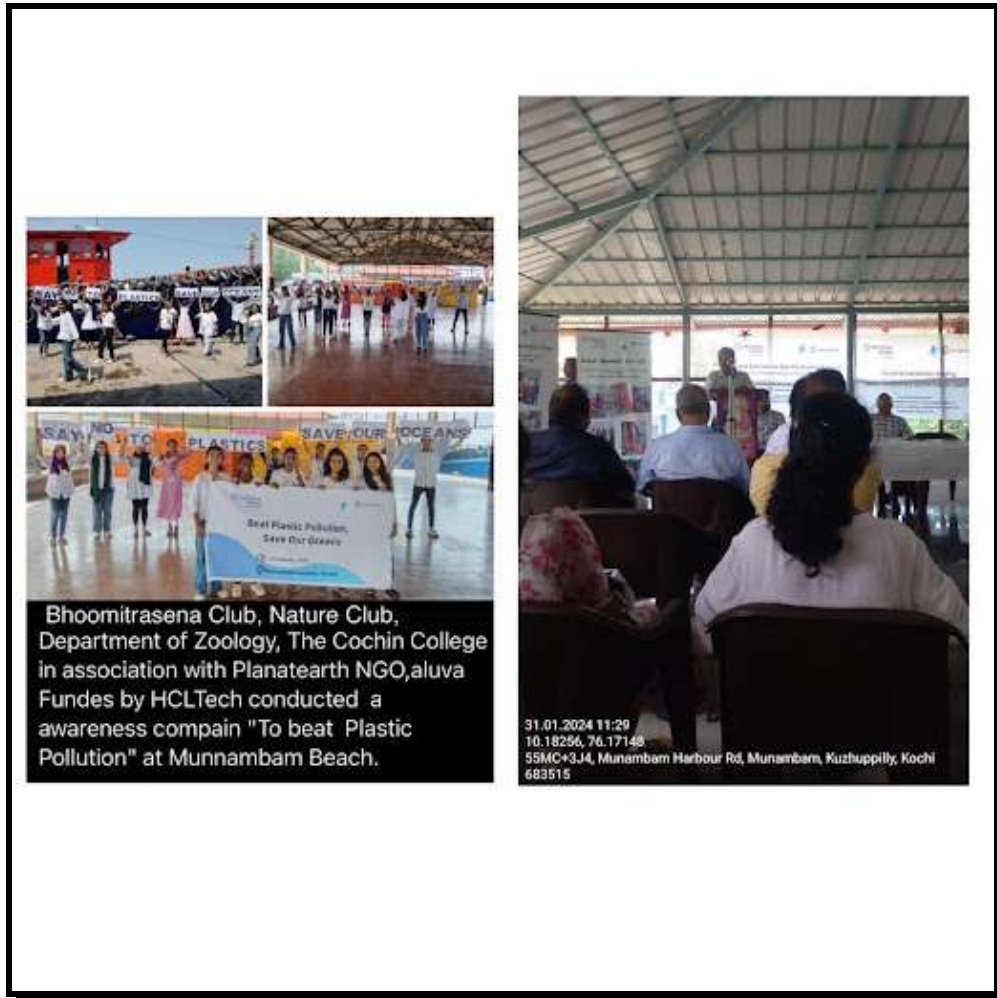
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2.11.2 International Peace G20 Youth Summit 2023:

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





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