



# THE COCHIN COLLEGE

Koovapadam, Kochi-2

Affiliated To Mahatma Gandhi University

Re-accredited by NAAC With B+ Grade



Fourth Cycle  
NAAC Accreditation 2024

## Criterion 3 Research, Innovations and Extension

### 3.4 - Extension Activities

Metric No. 3.4.3

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

Photographs and Supporting Documents

Submitted to



National Assessment and Accreditation Council



# THE COCHIN COLLEGE

KOCHI - 682 002

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email: [email@thecochincollege.edu.in](mailto:email@thecochincollege.edu.in)

No.	Name of the activity	Organising unit/ agency/ collaborating agency	Name of the scheme	Year of the activity
1	Sneharaamam Project- Beautification of public Area	NSS, The Cochin College	Environmental Conservation	2024
2	Pacha Thuruthu Project- Neem tree planting in the wards 7 and 8 of Cochin Corporation	NSS, The Cochin College, Cochin Corporation	Environmental Conservation	2024
3	Palliative Care Day	NSS, The Cochin College	Community Service	2024
4	Gandhi Samadhi - Koovapadam Market Cleaning	NSS, The Cochin College	Community Service	2024
5	Anti-Drug Campaign	NSS, The Cochin College, Kochi City Police	Drug Awareness	2024
6	DROP (Drive to Recover Ocean Plastics)	Department of Zoology, The Cochin College	Environmental Conservation	2024
7	Citizen Science Program (REVIVAL)	Department of Zoology, The Cochin College, CMFRI	Environmental Research	2024
8	Student's Exhibition cum Sale of Vermicompost at Udyami Bazar	Department of Zoology, The Cochin College	Entrepreneurial Development	2024
9	English Enhancement Programme	Department of English, The Cochin College	Educational Development	2024
10	Tarang 2024: National Science Day Celebrations	Department of Physics, The Cochin College	Scientific Awareness	2024
11	Survey on Water Quality	Department of Chemistry, The Cochin College	Environmental Conservation	2024
12	Awareness Campaign on Ocean Plastics	Bhoomitrasena Club, The Cochin College	Environmental Conservation	2024
13	Organic Farming	NSS, ESAF, Kerala Agricultural Department	Environmental Conservation	2023
14	Agricultural Census and community service	NSS, The Cochin College	Agricultural Census	2023
15	Snehasparsham 2022	NSS, The Cochin College	Community Service	2023
16	World Palliative care day service to Good Hope Old age home Fort Kochi	NSS, The Cochin College	Health Awareness	2023
17	Anti Drug Awareness Rally Ward 19 Chellanam Panchayat	NSS, The Cochin College	Drug Awareness	2023
18	Socio-Economic Survey Chellanam Panchayat	NSS, The Cochin College	Community Service	2023
19	Understanding Communication Barriers for Foreigners	Department of English, The Cochin College	Communication Skills	2023
20	Public Awareness Rally to the Areas of Environment Deterioration	Bhoomithrasena Club	Environmental Awareness	2023
21	Environment Day Campaign	NSS, The Cochin College	Environmental Awareness	2023
22	Planting of Saplings at Adopted School	NSS, The Cochin College	Environmental Conservation	2023





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23	Nutrition Kit Distribution for TB Patients	NSS, The Cochin College	Health Awareness	2023
24	Blood Donation Camp	NSS, The Cochin College	Health Awareness	2023
25	Onam Celebrations at Good Hope Old Age Home	NSS, The Cochin College	Community Service	2023
26	World Preservation/Ozone Day	NSS, The Cochin College	Environmental Awareness	2023
27	Beach Cleaning and Wall Painting for Swachhata Mission	NSS, The Cochin College	Environmental Conservation	2023
28	Gandhi Jayanti Week Observance	NSS, The Cochin College	Community Service	2023
29	Swachhata Hi Seva Campaign at Raksha Special School	NSS, The Cochin College	Cleanliness Drive	2023
30	Beach Cleaning at Fort Kochi in Association with NETFED	NSS, The Cochin College	Environmental Conservation	2023
31	Nature Education Camp at Idukki Wildlife Sanctuary	NSS, The Cochin College	Environmental Education	2023
32	Vayojanotsavam: A Day for Senior Citizens	NSS, The Cochin College	Senior Citizen Welfare	2023
33	AIDS Day Awareness rally	NSS, The Cochin College, THQH Fort Kochi	Health Awareness	2023
34	NSS 7 Days Residential Camp	NSS, The Cochin College	Community Service	2023
35	SHARP Project: Resource Recovery and Recycling Drive	Department of Zoology, The Cochin College	Environmental Conservation	2023
36	ECHO Project	Department of Zoology, The Cochin College	Environmental Innovation	2023
37	Nature Education Camp: Silent Valley National Park	Department of Zoology, The Cochin College	Environmental Education	2023
38	Swachh Bharat	Department of Commerce, The Cochin College	Environmental Awareness	2023
39	Outreach Activity: Visit to Raksha Special School	Department of Commerce, The Cochin College	Community Service	2023
40	Extension Activity: Career Opportunities in Commerce	Department of Commerce, The Cochin College	Career Guidance	2023
41	Visit to Old Age Care Home: Snehapoorvam	Department of Botany, The Cochin College	Community Service	2023
42	Books on Wheels	College Library, The Cochin College	Literacy Promotion	2023
43	Nature Camp and Field Study	Nature Club, Department of Zoology The Cochin College	Environmental Education	2023
44	Waste management Survey - Chellanam Panchayat	NSS, The Cochin College	Community Service	2023
45	Drug Awareness Rally	NSS, The Cochin College	Community Service	2023
46	Beach Claning Programme Kandakadavu Beach	NSS, The Cochin College	Environmental Conservation	2023
47	Fort Kochi Beach Cleaning	The Cochin College NSS Unit	Environmental Conservation	2022





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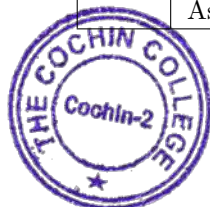
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48	Immunity and Personal Hygiene for children	The Cochin College NSS Unit	Health Awareness	2022
49	"Say Yes to Life and No to Drugs"	NSS, Vimukthi Campaign Exercise Department	Drug Abuse Prevention	2022
50	Handling Fire and Fire Equipment	NSS, Fire and Rescue Office	Fire Safety	2022
51	POCSO Act/ Dowry and Women Empowerment for girl children	The Cochin College NSS Unit	Legal Awareness and Women's Rights	2022
52	Anti-Drugs Campaign short film	Film Club, The Cochin College	Drug Awareness	2022
53	Fort Kochi Beach Cleaning and Tree Planting	Bhoomithrasena Club	Environmental Conservation	2022
54	Menstrual Health Practices for community	Department of Malayalam, 'Cup of Life' Initiative	Women's Health Awareness	2022
55	World Environmental Day programme	NSS, The Cochin College	Environmental Awareness	2022
56	International Yoga Day	NSS, Nehru Yuva Kendra Ayush	Health and Wellness	2022
57	Books on Wheels	NSS, College Library	Community Service	2022
58	Cup of Life Initiative -1600 menstrual Cup Distribution	NSS, Hibi Eden MP, IMA Cochin, Green Cochin Mission	Women's Health and Hygiene	2022
59	Sukrutham 2022: Onam Celebration at Old Age Home	NSS, The Cochin College	Community Service	2022
60	Memory Walk - Bodhi Project	NSS, Bodhi-CNS CUSAT, Social Justice Department	Dementia Awareness	2022
61	Kanivu 2022: Food packet distribution	NSS, The Cochin College	Community Service	2022
62	Team Kerala -Disaster management	NSS, The Cochin College	Disaster Management	2022
63	Coastal Clean Up - Swachh Sagar, Surakshith Sagar	NSS, The Cochin College	Environmental Conservation	2022
64	Gandhi Jayanti Community Service	NSS, The Cochin College	Community Service	2022
65	Anti Drug Awareness Campaign	NSS, Kerala Police, TD School	Drug Awareness	2022
66	Blood Donation Camp	NSS, Ernakulam Govt. Hospital	Health Awareness	2022
67	Marathon	NSS, Kerala State Youth Welfare Board	Physical Fitness	2022
68	Vayojanolsavum (A Day for senior citizens)	NSS, Local Government Body, Vayomithram	Senior Citizens Welfare	2022
69	Disaster Management service	NSS, Kerala State Youth Welfare Board	Disaster Management	2022
70	Beach for All Campaign for differently Abled students of Kochi	NSS, The Cochin College	Environmental Awareness	2022
71	We Care Project: Community Assistance	NSS, NSS Cell Mahatma Gandhi University	Community Service	2022







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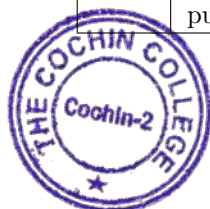
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72	World AIDS Day Celebrations	NSS, Taluk Hospital Fort Kochi	Health Awareness	2022
73	Lahari Virudha Sringala : Anti Drug Rally	NSS, The Cochin College	Drug Awareness	2022
74	Beach Clean Up Drive	NSS, The Cochin College	Environmental Conservation	2022
75	NSS 7 Days residential Special Camp for community service	NSS, The Cochin College	Community Service	2022
76	Organic farming at camp school	NSS, The Cochin College	Environmental Conservation	2022
77	World Environment Day	Department of Zoology, The Cochin College	Environmental Awareness	2022
78	International Day for Preservation of the Ozone Layer	Department of Zoology, The Cochin College	Environmental Awareness	2022
79	Career Orientation Classes for school children	Department of Economics, The Cochin College	Career Guidance	2022
80	Ozone Day Extension Activity	Department of Chemistry, The Cochin College	Environmental Awareness	2022
81	Swachh Bharat Mission	Department of Commerce, The Cochin College	Environmental Awareness	2022
82	Ozone Day programme	Department of Botany, The Cochin College	Environmental Awareness	2022
83	Anti Narcotic Cell Human Chain	Anti Narcotic Cell	Drug Awareness	2022
84	Water Quality Analysis	Bhoomithrasena Club	Environmental Awareness	2022
85	Yoga session	The Cochin College NSS Unit	Health Awareness	2021
86	Covid-19 prevention measures for community	The Cochin College NSS Unit	Health Awareness	2021
87	Innovative Farming Methods for community	The Cochin College NSS Unit	Agricultural Education	2021
88	Distribution of Hand Sanitizers and Masks for public	The Cochin College NSS Unit	Covid-19 Relief	2021
89	Personal Hygiene and Immunity Improvement Session school children	The Cochin College NSS Unit	Health Awareness	2021
90	House and Surroundings Cleaning Activities for Community	The Cochin College NSS Unit	Cleanliness Initiative	2021
91	Wildlife Protection Session	The Cochin College NSS Unit	Wildlife Conservation	2021
92	Drug Abuse Prevention Session school children	The Cochin College NSS Unit	Drug Awareness	2021
93	Udbodh Programme	The Cochin College NSS Unit	Udbodh Programme	2021
94	Road Safety Awareness	The Cochin College NSS Unit	Road Safety	2021
95	Yoga Day Practice	NSS, Swachh Bharat Campaign	Health and Wellness	2021
96	Covid Vaccination awareness programme	The Cochin College NSS Unit	Health Awareness	2021
97	Covid Vaccination Drive for public	Covid Monitoring Committee	Public Health	2021





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98	Palliative Care Day	The Cochin College NSS Unit	Palliative Care	2020
99	Drug Awareness programme	The Cochin College NSS Unit	Drug Awareness	2020
100	Coronavirus (COVID-19) Awareness Programme	The Cochin College NSS Unit	Health Awareness	2020
101	Workshop on Environment and Sustainable Development	Nature Club, Department of Zoology	Environment Management Training	2020
102	Sanitizer making and distribution for community	Department of Chemistry	Covid-19 Relief	2020
103	Yoga Day	The Cochin College NSS Unit	Health Awareness	2019
104	International Day for Drug Abuse and Illicit Trafficking	The Cochin College NSS Unit	World Anti-Drug Day	2019
105	Vanamahothsava Day	The Cochin College NSS Unit	Environmental Awareness	2019
106	Flood Relief Activities For Chellanam Panchayath	The Cochin College NSS Unit	Flood Relief	2019
107	Blood Donation Camp	The Cochin College NSS Unit	Blood Donation	2019
108	Railway Swachhata Programme	The Cochin College NSS Unit	Swachh Bharat Mission	2019
109	E-Unnathi	The Cochin College NSS Unit	Haritha Keralam Mission	2019
110	Pain and Palliative Care unit	The Cochin College NSS Unit	Palliative Care	2019
111	Tourism development in Chellanam	The Cochin College NSS Unit	Tourism Promotion	2019
112	Beach cleaning drive at Fort Kochi Beach	The Cochin College NSS Unit	Environmental Awareness	2019
113	BIOMAG - Community Based Solid Waste Management	Department of Zoology, KSC-STE, Cochin Corporation	Solid Waste Management	2019





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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
Sneharaamam Project- Beautification of public Area	NSS, The Cochin College	Environmental Conservation	08/01/2024







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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
Pacha Thuruthu Project-Neem tree planting in the wards 7 and 8 of Cochin Corporation	NSS, The Cochin College, Cochin Corporation	Environmental Conservation	15/01/ 2024

Table 2: Table for Extension Activity 2







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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
Palliative Care Day	NSS, The Cochin College	Community Service	17/01/2024

Table 3: Table for Extension Activity 3





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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
Gandhi Samadhi - Koovapadam Market Cleaning	NSS, The Cochin College	Community Service	30/01/2024

Table 4: Table for Extension Activity 4





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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
Anti-Drug Campaign	NSS, The Cochin College, Kochi City Police	Drug Awareness	13/03/2024

Table 5: Table for Extension Activity 5







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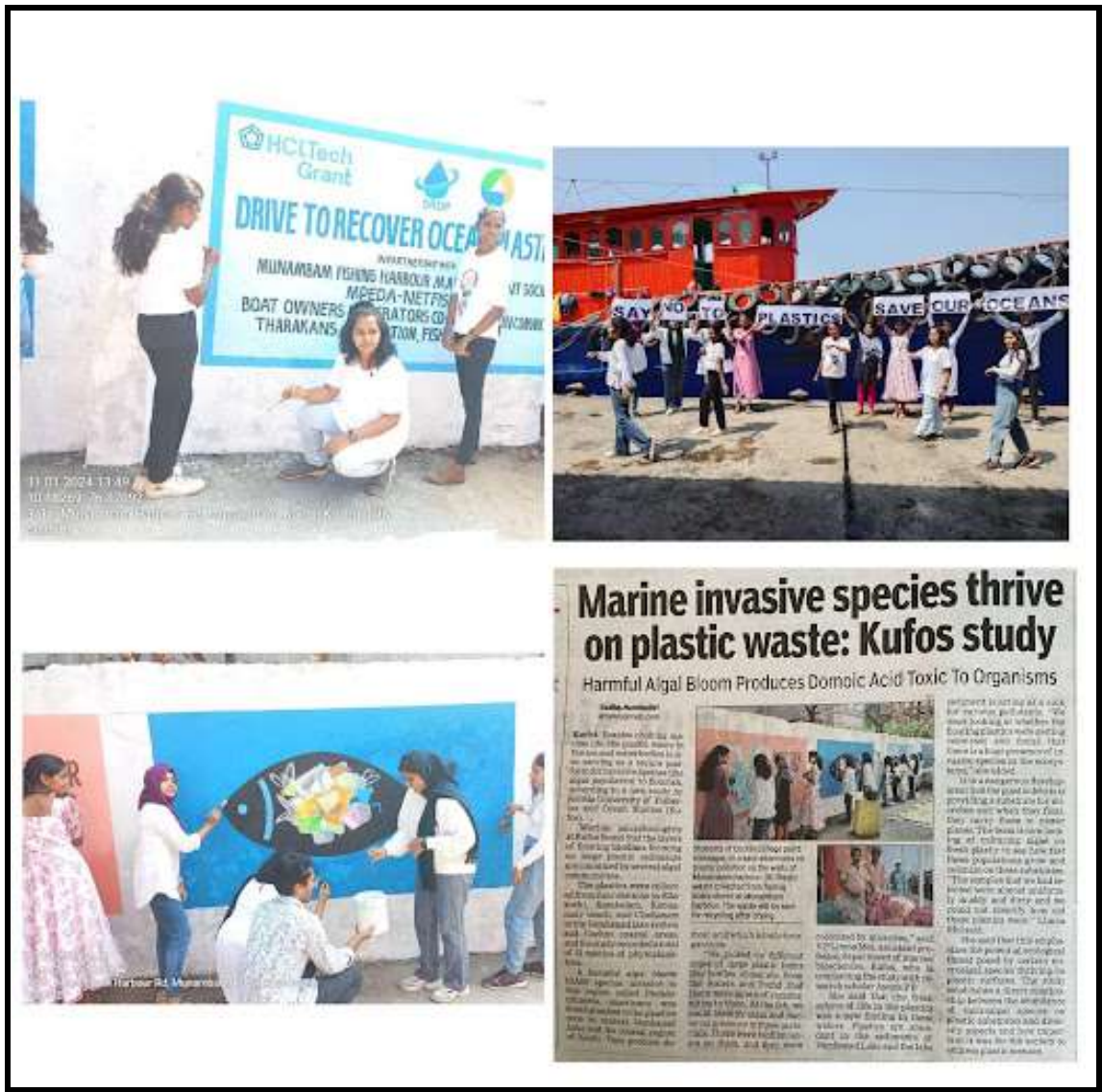
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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
DROP (Drive to Recover Ocean Plastics)	Department of Zoology, The Cochin College	Environmental Conservation	31/01/2024

Table 6: Table for Extension Activity 6



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





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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
Citizen Science Program (RE-VIVAL)	Department of Zoology, The Cochin College, CMFRI	Environmental Research	08/11/2023

Table 7: Table for Extension Activity 7





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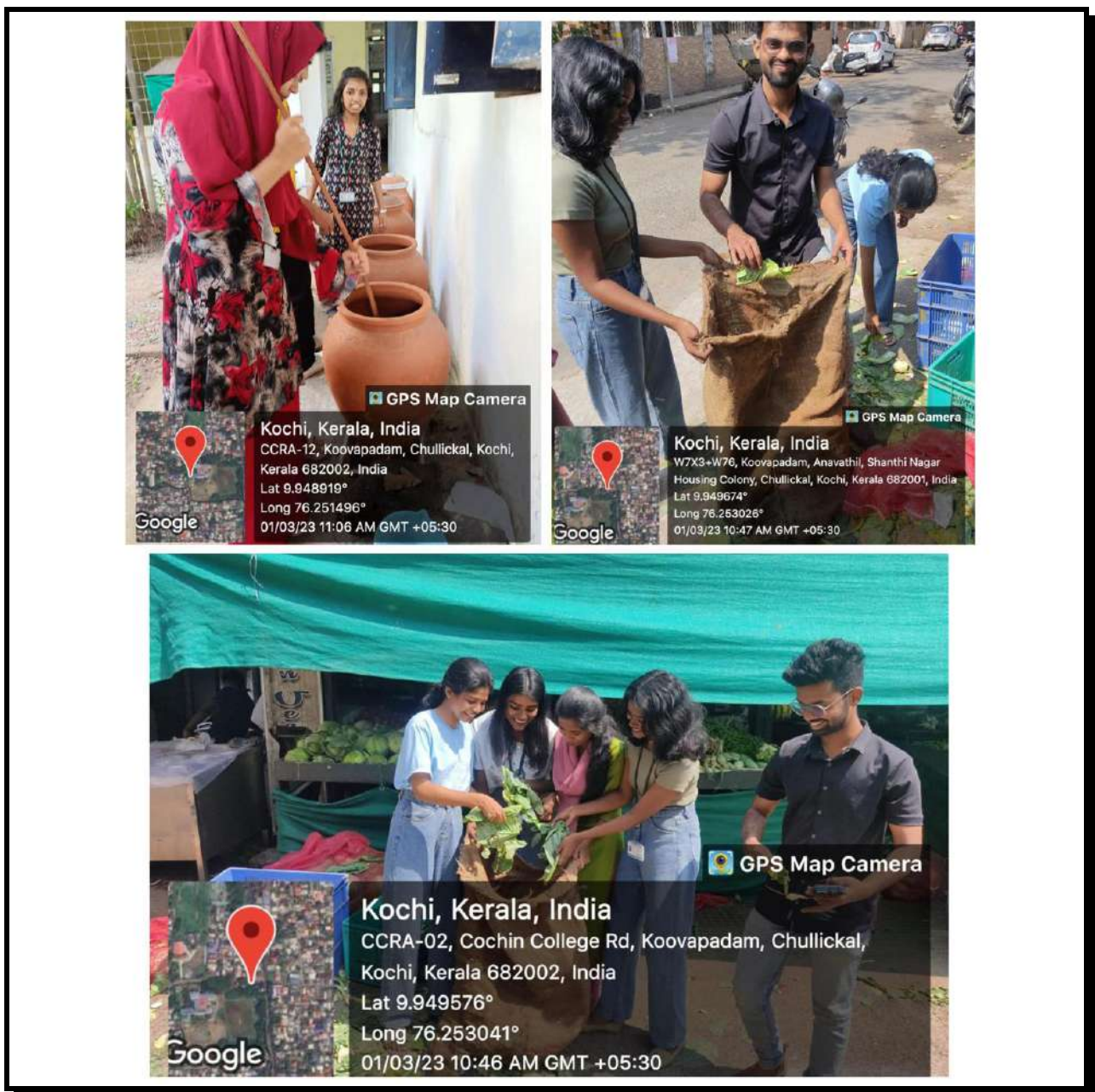
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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
Student's Exhibition cum Sale of Vermicompost at Udyami Bazar	Department of Zoology, The Cochin College	Entrepreneurial Development	13/12/2023

Table 8: Table for Extension Activity 8







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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
English Enhancement Programme	Department of English, The Cochin College	Educational Development	12/03/ 2024

Table 9: Table for Extension Activity 9





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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
Tarang 2024: National Science Day Celebrations	Department of Physics, The Cochin College	Scientific Awareness	25/02/2024

Table 10: Table for Extension Activity 10







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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
Survey on Water Quality	Department of Chemistry, The Cochin College	Environmental Conservation	25/03/2024





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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
Awareness Campaign on Ocean Plastics	Bhoomitrasena Club, The Cochin College	Environmental Conservation	31/01/2024

Table 11: Table for Extension Activity 12







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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
Organic Farming	NSS, ESAF, Kerala Agricultural Department	Environmental Conservation	16/01/2023

Table 12: Table for Extension Activity 13





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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
Agricultural Census and community service	NSS, The Cochin College	Agricultural Census	10/01/2023

Table 13: Table for Extension Activity 14





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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
Snehasparsham 2022	NSS, The Cochin College	Community Service	11/01/2023

Table 14: Table for Extension Activity 15





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### NSS UNIT-51



# "സ്മരണസ്പർശം"



## "കാരുണ്യത്തിൽ വഴിത്താരയിൽ ഒരു സാന്ത്യനം"

11th JAN 2023

DISTRIBUTED STATIONARY AND FOOD ITEMS TO THE INMATES OF ASHWASA BHAVAN, FORTKOCHI







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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
World Palliative care day service to Good Hope Old age home Fort Kochi	NSS, The Cochin College	Health Awareness	15/01/2023

Table 15: Table for Extension Activity 16





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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
Anti Drug Awareness Rally Ward 19 Chellanam Panchayat	NSS, The Cochin College	Drug Awareness	29/12/2023

Table 16: Table for Extension Activity 17







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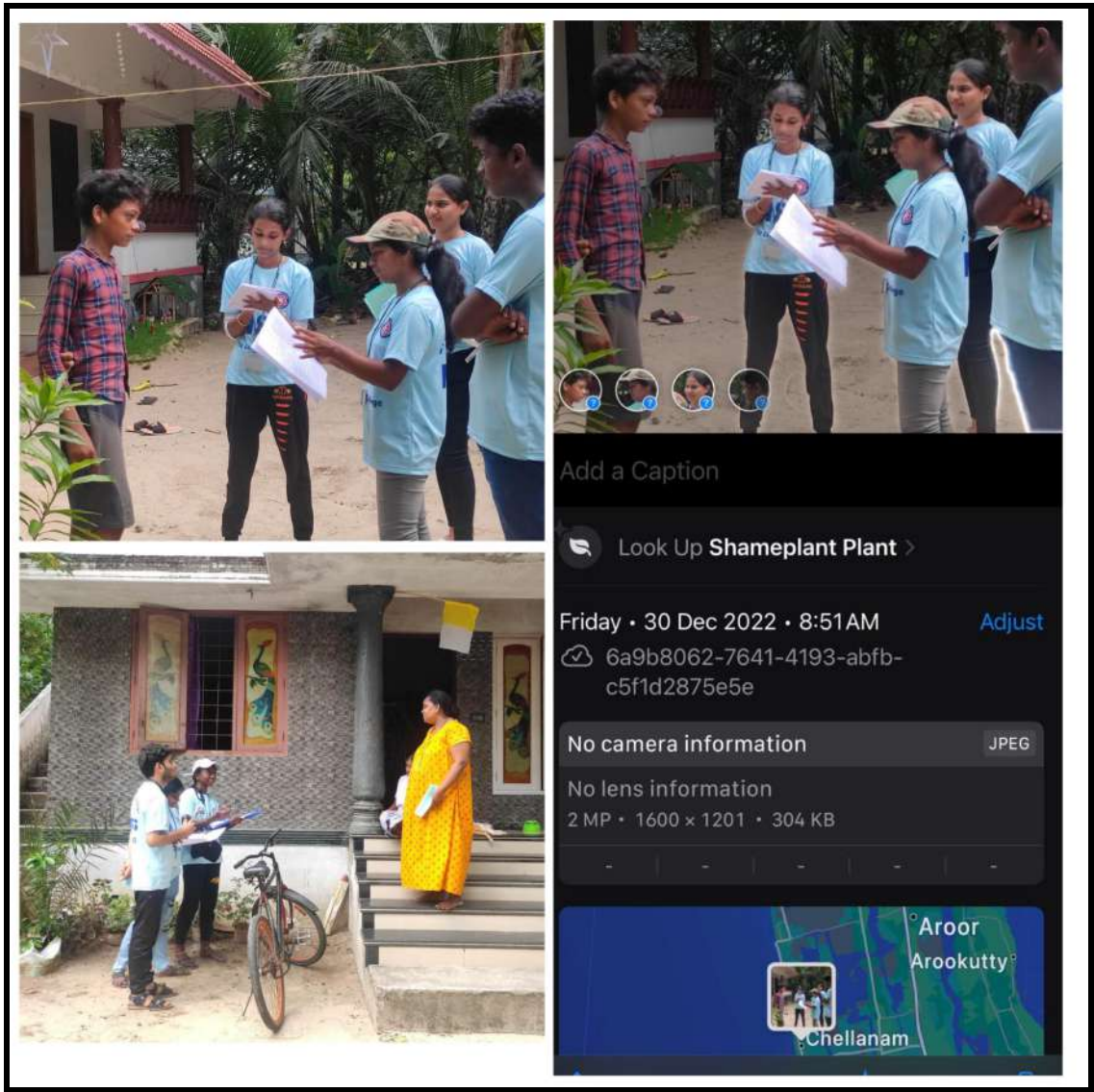
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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
Socio-Economic Survey Chellanam Panchayat	NSS, The Cochin College	Community Service	30/12/2022

Table 17: Table for Extension Activity 18







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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
Understanding Communication Barriers for Foreigners	Department of English, The Cochin College	Communication Skills	13/02/2023

Table 18: Table for Extension Activity 19





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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
Public Awareness Rally to the Areas of Environment Deterioration	Bhoomithrasena Club	Environmental Awareness	25/03/2023

Table 19: Table for Extension Activity 20







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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
Environment Day Campaign	NSS, The Cochin College	Environmental Awareness	06/06/2023

Table 20: Table for Extension Activity 21



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





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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
Planting of Saplings at Adopted School	NSS, The Cochin College	Environmental Conservation	08/06/2023

Table 21: Table for Extension Activity 22





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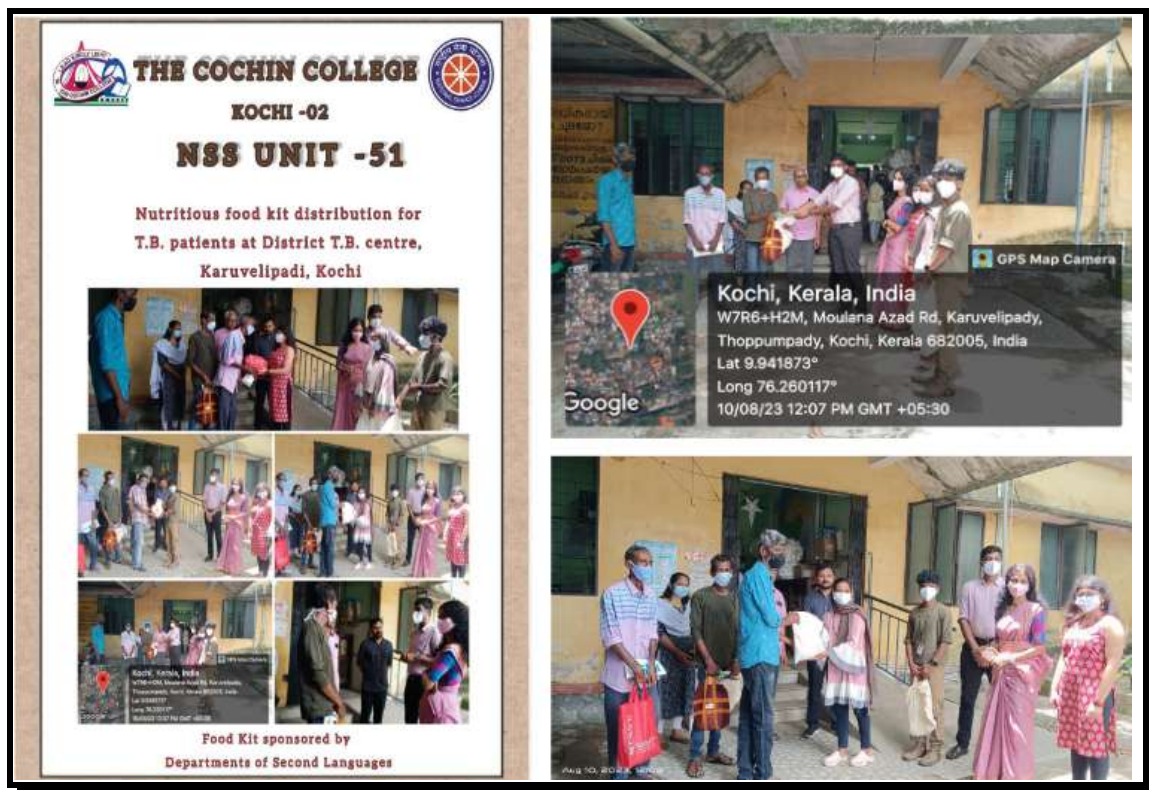
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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
Nutrition Kit Distribution for TB Patients	NSS, The Cochin College	Health Awareness	10/08/2023

Table 22: Table for Extension Activity 23







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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
Blood Donation Camp	NSS, The Cochin College	Health Awareness	11/08/2023

Table 23: Table for Extension Activity 24







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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
Onam Celebrations at Good Hope Old Age Home	NSS, The Cochin College	Community Service	25/08/2023

Table 24: Table for Extension Activity 25





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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
World Preservation/Ozone Day	NSS, The Cochin College	Environmental Awareness	16/09/2023

Table 25: Table for Extension Activity 26

**THE COCHIN COLLEGE**  
**KOCHI-02**  
**NSS UNIT -51**

*Observes*

**International Day For The Preservation Of Ozone Layer**

IN ASSOCIATION WITH  
**Indian Swachhata League 2.0**

**Beach Clean-up Drive**  
 &  
**Wall Beautification**

FORTKOCHI  
 8:30AM  
 16/09/2023

---

**THE COCHIN COLLEGE KOCHI**  
**NSS UNIT-51**

In association with  
**INDIAN SWACHHATA LEAGUE 2.0**  
 AWARENESS RAISING CAMPAIGN

**Nurturing the planet in Our Palms**

@MARINEDRIVE  
 15.09.2023







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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
Beach Cleaning and Wall Painting for Swachhata Mission	NSS, The Cochin College	Environmental Conservation	17/09/2023

Table 26: Table for Extension Activity 27





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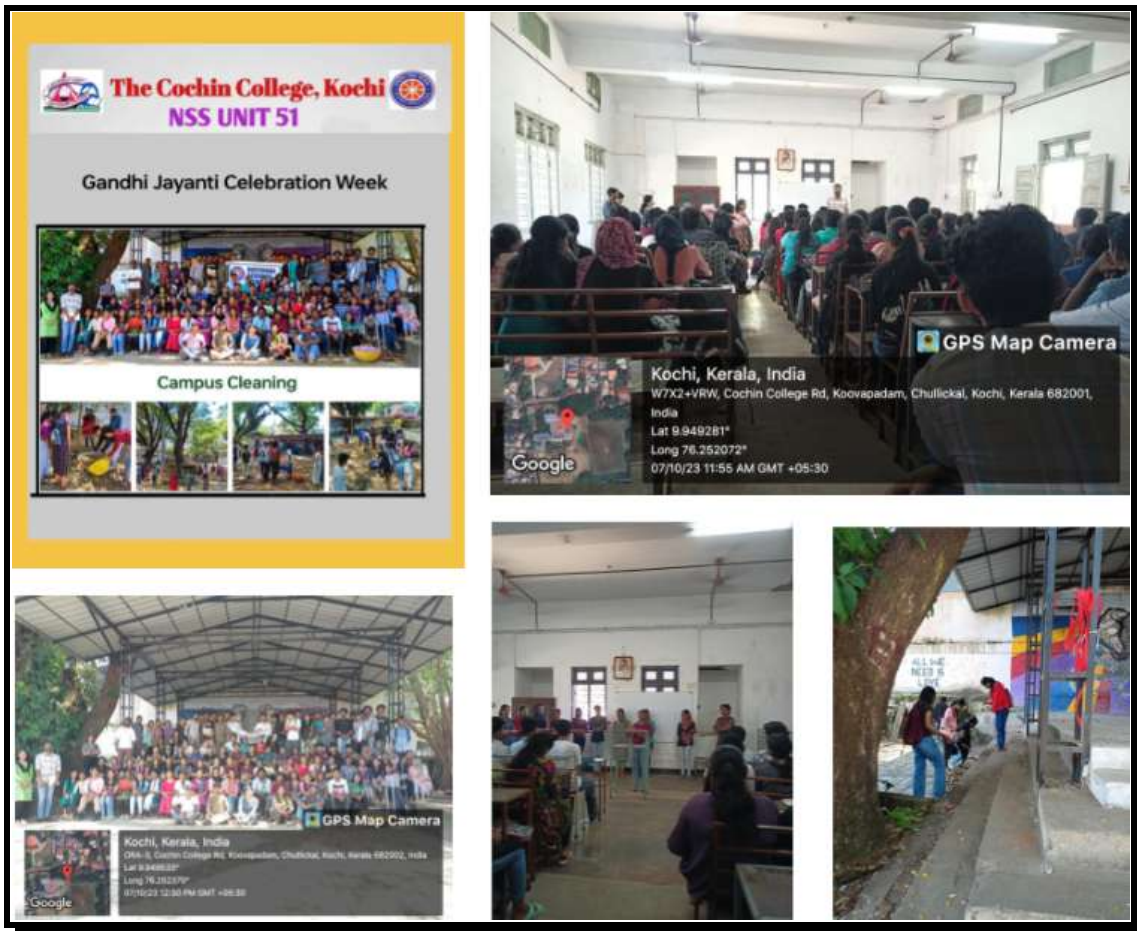
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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
Gandhi Jayanti Week Observance	NSS, The Cochin College	Community Service	07/10/2023

Table 27: Table for Extension Activity 28







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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
Swachhata Hi Seva Campaign at Raksha Special School	NSS, The Cochin College	Cleanliness Drive	04/10/2023

Table 28: Table for Extension Activity 29





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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
Beach Cleaning at Fort Kochi in Association with NETFED	NSS, The Cochin College	Environmental Conservation	13/10/2023

Table 29: Table for Extension Activity 30







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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
Nature Education Camp at Idukki Wildlife Sanctuary	NSS, The Cochin College	Environmental Education	25/10/2023

Table 30: Table for Extension Activity 31





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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
Vayojanotsavam: A Day for Senior Citizens	NSS, The Cochin College	Senior Citizen Welfare	01/11/2023

Table 31: Table for Extension Activity 32







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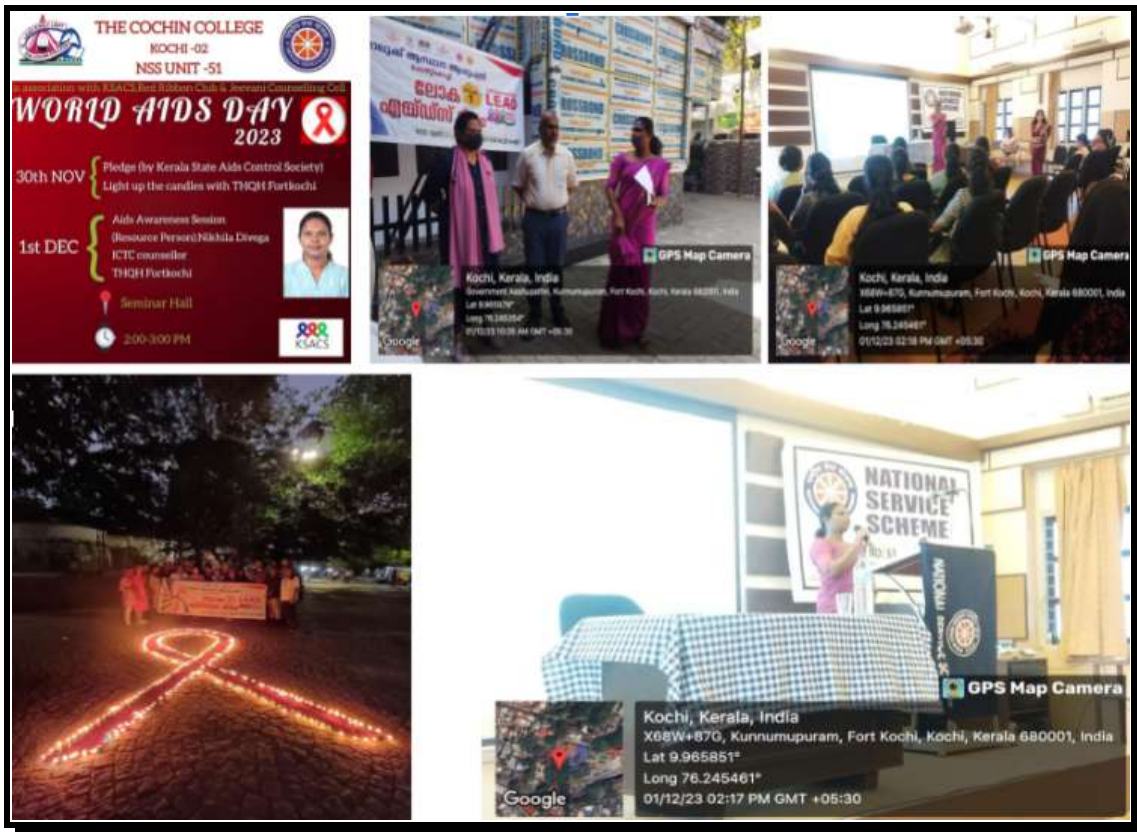
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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
AIDS Day Awareness rally	NSS, The Cochin College, THQH Fort Kochi	Health Awareness	01/12/2023

Table 32: Table for Extension Activity 33





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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
NSS 7 Days Residential Camp	NSS, The Cochin College	Community Service	25/12/2023

Table 33: Table for Extension Activity 34



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





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**Mrudula Menon V.**  
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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
SHARP Project: Resource Recovery and Recycling Drive	Department of Zoology, The Cochin College	Environmental Conservation	09/06/2023

Table 34: Table for Extension Activity 35

**THE COCHIN COLLEGE**  
Koozspadam, Kochi-2

PlanatEarth INDIA

METRO

**പ്ലാസ്റ്റിക് മാലിന്യ പ്രശ്നത്തിനൊരു പരിഹാരം!**  
**ലോക പരിസ്ഥിതി ദിനത്തിൽ ക്യാമ്പയിൻ തുടങ്ങുന്നു**  
മാലിന്യങ്ങൾ ശേഖരിക്കുന്ന സ്റ്റേഷനുകൾ  
Aluva | Kalamassery | JLN stadium | MG Road | Vytilla

**The Cochin College Students Volunteered to collect Waste in metro stations**

GREEN PROTOCOL

ZANCUS

**Dept. Of Zoology**  
The Cochin College  
Koozspadam, Kochi-2



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





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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
ECHO Project	Department of Zoology, The Cochin College	Environmental Innovation	23/09/2023

Table 35: Table for Extension Activity 36





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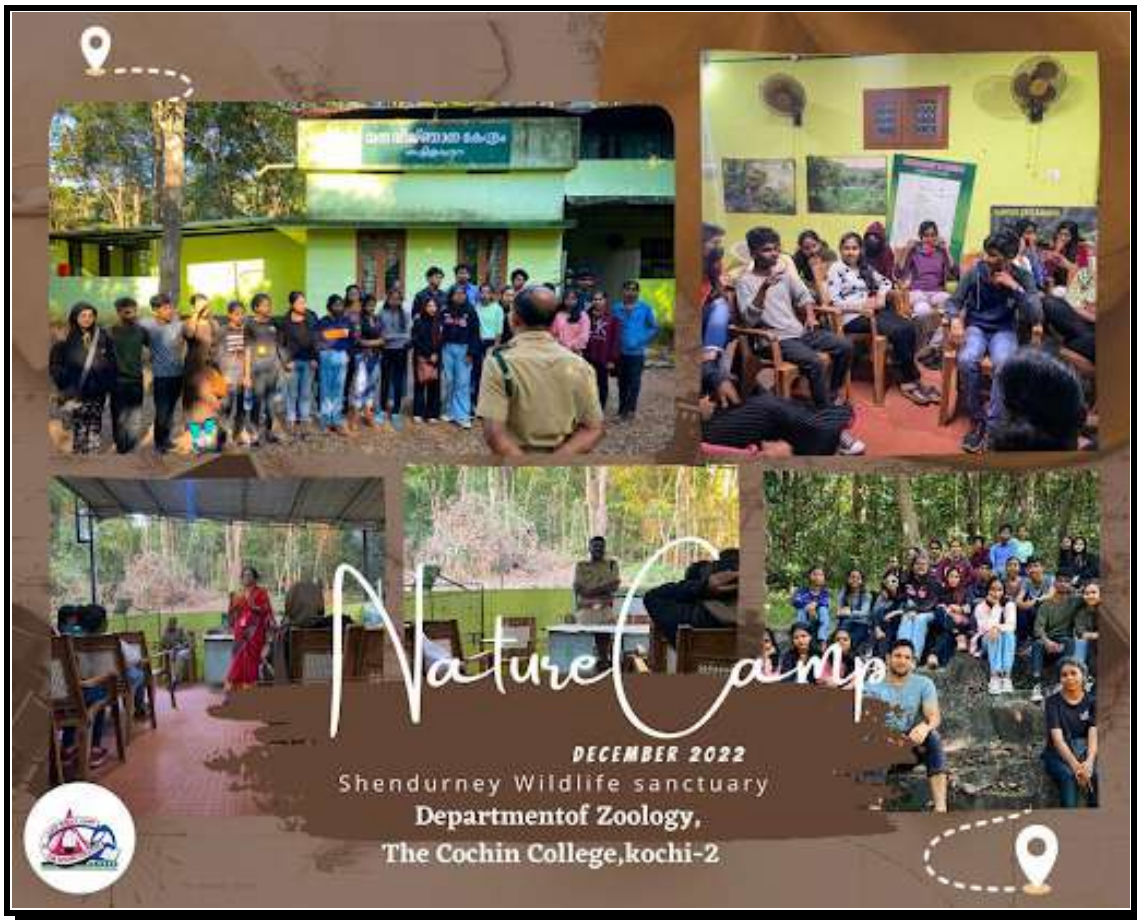
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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
Nature Education Camp: Silent Valley National Park	Department of Zoology, The Cochin College	Environmental Education	16/11/2023

Table 36: Table for Extension Activity 37







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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
Swachh Bharat	Department of Commerce, The Cochin College	Environmental Awareness	19/08/2022

Table 37: Table for Extension Activity 38







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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
Outreach Activity: Visit to Raksha Special School	Department of Commerce, The Cochin College	Community Service	22/08/2023

Table 38: Table for Extension Activity 39





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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
Extension Activity: Career Opportunities in Commerce	Department of Commerce, The Cochin College	Career Guidance	09/09/2023

Table 39: Table for Extension Activity 40





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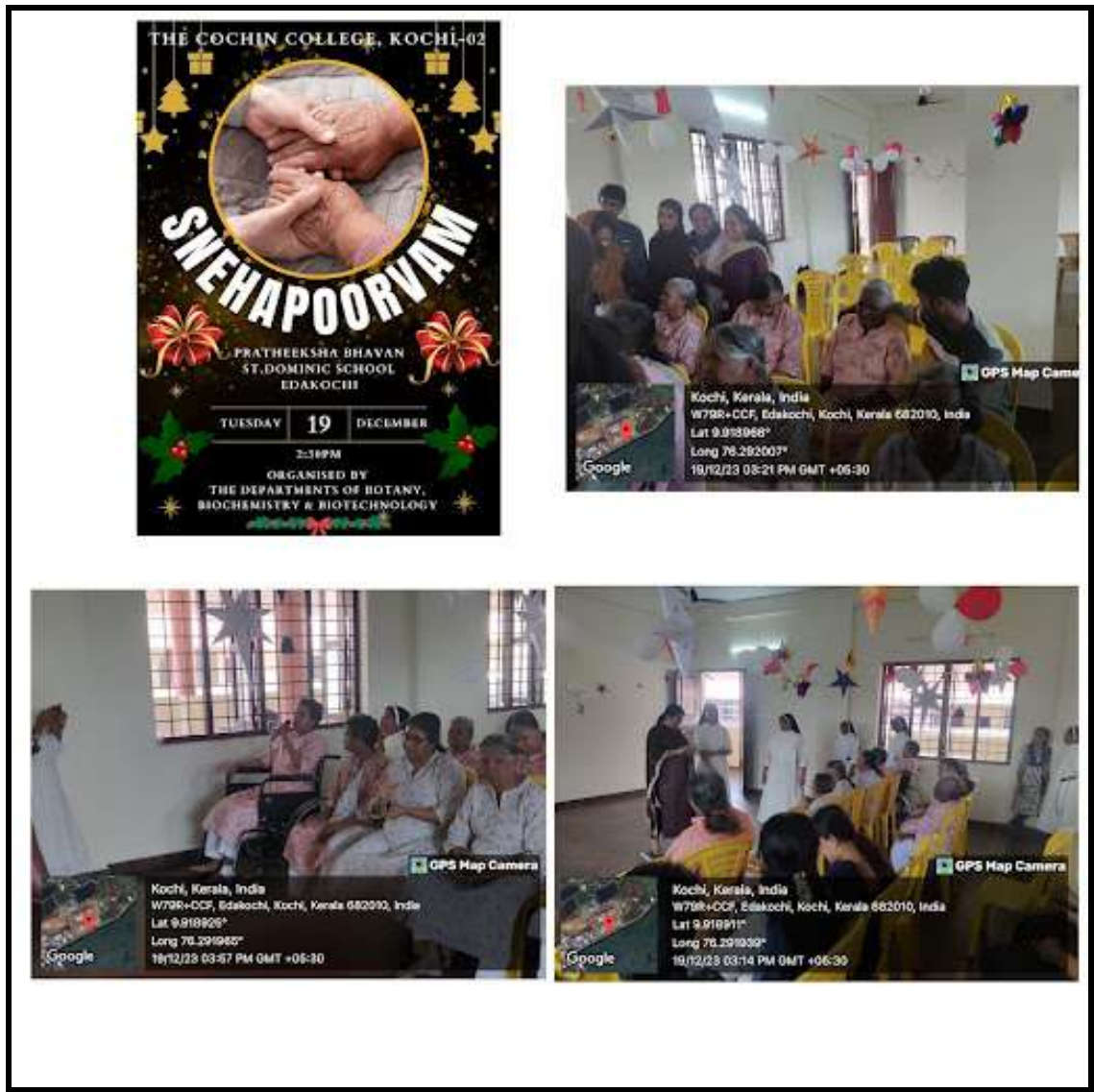
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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
Visit to Old Age Care Home: Snehapoorvam	Department of Botany, The Cochin College	Community Service	19/12/2023

Table 40: Table for Extension Activity 41







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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
Books on Wheels	College Library, The Cochin College	Literacy Promotion	24/06/2023

Table 41: Table for Extension Activity 42





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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
Nature Camp and Field Study	Nature Club, Department of Zoology, The Cochin College	Environmental Education	11/08/2023

Table 42: Table for Extension Activity 43







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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
Waste Management Survey - Chellanam Panchayat	NSS, The Cochin College	Community Service	30/12/2023

Table 43: Table for Extension Activity 44







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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
Drug Awareness Rally	NSS, The Cochin College	Community Service	29/12/2023

Table 44: Table for Extension Activity 45





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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Date and Year of the activity
Beach Cleaning Programme Kandakadavu Beach	NSS, The Cochin College	Environmental Conservation	29/12/2023



Table 45: Table for Extension Activity 46







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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
Fort Kochi Beach Cleaning	The Cochin College NSS Unit	Environmental Conservation	27/11/2022

Table 46: Table for Extension Activity 47





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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
Immunity and Personal Hygiene for Children	The Cochin College NSS Unit	Health Awareness	22/01/2022

Table 47: Table for Extension Activity 48







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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
"Say Yes to Life and No to Drugs"	NSS, Vimukthi Campaign Exercise Department	Drug Abuse Prevention	24/01/2022

Table 48: Table for Extension Activity 49





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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
Handling Fire and Fire Equipment	NSS, Fire and Rescue Office	Fire Safety	27/01/2022

Table 49: Table for Extension Activity 50







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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
POCSO Act/ Dowry and Women Empowerment for girl children	The Cochin College NSS Unit	Legal Awareness and Women's Rights	02/02/2022

Table 50: Table for Extension Activity 51

Screenshots of the meeting



The presidential address was given by Dr Geetha M the principal of cochin college



The meet was formally inaugurated by Sir Rajesh



Advocate V. K Hema conducting the awareness Class on dowry and woman Empowerment






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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
Anti-Drugs Campaign short film	Film Club, The Cochin College	Drug Awareness	05/01/2022

Table 51: Table for Extension Activity 52





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The image shows a screenshot of a YouTube video player. At the top, there is a video thumbnail with a colorful logo that says 'THE COCHIN COLLEGE FILM CLUB'. Below the thumbnail is a white box with the title 'Description' and a close button (X). The main content of the description is 'NASHA , MALAYALAM SHORT FILM.'. Below the title, there are three statistics: '1.1K Likes', '14,868 Views', and '2022 1 Jun'. There are three hashtags: '#drugs', '#sonycamera', and '#sonys7iii'. At the bottom, there is a 'Credits' section listing 'Prathyush Vikram' with a link to his Instagram profile and 'Mohammad Aslam' with a link to his Instagram profile and an ellipsis for more credits.







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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
Fort Kochi Beach Cleaning and Tree Planting	Bhoomithrasena Club	Environmental Conservation	25/02/2022

Table 52: Table for Extension Activity 53





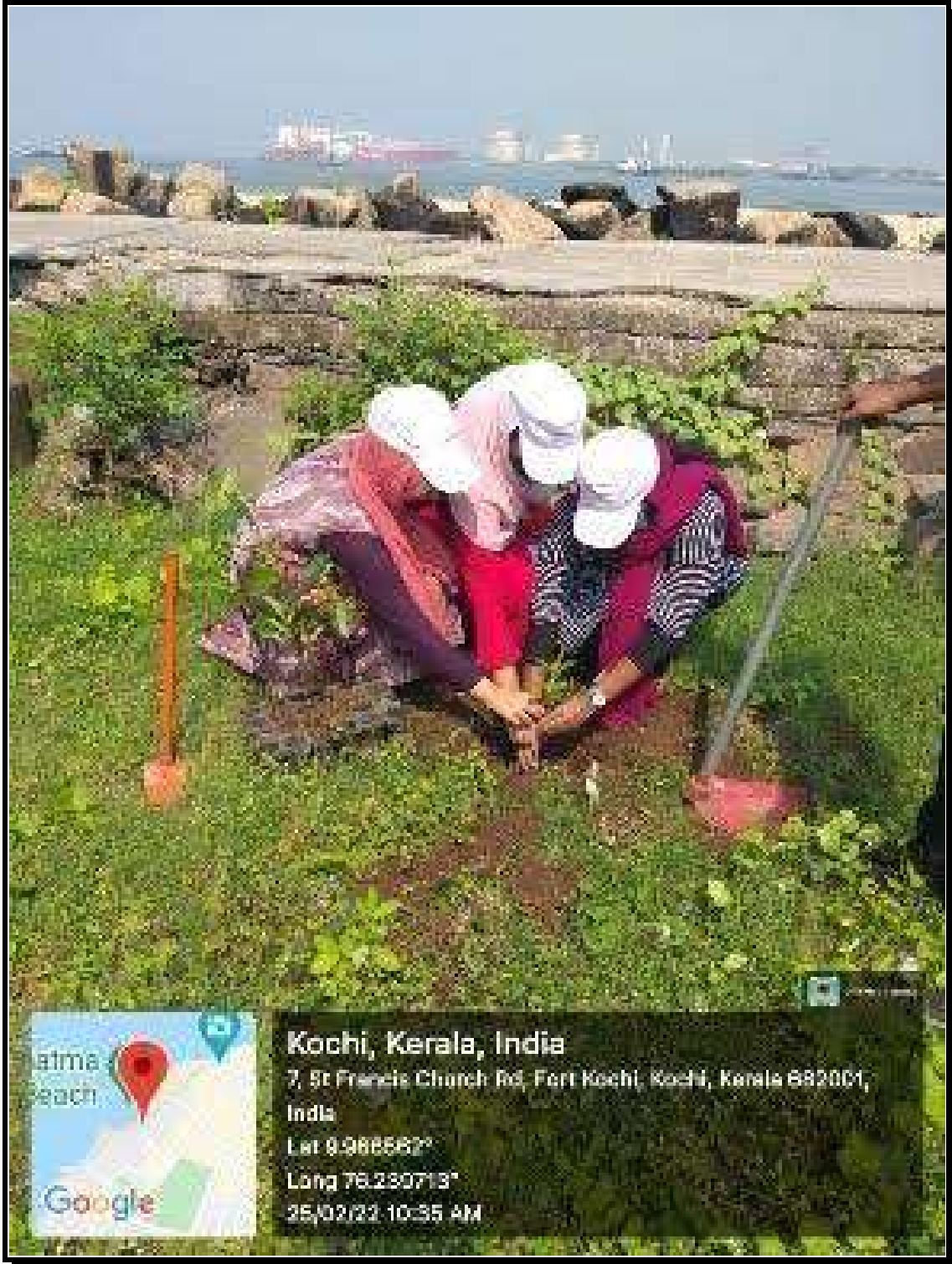
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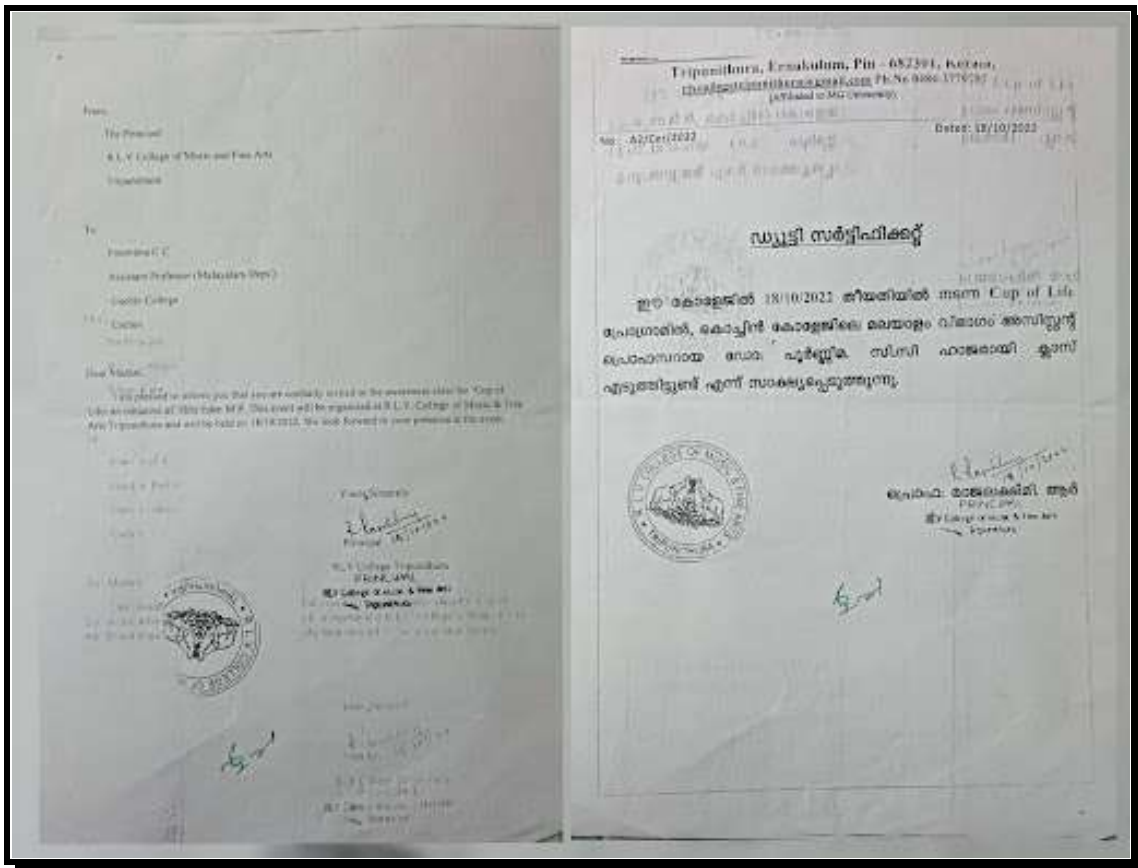
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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
Menstrual Health Practices for Community	Department of Malayalam, 'Cup of Life' Initiative	Women's Health Awareness	18/10/2022

Table 53: Table for Extension Activity 54







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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
World Environmental Day Programme	NSS, The Cochin College	Environmental Awareness	06/06/2022

Table 54: Table for Extension Activity 55



Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
International Yoga Day	NSS, Nehru Yuva Kendra Ayush	Health and Wellness	21/06/2022

Table 55: Table for Extension Activity 56





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





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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
Books on Wheels	NSS, College Library	Community Service	24/06/2022

Table 56: Table for Extension Activity 57







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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
Cup of Life Initiative -1600 Menstrual Cup Distribution	NSS, Hibi Eden MP, IMA Cochin, Green Cochin Mission	Women's Health and Hygiene	23/08/2022

Table 57: Table for Extension Activity 58





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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
Sukrutham 2022: Onam Celebration at Old Age Home	NSS, The Cochin College	Community Service	02/09/2022

Table 58: Table for Extension Activity 59







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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
Memory Walk - Bodhi Project	NSS, Bodhi-CNS CUSAT, Social Justice Department	Dementia Awareness	21/09/ 2022

Table 59: Table for Extension Activity 60







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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
Kanivu 2022: Food Packet Distribution	NSS, The Cochin College	Community Service	24/09/2022

Table 60: Table for Extension Activity 61





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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
Team Kerala - Disaster Management	NSS, The Cochin College	Disaster Management	23/02/2022

Table 61: Table for Extension Activity 62



## TEAM KERALA TRAINING CAMP






**TEAM KERALA  
(KVYAF) DISASTER MANAGEMENT CAMP  
September (17, 18) DISASTER  
MANAGEMENT TEAM of THE COCHIN  
COLLEGE  
- NSS UNIT-51  
training at MBITS COLLEGE  
,KOTHAMANGALAM organised by  
KERALA STATE YOUTH WELFARE BOARD.**







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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
Coastal Clean Up - Swachh Sagar, Surakshith Sagar	NSS, The Cochin College	Environmental Conservation	25/08/2022

Table 62: Table for Extension Activity 63







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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
Gandhi Jayanti Community Service	NSS, The Cochin College	Community Service	02/10/2022

Table 63: Table for Extension Activity 64





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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
Anti Drug Awareness Campaign	NSS, Kerala Police, TD School	Drug Awareness	14/10/2022

Table 64: Table for Extension Activity 65







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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
Blood Donation Camp	NSS, Ernakulam Govt. Hospital	Health Awareness	10/10/2022

Table 65: Table for Extension Activity 66







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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
Marathon	NSS, Kerala State Youth Welfare Board	Physical Fitness	23/10/2022

Table 66: Table for Extension Activity 67





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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
Vayojanolsavum (A Day for Senior Citizens)	NSS, Local Government Body, Vayomithram	Senior Citizens Welfare	01/11/2022

Table 67: Table for Extension Activity 68







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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
Disaster Management Service	NSS, Kerala State Youth Welfare Board	Disaster Management	21/02/2022

Table 68: Table for Extension Activity 69







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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
Beach for All Campaign for Differently Aabled Students of Kochi	NSS, The Cochin College	Environmental Awareness	17/01/2022

Table 69: Table for Extension Activity 70





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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
We Care Project: Community Assistance	NSS, NSS Cell Mahatma Gandhi University	Community Service	18/10/2022

Table 70: Table for Extension Activity 71

RTGS/NEFT APPLICATION

Indian Bank

DATE	18/10/2022
APPLICANT'S NAME	RENEITH S
ACCOUNT NO.	7046187819
AMOUNT TO BE REMITTED	16500
COMMISSION	0
BENEFICIARY ACCOUNT NO.	37974195077
BENEFICIARY NAME	NSS PROGRAMME CO-ORDINATOR
IFSC CODE	SBIN0070889
BENEFICIARY BANK	SB1
BENEFICIARY BRANCH	MU UNIVERSITY BRANCH, KOTTAYAM
APPLICANT'S MOBILE NO.	9534894586
APPLICANT'S SIGNATURE	<i>[Signature]</i>

UTR No. 1016N22291386259

BRANCH MANAGER





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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
World AIDS Day Celebrations	NSS, Taluk Hospital Fort Kochi	Health Awareness	01/12/2022

Table 71: Table for Extension Activity 72







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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
Lahari Virudha Sringala : Anti Drug Rally	NSS, The Cochin College	Drug Awareness	01/11/2022

Table 72: Table for Extension Activity 73





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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
Beach Clean Up Drive	NSS, The Cochin College	Environmental Conservation	27/08/2022

Table 73: Table for Extension Activity 74







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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
NSS 7 Days Residential Special Camp for Community Service	NSS, The Cochin College	Community Service	29/12/2022

Table 74: Table for Extension Activity 75







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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
Organic farming at camp school	NSS, The Cochin College	Environmental Conservation	15/01/2022

Table 75: Table for Extension Activity 76





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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
World Environment Day	Department of Zoology, The Cochin College	Environmental Awareness	06/06/2022

Table 76: Table for Extension Activity 77





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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
International Day for Preservation of the Ozone Layer	Department of Zoology, The Cochin College	Environmental Awareness	30/09/2022

Table 77: Table for Extension Activity 78





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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
Career Orientation Classes for school children	Department of Economics, The Cochin College	Career Guidance	29/06/2022

Table 78: Table for Extension Activity 79





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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
Ozone Day Extension Activity	Department of Chemistry, The Cochin College	Environmental Awareness	07/10/2022

Table 79: Table for Extension Activity 80







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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
Swachh Bharat Mission	Department of Commerce, The Cochin College	Environmental Awareness	19/08/2022

Table 80: Table for Extension Activity 81





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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
Ozone Day programme	Department of Botany, The Cochin College	Environmental Awareness	07/10/2022

Table 81: Table for Extension Activity 82





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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
Anti Narcotic Cell Human Chain	Anti Narcotic Cell	Drug Awareness	01/11/2022

Table 82: Table for Extension Activity 83







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Long 76.251798°

01/11/22 03:05 PM GMT +05:30





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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
Water Quality Analysis	Bhoomithrasena Club	Environmental Awareness	11/06/2022

Table 83: Table for Extension Activity 84





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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
Yoga session	The Cochin College NSS Unit	Health Awareness	21/06/2021

Table 84: Table for Extension Activity 85







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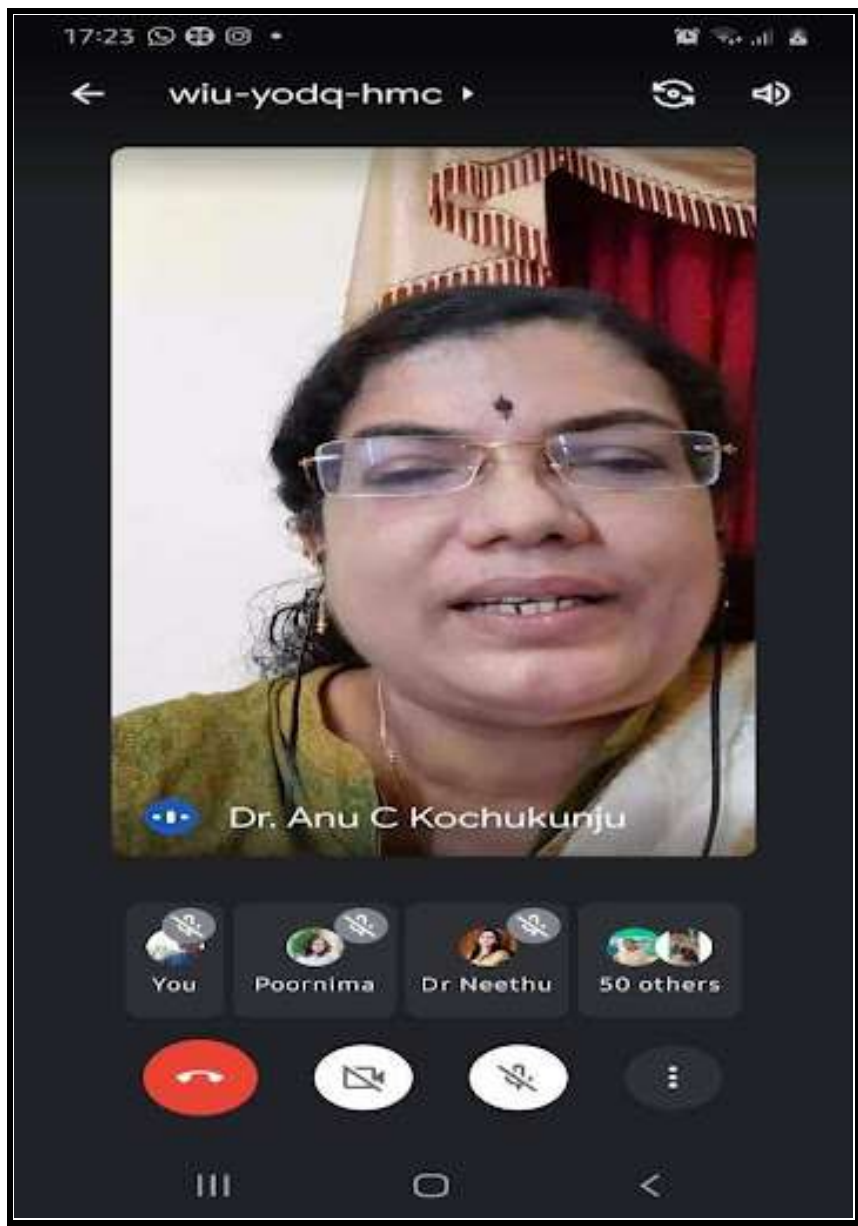
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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
Covid-19 prevention measures for community	The Cochin College NSS Unit	Health Awareness	26/10/2021

Table 85: Table for Extension Activity 86





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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
Innovative Farming Methods for community	The Cochin College NSS Unit	Agricultural Education	23/01/2021

Table 86: Table for Extension Activity 87





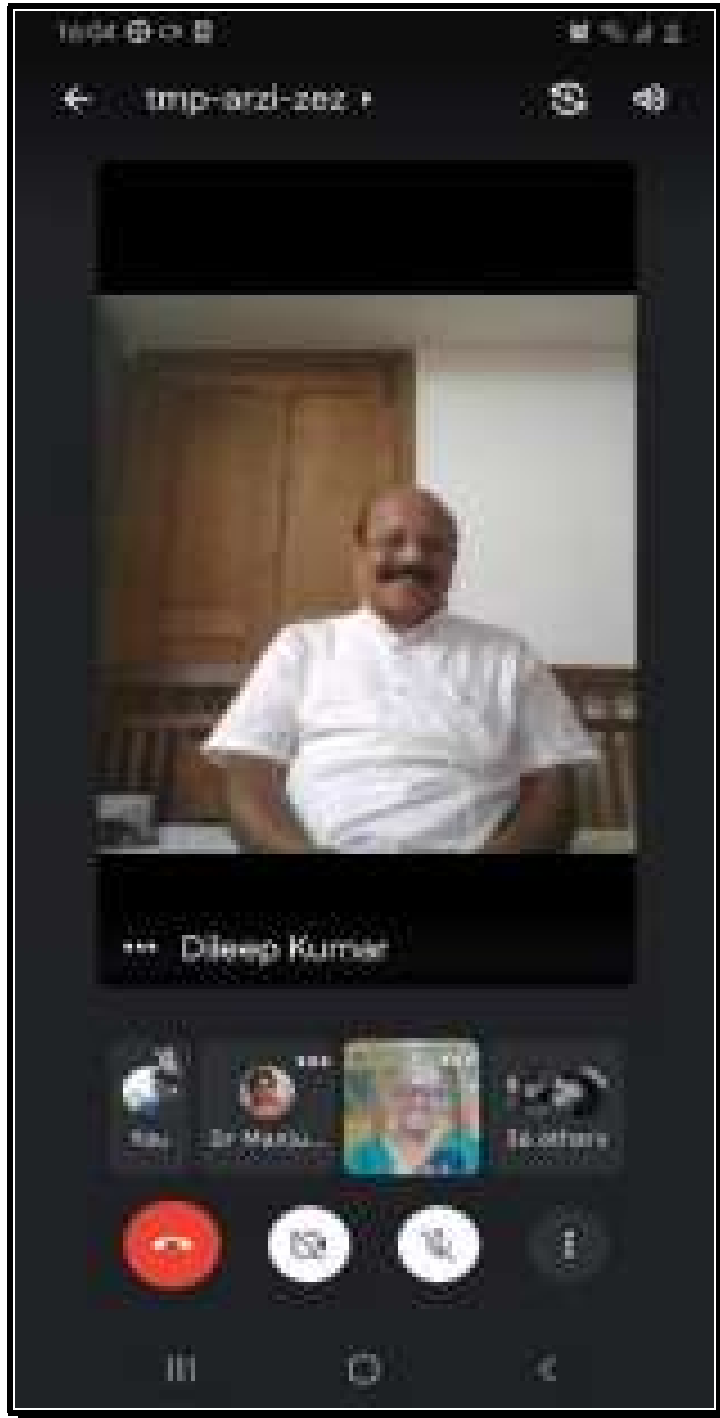
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*Mrudula Menon V.*  
Mrudula Menon V.  
Principal-in-Charge  
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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
Distribution of Hand Sanitizers and Masks for public	The Cochin College NSS Unit	Covid-19 Relief	28/01/ 2021

Table 87: Table for Extension Activity 88





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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
Personal Hygiene and Immunity Improvement Session school children	The Cochin College NSS Unit	Health Awareness	29/01/2021

Table 88: Table for Extension Activity 89





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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
House and Surroundings Cleaning Activities for Community	The Cochin College NSS Unit	Cleanliness Initiative	27/01/2021

Table 89: Table for Extension Activity 90







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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
Wildlife Protection Session	The Cochin College NSS Unit	Wildlife Conservation	28/01/2021

Table 90: Table for Extension Activity 91





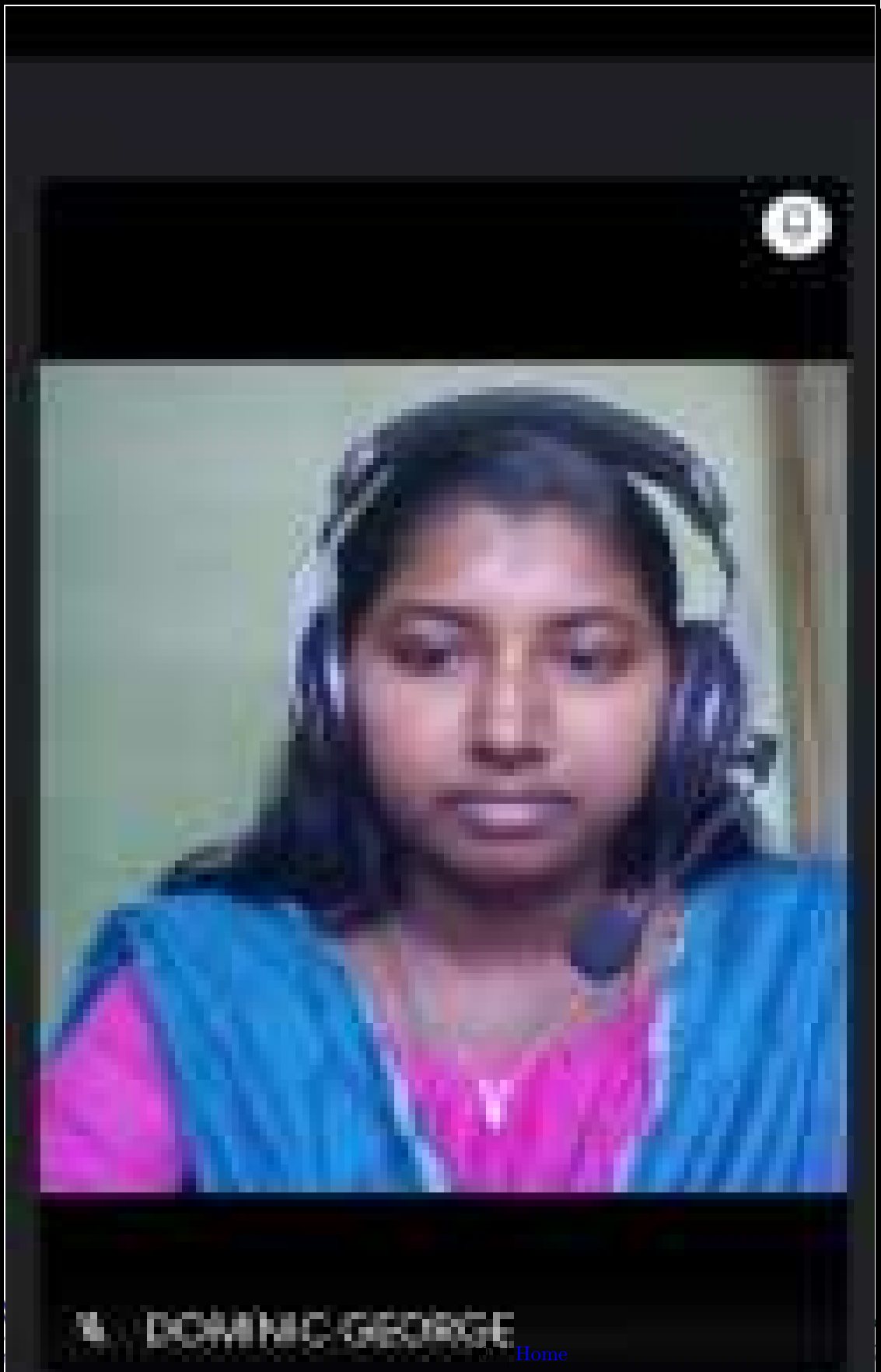
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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
Drug Abuse Prevention Session school children	The Cochin College NSS Unit	Drug Awareness	24/01/2021

Table 91: Table for Extension Activity 92







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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
Udbodh Programme	The Cochin College NSS Unit	Udbodh Programme	29/01/2021

Table 92: Table for Extension Activity 93





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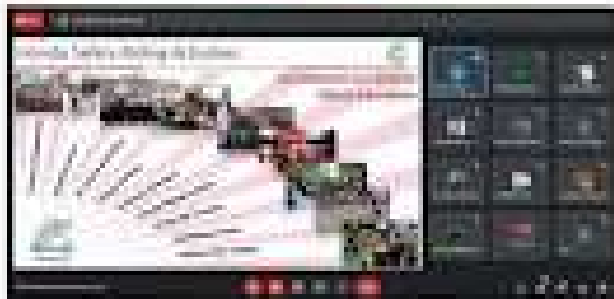
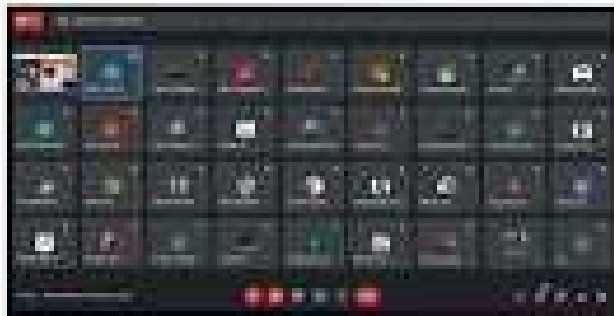
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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
Road Safety Awareness	The Cochin College NSS Unit	Road Safety	24/09/2021

Table 93: Table for Extension Activity 94

## Screenshots of the meeting



The Prayer Song was sung by MS Mariya Sathwana, 2nd year BA economics, The Cochin College



*ula Menon V.*  
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 ochin College





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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
Yoga Day Practice	NSS, Swachh Bharat Campaign	Health and Wellness	21/06/2021

Table 94: Table for Extension Activity 95





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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
Covid Vaccination awareness programme	The Cochin College NSS Unit	Health Awareness	26/10/2021

Table 95: Table for Extension Activity 96





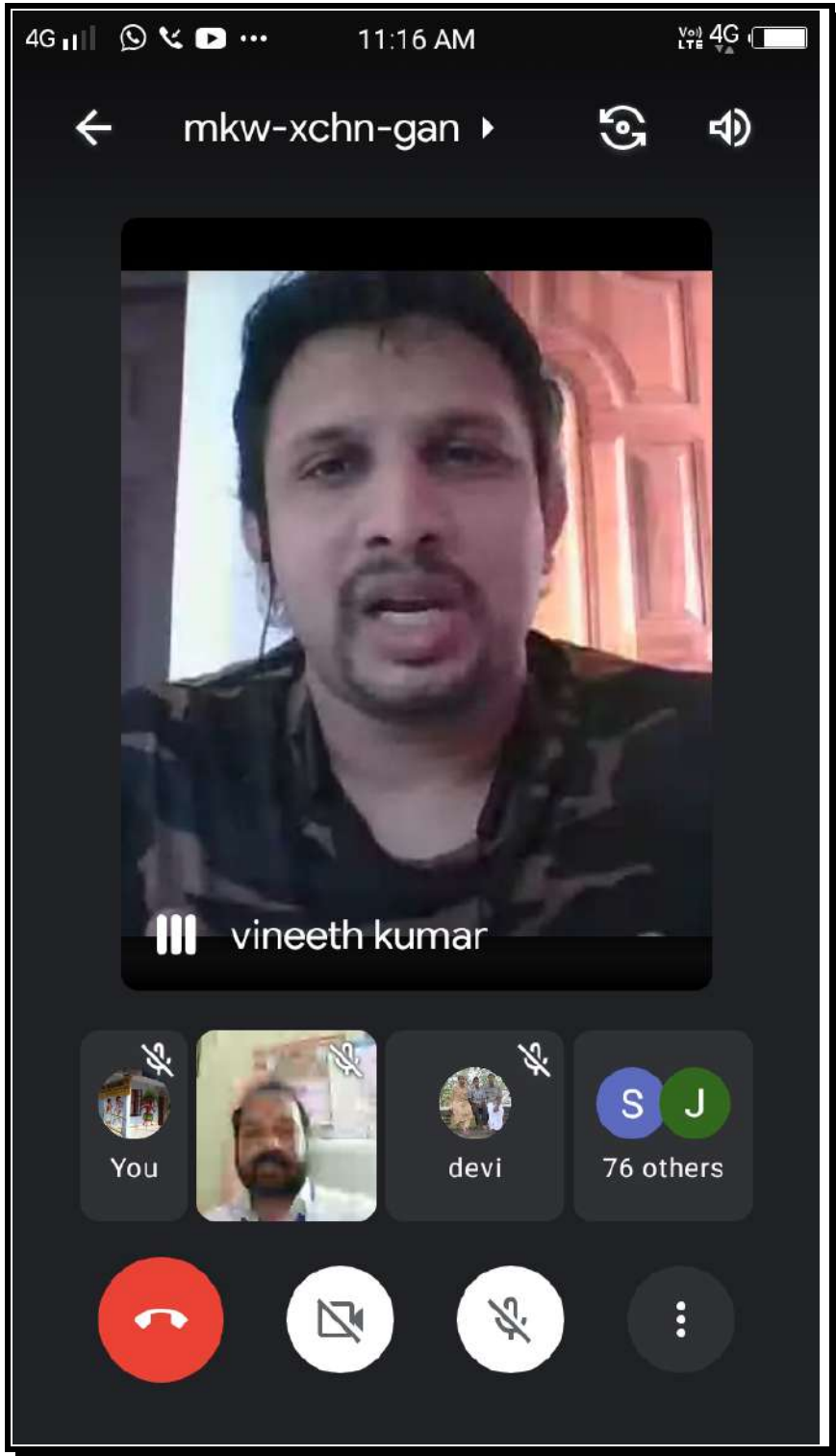
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*Mrudula Menon V.*  
Mrudula Menon V.  
Principal-in-Charge  
The Cochin College





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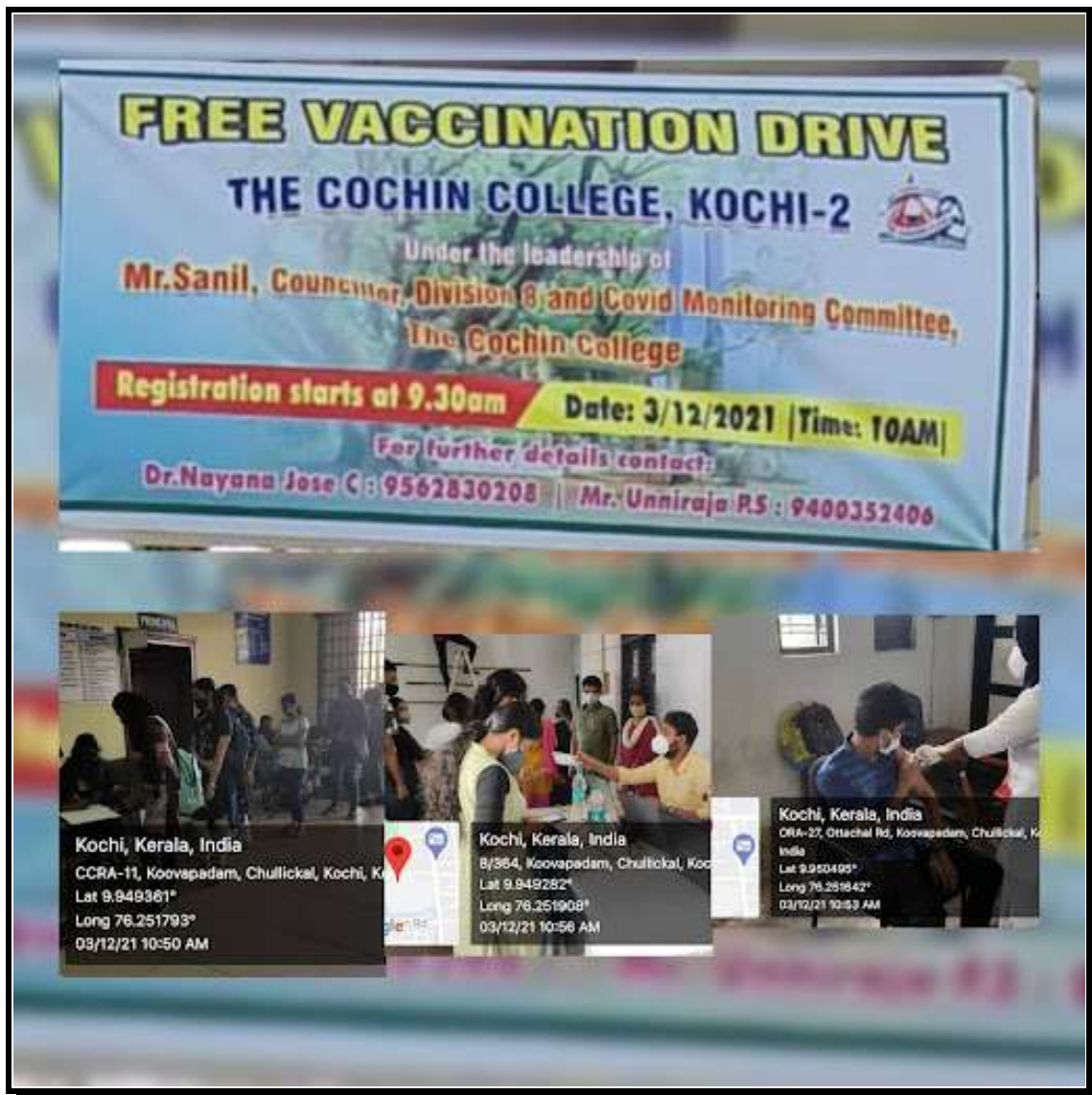
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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
Covid Vaccination Drive for public	Covid Monitoring Committee	Public Health	03/12/2021

Table 96: Table for Extension Activity 97





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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
Palliative Care Day	The Cochin College NSS Unit	Palliative Care	28/11/2020

Table 97: Table for Extension Activity 98





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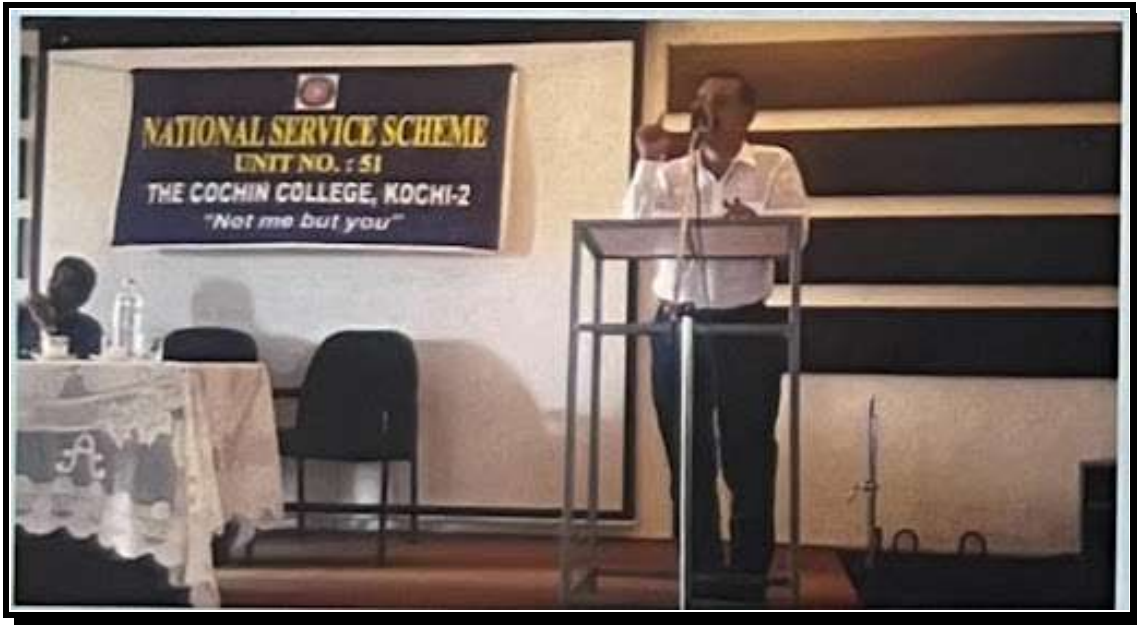
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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
Drug Awareness programme	The Cochin College NSS Unit	Drug Awareness	26/06/2020

Table 98: Table for Extension Activity 99







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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
Coronavirus (COVID-19) Awareness Programme	The Cochin College NSS Unit	Health Awareness	11/02/2020

Table 99: Table for Extension Activity 100





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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
Workshop on Environment and Sustainable Development	Nature Club, Department of Zoology	Environment Management Training	10/01/2020

Table 100: Table for Extension Activity 101





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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
Sanitizer making and distribution for community	Department of Chemistry	Covid-19 Relief	27/09/2020

Table 101: Table for Extension Activity 102







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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
Yoga Day	The Cochin College NSS Unit	Health Awareness	21/06/2019

Table 102: Table for Extension Activity 103





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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
International Day for Drug Abuse and Illicit Trafficking	The Cochin College NSS Unit	World Anti-Drug Day	26/06/2019

Table 103: Table for Extension Activity 104





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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
Vanamahotsava Day	The Cochin College NSS Unit	Environmental Awareness	01/07/2019

Table 104: Table for Extension Activity 105







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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
Flood Relief Activities For Chellanam Panchayath	The Cochin College NSS Unit	Flood Relief	16/08/2019

Table 105: Table for Extension Activity 106



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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
Blood Donation Camp	The Cochin College NSS Unit	Blood Donation	26/09/2019

Table 106: Table for Extension Activity 107





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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
Railway Swachhata Programme	The Cochin College NSS Unit	Swachh Bharat Mission	02/10/2019

Table 107: Table for Extension Activity 108





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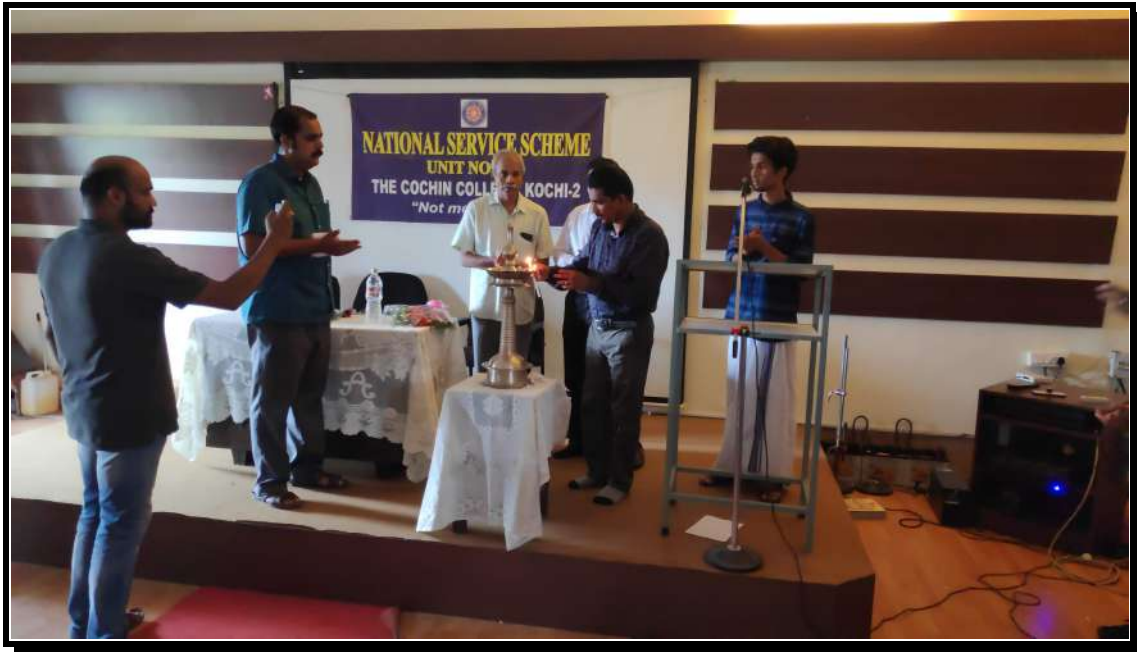
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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
E-Unnathi	The Cochin College NSS Unit	Haritha Keralam Mission	14/11/2019

Table 108: Table for Extension Activity 109





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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
Pain and Palliative Care unit	The Cochin College NSS Unit	Palliative Care	28/11/2019

Table 109: Table for Extension Activity 110







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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
Tourism development in Chellanam	The Cochin College NSS Unit	Tourism Promotion	30/11/2019

Table 110: Table for Extension Activity 111





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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
Beach cleaning drive at Fort Kochi Beach	The Cochin College NSS Unit	Environmental Awareness	10/12/2019

Table 111: Table for Extension Activity 112







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Name of the activity	Organising unit/agency/collaborating agency	Name of the scheme	Date and Year of the activity
BIOMAG - Community Based Solid Waste Management	Department of Zoology, KSCSTE, Cochin corporation	Solid Waste Management	2019

Table 112: Table for Extension Activity 113



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

