



THE COCHIN COLLEGE

Koovapadam, Kochi-2

Affiliated To Mahatma Gandhi University

Re-accredited by NAAC With B+ Grade



Fourth Cycle
NAAC Accreditation 2024

Criterion 5 Student Support and Progression

5.1 - Student Support

Metric No. 5.1.2

Following capacity development and skills enhancement activities are organised for improving students' capability: *Soft skills, Language and communication skills, Life skills (Yoga, physical fitness, health and hygiene), ICT/computing skills*

Report on Life Skills

Submitted to



National Assessment and Accreditation Council



THE COCHIN COLLEGE

KOCHI - 682 002

(Affiliated to Mahatma Gandhi University and Accredited by NAAC)

Website: www.thecochincollege.edu.in

email: email@thecochincollege.edu.in

Introduction

The Cochin College, with its illustrious legacy of academic distinction and research ingenuity, has consistently exemplified its commitment to intellectual advancement through the vigorous scholarly pursuits of its esteemed faculty. This document delineates a kaleidoscope of events, webinars, and educational programs orchestrated by The Cochin College, underscoring the institution's unwavering dedication to cultivating an intellectually vibrant milieu.

Throughout the past year, The Cochin College has meticulously curated a plethora of events spanning a multitude of disciplines, offering both students and faculty unparalleled opportunities to engage with luminaries, delve into novel concepts, and hone their critical thinking acumen. These initiatives transcend mere academic enrichment, aspiring instead to elevate cultural cognizance, nurture creative expression, and imbue global perspectives.

From profound literary deliberations and inventive writing ateliers to critical examinations of globalization's imprint on contemporary poetry, the college has meticulously ensured that its students are recipients of an education that is as expansive as it is profound, far surpassing the conventional confines of the classroom. Webinars encompassing a diverse array of subjects—ranging from the intricacies of the French Revolution to the art of performance as a medium of knowledge creation, and the aesthetics of translation—have endowed students with invaluable perspectives and a more nuanced comprehension of the world.

The College's resolute commitment to delivering a holistic education is palpably evident in its concerted efforts to integrate avant-garde pedagogical methodologies, foster interdisciplinary learning, and incorporate the latest scholarly advancements across various fields into its academic tapestry. This document stands as a resplendent testament to The Cochin College's steadfast pursuit of academic preeminence, intellectual elevation, and the relentless quest for enlightenment.





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1 Learn Life Skill with Life Coach

The Cochin College conducted a workshop titled Life Skill on 12 and 13th October 2023, focusing on enhancing the emotional intelligence and behavioral skills of students. The workshop was facilitated by Amerzlin Louis, a distinguished Physical Education Teacher, Scout Master, and Life Coach, who has also been recognized with the Best Teacher award at the Sub District level. The event is part of a broader initiative to equip students with essential life skills to manage both personal and professional challenges effectively.

The workshop aimed to develop students' self-awareness, empathy, and resilience, incorporating various engaging activities. Participants were involved in interactive sessions that emphasized well-being through physical exercise and music, creating happy hormones, mental health using the power of words, and fun games. Additionally, the workshop covered team building and goal setting in life, helping students gain practical tools to enhance their emotional and behavioral management.

Under the expert guidance of Amerzlin Louis, students reported significant improvements in their emotional and behavioral understanding. The workshop successfully contributed to the college's commitment to holistic education, ensuring that students are well-prepared to thrive in all aspects of life.





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DAY 4
12th October 2023

Enjoy Have fun and Learn
Lifeskill with LifeCoach


- Well-being through physical exercise and music
- How to create Happy hormones
- Mental Health using power of your word
- Fun Games
- TEAM Building and Goal setting in Life



Amerzlin Louis
Physical Education Teacher, Scout Master & Life Coach
Best Teacher award winner in the Sub District *InShOk*

The Cochin College: INIZIO 2023

80 views 5 mo ago ...more

 **Cochin College Events** 449

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INIZIO 2023
12.10.2023 12:13
9.94928, 76.25196 (416m)
Altitude: -55m
W7X2+VRW, Cochin College Rd, Koozupadam, Chullikkal, Kochi,
Kerala 682001, India





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LEARN LIFE SKILLS FROM LIFE COACH-PARTICIPANTS		
1	Abhiraj K	BA ECONOMICS
2	Adhil C S	BA ECONOMICS
3	Adithyan K S	BA ECONOMICS
4	Akshaya Pushpakaran	BA ECONOMICS
5	Anagha A J	BA ECONOMICS
6	Aneeta K . A	BA ECONOMICS
7	Arya Supran	BA ECONOMICS
8	Ashik Joseph P K	BA ECONOMICS
9	Aswani Ajithan	BA ECONOMICS
10	Aswathi P	BA ECONOMICS
11	Athul K S	BA ECONOMICS
12	Avin Jineesh	BA ECONOMICS
13	Fathima A.N	BA ECONOMICS
14	Fathimathu Safeera	BA ECONOMICS
15	Joel George N L	BA ECONOMICS
16	Kirandas K	BA ECONOMICS
17	Krishna Priya S	BA ECONOMICS
18	Ruksana MR	BA ECONOMICS
19	Sanju E S	BA ECONOMICS
20	Sayana Manaf	BA ECONOMICS
21	Sethu Parvathy V R	BA ECONOMICS
22	Shabna Shanavas	BA ECONOMICS
23	Shaunna Philomin	BA ECONOMICS
24	Shifana Shamnas	BA ECONOMICS
25	Sunna Salim	BA ECONOMICS
26	Surya Prathap	BA ECONOMICS
27	Vruntha Nishanth	BA ECONOMICS
28	Yasar Arafath	BA ECONOMICS





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2 Workshop On Life Skills

The Department of Computer Application organized a comprehensive workshop on life skills, led by Sandeep Damodaran, CEO and Chief Resource – Training and Development. This impactful session aimed to equip students with essential life skills critical for personal and professional growth. The sessions were held on 29-11-2023 and 30-11-2023. Sandeep Damodaran, a seasoned expert in training and development, delivered an engaging and insightful presentation that covered various aspects of life skills, including effective communication, leadership, time management, and emotional intelligence. His dynamic approach and real-world examples resonated deeply with the participants, providing them with practical strategies to enhance their capabilities. The workshop featured interactive activities such as group discussions, role-playing scenarios, and problem-solving exercises. These activities encouraged students to actively participate, collaborate with peers, and apply the concepts learned in real-time. The hands-on approach ensured that participants could internalize the skills being taught, fostering a deeper understanding and retention of the material. One of the key highlights was the session on emotional intelligence, where Mr. Damodaran emphasized the importance of self-awareness, empathy, and managing interpersonal relationships effectively. He provided tools and techniques to help students navigate their emotions and build strong, positive connections with others. Feedback from the participants was overwhelmingly positive, with many appreciating the practical insights and actionable advice provided. The workshop not only enhanced the students' skill sets but also boosted their confidence in applying these skills in various aspects of their lives. In conclusion, the life skills workshop by Sandeep Damodaran was a resounding success, leaving a lasting impact on the attendees. The Computer Application Department's initiative in organizing this event underscored its commitment to the holistic development of its students, preparing them to face future challenges with competence and confidence.





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Department of Computer Application & IQAC in association with Creative Miles

organizes a workshop
on

"Life Skills" on

Wednesday, 29th November, 2023

Time - 9.30 am - 3.30 pm

Venue - Seminar Hall



SANDEEP DAMODARAN

CEO & Chief Resource
- Training & Development
More than 17 years experience in the corporate sector

Chief Patron - Mr. Thomas Vayalat
Principal - Dr. M. Geetha
Academic Head - Dr. Meera Menon
Program Coordinator - Ms. Anisha Antony

Organising Committee
Ms. Keerthana S
Ms. Hridya K.S Ms. Amala Mary C A
Ms. Rahiyanath T. Y Ms. Shinda Varghese.



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



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List of the participants - A workshop on Life skills conducted on 23-11-2023

Sl No	Name	Department
1	G LAKSHMIPRIYA	BCA (SF)
2	SHALWIN ALBERT	BCA (SF)
3	ADITHYA JAYANANDAN	BCA (SF)
4	GOURI NANDANA B	BCA (SF)
5	NEFIYA FATHIMA K.N.	BCA (SF)
6	PRANAV KM	BCA (SF)
7	RIDHA T M	BCA (SF)
8	SREESHANTH SANTHOSH	BCA (SF)
9	KALYANI V MENON	BCA (SF)
10	NIYA BABU	BCA (SF)
11	SAMEENA P.B	BCA (SF)
12	NAVYA P R	BCA (SF)
13	BLESSWIN BABU M	BCA (SF)
14	FATHIMATH HUSNA . A . S	BCA (SF)
15	SREELAKSHMI S R	BCA (SF)
16	AJAY ANTONY	BCA (SF)
17	SANDRA SAJI	BCA (SF)
18	ANANDHA KRISHNAN A S	BCA (SF)
19	ADITHYAN S	BCA (SF)
20	ASWIN RAJ C B	BCA (SF)
21	EBRON K E	BCA (SF)
22	ELVIN FERNANDEZ	BCA (SF)
23	FIDHA FATHIMA V J	BCA (SF)
24	IHSAAN ARAFATH	BCA (SF)
25	MOHAMMED ADHIL V F	BCA (SF)
26	MOHAMMED IRFAN M F	BCA (SF)
27	MOHAMMED REHAN M S	BCA (SF)
28	MUHAMMED AFLAH A	BCA (SF)
29	MUHAMMED SAMEER AY	BCA (SF)
30	PAVITHRA B S	BCA (SF)
31	PAVITHRA V P	BCA (SF)
32	SACHIN SAJU	BCA (SF)
33	SANJUSH T S	BCA (SF)
34	VADASSHERY VIVIAN DAVIS	BCA (SF)
35	VINAY JOSEPH KURIAN	BCA (SF)
36	ZENER SHYJAN	BCA (SF)





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3 Pre-Marital Counseling

The Cochin College's Minority Cell, Women's Guidance Cell, Student Counselling Centre, and IQAC, in collaboration with CCMY Mattanchery under the Directorate of Minority Welfare, Government of Kerala, organized a four-day Pre-marital Counselling Course from January 7th to 12th, 2022. This program aimed to equip young individuals with the necessary skills and confidence for a healthy and happy married life. The course featured a comprehensive curriculum designed to address various aspects of marriage, including effective communication, conflict resolution, financial management, and emotional well-being. Expert counselors and trainers conducted interactive sessions that encouraged participants to engage in open discussions and share their perspectives. Participants were provided with practical tools and strategies to handle common challenges in married life, fostering a better understanding of the importance of mutual respect, trust, and compromise in a relationship. The sessions emphasized the significance of emotional intelligence, empathy, and active listening in building a strong marital foundation. Additionally, the course addressed cultural and societal expectations, helping participants navigate these influences while maintaining a healthy relationship. The program also included activities and role-playing exercises to enhance participants' problem-solving and decision-making abilities. Feedback from the attendees was overwhelmingly positive, with many expressing increased confidence in their ability to manage marital situations effectively. The four-day Pre-marital Counselling Course successfully prepared the youth for future married life, promoting the values of understanding, cooperation, and resilience.





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**Minority Cell, Women's Guidance
Cell, Student Counselling Centre,
IQAC, CCMY Mattanchery**

Pre-marital Counselling Course

7th - 12th January





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List of the participants - Premarital counseling Course Conducted on 07-01-2022-12-01-2022

Sl No	Name	Department
1	ALTHAF FAIZAL.K	BCom F&T (SF)
2	ALTHAF. P. A	BCom F&T (SF)
3	ANUPAMA.M. S	BCom F&T (SF)
4	APARNA SIJIMON	BCom F&T (SF)
5	ASBIN. K. A	BCom F&T (SF)
6	ASHWIN SURESH	BCom F&T (SF)
7	ELEZABATH ALEENA	BCom F&T (SF)
8	FATHIMA NASARIN. P. A	BCom F&T (SF)
9	ABHINAND VENU	BCom F&T (SF)
10	VINAY E V	BCom F&T (SF)
11	AALIYA K.S	BCom F&T (SF)
12	AMNA NAZRIN. T. N	BCom F&T (SF)
13	ANN MARIA O.L	BCom F&T (SF)
14	ANN MARY VICTORIA	BCom F&T (SF)
15	APARNA ANILKUMAR	BCom F&T (SF)
16	BLESSY K SEEJO	BCom F&T (SF)
17	FARIS FAIZAL	BCom F&T (SF)
18	MARIA JOSHNI K J	BCom F&T (SF)
19	NEHA BASHEER	BCom F&T (SF)
20	NESIA MARIA MATHEW	BCom F&T (SF)
21	CHANDHANA A K	BSc Chemistry
22	FASNA M F	BSc Chemistry
23	FATHIMA SIRAJ	BSc Chemistry
24	JAYAKRISHNAN P A	BSc Chemistry
25	MERLIN LAWRENCE	BSc Chemistry
26	SNYDER MEYN	BSc Chemistry
27	ABHISHEK M S	BSc Chemistry
28	ADHIL SALEEM	BSc Chemistry
29	AKHILA T V	BSc Chemistry
30	AMAN YADAV	BSc Chemistry
31	MUHAFIS RAHMAN C K	BSc Chemistry
32	NASARUNNISA	BSc Chemistry
33	NIKITHA T N	BSc Chemistry
34	SALMIYA NOURIN E S	BSc Chemistry
35	SHREEHARI J B	BSc Chemistry
36	VIDYA BABU	BSc Chemistry
37	ATHIRA .O .R	BSc Zoology
38	NAVYA NANDAKUMAR	BSc Zoology
39	REVATHY .N A	BSc Zoology
40	REVATHY .D R	BSc Zoology





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4 Healthy Community through Organic Farming

On June 5 and 6, 2022, as part of the the World Environment Day celebration organized by Bhoomithrasena Club, The Cochin College saw the inauguration of an Organic Farming initiative by Mr. Sanal Mon J., the Ward Member and Councillor of Panayappilly. The event underscored the importance of sustainable agricultural practices and community engagement in environmental conservation. Mr. Sanal Mon J. emphasized the benefits of organic farming, such as improved soil health, reduced chemical usage, and enhanced biodiversity. He highlighted the initiative's alignment with global efforts to promote eco-friendly practices and reduce the environmental footprint of food production. The Inauguration included a demonstration of organic farming techniques, showcasing the use of natural compost, organic pest control methods, and sustainable water management practices. Local farmers and community members participated enthusiastically, gaining valuable insights into implementing these practices in their own gardens and fields. Educational sessions were conducted by agricultural experts, who shared knowledge on crop rotation, companion planting, and the importance of preserving native plant species. The event also featured an exhibition of organic produce, encouraging the community to adopt healthier eating habits and support local farmers. The celebration was a resounding success, fostering a sense of community responsibility towards the environment. The initiative is expected to inspire more residents to embrace organic farming, contributing to a greener, healthier Panayappilly. The event concluded with a pledge by attendees to continue their efforts in promoting sustainable living and protecting the environment for future generations.





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List of the participants - Organic Farming Inaugurated on 06-06-2022

SI No	Name	Department
1	AISWARYA ELIZABETH T B	BSc Zoology
2	BHAVYA SURESH	BSc Zoology
3	C SUVARNA TIGI	BSc Zoology
4	DEEPTHY MARIA K A	BSc Zoology
5	MOHAMED FARAZ	BSc Zoology
6	MOHAMMED NISAR K	BSc Zoology
7	SAHALA SHERIN P A	BSc Zoology
8	SHIFA A S	BSc Zoology
9	SIFUVA K N	BSc Zoology
10	SREEBITHA P V	BSc Zoology
11	AARCHA P SOMAN	BSc Zoology
12	ASHIQUE SUNIL	BSc Zoology
13	ASNA SHERIN	BSc Zoology
14	DEVIKA DEVANATH	BSc Zoology
15	HAJIRA BAI N	BSc Zoology
16	MANJULA S BHAT	BSc Zoology
17	NEHA NAZRIN C R	BSc Zoology
18	POOJA BAIJU	BSc Zoology
19	S AROMAL	BSc Zoology
20	ANEENA SALIM	BSc Zoology
21	ANILA K.J	BSc Zoology
22	ANUSHA M A	BSc Zoology
23	ANUSREE K.B.	BSc Zoology
24	ARDHRA K S	BSc Zoology
25	ARDRA K R	BSc Zoology
26	ARJITHA P A	BSc Zoology
27	ARYA PRADEEP	BSc Zoology
28	ATHULYA RAJESH	BSc Zoology
29	ATHULYA SHAJI	BSc Zoology
30	CHINMAYA A K	BSc Zoology
31	JAYALAKSHMI JAYAN	BSc Zoology
32	NAJLA K S	BSc Zoology
33	REKHA V R	BSc Zoology
34	SIJINA SALIM	BSc Zoology





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5 Empowering Youth with Life Skills

On August 12, 2022, the Department of Chemistry, in association with Lift Up Academy, celebrated International Youth Day. The program, held continued the next day at at the college premises, was inaugurated by the Assistant Commissioner of Police, Mattancherry, who delivered an inspiring speech emphasizing the crucial role of youth in shaping the future. The event featured a variety of life skills development activities aimed at empowering young individuals. Workshops were conducted on topics such as effective communication, time management, and teamwork. These sessions provided practical tools and strategies to help participants enhance their personal and professional skills. Interactive activities, including group discussions and role-playing exercises, encouraged active participation and fostered a collaborative learning environment. The sessions were designed to help students identify their strengths, build self-confidence, and develop critical thinking abilities. A highlight of the celebration was a motivational talk by a renowned youth mentor from Lift Up Academy, who shared valuable insights on goal setting, resilience, and the importance of maintaining a positive mindset. The speaker's personal anecdotes and success stories resonated with the audience, inspiring them to pursue their dreams with determination and perseverance. The event concluded with a talent showcase, where students demonstrated their creative skills through music, dance, and poetry. This celebration of International Youth Day successfully highlighted the potential of young individuals and the importance of equipping them with essential life skills to navigate the challenges of the modern world. Participants left with a renewed sense of purpose and enthusiasm, committed to making a positive impact in their communities.





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AFFILIATED TO M.G UNIVERSITY KOTTAYAM
INTERNATIONAL YOUTH DAY
organised by
DEPARTMENT OF CHEMISTRY

*Life skills
development activities*

Date: 12/08/2022
Venue: Seminar Hall

Poster Maker





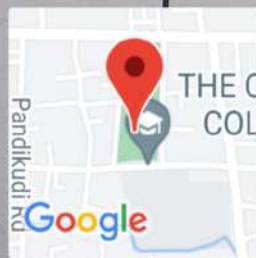
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Kerala 682002, India

Lat 9.950254°

Long 76.25151°

12/08/22 10:32 AM

GPS Map Camera



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



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List of participants - International Youth day conducted on 12-08-2022		
Serial Number	Name	Department
1	AMRUTHA RAJESH	BSc chemistry
2	APARNA PRADEEP	BSc chemistry
3	ARUN ROBY	BSc chemistry
4	ASHNA N N	BSc chemistry
5	ASWATHY S	BSc chemistry
6	ATHULYA MOL	BSc chemistry
7	DHAYA SANTHOSH	BSc chemistry
8	ELIZABETH ALEENA M M	BSc chemistry
9	FIDHA FATHIMA K H	BSc chemistry
10	GAYATHRY SUDHEER V	BSc chemistry
11	GOWRY K R	BSc chemistry
12	AJMAL FARVEEN. T. F	BA Economics
13	AMEERSHA ANWAR	BA Economics
14	ANEESHA TR	BA Economics
15	ASHISH C PRADEEP	BA Economics
16	ASHNA ALI	BA Economics
17	DHANALAKSHMI . T. B	BA Economics
18	DHEENA MARIYA	BA Economics
19	FATHIHA. P.S	BA Economics
20	JOEL P JOY	BA Economics
21	KEERTHI JUSTIN	BA Economics
22	FATHIHA. P.S	BA Economics
23	KEERTHI JUSTIN	BA Economics
24	KOCHURANI ALEENA KJ	BA Economics
25	LAYA MADHU.S	BA Economics
26	SALMA M.S.	BCom Tax (Aided)
27	SANDEEP A. BALAKRISHNAN	BCom Tax (Aided)
28	SETHULAKSHMI V.P.	BCom Tax (Aided)
29	SHARANYA SONY	BCom Tax (Aided)
30	SHERIN XAVIER	BCom Tax (Aided)
31	SIDHARTHAN N R	BCom Tax (Aided)
32	SNEHA K.L.	BCom Tax (Aided)
33	NAFILA A.N.	BCom Tax (Aided)
34	SALMA M.S.	BCom Tax (Aided)
35	SETHULAKSHMI V.P.	BCom Tax (Aided)
36	SHARANYA SONY	BCom Tax (Aided)





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6 Water Quality Analysis

On World Water Day, March 22, 2023 the BMS Club conducted a Water Quality Analysis to assess the potability of various drinking water sources around Fort Kochi. This initiative aimed to ensure the availability of safe drinking water for the community. The analysis involved collecting water samples from different locations, including public wells, household taps, and natural springs. These samples were tested for various parameters such as pH levels, turbidity, microbial content, and the presence of harmful chemicals and heavy metals. The results were compared against standard guidelines for potable water to determine their safety. Preliminary findings indicated that while some sources met the safety standards, others showed contamination levels that could pose health risks. Public wells, in particular, exhibited higher levels of microbial contamination, necessitating immediate attention and potential remediation measures. In addition to the water quality analysis, BMS Club members observed World Water Day by placing earthen bowls filled with water in different locations for birds and animals. This act of compassion aimed to highlight the importance of water for all living beings and to promote awareness about water conservation and wildlife support. The event was well-received, with community members appreciating the dual focus on human health and ecological welfare. The BMS Club's efforts underscored the critical need for ongoing water quality monitoring and the implementation of measures to ensure access to safe drinking water for everyone in Fort Kochi.





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Water Quality Analysis-Participants List

No.	Name	Course
1	ABHINAV KRISHNA U	BSc Chemistry
2	ABHIRAMI D	BSc Chemistry
3	AGNA SOJAN	BSc Chemistry
4	AMARISH P S	BSc Chemistry
5	AMIL BABU	BSc Chemistry
6	ANANDU SURESH	BSc Chemistry
7	ARJUN K T	BSc Chemistry
8	ASHEE ANTONY	BSc Chemistry
9	ASHITHA S	BSc Chemistry
10	BETLIN BABU	BSc Chemistry
11	DEVAN R	BSc Chemistry
12	DEVIKA T D	BSc Chemistry
13	FARZANA NAVAS	BSc Chemistry
14	FATHIMA RICSANA K Y	BSc Chemistry
15	GEETHU YESUDAS	BSc Chemistry
16	HAMNA NASEEB	BSc Chemistry
17	HASBUNA K K	BSc Chemistry
18	IRFANA IBRAHIMKUTTY	BSc Chemistry
19	JISMIYA A A	BSc Chemistry
20	KRISHNA C S	BSc Chemistry
21	LAKSHMI K K	BSc Chemistry
22	M NIHALA	BSc Chemistry
23	MARY ALEENA C Y	BSc Chemistry
24	MUHSINA MOHAMMED	BSc Chemistry
25	NAURA M S	BSc Chemistry
26	NEDHA C A	BSc Chemistry
27	NEHA C A	BSc Chemistry
28	P AISWARYA SHINE	BSc Chemistry





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email: email@thecochincollege.edu.in

29	RAHANA A A	BSc Chemistry
30	REMIYA C A	BSc Chemistry





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7 Menstrual Health and Hygiene

A webinar on “Menstrual Health and Hygiene” was organized in association with Unicharm India, New Delhi, on August 10, and 11th 2021 for different batches of students. The event featured Ms. Roshnee Bhowmick, a CSR executive at Unicharm India, who delivered an insightful presentation on the importance of health and hygiene, with a special focus on the menstrual cycle and related health issues. Ms. Bhowmick began by discussing general health and hygiene principles, emphasizing their foundational role in overall well-being. She then delved into the specifics of menstrual health, addressing common misconceptions and taboos that often surround the topic. Her presentation highlighted the physiological aspects of the menstrual cycle, common menstrual health issues, and practical advice on maintaining hygiene during menstruation. A significant portion of the webinar was dedicated to educating participants about the importance of using proper menstrual products, understanding menstrual disorders, and recognizing symptoms that may require medical attention. Ms. Bhowmick also emphasized the importance of open conversations about menstruation to break the stigma and promote better health practices. The webinar was well-received, with participants appreciating the valuable information and the opportunity to discuss a topic that is often considered taboo. The event underscored the need for ongoing education and awareness to improve menstrual health and hygiene practices, thereby contributing to the overall health and empowerment of women.



WOMEN'S GUIDANCE CELL

THE COCHIN COLLEGE

KOCHI:02

in collaboration with

Unicharm India

brings to you

“MENSTRUAL HEALTH & HYGIENE SESSION”

on

10th August 2021 (Tuesday) | 3:30 pm to 4:30 pm

Join Zoom meeting

<https://zoom.us/j/98300970035?pwd=L3d2YmJlV3BjU3J2aVhWQTN4TnBYZz09>

Meeting ID: 983 0097 0035
Passcode: 297940

Resource Person



Ms. Ankita Sukhwai
CSR Executive



Dr. M Geetha
Principal

Smt. Srividya K.S.
WGC Convenor

Ms. Janu.V.Kumar
Coordinator

Ms. Navya Chandran
Joint -Coordinator





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



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List of participants -Menstrual health and hygiene conducted on 10-08-2021		
Serial Number	Name	Department
1	ABHIRAMI D	BSc chemistry
2	AGNA SOJAN	BSc chemistry
3	ASHITHA S	BSc chemistry
4	DEVIKA T D	BSc chemistry
5	CHANDHANA A K	BSc chemistry
6	FASNA M F	BSc chemistry
7	FATHIMA SIRAJ	BSc chemistry
8	MERLIN LAWRENCE	BSc chemistry
9	AKHILA T V	BSc chemistry
10	AMRUTHA K S	BSc chemistry
11	ALFIYA M.L.	BA Economics
12	ANEESHYA J	BA Economics
13	ASHNA V.N.	BA Economics
14	ASWATHY P.S.	BA Economics
15	ATHESWARI K.	BA Economics
16	ATHULYA BABU	BA Economics
17	AYSHA K.Z.	BA Economics
18	ANEESHA TR	BA Economics
19	ASHNA ALI	BA Economics
20	DHANALAKSHMI . T. B	BA Economics
21	DHEENA MARIYA	BA Economics
22	FATHIHA. P.S	BA Economics
23	KEERTHI JUSTIN	BA Economics
24	KOCHURANI ALEENA KJ	BA Economics
25	LAYA MADHU.S	BA Economics
26	ALAKA NANDA.S	BCom Tax (Aided)
27	ANAGHA K M	BCom Tax (Aided)
28	ATHIRA A S	BCom Tax (Aided)
29	AVANIYA VINCENT	BCom Tax (Aided)
30	AMRUTHA D.D.	BCom Tax (Aided)
31	ANJALY ROSE VARGHESE	BCom Tax (Aided)
32	APARNA V MENON	BCom Tax (Aided)
33	NAFILA A.N.	BCom Tax (Aided)
34	SALMA M.S.	BCom Tax (Aided)
35	SETHULAKSHMI V.P.	BCom Tax (Aided)





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8 Safe Food For a Healthy Tomorrow

The webinar on 'Safe food for a healthy tomorrow' organised by Nature Club on 12th June 2021 emphasized the importance of maintaining stringent food safety practices to ensure long-term public health. The resource person of the session was Dr Rani Chacko, Food Safety officer, Office of the Assistant Food Commissioner of food safety, Ernakulam. Key strategies include implementing rigorous hygiene standards, monitoring food production processes, and promoting awareness about safe food handling. Regular inspections and certifications help prevent contamination and ensure the quality of food. Additionally, educating consumers on proper food storage, cooking techniques, and the risks of foodborne illnesses is crucial. By fostering a culture of food safety and leveraging technological advancements, we can protect public health and contribute to a healthier, more sustainable future.





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NATURE CLUB

WORLD FOOD SAFETY DAY - "SAFE FOOD FOR A HEALTHY TOMORROW"

RESOURCE PERSON

 **WEBINAR**
 **12TH JUNE 2021**

DR.RANI CHACKO,
FOOD SAFETY OFFICER,
OFFICE OF ASSISTANT
COMMISSIONER
OF FOOD SAFETY, ERNAKULAM.





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List of participants -Safe food for healthy tomorrow conducted on 12-06-2021		
Serial Number	Name	Department
1	ABHINAV KRISHNA U	BSc chemistry
2	ABHIRAMI D	BSc chemistry
3	AGNA SOJAN	BSc chemistry
4	AMARISH P S	BSc chemistry
5	AMIL BABU	BSc chemistry
6	ANANDU SURESH	BSc chemistry
7	ARJUN K T	BSc chemistry
8	ASHEE ANTONY	BSc chemistry
9	ASHITHA S	BSc chemistry
10	BETLIN BABU	BSc chemistry
11	DEVAN R	BSc chemistry
12	DEVIKA T D	BSc chemistry
13	ASWIN A S	BSc chemistry
14	CHANDHANA A K	BSc chemistry
15	FASNA M F	BSc chemistry
16	FATHIMA SIRAJ	BSc chemistry
17	JAYAKRISHNAN P A	BSc chemistry
18	MERLIN LAWRENCE	BSc chemistry
19	SNYDER MEYN	BSc chemistry
20	ABHISHEK M S	BSc chemistry
21	ADHIL SALEEM	BSc chemistry
22	AKHILA T V	BSc chemistry
23	AMAN YADAV	BSc chemistry
24	AMRUTHA K S	BSc chemistry
25	ANANDHU A	BSc chemistry
26	ABDUL MUSHFIR K.	BA Economics
27	ALFIYA M.L.	BA Economics
28	AMEEN P.S.	BA Economics
29	ANAND R.	BA Economics
30	ANEESHYA J	BA Economics
31	ASHNA V.N.	BA Economics
32	ASWATHY P.S.	BA Economics
33	ATHESWARI K.	BA Economics
34	ATHUL RAJ S.	BA Economics
35	ATHULYA BABU	BA Economics
36	AYSHA K.Z.	BA Economics
37	AMEERSHA ANWAR	BA Economics
38	ANEESHA TR	BA Economics





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9 Yoga For Health And Wellness

Dr. Jobin Jose Chamakkala, Assistant Professor in the Department of Malayalam at Devamatha College, Kuruvilangad, led an online live session on “Yoga for Health and Wellness.” This session was a part of INIZIO 2021, organized under the guidelines of the University Grants Commission (UGC) as part of the ‘Deeksharambh – Student Induction Programme’. INIZIO 2021, held from 8th to 12th November 2021, was specifically designed for first-year undergraduate students and conducted in a hybrid mode. The program included six online invited lectures, live sessions, video presentations, and assigned tasks. The primary purpose of Deeksharambh was to warmly welcome new students to the institution while helping them develop their creative and social skills, critical thinking, and scientific temper. It also aimed to enhance psychosocial competencies, foster a connection with nature, and assist students in adjusting to their new roles and environment. The Initiative served as an essential bridge for students to transition smoothly into college life, providing them with the necessary tools and insights to thrive in their academic and personal journeys.

**INIZIO
2021**

IQAC & Students Support Cell, The Cochin College

Session 1 *Yoga for Health and Wellness*

Resource Person:
Dr Jobin Jose Chamakkala
Assistant Professor
Department of Malayalam
Devamatha College
Kuruvilangad

Session 2 *Say NO to Drugs*

Resource Person:
Sri. K.K. Arun
Preventive Officer
Excise Range Office
Mattancherry

Session 3 & 4 Task for students - Character Silhouettes

DAY 4

**11
NOVEMBER
2021**






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jobin jose

INIZIO - 2021 (Day-4): Yoga for health and wellness

121 views 2 yr ago ...more

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	INIZIO 2021	
1	Amal Dev A.N.	B.A. English
2	Anwin Saju	B.A. English
3	Aryalakshmi K.M.	B.A. English
4	Evelin Elizabeth V.P.	B.A. English
5	Krishna P.V	B.A. English
6	Safna M. Siraj	B.A. English
7	Savio Joseph P.P.	B.A. English
8	Sruthymol T.S.	B.A. English
9	Unnimaya Kishore	B.A. English
10	Aksa M.S.	B.A. English
11	T. N. Thasni	B.A. English
12	S. Shafna	B.A. English
13	Farhana A. Naushad	B.A. English
14	Farha V. Noushad	B.A. English
15	Preethu Vishwappan	B.A. English
16	Mathew Xavier	B.A. English
17	Rameesa P.A.	B.A. English
18	Aromal Raj R.	B.A. English
19	Sara Treasa Manaly	B.A. English
20	Adithya . P	BBA
21	Afiyanaz A N	BBA
22	Ahamed Sahil.S	BBA
23	AKshay Anil Kumar	BBA
24	Amaan Khan	BBA
25	Ameena T S	BBA
26	Amin Khaif N.S	BBA





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10 Management of Emotional and Behavioural Problems in Adolescents

The college conducted a workshop titled "Life Skill: Emotional and Behavioural Problems in Adloscents" durign 8/12/2021 to 12/11/2021, aimed at enhancing the emotional intelligence and behavioral skills of students. The workshop was facilitated by Suvad M.T., Psychologist, and a seasoned expert in the field of psychology and counseling. This event is part of a broader initiative to equip students with the necessary life skills to manage personal and professional challenges effectively. The primary goal was to develop students' self-awareness, empathy, and resilience. Participants engaged in interactive sessions focused on managing emotions, improving interpersonal relationships, and handling stress. The session covered topics such as emotional regulation, behavioral adaptation, conflict resolution, and coping strategies for stress.

Students reported significant improvements in their emotional and behavioral understanding, with many expressing increased confidence in navigating personal and social challenges. This workshop is a crucial part of the college's commitment to holistic education, ensuring that students are well-prepared to thrive in all aspects of life.





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IQAC & Student Support Cell
The Cochin College

INIZIO 2021


DAY 5: 12 November 2021

»» Session 1: *Management of Emotional and Behavioural Problems in Adolescents*

Resource Person
Suvrad M T
Psychologist
HLPPT, Second Innings Home
Govt Old Age Home, Thavanur
Malappuram


Session 2: Task for students - *What's in my name?*

Session 3 & 4: Task for students- *Report Preparation*



INIZIO - 2021 (Day-5): Management of emotional and behavioural problems ...

192 views 2 yr ago ...more

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Mrudula Menon V.
Principal-in-Charge
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	INIZIO 2021	
1	Amal Dev A.N.	B.A. English
2	Anwin Saju	B.A. English
3	Aryalakshmi K.M.	B.A. English
4	Evelin Elizabeth V.P.	B.A. English
5	Krishna P.V	B.A. English
6	Safna M. Siraj	B.A. English
7	Savio Joseph P.P.	B.A. English
8	Sruthymol T.S.	B.A. English
9	Unnimaya Kishore	B.A. English
10	Aksa M.S.	B.A. English
11	T. N. Thasni	B.A. English
12	S. Shafna	B.A. English
13	Farhana A. Naushad	B.A. English
14	Farha V. Noushad	B.A. English
15	Preethu Vishwappan	B.A. English
16	Mathew Xavier	B.A. English
17	Rameesa P.A.	B.A. English
18	Aromal Raj R.	B.A. English
19	Sara Treasa Manaly	B.A. English
20	Adithya . P	BBA
21	Afiyanaz A N	BBA
22	Ahamed Sahil.S	BBA
23	AKshay Anil Kumar	BBA
24	Amaan Khan	BBA
25	Ameena T S	BBA
26	Amin Khaif N.S	BBA





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11 Reproductive Health and Rights

In observance of World Population Day, the department of Economics organized an invited talk on “Reproductive Health and Rights: Impact of Pandemic” on July 12, 2021. The event was co-hosted by the Kerala Economic Association and featured renowned demographer Dr. P.S. Nair as the resource person. Dr. Nair’s presentation provided a comprehensive overview of how the COVID-19 pandemic has impacted reproductive health and rights globally. He highlighted the disruptions in healthcare services, including access to contraceptives, maternal health services, and safe abortion services, which have been significantly affected by the pandemic. The talk emphasized the challenges faced by marginalized communities, particularly women, who have been disproportionately affected by these disruptions. Dr. Nair also discussed the broader implications of the pandemic on reproductive rights, including the increase in unintended pregnancies and the potential rise in maternal and infant mortality rates. He stressed the importance of resilient healthcare systems and policies that prioritize reproductive health, even during global crises. The talk was well-received, with participants gaining valuable insights into the intersection of public health and reproductive rights during a pandemic. The event underscored the critical need for continued advocacy and action to protect and promote reproductive health and rights in the face of ongoing and future challenges.





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World Population Day 2021

An invited lecture was organised by the Department of Economics to observe World Population Day in association with Kerala Economic Association. The theme of the talk was 'Reproductive Health and Rights: Impact of pandemic'. The resource person was Prof. Dr. P.S. Nair, Former Professor, Department of Demography, University of Kerala.



WORLD POPULATION DAY 2021

Invited Lecture

Reproductive Health and Rights: Impact of Pandemic

by



Prof. Dr. P S Nair, MA, MSc, Ph.D (Brussels), FAS.
Former Professor & Head, Dept. of Population Studies, University of Botswana.
Former Professor & Head, Dept. of Demography, University of Kerala.
Former Director, Population Research Centre, Univ. of Kerala and Dharmwad.
Former Reader, IPS, Mauritius.

Monday, 12 July 2021, 11.00 a.m.-12.30 p.m.

The theme of World Population day 2021 is " Rights and choices are the answer: Whether baby boom or bust, the solution to stabilizing fertility rates lies in prioritizing the reproductive health and rights of all people"

UNFPA developed this theme in the special context of Covid-19 pandemic. The pandemic has compromised health care systems across the world, particularly in the area of sexual and reproductive health. While those with access to sexual and reproductive health services historically delay childbearing in times of fiscal uncertainty or crisis, disruptions in supply of contraceptives in combination with lockdowns are predicted to result in a sharp rise in unplanned pregnancies for the most vulnerable. Ultimately, women must be empowered educationally, economically and politically to exercise choice over their bodies and fertility.

Coordinator : Dr. Sindhu K, Mob. 9447326223

Join Zoom Meeting
Meeting ID: 818 4626 9326 Passcode: 2021





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List of participants - Reproductive health and rights: Impact of pandemic		
Serial Number	Name	Department
1	ADITHYA M S	BSc chemistry
2	AISHA FARZANA T N	BSc chemistry
3	ASWIN A S	BSc chemistry
4	CHANDHANA A K	BSc chemistry
5	FASNA M F	BSc chemistry
6	FATHIMA SIRAJ	BSc chemistry
7	JAYAKRISHNAN P A	BSc chemistry
8	MERLIN LAWRENCE	BSc chemistry
9	SNYDER MEYN	BSc chemistry
10	ABHISHEK M S	BSc chemistry
11	ADHIL SALEEM	BSc chemistry
12	AKHILA T V	BSc chemistry
13	ANEESHYA J	BA Economics
14	ASHNA V.N.	BA Economics
15	ASWATHY P.S.	BA Economics
16	ATHESWARI K.	BA Economics
17	ATHUL RAJ S.	BA Economics
18	ATHULYA BABU	BA Economics
19	AYSHA K.Z.	BA Economics
20	DHUVIJITH K.M.	BA Economics
21	FARZEENA V UBAID	BA Economics
22	FATHIMA DHILNA K	BA Economics
23	GOPIKA M.M.	BA Economics
24	HARSHITHA C.A.	BA Economics
25	LAYA MADHU.S	BA Economics
26	ANAGHA K M	BCom Tax (Aided)
27	ANANDAKRISHNAN T A	BCom Tax (Aided)
28	ANANDHU K AJITH	BCom Tax (Aided)
29	ATHIRA A S	BCom Tax (Aided)
30	AVANIYA VINCENT	BCom Tax (Aided)
31	BINTO K BENNY	BCom Tax (Aided)
32	DEVIKA C A	BCom Tax (Aided)
33	ENOSH PAUL	BCom Tax (Aided)
34	GANGA BINNY	BCom Tax (Aided)
35	KAVYA SIVADAS	BCom Tax (Aided)
36	SHARANYA SONY	BCom Tax (Aided)





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12 Our Body is the Healer

A webinar was organized on 25th March, 2021 by The Cochin College, Kochi, featuring Ms. Princy Varghese as the resource person. Ms. Varghese, an Assistant Professor in contract at the Department of Zoology, delivered an insightful session on the theme “Our Body is a Healer.” Ms. Varghese’s presentation delved into the remarkable self-healing capabilities of the human body. She explored the biological processes that enable healing, such as cellular regeneration, immune response, and the body’s ability to adapt to various stressors. Emphasizing the importance of maintaining a healthy lifestyle, she discussed how proper nutrition, regular exercise, and adequate rest support the body’s natural healing mechanisms. The webinar was interactive, with Ms. Varghese engaging the audience through thought provoking questions and practical examples. Participants gained a deeper understanding of how everyday habits and choices influence their health and well-being. The session also highlighted recent scientific advancements in understanding the body’s healing processes, shedding light on how this knowledge can be applied in medical and wellness practices. The event concluded with a Q and A session, where attendees posed various questions, and Ms. Varghese provided comprehensive answers, further enriching the learning experience. Overall, the webinar was well-received, offering valuable insights into the body’s intrinsic ability to heal and the importance of supporting these natural processes through healthy living.





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DEPARTMENT OF CHEMISTRY & ZOOLOGY

Invited Talk

Your Body is the Healer

25-03-2021

Resource Person

Ms. Princy

Varghese, Assistant Professor,

Department of Zoology,

The Cochin College.





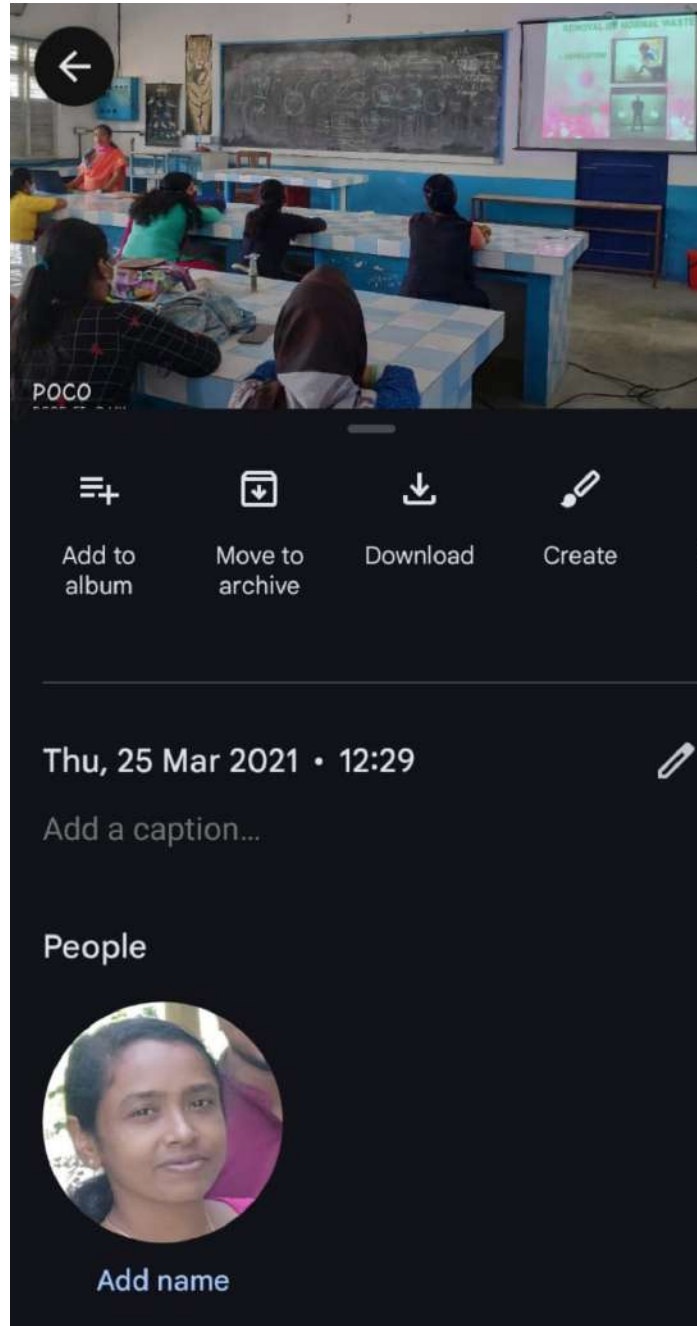
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List of the participants - Our Body is a Healer Conducted on 25-03-2022

Sl No	Name	Department
1	A R ROSHNI DAS	MSc Chemistry
2	AGNAL LAZAR	MSc Chemistry
3	AINA FATHIMA A	MSc Chemistry
4	AISWARYA O S	MSc Chemistry
5	ALEESHA XAVIER	MSc Chemistry
6	ANJANA K K	MSc Chemistry
7	APARNA S	MSc Chemistry
8	BINDU U	MSc Chemistry
9	CINU MARY T A	MSc Chemistry
10	FEMIYA FRANCIS	MSc Chemistry
11	HASEENA P A	MSc Chemistry
12	MARIA GEETHU K V	MSc Chemistry
13	NAMITHA ROMEO	MSc Chemistry
14	NIKHIL T S	MSc Chemistry
15	NUREIN S	MSc Chemistry
16	PRAVEEN THOMSON	MSc Chemistry
17	RAMEESA T K	MSc Chemistry
18	SANIYA ELIZABETH	MSc Chemistry
19	SHAJNA S	MSc Chemistry
20	SHILPA SURESH	MSc Chemistry
21	SHIYARA SHALAN	MSc Chemistry
22	SILPA SURESH	MSc Chemistry
23	SREELAKSHMI T D	MSc Chemistry
24	SUMAYYA P M	MSc Chemistry
25	AGNA SOJAN	MSc Chemistry
26	AISWARYA R	MSc Chemistry
27	ALLGA JOSEPH	MSc Chemistry
28	AMEENA NOUSHAD	MSc Chemistry
29	ANAGHA P S	MSc Chemistry
30	ANANDHAKRISHNAN V U	MSc Chemistry
31	ANUSHA RAJ	MSc Chemistry
32	ARCHA T S	MSc Chemistry
33	ASTEL K A	MSc Chemistry
34	ATHULYA CHANDREN	MSc Chemistry
35	DANIYA MUNAWAR	MSc Chemistry
36	DEV K SASIDHARAN	MSc Chemistry
37	FATHIMA RICSANA K Y	MSc Chemistry
38	HAMNA NASEEB	MSc Chemistry
39	JINSHA A P	MSc Chemistry





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13 Healthy Personality

On September 11, 2020, Dr. Rashmi P., Assistant Professor in the Department of Psychology at MES College, Marampally, conducted an insightful counseling class for students. The session aimed to address the psychological challenges and stressors that students often face, particularly in the context of the ongoing pandemic. Dr. Rashmi began the class by discussing common mental health issues such as anxiety, depression, and stress, which have been exacerbated by the COVID-19 pandemic. She highlighted the importance of recognizing early signs of these issues and seeking timely help. Her interactive approach encouraged students to share their experiences and concerns, creating a supportive environment for open dialogue. The session also covered effective coping mechanisms and strategies to manage stress. Dr. Rashmi emphasized the significance of maintaining a balanced lifestyle, including regular physical activity, a healthy diet, and adequate sleep. She introduced mindfulness techniques and relaxation exercises to help students manage anxiety and improve their overall mental well-being. Furthermore, Dr. Rashmi addressed the stigma associated with mental health and the importance of de-stigmatizing seeking professional help. She provided information on available mental health resources and encouraged students to reach out to counselors and support systems within the college. The counseling class was well-received, with students appreciating the practical advice and empathetic approach of Dr. Rashmi. The session underscored the importance of mental health awareness and the need for ongoing support and education to promote psychological well-being among students.





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THE COCHIN COLLEGE, KOCHI-2

TALK ON HEALTHY PERSONALITY

ORGANISED BY

THE WOMEN'S GUIDANCE CELL

&

IQAC

On September 11, 2020 @ 3.30 PM

RESOURCE PERSON : DR. RASHMI .P.

ASSISTANT PROFESSOR

DEPARTMENT OF PSYCHOLOGY

MES COLLEGE, MARAMPALLY

ONLINE PLATFORM : GOOGLE MEET

Target group: II B.A. ENGLISH

II B.A. ECONOMICS

II B.COM (TAXATION)

II B.COM (MARKETING)





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List of the participants - Healthy personality: A counseling class conducted on 11-09-2020

Sl No	Name	Department
1	ASISH GEORGE	BSc Zoology
2	GAYATHRI SAJEEV	BSc Zoology
3	JASEERA SHAHEER K S	BSc Zoology
4	JULIYA ANGEL	BSc Zoology
5	KIRAN DAS P M	BSc Zoology
6	MARY ANITHA A G	BSc Zoology
7	MEENU K S	BSc Zoology
8	MISHAL UMMER A	BSc Zoology
9	MOHAMMED NISAMUDHEEN	BSc Zoology
10	NAMRETHA T T	BSc Zoology
11	NIHALA THAJUDEEN	BSc Zoology
12	POOJA T SHENOY	BSc Zoology
13	PRANEESHA PARVATHY M P	BSc Zoology
14	RIBINA M J	BSc Zoology
15	ROJA VICTORY C R	BSc Zoology
16	SAFNA C S	BSc Zoology
17	SAFWANA C S	BSc Zoology
18	SALAH P S	BSc Zoology
19	SANDRA GOMEZ	BSc Zoology
20	SHAHANAS H K	BSc Zoology
21	SNYDER MEYN	BSc Chemistry
22	ABHISHEK M S	BSc Chemistry
23	ADHIL SALEEM	BSc Chemistry
24	AKHILA T V	BSc Chemistry
25	AMAN YADAV	BSc Chemistry
26	AMRUTHA K S	BSc Chemistry
27	ANANDHU A	BSc Chemistry
28	ANUMOL S	BSc Chemistry
29	APARNA K RAJ	BSc Chemistry
30	ARUNKUMAR A N	BSc Chemistry
31	ASWATHY BABU	BSc Chemistry
32	GEETHU ABRAHAM	BSc Chemistry
33	RAHANAZ KAISI	BSc Physics
34	REMIZA J R	BSc Physics
35	SAFNA N	BSc Physics
36	SAHALA YESMIN N S	BSc Physics
37	SAHIL SANTHOSH	BSc Physics





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14 Nipah and other Viral Diseases

The Cochin College library organized an enlightening talk on “Nipah and Other Viral Diseases,” delivered by Dr. Shimna Azeez from the Department of Community Medicine at Government Medical College, Manjeri, Malappuram. The session aimed to engage college students by emphasizing the significance of understanding viral diseases, particularly Nipah, which has posed serious health challenges in recent years. Dr. Shimna Azeez elaborated on the transmission, symptoms, and preventive measures of the Nipah virus, highlighting its potential impact on public health. The talk underscored the importance of being Informed about viral diseases, not only for personal safety but also for shaping future healthcare practices and policies. Dr. Azeez’s insights provided students with a comprehensive understanding of how viral outbreaks can influence healthcare systems and the necessity of proactive measures in combating such diseases. Two sessions were held on 2nd and 3rd August 2019, The session was well-received, with more than a hundred students participating and benefiting from the program. The event successfully fostered awareness among the students, equipping them with knowledge that could contribute to their academic and professional pursuits in the field of healthcare and beyond.





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THE COCHIN COLLEGE, KOCHI 2
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A TALK ON
NIPAH AND OTHER VIRAL DISEASES

organised by
The College Library and
Department of Botany

Resource Person
Dr. Shimna Aseez
Tutor, Manjeri
Malappuram

Date: 02-08-2019

Poster Maker





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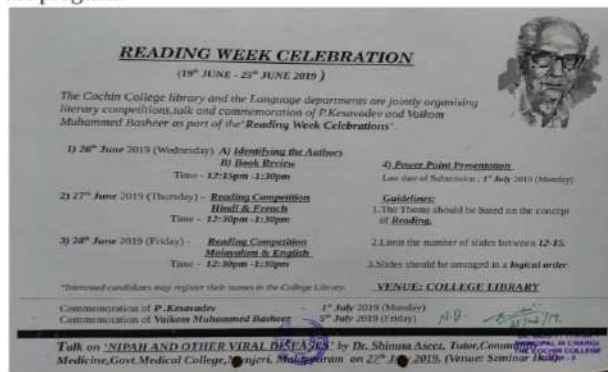
email: email@thecochincollege.edu.in

Extension Activities:

Webinars and Talk

1. Talk on 'Nipah and Other Viral Diseases' by Dr. Shimna Azeez, Department of Community Medicine, Government Medical College Manjeri, Malappuram- 02/08/2019, 11.00 am

The Cochin College library organised a talk on 'Nipah and Other Viral Diseases' by Dr. Shimna Azeez, Department of Community Medicine, Government Medical College Manjeri, Malappuram on 2nd August 2019. This talk aims to engage college students by highlighting the relevance of understanding viral diseases like Nipah, emphasizing their role in shaping future healthcare practices and policies. More than hundred students are benefited from the program.





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Number of Participants- 103

40

A talk on 'NIPAH AND OTHER VIRAL DISEASES'
 by: Dr. Shama Azeez
 Subject: Community Medicine, Govt. Medical College,
 Mangalapuram.
 on 2 August 2019.
 Organized by The Cochin College Library and
 Language Departments.
 Time: 11 am
 Venue: Seminar Hall

Sl. No	Name	Class / Department	Signature
1	Lakshmi K.K	II nd BSc Chemistry	[Signature]
2	Kushna C.S	I st BSc Chemistry	[Signature]
3	Rahana A.A	II nd BSc Chemistry	[Signature]
4	Arnu Tina Clekhar	III rd B.Com Tax (Annu)	[Signature]
5	RESHMA R	II nd B.Com Tax (Annu)	[Signature]
6	Sowdabhat A.S	3 rd B.Sc. (Annu)	[Signature]
7	Reshmy D.R	III rd B.Sc. (Annu)	[Signature]
8	Mary shaniga K.M	II nd B.C.A (Annu)	[Signature]
9	Sani shama	III rd B.C.A (Annu)	[Signature]
10	Shani cp	III rd B.C.A (Annu)	[Signature]
11	Varaya K.S	II BSc Chemistry	[Signature]
12	Greetha Yesudas	II BSc Chemistry	[Signature]
13	Uthra T. U	"	[Signature]
14	Sangeeta K. A	"	[Signature]
15	SHIVA R	"	[Signature]
16	DEVIKA T.D	"	[Signature]
17	ASHITHA S.	"	[Signature]
18	M NIHARA	"	[Signature]
19	FARHANA NAWAS	"	[Signature]
20	Harbana K.K	"	[Signature]
21	Ashree Anoop	"	[Signature]
22	Remiya C.A	"	[Signature]
23	Jismiya A.A	"	[Signature]





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15 Sanitizer Making and Distribution

Report on Hand Sanitizer Distribution Initiative-2019 by The Cochin College's Department of Chemistry During the challenging days of the COVID-19 pandemic, The Cochin College's Department of Chemistry demonstrated exemplary social responsibility by initiating the preparation and distribution of hand sanitizers. Adhering strictly to WHO regulations, the department swiftly responded to the urgent need for sanitizing products, earning widespread appreciation for their efforts. The training sessions for sanitizer making was conducted during 13/3/2020 and 20/3/2020. Recognizing the critical importance of hand hygiene in curbing the spread of the virus, the Department of Chemistry, with robust support from the college management, embarked on a mission to produce and distribute hand sanitizers. Through meticulous planning and dedicated work, the department successfully prepared 1,000 bottles of hand sanitizers. These were then distributed to the public, ensuring that the local community had access to essential sanitation resources during a time of scarcity and heightened anxiety. The Initiative not only provided a vital public health service but also highlighted the college's commitment to social responsibility and community support. This proactive approach by The Cochin College's Department of Chemistry set a commendable example of how educational institutions can contribute significantly to societal well-being in times of crisis. The community's positive response and gratitude underscored the impact of this timely and generous initiative.





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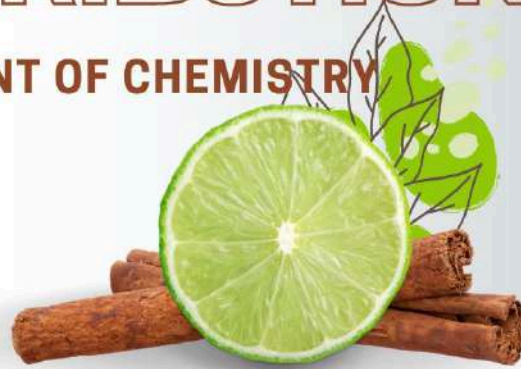
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AFFILIATED TO M.G UNIVERSITY, KOTTAYAM

RE-ACCREDITED B+ GRADE BY NAAC

SANITIZER MAKING AND DISTRIBUTION

DEPARTMENT OF CHEMISTRY





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SI No	Name	Department
1	BETLIN BABU	Chemistry
2	DEVAN R	Chemistry
3	DEVIKA T D	Chemistry
4	FARZANA NAVAS	Chemistry
5	FATHIMA RICSANA K Y	Chemistry
6	GEETHU YESUDAS	Chemistry
7	HAMNA NASEEB	Chemistry
8	HASBUNA K K	Chemistry
9	IRFANA IBRAHIMKUTTY	Chemistry
10	JISMIYA A A	Chemistry
11	KRISHNA C S	Chemistry
12	LAKSHMI K K	Chemistry
13	M NIHALA	Chemistry
14	MARY ALEENA C Y	Chemistry
15	MUHSINA MOHAMMED	Chemistry
16	NAURA M S	Chemistry
17	NEDHA C A	Chemistry
18	NEHA C A	Chemistry
19	P AISWARYA SHINE	Chemistry
20	RAHANA A A	Chemistry
21	REMIYA C A	Chemistry
22	HAMDAN ABDULLA .K.	Chemistry
23	HARISANKER.K.C.	Chemistry
24	HASEENA.P.A.	Chemistry
25	JUVAIRIYA.P.A.	Chemistry
26	LAKSHMI SUBHASH	Chemistry
27	MARY LIYA JOSY	Chemistry
28	MASBANA MAJEED	Chemistry
29	MOHAMMED BILAL.K.S	Chemistry
30	RAPHAEL SIMON SHAHIN.K.S	Chemistry

