



# THE COCHIN COLLEGE

Koovapadam, Kochi-2

Affiliated To Mahatma Gandhi University

Re-accredited by NAAC With B+ Grade



Fourth Cycle  
NAAC Accreditation 2024

## Criterion 6 Governance, Leadership and Management

### DVV Clarifications

#### 6.3 - Faculty Empowerment Strategies

Metric No. 6.3.3

Total number of teaching and non-teaching staff participating in Faculty development Programmes (FDP), Management Development Programmes (MDPs) professional development /administrative training programs during the last five years

Annual Report 2020-21 (Highlighting the programs undertaken by the teaching faculty)

Submitted to



National Assessment and Accreditation Council



# THE COCHIN COLLEGE

KOCHI - 682 002

(Affiliated to Mahatma Gandhi University and Accredited by NAAC)

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THE COCHIN COLLEGE, KOCHI-2

ANNUAL REPORT 2020-21



The Cochin College, Koovapadam, Kochi-2

(Affiliated to Mahatma Gandhi University, Kottayam)

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



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## Motto: Lead Kindly Light

The motto "Lead Kindly Light" is a prayer for guidance in times of darkness and uncertainty. Originating from the hymn written by John Henry Newman, it symbolizes the aspiration for moral and spiritual enlightenment. It reflects the College's dedication to being a beacon of wisdom, virtue, and integrity, guiding its students through the challenges of life with compassion and understanding. The phrase also encapsulates the institution's commitment to fostering an environment where knowledge leads not only to personal success but also to the greater good of society. As students embark on their educational journey, the light of knowledge, integrity, and wisdom leads them towards a brighter and more meaningful future.

### College Management:

- **President:** Sri. Ulhas V. Saraf
- **Secretary:** Sri. Deepak Shetty
- **Manager:** Sri. Thomas J. Vayalat

### Board Members:

- Sri. M. L. Parekh
- Adv. P.P. Jacob
- Sri. Kishore Kumar Shamji
- Sri. Raj Kumar Gupta
- Sri. Bharat Khona
- Sri George Mookken
- Sri. Arun D. Mookken
- Adv. M. Anilkumar (Hon. Mayor, Corporation of Kochi)
- Smt. K.A. Ansiya (Deputy Mayor, Corporation of Kochi)
- Sri. Arun D. Mookken (President, Indian Chamber of Commerce & Industry)
- Sri. Joe V. Job (Vice President, Indian Chamber of Commerce & Industry)



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## 1 Members of College Council

Designation	Name
President(Principal)	Ms. Mrudula Menon V
Elected Member	Ms. Neena Simon V
Elected Member	Mr. Unniraja P.S.
Elected Member	Dr. Manju Subramanian
HoD of English	Dr. Soney Bhageeradhan
HoD of Economics	Dr.Sindhu K
HoD of Botany	Dr. Suprabha G. Nair
HoD of Physics	Dr. Manjusha M
HoD of Chemistry	Dr. Zafna Rasheed
HoD of Commerce	Dr. Rekha P.G.
HoD of Zoology	Dr. Smitha N.R.
HoD of Hindi	Ms. Srividya K.S.
HoD of Malayalam	Dr. Reshimon P R.
HoD of French	Ms. Janu V Kumar
HoD of Electronics	Dr. Paulbert Thomas
HoD of History	Ms. Renjith S.
HoD of Mathematics	Mr. Dominic T. Joseph
HoD of Bio-technology	Dr. Jayesh Kuriakose
HoD of Biochemistry	Dr. Nayana Jose
Academic Head (SF)	Dr. Meera Menon
UGC Librarian	Ms. Jeena Jayan
Office Superintendent	Ms. Anitha Kumaari T.P.



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## 2 Members of Internal Quality Assurance Cell

Sl. No	Name	Designation
1	Ms. Mrudula Menon V	Principal (Chairperson)
2	Dr. M Geetha.	Associate Professor (IQAC Coordinator)
3	Mr. George Mookken	Management Representative
4	Ms. Srividya K. S.	Teacher Representative
5	Dr. Reshimon P. R.	Teacher Representative
6	Ms. Mrudula Menon V.	Teacher Representative
7	Dr. Manjusha M. V.	Teacher Representative
8	Dr. Rekha P. G.	Teacher Representative
9	Dr. Suprabha G. Nair	Teacher Representative
10	Dr. Zafna Rasheed	Teacher Representative
11.	Dr. Sindhu K.	Teacher Representative 12
Mr. Febin George	Teacher Representative	
13	Ms. Keerthana S.	Teacher Representative
14	Ms. Jeena Jayan	UGC Librarian
15	Ms. Anitha Kumari T. P.	Jr. Superintendent (Senior Admin Staff)
16	Dr. Priya P. A.	Division Councilor, Cochin Corporation
17	Ms. Hridika K. P.	Student Representative (M.Sc. Physics)
18	Ms. Prathama Bhat	Student Representative (M.Com)



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### 3 Parent Teacher Association

The Parent-Teacher Association (PTA) at The Cochin College plays a crucial and supportive role in various aspects of the institution's functioning, particularly in student welfare, academic enhancement, and extracurricular activities. The PTA's active involvement is evident in its contributions to both academic and non-academic areas, ensuring a holistic educational experience for students.

One of the key areas where the PTA extends its support is the conduct of internal examinations. By collaborating with the faculty and administration, the PTA helps ensure that these examinations are conducted smoothly, with adequate resources and proper planning. This support is crucial in maintaining the academic rigor of the institution and helps assess students' learning progress effectively.

In addition to supporting academic assessments, the PTA also contributes to enhancing academic infrastructure. This involves providing financial assistance and resources for upgrading classrooms, laboratories, and libraries, ensuring that students have access to modern facilities that enhance the learning experience. By improving the infrastructure, the PTA ensures that students are equipped with the necessary tools for academic success.

The PTA is also deeply involved in supporting extracurricular activities, particularly during events like the university youth festivals. Their involvement includes logistical and financial support, enabling students to participate and excel in cultural, literary, and artistic competitions. This not only boosts student morale but also promotes the development of well-rounded individuals who can excel both academically and creatively.

Designation	Name
President	Ms. Mrudula Menon V (Principal)
Vice President	Ms. Rajeswari T.B.(Parent)
Secretary	Ms. Mrudula Menon (Associate Professor)
Treasurer	Dr. Jayesh Kuriakose (Assistant Professor)
Member	Dr.Kochuthresia Jose (Assistant Professor)
Member	Dr. Kavitha V. Rajan (Assistant Professor)
Member	Mr.V.B. Rajan (Parent)
Member	Mr. Afsal Naina (Parent)
Member	Mr. Shaheer K.E.(Parent)
Member	Mr. Jaiby K.K. (Parent)



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## 4 Rank Holders of University Examination 2020

1. Hisana Tamseem K.H. - 2nd Rank, B.Com Taxation
2. Madhurima C.D. - 3rd Rank, B.Com Marketing
3. Bindhuja K.B. - 6th Rank, B.Com Marketing
4. Ishanulluq M.B. - 8th Rank, B.Com Taxation
5. Rosalin Varghese - 8th Rank, B.Com Taxation
6. Roja A.J. - 9th Rank, B.Com Taxation
7. Saniya Johnson - 10th Rank, B.Com Taxation
8. Ludhiya Williams - 6th Rank, M.Sc. Zoology
9. Aswathy M.V. - 6th Rank, B.Sc. Model II Plant Biotechnology
10. Reshma Antony - 7th Rank, B.Sc. Model II Plant Biotechnology
11. Varsha P.S. - 9th Rank, B.Sc. Model II Plant Biotechnology
12. Anjali M. Madhav - 11th Rank, B.Sc. Model II Plant Biotechnology
13. Praveena Y.S. - 12th Rank, B.Sc. Model II Plant Biotechnology

## 5 INIZIO 2020 - Student Induction Program

The Cochin College organized the INIZIO 2020 Student Induction Program, held from 22nd to 30th October 2020, in accordance with the Deeksharambh guidelines issued by the UGC. This program aimed to help first-year students adjust to the new academic environment, build connections with peers and faculty, and gain an understanding of the ethos and culture of the institution. Due to the ongoing COVID-19 pandemic, the entire program was conducted online via Google Meet and YouTube Live.

The program was meticulously planned and spanned over five days, with sessions organized by the Student Support Cell and IQAC. The induction featured a variety of activities, including department orientations, invited lectures, interactive sessions with alumni, and video lectures on health and exercise, yoga, and meditation. Notably, faculty members and external resource persons facilitated sessions on essential topics like ICT orientation and career guidance, providing students with the tools and knowledge to navigate their academic journey successfully.

Key highlights of the program included:

**Department and Academic Orientation:** The first day commenced with an introduction to the institution by the principal, followed by department orientations. Faculty members provided insights into academic programs, subject outcomes, and the resources available to students. **Health and Well-being:** A video lecture on health and exercise, followed by a yoga and meditation session, encouraged students to prioritize their physical and mental well-being during their time in college. **Alumni Interaction:** Alumni of the college, including professionals from various fields, shared their experiences and offered guidance on making the most of college life and future career prospects. **Special Lectures:** Invited lectures by eminent personalities such as Dr. M C Dileep Kumar and Dr. A K Prema focused on topics related to youth development, emotional challenges, and human capital, providing



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students with invaluable perspectives on personal and professional growth. Assignments and Creative Tasks: Students were given assignments that included writing about influential people in their lives and preparing PowerPoint presentations on environmental issues. These tasks encouraged critical thinking and creativity while helping students improve their communication skills. The program saw the participation of 400-500 students and around 60 faculty members, all of whom provided positive feedback on the program's structure and content. The program not only facilitated students' smooth transition into college life but also equipped them with the necessary knowledge and skills to succeed in their academic pursuits.

## 6 Achievements of Students in Sports and Cultural Competitions- 2020-21

The academic year 2020-2021 was significantly impacted by the global COVID-19 pandemic, which led to restrictions on physical gatherings and events. As a result, the number of competitions and events in which students could participate was limited. However, despite these challenges, students of The Cochin College continued to excel and achieve noteworthy accolades in the few events that took place, showcasing their determination and talent.

One of the key achievements in the field of sports was by Shahid E.B, who secured second place in the Indian Style Men Wrestling Championship (under 84 kg, Senior) at the state level. Shahid further demonstrated his wrestling prowess by also earning second place in the Wrestling Men Championship (Under 79 kg) at the university level. His accomplishments are a testament to his dedication and commitment to the sport, even during a year with restricted access to training and competitions.

In the cultural arena, Aleena Mary P.P made remarkable strides by achieving recognition in the Limca and Asian Book of Records for her unique talent in Dot Art. This international-level recognition highlights the college's support for cultural and creative pursuits, even during a time when physical events and exhibitions were limited. Aleena's achievement in such a prestigious platform reflects the creative potential nurtured at The Cochin College.

Although the COVID-19 pandemic imposed significant limitations on the number of competitions, the exceptional performances by Shahid E.B in sports and Aleena Mary P.P in the cultural domain are commendable. Their achievements brought pride to the college during a challenging year, exemplifying resilience, determination, and the ability to overcome obstacles posed by the pandemic. The institution looks forward to supporting its students in future endeavors as the situation improves and more opportunities for participation emerge.



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Year	Name of the award/ medal	Team / Individual	Level of competition (University / State / National / International)	Nature of competition (Sports / Cultural)	Name of the student(s)
2020-2021	SECOND - Indian Style Men Wrestling Championship (under 84 kg Senior)	Individual	State	Sports	SHAHID E.B
2020-2021	SECOND - Wrestling Men Championship (Under 79 kg)	Individual	University	Sports	SHAHID E.B
2020-2021	Limca and Asian Book Of Records (DOT ART)	Individual	International	Cultural	ALEENA MARY P.P

## 7 Publications by Faculty Members 2020-21

Sl No	Year	Name of the Author	Title of Paper	Name of Journal	ISBN
1	2020	Vineeth Kumar T V	BIOMAG - Community Based Solid Waste Management through Re-Cycling and Up-Cycling in an Adopted Ward of Corporation of Kochi, Kerala	American Journal of Multidisciplinary Research & Development	2360-821X



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Sl No	Year	Name of the Author	Title of Paper	Name of Journal	ISBN
2	2020	Vineeth Kumar T V	Identification Of Fungi Associated With Local Fruits And Vegetables From Kochi And Mattancherry Market, India	Bioscience Discovery	2231-024X
3	2020	Dr. Rajani B Bhat	Decisive Scrutiny of Regulatory Framework for Derivatives Products in Indian Stock Market with Special Reference to Single Stock Futures	Shanlax International Journal of Commerce	P-ISSN: 2320-4168, E-ISSN: 2582-0729
4	2020	Dr. Jose Mathew	Infinitely Degenerate Exact Ricci-flat Solutions in $f(R)$ Gravity	Classical and Quantum Gravity	1361-6382
5	2020	Sonymon P S	Pradeshavum Jaathiswathvabodhavum Thondimuthalum Driksakshiyilum	Journal of DBCT	2348-7984
6	2020	Dr. Anu L	Buying Behaviour of Youth Towards Branded Fashion Apparels in Ernakulam City	Contemporary Commerce Review	2319-3638
7	2020	Dr. Paulbert Thomas	Wideband Radar Absorbing Structure Using Polyaniline-Graphene Nanocomposite	C — Journal of Carbon Research	2311-5629
8	2020	Dr. Anupama R	Progression of Direct Tax Revenue in India - An Assessment	Indian Journal of Accounting	0972-1479
9	2020	Manju V Subramanian	BIOMAG - Community Based Solid Waste Management through Re-Cycling and Up-Cycling in an Adopted Ward of Corporation of Kochi, Kerala	American Journal of Multidisciplinary Research & Development	2360-821X



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Sl No	Year	Name of the Author	Title of Paper	Name of Journal	ISBN
10	2020	Manju V Subramanian	Identification Of Fungi Associated With Local Fruits And Vegetables From Kochi And Mattancherry Market, India	Bioscience Discovery	2231-024X
11	2020	Smitha N R	BIOMAG - Community Based Solid Waste Management through Re-Cycling and Up-Cycling in an Adopted Ward of Corporation of Kochi, Kerala	American Journal of Multidisciplinary Research & Development	2360-821X
12	2020	Smitha N R	Identification Of Fungi Associated With Local Fruits And Vegetables From Kochi And Mattancherry Market, India	Bioscience Discovery	2231-024X
13	2020	Princy Varghese	Identification Of Fungi Associated With Local Fruits And Vegetables From Kochi And Mattancherry Market, India	Bioscience Discovery	2231-024X
14	2020	Dr. Rajani B Bhat	Inter-linkages and Performance of Asian Stock Markets Amidst COVID-19	International Journal of Financial Engineering	2424-7944
15	2020	Jayesh Kuriakose	Rotula aquatica Lour. Inhibits Growth and Biofilm Formation of Clinically Isolated Uropathogenic Escherichia coli	Asian Pacific Journal of Tropical Biomedicine	2221-1691
16	2020	Smitha N R	Identification Of Fungi Associated With Local Fruits And Vegetables From Kochi And Mattancherry Market, India	Bioscience Discovery	2231-024X



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Sl No	Year	Name of the Author	Title of Paper	Name of Journal	ISBN
17	2020	Princy Varghese	Identification Of Fungi Associated With Local Fruits And Vegetables From Kochi And Mattancherry Market, India	Bioscience Discovery	2231-024X
18	2020	Dr. Rajani B Bhat	Inter-linkages and Performance of Asian Stock Markets Amidst COVID-19	International Journal of Financial Engineering	2424-7944
19	2020	Jayesh Kuriakose	Rotula aquatica Lour. Inhibits Growth and Biofilm Formation of Clinically Isolated Uropathogenic Escherichia coli	Asian Pacific Journal of Tropical Biomedicine	2221-1691
20	2020	Dr. Anu L	Covid-19 Pandemic: Impact on Indian Economy	Akshar Wangmay - International Research Journal	2229-4929
21	2020	Dr. Rajani B Bhat	A Study on CSR Initiatives Undertaken by Select Indian Companies	Contemporary Commerce Review	2319-3638
22	2019	Vineeth Kumar T V	Functional Characterization of Two Novel Peptides and Their Analogs Identified from the Skin Secretion of Indosylvirana aurantiaca, an Endemic Frog Species of Western Ghats, India	Chemoecology	1423-0445
23	2019	Vineeth Kumar T V	Identification and Functional Characterisation of Esculentin-2 HYba Peptides and Their C-terminally Amidated Analogs from the Skin Secretion of an Endemic Frog	Natural Product Research	1478-6419



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## 8 FDP attended by Faculty Members during 2020-21

During the academic year 2020-2021, The Cochin College demonstrated its commitment to faculty and staff development through a wide range of Faculty Development Programs (FDPs), Orientation Programs, and Professional Development Workshops. These initiatives, both for teaching and non-teaching staff, aimed at enhancing pedagogical skills, research methodology, administrative capabilities, and technical proficiency in the use of Information and Communication Technology (ICT) in education.

Several faculty members, including Veena R Nair and Priya M, participated in Orientation Programs designed for faculty members of universities and higher education institutions. These programs provided comprehensive training on the latest educational trends and teaching methodologies.

Focusing on research and academic excellence, Dr. Rajani B Bhat, along with Jeena Jayan, attended a Faculty Development Programme (FDP) on Human Rights, contributing to the awareness and understanding of legal frameworks and societal responsibilities. Similarly, Dr. Kochuthresia Jose and Sabitha Joseph completed a specialized program on the Implementation of Information and Communication Technology in Education, which equipped them with advanced skills in integrating digital tools into their teaching practices.

In an effort to prepare faculty members for the growing importance of online education, Dr. Manju V Subramanian took part in the program Managing Online Classes and Co-Creating MOOCs, while Remya M L participated in an FDP on Online Education in Higher Education Institutions. These programs were crucial for ensuring smooth transitions to online teaching, which became essential during the pandemic.

Programs focused on research were also emphasized, with Dr. Lakshmisree R, Dr. Vineeth Kumar T V, Dr. Smitha N R, and Dr. Anupama R all completing various FDPs related to Research Methodology and MOOCs. These courses were instrumental in enhancing research skills, data analysis capabilities, and understanding the digital era's teaching requirements.

Further, many faculty members participated in Refresher Courses to update their subject-specific knowledge. Dr. Suprabha G Nair completed a refresher course in Life Sciences, while Jayesh Kuriakose completed a course in Environmental Sciences. These courses helped participants stay updated on the latest trends and developments in their respective fields.

The emphasis on administrative skills was also evident, with Dr. Annetta Philip K, Dr. Biju P Thampi, and Dr. Mini P Mathai attending a training program on Office Management and Effective Communication, ensuring that faculty members are well-versed in the administrative aspects of academic institutions. The College also focused on multidimensional academic excellence with Dr. Zafna Rasheed completing an FDP on Innovative Practices for Academic Excellence.



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Sl No	Name of the Participant	Designation	Title of the FDP / Professional Development / Administrative Training Program	Dates (from to)
1	Veena R Nair	Teaching	4 week Orientation Programme for Faculty in Universities/colleges/Institutes of Higher Education	26-06-2020 to 24-07-2020
2	Priya M	Teaching	4 week Orientation Programme for Faculty in Universities/colleges/Institutes of Higher Education	26-06-2020 to 24-07-2020
3	Dr Rajani B Bhat	Teaching	One Week Online FDP on Human Rights	29-06-2020 to 04-07-2020
4	Jeena Jayan	Non Teaching	Online Faculty Development Programme on Human Rights	29-06-2020 to 04-07-2020
5	Dr. Kochuthresia Jose	Teaching	Implementation of Information and Communication Technology in Education	18-07-2020 to 24-07-2020
6	Sabitha Joseph	Teaching	Implementation of Information and Communication Technology in Teaching	18-07-2020 to 24-07-2020
7	Dr Manju V Subramanian	Teaching	Managing Online Classes and Co-Creating MOOCs 3.0	25-07-2020 to 10-08-2020
8	Remya M L	Teaching	FDP-Online Education in HEI'S	03-08-2020 to 07-08-2020
9	Dr. Lakshmisree R	Teaching	MOOC with Four Quadrants-Towards a Digital Era of Teaching and Learning	12-08-2020 to 18-08-2020

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Sl No	Name of the Participant	Teaching/Non Teaching	Title of the FDP / Professional Development / Administrative Training Program	Dates (from-to)
10	Dr. Suprabha G Nair	Teaching	Online Refresher Course in Life Sciences	12-08-2020 to 25-08-2020
11	Dr. Meera Menon	Teaching	Oceans in the Wake of Climate Change: Challenges and Solutions	26-08-2020 to 28-08-2020
12	Dr. Kavitha V. Rajan	Teaching	Orientation Programme	01-09-2020 to 30-09-2020
13	Janu V Kumar	Teaching	Orientation Programme	01-09-2020 to 30-09-2020
14	Vijeesh P	Teaching	Research Ethics and Characterization Techniques in Materials	09-09-2020 to 15-09-2020
15	Reethi P	Teaching	Intersection of Philosophy and Literary Theory	10-09-2020 to 26-09-2020
16	Dr. Vineeth Kumar T V	Teaching	Research Methodology	01-10-2020 to 15-10-2020
17	Dr. Smitha N R	Teaching	FDP on Research Methodology	01-10-2020 to 15-10-2020
18	Dr. Anupama R	Teaching	FDP- Research Methodology	01-10-2020 to 15-10-2020
19	Dominic T Joseph	Teaching	Induction Programme	06-10-2020 to 05-11-2020
20	Dr. Manjusha M V	Teaching	One Week Online FDP on Instrumental Methods of Analysis	07-10-2020 to 13-10-2020

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Sl No	Name of the Participant	Teaching/Non Teaching	Title of the FDP / Professional Development / Administrative Training Program	Dates (from-to)
21	Dr. Rekha P G	Teaching	Refresher Course	01-12-2020 to 31-03-2021
22	Dr. Haripriya B B	Teaching	Refresher Course	01-12-2020 to 31-03-2021
23	Dr. Zafna Rasheed	Teaching	Innovative Practices for Academic Excellence (Multidisciplinary)	18-01-2021 to 30-01-2021
24	Jayesh Kuriakose	Teaching	Refresher Course in Environmental Sciences	10-02-2021 to 23-02-2021
25	Renjith S	Teaching	Orientation Programme	16-04-2021 to 15-05-2021
26	Dr. Anu L	Teaching	Research Methodology and Data Analysis	17-05-2021 to 31-05-2021
27	Dr Annietta Philip K	Teaching	Office Management and Effective Communication	03-05-2021 to 07-05-2021
28	Dr Biju P Thampi	Teaching	Office Management and Effective Communication	03-05-2021 to 07-05-2021
29	Dr Mini P Mathai	Teaching	Office Management and Effective Communication	03-05-2021 to 07-05-2021
30	Dr Geetha M.	Teaching	Office Management and Effective Communication	03-05-2021 to 07-05-2021
30	Amal Pavithran	Teaching	Office Management and Effective Communication	03-05-2021 to 07-05-2021

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Sl No	Name of the Participant	Teaching/Non Teaching	Title of the FDP / Professional Development / Administrative Training Program	Dates (from-to)
31	Febin George	Teaching	Office Management and Effective Communication	03-05-2021 to 07-05-2021
32	Nalinam M.	Teaching	Office Management and Effective Communication	03-05-2021 to 07-05-2021
33	Paulbert Thomas	Teaching	Office Management and Effective Communication	03-05-2021 to 07-05-2021
34	Saumya Jos	Teaching	Office Management and Effective Communication	03-05-2021 to 07-05-2021
35	Uma S.	Teaching	Office Management and Effective Communication	03-05-2021 to 07-05-2021

## 9 Extension and Outreach Activities conducted during 2020-21

The Cochin College, in collaboration with various committees and clubs, actively organized a series of impactful events and initiatives during the academic year 2021-2022. These activities aimed to raise awareness, promote community welfare, and provide students with valuable opportunities for personal growth and development. The National Service Scheme (NSS) played a central role in leading many of these programs, alongside other college clubs and departments.

One of the key events was the celebration of International Yoga Day on 21 June 2021, organized by the NSS, emphasizing the importance of physical and mental well-being through yoga practices. Additionally, the NSS conducted an Online Seven-Day Camp, "Unarvu" from January 23-29, 2021, which included a variety of sessions such as a Yoga Session (25 January 2021), Covid-19 Prevention Measures (26 January 2021), and Classes on Innovative Farming Methods (27 January 2021). The camp also featured community initiatives like the Distribution of Hand Sanitizers and Masks and Personal Hygiene and Immunity Improvement Sessions, all held in January 2021.

In response to the ongoing pandemic, the college conducted a Webinar on Covid Vaccination on 26 October 2021 to educate the community on the importance of vaccines, followed by a Covid Vaccination Drive on 3 December 2021, organized by the Covid Monitoring Committee. These efforts were crucial in promoting health and safety during the pandemic.

The college also organized programs focusing on women's empowerment and social justice. A Workshop on the POCSO Act, Dowry, and Women Empowerment was held on 2 February 2022 by the NSS, aiming to create awareness about women's rights



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and protection. Furthering its commitment to health education, the Department of Malayalam conducted an Awareness Class on Menstrual Health Practices on 18 October 2022, promoting knowledge about menstrual hygiene.

The NSS, in partnership with the Career Guidance Cell, held a Webinar on 17 December 2022 to guide students on career planning and opportunities. The Film Club also organized an Anti-Drugs Campaign on 5-6 January 2022, spreading awareness about the dangers of drug abuse.

Environmental sustainability was another focus area for the college. The Bhoomithrasena Club organized a Beach Cleaning and Tree Planting Drive at Fort Kochi on 25 February 2022, demonstrating the college's commitment to environmental conservation. The College Library also contributed to intellectual growth by organizing events like the 'Commemoration of Ponkunnam Varkey' and a Talk on 'Academic Libraries' on 30 June 2021, and a session on Career Prospects in Library Science on 8 April 2022.

In summary, The Cochin College has made significant contributions to health, education, empowerment, and environmental sustainability through its wide range of activities and initiatives during the year 2021-2022. These events provided valuable opportunities for students to engage in community service, build awareness on important societal issues, and acquire skills that will benefit them in their academic and professional pursuits.

Sl. No.	Title of the Program	Date	Organizing Dept/Cell/Club
1	FortKochi Beach Cleaning	25 February 2022	NSS
2	Road Safety Awareness Class	24 September 2021.	NSS
3	Online Seven Day Camp	January 21- 27 2022	NSS
4	Awareness Class on Immunity and Personal Hygiene	22 January 2022	NSS
5	Awareness Class "Say Yes to Life and No to Drugs"	24 January 2022	NSS
6	Session on Handling Fire and Fire Equipment	27 January 2022	NSS
7	Webinar on Yoga Day	21 June 2021	NSS
8	Webinar on Covid Vaccination	26 October 2021	NSS
9	Workshop on POCSO Act/ Dowry and women empowerment	2 february 2022	NSS



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Sl. No.	Title of the Program	Date	Organizing Dept/Cell/Club
10	Webinar with Career Guidance Cell	17 December 2022	NSS
11	Covid Vaccination drive	03 December 2021	Covid Monitoring Committee
12	Anti drugs Campaig	5-6 January 2022,	Film Club
13	FortKochi Beach Cleaning and tree planting	25 February 2022	Bhoomithrasena Club
14	'Commemoration of Ponkunnam Varkey' and Talk on 'Academic Libraries'	30 june 2021	College Library
15	"Career Prospects in Library Science"	08 April 2022. I	College Library
16	Awareness class on menstrual health practices	18 October 2022. I	Department of Malayalam
17	Online Seven-Day NSS Camp: "Unarvu"	January 23-29, 2021	NSS
128	Yoga session	25 January 2021	NSS
19	Covid 19 prevention measures	26 January, 2021	NSS
20	Classes on Innovative Farming Methods	27January 2021	NSS
21	Distribution of Hand Sanitizers and Masks	January 2021	NSS
22	Personal Hygiene and Immunity Improvement Session	January 2021	NSS
23	House and Surroundings Cleaning Activities	January 2021	NSS
24	Wildlife Protection Session	January 2021	NSS
25	Drug Abuse Prevention Session	January 2021	NSS
26	Online Quiz Competitions	15 August 2020	NSS
27	Udbodh Programme	23-29 January 2021	NSS



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Sl. No.	Title of the Program	Date	Organizing Dept/Cell/Club
28	Intercollegiate Online Quiz	29 August 2020	NSS
29	Sanitizer making and distribution	2020	Department of Chemistry
20	Intercollegiate Online Quiz	29 August 2020	NSS
31	Webinar	25 June 2020	College Library
32	Webinar on Preparing Library for NAAC	17 October 2020	College Library
33	BioBlitz	17 October 2020	Cochin College

As we reflect on the year 2020, it is evident that this has been a year of unprecedented challenges and remarkable resilience. The Cochin College, like institutions worldwide, had to quickly adapt to the shifting dynamics brought about by the COVID-19 pandemic. Despite these obstacles, the college community demonstrated remarkable strength, flexibility, and commitment to ensuring the continuity of education and the overall growth of our students.

Throughout 2020, we witnessed the successful transition to online learning, the continuation of key programs such as INIZIO 2020, and the steady involvement of our faculty and students in virtual activities, academic achievements, and research pursuits. The emphasis on skill development, health awareness, and research excellence continued to thrive, reinforcing the college's dedication to academic and social growth.

As we conclude this year, we take pride in the efforts and contributions of our faculty, students, and staff, who worked tirelessly to overcome the difficulties posed by the pandemic. The achievements made during this period are a testament to the college's resilience and determination to maintain high standards of education and community service.



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