



CARMEL COLLEGE MALA

7(K) GIRLS BN NCC, THRISSUR



AWARENESS DRIVE ON ELIMINATION OF SINGLE USE OF PLASTIC

15/06/2022



As the part of "awareness and elimination of single use of plastic" ncc cadets of carmel college mala distributed paper bags in different shops near by college and gave the awareness about single use of plastic. And conducted a debate about the topic of single use of plastic

CARMEL COLLEGE(AUTONOMOUS), MALA

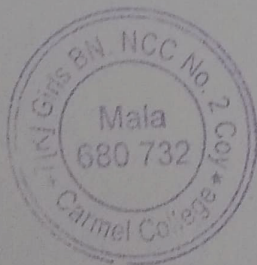
NATIONAL CADET CORPS

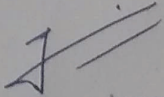
Awareness Drive On Elimination Of Single Use of Plastic

On 15th July 2022, NCC organized a debate and a foot patrol as part of the awareness drive on single use plastic. The debate was held at Student's corner at 2:40 PM. 67 cadets attended the debate. The aim of the program was to give an awareness on elimination of single use plastic.

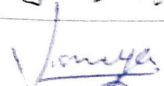




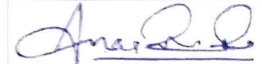

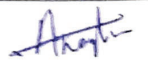

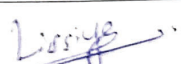
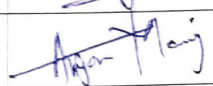
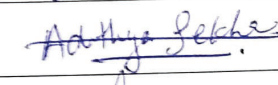

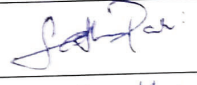

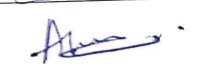
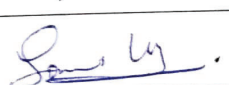
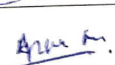
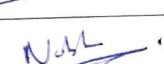
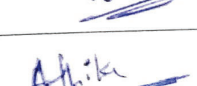
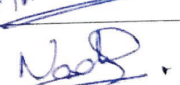
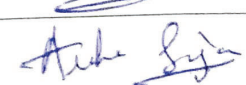
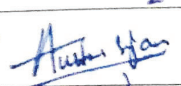
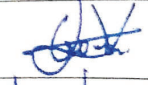

After that NCC cadets conducted a foot patrol to Mala town. They distributed the paper bags made by them to the shops at Mala Town.

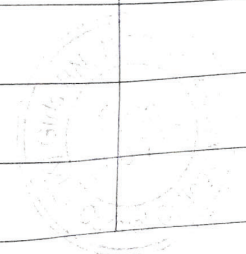
outcome: The program creates an awareness among the public on the elimination of single use plastic.




Lt. Jismy Joseph
Associate NCC Officer
Carmel College, Mala

Awareness Drive on Elimination of Single use Plastics

Sl NO	NAME	DEPARTMENT	Signature		
1	Vismaya V S	BA functional English			
2	Vyshnavi K A	BSc chemistry			
3	Jyothika KA	BVoc AT			
4	Remeya Roy	B.Sc Maths			
5	Shahanas P	BA functional English			
6	Anaswara Sunil				
7	Aswani K	MA Integrated Sociology			
8	Anagha K B				
9	Jisna Sojan	B.Sc mathematics			
10	Lissiya Michael	BSc mathematics			
11	Anjana Manoj	BVoc AT			
12	Adithya Sekhar	B.Sc mathematics			
13	Hiba Nazrin	BA sociology			
14	Fathima Parvin A-N	BA Political Science			
15	Swathy V S	BA political Science			
16	Avani PU	BSc Botany			
17	Soma Vijo	BA functional English			
18	Apsara MV	BA sociology			
19	MR Nobha	BA Sociology			
20	Athika Thasneem				
21	Nandhana Suresh	BSc Botany			
22	Arsha Mariya	BSc Mathematics			
23	Austina Sojan	BSc Mathematics			
24	Crawsi Vinod	BA functional English			
25	Anantha Lakshmi KS	BA functional English			

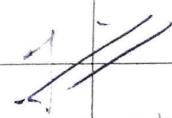


26.	Anasya M-B	BSc Botany			
27.	Alina Anandha C	BA Sociology			
28.	Alanya E V	B.Com Finance			
29.	Malavika I.M	BBA			
30.	Harshamol V	BA Sociology			
31.	Nandana shaju	BA Political Science			
32.	Avani K S	BA Sociology			
33.	Sreelakshmi CS	B.Com Finance			
34.	Ajina P	BA Sociology			
35.	Aswathy V S	BA Sociology			
36.	Sreelakshmi NA	B.Voc SD			
37.	Arsha K S	B.Voc multimedia			
38.	Archana V Gopal	BA Sociology			
39.	Hasna R H	B.Com CA			
40.	Sniyakrishna N S	MA integrated Sociology			
41.	Aleema Biju	BSc Botany			
42.	Dilma P.S	BA Political Science			
43.	Sreenandana NR	BSc Chemistry			
44.	Krishnapriya A	BSc zoology			
45.	Sniyamol K S	B.Voc SD			
46.	Nimisha Shireen PA	B.Com finance			
47.	DanaSree K J	BA Sociology			
48.	Aradhya S	BSc Chemistry			
49.	Aswani P J	B.Voc SD			
50.	Anuranya K A	B.Voc			
51.	Anu mariya	BA Sociology			



52	Alisha	BA Sociology	Alisha		
53	Olivia Antony	BSc Applied Physics	Olivia		
54	Aswathy Ramadas	BSc Applied Physics	Aswathy Ramadas		
55	Fathima Asna KV	BA Political Science	Fathima		
56	Arunima AS	BSc mathematics	Arunima		
57	Amiable Vinni	BSc mathematics	Amiable		
58	Ardra Rajeev	BSc mathematics	Ardra		
59	Gopika NP	BSc mathematics	Gopika		
60	Sreeshma AK	BA Political Science	Sreeshma		
61	Keerthana Unnikrishnan	BSc chemistry	Keerthana		
62	Anila TP	MA integrated Sociology	Anila		
63	Anna Rose Varghese	BA functional English	Anna Rose		
64	Aparna Menon	BSc Maths	Aparna		
65	Arunima	BSc Maths	Arunima		
66	Anoia TP	Sociology	Anoia		
67	Aswathi AU	politics.	Aswathi		




 Lt. Jismy Joseph
 Associate NCC Officer
 Carmel College, Mala



**CARMEL COLLEGE (AUTONOMOUS)
MALA, THRISSUR**
AFFILIATED TO UNIVERSITY OF CALICUT
RE-ACCREDITED BY NAAC WITH 'A GRADE'
(FOURTH CYCLE)



NSS UNIT 2, 89

SWACHH SAGAR MISSION

BEACH CLEANING

DATE : 17 SEPTEMBER 2022

TIME : 07.00 AM

VENUE : KARA BEACH

DR. SR. CATHERINE CMC
PRINCIPAL

**MS. MARY PHILIP
MS. RACHEL PAUL**
PROGRAM OFFICERS

**MS. ANJANA ANILKUMAR
MS. DEVI CHANDANA**
VOLUNTEER LEADERS

SWACHH SAGAR MISSION

NSS unit 2,89 of Carmel college mala in association with clean India campaign, Thrissur on 17 September 2022. The "Swachh Sagar, Surakshit Sagar/Clean Coast Safe Sea "campaign is a 75-day citizen-led campaign for improving ocean health through collective action. The campaign started on July 5th, 2022 and has 3 strategic underlying goals that target transformation and environmental conservation through behaviour change.

NSS volunteers participated in this program. This program started at 7.00 Am on Kara beach. This program's main aim is to clean the beach.46 NSS volunteers clean the beach.




PRINCIPAL
CARMEL COLLEGE, AUTONOMOUS
MALA























CARMEL COLLEGE MALA (Autonomous)

National Service Scheme (Unit 2, 89)

Venue:

Date: Sep 17

Resource Person Swathi Jagar Muesoni

SI NO	NAME OF VOLUNTEER	COURSE/ PROGRAMME	Signature
1	HENNA J	B.VOC A&T	
2	Thulasi Parvitha M	B.VOC A&T	
3	Risana Rijas	B.VOC A&T	
4	Megha.M	B.VOC Agriculture	
5	Nandana.R.K	"	
6	Birudip	"	
7	Dhanya.P.K	B.VOC BFST	
8	Bhadra Sudheesh	B.VOC A&T	
9	Anyana Anandh	1 st year Political science	
10	Shalvi Therese	"	
11	Devika.T.S	"	
12	Shahna sheerin	"	
13	Afra Sherif	BA Functional English	
14	Neevaja.A	"	
15	Krishna priya.ms	"	
16	Devichandana	2 nd year BA-socially	
17	Anju.AP	"	
18	Aneeta.Shaju	"	
19	ANAMIKA-PIK	BA SOCIOLOGY	
20	desna K.S	BA SOCIOLOGY	
21	Ashmi.C.B	Bsc chemistry	
22	Ashaba M.M	"	

23. Ashalakshmi .p	Dnd BSc chemistry	AP	
24. Ishana .k.k	BSc. Mathematics	AP	
25. ARDRA K.B	BSc chemistry	AP	
26. E. G. Anagha	BSc Mathematics	AP	
27. Sayana .T.S	11 th BSc Mathematics	AP Rajana	
28. Haridhya .R	11 th BSc Mathematics	AP	
29. Anja Prabath .P	2 nd B.Sc chemistry	AP	
30. Sonca Sunny	II nd BSc zoology	AP Sona	
31. Nandhana CS	"	AP Nandhana	
32. Fatima Sheerin .p	"	AP Fatima	
33. Anilt James	III rd BSc Botany	AP Anilt	
34. Asna V.N	"	AP Asna	
35. Anunand M.R	"	AP Anunand	
36. Gopika .o.G	"	AP Gopika	
37. Jeni Rajappan.	"	AP Jeni	
38. Aswathy .p.A	"	AP Aswathy	
39. Krishnapriya .N.R	"	AP Krishnapriya	
40. Nandana .s	II rd BA Sociology	AP Nandana	
41. Sroelakshmi .m.p	11 th BSc mathematics	AP Sroelakshmi	
42. Nesni .P.J	II nd BSc zoology	AP Nesni	
43. Gayathri .K	II nd FE	AP Gayathri	
44. Divya sree	II nd FE	AP Divya	
45. Rameesha .M	II nd B.Sc agriceet	AP Rameesha	
46. Aswani Keishra .c	II nd BSc. Mathematics	AP Aswani	

NSS PROGRAMME OFFICER



GPS Map Camera



Thrissur, Kerala, India

Thattu Kadavu Panchayath Kulam Road, Kerala 680671, India

Lat 10.240455°

Long 76.14392°

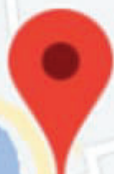
17/09/22 10:46 AM





GPS Map Camera

Kadavu
Beach



Google

Thrissur, Kerala, India

Thattu Kadavu Panchayath Kulam Road, Kerala 680671, India

Lat 10.240541°

Long 76.14398°

17/09/22 10:18 AM



**CARMEL COLLEGE (AUTONOMOUS)
MALA, THRISSUR**
AFFILIATED TO UNIVERSITY OF CALICUT
RE-ACCREDITED BY NAAC WITH 'A GRADE'
(FOURTH CYCLE)



NSS UNIT 2, 89

A DAY AT AGED HOME

DATE : 29 SEPTEMBER 2022

TIME : 01.00 PM

**VENUE : ST. JOSEPH'S AGED HOME,
PULIYILAKUNNU**

DR. SR. CATHERINE CMC
PRINCIPAL

**MS. MARY PHILIP
MS. RACHEL PAUL**
PROGRAM OFFICERS

**MS. ANJANA ANILKUMAR
MS. DEVI CHANDANA**
VOLUNTEER LEADERS



CARMEL COLLEGE (AUTONOMOUS) MALA

Re-Accredited By NAAC with 'A' Grade (4th Cycle)

Thrissur Dt. Kerala-680732, www.carmelcollegemala.ac.in. 0480-2890247

Report on A Day at Aged Home

To express gratitude and affection for the wonderful and safe environment provided by St. Joseph Aged Home, NSS volunteers revisited on 29th September 2022 at 1:00 pm. This special occasion was coordinated by NSS volunteers as a token of love and appreciation. The revisit and gift presentation further emphasized the importance of expressing gratitude and building enduring connections with the communities served. The NSS unit looks forward to continuing such meaningful initiatives in the future.

Outcome

The revisit and gift presentation on 29th September 2022 served as a heartfelt gesture of gratitude towards St. Joseph Aged Home for hosting the NSS camp. The event strengthened the bond between the volunteers and the aged home.




NSS PROGRAMME OFFICER



GPS Map Camera

Mala, Kerala, India
67VF+G78, Mala, Kerala 680732, India
Lat 10.243708°
Long 76.273042°
29/09/22 03:38 PM GMT +05:30



Mala, Kerala, India
67VF+G78, Mala, Kerala 680732, India
Lat 10.243708°
Long 76.273042°
29/09/22 03:39 PM GMT +05:30

CARMEL COLLEGE MALA (Autonomous)

National Service Scheme (Unit 2, 89)

Venue: Old Age Home Puliyalakkunnu.

Date: Sep 29

Resource Person A Day @ old Age Home.

Sl NO	NAME OF VOLUNTEER	COURSE/ PROGRAMME	Signature
1	Arjana Mopinuth	BA 1 st Political Science	Arjana Shashi
2	Shalvi Theres	"	Shalvi
3	Devika TS	"	Shree
4	Shahma sheerin	"	Shahma Chitra
5	AFRA SHERIF	BA Functional English	Chitra
6	Devi Chandana	2 nd Sociology	Devi Arsha
7	Anju A.P	"	Arsha
8	Aneeta Shaju	"	Kesha
9	Kesha K.J	"	Arsha
10	ANAMIKA - P.M	BA SOCIOLOGY	Anamika Arsha
11	ARDRA K.B	Bsc Chemistry	Arsha
12	Ashmi G.B	"	Arsha
13	Aishaba M.M	"	Arsha
14	Ashalakshmi G	B.Com Finance	Arsha
15	Lulu Marjina	B.Sc Chemistry	Arsha
16	Anju Prakash P	B.Sc Zoology	Arsha
17	Sona Sunny	"	Arsha
18	Nandhana C	"	Arsha
19	Fathima Sherin P	1 st BA Sociology	Nandana
20	Nandana S	1 st Bcom CA	Arsha
21	Arshaya P.S	"	Arsha
22	Arjana M.A	"	Arsha

Ans: See DJ
Nesni PJ

IMP. ASSOCIATION
TIND BSC zoology

ASSIGNMENT:

NEP




NSS PROGRAMME OFFICER



CARMEL COLLEGE, MALA

NATIONAL SERVICE SCHEME



UNIT 2,89

FLASH MOB

IN CONNECTION WITH ANTI-NARCOTIC CAMPAIGN

DATE: 14/10/22

TIME: 2:30PM

**@PRIVATE STAND
MALA**

**PROGRAMME OFFICERS
MS RACHEL PAUL
MS MARY PHILIP**

**VOLUNTEER SECRETARY
MS DEVICHANDANA
MS ANJANA ANILKUMAR**

**PRINCIPAL
DR. SR. CATHERINE CMC**

FLASH MOB CONNECTION WITH ANTI-NARCOTIC CAMPAIGN

NSS unit 2,89 of Carmel college Mala in association with an Anti- Narcotics campaign. We NSS volunteers conducted flash mob in Mala private bus stand on 14/10/2022 at 2:00 pm. NSS Programme officers Ms. Mary Philip, Ms. Rachel Paul, and police officers from Mala police station supported all the NSS volunteers.




PRINCIPAL
CARMEL COLLEGE, AUTONOMOUS
MALA









CARMEL COLLEGE (AUTONOMOUS) MALA
 RE-ACCREDITED BY NAAC WITH 'A' GRADE
 (4TH CYCLE)
 7K GIRLS BATTALION NCC, THRISSUR



MARATHON IN CONNECTION WITH ANTI NARCOTICS CAMPAIGN

Organized by NCC, NSS and Anti Narcotic cell

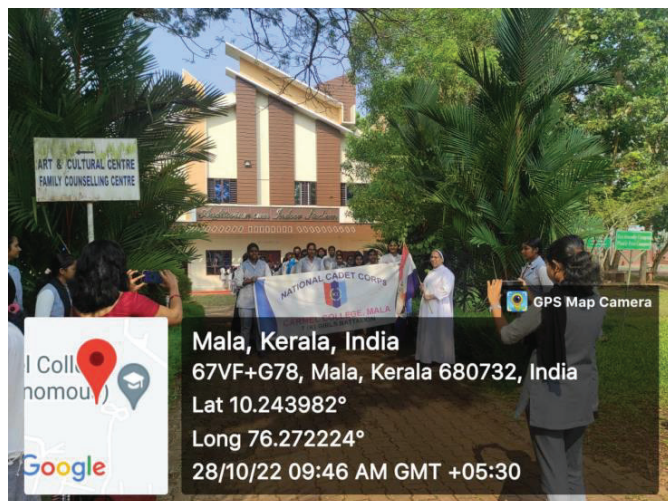
Date : 18th October
 Time :9:40 Am
 From : College Auditorium



Student Co-ordinator
 3rd Jyo Nandhana K R

ANO
 Lt.Dr.Jismy Joseph

Principal
 Dr.Sr.Catherine CMC



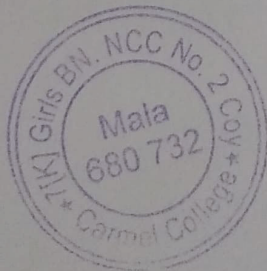
CARMEL COLLEGE(AUTONOMOUS), MALA

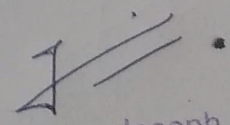
NATIONAL CADET CORPS

MARATHON IN CONNECTION WITH ANTI NARCOTICS CAMPAIGN

Today 18th October, Carmel college NCC, NSS, and Anti narcotic cell organized a Marathon in connection with the anti narcotics Campaign. The principal flagged off the Marathon at 9:40 am. Marathon started from the college Auditorium to Valiyaparambu. This programme inspires people to act against narcotics.

Outcome: Through this we raise an awareness about the dangers of drug use, promote healthy lifestyles as an alternative to substance abuse and foster community engagement in combating drug addiction.




Lt. Jismy Joseph
Associate NCC Officer
Carmel College, Mala



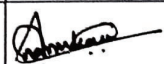
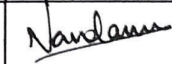

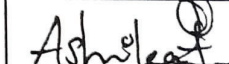


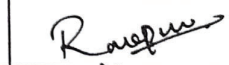






CARMEL COLLEGE (AUTONOMOUS)MALA

NATIONAL CADET CORPS

MARATHON IN CONNECTION WITH ANTI-NARCOTICS CAMPAIGN

DATE: 18/10/2022

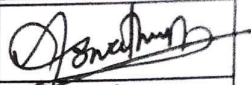


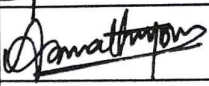

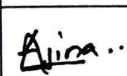

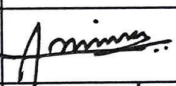
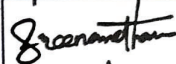
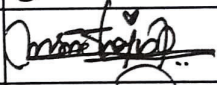

VENUE: Mala to Valiyaparamba

SL.NO	NAME	DEPARTMENT	SIGN
1	Praseetha Prakashan	BVOC Accounting & Taxation	
2	Ambika menon	BBA	
3	Anamika C.S	BVOC	
4	Nandhana K.R	BSc Mathematics	
5	Anusha S	BSc Zoology	
6	Ashika NASTIN	BA Functional English	
7	Sandhra Subi	B.COM	
8	Harsha krishnan	BA Political Science	
9	Roopa paulose	B.Com	
10	Shahana	B.Com	
11	Gulna Rose	BA English	
12	Anamika U-K	BSc Mathematics	
13	M.S Sreya	BSC Mathematics	
14	Aisha Noushad	BA Political Science	
15	Aathiya P.S	BA Political Science	




16	Sneha Xavier	BA Sociology	<u>Sneha</u>
17	Shulpa Sasi	BA Political Science	<u>Shulpa</u>
18	Enshy Shery	BA Sociology	<u>Enshy</u>
19	Jobina Thomas	BA Functional English	<u>Jobina</u>
20	NIVYA Thomas	BA Sociology	<u>Nivya</u>
21	Jenet Johnson	BA Political science	<u>Jenet</u>
22	Arwathy .M	BA Sociology	<u>Arwathy</u>
23	Sidraalla Jose	BA Sociology	<u>Sidra</u>
24	Hekla Paulson	BA Sociology	<u>Hekla</u>
25	M.S Sneha	BSC mathematics	<u>M.S Sneha</u>
26	Annitta Joy	BSC Applied physics	<u>Annitta</u>
27	Nikhitha Maria	BSC Applied physics	<u>Nikhitha</u>
28	Aleena Lawrance	BSC Chemistry	<u>Aleena</u>
29	Sreetha .k.A	BSC Chemistry	<u>Sreetha</u>
30	Abinasyee Anand	BSC Chemistry	<u>Abinasyee</u>
31	Arya Ics	BSC Chemistry	<u>Arya</u>
32	Manjima	BSC Chemistry	<u>Manjima</u>
33	Henet Babu	BSC Chemistry	<u>Henet</u>
34	Afeeha parvin k.A	BSC Chemistry	<u>Afeeha</u>
35	Aparna Menon	BSC Mathematic	<u>Aparna</u>
36	Adhitya M.B	BSC Applied physics	<u>Adhitya</u>
37	Sreeshma .A.k	BA Political Science	<u>Sreeshma</u>
38	Arwathi U.S	BA Sociology	<u>Arwathi</u>
39	Anchitha P.V	BSC Zoology	<u>Anchitha</u>



40	Aswathy Ramdas	BSc Applied physics	
41	Fathima abna kv	BA political science	
42	Anila T.P	BA. Sociology	
43	Aswathy P.U	BA Political science	
44	Ardra Rajeev	Bsc mathematics	
45	Ajina . p	BA sociology	
46	Iceethana unnikrishnan	Bsc chemistry	
47	Arumjima	Bsc mathematics	
48	Sreenandhana	Bsc chemistry	
49	Nanelhana Khaju	BA political science	
50	Anna Rose Varshese	BA functional english	



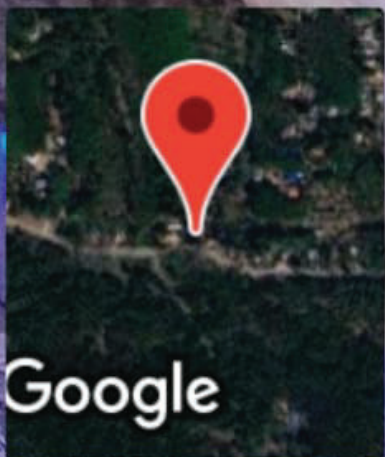
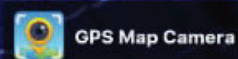

 Lt. Jismy Joseph
 Associate NCC Officer
 Carmel College, Mala

CLEAN INDIA CAMPAIGN

NSS unit 2, 89 Carmel college mala in association with Swachh Bharat Abhiyan, Government of India conducted a campaign called "Clean India" on 19th October 2022. The campaign was successfully done by the NSS volunteers. NSS Programme officers Ms. Mary Philip and Ms. Rachel Paul were there with the NSS volunteers.




PRINCIPAL
CARMEL COLLEGE, AUTONOMOUS
MALA



Pariyaram, Kerala, India

7GRF+9X4, Chalakudy - Anamala Rd, Vettilappara,


Pariyaram, Kerala 680724, India

Lat 10.290844°

Long 76.525215°

19/10/22 07:20 PM GMT +05:30



 GPS Map Camera

Kottat, Kerala, India

78R6+JC5, Ashtamichira Chalakudi Rd,

Kottat, Kerala 680731, India

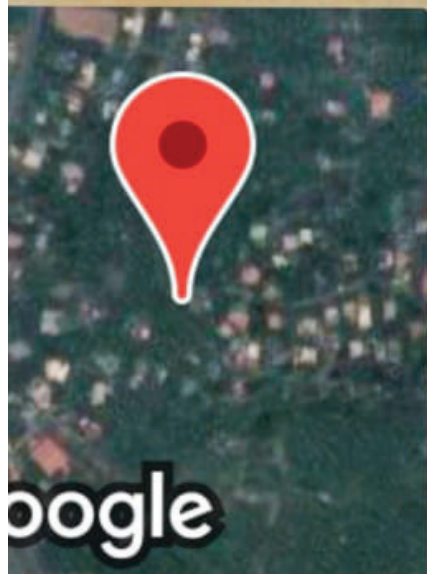
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Long 76.311048°

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Google




Chalakydy, Kerala, India
88GG+2GJ, Chalakydy, Kerala
India

Lat 10.324969°

Long 76.325936°

19/10/22 07:23 PM GMT +05



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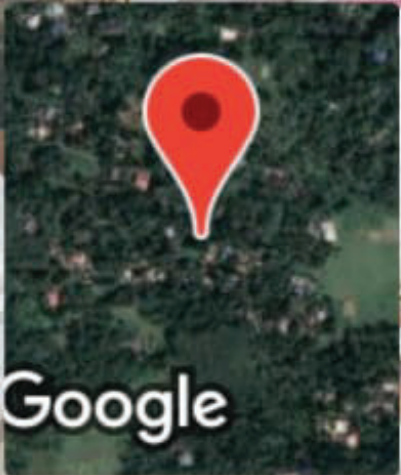
Kuruvilassery, Kerala, India

678G+X83, South Thanissery, Kuruvilassery,
Kerala 680741, India

Lat 10.217763°

Long 76.276154°

19/10/22 07:00 PM GMT +05:30





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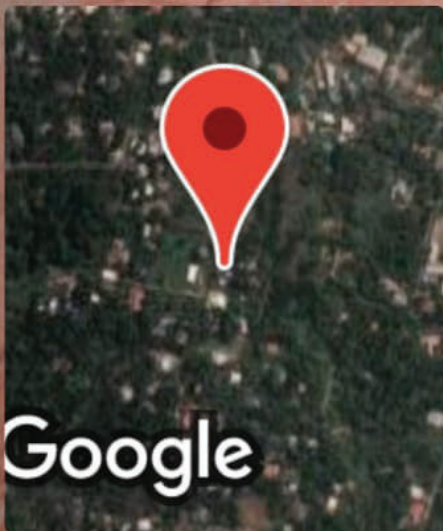
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683521, India

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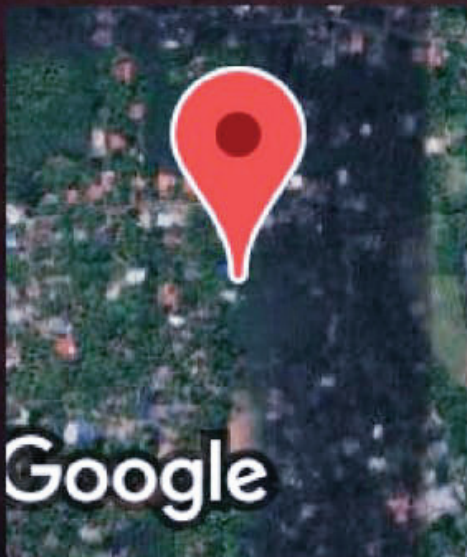
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680684, India

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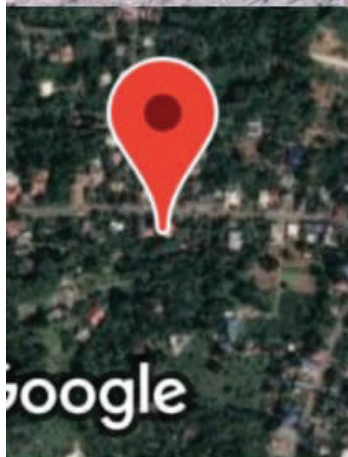
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Google



 GPS Map Camera



Mala, Kerala, India


67RG+6VC, Mala, Kerala 680732, India

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Long 76.276856°

19/10/22 07:07 PM GMT +05:30



 GPS Map Camera

Kodungallur, Kerala, India

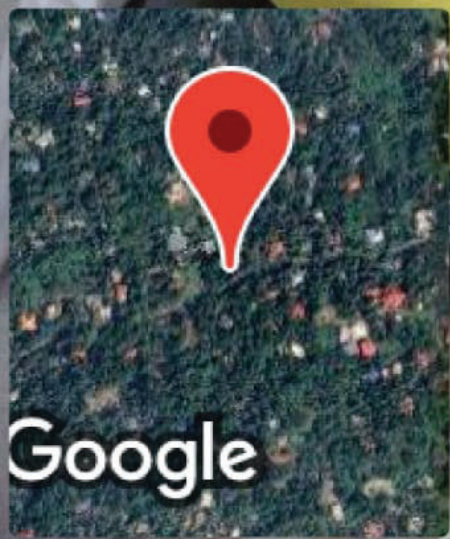
65CR+5W7, Padakulam PayBazaar Rd,

Kodungallur, Kerala 680669, India


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Long 76.192407°

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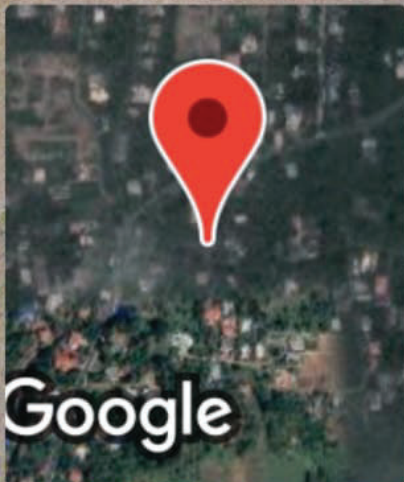
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No. 8 Orma Gardens, North Chalakydy,
Chalakydy, Kerala 680307, India

Lat 10.323984°

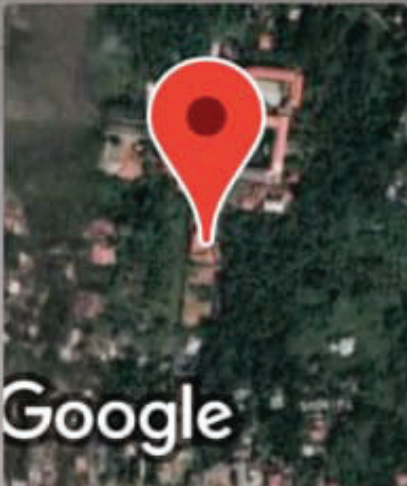
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 GPS Map Camera



Mala, Kerala, India

67VC+5HJ, Mala, Kerala 680732, India

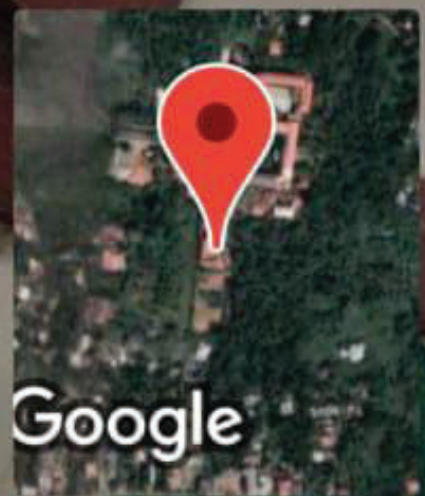
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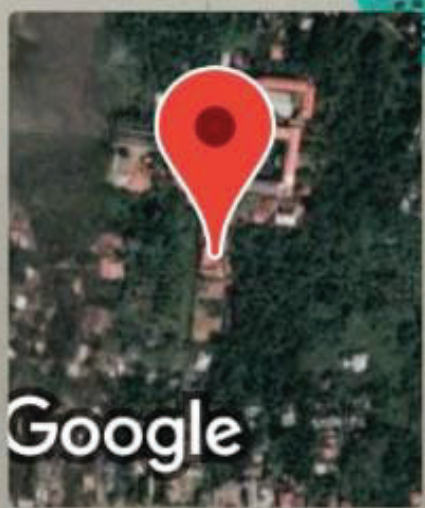
 GPS Ma



Mala, Kerala, India
67VC+5HJ, Mala, Kerala 680732,
Lat 10.242832°
Long 76.272478°
19/10/22 06:42 PM GMT +05:30




 GPS Map Ca



Mala, Kerala, India
67VC+5HJ, Mala, Kerala 680732, India
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Long 76.272464°
19/10/22 06:44 PM GMT +05:30



 GPS Map Camera

Kodungallur, Kerala, India

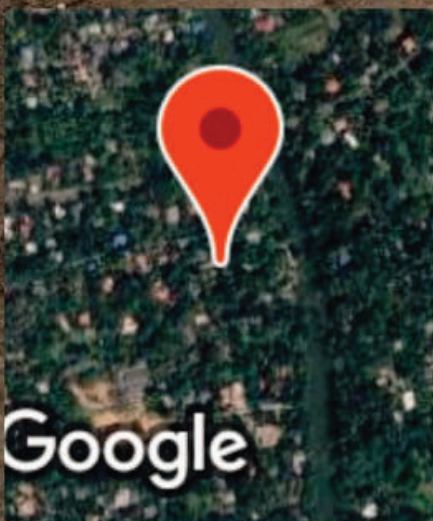
6636+X73, Anapuzha, Kodungallur,

Kerala 680664, India


Lat 10.204006°

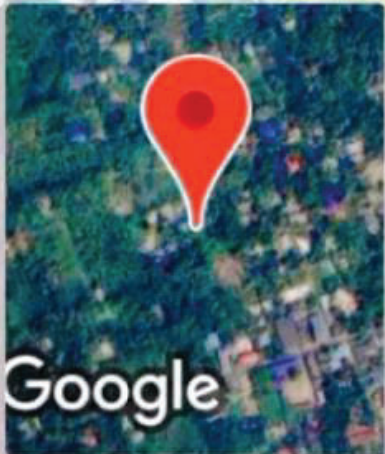
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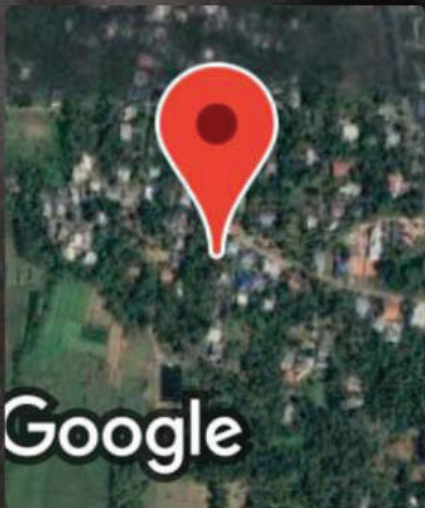
 GPS Map Camera



Thrissur, Kerala, India
65R9+FHV, Edavilangu, Kerala 680671, India
Lat 10.241659°
Long 76.168049°
19/10/22 05:34 PM GMT +05:30



GPS Map Camera



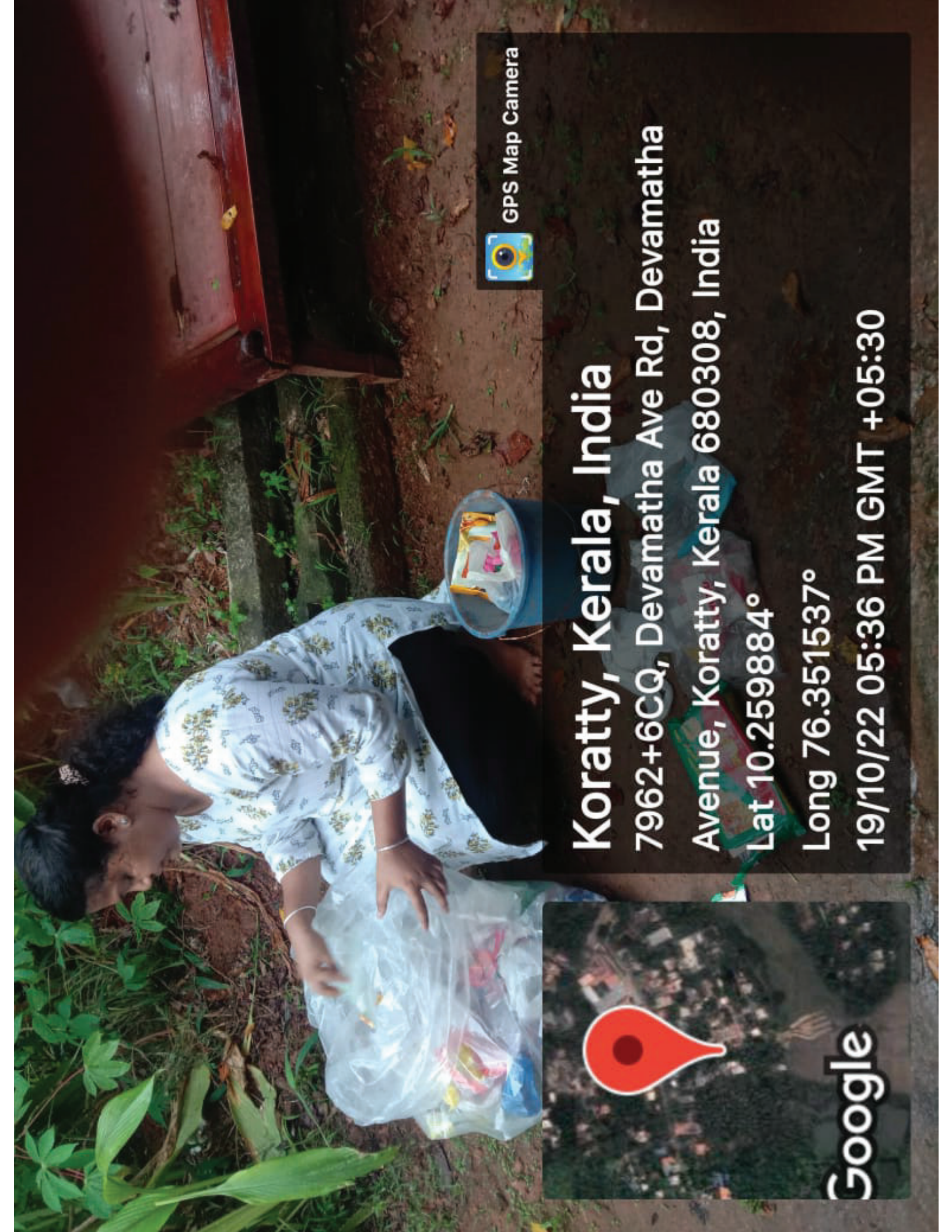
Chowka, Kerala, India

89F2+MC3, Kandam Kulam Rd, Chowka,
Kerala 680721, India

Lat 10.325282°

Long 76.351474°

19/10/22 06:05 PM GMT +05:30



GPS Map Camera

Koratty, Kerala, India

7962+6CQ, Devamatha Ave Rd, Devamatha

Avenue, Koratty, Kerala 680308, India

Lat 10.259884°

Long 76.351537°

19/10/22 05:36 PM GMT +05:30





CARMEL COLLEGE, MALA
NATIONAL SERVICE SCHEME



UNIT 2.89

MARATHON RUN

IN CONNECTION WITH ANTI-NARCOTIC CAMPAIGN

DATE: 28/10/22
@ 9:30 AM

PROGRAMME OFFICERS
MS RACHEL PAUL
MS MARY PHILIP

VOLUNTEER SECRETARY
MS DEVICHANDANA
MS ANJANA ANILKUMAR

PRINCIPAL
DR. SR. CATHERINE CMC



CARMEL COLLEGE (AUTONOMOUS) MALA

Re-Accredited By NAAC with 'A' Grade (4th Cycle)

Thrissur Dt. Kerala-680732, www.carmelcollegemala.ac.in. 0480-2890247

The NSS Unit 2,89 of Carmel College Mala, in collaboration with the Anti-Narcotics campaign, successfully conducted a Marathon with the aim of spreading awareness and promoting a drug-free lifestyle. The support and guidance provided by the program officers and the Anti-Narcotics coordinator Ms. Reena T K were instrumental in achieving the objectives of the event. The NSS volunteers showcased their commitment to community service and played a pivotal role in contributing to the larger cause of eradicating narcotics from society. The event not only raised awareness but also served as a platform for community engagement and education.

Outcome

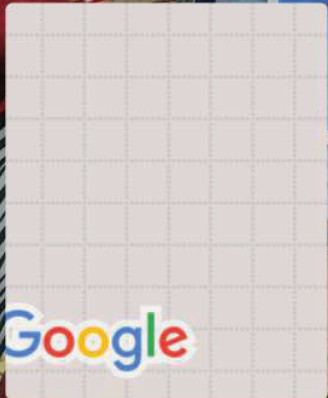
One significant outcome of the NSS Marathon organized in collaboration with the Anti-Narcotics campaign at Carmel College Mala was the heightened community awareness regarding the dangers of narcotics and the importance of a drug-free lifestyle. The event effectively conveyed key messages to the participants and the larger community, contributing to a positive change in perceptions and behaviors related to substance abuse.





NSS PROGRAMME OFFICER



Mala, Kerala, India
67VF+G78, Mala, Kerala 680732, India
Lat 10.244001°
Long 76.273193°
28/10/22 09:45 AM GMT +05:30



 **GPS Map Camera**

CARMEL COLLEGE MALA (Autonomous)

National Service Scheme (Unit 2, 89)

Venue:

Date: 28/10/2022

Resource Person *aj/380430*

SI NO	NAME OF VOLUNTEER	COURSE/ PROGRAMME	Signature
1	HENNA	B.Voc A&T	<i>[Signature]</i>
2	Thasni Parvin T.M	B.VOC A&T	<i>[Signature]</i>
3	Bhadra Sudheesh	B.VOC A&T	<i>[Signature]</i>
4	Devika TS	BA Political Science	<i>[Signature]</i>
5	Shakma Sheerin	"	<i>[Signature]</i>
6	Neesaja A	BA Functional English	<i>[Signature]</i>
7	ANAMIKA - P.M	BA SOCIOLOGY	<i>[Signature]</i>
8	Anju.A.P	"	<i>[Signature]</i>
9	Ashmi.C.B	II nd Bsc chemistry	<i>[Signature]</i>
10	Aishaba M M	"	<i>[Signature]</i>
11	Ashalakshmi.P	"	<i>[Signature]</i>
12	Aswathy Ashokan	"	<i>[Signature]</i>
13	ARDRA K.B	II BSc Chemistry	<i>[Signature]</i>
14	E.G.Anagha	II BSc Mathematics	<i>[Signature]</i>
15	Ishana .k.t.c	"	<i>[Signature]</i>
16	Anju Prakash.P	II nd B-sc chemistry	<i>[Signature]</i>
17	Sayana.T.S	II BSc Mathematics	<i>[Signature]</i>
18	Hridhya .R	II BSc Mathematics	<i>[Signature]</i>
19	Sona Sunny	II nd Bsc zoology	<i>[Signature]</i>
20	Nandhana C.S	"	<i>[Signature]</i>
21	Fathima Sherin.p	"	<i>[Signature]</i>
22	Anunanda.M.R	II nd Bsc Botany	<i>[Signature]</i>

23.	Anitha James	II nd BSc Botany	Asin
24.	Anna. V.N	"	Asin
25.	Gopika. O.G	"	Asin
26.	Vrindha T. Ramesh	"	Asin
27.	Aswathy. P.A	"	Asin
28.	Jeni. Rajappan	"	Asin
29.	Keshrapriya. N.R	"	Asin
30.	Sneekakshmi m. p	II nd BSc Mathematics	Asin
31.	Devika. K.S	II nd B.com CA	Asin
32.	Anjana. M.A	"	Asin
33.	Akshaya. P.S	"	Asin
34.	Nesni P.J	II nd BSc Zoology	Asin
35.	Divyasree. P.P	II BA Functional English	Asin
36.	Gayathri. K	"	Asin
37.	Aswami Krishna. C	II nd BSc Mathematics	Asin

NSS PROGRAMME OFFICER



NSS PROGRAMME OFFICER

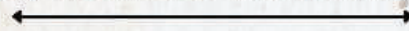


**CARMEL COLLEGE (AUTONOMOUS)
MALA, THRISSUR**



Re-Accredited by NAAC with 'A' Grade (Fourth cycle)

7(K) GIRLS BN NCC, TRISSUR



**AWARENESS CLASS AND
HAIR DONATION**



Hair to help her !!!

**Donate your hair to make wings for patients
suffering from cancer**

Resource Person : Fr. Jaison Mundanmani C.M.I

(Associate director of Amala Hospital)

IF YOU WOULD LIKE TO DONATE YOUR HAIR, PLEASE COME

Venue : Auditorium

Date : Nov 11

Time : 2.30 pm

ALL ARE CORDIALLY INVITED

Lt Dr. JISMY JOSEPH (ANO)
ADITHYA KRISHNA
Staff coordinator

Dr. Sr. CATHE RINE CMC
PRINCIPAL

COORDINATORS
CDT ASWATHY RAMADAS
CDT ARADHYA S
CDT UNNIMAYA P.M



Certificate of Appreciation

Awarded to

NCC Unit - Carmel College (Autonomous), Mala

Awarded by

Amala Institute of Medical Sciences
Amala Nagar, Thrissur, Kerala, 680 555



For Conducting **Kesadanam=Snehadanam**
(Voluntary hair donation campaign for giving free wig to Cancer patients).

The Awardee has donated 16 (SIXTEEN) persons' hair to Amala Hair Bank.

Fr. Jaison Mundanmany CMI
Associate Director, AIMS

*Thank you so much for all you have done.
You have made a real difference.*



Fr. Julious Arakkal CMI
Director, AIMS

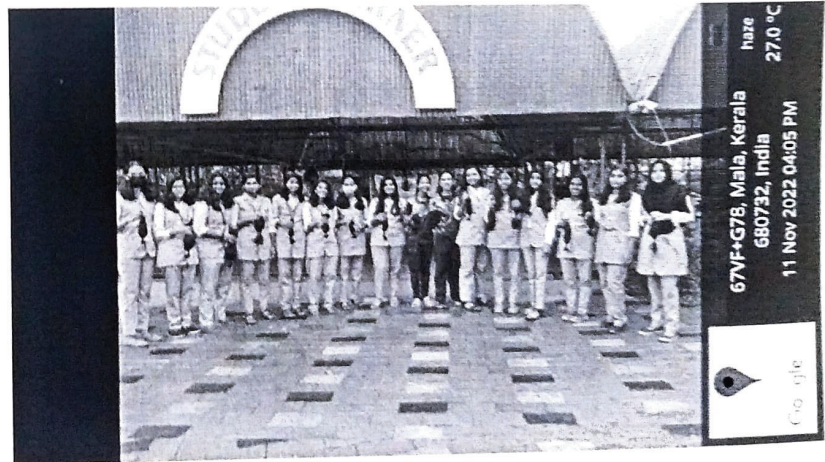
CARMEL COLLEGE (AUTONOMOUS), MALA

NATIONAL CADET CORPS

Report on HAIR DONATION

On November 11, 2022, Carmel College Mala organized a hair donation seminar. The seminar took place in the audiovisual room of Carmel College. The event was graced by the presence of College Principal Dr. Sr. Catherine C.M.C and Fr. Jason Mundanmany CMI, the Associate Director of ALMS (Amala Hospital), who served as the guests of honor. The seminar commenced with a welcome speech by the principal, followed by an awareness class by Father Jason on the importance and significance of hair donation. The session aimed to create awareness among the attendees about the lives of cancer patients and the impact hair donation can have on their well-being. Towards the end of the seminar, Suo Praseetha Prakasan delivered a vote of thanks to express gratitude to all those who contributed to the success of the event. Following the conclusion of the seminar, 16 students came forward and voluntarily donated their hair for the benefit of cancer patients. This event organized by Carmel College NCC cadets played a vital role in raising awareness within society about the challenges faced by cancer patients. The act of selflessly sacrificing their own hair by the NCC cadets demonstrated their empathy and compassion towards those battling cancer. The hair donations made by the students were meant to provide comfort and confidence to cancer patients who have lost their hair due to treatment. The hair donation seminar served as a reminder that everyone's life and health are fragile, and anyone can be affected by cancer or other illnesses. It emphasized the importance of being supportive and compassionate towards those in need, as our actions and sacrifices can make a significant difference in their lives.

Outcome: The hair donation seminar organized by Carmel College NCC cadets was a commendable initiative that shed light on the struggles faced by cancer patients. The selfless act of hair donation exemplified the spirit of empathy and solidarity within the community. By taking part in this event, the NCC cadets exemplified the value of extending a helping hand to those in need, emphasizing the significance of supporting one another in the face of adversity.



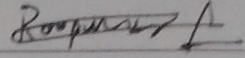
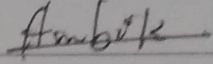
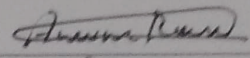
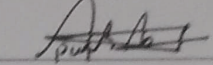
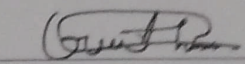
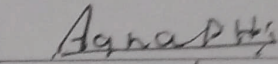
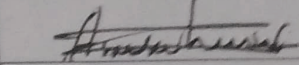
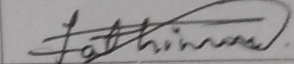
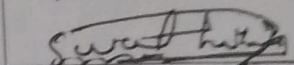
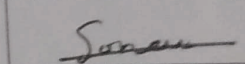
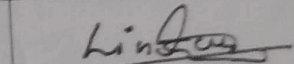
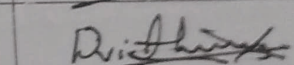
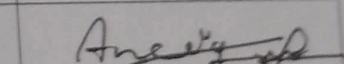
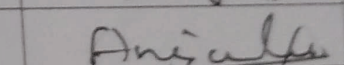
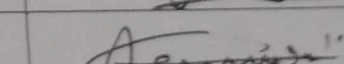
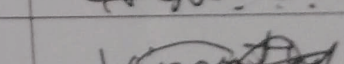
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Lt. Jismy Joseph
Associate NCC Officer
Carmel College, Mala

HAIR DONATION

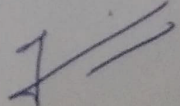
DATE: 11/11/2022

TIME: 3.30 Pm.

PARTICIPATION LIST

	NAME	DEPARTMENT	SIGNATURE
1	Roopa Poojose	B Com Finance	
2	Ambika	BBA	
3	Anna Rose	BA English	
4	Alphonsa	BBA	
5	Greehanjali	^{3rd} BA English	
6	Agna	^{3rd} BBA	
7	Anuradha	^{3rd} BA Sociology	
8	Fathima.	^{3rd} BA Politics.	
9	Swaathi	^{3rd} BA Politics	
10	Sona	^{3rd} BA English.	
11	Linda	^{3rd} B.VOC AT	
12	Pavithra	^{3rd} BA Politics	
13	Anciya paul	BBA	
14	Anjali	BSC chemistry	
15	Agna	BBA	
16	Vineetha	BOSony	




 Lt. Jismy Joseph
 Associate NCC Officer
 Carmel College, Mala



CARMEL COLLEGE (AUTONOMOUS) MALA, THRISSUR



Re-Accredited by NAAC with 'A' Grade (Fourth cycle)

7(K) GIRLS BN NCC, THRISSUR




NCC CADETS OF CARMEL COLLEGE, MALA UNDER 7(K) GIRLS BATTALION, THRISSUR UNIT DISTRIBUTED FOOD PACKETS TO NEEDY PERSON'S NEARBY IN CHALAKUDY RECENTLY.

FOOD SHARING

On November 13, 2022, Carmel College NCC conducted a food sharing program with the aim of reducing poverty and spreading happiness to those in need. The NCC cadets took the initiative to provide food to unemployed elderly individuals at various locations such as roadside areas, bus stands, and railway stations. During the program, the cadets realized the significance of sharing food and the impact it can have on the lives of those who are hungry and struggling. They recognized that food is a precious resource that should not be wasted, but rather shared with those who are in need. By organizing the food sharing program, Carmel College NCC demonstrated their commitment to addressing the issue of hunger in society. They actively participated in distributing food to the less fortunate and spreading the message that food is valuable and should not be wasted. The program aimed to motivate and inspire the entire society to be more conscious of the importance of food and to avoid wasting it. The NCC cadets took a pledge to contribute towards reducing hunger by sharing food with those who need it the most. The food sharing program conducted by Carmel College NCC not only provided nourishment to the hungry individuals but also created awareness about the importance of food and the need to eliminate food waste. It served as a reminder to society to appreciate the value of food and to take action in helping those who are less privileged. Overall, the food sharing program organized by Carmel College NCC was a commendable initiative that motivated the entire society to be more compassionate and mindful about food consumption. By sharing food with the unemployed elderly individuals, the NCC cadets brought joy and relief to their lives, spreading a message of care and support.




Lt. Jimmy Joseph
Associate NCC Officer
Carmel College, Ikkala

NATIONAL CADET CORPS


FOOD SHARING

VENUE :

DATE AND TIME : 13/11/2022 & 10:00 AM

SL NO	NAME	DEPARTMENT	SIGNATURE
1	Prasceetha Prakashan	BVOC Accounting & Taxation	Prasceetha
2	Ambika Menon	BBA	Ambika Menon
3	Nandana K.R	BSc Mathematics	Nandana
4	Anamika C.S	BVOC ART	Anamika
5	Sandra Subi	BCom Finance	Sandra
6	Anusha.S	BSc Zoology	Anusha
7	Ashika Nairin	BA Functional English	Ashika
8	Roopa Paulose	BCom Finance	Roopa
9	Shahana T	BCom Finance	Shahana
10	Harsha Krishnan	BA Political Science	Harsha




Lt. Jismy Joseph
Associate NCC Officer
Carmel College, Mala



CARMEL COLLEGE (AUTONOMOUS) MALA
RE-ACCREDITED BY NAAC WITH A GRADE (FOURTH CYCLE)
7(K) GIRLS BN NCC, THRISSUR



**"To increase awareness about the importance
of keeping the beaches and river fronts clean "**



LET'S SAVE THE OCEAN TOGETHER

25 NOVEMBER 2022

**IS GOING TO BE CONDUCTED
@AZHIKOD BEACH IN THRISSUR**

**STUDENTS CO-ORDINATORS
SUO: PRASEETHA PRAKASH
JUO: ANAMIKA C.S**

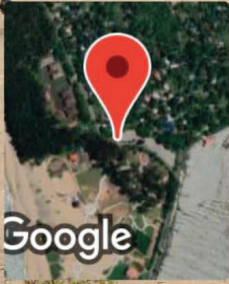
**ANO
JISMY JOSEPH**

**PRINCIPAL
DR.SR.CATHERINE CMC**

CARMEL NCC JOSH



GPS Map Camera



Azhikode, Kerala, India

55M7+47J, Azhikode, Kerala 680666, India

Lat 10.182575°

Long 76.163377°

25/11/22 02:20 PM GMT +05:30

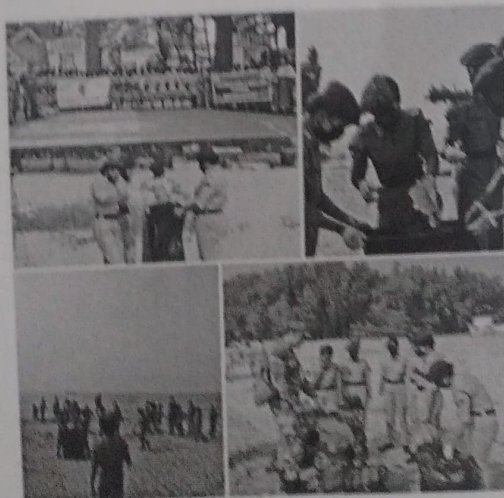
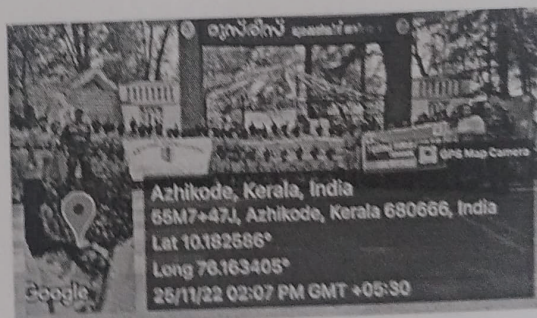
CARMEL COLLEGE (AUTONOMOUS), MALA

NATIONAL CADET CORPS

Report on BEACH CLEANING

On November 25, 2022, Carmel College NCC under the 7K Girls Battalion in Thrissur organized a beach cleaning event as part of the Puneet Sagar Abhiyan program initiated by the Indian government. The event took place at Azhikod Beach in Thrissur. The NCC cadets began their selfless service by reaching Azhikod Beach at 10 am. They actively collected plastic waste and debris from the beach and its surroundings. Their efforts drew the attention of the people present at the beach, who were excited and encouraged the cadets to clean the area thoroughly. Carmel College NCC made a significant impact on society by promoting the preservation of nature and discouraging the mistreatment of our environment. They raised awareness among the community about the importance of maintaining cleanliness, avoiding the improper disposal of plastic, and preserving the purity of nature. After their dedicated cleaning efforts, the NCC cadets concluded the beach cleaning event at 3 pm. As a token of appreciation, refreshments were provided to all the participants, acknowledging their hard work and commitment. By organizing and actively participating in the beach cleaning event, Carmel College NCC demonstrated their commitment to environmental conservation and community service. Their initiative not only helped in restoring the beauty of Azhikod Beach but also served as a powerful reminder to society about the importance of preserving and protecting our natural resources. Overall,


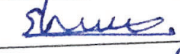






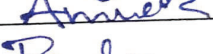
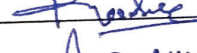
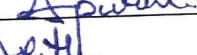
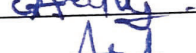


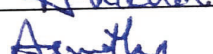
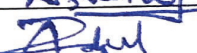




Outcome: The beach cleaning event organized by Carmel College NCC under the 7 K Girls Battalion showcased their dedication to creating a cleaner and healthier environment. Their efforts were instrumental in raising awareness and promoting responsible behavior towards nature within the community.



Lt. Jismy Joseph
Associate NCC Officer
Carmel College, Mala

BEACH CLEANING
CONNECTION WITH
PUNEET SAGAR ABHIYAAN


DATE & TIME: 25/11/2022 & 9:30 - 4:30 PM

SL NO	NAME	DEPARTMENT	SIGNATURE
1.	Praseetha	B.VOC AT	
2.	shahna	B.Com Finance	
3.	Roopa pavlore	"	
4.	Anjitha	B.A Sociology	
5.	Ajina P.	B.Sc Zoology	
6.	Aheena Biju	B.Sc Botany	
7.	Amiable	B.Sc maths	
8.	AviDa	MA in Applied Sociology	
9.	Anjana kca	MA "	
10.	Anna Rose	B.A English.	
11.	Aparna mlnon	B.Sc maths	
12.	ARATHY A.S.	B.Sc chemistry.	
13.	Archana v. Gopal.	BA Sociology.	
14.	Archra	B.Sc maths.	
15.	Arundha	"	
16.	Aswathi PU	Politics	
17.	Aswathi V-S	BA sociology.	
18.	Avani KS	"	
19.	chrisheena	"	
20.	Dhanavee	"	



21	Dilna	BA PolSci	Fathima
22	Fathima Asna	"	Jadhav
23	Chapika NP	BSc Maths	Jadhav
24	Hemsha no J	B.Com	Jadhav
25	Harna	"	Jadhav
26	Keerthana	chemis try	Jadhav
27	Krishna priya	BSC zoology	Panjali
28	Randhana K.M	polSci	Panjali
29	Randhana shaju	"	Panjali
30	Nimsha	"	Panjali
31	Nimmisoy	"	Panjali
32	Princy prakasan	BSC Botany	Panjali
33	Reema KJ	"	Panjali
34	SNIYA	B.VOC SID	Panjali
35	SREE NANDHANA	BSC chemistry	Panjali
36	Shushma	polSci	Panjali
37	Sree Lakshmi.c.s	B.VOC SID	Panjali
38	Sreya	BSC Maths	Panjali
39	Anumariya	BA Sociology	Panjali
40	Ajina P	"	Panjali
41	Arya -B.	B.VOC SID	Panjali
42	Vinaya -m	B.VOC SID	Panjali
43	Adithya mb	Applied physics	Panjali
44	Arachya	chemis try	Panjali
45	Anuranya	B.VOC BFSC	Panjali
46	Asha K.S	B.VOC mathalgebra	Panjali
47	Randha sibi	B.Com Finance	Panjali
48	Chinay Rose	B.A English	Panjali
49	Ambidra	BBA	Panjali
50	Alaya	physics	Panjali
51	Aswathy ramdas	physics	Panjali
52	sree lakshmi NA.	B.VOC Agricultural.	Panjali




 Lt. Jismy Joseph
 Associate NCC Officer
 Carmel College, Mala

Day 2

2nd September 2022, second day of NSS camp, started at 7.30 am. Group 1 was given charge for organizing and conducting the programmes of the day. The day started with yoga. After breakfast all gathered for the assembly, consisting of the news, thought for the day and the day's schedule. The 1st session started at 10.00 with community service. The volunteers rendered their services in the conduct of daily chores of the inmates of the old age home where they resided. After the lunch break the next session started at 2.00 p.m. The resource person was Dr. Asha (Medical officer, Govt. hospital, Mala), who gave a session on 'Menstrual Hygiene' and introduced the menstrual cup to all the volunteers. At 6.00 p.m., there was a discussion on the myths related to menstruation and menstrual hygiene. This was followed by the cultural programmes. Group 1 volunteers performed and showcased their talents and creativity. At 8.00 pm, the meeting ended after a review of the day's activities.



ആരോഗ്യം ആഖ്യം
സപ്തദിന സഹവാസ ക്യാമ്പ്
 കാർമ്മൽ കോളേജ് മാള, യൂണിറ്റ് 2, 89
 സെപ്റ്റംബർ 1-7 2022 ജോസഫ് ഫുജിയംപോ, പുളിയിലക്കുന്ന്
ആരോഗ്യമുക്തി - ആരോഗ്യമുള്ള യുവത്വം

ജില്ലാ രൂപിതൃ വിഷൻ
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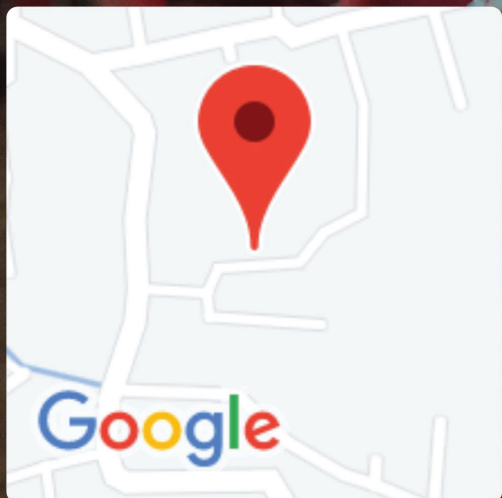
GPS Map Camera



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 India
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GPS Map Camera



Ashtamichira, Kerala, India

777M+JP9, Ashtamichira, Kerala 680731, India

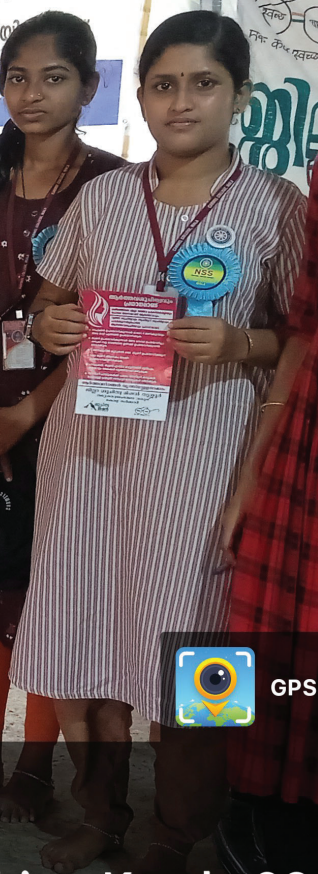
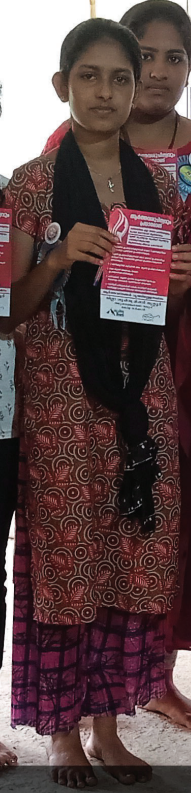
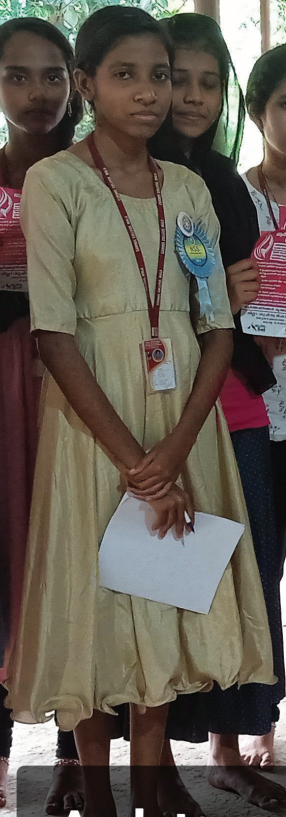
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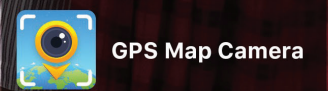
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ആരോഗ്യം ആഖ്യധം
സപ്തദിന സഹവാസ ക്യാമ്പ്
കാർമ്മൽ കോളേജ്
സെപ്റ്റംബർ 2, 89



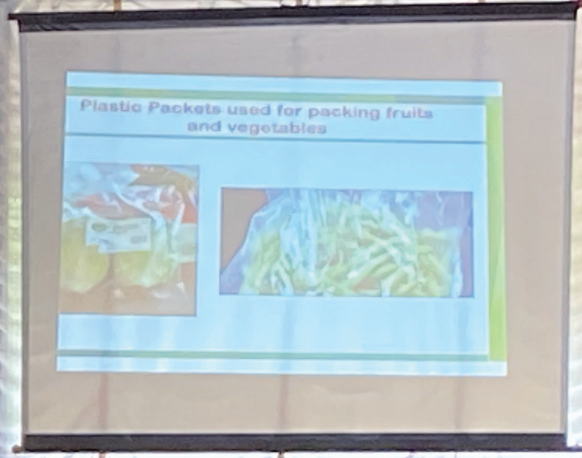
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02/09/22 02:59 PM



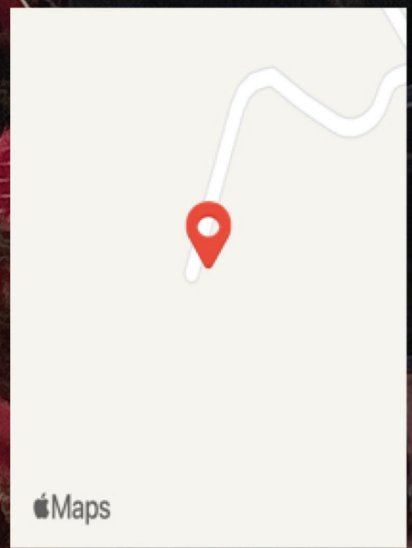
Day 3

Day 3 of the NSS camp on 3rd Sept 2022, started at 7.30 am. After yoga meditation, the day's programmes were coordinated by group 2. Nss song, thought for the day, previous day's experience sharing and News headlines were shared. First session of 3rd day ended at 8.30 am. 2nd session started at 10.00 a.m. An orientation session on waste management by Sri. Bijith B. L., Asst. Development Commissioner, Suchitwa Mission, Thrissur was the highlight of the day. The formal inauguration of the camp started at 2.30 p.m. with the NSS song being sung by the N.S.S. volunteers. Welcome speech was delivered by George Nellisery (Ward member), programme officer Ms. Mary Philip. Dr. Sr. Licy A.D, Principal, Carmel College, Mala presided over the function. The inauguration and inaugural speech was done by Mrs. Sandhya Nyson, Block Panchayat President. Felicitations were offered by Sr. Prema (Mother superior, St. Joseph's Old age home). Programme officer, Ms. Rachel Paul delivered the vote of thanks. At 7pm cultural programmes started and group 2 volunteers presented their talents and creativity. All the activities ended at 8pm.

ആരോഗ്യം ആഖ്യാനം
സപ്തദിന സഹവാസ ക്യാമ്പ്
കാർമ്മലം താലൂക്ക് മാള, യൂണിറ്റ് 2, 89
സെപ്റ്റംബർ 19 - ഓഗസ്റ്റ് 25, 2022
ആരോഗ്യം - ആരോഗ്യമുള്ള യുവത്വം



GPS Map Camera



Vadama, KL, India
Chalakkudy, Vadama, 680732,
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09/03/2022 11:42 AM



Apple Maps



സ്പർശിത സഹവാസ ക്യാമ്പ്
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സംസ്കൃത സാഹിത്യം - ആരോഗ്യകരമായ ജീവിതശൈലി
ആരോഗ്യം ഉന്നയ് - ആരോഗ്യമുള്ള തുറസ്സും



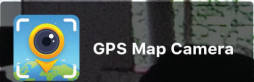
GPS Map Camera


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Vadama, KL, India
Chalakkudy, Vadama, 680732,
Lat 10.248044, Long 76.263375
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Day 4

4th September, 2022 day 4 session began at 7.30 am after meditation. The day's activities were conducted by group 3 volunteers. NSS song, News headlines, previous day's report, thought for the day were presented and the session ended at 8.30 am. The morning session consisted of a medical camp with physician and nursing staff from the Believer's church hospital conducting the programme. A good number of senior citizens from the neighbourhood participated in the camp. The session ended at 1.00 pm. At 3.30 pm, the next session started on 'Women and law' with Mr. Francis (Taluk legal services) as the resource person, followed by a discussion on the same. Last session was cultural programme session. The programmes started at 7.00 pm and was conducted by group 3 members. Quiz, craft, dance etc were included in the session. The session ended at 8.00 pm.



Ashtamichira, Kerala, India

Ashtamichira – Annamanada Rd, Ashtamichira, Kerala 680731, India

Lat 10.2658°

Long 76.285366°

04/09/22 03:18 PM



Ashtamichira, Kerala, India

Ashtamichira – Annamanada Rd, Ashtamichira, Kerala 680731, India

Lat 10.265797°

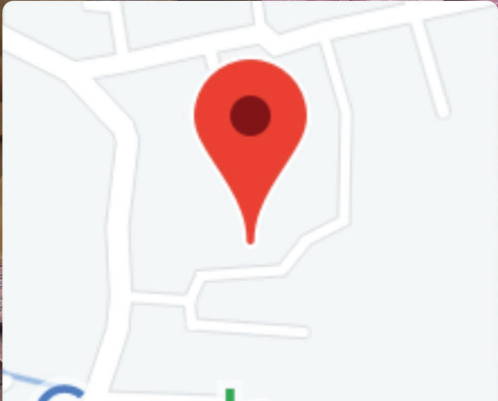
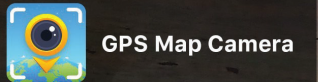
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ആഭിമുഖ്യത്തിൽ ന
നമെഡിക്കൽ
സെപ്റ്റംബർ 2-2022, സെന്റ്. ജോസഫ് ഏയ്
Sponsored by
Believers Church Ho

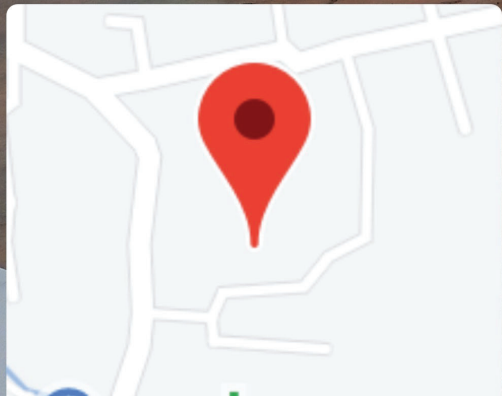
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ലിതളുപ്പു നൽകുന്നതിനായി സൗജന്യമായി
ഉരുട്ടി കർമ്മങ്ങൾ പ്രവർത്തിക്കുന്നു
KANNUR CHURCH



Ashtamichira, Kerala, India
Ashtamichira – Annamanada Rd, Ashtamichira, Kerala 680731,
India
Lat 10.265778°
Long 76.285387°



GPS Map Camera



Ashtamichira, Kerala, India

Ashtamichira – Annamanada Rd, Ashtamichira, Kerala 680731,
India

Lat 10.265894°

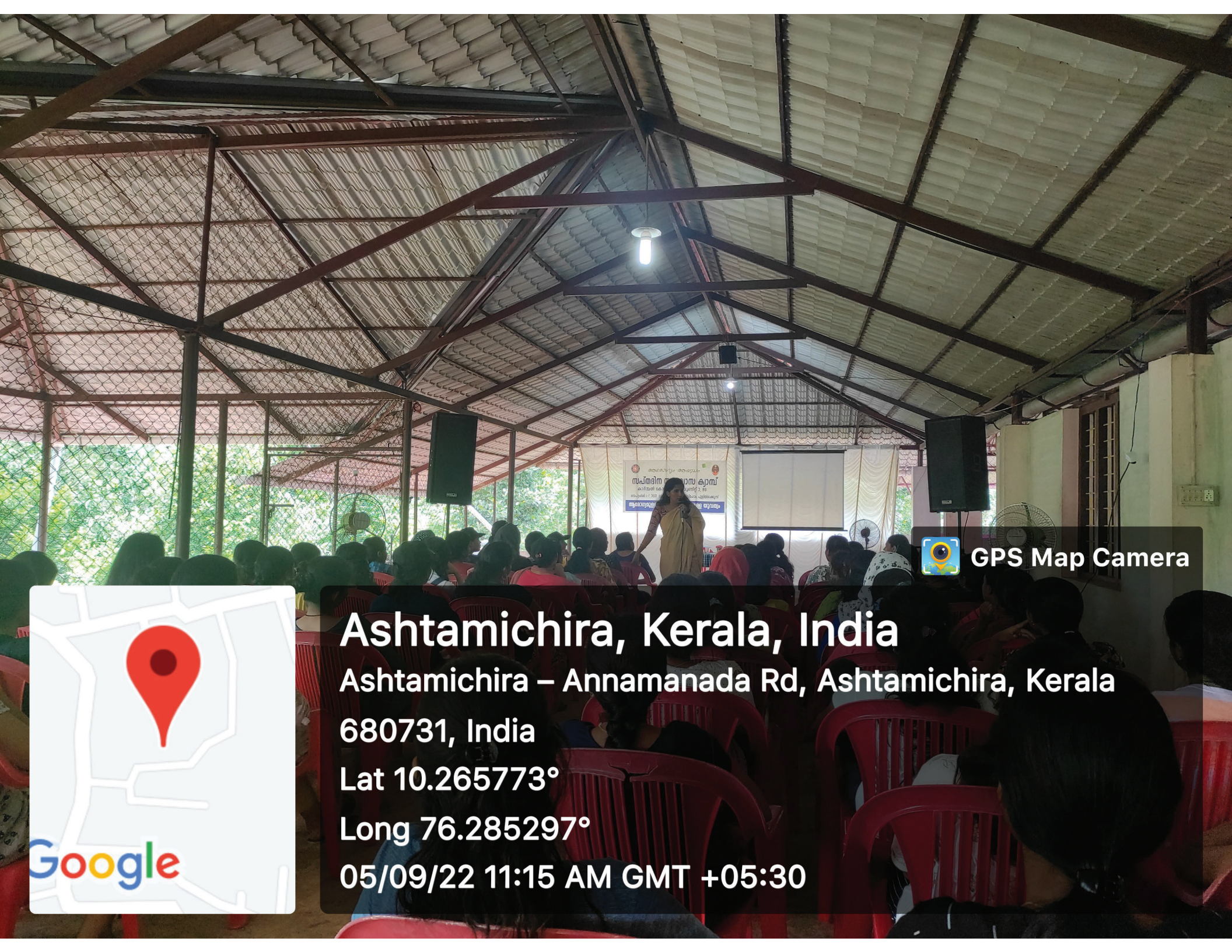
Long 76.28522°

Day -5

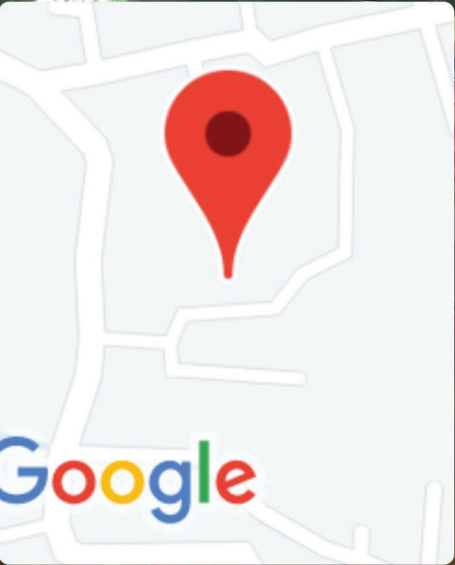
5th day of the virtual NSS camp, 5th September 2022, started with yoga meditation followed by a common gathering at 7.30 am with NSS song, welcome speech, thought for the day, News headlines and sharing of previous day's experience. The morning session, the volunteers resumed their survey in the neighbourhood and joined together for lunch. At 2.30 pm all gathered again for an awareness talk by Mr. Jadeer, Civil Excise officer, Vimukti, Excise Department on the topic 'Youth and Drug free campus'. It was really motivating session. The last session for cultural events started at 7.00 p.m and was coordinated by group 4. They presented their talents. Day 5 of the camp ended at 8.00 pm.



ആരോഗ്യം ആശ്വാസം
സ്പർശിന സഹവാസ ക്യാമ്പ്
കാർമ്മൽ കോളേജ് മാള, യൂണിറ്റ് 2, 89
ബന്ധുപാലം - 7, 2022 ബന്ധുപാലം ഫുൾടൈം ഫുൾടൈം
ആരോഗ്യമുള്ള ഇന്ത്യ - ആരോഗ്യമുള്ള തുവരും



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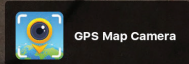


Ashtamichira, Kerala, India
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680731, India
Lat 10.265773°
Long 76.285297°
05/09/22 11:15 AM GMT +05:30

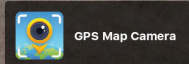
Day 6

6th December 2022, was the 6th day of the camp which started with yoga/ meditation at 7.30 am. Thought for the day was presented . News headlines were presented followed by the reading of the report of the previous day. It was the 1st session of 6th day which ended at 8.30am. Other activities which included vegetable gardening began at 10.30am. The activity was completed by 12 noon. After break time, all gathered together for a session on mental health. The NSS University Coordinator, Dr.Soni, joined us for the afternoon session and spoke to the NSS volunteers and felicitated them. It was really an informative session. Talk and discussion concluded at 3.45 pm. The last session was held at 7.00pm, the cultural event session where the volunteers of group5 got a chance to present their talents and various activities volunteers. The camp ended for the day at 8.00pm.

ആരോഗ്യം ആമുഖം
സപ്തദിന സഹവാസ ക്യാമ്പ്
കാർമ്മൽ കോളേജ് മാള, യൂണിറ്റ് 2, 89
സെപ്റ്റംബർ 1-7, 2022 സെന്റ്. അഗസ്റ്റ് ഫുണ്ട് റിപ്പോർട്ട്, പള്ളിമംഗലം
ആരോഗ്യമുള്ള ഇന്ത്യ - ആരോഗ്യമുള്ള യുവത്വം



Ashtamichira, Kerala, India
Ashtamichira – Annamanada Rd, Ashtamichira, Kerala 680731, India
Lat 10.265834°
Long 76.285709°
07/09/22 10:04 AM



Ashtamichira, Kerala, India
Ashtamichira – Annamanada Rd, Ashtamichira, Kerala 680731, India
Lat 10.265834°
Long 76.285709°
07/09/22 10:26 AM

DHANYA P K	BVoc BFSI		SSA	SSA	SSA	SSA	SSA	SSA	SSA	SSA	SSA	SSA	SSA	SSA	SSA	SSA	SSA	SSA
NAVYA C.G	BVoc Fashion Technology		SSA	SSA	SSA	SSA	SSA	SSA	SSA	SSA	SSA	SSA	SSA	SSA	SSA	SSA	SSA	SSA
ABHIRAMI. T. R	BVoc Multimedia		SSA	SSA	SSA	SSA	SSA	SSA	SSA	SSA	SSA	SSA	SSA	SSA	SSA	SSA	SSA	SSA
SREELAKSHMI	MA integrated Sociology		SSA	SSA	SSA	SSA	SSA	SSA	SSA	SSA	SSA	SSA	SSA	SSA	SSA	SSA	SSA	SSA
SONA V S	MA integrated Sociology		SSA	SSA	SSA	SSA	SSA	SSA	SSA	SSA	SSA	SSA	SSA	SSA	SSA	SSA	SSA	SSA



[Signature]
NSS PROGRAMME OFFICER



CARMEL COLLEGE (AUTONOMOUS), MALA

RE-ACCREDITED BY NAAC WITH 'A' GRADE (FOURTH CYCLE)



7(K) GIRLS BN NCC, THRISSUR

OLD AGE HOME VISIT

'Let's hold them together'

3 DECEMBER
2022

IS GOING TO BE
CONDUCTED
@OLD AGE HOME
MALA

STUDENT COORDINATORS
JUO AMBIKA MENON
SGT. ANAMIKA U.K

ANO
JISMY JOSEPH

PRINCIPAL
DR. SR. CATHERINE CMC

CARMEL NCC JOSH

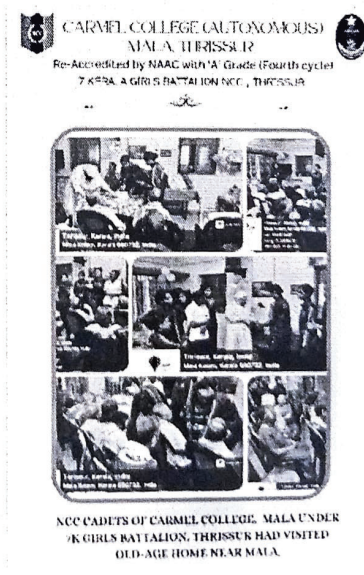



CARMEL COLLEGE (AUTONOMOUS), MALA
NATIONAL CADET CORPS

Report on OLD AGE HOME VISIT

On December 3, 2022, Carmel College NCC cadets visited Karuna Bhavan, an old age home in Mala. The cadets arrived at the old age home at 10:00 a.m., with approximately 10 cadets participating in the visit. During their visit, the NCC cadets organized and performed cultural programs for the residents of the old age home. They spent two hours engaging with the elderly, spreading joy and happiness through their performances and interactions. The cadets' presence brought smiles to the faces of the residents and created a positive atmosphere in the old age home. The visit to the old age home served as an opportunity for Carmel College NCC to raise awareness about the importance of caring for and respecting the elderly. The cadets conveyed the message of loving and cherishing all living beings, including our parents and those who have given us the gift of life. They emphasized the significance of not neglecting or causing sadness in the lives of our parents, urging others to avoid leaving them in loneliness or a state of depression. The program organized by the NCC cadets made a positive impact on the entire society, particularly those who may lead privileged or luxurious lives but fail to remember the love and sacrifices of their parents. The visit to the old age home served as a reminder to appreciate and care for our elderly population, fostering a sense of empathy and compassion within the community. Overall, the visit to the old age home by Carmel College NCC cadets was a meaningful and impactful initiative.

Outcome: The cultural performances and interactions brought joy and happiness to the residents, while also spreading awareness about the importance of respecting and caring for our elderly.




Lt. Jimmy Joseph
Associate NCC Officer
Carmel College, Mala

CARMEL COLLEGE (AUTONOMOUS)MALA

NATIONAL CADET CORPS

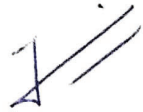
OLD AGE HOME VISIT

VENUE : OLD AGE HOME MALA

DATE AND TIME: 03/12/2022 & 10:00 AM

SL NO	NAME	DEPARTMENT	SIGNATURE
1	Roopa Poulose	Bcom Finance	Roopa P.
2	Anda T.P	Integrated sociology	Anda T.P
3	Aswathy P.V	BA political science	Aswathy P.V
4	Nandana k.R	BSc Mathematics	Nandana k.R
5	Ashika Nasrin	BA functional English	Ashika
6	Aswathy Ramdas	BSc Applied Physics	Aswathy
7	Anuvannya	BVOC SD	Anuvannya
8	Reena k.J	BSc Botany	Reena k.J
9	Harsha mol	B.com finance	Harsha
10	Ajina P	BA Sociology	Ajina P




Lt. Jismy Joseph
Associate NCC Officer
Carmel College, Mala



CARMEL COLLEGE (AUTONOMOUS) MALA
Re-Accredited by NAAC with 'A' Grade (4th Cycle)
Thrissur Dt. Kerala-680732, www.carmelcollegemala.ac.in, 0480-2890247



Mala Town Cleaning



March 4, 2023

Second Phase of Clean Kerala Campaign

- Mala Town Cleaning



CARMEL COLLEGE (AUTONOMOUS) MALA

Re-Accredited By NAAC with 'A' Grade (4th Cycle)

Thrissur Dt. Kerala-680732, www.carmelcollegemala.ac.in. 0480-2890247

Report on NSS Volunteers' Participation in the Second Phase of Clean Kerala Campaign – Mala Town Cleaning

On March 4, 2023, NSS volunteers from Carmel College Mala actively participated in the second phase of the Clean Kerala Campaign. The focus of this phase was the cleaning of Mala Town, where volunteers dedicated their time and effort to remove dumped garbage and contribute to the overall cleanliness and environmental well-being. The cleaning activity commenced at 9:00 am and saw the enthusiastic involvement of NSS volunteers from various backgrounds. The initiative aimed not only to address the immediate issue of dumped garbage but also to instill a sense of responsibility for maintaining a clean and healthy environment among the residents of Mala Town.

Outcome

The tangible outcomes, including a cleaner town, heightened community engagement, and increased awareness, underscore the positive impact of such initiatives on the overall well-being of the community. The NSS unit looks forward to continued collaboration with similar campaigns and remains dedicated to contributing to a cleaner and healthier Kerala.



[Signature]
NSS PROGRAMME OFFICER



Mala, Kerala, India
67VC+5HJ, Mala, Kerala 680732, India
Lat 10.243761°
Long 76.271609°
04/03/23 10:47 AM



Muthoot Finance

മുതലുറപ്പ് ഫിൻകോർപ്പ്

muthoot FICORP

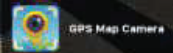
Gold Zone



മാള ശ്രാമപഞ്ചായത്ത്
നവകേരളം കുർമ്മപദ്ധതി - 2, ഹിരിത കേരളം മിഷൻ
വലിച്ചെറിയൽ മുക്ത കേരളം നൂറ്റാണ്ട് കർമ്മപദ്ധതി

മീളം പാത ജാഥ

04.03.2023 രണ്ടിയാഴ്ച രാവിലെ 9 മണിക്ക്
മാള ശ്രാമപഞ്ചായത്ത് ഓഫീസ് പരിസരം
ഉദ്ഘാടനം : ശ്രീമതി. സിന്ധു അലക്സാണ്ടർ
പ്രസിഡന്റ്, മാള ശ്രാമപഞ്ചായത്ത്



Mala, Kerala, India
67VC+5HJ, Mala, Kerala 680732, India
Lat 10.243761°
Long 76.271609°
04/03/23 09:54 AM

CARMEL COLLEGE MALA (Autonomous)

National Service Scheme (Unit 2, 89)

Venue: Mala Town

Date: 4/3/2023

Resource Person Mala Town cleaning

	NAME OF VOLUNTEER	COURSE/ PROGRAMME	Signature
1	ANITT JAMES		
2	ANUNANDA. M R	B.Sc Botany	<i>[Signature]</i>
3	ARYASREE CV	B.Sc Botany	<i>[Signature]</i>
4	ASNA VN	B.Sc Botany	
5	ASWATHY .P.A	B.Sc Botany	<i>[Signature]</i>
6	GOPIKA. O. G	B.Sc Botany	<i>[Signature]</i>
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9	VRINDHA.T.RAMESH	B.Sc Botany	<i>[Signature]</i>
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28	SONA SUNNY	B.Sc Zoology	<i>[Signature]</i>
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79	RESMI. R	BVoc Agriculture	<i>Resmi</i>
80	THRISHA V	BVoc Agriculture	<i>Thrisha</i>
81	DHANYA P K	BVoc BFSI	<i>[Signature]</i>
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85	SONA V S	MA integrated Sociology	



[Signature]
NSS PROGRAMME OFFICER



CARMEL COLLEGE (AUTONOMOUS) MALA

Re-Accredited By NAAC with 'A' Grade (4th Cycle)

Thrissur Dt. Kerala-680732, www.carmelcollegemala.ac.in. 0480-2890247

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NSS PROGRAMME OFFICER



Mala, Kerala, India
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Lat 10.243761°
Long 76.271609°
04/03/23 10:47 AM



Muthoot Finance

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muthoot FICORP

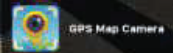
Gold Zone



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മീളം പാത ജാഥ

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CARMEL COLLEGE MALA (Autonomous)

National Service Scheme (Unit 2, 89)

Venue: Mala Town

Date: 4/3/2023

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