



CARMEL COLLEGE (AUTONOMOUS), MALA
Re-Accredited by NAAC with 'A' Grade (4th Cycle)
7(K) GIRLS BN NCC, THRISSUR



PUNEET SAGAR ABIYAN

-16 JUNE 2023-

"Courageous Hearts, Boundless Seas"

Lt. Jismy Joseph
Assistant NCC Officer
Carmel College, Mala

MAIN SGT ARDRA RAJEEV
SGT ANILA T. P.
Co-ordinators

Lt. Dr. Jismy Joseph
ANO

Dr. Sr. Kochuthresia K. P.
Principal



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

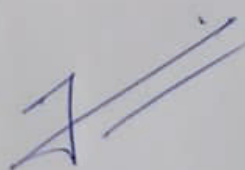
PUNEET SAGAR ABHIYAN REPORT

On 16th June 2023, in connection with Puneet Sagar Abhiyan NCC cadets cleaned a waterbody at Kavanadu. The event began at 2:40 p.m., with a rally organized by the NCC cadets. The cadets carried placards with messages highlighting the importance of waterbody cleanliness and the need for conserving water resources. The rally started from Carmel College and proceeded to Kavanad, covering the surrounding areas of Mala Gram Panchayat. The cadets actively engaged with the local community, spreading awareness and encouraging participation in the cleanliness drive. Following the awareness rally, the cadets gathered at the designated waterbody for a cleaning session. The cadets worked in teams, collecting plastic waste, bottles, wrappers, and other non-biodegradable materials that were littering the waterbody. They used gloves, sacks, and other cleaning tools to ensure the waterbody was cleaned effectively. The waterbody, once cleared of pollutants, showed a significant improvement in its appearance and environmental condition. After completing the cleaning task, the cadets reassembled and rallied back to the college. The return rally was aimed at reinforcing the message of cleanliness, as the cadets walked through the streets carrying the same placards, encouraging the public to maintain cleanliness in their surroundings. The programme concluded at 4:00 p.m. when the cadets returned to Carmel College.

Outcome : The programme had a direct and immediate impact on the cleanliness of the waterbody. The removal of plastic and other pollutants will help in preserving the aquatic life and preventing further contamination of water sources in the area.

U. M. S. Joseph
NCC Officer
Carmel College (Autonomous) Mala

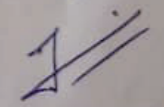



Lt. Jismy Joseph
Associate NCC Officer
Carmel College, Mala

PUNEET SAGAR ABHIYAN

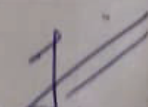
Sl. NO	NAME	DEPARTMENT	
1	Aswini MV	II B.com Finance	Aswini
2	Adithya Sekhar T	II BSc Mathematics	Adithya
3	Alanya EV	II B.com Finance	Alanya
4	Aragha K.B	II B.com CO-operation	Aragha
5	Jyothika K.A	II BVoc AT	Jyothika
6	Snupa	II nd BVoc Agriculture	Snupa
7	Lakshmi Priya R.K	II nd B.A Sociology	Lakshmi Priya
8	Fathima Noufira K.M	II nd B.A FE	Fathima
9	Remeya Roy	II BSc Maths	Remeya
10	Aushina Sojan	"	Aushina
11	Lissiya Michael	"	Lissiya
12	Nandhana suresh	II BSc Botany	Nandhana
13	Jisna sojan	II nd BSc Maths	Jisna
14	Aasha Mariya	"	Aasha
15	Apsara M.V	II nd B.A Sociology	Apsara
16	Vismaya V.S	II nd BA functional English	Vismaya
17	Sona VISO	"	Sona
18	Anasya M.B	II nd BSc Botany	Anasya
19	Malavika I.M	II nd BBA	Malavika
20	Aswani K	II nd integrated sociology	Aswani
21	Shahanas P	II nd BA functional English	Shahanas




 Lt. Jismy Joseph
 Associate NCC Officer,
 Carmel College, Malap

Sl. NO	NAME	DEPARTMENT	SIGN
1.	Anuabile Vinni	Mathematics	Anuabile
2.	Unnimaya P.M	B.COM FINANCE	Unnimaya
3.	ANNA ROSE VARGHESE	BA FUNCTIONAL ENGLISH	Anna Rose
4.	Olinia Antony	B.Sc Applied Physics	Olinia
5.	Alisha.C	BA SOCIOLOGY	Alisha
6.	Denastree.KJ	B.A sociology	Denastree
7.	Gopika.N.P	Mathematics	Gopika
8.	Dilma p.s	BA Political Science	Dilma
9.	Ajina.p	BA sociology	Ajina
10.	Avani KS	BA sociology	Avani
11.	Nimisha shireen	B.com finance	Nimisha
12.	Sreelakshmi CS	B.com finance	Sreelakshmi
13.	Fathima Asnak.V	B.A Political Science	Fathima
14.	Aparna Menon	B.Sc Mathematics	Aparna
15.	Nandhana Shaju	BA Political Science	Nandhana
16.	ANCHITHA.P.V	III rd B.Sc Zoology	Anchor
17.	Anjana.K.A	III rd Integrated in Sociology	Anjana
18.	Aswathy V.S	III rd BA sociology	Aswathy
19.	Aradna Rajeev	B.Sc Mathematics	Aradna
20.	Adithya.M.B	III rd Bx Applied Physics	Adithya
21.	Sreeshma.A.K	IV th BA political Science	Sreeshma




 Lt. Jisny Joseph
 Associate NCC Officer
 Carmel College, Mala



CARMEL COLLEGE (AUTONOMOUS) MALA

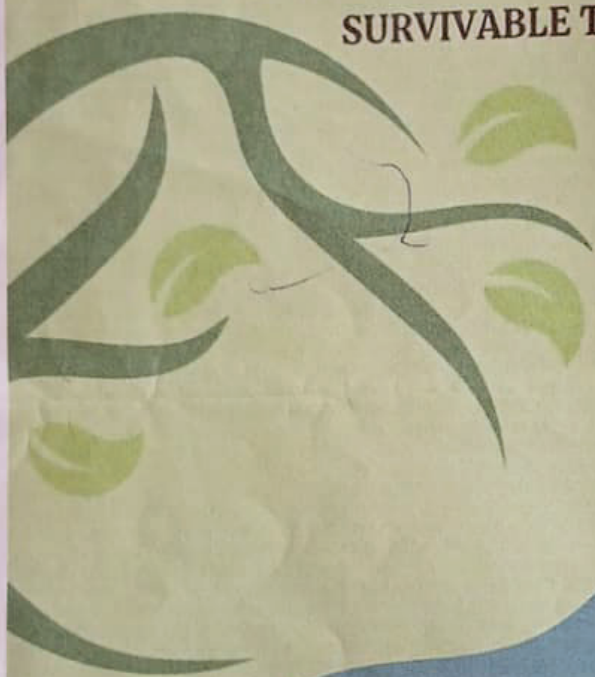
Re-Accredited by NAAC with 'A' Grade (Fourth cycle)

7(K) GIRLS BN NCC, THRISSUR



WORLD ENVIRONMENT DAY

"SAVE OUR ENVIRONMENT TODAY FOR A
SURVIVABLE TOMORROW"



2.30 PM



NCC OFFICE



05-06-2023

COMPETITIONS

- **CARTOON DRAWING**

COORDINATORS:

AUSTINA SOJAN

JISNA SOJAN

OUTDOOR PROGRAMS

- **MIME**

COORDINATORS:

FATHIMA NOUFIRA

ANASYA M.B

**05th
JUNE**



L. Jimmy Joseph
Assistant 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

ENVIRONMENT DAY REPORT

In observance of World Environment Day, the NCC Unit of Carmel College, Mala, organized a mime performance to raise awareness about the importance of **water conservation** on 5th June 2023. The theme of the event, "Save Water," aimed to highlight the pressing need for sustainable water management and inspire the local community to take action in preserving water resources. 30 NCC cadets participated in the same. The performance was held in a busy area of Mala Town, where the cadets aimed to capture the attention of the public and convey the message of water conservation through expressive gestures and silent acting. The mime portrayed the consequences of water wastage, the importance of saving water, and how every individual can make a difference by using water responsibly.

Outcome: The creative expression of the cadets successfully captured the attention of the community and delivered a powerful message about the importance of water conservation. Through their efforts, the cadets not only contributed to raising awareness but also inspired positive change in the local community.

Lt. Jismy Joseph
Associate NCC Officer
Carmel College, Mala

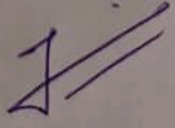


X
Lt Jismy Joseph
Associate NCC Officer
Carmel College Mala

Sl.No	PARTICIPANTS
1	Lissiya Michael
2	Arsha Mariya
3	Aswini M.V
4	Adithya Sekhar T
5	Athika Thasneem M.M
6	Remeya Roy
7	Apsara M.V
8	Snupa
9	Fathima Noufira
10	Alanya E.V
11	Anusha K.S
12	Fathima Parvin A.N
13	Anagha K.B
14	Avani P.U
15	Swathi V.S
16	Megha Suresh
17	Jisna Sojan
18	Austina Sojan
19	Nandhana Suresh
20	Lakshmipriya
21	Jyothika K.A
22	Vyshnavi K.A
23	Gouri Vinod
24	Anasya M.B
25	Anchitha
26	Anila
27	Fathima Asna K.V
28	Sreeshma
29	Anjana
30	Sniya Krishna

Lissiya
 Arsha
 Aswini
 Adithya
 Athika
 Remeya
 Apsara
 Snupa
 Fathima
 Alanya
 Anusha
 Fathima
 Anagha
 Avani
 Swathi
 Megha
 Jisna
 Austina
 Nandhana
 Lakshmi
 Jyothika
 Vyshnavi
 Gouri
 Anasya
 Anchitha
 Anila
 Fathima
 Sreeshma
 Anjana
 Sniya




 Lt. Jismy Joseph
 Associate NCC Officer
 Carmel College, Mala



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



NGO VISIT

Never ignore somebody with a disability, You don't realize
how much they can inspire you!

Date : 02/12/2023

Venue : Sukarma Vikas Kendra, parakkadavu



SGT Anila T.P

CDT Fathima Noufira K.M

CDT Lakshmipriya R.K

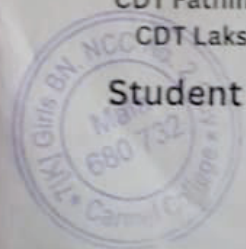
Student coordinators

Lt.Dr.Jismy Joseph

ANO

Dr.Sr.Kochuthresia K P

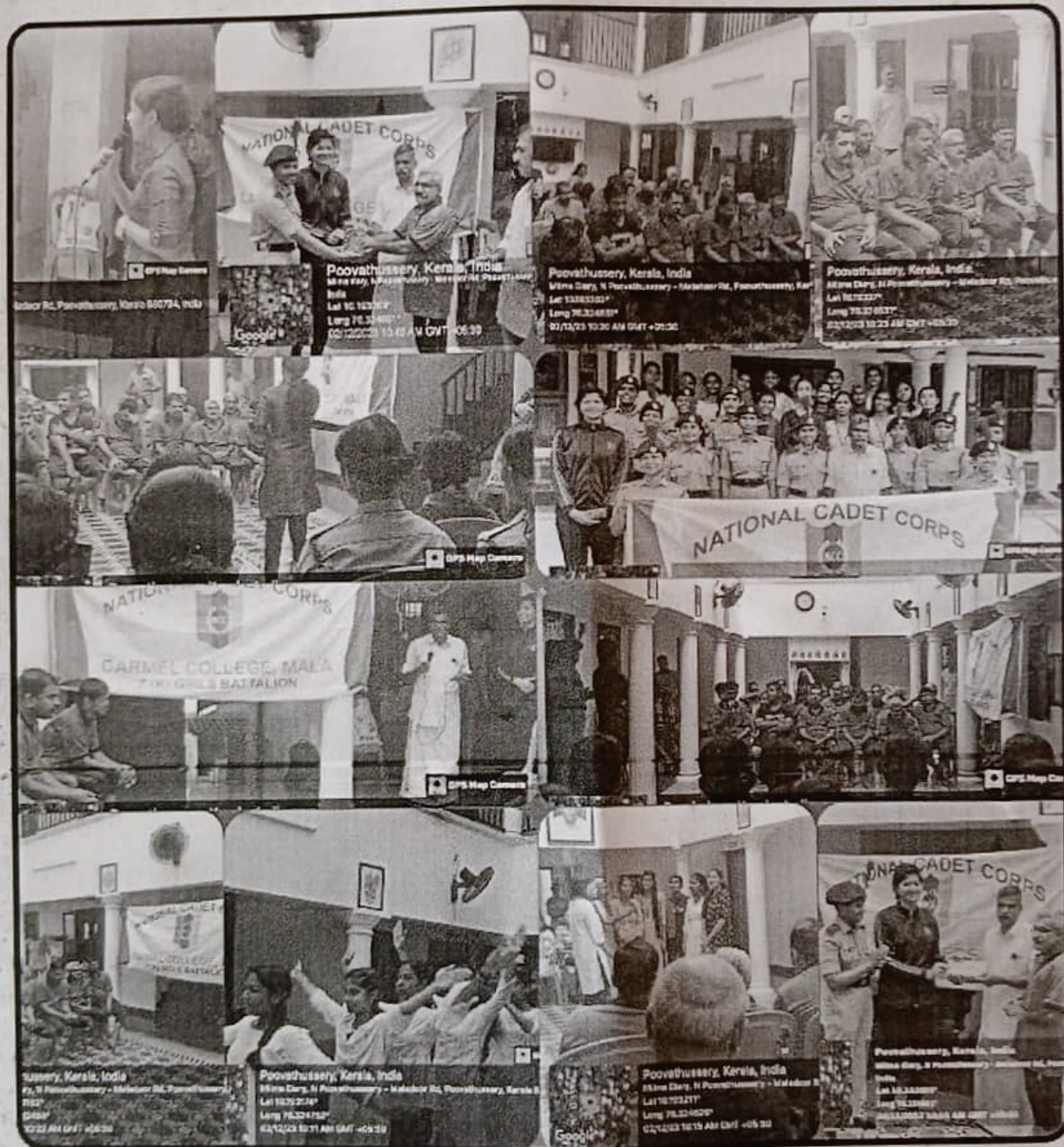
Principal



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



**NCC CADETS 7(K) GIRLS BN
 OF CARMEL COLLEGE, (AUTONOMOUS) MALA
 VISITED SUKARMA VIKASA KENDRAM (NGO) AS A PART OF NCC DAY
 CELEBRATIONS**



J
 Lt. Jismy Joseph
 Associate NCC Officer
 Carmel College, Mala

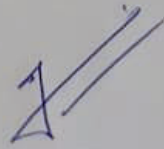


CARMEL COLLEGE (AUTONOMOUS) MALA
Re-Accredited by NAAC with 'A' Grade (4th Cycle)
Thrissur Dt. Kerala-680732, www.carmelcollegemala.ac.in, 0480-2890247

NGO VISIT

On 2nd December 2023, 30 cadets visited the Sukarma Vikasa kendra at Parakadavu. Upon arrival, the cadets were divided into smaller groups to interact with the elderly residents. These conversations focused on learning about their personal stories, life experiences, and the challenges they face. The cadets made an effort to make the residents feel comfortable, sharing light-hearted conversations and creating a warm atmosphere. The cadets organized several entertainment activities to brighten the day of the residents. The cadets had collected small care packages for the residents. These were distributed to each resident with a note of appreciation and goodwill. The gesture was greatly appreciated by the inmates, and it helped bring smiles to their faces.

Outcome: The visit had a profound emotional impact on both the cadets and the residents. Many cadets were moved by the stories shared by the inmates and found it to be a humbling experience.

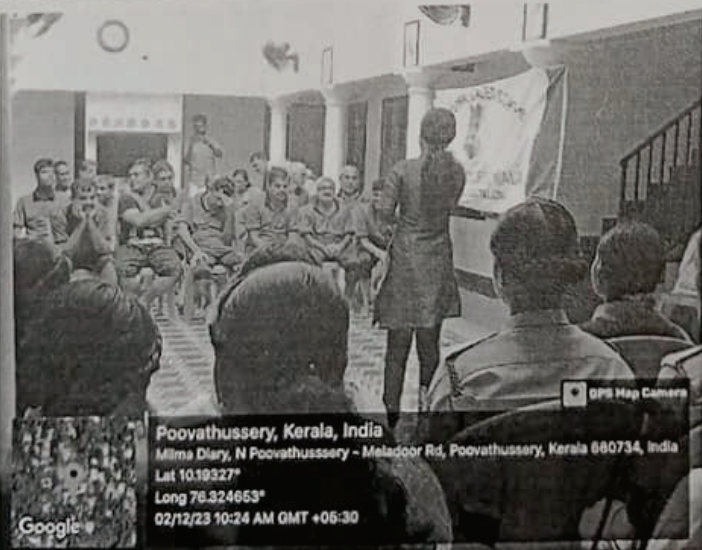

Lt. Jismy Joseph
Associate NCC Officer
Carmel College, Mala



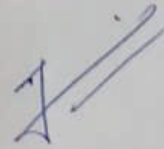
GPS Map Camera
Poovathussery, Kerala, India
Milma diary, N Poovathussery - Meladoor Rd, Poovathussery, Kerala 680734,
India
Lat 10.193209°
Long 76.324661°
02/12/2023 10:52 AM GMT +05:30



GPS Map Camera
Poovathussery, Kerala, India
Milma diary, N Poovathussery - Meladoor Rd, Poovathussery, Kerala 680734,
India
CARMEL COLLEGE, MALA
(K) GIRLS BATTALION
Lat 10.193209°
Long 76.324661°
02/12/2023 11:54 AM GMT +05:30



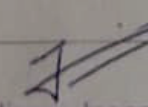
GPS Map Camera
Poovathussery, Kerala, India
Milma Diary, N Poovathussery - Meladoor Rd, Poovathussery, Kerala 680734, India
Lat 10.19327°
Long 76.324663°
02/12/23 10:24 AM GMT +05:30


Lt. Jimmy Joseph
Associate NCC Officer
Carmel College, Mala

Old Age Home Visit (Sukarma), Parakkadu

Sl. no	Name	Department	Signature
1	Anagha K.B	II B.Com Finance	Anagha
2	Anagha O.K	I Sociology	Anagha
3	Anna Rose	III FE	Anna
4	Aswathy P.M	I Botany	Aswathy
5	Aswin M.V	II B.Com Finance	Aswin
6	Som vijo	II FE	Som
7	Cianna Rose	I Sociology	Cianna
8	Anchitha	III Zoology	Anchitha
9	Hiba nazrin	II Sociology	Hiba
10	Gouri Vinod	II FE	Gouri
11	Jiniya E.K	I Sociology Int.	Jiniya
12	Jisna Juby	Bvoc Agriculture	Jisna
13	Lakshmi Priya R.K	II Sociology BA	Lakshmi
14	Megha Suresh	Bvoc SD	Megha
15	Neha P.P	I BA Sociology	Neha
16	Remya Roy	II BSc Maths	Remya
17	Rimi KJ	I BSc Botany	Rimi
18	Saniya Surendran	II BBA	Saniya
19	Anila T.P	III Ma Int. Sociology	Anila
20	Arannima	III BSc Maths	Arannima
21	Aswathy P.M	III BA Political Science	Aswathy
22	Snupa	II Bvoc Agri	Snupa
23	Sreemayi M Aivesh	I B.Com Cooperation	Sreemayi
24	Fathima Noufira K.M	II FE	Fathima
25	Aswathy Rams Das	III BSc Applied Physics	Aswathy
26	Aparna menon	III BSc Maths	Aparna
27	Sreeshma	III BA Political Science	Sreeshma
28	Malavika IM	II DBA	Malavika
29	Keerthana	III BSc Chemistry	Keerthana
30	Alanya EV	II B.Com Finance	Alanya




 Lt. Jisny Joseph
 Associate NCC Officer
 Carmel College, Mala