



CARMEL COLLEGE, MALA

Nationally Re-accredited with 'A' grade (Third Cycle)

Thrissur Dt., Kerala- 680732, Ph:04802890247, Fax: 04802890247

E-mail: carmelcollege@rediffmail.com, Website: www.carmelcollegemala.ac.in



Criteria III

Research, Innovations and Extension

3.4.3 Number of extension and outreach Programmes conducted by the institution through NSS/ NCC/ Red Cross/ YRC etc., (including the programmes such as Swachh Bharat, AIDS Awareness, Gender Issues etc.)

2017-2018

Submitted to



THE NATIONAL ASSESSMENT AND ACCREDITATION COUNCIL

INTERNATIONAL DAY AGAINST DRUG ABUSE AND ILLICIT TRAFFICKING

In connection with International day against drug abuse and illicit trafficking NCC and NSS unit of Carmel College, Mala organized an awareness program for students. Session was handled by the Sub Inspector of Police, Mala. Also screened a documentary on Drug abuse.



Environment Day

NCC organized Environment day celebrations in association with Mala Grama Panchayath and department of Mathematics. Prof. Kusumum Joseph inaugurated the celebrations and delivered a talk on Kadum Nadikalum nammud e jeevithavum. An awareness rally was conducted thereafter and tree saplings were planted on either side of Kavanadu road



International Yoga Day

NCC organized International Yoga day celebrations in association with NSS and Dept. of Physical education on 21st June 2017. Dr. Sr. Ancy, Yoga Trainer, Sahridaya College of engineering and technology conducted a yoga class for the students.



AWARENESS TALK ON DRUG ABUSE AND ILLICIT TRAFFICKING-Report

Date: 21st July 2017

Place : College Auditorium; Rally to Mala

Time: 1PM

Participants: NSS volunteers

In connection with **Antinarcotics day** observation, an awareness class was organized by Adv.Unnikrishnan Vyloppilli delivered a talk on Drug abuse and illicit trafficking on 21/07/17. Speech competition, poster making competition and a rally to Mala was also organized.



Activity: Dental Camp

Date: 4th August 2017

Venue: College Auditorium

NSS Units have organized a **Dental Check up** in collaboration with Topmost Dental Clinic, Mala for the whole students and faculty members in the College Auditorium. 87 patients consulted with the three doctors. Dr. Princy K.G NSS P.O. welcomed the gathering. Dr. Sr. Lizy C.I., Principal inaugurated the camp. Dr. Vinitha N. Vijayan proposed vote of thanks.



Independence Day

Independence day celebrations were started by flag hoisting. Various programmes were arranged by NCC cadets like Patriotic song, Speech etc. Sweets were distributed among students.

In connection with independence day celebrations NCC cadets visited Freedom fighters memorial at Eriad .



NATIONAL SERVICE SCHEME (UNIT No. 2 & 89)

CARMEL COLLEGE, MALA

Swatchhata Pakwada Programmes

Date_ : 14/08/2017

Activity: Rally, Cleaning

Venue: KSRTC bus stand, Mala

Time: 2pm

Participants: NSS Volunteers and Programme Officers

On 14th August, 2017, the NSS units conducted a **Rally** and it was flag off by the Principal. Students used more than 150 placards which carries valuable messages of cleanliness. The rally started from the college and ended in the KSRTC bus stand Mala. After that the students **cleaned the KSRTC bus stand, Mala**. Dr.Princy K.G and Dr. Vinitha Vijayan- the NSS Programme Officers accompanied students and gave proper instructions to them.



Awareness class on “Health and sanitation – Report

Date: 1st September 2017

Place : Puliylakkunnu

Time: 3PM

Participants: Second year NSS volunteers

Community sanitation is now an essential issue of environmental sustainability. During the special camp- BODHANA- 2017 at Puliylakkunnu, NSS volunteers , on 1st September 2017, in the afternoon, at 3 o'clock an *awareness class was conducted on “Health and sanitation” led by Dr. S. Sanjeev(Medical Officer, Mullassery PHC and State Award Winner).*



Activity: Cleaning

Date_: 02/09/2017

Venue: Sambaloor Lift irrigation Canal, Puliylakkunnu, Ashtamichira

Sambaloor lift irrigation canal was cleaned by the NSS volunteers which is the one of main water resource of the villagers at Puliylakkunnu during the specialcamp on 2nd September, 2017. The programme was inaugurated by the Ward Member, Smt. Gouri Damodaran at 9 am. The cleaning came to an end at 12.30 pm.



Activity: Medical Camp

Date: 02/09/2017

Venue: Seminar Hall, St. Joseph's Aged Home, Puliylakkunnu

We have conducted a *Medical camp* with the support of Thomson Medical Centre, Mala. It was for thyroid and sugar test and follow up treatment for selected fifty persons at the hospital, free of cost. The programme was inaugurated by Sr. Ancy CMC, Superior, St. Joseph's Aged Home, Puliylakkunnu. NSS Leader Rose George welcomed the gathering. Dr. Princy K.G. Proposed vote of thanks.

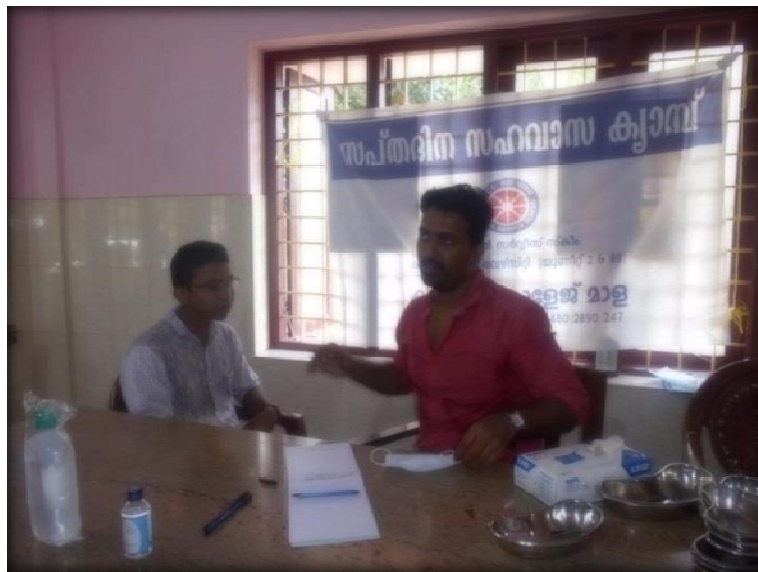


Activity: Dental camp

Date: 02/09/2017

Venue: Seminar Hall, St. Joseph's Aged Home, Puliylakkunnu

Free Dental Check-up was conducted with the assistance of Bheeshma Dental Hospital, Ashtamichira. Camp was inaugurated by Ward Member, Smt. Gouri Damodaran. Dr. Princy K.G., NSS P. O. welcomed the doctor and team members. 52 patients consulted with the doctor. Follow up treatment was continued at the hospital.



Awareness class on “Road safety” – Report

Date: 2nd September 2017

Place : Puliylakkunnu

It is very **important** to be aware that **road traffic** injuries remain an **important** public health problem. When **road safety** products are utilized correctly or efficiently, they can help save lives, prevent accidents and injuries, and keep a society functioning in the most optimal way.. During the special camp- BODHANA- 2017 at Puliylakkunnu, NSS volunteers , on 2nd September 2017, at 10.30AM there was an awareness class organized on the subject “*Road Safety*” led by Sri.O.A.Babu (Trainer for Kerala Police, Thrissur).



Awareness class on “Ayurveda and life style diseases” – Report

Date: 2nd September 2017

Place : Puliyilakkunnu

Lifestyle diseases are linked with the way people live their life. This is commonly caused by lack of physical activity and unhealthy eating as per our understanding. A healthy lifestyle must be adapted to combat the various diseases like diabetes, hypertension, cholesterol, liver diseases, heart diseases, COPD etc. with a proper balanced diet and physical activity. Ayurveda analyze the body constitution and the existing health problems of the individual before suggesting a proper food and lifestyle advice. During the special camp- BODHANA- 2017 at Puliyilakkunnu, on 2nd September 2017, in the afternoon at 3 O'clock, Dr. Vishnu Ravi (Asst.Professor, Govt. Ayurvedic Medical College, Thrippunithura) took a class on the topic “*Ayurveda and life style diseases*”.



TAPIOCA CULTIVATION- REPORT

Date: 2ND and 4th September 2017

Place: Puliylakkunnu- Adopted Village

During the special camp –BODHANA-2017, all NSS volunteers and Programme Officers were actively involved in the vegetable garden making in the residential area of St. Joseph’s Old Age Home and neighbouring family. Tapioca was cultivated in their land which will provide a good food for the inmates of Old Age Home.



Activity: Cleaning

Date_ : 04/09/2017

Venue: Balabhavan Park, Puliylakkunnu, Ashtamichira

On the fifth day of the special camp- BODHANA- 2017 which was the holy *Thiruvonam* day, volunteers engaged in the *cleaning of Balabhavan Park* at Puliylakkunnu at 8 o'clock. Cleaning activity was formally inaugurated by Fr. Shaji Peter, Balabhavan Director. Ward members and people of the locality participated in the event. The message of cleanliness was our Thiruvonam message to the natives. The whole people in the locality appreciated the volunteers for their service mind.



Carmel College, Mala

NATIONAL SERVICE SCHEME, UNIT No. 2 and 89

Report of Onam Celebration at Puliylakkunnu

Date: 4th September 2017

Time: 8.00am

Place: Puliylakkunnu- Adopted Village

Participants: 2nd year NSS Volunteers

This was the holy *Thiruvonam* day, volunteers engaged in the *cleaning of Balabhavan Park* at Puliylakkunnu at 8 o'clock. The message of cleanliness was our Thiruvonam message to the natives. The whole people in the locality appreciated the volunteers for their service mind. The natives also provided snacks and water to the volunteers. The volunteers celebrated Onam with the inmates of St. Joseph's Aged Home, Puliylakkunnu. Adv. Sunilkumar MLA, Sri Varghese Kachappilly (Mala Block Panchayat President), Ward Members and other dignitaries were also present in the celebration. A feast was also arranged. In the afternoon session, the agricultural award winners were honoured by the honourable MLA. Sri Nandakumar Ponnissery- Best Paddy Farmer, Sri P.A.Johny- Best Dairy Farmer and Sr. Ancy CMC- Best Dry Land Paddy Cultivator were honoured. "Onakkodi" was gifted to the 20 inmates of Aged Home and distributed Food items to the poor family of the locality as part of our Onam Celebration.





Awareness class on “Influence of drugs in new generation” – Report

Date: 5th September 2017

Place : Puliylakkunnu

Time: 10.30am

Participants: Second year NSS volunteers

During the special camp- BODHANA- 2017 at Puliylakkunnu, on 5th September 2017, NSS Units organized an **awareness class** on “the influence of drugs in new generation” which was led by Sri P.L.Sunny (Civil Excise Officer, Vadakkumchery)



Swachh Bharat

In connection with Swachh Bharat, NCC organized a lecture on the topic “What can I do to clean my city clean” on 22/9/2017. The health inspector Sajeevan of community health center Mala was the resource person.



NATIONAL SERVICE SCHEME (UNIT No. 2 & 89)

CARMEL COLLEGE, MALA

TREE PLANTATION PROGRAMME

Date_: 31st August to 6th September 2017

Activity: Awareness programme

Place: Puliylakkunnu

Participants: Second year NSS Volunteers

During the seven day special camp inauguration ceremony, each guest was welcomed by giving medicinal plants like Neem and Tulsi on 1st September 2017. Sri. Sreekumar. P.S (PTA President of the College and Forest Range Officer, Pariyaram) distributed 200 tree saplings to the people of the locality at Puliylakkunnu. Volunteers also planted saplings on the road side and houses of Puliylakkunnu. Vegetable garden was made in 5 houses and St. Joseph's Old age Home at Puliylakkunnu.



Awareness on Life Style Diseases- Report

Date: 10th November 2017

Place : College Auditorium

Time: 1PM

Participants: NSS volunteers

Awareness Programme on Life Style Diseases was organized by the NSS Units of Carmel College, Mala on 10/11/17. Dr. Honey Saji and Dr. Jiji Menon from Thomson Medical Centre, Mala took classes for the volunteers. NSS leader Amritha Menon welcomed the resource persons. The session highlighted the awareness level of adolescents about different lifestyle diseases and the effectiveness of the education program for improving the knowledge on lifestyle diseases among adolescents and thereby in prevention of lifestyle disorders. College based interventions are required to improve the knowledge about lifestyle diseases in order to prevent these diseases correct practices can also be adopted.



NATIONAL SERVICE SCHEME (UNIT No. 2 & 89)

CARMEL COLLEGE, MALA

AIDS Awareness Programme

Date: 1/12/2017

Activity: Rally

Venue: College Campus to Mala Town

Time: 2pm

Participants: NSS Volunteers and Programme Officers

In connection with AIDS day Observation NSS volunteers , in association with Red Ribbon Club, Rally was conducted to Mala Town on 1st December to propagate the message of Protection against HIV and AIDS. Rally was started from College Portico in which students have taken banners and placards which contained AIDS Awareness slogans. All volunteers wore AIDS Day symbol – Red ribbon.



Activity: Blood Group detection and Blood donation camp

Date: 4th December 2017

Venue: Audio Visual room

A **blood donation camp** was organized with the support of Jubilee Mission Medical College, Thrissur and HDFC Bank in connection with AIDS Day observation on 4th December 2017. NSS Leader Rose George welcomed the gathering. Our Principal Dr. Sr. Lizy C.I. officially inaugurated the programme. Dr.Alwin and Dr.Asha from Jubilee Mission medical College, Thrissur and HDFC Bank Managing Director Mr.Harish Varma shared their views about the importance of blood donation. 58 students participated in the camp. Dr. Princy K.G., NSS P.O. proposed vote of thanks and distributed certificates.



Govt. Hospital cleaning

NCC cadets cleaned the Govt. Hospital Mala in connection with Swachhta Pakhwada on 8/12/2017. 130 cadets participated for the same.



Blood Donation

NCC unit of Carmel College, Mala organized a blood donation camp in association with IMA, Thrissur on 5/12/2017. 50 cadets donated blood during the camp.



NATIONAL SERVICE SCHEME (UNIT No. 2 & 89)

CARMEL COLLEGE, MALA

DECLAMATION CONTEST

Date_ : 12th December 2017

Activity: Elocution competition

Place: Audio-Visual Room, Carmel College, Mala

Participants: NSS Volunteers

Mala Block level Elocution competition on Patriotism and nation building was jointly conducted by NSS Units of Carmel College, Mala and Nehru Yuvajana Kendra, Thrissur in our college on 12th December 2017. Ms. Lakshmi Salim, Ms. Mary Philip and Ms. Remya judged the performances of the students. Three of our NSS volunteers participated in the District level Elocution competition on Patriotism and nation building conducted by Nehru Yuvajana Kendra, at Thrissur on 15th December 2017.



NATIONAL SERVICE SCHEME (UNIT No. 2 & 89)

CARMEL COLLEGE, MALA

ANGANVADI VISIT

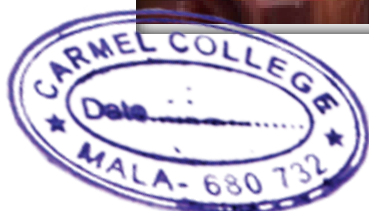
Date_: 15th December 2017

Activity: Christmas Celebration

Place: Anganvadi, Kavanad

Participants: NSS Volunteers

NSS volunteers and Programme Officers visited the nearby Anganvadi at Kavanad Adopted Village and delivered toys and sweets for the kids on 15th December 2017. We celebrated Christmas with the children and entertained them with carol songs.



PRE-MONSOON ACTIVITY REPORT

Date: 31st May 2018

Time: 9.30 am

Venue: College campus

Participants: All Second year NSS Volunteers

As per the instructions given by the State NSS Cell and University of Calicut, NSS Units (Unit No.2 and 89) of Carmel College, Mala conducted Pre- Monsoon activities. Second year NSS volunteers cleaned the campus and separated the waste materials into different categories like biodegradable, plastic and paper waste . Beautification of the campus was also done by planting flowering plants in the garden. Our Principal, Dr. Sr. Lijo gave an awareness about the need of cleanliness especially during the monsoon to eradicate diseases. NSS volunteers also cleaned the sideway of the road to the College.

