



CARMEL COLLEGE, MALA

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

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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.)

2019-2020

Submitted to



THE NATIONAL ASSESSMENT AND ACCREDITATION COUNCIL

NATIONAL SERVICE SCHEME
CARMEL COLLEGE MALA(Units 2 & 89)

Awareness talk on Blood donation–Report

Date: 14th June 2019, Friday

Time: 1.15 pm

Venue: Auditorium

Participants: second year NSS Volunteers

This year, World Blood Donor Day was celebrated around the world on 14 June. The slogan for the campaign is "Safe **blood** for all" to raise awareness about the universal need for safe **blood** in the delivery of health care. The event help us to raise awareness of the need for regular blood donations to ensure that all individuals and communities have access to affordable and timely supplies of safe and quality-assured blood and blood products, as an integral part of universal health coverage and a key component of effective health systems. In connection with Blood Donor's Day observation, an awareness talk was organized by the NSS units of Carmel College Mala on 14th June 2019. Ms.Goldy Davis, Department of Zoology, Carmel College Mala took a class on the importance of blood donation. She explained the components of blood and gave a detailed note on the recipients and donors of the blood. This enabled the volunteers to know more about the blood and the importance of it's donation. Their doubts and misconceptions were also cleared in the session. About 80 students gave consent to donate their blood. Dr.Princy K.G. and Dr.Vinitha N Vijayan, programme officers, distributed pamphlets to the students.

Why is blood donation important

Blood donation can save lives

- It is necessary for critical surgeries like heart procedures, treatment of cancer and malignancies, transplantation, trauma and burn cases
- It is important for people suffering from immune system disorders who need antibody treatment; those with bleeding disorders like haemophilia; women suffering from post-partum haemorrhage

Who can donate blood?

- Any individual who belongs to the age group of 18-65 years with haemoglobin count of more than 12.5gmy/dl and weighing more than 45 kg
- Interval between two donations should be 3 months or more for males and 4 months for females
- The donor should be a healthy person and should not have any active illness
- One should donate blood at licensed centres only



DRUG AWARENESS PROGRAMMES

- Antinarcotics day was observed on 26th June 2019 and we took Antidrug pledge. NSS volunteers assembled in the Students' corner and Ms. Neethu Sunny, Asst. professor, Department of Chemistry delivered an awareness talk about the importance of observing Antinarcotics day.



- Awareness programme on Drug abuse was led by Shri Sajeev K.M., Excise Preventive Officer, from Thrissur. The class also discussed about the misuse of drugs. He also spoke about the people whom we should follow in our lives.



NATIONAL SERVICE SCHEME
CARMEL COLLEGE MALA (Units 2 & 89)

International Yoga Day Celebration-Report

‘Yoga not only changes our body. It changes your attitude, your mind and your mood.’ In order to maintain body balance, improve muscle strength, mental power, immunity and concentration NSS units of Carmel College Mala celebrated International Yoga Day under the guidance of Dr. Sr. Ancy Jaco, Yoga Instructor, Sahridaya College of Advanced Studies and Team members based on Yoga, Meditation and Asanas on Health and Happiness on 21st June 2019. Various yoga postures were explained by her and all the students were asked to do the same daily and to build up a sound body and mind.



NCC

INTERNATIONAL YOGA DAY

On 21st June International Yoga Day was observed. 65 cadets participated for the same.



ACTIVITY: BLOOD GROUP DETECTION AND BLOOD DONATION CAMP

Date: 9th July 2019

Venue: Audio Visual room

Blood donation camp was organized in association with BODHI, Thrissur and Indian Medical Association, Thrissur on 9th July 2019. NSS Leader Safa welcomed the gathering. Our Principal Dr. Sr. Lizy C.I. officially inaugurated the programme. 54 students donated blood.



Blood Donation

NCC organized a blood donation camp in association with NSS unit of Carmel College, Mala on 9/7/2019. 30 cadets donated blood during the camp.



NATIONAL SERVICE SCHEME (UNIT No. 2 & 89)

CARMEL COLLEGE, MALA

AWARENESS PROGRAMME- NATUROPATHY

Date_: 2nd August 2019

Activity: Awareness programme

Place: Auditorium, Carmel College, Mala

Participants: NSS Volunteers

Naturopathy is a system of health care which promotes the body's own self-healing mechanism. It uses natural therapies such as Nutrition, Herbal Medicine, Acupuncture, Homeopathy, Hydrotherapy, Physical Manipulations, Colonic Irrigation, Fasting, Exercise and others, following Naturopathic principles. NSS Units of Carmel College, Mala organized an Awareness talk on Naturopathy by Smt. Mary C.L., Navadhara Life and Yogatherapy Centre, Kolazhy, Thrissur on 2nd August 2019. Dr. Princy K.G, NSS P.O. welcomed the gathering. Dr. Sr. Lizy C.I., Principal, Carmel College, Mala presided over the function. Dr. Vinitha N. Vijayan, NSS P.O. proposed vote of thanks.



NATIONAL SERVICE SCHEME (UNIT No. 2 & 89)

CARMEL COLLEGE, MALA

SWACH BHARAT INTERNSHIP PROGRAMME

Date_: AUGUST AND SEPTEMBER, 2019

Activity: Cleaning

Venue: Mala , Eriyad, Chalakudy and Puthenchira

Participants: 80 NSS Volunteers

In connection with Swach Bharat Internship programme, 80 Volunteers took internship and Cleaning Programmes were organized at Eriyad Beach, Chalakudy Bus stand area, Mala police station presises, Puthenchira Panchayat and Karunakaran Square, Mala during the month of August. Our Unit has the maximum no.of enrolment inSBSI.



NATIONAL SERVICE SCHEME (UNIT No. 2 & 89)

CARMEL COLLEGE, MALA

Vegetable Garden making at Adopted village

Date_: 6th September to 12th September 2019

Activity: Cleaning and Vegetable garden making

Place: Snehagiri

Participants: Second year NSS Volunteers

During the seven day special camp, NSS volunteers cleaned the Road side of Snehagiri, premises of Mithralayam special school and church and made vegetable garden



NATIONAL SERVICE SCHEME (UNIT No. 2 & 89)

CARMEL COLLEGE, MALA

Yoga- Training Programme- Report

Date_: 7/09/2019

Activity: Yoga Training

Venue: Mithralayam Special School, Snehagiri

Time: 7am

Participants: Second year NSS Volunteers and Programme Officers

During the special camp- Unarvu-2019, the Yoga Practice session on 7th September 2019 was led by Smt. Sheeba and the members of Heartfulness Institute, Vadama and completed the session at 8.30.am. On 9th and 10th September 2019, at 7.00am,Dinesh Sir from the Heartfulness Institute conducted Yoga Practice. He convinced a person how tot hink and oriented for Meditation to reduce tension. Everyone was rejuvenated through the yoga class.



NATIONAL SERVICE SCHEME (UNIT No. 2 & 89)

CARMEL COLLEGE, MALA

Awareness class on Women empowerment through Kudumbasree

Date_ : 7/09/2019

Activity: Yoga Training

Venue: Mithralayam Special School, Snehagiri

Time: 10.15am

Participants: Second year NSS Volunteers and 72 Kudumbasree members

Women empowerment is one of the important objectives of Kudumbasree along with poverty eradication. The aim of the Kudumbashree scheme is to improve the standard of living of poor women in rural areas by setting up micro-credit and productive enterprises. Mrs. Deepa, from Thrissur, District Kudumbasree Mission gave an awareness class on Women Empowerment through Kudumbasree at 10.15 am. Ward Member Sri Biju Urumees inaugurated the programme. Dr. Princy K.G. welcomed the gathering. 72 Kudumbasree members and NSS Volunteers attended the class. NSS volunteer Safa proposed vote of Thanks.



NATIONAL SERVICE SCHEME (UNIT No. 2 & 89)

CARMEL COLLEGE, MALA

Awareness class on Ayurveda and Health

Date_ : 7/09/2019

Activity: Yoga Training

Venue: Mithralayam Special School, Snehagiri

Time: 2.30 pm

Participants: Second year NSS Volunteers

Ayurvedic medicine is one of the world's oldest holistic healing systems. It's based on the belief that health and wellness depend on a delicate balance between the mind, body, and spirit. Its main goal is to promote good health, not fight disease. Dr. Rosemary Wilson (Chief Physician, Kandamkulathy Vaidyasala, Kuzhoor) took a class on Ayurveda and Health at 2.30 p.m. on 7th September 2019.



NATIONAL SERVICE SCHEME (UNIT No. 2 & 89)

CARMEL COLLEGE, MALA

Awareness class on Cyber Crime

Date_: 10/09/2019

Activity: Awareness Talk

Venue: Mithralayam Special School, Snehagiri

Time: 9.30am

Participants: Second year NSS Volunteers

Cyber crimes against women and children are on the raise and they have been drastically victimized in the cyberspace. Some illegal persons try to defame women and children by sending obscene e-mails, stalking women and children by using chat rooms, websites etc, developing pornographic videos where women and children are depicted in compromising positions mostly created without their consent, spoofing e-mails, morphing of images for pornographic content etc. Massive awareness needs to be created among women and children regarding the safe use of Mobile Phones, Computers and the Internet. NSS Units of Carmel College, Mala organized an awareness class on Cybercrime at 9.30 am on 10th September 2019 during the special camp at Snehagiri. Mr. Sujith C., Civil Police Officer, Thrissur Cyber Police Station, was the resource person.

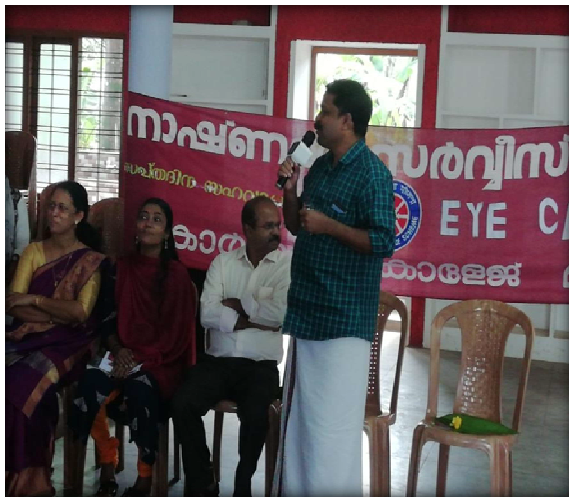


ACTIVITY: EYE CAMP

Date: 8th September 2019

Venue: Parish Hall, Sacred Heart Church, Snehagiri.

On 8th September 2019 Sunday , 8.30.am onwards Chalakkudy I Vision Eye Care Center led a free eye camp at Snehagiri Parish Hall. Dr. Princy K.G., NSS P.O. welcomed the gathering. Ward Member, Shri Biju Urumis inaugurated the eye camp. A team led by Dr Radharamanan arrived at the site for consultation. A total of 225 Snehagiri residents have arrived for the treatment.



NATIONAL SERVICE SCHEME (UNIT No. 2 & 89)

CARMEL COLLEGE, MALA

TRAINING/SKILL DEVELOPMENT PROGRAMMES

Date_: 9/09/2019

Activity: Training

Venue: Mithralayam Special School, Snehagiri

Time: 2.30pm

Participants: Second year NSS Volunteers and Kudumbasree members

Training programmes were organized for making paper, paper pen, cloth bag, soap, soap powder, umbrella and Mushroom Cultivation. Dr. Princy K.G, Associate Professor, Department of Chemistry; Tessa Jose, Assistant Professor, Department of Chemistry and Sri Unnikrishnan, Maheswara Mushrooms, Mala were the resource persons.



Cloth Bag Making



Mushroom Cultivation



Soap Powder Making



Paper File Making



Umbrella Making



Soap Making



NATIONAL SERVICE SCHEME (UNIT No. 2 & 89)

CARMEL COLLEGE, MALA

Awareness class on Drug Abuse

Date_ : 9/09/2019

Activity: Awareness Talk

Venue: Mithralayam Special School, Snehagiri

Time: 1.30pm

Participants: Second year NSS Volunteers

To provide insight to the students about the seriousness of drug addiction, NSS Units of Carmel College, Mala organized an awareness programme on Drug abuse at 1.30 pm on 9th September 2019 in collaboration with Excise Department, Kerala at Snehagiri. Shri. Sajeev K.M., Excise Preventive Officer, Thrissur was the resource person. Speaking on the occasion, he stressed on the importance of such programme to reach out to the youth to educate them about the menace of alcohol, drugs and substance abuse. He also said that drug abuse has become a major social concern and student has become very vulnerable to fall into the trap, while also urging upon the school management and teachers and parents to pay more attention to children and take proactive steps to prevent the students from falling victims so such grave disaster of drug addiction. He also appealed to the civil society to come forward and help to eradicate this social menace.



NCC Cadets Carmel College, Mala

FLOOD RELIEF

Cadets collected necessary items and send it to the flood affected people at Nilambur on 19/8/2019. Facultyies, NCC alumnae and other students gave their contributions for the same.



NATIONAL SERVICE SCHEME (UNIT No. 2 & 89)

CARMEL COLLEGE, MALA

Swachta Hi Seva Programme

Date_ : 20/09/2019

Time : 1pm

Activity: Cloth bag and paper pen making

Venue: Students Corner

Participants: All NSS Volunteers

As a part of Swachta Hi Seva Programme- a cleanliness initiative building up to Gandhi Jayanti on October 2 with a call to action 'Say No To Plastic' and 'Make India Single-Use- Plastic Free'- Dr. Princy K.G, Associate Professor, Department of Chemistry delivered an awareness talk on 20th September emphasizing the increasing plastic waste and plastic problems which are harming our animals, rivers, water bodies, aquatic animals etc. and to try to free our homes, our offices, our workspaces from single-use plastic by October 2. The volunteers visited each class and continued the programme and motivated the students to reduce the use of plastic, use Steel bottle for bringing drinking water, use paper pen and cloth bag etc. Volunteers were trained to make cloth bag and paper pen and to use them.



NATIONAL SERVICE SCHEME (UNIT No. 2 & 89)

CARMEL COLLEGE, MALA

PoshanMah Observation

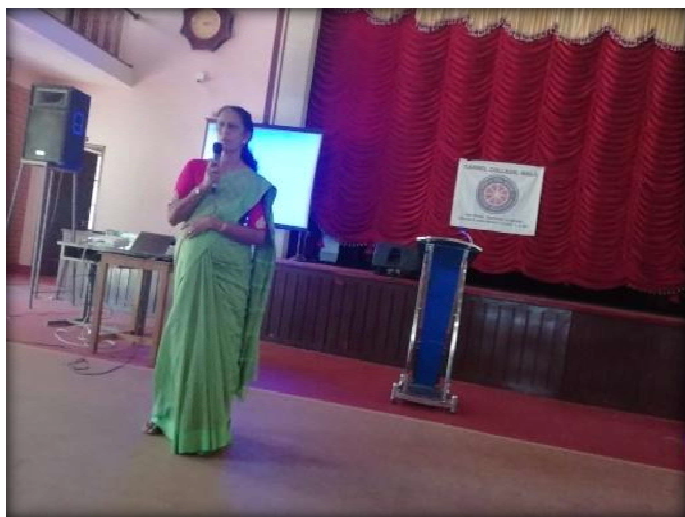
Date_: 25th October 2019

Activity: Awareness programme

Place: Auditorium, Carmel College, Mala

Participants: NSS Volunteers

As a part of **Poshanmah observation**, Students were advised to use nutritious food and to avoid JUNK FOOD. An awareness programme on Food Habits was organized on 25th October 2019. Dr. Princy K.G, Associate Professor, Department of Chemistry delivered a talk and the NSS Volunteers of B.Sc. Zoology presented the matter through powerpoint .



NATIONAL SERVICE SCHEME (UNIT No. 2 & 89)

CARMEL COLLEGE, MALA

SPEECH COMPETITION

Date_: 23RD September 2019

Activity: Speech Competition

Place: Audio-Visual Room, Carmel College, Mala

Participants: NSS Volunteers

Mala Block level Speech competition was organized on Patriotism and Nation Building by the NSS Units of Carmel College, Mala in association with Nehru Yuva Jan Kendra, Thrissur on 23rd September 2019. Dr. Pretty John, Dr. Vinitha N. Vijayan and Dr. Princy K.G. evaluated the performance of the students.



NATIONAL SERVICE SCHEME

CARMEL COLLEGE MALA (Units 2 & 89)

Railway station : Cleaning Programme -Report

Date: 2nd October 2019

Time 9.30 am

Venue : Railway station, Muringoor, Chalakudy

Participants: 45 volunteers

It is worth celebrating the birthday of Gandhiji, the father of our nation. As a part of implementation of Swachh Bharath Programmes in Railway Stations, in association with Southern Railway, on the occasion 50 the year of N S S and 150 the year of Birth of Mahathma Gandhi NSS volunteers actively participated in the cleaning programme held at Divine Nagar Railway Station on 2nd October 2019. They cleaned the premises of the railway station, plucked out weeds and collected the waste materials and categorized them on the basis of degradability and disposed them accordingly.



Railway station cleaning



NATIONAL SERVICE SCHEME

CARMEL COLLEGE MALA (Units 2 & 89)

Campus : Cleaning Programme -Report

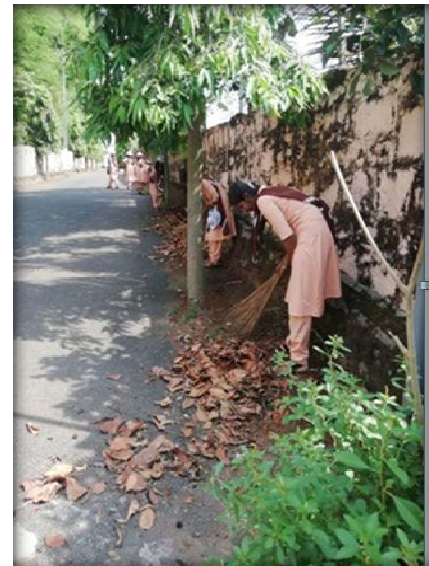
Date: 4th October 2019

Time: 2.30 pm

Venue : College Campus

Participants: All NSS volunteers

As a part of SEVANAVARAM, all volunteers actively participated in the campus cleaning programme on 4th October 2019. They cleaned the class rooms, laboratory, auditorium, garden, library, botanical garden, road side etc. , collected the waste materials and separated them on the basis of degradability with the support of NSS volunteers.



Campus cleaning



ACTIVITY: MEDICAL CAMP

Date: 8th November 2019

Venue: College Auditorium

Medical camp was organised on 8th November in collaboration with Neem care Hospital, Mala. Dr. Princy K.G. welcomed the gathering. The function was inaugurated by our Principal, Dr. Sr. Lijo. The treatments were available in General Medicine- EMO Dr. Manu Asharaf, Orthopaedics- Dr. Antony J. Kannampilly, Dental- Dr. Merlin Varghese and Physiotherapy. 186 patients consulted the doctors. NSS leader Safa proposed vote of thanks. The programme came to an end at 2.00pm



Water Conservation

NCC organized awareness programme for water conservation on 8/11/2019. To create awareness about water conservation among public, a rally was conducted to private bus stand, Mala. Our cadets did a street play in the private bus stand, Mala on the same day to make the public aware about the necessity for saving water.



NATIONAL SERVICE SCHEME (UNIT No. 2 & 89)

CARMEL COLLEGE, MALA

PALLIATIVE CARE PROGRAMME

Date_: 6th November 2019

Activity: Awareness programme

Place: Auditorium, Carmel College, Mala

Participants: NSS Volunteers

Palliative care focuses on providing patients relief from pain and other symptoms of a serious illness. Alpha Palliative Care Unit team members aim to improve the quality of life for both patients and their families. Palliative care is provided by a team of doctors, nurses and other specially trained people. NSS Units of Carmel College, Mala arranged Palliative care programme on 6th November 2019. Ashraf, Former President of Mala Panchayat and other team members visited our college, interacted with the students and explained their role in Palliative care. The Volunteers handed over Rs. 5000 to Alpha Palliative Care Unit, Vadama, Mala.



ANTI INTOXICATION AWARENESS PROGRAMME- REPORT

Date: 15th November 2019

Place : College Auditorium

Time: 1PM

Participants: NSS volunteers

All NSS volunteers assembled in the college auditorium at 1 pm. Anti Intoxication awareness programme was organized on 15th November in association with Kerala Madya Varjana Bodhavalkarana Samithi . Sri Benny Antony, Faculty member and Trainer, Bharata Matha College of Commerce and Arts, Choondy, delivered the awareness talk.



NATIONAL SERVICE SCHEME (UNIT No. 2 & 89)

CARMEL COLLEGE, MALA

- AIDS Awareness Programme

Date_ : 2/12/2019

Activity: Rally, Short film screening

Venue: College Campus to Mala Town

Time: 2pm

Participants: NSS Volunteers and Programme Officers

Aids Day was observed by the NSS units of Carmel College Mala on 2nd December 2019 based on the theme “Ending the HIV/AIDS Epidemic: Community by Community”. We took pledge under the leadership of Dr. Princy K.G.The short film- *A Small Mistake* -was screened.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. Dr. Vinitha N. Vijayan addressed the gathering and she strongly insisted that the young people should recognize the effort that is needed for this hour to help and achieve an AIDS-free generation.



AWARENESS PROGRAMME ON MENSTRUAL HYGEINE MANAGEMENT- REPORT

Date: 13th December 2019

Time: 1.00pm

Venue: Auditorium

Participants: All NSS Volunteers

An awareness programme on Menstrual Hygeine Management was organized in collaboration with Reetta Hygeine Pvt. Ltd, Aluva on 13th December 2019. Safa- NSS leader welcomed the gathering. CHRD(Center for Hygiene Research and Development) Director Sudheer P.S; Vice President, Jojin; Reeta Hygeine Pvt. Ltd Director, Jithi Joseph and Drisy- Activity coordinator delivered talks and distributed premium grapheme anion sanitary napkins to all participants.



NATIONAL SERVICE SCHEME (UNIT No. 2 & 89)

CARMEL COLLEGE, MALA

Christmas celebration at Mithralayam Special School

Date_: 20th December 2019

Activity: Christmas celebration

Place: Mithralayam Special School, Snehagiri

Participants: Second year NSS Volunteers

Christmas was celebrated with the children of Mithralayam Special School, Snehagiri and gave lunch to them on 20th December 2019. Volunteers interacted with the mentally retarded children of the school and performed cultural programmes to entertain them. Fr. Jose Chirappanath cut the cake, Dr. Princy K.G. and Dr. Vinitha N. Vijayan felicitated during the occasion.



HOUSE CONSTRUCTION – 2 REPORT

NSS Units No. 2 and 89 of Carmel College, Mala decided to give financial assistance of Rs. 1,00,000/- for building a house for one of our student of B.Voc. Software Development whose house was completely lost during the flood in 2017. Her mother is a cancer patient and is residing at Thottippal, of Puthukkad Constituency, Thrissur District. She owns 4 cents of land. The plan for house area is 520 sq.ft. with two bedrooms, kitchen, drawing room, small work area and two toilets. There is stair case and there is provision for building rooms in the up stair. We have started our work on January 2020, basement was completed in February and construction work is completed in July 2020. Due to COVID- 19 issues, volunteers could not directly involve in the work. The NSS Programme Officers Dr. Princy K.G. and Dr. Vinitha N. Vijayan visited the plot and handed over the first installment of money. After the completion of the work, Principal Dr. Sr. Licy A.D. handed over the second installment of the financial assistance.



- Rs. 10, 000/- was given to Sreelakshi P.S, a student of B.A. sociology for the repairing work of her house at Valiyaparmbu, Mala. Her father died of Cancer and brother had an accident so that they were suffering from financial crisis. So our NSS unit helped her. Kodungallur MLA, Adv. Sunil Kumar V.R., handed over the money to her mother during the seven days special camp inaugural ceremony.



NATIONAL SERVICE SCHEME (UNIT No. 2 & 89)

CARMEL COLLEGE, MALA

Awareness talk on Plastic Pollution and Waste Management

Date_ : 10/01/2020

Time : 1pm

Activity: Awareness talk

Venue: Auditorium

Participants: All NSS Volunteers

Dr. Vidya Francis, Asst. Professor, Department of Chemistry gave an awareness talk on Plastic Pollution and Waste Management on 10th January2020.



NATIONAL SERVICE SCHEME (UNIT No. 2 & 89)
CARMEL COLLEGE, MALA
AWARENESS PROGRAMME ON CONSUMER PROTECTION

Date_ : 2nd February 2019

Activity: Awareness talk

Place: Auditorium, Carmel College, Mala

Participants: NSS Volunteers

In collaboration with Consumer Protection Council, Chalakudy an awareness programme was organized on 2nd February 2019. Principal, Dr. Lizy C.I. inaugurated the function. Sri Prince Thekkan, President of the Council delivered key note address. Sri. Joseph Varghese Veliyath-District Coordinator of RTI and Sri Arjun K. Menon- Consumer Protection Education Cell Convenor led the classes. They motivated the students to promote basic rights of consumers and to ensure that these rights are respected and protected.



NATIONAL SERVICE SCHEME (UNIT No. 2 & 89)
CARMEL COLLEGE, MALA
OUTREACH PROGRAMME IN THE ADOPTED VILLAGE

Date_: 24th February 2020

Activity: Outreach programme

Place: Kavanad Adopted Village

Participants: NSS Volunteers and Kudumbasree members

NSS volunteers visited the adopted village Kavanad and trained the Kudumbasree members and students to make LED Bulbs, Soap and Soap powder and Dish wash and distributed the items. They also gave legal awareness to the children on 24th February 2020.



NATIONAL SERVICE SCHEME (UNIT No. 2 & 89)

CARMEL COLLEGE, MALA

AWARENESS PROGRAMME- COVID-19

Date_: 7th February 2020

Activity: Awareness programme

Place: Auditorium, Carmel College, Mala

Participants: NSS Volunteers

- Awareness programme on Corona Virus-Covid 19- was organized jointly by NSS Units and Department History, Carmel College Mala on 7th February 2020 in association with Mala Govt. Hospital and Mala Grama Panchayat. Mala Health Inspector Sri Venuand Sri Biju Urumees- Chairman, Standing Committee for Health and Education, Mala Panchayat delivered the talks. The Faculty and Students of our college also participated in awareness campaign on prevention of COVID – 19, demonstrated hand washing technique , health talk regarding COVID -19.



- 52 Volunteers completed Covid - 19 Online Training.
- Sanitizer was made under the guidance of Dr. Princy K.G, NSS Programme Officer and faculty members of Chemistry Department and distributed to the faculty members and for students who came to the college for writing examination.



AWARENESS PROGRAMME ON DRUG ABUSE- REPORT

Date: 3rd March 2020

Place : College Auditorium

Time: 10AM

Participants: NSS volunteers

One day awareness programme was organized for the volunteers on 3rd March 2020 on Drug abuse in collaboration with District Medical Office, Thrissur. Dr.Subrahmanyam, Psychologist, handled the session.

