



CARMEL COLLEGE, MALA

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

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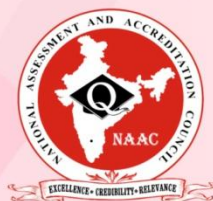


Criteria V

Student Support and Progression

Life Skills (Yoga, Physical Fitness, Health and Hygiene)

Submitted to




THE NATIONAL ASSESSMENT AND ACCREDITATION COUNCIL

CARMEL COLLEGE MALA
 (AFFILIATED TO UNIVERSITY OF CALICUT
 RE-ACCREDITED BY NAAC WITH A GRADE)

In connection with
World AIDS Day
Carmel Sociology Association & Health Club
 Organises
 Webinar on
"Ending the HIV/AIDS Epidemic"

Resource Person



Mrs. Sheena Saneesh
 Out Reach Worker
 Kerala State AIDS Control
 Suraksha Programme

Date :01/12/2020
 Join via
 Google Meet

Time: 02:00 PM
All are cordially invited

Sr. Jisha Chakkunni M
 Coordinator

Dr. Sr. Lily A.D.
 Principal

In connection with World AIDS Day, CSA and Health Club conducted a webinar on “Ending the HIV/AIDS Epidemic” by Mrs. Sheena Saneesh, Out Reach Worker, Kerala State AIDS Control, Suraksha Programme on 1/12/2020

CARMEL COLLEGE MALA
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in connection with
World Food Day
Carmel Sociology Association
 &
ED Club
 Organises
 Webinar on
**'Mac-donaldization and
 Changing Food Habits
 during Covid - 19'**

Resource Person



Dr. Binu K.
 Assistant Professor
 Dept. of Sociology
 Vimala College
 Thrissur

Date: 30-10-2020

Time : 2.00 PM

Join via
 Google Meet

Sr. Jisha Chakkunni M
 Co ordinator


Dr. Sr. Lily A.D.
 Principal

In connection with World Food Day, CSA and ED Club organized a webinar on “Mac-Donaldization and Changing Food Habits During Covid 19” on 30-10-2020 led by Dr. Binu K. Assistant Professor, Dept. of Sociology Vimala College, Thrissur

DEPARTMENT OF CHEMISTRY
CARMEL COLLEGE
 Mala, Thrissur Dt., Kerala, India
 Re-Accredited by NAAC with A Grade (3rd Cycle)

NATIONAL WEBINAR
COVID-19 : DRUG DISCOVERY

Resource Person



Dr. Tony Kurissery A
 Lead Investigator-Team leader
 Syngene International Ltd, Bangalore, India

9th October 2020 1:30 pm
 Platform :Google Meet
 meet.google.com/tzg-dmjc-zwp

*No Registration Fee ,E-Certificates will be issued

Organizing Committee:
 Dr.Princy K.G (HOD) (8086411364)
 Dr.Roshini K.T (8547025318)
 Dr.Vidya Francis (8547558972)
 Ms Neethu Sunny (9946388153)

Contact:carmelchem2@gmail.com

The Department of Chemistry organized a national webinar on the topic “Covid-19: Drug Discovery” on 9th October 2020 led by Dr. Tony Kurissery A, Lead Investigator- Team Leader, Syngene International Ltd., Bangalore, India

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We invite all the students
 to this event

Join Through:
Google Meet

Date :17-09-2020
 Time : 09:00 AM

Resource Person



**Dr. Nidhamary Nixon
 Manjaly**

Amala Institute of Medical
 Sciences,
 Thrissur

In connection with
 World First Aid Day
CSA & Health Club
 Organises
Webinar On
**"First Aid Guidance
 during COVID - 19"**

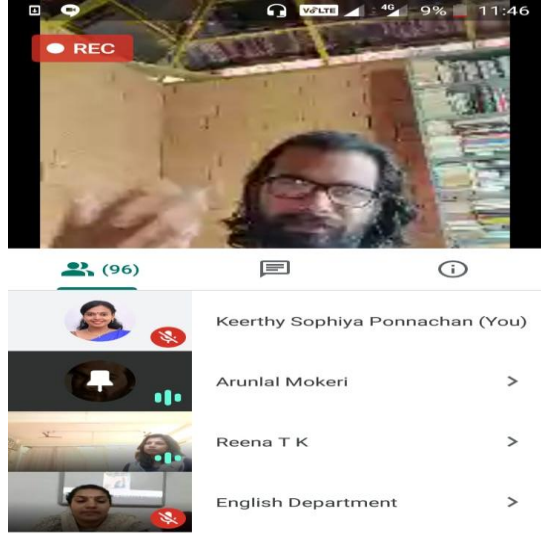
Be A Hero. Save Lives

Sr. Jisha Chakkunni M
 Coordinator

Dr. Sr. Lily A.D.
 Principal

In connection with World First Aid Day, the Carmel Sociology Association and Health Club jointly organized a webinar on "First Aid Guidance for Covid -19" by Dr. Nidhamary Nixon Manjaly, Amala Institute of Medical Science, Thrissur on 17th September 2020

The Covid-19 Cell organized a webinar on the topic “Covid-19 *Mahamari: AsankakalumAthigeevanavum*” on 24/07/2020 led by Dr. Sajana M V., Associate Professor, Department of Community Medicine, Govt. Medical College, Thirssur and Dr. Arya Manoj Assistant Professor, Department of General Medicine, Govt. Medical College, Thirssur.



The Department of English and ALUMNAE Association jointly organized an International Webinar on “Pandemics, Cultural Lock Downs and Literature” by Dr. Arunlal K. (ArunlalMokeri), Writer, Translator and Assistant Professor of English & Research Guide, Government College, Mokerion 16th June 2020



NSS organized an awareness class on Drug abuse in collaboration with District Medical Office, Thirssur led by Dr. Subrahmanyam, Psychologist on 3rd March 2020



NSS organized an awareness programme on Corona Virus-Covid 19 on 7th February 2020 in association with Mala Govt. Hospital, Mala. The session was led by Mala Health Inspector Sri Venu and Sri Biju Urumees- Chairman, Standing Committee for Health and Education, Mala Panchayat



Dr. Vidya Francis, Asst. Professor, Department of Chemistry, Carmel College, Mala delivered an

awareness talk on “Plastic Pollution and Waste Management” to NSS volunteers on 10/1/2020



NSS organized an awareness programme on Menstrual Hygiene Management on 13-12-2019 in collaboration with ReetaHygiene Pvt. Ltd, Aluva. Mr. Sudheer P.S, CHRD Director, Mr. Jojin, Vice President, and Ms. Jithi Joseph, Director, ReetaHygiene Pvt. Ltd, Aluva were the resource persons.

NSS organized a medical camp on 8th November 2019 in collaboration with Neem care Hospital, Mala



The NSS Units organized an awareness programme on “Food Habits” led by Dr. Princy K.G, Associate Professor, Department of Chemistry, NSS programme officer on 25th October 2019 as part of Poshanmaah observation.



The NSS units organized an anti-intoxication awareness programme on 15th November 2019 in association with Kerala Madya VarjanaBodhavalkarana Samithi led by Sri Benny Antony, Faculty member and Trainer, Bharata Matha College of Commerce and Arts, Choondy



NSS organized an awareness programme on drug abuse and a motivation talk by Sri K M Sajeev, Excise Preventive Officer, Mala on 9/9/2019





The NSS Units arranged a class on “Ayurveda and Health” led by Dr. Rosemary Wilson, Chief Physician, KandamkulathyVaidyasala, Kuzhooron 07-09-2019.



The NSS Units organized an awareness talk on “Naturopathy” by Smt. Mary C.L., Navadhara Life and Yogatherapy Centre, Kolazhy, Thrissur on 2nd August 2019.



The Department of Zoology organized a seminar on “Women Health and Hygiene” Dr.Vimala K. John, Assistant Professor, St. Thomas College, Thrissur 07.09.2019



The Department of Sociology organized a seminar on the topic "Reproductive Health and Gender Equality" by Mr. Justine M P Deputy Director, Dept of Economics and Statistics, Mukundapuram Thaluk on 11th July 2019.



The Department of Commerce organized a talk on "Balanced Diet” by Sr. Benitta CMC, Health Department, Udaya Province, Irinjalakuda on 08-08-2019.



TheNSS Units organized a talk and training on Yoga, Meditation and Asanas on Health and Happiness by

Dr. Sr. Ancy Jacob, Yoga Instructor, Sahrdaya College of Advanced Studies and Team members on 21st June 2019.



The NSS Units organized an awareness talk on blood donation by Ms. Goldy Davis, Department of Zoology, Carmel College, Mala on 14th June 2019 in connection with Blood Donor Day observation



The NSS units arranged a self-defensetraining programme for the volunteers in collaboration with Kerala Police Women Cell, Thrissur. Four Police officers of Kerala Police Women Cell, Thrissur under the leadership of Inspector of Police, Smt. Jijimol, Sub Inspector Udaya Chandrika, Sajini Das and Sibi took the session on 26th December 2018



The NSS Units organized training programme on 'Yoga and Health' by Sri K.M. Sajeev, Excise Preventive Officer, Mala Range Office and his team members on 24th December 2018.



The NSS Units conducted a Medical Checkup camp on 23-12-2018 led by Dr. Esther, CMO, Neem Care Hospital, Mala



The NSS Units organized a free eye camp on 23 December 2018 in collaboration with Ahalya Foundation, Thrissur & Neem Care hospital, Mala



The Department of Botany organized an awareness programme & workshop on “Nutritious Value of Mushroom & Value-added Mushroom Products” led by Ms. Megha Thampi, Ms. Mary Aleena & Ms. Linda Joseph from Morning Star Home Science College, Angamaly on 11-12-2018



The Department of Botany organized a one-day awareness class on the topic ‘*Oushadhasasyangalum Upayogavum*’ by Jiji George from Kandamkulathy Vaidhyashala on 10 August 2018.



NSS organized an awareness talk on “Health and Life” by Dr. Noushad, Surya Health Care, Mala and introduced the treatment method of Acupuncture ON 30/11/2018



The Department of Botany organized a one-day workshop on *Karkkidakakanji Nirmaanam* by Dr. Peter Francis (Kandamkulathy Vaidhyashala) on 10 August 2018.



NSS organized an awareness programme on drug abuse by Sri K M Sajeev, Excise Preventive Officer, Mala on 2nd November 2018



The Department of Sociology organized a health seminar on 16th July 2018 on the topic *Health Status* by Mr. Sajeevan, Health Inspector, Mala.



NSS arranged a general awareness on zoonotic diseases by Dr. Sreekumar K.S, Veterinarians Club, Chalakudy as part of Zoonoses Day on 6.7.2018



NCC organized an awareness program on blood donation by Dr. Asha Xavier, Civil surgeon, Govt. Hospital, Mala on 14-06-2018



The NSS Units organized an awareness programme - "Say No to Drugs" led by ASI Sunilkumar, Mala on 26.06.2018.



The Department of Zoology and Women Cell organized a talk on "Reproductive Health" by Dr. Sinsila Elizabeth, consultant in Obstetrics and Gynecology, Mariam Thesia Hospital on 05-01-2018



The NSS Units organized a training programme on "Yoga and Health" by Dr. Sr. Ancy, Yoga Trainer, Sahrdaya College of Advanced Studies, Kodakara on 21 June 2018



The Department of Zoology arranged a lecture on "Cancer is a word, not a sentence" by Dr. K.R. Rajeev, Assistant Professor, Breast and Neuro Oncologist, RCC, Thiruvanthapuram on 28th November 2017



NSS organized an awareness class on “Lifestyle Diseases” by Dr.Honey Saji and Dr. Jiji Menon from Thomson Medical Centre, Mala on 10/11/2017



NSS arranged an awareness class on “Ayurveda and Life Style Diseases” by Dr. Vishnu Ravi Asst. Professor, Govt. Ayurvedic Medical College, Thrippunithuraon 2nd September 2017



NCC conducted a talk on the topic *What can I do to clean my city clean* by health inspector, Mr.Sajeevan, CHC Mala on 22-09-2017



NSS conducted an awareness class on “Health and Sanitation” by Dr. S. Sanjeev, Medical Officer, Mullassery PHC on 01-09-2017



The NSS Units organized an awareness class on "Influence of Drugs in New Generation" by Sri. P L Sunny Civil Excise officer, Vadakkachery on 05-09-2017



NSS organized a dental checkup for the whole students and faculty members in collaboration with Topmost Dental Clinic, Mala on 04-08-2017.



NSS organized an awareness class on “Drug Abuse and Illicit Trafficking” by Adv.Unnikrishnan Vyloppillion 21/07/17.



WWS organized a yoga class as healing therapy for the students by Dr. Sr. Ancy, Yoga Trainer, Sahrdaya College of engineering and technology on 21-06-2017.



NSS organized an awareness session and demonstration class by the yoga trainer Dr. Sr. Ancy, Yoga Trainer, Sahrdaya College of Advanced Studies, Kodakara on 28-06-2017.



An awareness class on "Organ Donation” led by Mr. Ajith Narangalil, Organ Donation Association, District Coordinator was conducted by the Health Club on 22-02-2017.



The Department of Sociology organized a Health Seminar on the topic “Better Health for Better Future” on 21st June 2017 by Mrs. Rasaranjika, Junior Public Health Nurse, Mala.



NSS organized an awareness class on cleanliness by Sri. Ravi Raj, Programme Officer, District Cleanliness Mission, Thrissur on 27th December 2016



The Department of Botany organized a class on “Medicinal Plants- Traditional Medicinal Herbs & Its Usage Patterns” by Madhu Vaidyar- Siddha Vaidya- Annamanada on 30-11-2016.



The Department of Zoology organized a talk on “Challenges of HIV/AIDS in Our Midst” by Mr. Vinod T.G, Positive speaker of AIDS, Kerala State AIDS Control Board on 12-07-2016



The Health Club conducted an awareness program on “Life style Diseases and Youth” led by Mr. Sajeevan, Health Inspector Mala, on 20-07-2016



The Department of Botany organized a talk on “Importance of Legumes in Ayurveda” by Dr. Rose Mary Wilson, Chief Physician, Kandamkulathy Ayurveda Vaidyasala on 30/11/2016



The Department of Zoology arranged a lecture on monsoon diseases especially cholera, its prevention and control measures by Ms. Nikitha Divakaran, HoD of Zoology, Carmel College, Mala on 13.7.2016



The Department of Botany organized a talk and workshop on “Richness of Spices in Ayurveda” by Dr. Peter and Dr. Jiji George of Kandamkulathy Ayurveda Vaidyasala on 30/11/2016



The Department of Political Science conducted an awareness class on abuse of drugs by Dr. George Leon, SanjoSadan on 15-06-2016.

um” byDr. K G Radhakrishnan, Govt. Medical College, Thrissur on 03-01-2016.



The Department of Botany organized an awareness Class

onArogyamullaJanathaArogyamullaBhakshanathilode by Dr. K M Ambili, Vimala College, Thrissur3/1/2016



NSS Units organized a self-defense training programme in collaboration with the police department, Mala on 12/2/2016



NSS units organized a Diabetic Detection Camp on 22nd December 2015 with the support of Thomson Medical Center



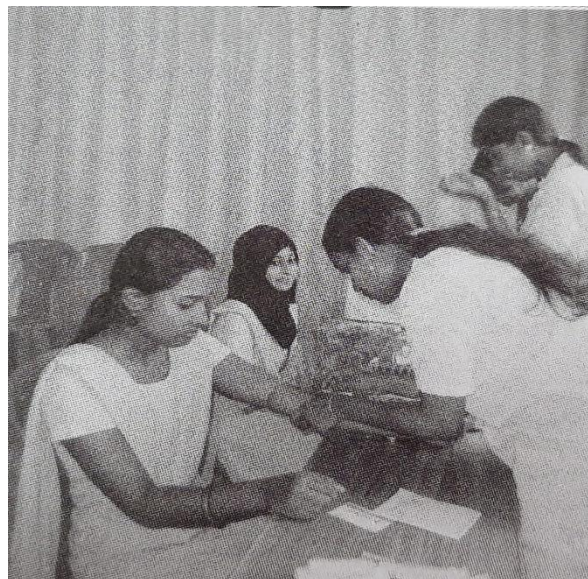
The Department of Botany organized a one-day awareness programme on “MarunnaBhakshanaseelangalumArogyaprasnangal



NSS units organized an awareness class on Cleanliness by Sri. Akhil,Programme Officer,District Cleanliness Mission,Thrissur on 21thDecember 2015



NSS Units organized an AIDS awareness class by Dr. Asha Xaviour of the Government Hospital, Mala on 1st December 2015



The Department of Zoology conducted a Thyroid awareness programme in collaboration with Medilab Laboratories, Irinjalakuda on 1st October 2015



The Department of Chemistry organized a video conference on "Clinical Chemistry" by Dr. Shaiju Kakkadan Vareed, Director of High Complexity Laboratory, US Pain and Spine Institute, Houston, USA on 13th November 2015



NSS organized an awareness class on cleanliness by Mr. Francis Chakkanath, District Coordinator, Suchitwa Mission, Thrissur on 7/8/2015



The Department of Zoology conducted a health awareness programme by Mr. Akhil, ECIT, Mala on 6th October 2015