Sl. No	Name of the activity	Organising unit/ agency/ collaborating agency	Name of the scheme	Year of the activity	Date(s) of Activity
1.	Painting Exhibition	NSS Unit of Deva Matha College	Showcasing Skills of Students	2019	27-01-2019
2.	ARDRAM: Comprehensive Health Survey	NSS Unit in association with Community Health Centre, Manjoor	Nava Kerala Initiative, Govt. of Kerala	2018	26-12-2018
3.	Session on the Significance of Mental Health	NSS Unit of Deva Matha College	Soft Skill Training Programme	2018	26-12-2018
4.	Seminar on Yoga as a Cure for Lifestyle Diseases	NSS Unit of Deva Matha College in association with Yoga Club	Awareness Programme	2018	26-12-2018
5.	Christmas celebrations at destitute home	NSS Unit of Deva Matha College	Social Responsibility	2018	25-12-2018
6.	Creative Ways of Waste Management	NSS Unit of Deva Matha College	Skill Training Programme	2018	25-12-2018
7.	Cleaning the Premises of Government School, Manjoor	NSS Unit of Deva Matha College	Health & Hygiene	2018	24-12-2018
8.	An Interactive Session on Group Dynamics	NSS Unit of Deva Matha College	Awareness Programme	2018	23-12-2018
9.	Plastic Waste Collection Drive	NSS Unit in association with Suchitwa Mission Kottayam	Suchitwa Mission	2018	23-12-2018
10.	Training Session on Team Work	NSS Unit of Deva Matha College	Soft Skill Training Programme	2018	23-12-2018
11.	Intense Cleaning of Relief Camp Premises	NSS Unit of Deva Matha College	Social Responsibility	2018	22-12-2018
12.	Training on Leadership Skills	NSS Unit of Deva Matha College	Soft Skill Training Programme	2018	22-12-2018
13.	Training on Public Speaking Skills	NSS Unit of Deva Matha College	Soft Skill Training Programme	2018	21-12-2018
14.	AIDS Day Awareness Rally	NSS Unit & District Medical Office, Kottayam	Awareness Programme	2018	01-12-2018



Sl. No	Name of the activity	Organising unit/ agency/ collaborating agency	Name of the scheme	Year of the activity	Date(s) of Activity
15.	Green Campus Clean Campus: Suchitwa Mission Project	NSS Unit in association with Suchitwa Mission Kottayam	Suchitwa Mission	2018	22-10-2018
16.	College Campus Cleaning	NSS Unit of Deva Matha College	Gandhi Jayanthi Celebration	2018	02-10-2018
17.	Cleaning Houses after the flood in Thalayolaparambu Gramapanchayat (Vadayar region)	NSS Unit of Deva Matha College in association with Suchithwa Mission Kottayam	Clean Kerala Mission	2018	24-08-2018
18.	Flood Relief Materials Collection Point	NSS Unit of Deva Matha College in association with Relief Camps in Kottayam District	Social Responsibility	2018	20-08-2018
19.	Medicinal Plant Cultivation on College Campus	NSS Unit of Deva Matha College	Social Responsibility	2018	07-08-2018
20.	Dress Donation Drive and its Distribution	NSS Unit of Deva Matha College	Social Responsibility	2018	26-07-2018
21.	Food Packet Distribution in Flood Relief Camp	NSS Unit in association with Economics Department	Social Responsibility	2018	25-07-2018
22.	Traditional Food Fest	NSS Unit of Deva Matha College	Kerala Piravi Celebrations	2018	11-01-2018
23.	Road Safety Awareness Rally	NCC Unit of Deva Matha College Kuravilangad	Awareness Programme	2019	26-11-2019
24.	Adventure Sports Training	NCC Unit of Deva Matha College Kuravilangad	Capacity Building Excercize	2019	02-02-2019
25.	Republic Day Rally	NCC Unit of Deva Matha College Kuravilangad	Republic Day Celebrations	2019	26-01-2019





Sl. No	Name of the activity	Organising unit/ agency/ collaborating agency	Name of the scheme	Year of the activity	Date(s) of Activity
26.	Road Safety Awareness Class	NCC Unit of Deva Matha College Kuravilangad, in association with JCI Kuravilangad & Motor Vehicle Department, Uzhavoor	Awareness Programme	2019	23-01-2019
27.	AIDS Day Awareness Rally	NCC Unit of Deva Matha College Kuravilangad	Awareness Programme	2018	01-12-2018
28.	Campus Cleaning	NCC Unit of Deva Matha College Kuravilangad	NCC Day celebrations	2018	24-11-2018
29.	NCC Day Celebrations at the Mariyan Sainyam Orphanage: Food Packets distribution & Cultural programmes	NCC Unit of Deva Matha College Kuravilangad	Social Responsibility	2018	24-11-2018
30.	NCC Day Rally to underline the importance of NCC	NCC Unit of Deva Matha College Kuravilangad	Awareness Programme	2018	24-11-2018
31.	URJAKIRAN Rally	NCC unit of Deva Matha College & Energy Management Kerala	Enrgy Conservation Campaign	2018	15-11-2018
32.	Cleaning Drive at Pala Town	NCC Unit of Deva Matha College Kuravilangad	Swatch Bharath Mission	2018	02-10-2018
33.	Cleaning in Flood-Affected Areas: Kallara and Vechoor	NCC Unit of Deva Matha College Kuravilangad	Social Responsibility	2018	24-08-2018
34.	Distribution of 10,000 Litres of Cleaning Lotion to the Flood Affected Areas: Kudavechoor region	NCC Unit of Deva Matha College Kuravilangad	Social Responsibility	2018	24-08-2018
35.	Independence Day Celebrations at the campus	NCC Unit of Deva Matha College Kuravilangad	National Integration	2018	15-08-2018
36.	Women's Day Celebration and Prize Distribution	Women's forum	Womem's Day Celebrations	2019	12-03-2019
37.	Poster Designing Competition on "Gender Equality"	Women's forum	Gender Sensitization	2019	28-02-2019



Principal
Deva Matha College
Kuravilangad - 686 633

Sl. No	Name of the activity	Organising unit/ agency/ collaborating agency	Name of the scheme	Year of the activity	Date(s) of Activity
38.	Discussions on 21st century Women's Challenges	Women's forum	Women Empowerment	2019	16-02-2019
39.	Poetry writing competition on "Gender Equality"	Women's forum	Gender Sensitization	2019	12-01-2019
40.	Cancer Awareness and Screening Campaign Programme	Women's forum in association with NSS & Medical College Kottayam	Awareness Programme	2018	11-12-2018
41.	Collection and distribution of clothes and food for the flood-affected people of Vaikom	Women's forum	Social Responsibility	2018	31-08-2018
42.	Talk on Current Women's Issues	Women's forum	Awareness Programme	2018	04-08-2018



Principal
Deva Matha College
Kuravilangad - 686 633

# National Service Scheme (NSS) Unit No. 12



### Deva Matha College Kuravilangad

**Reports** 

2018-19

Ms. Praseedha Mathew

Mr. Alphin Chacko



Programme Officer
National Service Scheme
Devamatha College
Kurastlangadu

Sl. No	List of Activities
1.	Painting Exhibition
2.	ARDRAM: Comprehensive Health Survey
3.	Session on the Significance of Mental Health
4.	Seminar on Yoga as a Cure for Lifestyle Diseases
5.	Christmas celebrations at destitute home
6.	Creative Ways of Waste Management
7.	Cleaning the Premises of Government School, Manjoor
8.	An Interactive Session on Group Dynamics
9.	Plastic Waste Collection Drive
10.	Training Session on Team Work
11.	Intense Cleaning of Relief Camp Premises
12.	Training on Leadership Skills
13.	Training on Public Speaking Skills
14.	AIDS Day Awareness Rally
15.	Green Campus Clean Campus: Suchitwa Mission Project
16.	College Campus Cleaning
17.	Cleaning Houses after the flood in Thalayolaparambu Gramapanchayat
17.	(Vadayar region)
18.	Flood Relief Materials Collection Point
19.	Medicinal Plant Cultivation on College Campus
20.	Dress Donation Drive and its Distribution
21.	Food Packet Distribution in Flood Relief Camp
22.	Traditional Food Fest



Ms. Praseedha Mathew

Mr. Alphin Chacko

Programme Officer National Service Scheme Devamathe College Kurasilangadu

#### **Painting Exhibition**

Academic year : 2018-19

Date(s) on which program conducted : 27/01/2019

Collaborating agency inside or outside the institute : NSS unit of Deva Matha College

Beneficiaries : Students of Deva Matha College

Number of teachers coordinated the program : 2

Number of students participated in the program : 300

#### **Brief report**

The NSS unit of Deva Matha College organized a painting exhibition on 27-01-2019. It was open to the public and school children nearby.



NSS volunteers at the exhibition



Ms. Praseedha Mathew

Mr. Alphin Chacko

Programme Officer
National Service Scheme
Devamathe College
Kurastlangada

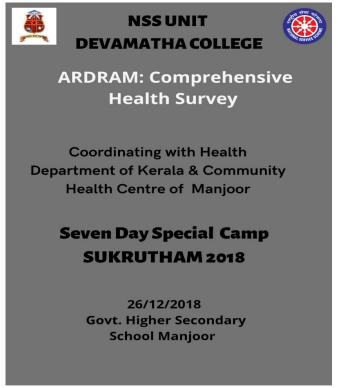
#### **ARDRAM: Comprehensive Health Survey**

Academic year: 2018-19

Date: Dec 26, 2018

Organizing unit: NSS Unit & Community Health Centre Manjoor

Number of participants: 100 NSS Volunteers



Brochure of the programme

#### REPORT

As part of the 'Nava Kerala' initiative by the State Government of Kerala which aims at a sustainable development plan for the state aftermath the flood, the Health department of Kerala has come up with a comprehensive health plan titled 'Ardram'. The NSS unit of Deva Matha college in association with the Primary Health Centre of Manjoor conducted an elaborate survey in 80 families of ward 14 of Manjoor Grama Panchayath. The survey includes a comprehensive analysis of the domain of health of each individual in the family from diseases to medicines taken. A significant aspect of the survey deals with the waste management facilities employed in the houses. In many houses, the plastic waste was burned and the volunteers gave alternative options to avoid burning. Based on the data from the survey, the concerned officials will have a clear picture on the areas of health needs to be immediately addressed. The volunteers were assisted and guided by the Health Inspectors, Sri. Anil Kumar P. and Shibu K.S. the students while visiting houses as part of the survey distributed paper carry bags thereby promoting a plastic-free lifestyle. Asha workers accompanied them for guidance. The information collected was compiled in the register provided by PHC. Kernyolean





Volunteers conducting the survey at houses



Ms. Praseedha Mathew

Mr. Alphin Chacko

Aylels

Programme Officer
National Service Scheme
Devamathe College
Kurasilangadu

#### **Session on the Significance of Mental Health**

Academic year: 2018-19

Date: December 26, 2018

Organising Institute: NSS Unit

Number of participants: 100 NSS Volunteers



### NSS UNIT DEVAMATHA COLLEGE



### SIGNIFICANCE OF MENTAL HEALTH

Resource Person: Ms. Anu Alphonse.
Clinical Psychologist

## Seven Day Special Camp SUKRUTHAM 2018

26/12/2018 Govt. Higher Secondary School Manjoor

Brochure of the programme

#### REPORT

Ms. Anu Alphonse Varghese, clinical psychologist (NIMHANS) engaged the last session of the Seven Day Special Camp and focused on the concept of mental health and explained how important it is to normalise seeking help for mental distress.



Ms. Anu Alphonse Varghese led the session

Ms. Praseedha Mathew

Mr. Alphin Chacko

Programme Officer National Service Scheme Devamathe College Kurastlengedu



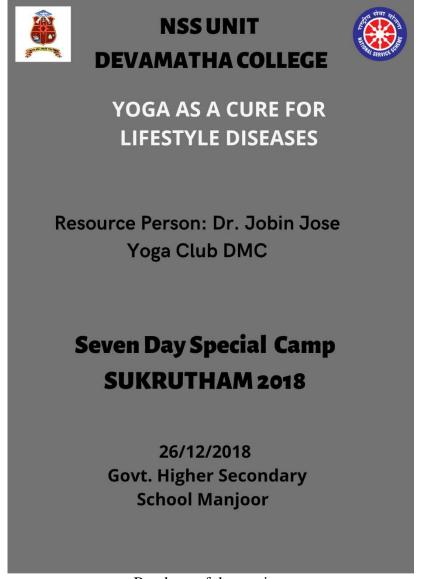
#### Seminar on Yoga as a Cure for Lifestyle Diseases

Academic year: 2018-19

Date: Dec 26, 2018

Organising Unit: NSS Unit & Yoga Club Deva Matha College

Number of participants: 100 NSS Volunteers



Brochure of the seminar

#### REPORT

The afternoon session was engaged by Dr Jobin Jose Chamakala assistant professor Deva Matha college. The session was on the theory and practice of yoga to avoid lifestyle diseases. He also taught about the uses of different asanas.



Dr. Jobin Jose is leading the seminar.

Karayanan a

Ms. Praseedha Mathew

Mr. Alphin Chacko

Programme Officer
National Service Scheme
Devamathe College
Kurastlangadu

#### **Christmas Celebrations at Destitute Home**

Academic year : 2018-19

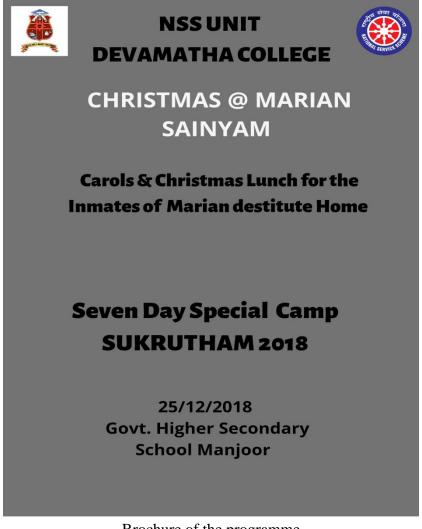
Date : Dec 25, 2018

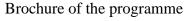
Organizing unit : NSS unit

Number of participants : 100

#### REPORT

The NSS volunteers celebrated Christmas at Mariyan Sainyam Destitute Home, located close to the camp site. The destitute home has 30 male inmates suffering from various physical or mental issues. The Christmas lunch prepared at the camp was served to the inmates by NSS volunteers and various cultural programmes were performed to entertain them.









Volunteers at the destitute home



Ms. Praseedha Mathew

Mr. Alphin Chacko

Aylels

Programme Officer
National Service Scheme
Devamathe College
Kurastlangadu

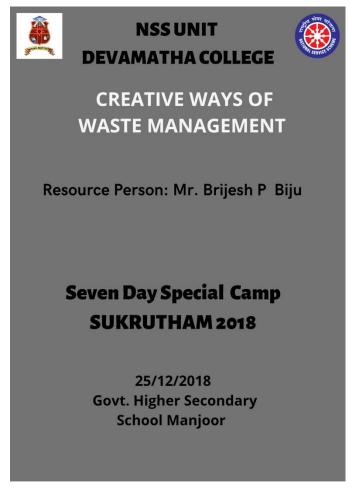
#### **Creative Ways of Waste Management**

Academic year: 2018-19

Date: Dec 25, 2018

Organizing Unit: NSS Unit

Number of participants: 100 NSS Volunteers



Brochure of the program

#### **REPORT**

Sri. Bijesh P. Biju delivered hands-on training session titled 'Creative ways of Waste Management' for NSS volunteers in the afternoon session. The resource person taught students how to make attractive handcrafts and other useful products from plastic waste materials. The plastic bottles that were segregated from the waste collected on the previous day were made into craft items. Volunteers actively participated in making flower vases, decorative items, and

Kerayolemen

chalk containers for the classrooms of the camp venue. The volunteers also made paper carry bags using newspapers during the session.



Students making paper bags



Ms. Praseedha Mathew

Mr. Alphin Chacko

Aylel

Programme Officer
National Service Scheme
Devamathe College
Kurastlengass



Crafts from plastic waste



Ms. Praseedha Mathew

Mr. Alphin Chacko Programme Officer National Service Scheme Devamathe College Kurastlengedu

#### Cleaning the Premises of Government School, Manjoor

Academic year: 2018-19

Date: Dec 24, 2018

Organising unit: NSS Unit

Number of participants: 100



## NSS UNIT DEVAMATHA COLLEGE



## CLEANING THE SCHOL PREMISES

## Seven Day Special Camp SUKRUTHAM 2018

**A Part of Suchitwa Mission Project** 

24/12/2018 Govt. Higher Secondary School Manjoor

Brochure of the programme



#### **REPORT**

Debris was left after the construction of a new building, and the weeded school premises were adequately taken care of. The volunteers cleaned a central sewage track filled with soil during the flood. An unused well in the prem was also filled during the work. The dried and cleaned books were arranged correctly, and the library was set in the new library room for the school.



Cleaning the premises of GHSS Manjoor

Karayana na

Ms. Praseedha Mathew

Mr. Alphin Chacko

Aylels

Programme Officer
National Service Scheme
Devamathe College
Kurastlengadu

#### **An Interactive Session on Group Dynamics**

Academic year: 2018-19

Date: Dec 23, 2018

Organising unit: NSS unit

Number of participants:100 NSS Volunteers



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### NSS UNIT DEVAMATHA COLLEGE



**GROUP DYNAMICS** 

Seven Day Special Camp
SUKRUTHAM 2018

An Activity Oriented Session
by
Mr. Mobin John Sebastian

23/12/2018 Govt. Higher Secondary School Manjoor

Brochure of the programme

#### **REPORT**

The afternoon session was lead by Mr Mobin John Sebastian, HR Manager Elcare Systems. The class was based on Group Dynamics. The resource person

spoke about how a group works, how we can achieve success in a group and how important a role coordination plays in a group etc.





Ms. Praseedha Mathew

Mr. Alphin Chacko

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Programme Officer
National Service Scheme
Devamathe College
Kurastlangadu

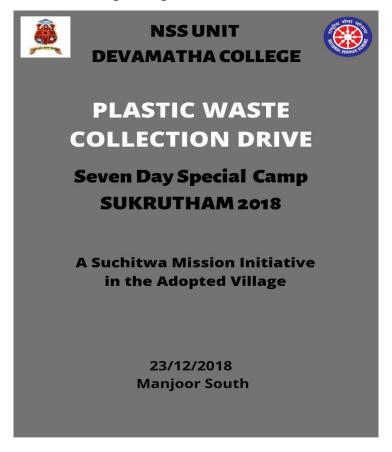
#### **Plastic Waste Collection Drive**

Academic year: 2018-19

Date: Dec 23, 2018

Organizing unit: Suchitwa Mission Kottayam

Number of participants: 100 NSS Volunteers



#### REPORT

The work of the day was putting the idea of plastic waste management to practice by collecting the waste from a selected locality. It was part of the Suchithwa Mission programme. After breakfast, the volunteers accompanied by the Grama Panchayathu ward member Sri. Luckose Makkil and the members of Haritha Karma Sena of the Panchayath, collected plastic waste from the entire houses and public places of ward number 14 of Manjoor Grama Panchayath. The volunteers spread the idea of properly managing plastic waste through the aid of Haritha Karma sena at the Panchayathu level while freely collecting plastic waste from homes. The students came back to the camp with several sacks of plastic waste. The volunteers under the guidance of Programme officers segregated and washed the waste clean, dried under sun and filled them back in the sacks. The collected waste was handed over to the members of Haritha Karma Sena, who would send it to the plastic shredding unit in Kozha for further processing.





Volunteers collecting plastics from ward 14 of Manjoor Gramapanchayath



Ms. Praseedha Mathew

Mr. Alphin Chacko

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Programme Officer National Service Scheme Devamathe College Kurastlengadu

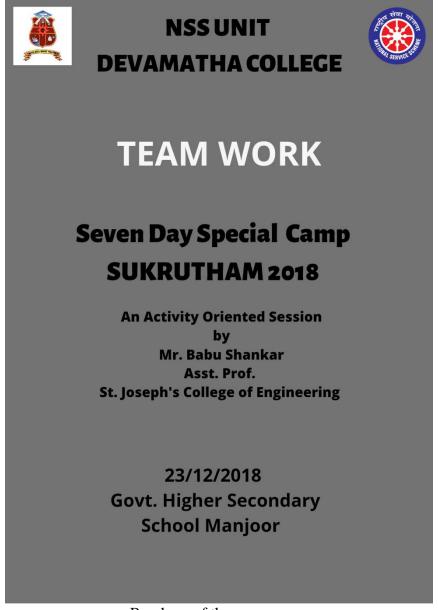
#### **Training Session on Team Work**

Academic year: 2018-19

Date: Dec 23, 2018

Organising unit: NSS Unit

Number of participants: 100 NSS Volunteers



Brochure of the programme

#### **REPORT**

The session was followed by Mr Babu Shankar, Assistant professor at St. Josephs College of engineering, Choondachery. The topic of the session was team work. The achievement that can be made with the help of a team was highlighted during

the session. He also cited it with examples from his life. He encouraged the students with games and activities.



Mr Babu Shankar led the session



Ms. Praseedha Mathew

Mr. Alphin Chacko

Programme Officer
National Service Scheme
Devamathe College
Kurasilangada

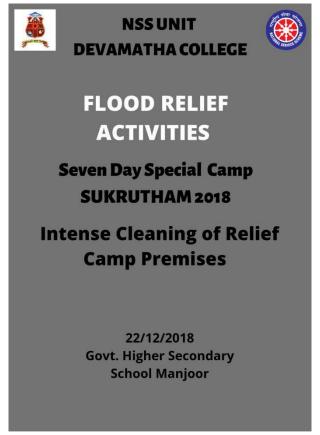
#### **Intense Cleaning of Relief Camp Premises**

Academic year: 2018-19

Date: Dec 22, 2018

Organizing unit: NSS Unit

Number of participants: 100 NSS Volunteers



Brochure of the programme

#### REPORT

One of the key objectives of the seven-day special camp of the year was long term flood relief activities. The forenoon session of each day from 9.00 am to 12.00 pm was dedicated for different work by the volunteers to aid the community. The camp site, Govt. High School Manjoor was one of the largest flood relief camps in the Panchayath with 970 families. The school and its premises required thorough cleaning and the first days work was assigned at the campsite itself. The six groups were given six different areas for cleaning. One group was assigned with kitchen duty. Each group was provided with the required tools. The library building of the school was dilapidated and the books in the cupboards were badly damaged. One group under the guidance of the librarian Sri. Radhakrishnan K.C., cleaned the books and shifted the book racks

to the new building within the campus. The wet books were dried under the sun and took back to the new room.



Volunteers cleaning the premises of relief campsite



Ms. Praseedha Mathew

Mr. Alphin Chacko Programme Officer
National Service Scheme
Devamathe College
Kurastlangadu

#### **Training on Leadership Skills**

Academic year: 2018-19

Date: Dec 22, 2018

Organising unit: NSS Unit

Number of participants: 100 NSS Volunteers



Brochure of the programme

#### REPORT

The session began at 2.00pm and was engaged by Dr Samson Thomas, HOD, business studies, Marian College, Kuttikkanam. The session was based on leadership and the different skill sets of leadership. He showed the students through activities how they can develop leadership qualities. His session included many games so students enjoyed it.



Students at the training session



Ms. Praseedha Mathew

Mr. Alphin Chacko Programme Officer National Service Scheme Devamatha College

Kurasilangadu

#### **Training on Public Speaking Skills**

Academic year: 2018-19

Date: December 21, 2018

Organising Unit: NSS Unit

Number of participants: 100 NSS Volunteers



## NSS UNIT DEVAMATHA COLLEGE



### **Public Speaking Skills**

Seven Day Special Camp
SUKRUTHAM 2018

Session Led by Mr. Martinee Jose K

21/12/2018 Govt. Higher Secondary School Manjoor

Brochure of the programme



#### **REPORT**



Mr. Martinee Jose K led the session

The Ice breaking session of the camp was engaged by Mr.Martini Jose K. The session gave significance to the ways in which volunteers can get over their confidence issues and public speaking fears.

> Lyll Ms. Praseedha Mathew

Mr. Alphin Chacko

Programme Officer National Service Scheme Devamatha College Kurasilangadu

#### **AIDS Day Awareness Rally**

Academic year : 2018-19

Date : December 01, 2018

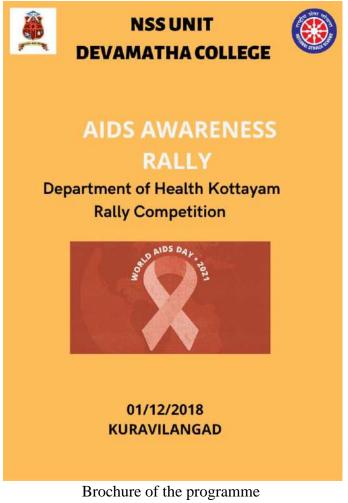
Organizing unit/Collaborating agency : Name of the coordinator/coordinators

: Alphin Chacko & Praseedha Mathew

Number of participants : 100 NSS Volunteers

#### **Brief Report**

The NSS unit Deva Matha College participated in the district-level AIDS awareness programme in Kuravilangad and took part in the awareness rally and Float competition. The Unit won first prize in the event.





Awareness rally





First prize in awareness float and rally competition

Ms. Praseedha Mathew

Mr. Alphin Chacko

Programme Officer National Service Scheme Devamathe College Kurastlangasu

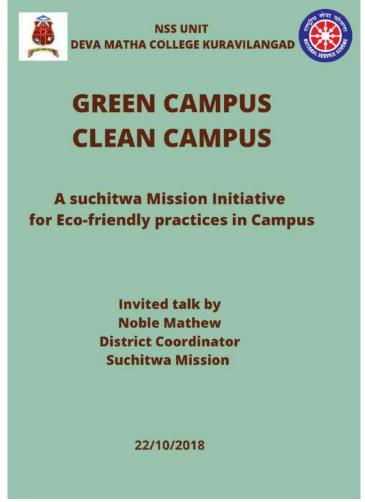
## Green Campus Clean Campus Suchitwa Mission Project

Academic year: 2018-19

Date: October 22, 2018

Organizing institute: NSS Unit & Suchitwa Mission Kottayam

Number of participants: 100 NSS Volunteers



Brochure of the programme

#### REPORT

Suchitwa mission is the Technical Support Group (TSG) in waste management sector under the Local self government department, government of Kerala. It is responsible for providing technical and managerial support to the local self-government of the state. The mission is also nodial agency for implementing

Swach Bharth Mission and Communication and Capacity Development Unit (CCDU) in the state.



Inauguration of eco-friendly practices at the campus

The college totook the initiative Suchitwa Mission (Green campus Clean campus) by organizing an awareness class. The class was led by philip Joseph, Suchitwa Mission district coordinator. The program aimed mainly at reducing plastic use in educational institutions. A wide application of green protocol was the main motive thus extending this program to further social areas. In response to this mission the college, which is situated at ward 5 with the help of ward members and panchayath provided special dustbin for plastic waste. College has better facilities to dispose biodegradable waste, such as compost etc. NSS volunteers collected plastic from different areas of college and segregated.

Ms. Praseedha Mathew

Mr. Alphin Chacko

Programme Officer Devamatha College Kurasilangadu

#### College Campus Cleaning as part of Gandhi Jayanthi Celebration

: 2018-19 Academic year

Date(s) on which program conducted : 2-Oct-18

Collaborating agency inside or outside the institute : NSS unit of Deva Matha College

Beneficiaries : Students of deva Matha College

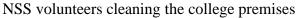
Number of teachers coordinated the program : 2

Number of students participated in the program : 50

#### **Brief Report**

50 NSS volunteers cleaned the college campus as part of the Gandhi Jayanthi Celebrations.





Mr. Alphin Chacko

Ms. Praseedha Mathew

Programme Officer National Service Scheme
Devamethe College Kurasilangadu

#### Cleaning Houses after the flood - Clean Kerala Mission

Academic year : 2018-19

Date(s) on which program conducted : 24-Aug-18

Collaborating agency inside or outside the institute : NSS unit of Deva Matha College in collaboration

with Suchithwa Mission Kottayam

Beneficiaries : People in flood affected area

Number of teachers coordinated the program : 2

Number of students participated in the program : 15

#### **Brief report**

The NSS unit took part in the Clean Kerala Mission after the flood in the Thalayolaparambu Panchayathu by cleaning a house in the Vadayar locality. The Panchayathu chose the house associated with the project of Suchithwa Mission Kottayam.



NSS volunteers in action at flood-hit Vadayar region



Ms. Praseedha Mathew

Mr. Alphin Chacko

Programme Officer
National Service Scheme
Devamathe College
Kurastlangadu

#### **Flood Relief Materials Collection Point**

Academic year: 2018-19

Date: Aug 20-24, 2018

Organising unit: NCC unit in association with Relief Camps in Kottayam District

Number of participants: 50 NSS Volunteers



#### **DMC NSS UNIT**



## Mitigating the Flood Crisis -Relief Materials Collection Point



Date: Aug 20-24 venue: Deva Matha College

#### Report

In response to the unprecedented flood that Kerala had to undergo after the torrential rains in August 2018, the NSS unit of Devamatha College opened a Relief Collection Point in the college from August 20-24. The relief materials were collected from faculty, students, alumni and natives. The collected materials were distributed to the following camps on the basis of requirements.

- 1. St. Theresas Public School Ayamkudi
- 2. CMS College Kottayam
- 3. Vallakam Camp
- 4. Kulashekharamangalam Camp



- 5. Brahmamangalam Camp
- 6. Sachivothapuram Camp
- 7. S.B College camp



Collection and transportation of relief materials



Ms. Praseedha Mathew

Mr. Alphin Chacko

Programme Officer National Service Scheme Devamathe College Kurastlengadu

#### **Medicinal Plant Cultivation on College Campus**

: 2018-19 Academic year

Date(s) on which program conducted : 7-Aug-18

Collaborating agency inside or outside the institute : NSS unit of Deva Matha College

Beneficiaries : Students of Deva Matha College

Number of teachers coordinated the program : 2

Number of students participated in the program : 50

#### A brief report on program

Students of NSS cultivated different medicinal plants across the college compound and labelled them. This helps the students of Deva Matha College to identify easily the medicinal plants around us and make use of them in need. Also this helps to protect our traditional medicine practice



NSS volunteers cleaned the premises of the college & planted 15 medicinal plants



Ms. Praseedha Mathew

Mr. Alphin Chacko

Programme Officer National Service Scheme Devamatha College Kurasilandadu

#### **Dress Donation Drive and its Distribution**

Academic year : 2018-19

Date(s) on which program conducted : 26-Jul-18

Collaborating agency inside or outside the institute : NSS unit of Deva Matha College

Beneficiaries : 300 families of Ezhumanthuruth region

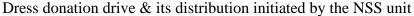
Number of teachers coordinated the program : 2

Number of students participated in the program : 50

#### **Brief Report**

The 300 families of Ezhumanthuruth region, belonging to the Kaduthuruthy Grama Panchayath were not shifted to any relief camps and needed immediate support. The NSS unit of DMC organized a Dress Donation Drive from July 23 - 25. The volunteers painstakingly sorted all the materials collected. The dress materials were distributed to the neediest families with help of Kudumbasree unit members in the affected areas.





Ms. Praseedha Mathew

Mr. Alphin Chacko

Programme Officer National Service Scheme Devamathe College

#### **Food Packet Distribution in Flood Relief Camp**

Academic year: 2018-19

Date: July 25, 2018

Organizing unit: NSS unit & Economics Department

Number of participants: 30 NSS Volunteers



#### **DMC NSS UNIT**



## Food Packet Distribution in Flood Relief Camp



Date: July 25 venue: Flood Relief Camp Thalayolaparambu

Brochure of the programme

#### **REPORT**

Heavy rains in the third week of July flooded many lower regions of Kottayam district. The NSS unit of Deva Matha College Kuravilangad imme liately

responded to the situation by assessing the situation of Relief camps opened in the nearby Panchayaths like Thalayolaparambu and Kaduthuruthy. The NSS Volunteers of DMC with the help of the Department of Economics provided 120 lunch packets to the |Flood Relief Camp on July 25, 2018.



Food packet collection at the campus and distribution at the relief camp



Ms. Praseedha Mathew

Mr. Alphin Chacko

Programme Officer
National Service Scheme
Devamethe College
Kurastlengedu

#### **Traditional Food Fest - Kerala Piravi Celebrations**

: 2018-19 Academic year

Date(s) on which program conducted : 1-Nov-18

Collaborating agency inside or outside the institute : NSS unit of Deva Matha College

Beneficiaries : Students of Deva Matha college

Number of teachers coordinated the program : 2

Number of students participated in the program : 600

#### **Brief Report**

Kerala Piravi was celebrated by NSS unit Deva Matha College by conducting a traditional food festival- Green Protocol was followed in the programme, and no plastic was used while serving 600 people. The fund raised was used to support flood-affected students and for other NSS programmes.



Students and faculty at traditional food-fest

Ms. Praseedha Mathew

Mr. Alphin Chacko

Programme Officer National Service Scheme Devamatha College Kurasilangadu

# National Cadet Corps (NCC) Report 2018-19



# 2/17, KERALA Bn. NCC Deva Matha College Kuravilangad

Company Commander
Lt. Sathees Thomas



Sl. No	List of Activities
1.	Road Safety Awareness Rally
2.	Adventure Sports Training
3.	Republic Day Rally
4.	Road Safety Awareness Class
5.	AIDS Day Awareness Rally
6.	Campus Cleaning
7.	NCC Day Celebrations at the Mariyan Sainyam Orphanage: Food Packets distribution & Cultural programmes
8.	NCC Day Rally to underline the importance of NCC
9.	URJAKIRAN Rally
10.	Cleaning Drive at Pala Town
11.	Cleaning in Flood-Affected Areas: Kallara and Vechoor
12.	Distribution of 10,000 Litres of Cleaning Lotion to the Flood Affected Areas: Kudavechoor region
13.	Independence Day Celebrations at the campus



#### **Road Safety Awareness Rally**

Academic year : 2018 - 2019

Date(s) on which programme conducted : 26 January 2019

Organizing unit : NCC unit of Deva Matha College in

association with JCI Kuravilanagad

Number of teachers coordinated the programme : 1

The number of students participated in the programme : 60

#### **Brief Report**

On 26 January 2019, the NCC cases of Deva Matha College along with JCI Kuravilangad conducted a traffic awareness rally. The rally was held through MC road and Kuravilangad private bus stand. The cadets distribute pamphlets containing an awareness description of road safety to ordinary people, drivers, and taxi drivers. Around 60 NCC cadets participated in this programme. The rally started at 9:30 am at the college. A sticker that shared the same thought was sticking to all passing vehicles.



Cadets are getting ready for the road safety awareness rally



Cadets pasting awareness stickers on passing buses



#### **Adventure Sports Training**

Academic year : 2018 - 2019

Date(s) on which programme conducted : 2 February 2019

Organizing unit : NCC unit of Deva Matha College

Number of teachers coordinated the programme : 1

Number of students participated in the programme : 50

#### **Brief Report**

On 2 February 2019, Saturday the NCC unit of Deva Matha college organized an adventurous sports training for the NCC cadets. NCC officer Lt. Satheesh Thomas, an active member of the Kottayam district mountaineering association with its officials, demonstrated different events, including valley crossing, commando net and so on. About 50 NCC cadets participated in different adventurous activities.



NCC Cadets Participate in adventure sports



#### **Republic Day Rally**

Academic year : 2018 - 2019

Date(s) on which Programme conducted : 26 January 2019

Organizing Unit : NCC unit of Deva Matha College

Number of teachers coordinated the programme : 1

Number of students participated in the programme :70

#### **Brief Report**

On 26 January 2019, the NCC unit of Deva Matha college Kuravilangad had celebrated the 70<sup>th</sup> Republic Day of free India. College Principal Dr. Jojo K Thomas hoisted the National flag and delivered a short message to the students regarding the importance of celebrating Republic Day. College ANO Lt. Sathees Thomas also delivered a short message. About 70 NCC cadets participated in the flag hoisting ceremony.



NCC cadets take part in the republic day rally

2/17, KERALA EN. NCC

#### **Road Safety Awareness Class**

: 2018 - 2019 Academic year

Date(s) on which the programme conducted : 23 January 2019

Organizing unit : NCC unit of Deva Matha College, JCI

> Kuravilanagad & Motor Vehicle

Department, Govt. of Kerala, Uzhavoor

Number of teachers coordinated the programme : 1

Number of students participated in the programme : 70

#### **Brief Report**

On 23 January 2019, Wednesday a road safety awareness class was conducted at Deva Matha College, Kuravilangad. The NCC unit of Deva Matha college organized the awareness class along with JCI Kuravilangad and the motor vehicle department of Uzhavoor. The class was taken in two sessions. In the first session motor vehicle Inspector Sri. Jain T Lukose briefly explained different motor vehicle rules and the Assistant motor vehicle Inspector in the second session. Sri. Vijayan leads the class. In this session, he converged his views and ideas with the support of a presentation which included road accident videos.



Motor Vehicle Department of Uzhavoor leading the session



Company Commander 2/17, Kerala Bn. NCC Deva Matha Gollege Kuravilangad, Kerala

#### **AIDS Day Awareness Rally**

Academic year : 2018 - 2019

Date(s) on which programme conducted : 1 December 2018

Organizing Unit : NCC Unit of Deva Matha College

Number of teachers coordinated the programme : 1

The number of students participated in the programme : 28

#### **Brief Report**

On 1 December 2018, awareness programs were conducted in different parts of the world as a part of World AIDS Day. The NCC cadets of Deva Matha college also took part in the district-level AIDS awareness rally which was held at Kuravilangad. The rally started from the campus of Deva Matha college, and the cadets moved on to the main road by holding placards and gathered at the private bus stand. NCC cadets from different colleges, Nursing college students, student police cadets, and members of kudumbasree gathered at the bus stand. About 2000 people participated in this program. District Panchayath member Flagged-off the event officially and the rally proceed to the Muthiyamma hall of Kuravilangad church. The aim of the programme was to instill a sense of humanity towards AIDS patients.



The rally started from the campus of Deva Matha College





NCC unit of Deva Matha College at the rally





#### **Campus Cleaning**

Academic year : 2018 - 2019

Date(s) on which programme conducted : 24 November 2018

Organizing unit : NCC unit of Deva Matha College

Number of teachers coordinated the programme : 1

Number of students participated in the programme : 60

#### **Brief Report**

To celebrate NCC day, the NCC cadets of Deva Matha College conducted a campus cleaning program on Saturday (24<sup>th</sup> November 2018). About 60 cadets participate in the cleaning process. Cadets collect waste material from the Campus including empty plastic bottles and plastic carry bags. The cleaning program was conducted with the ultimate aim of developing self-discipline and social commitment among the youth. Cadets had cleaned stagnant water from the drainage inside the campus.



NCC Cadets collect waste material from the college Campus including empty plastic bottles plastic carry bags



## NCC Day Celebrations at the Mariyan Sainyam Orphanage: Food Packets distribution & Cultural programmes

Academic year : 2018 - 2019

Date(s) on which programme conducted : 24 November 2018

Organizing unit : NCC unit of Deva Matha College

Number of teachers coordinated the programme : 1

Number of students participated in the programme : 60

#### **Brief Report**

On behalf of NCC day celebration on 24<sup>th</sup> November 2018 the cadets of Deva Matha College had collected and distributed about 50 food packets to the people at Mariyan Sainyam an orphanage for adults situated in Manjoor. The cadets performed cultural programmes to entertain the people of mariyan sainyam. The NCC cadets of Deva Matha spend a lot of time with the people of Mariyan sainyam.



NCC cadets at the orphanage



#### NCC Day Rally to underline the importance of NCC

Academic year : 2018 - 2019

Date(s) on which programme conducted : 24 November 2018

Organizing unit : NCC unit of Deva Matha College

Number of teachers coordinated the programme : 1

The number of students participated in the programme : 60

#### **Brief Report**

The NCC unit of Deva Matha College conducted an awareness rally on 24 November 2018 as part of celebrating NCC day. About 60 cadets took part in the rally. The aim of the rally was to create an awareness among the youth about the importance of celebrating NCC day.



The rally starts at the campus



#### **URGAKIRAN** Rally

Academic year : 2018 - 2019

Date(s) on which programme conducted : 15 December 2018

Organizing unit : NCC unit of Deva Matha College &

Energy Management Kerala

Number of teachers coordinated the programme : 1

Number of students participated in the programme : 100

#### **Brief Report**

The NCC unit of Deva Matha College in association with Energy Management Kerala observed the National Energy Conservation Day on 15TH December 2018 by conducting a road rally. In the presents of college Principal Dr. Jojo K Joseph, vice principal Fr. Dinoy Kavalamakal and NCC officer Lt. Satheesh Thomas. Kuravilangad Grama Panchayath president Sri. P C Kurian flagged off the rally on the college premises. Quoted of the day "Energy saved is energy generated".



Rev. Fr. Dinoy Mathew flagged off the rally



Rally at the Kuravilangad Town



#### **Cleaning Drive at Pala Town**

Academic year : 2018 - 2019

Date(s) on which programme conducted : 2 October 2018

Collaborating agency inside or outside the institute : NCC Unit of Deva Matha College

Number of teachers coordinated the programme : 1

Number of students participated in the programme : 20

#### **Brief Report**

As a part of Swatch Bharath Mission the NCC cadets of Deva Matha College, Kuravilangad along with the cadets of ST. Thomas College and also Alphonsa College joined together for cleaning the Pala town. On the 2nd October 2018, under the leadership of Mar. Jacob Muriken Auxiliary Bishop of Pala. The programme was inaugurated by Dr. Celin Roy, Muncipal Chairperson of pala. At the end of the programme the cadets collected around 228 bundles of plastics from 5 sqkm area of the town. Around 20 cadets of Deva Matha College participated in this program.



Inauguration of the cleaning drive at Pala



#### Cleaning in Flood-Affected Areas: Kallara and Vechoor

Academic year : 2018 - 2019

Date(s) on which program conducted : 24 August 2018

Organizing unit : NCC unit of Deva Matha College

Number of teachers coordinated the program : 1

Number of students participated in the program : 70

#### **Brief Report**

The NCC cadets of Deva Matha College were very happy and curious to engage themselves in the flood relief program NCC cadets set out to help the areas severely affected by the flood. The low-lying areas like Kallara and Vechoor of Kottayam District were fully submerged under water, where the cadets extended their help. The Honourable NCC Kottayam Group Commander Brigadier Sunil Kumar N.V appreciated the NCC Cadets of Deva Matha College for such an exemplary task.





Cadets involved in cleaning activities at the flood-affected areas



### Distribution of 10,000 Litres of Cleaning Lotion to the Flood Affected Areas: Kudavechoor region

Academic year : 2018 - 2019

Date(s) on which programme conducted : 24 August 2018

Organizing unit : NCC unit of Deva Matha College

Number of teachers coordinated the programme : 1

Number of students participated in the programme : 70

#### **Brief Report**

The NCC cadets of Deva Matha College were very happy and curious to engage themselves in the flood relief programme. After the flood, the houses in the Kudavechoor region were in a pathetic condition where living is impossible. The NCC cadets had prepared 10000 litres of cleaning lotion to clean the houses in different flood-affected areas of Kerala. Distributed a bottle of lotion along with a kit of edible food items to a senior citizen of that flood relief camp. The commanding Officer of 17K BN Col. Jose Kurian, Deva Matha College NCC Officer, Lt. Sathees Thomas, The Executive members of the church, and about 70 NCC cadets took part in the programme.





A bottle of cleaning lotion and a Food kit was handed over to the senior citizens of the flood relief camp.



#### **Independence Day Celebrations at the campus**

Academic year : 2018 - 2019

Date(s) on which programme conducted : 15 August 2018

Organizing unit : NCC unit of Deva Matha College

Number of teachers coordinated the programme : 1

Number of students participated in the programme : 70

#### **Brief Report**

The NCC unit of Deva Matha college celebrated the 72<sup>nd</sup> Independence Day by hosting the tricolour flag. College principal Dr. Jojo. K. Joseph hosted the flag and delivered an Independence day message to the cadets. NCC Officer Lt. Sathees Thomas also delivered a felicitation.



Dr. Jojo K Joseph, Principal of the college hoisted the flag

2/17, KERALA \*

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#### Women's Forum

#### **Report 2018-19**

Sl. No	Name of Activity
1.	Women's Day Celebration and Prize Distribution
2.	Poster Designing Competition on "Gender Equality"
3.	Discussions on 21st century Women's Challenges
4.	Poetry writing competition on "Gender Equality"
5.	Cancer Awareness and Screening Campaign Programme
6.	Collection and distribution of clothes and food for the flood-affected people of Vaikom
7.	Talk on Current Women's Issues

Dr. Brincy Mathew

Ms. Sandra George

Sandra

Dr. Fancy Paul

Dr. Smitha Sebastian

#### Women's Day Celebration and prize distribution

Academic year : 2018-19

Date(s) on which programme conducted : 12/3/2019

Organizing / Collaborating Unit : Women's Forum

Beneficiaries : Students of Deva Matha College

Number of teachers coordinated the programme

The number of students participated in the programme: 40

#### **Brief Report**

"Being a Woman, itself is a superpower". As part of Women's Day celebrations, Our Principal Dr. Jojo K Joseph distributed the prizes for the various competitions held in the academic year 2018-19.



Prize distribution by Dr. Jojo K Joseph

Dr. Brincy Mathew Bondy Methe
Ms. Sandra Garra

Dr. Fancy Paul

Dr. Smitha Sebastian

#### Poster Designing Competition on "Gender Equality"

Academic year : 2018-19

Date(s) on which programme conducted : 28/2/2019

Organizing / Collaborating Unit : Women's Forum

Beneficiaries : Students of Deva Matha College

Number of teachers coordinated the programme : 4

The number of students participated in the programme: 40

#### **Brief Report**

Gender discrimination, in other words, gender inequality refers to unfair rights between males and female based on different gender roles which lead to unequal treatment in life. Four students participated, and only one prize was announced. Kum.. Sandra R Kumar won the prize.





Brochure of the programme



The poster that won 1st prize



Dr. Brincy Mathew

Ms. Sandra George

Dr. Fancy Paul

Dr. Smitha Sebastian

#### Discussions on 21st century Women's Challenges

Academic year : 2018-19

Date(s) on which programme conducted : 16/2/2019

Organizing / Collaborating Unit : Women's Forum

Beneficiaries : Students of Deva Matha College

Number of teachers coordinated the programme : 4

The number of students participated in the programme: 40

#### **Brief Report**

Women are the backbone of society. She plays a vital role in the economic development of the country, and her contribution is as equal as their male counterparts. Without the active participation of women in various national, social, economic and political activities, the progress of the country will be stagnant. Gender bias, unequal pay, security, mental and physical harassment, lack of proper family support, and insufficient maternity leave are considered major issues and challenges that working woman faces nowadays. The working and social scenario in today's era is far different from that of twenty-thirty years ago. The discussions were coordinated by Ms.Sandra George, Joint Convener of Women's Forum. Students actively participated in this discussion



Discussions on



Ms. Sandra George Joint Convener, Women's Forum Deva Matha College, Kuravilangad

21st Century Women Challenges
By Ms. Sandra George

on 2019 February 16 Venue: Multimedia Hall

#### Organizing Committee:

Dr. Brincy Mathew Ms.Sandra George Dr.Sr.Fancy Paul Dr.Smitha Sebastian

Brochure of the programme





Ms. Sandra George is leading the session



Dr. Fancy Paul

Dr. Smitha Sebastian

Dr. Brincy Mathew

Sandra

Ms. Sandra George

#### Poetry writing competition on "Gender Equality"

Academic year : 2018-19

Date(s) on which programme conducted : 12/1/2019

Organizing / Collaborating Unit : Women's Forum

Beneficiaries : Students of Deva Matha College

Number of teachers coordinated the programme : 4

The number of students participated in the programme: 10

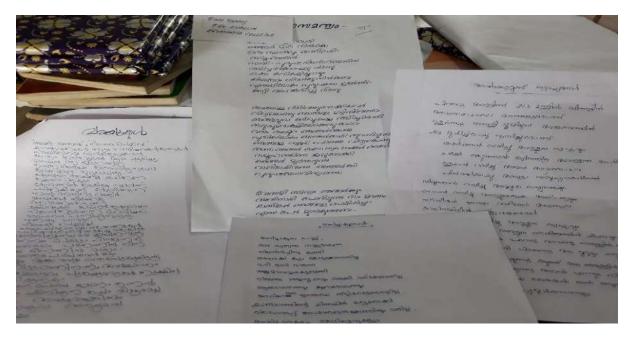
#### **Brief Report**



#### Brochure of the programme

Many entries were received across the courses for competition. Ms Rinu Benny of II DC English won the competition.





Poems from students

Bonny Metho



Dr. Fancy Paul

Dr. Smitha Sebastian

Ms. Sandra George

Dr. Brincy Mathew

#### **Cancer Awareness and Screening Campaign Programme**

Academic year : 2018-19

Date(s) on which programme conducted : 11/12/2018

Organizing / Collaborating Unit : Women's Forum, NSS & Medical

College Kottayam

Beneficiaries : Students of Deva Matha College

Number of teachers coordinated the programme : 4

The number of students participated in the programme: 40

#### **Brief Report**

A seminar was organized by the Women's Forum & NSS in association with Medical College, Kottayam. The programme aimed to create awareness about cancer prevention, early detection and treatment. Many doctors discussed various types of cancers, their causes and prevention.



Brochure of the programme





Photos of the event organized at the E-learning centre

Dr. Brincy Mathew

Landra

Ms. Sandra George

Dr. Fancy Paul

Dr. Smitha Sebastian

#### Collection and distribution of clothes and food for the flood-affected people of Vaikom

Academic year : 2018-19

Date(s) on which programme conducted : 31/8/2018

Organizing Unit : Women's Forum

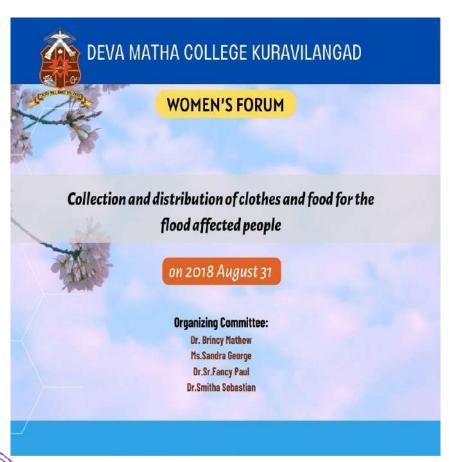
Beneficiaries : Students of Deva Matha College

Number of teachers coordinated the programme

The number of students participated in the programme: 15

#### **Brief Report**

Food and clothing are basic needs of the people. Floods impact on both individuals and communities, and have social, economic, and environmental consequences. The consequences of floods, both negative and positive, vary greatly depending on the location and extent of flooding, and the vulnerability and value of the natural and constructed environments they affect. The Women's forum of Deva Matha College lend a helping hand to the flood affected people of Vaikom. Students as well as teachers collected and distributed food and clothes to those needed.



Brochure of the programme

Dr. Brincy Mathew

Dr. Fancy Paul

Dr. Smitha Sebastian

#### Talk on Current Women's Issues

Academic year : 2018-19

Date(s) on which programme conducted : 4/8/2018

Organizing Unit : Women's Forum

Beneficiaries : Students of Deva Matha College

Number of teachers coordinated the programme : 4

The number of students participated in the programme: 60

#### **Brief Report**

A talk on 'Current Women Issues' was led by Dr.Sr.Fancy Paul, Joint convener of Women's forum. Women and girls make up half the world's population. Yet far too often, their voices, experiences, and contributions are overlooked or undervalued. They are underrepresented in the halls of political and economic power and overrepresented in poverty, while barriers—from gender-based violence and lack of political and economic opportunities to laws that hold women to a different standard—block progress. Inequality and the low status of women and girls have vast political, economic, and social implications. This can limit the ability of communities to resolve conflict, countries to boost their economies, or regions to grow enough food. The untapped potential of women remains a lost opportunity for economic growth and development that the world can ill afford. Including women in peace and security and conflict prevention and resolution is essential to ensure that gains reach all members of society.



#### 'Talk on Current Women Issues'

by Dr.Sr.Fancy Paul

on 2018 August 04 Venue: Multimedia Hall

Organizing Committee:

Dr. Brincy Mathew Ms.Sandra George Dr.Sr.Fancy Paul Dr.Smitha Sebastian Dr.Sr.Fancy Paul
Joint Convener, Women's Forum

Deva Matha College, Kuravilangad

Brochure of the Programme

Dr. Brincy Mathew

Boney Hethe

Dr. Fancy Paul

Dr. Smitha Sebastian

Ms. Sandra George

Dr. Smitha