

Sl. No	Name of the activity	Organising unit/ agency/ collaborating agency	Name of the scheme	Year of the activity	Date(s) of activity
1.	Awareness of Covid-19 Challenges	NCC Unit of Deva Matha College Kuravilangad	Social Responsibility	2021	23-03-2021
2.	50 th Celebration of The 1971 War	NCC Unit of Deva Matha College Kuravilangad	National Integration	2021	23-03-2021
3.	Go Vocal For Local Campaign at the Kuravilangad Gramapanchayat	NCC Unit of Deva Matha College Kuravilangad	Aatmnirbhar Bharat	2021	23-03-2021
4.	Swatch Bharat Awareness & Campus Cleaning Drive	NCC Unit of Deva Matha College Kuravilangad	Swatch Bharat Abhiyan	2021	22-03-2021
5.	Volunteering in Vaccine Distribution	NCC Unit of Deva Matha College Kuravilangad in association with Taluk Hospital Kuravilangad	Social Responsibility	2021	12-02-2021
6.	72nd Republic Day Celebration at the College and war memorial	NCC Unit of Deva Matha College Kuravilangad	Republic Day Celebrations	2021	26-01-2021
7.	Talk on Corruption in Our Society	NCC Unit of Deva Matha College Kuravilangad	Awareness Programme	2021	09-01-2021
8.	Distribution of Urgent Materials to Pala Mariyan Sadanam (Orphanage)	NCC Unit of Deva Matha College Kuravilangad	Social Responsibility	2020	21-12-2020

Sl. No	Name of the activity	Organising unit/ agency/ collaborating agency	Name of the scheme	Year of the activity	Date(s) of activity
9.	Report of Webinar on Plastic Management as part of Swachhta Pakhwada	NCC Unit of Deva Matha College Kuravilangad	Swachhta Pakhwada	2020	12-12-2020
10.	Blood Donation Camp at Pala Police Station	NCC Unit of Deva Matha College Kuravilangad & Pala Blood forum	Blood donation campaign	2020	01-12-2020
11.	National-Level Webinar on New Education Policy 2020	NCC Unit of Deva Matha College Kuravilangad	Awareness Programme	2020	17-10-2020
12.	Awareness of the importance of Handwashing in the light of Covid 19 on Global Handwashing Day	NCC Unit of Deva Matha College Kuravilangad	Global Hand Wash Day	2020	15-10-2020
13.	Physical and Mental Health activities for cadets as part of Fit India Movement	NCC Unit of Deva Matha College Kuravilangad	FIT INDIA MOVEMENT	2020	17-08-2020
14.	Flag hoisting and parade on Independence Day celebrations	NCC Unit of Deva Matha College Kuravilangad	Independence Day	2020	15-08-2020
15.	ATMA NIRBHAR AWARENESS CAMPAIGN	NCC Unit of Deva Matha College Kuravilangad	ATMA NIRBHAR BHARAT	2020	08-08-2020
16.	Honouring the Kargil war heroes on Kargil Vijay Diwas	NCC Unit of Deva Matha College Kuravilangad & Ex-Serviceman welfare association, Kuravilangad	Kargil Vijay Diwas	2020	26-07-2020

Sl. No	Name of the activity	Organising unit/ agency/ collaborating agency	Name of the scheme	Year of the activity	Date(s) of activity
17.	Practicing Yoga at Home	NCC Unit of Deva Matha College Kuravilangad	International Yoga Day	2020	21-06-2020
18.	Online Awareness Session, Debate & Signature Campaign	NSS Unit of Deva Matha College Kuravilangad & ICDS Govt. of Kerala	Women's Day Celebrations	2021	12-03-2021
19.	Video Tutorial on Basic Yoga Protocols	NSS Unit & Yoga Centre of Deva Matha College Kuravilangad	International Yoga Day	2020	21-06-2020
20.	Planting Tree Samplings at homes and nearby Public Places Observing Covid Protocols	NSS Unit of Deva Matha College Kuravilangad	World Environmental Day	2020	05-06-2020
21.	Webinar on First Aid Management in the light of Covid 19	NSS Unit of Deva Matha College	Awareness Seminar	2021	24-01-2021
22.	Public Place Cleaning & Pasting Posters on Covid Protocol	NSS Unit of Deva Matha College	Social Responsibility	2021	25-01-2021
23.	Survey on How Covid Affected the Lives of People in Volunteer's Neighborhood	NSS Unit of Deva Matha College	Social Responsibility	2021	27-01-2021
24.	Video tutorial on Yoga Protocol	NSS Unit & Yoga Centre of Deva Matha College	Health & Hygiene	2021	21-06-2020

Sl. No	Name of the activity	Organising unit/ agency/ collaborating agency	Name of the scheme	Year of the activity	Date(s) of activity
25.	Webinar on Youth for Prevention and Mitigation of Covid	NSS Unit of Deva Matha College	Experience Sharing Session	2021	
26.	Webinar on Mental Health in Covid Scenario	Women's Forum	Health & Hygiene	2021	08-03-2021
27.	Writing & Recitation Competitions	Women's Forum	Social Responsibility	2021	05-03-2021
28.	National Webinar Series on Gender Sensitization & Women Empowerment	Women's Forum & IQAC	Gender Sensitization & Women Empowerment	2020	18-08-2020
29.	Short Story Writing & Cartoon Competition	Women's Forum	World Habitat Day	2020	08-08-2020

National Cadet Corps (NCC)

Report 2020-21



2/17, KERALA Bn. NCC

Deva Matha College

Kuravilangad

Company Commander

Capt. Sathees Thomas




Capt. Sathees Thomas
Company Commander
2/17, Kerala Bn. NCC
Deva Matha College
Kuravilangad, Kerala

Sl. No	List of Activities
1.	AWARENESS OF COVID-19 CHALLENGES
2.	50 th CELEBRATION OF THE 1971 WAR
3.	Go Vocal For Local Campaign at the Kuravilangad Gramapanchayat
4.	Swachh Bharat Awareness & Campus Cleaning Drive
5.	Volunteering in Vaccine Distribution
6.	72 nd Republic Day Celebration at the College and war memorial
7.	Talk on Corruption in Our Society
8.	Distribution of Urgent Materials to Pala Mariyan Sadanam (Orphanage)
9.	Report of Webinar on Plastic Management as part of Swachhta Pakhwada
10.	Blood Donation Camp at Pala Police Station
11.	National-Level Webinar on New Education Policy 2020
12.	Awareness of the importance of Handwashing in the light of Covid 19 on Global Handwashing Day
13.	Physical and Mental Health activities for cadets as part of Fit India Movement
14.	Flag hoisting and parade on Independence Day celebrations
15.	ATMA NIRBHAR AWARENESS CAMPAIGN
16.	Honouring the Kargil war heroes on Kargil Vijay Diwas
17.	Practicing Yoga at Home




Capt. Sathees Thomas
 Company Commander
 2/17, Kerala Bn. NCC
 Deva Matha College
 Kuravilangad, Kerala

AWARENESS OF COVID-19 CHALLENGES

Academic year : 2020-21
Date(s) on which program was conducted : 23-03-2021
Organizing / Collaborating agency : NCC unit
The number of students participated in the program : 23

Brief Report

NCC cadets of Deva Matha College Kuravilangad went around the houses of Kuravilangad Grama Panchayat to spread the message of following Covid protocols to contain the virus spread on 23/3/21. Cadets explained the Covid 19 challenges people.



cadets at houses




Capt. Sathees Thomas
Company Commander
2/17, Kerala Bn. NCC
Deva Matha College
Kuravilangad, Kerala

50th CELEBRATION OF THE 1971 WAR

Academic year : 2020-21
Date(s) on which program was conducted : 23-03-2021
Organizing / Collaborating agency : NCC unit
The number of students participated in the program : 23

Brief Report

NCC cadets under the leadership of Capt. Sathees Thomas paid respect to war heroes at the war memorial of Kuravilangad on 23-03-2021 observing the covid protocols.



NCC unit paying respect to war heroes.




Capt. Sathees Thomas
Company Commander
2/17, Kerala Bn. NCC
Deva Matha College
Kuravilangad, Kerala

Go Vocal For Local Campaign at the Kuravilangad Gramapanchayat

Academic year : 2020-21
Date(s) on which program was conducted : 23-03-2021
Organizing / Collaborating agency : NCC unit
The number of students participated in the program : 18

Brief Report

NCC unit of Deva Matha College was also part of *Go Vocal For Local Campaign* which aim to revive Indian brands and promote local brands, manufacturing, and supply chains to achieve the objective of Aatmnirbhar Bharat. Cadets visited the households to explain the importance of being self-reliant.



Cadets visiting the houses as part of Go Vocal For Local Campaign




Capt. Sathees Thomas
Company Commander
2/17, Kerala Bn. NCC
Deva Matha College
Kuravilangad, Kerala

Swatch Bharat Awareness & Campus Cleaning Drive

Academic year : 2020-21
Date(s) on which program was conducted : 22-03-2021
Organizing / Collaborating agency : NCC unit
The number of students participated in the program : 23

Brief Report

On 22 March 2021 NCC unit of Deva Matha College conducted an awareness program on the importance of Swatch Bharat. Principal Dr. Jojo K Joseph gave the message. As per the guidance of Capt. Sathees Thomas, NCC cadets have conducted a rally providing awareness and cleaning the college compound and ground. Under officer Ajil Christy Babu. Under Officer Jesbon Chacko and Honey Thomas coordinated the program.




Campus cleaning drive



Campus cleaning




Capt. Sathees Thomas
Company Commander
2/17, Kerala Bn. NCC
Deva Matha College
Kuravilangad, Kerala

Volunteering in Vaccine Distribution

Academic year : 2020-21
Date(s) on which program was conducted : 12-02-2021& 13-02-2021
Organizing / Collaborating agency : NCC unit & Taluk Hospital Kuravilangad
The number of students participated in the program : 18

Brief Report

On the dates 12 and 13/02/2021, NCC Unit of Deva Matha College, in association with Kuravilangad Taluk Hospital, became involved in administering the Covid Vaccine to Government Officials. On these days, NCC cadet Akhil MA, Mijo Joseph, Saneesh Santhosh and Savio Benny, led by Captain Sathees Thomas, have been assigned by Dr. Sam Paul (Superintendent of Hospital) and his officials at Kuravilangad Taluk Hospital to assist in the administration of Covid Vaccine to government employees and staff including health workers, village office workers and police personnel.



Cadets at the Covid Vaccination Centre: Taluk Hospital Kuravilangad




Capt. Sathees Thomas
Company Commander
2/17, Kerala Bn. NCC
Deva Matha College
Kuravilangad, Kerala

72nd Republic Day Celebration at the College and war memorial

Academic year	: 2020 - 2021
Date(s) on which program conducted	: 26/01/2021
Organizing Cell	: NCC unit of Deva Matha College
Number of teachers coordinated the program	: 1
Number of students participated in the program	: 30

Brief Report

On 26 January 2021, NCC unit of Deva Matha college Kuravilangad in association with Kuravilangad Ex-Service league, celebrated the 72th Republic Day of free India at War Memorial Kuravilangad. Kuravilangad Panchayat President Smt. Mini Mathai hoisted flag with Ex Service league and Kuravilangad NCC Unit. Capt. Sivajith Kumar P (Former SUO And Ex-Cadet) participated in this ceremony. 30 NCC cadets as per the guidance of Capt. Sathees Thomas participated in the flag hoisting ceremony following the covid protocols.



Flag hoisting at the war memorial and college campus




Capt. Sathees Thomas
Company Commander
2/17, Kerala Bn. NCC
Deva Matha College
Kuravilangad, Kerala

Talk on Corruption in Our Society

Academic year : 2020 - 2021
Date(s) on which program conducted : 09/01/2021
Organizing unit : NCC unit of Deva Matha College
Number of teachers coordinated the program : 1
The number of students participated in the program : 10

Brief Report

On 09/01/2021, NCC unit of Deva Matha College Kuravilangad conducted an online talk among cadets about "Corruption in our society". On this day cadets under the guidance of Capt. Sathees Thomas conducted an online talk about "Corruption in Society" through the google meet platform; it was very useful to convey the viewpoints of cadets on this topic and preventive measures. ANO and 10 cadets expressed their viewpoints on this topic.




Capt. Sathees Thomas
Company Commander
2/17, Kerala Bn. NCC
Deva Matha College
Kuravilangad, Kerala

Distribution of Urgent Materials to Pala Mariyan Sadanam (Orphanage)

Academic year	: 2020 - 2021
Date(s) on which program conducted	: 21 December 2020
Organizing unit	: NCC unit of Deva Matha College
Number of teachers coordinated the program	: 1
Number of students who participated in the program	: 6

Brief Report

On 21/12/2020, NCC unit of Deva Matha College distributed masks, t-shirts and packet of lemon to Pala Mariyansadanam. On this day NCC Cadets of Deva Matha College Kuravilangad delivered 1000 face masks, 25 lower and T-shirts and 10 kg of Lemon in packet to pala mariyan sainyam. Associate NCC officer of Deva Matha College Kuravilangad Capt. Sathees Thomas coordinated this activity. Senior Under Officer Jomin Joseph, Under Officer Ajil Christy Babu and Under Officer Jesbon Chacko Handed over the products to Pala Marian Sadanam Director, Sri. Santhosh Joseph. This activity was done to satisfy the covid protocol because Covid had infected about 350 of around 425 inmates there.



NCC cadets distribute the essentials




Capt. Sathees Thomas
Company Commander
2/17, Kerala Bn. NCC
Deva Matha College
Kuravilangad, Kerala

Report of Webinar on Plastic Management as part of Swachhta Pakhwada

Academic year : 2020 - 2021
Date(s) on which program conducted : 12 December 2020
Organizing unit : NCC unit of Deva Matha College
Number of teachers coordinated the program : 1
The number of students participated in the program : 60

Brief Report

On 12/12/2020, NCC Unit of Deva Matha College Kuravilangad conducted Webinar on plastic management as part of Swachhta Pakhwada. on this day NCC Cadets under the supervision of Capt. Sathees Thomas conducted and experienced a webinar on plastic management. 60 above cadets and their belongings joined in the webinar, ANO Capt. Sathees Thomas and 3 Cadets took classes about plastic management and Swachhta Pakhwada.




Capt. Sathees Thomas
Company Commander
2/17, Kerala Bn. NCC
Deva Matha College
Kuravilangad, Kerala

Blood Donation Camp at Pala Police Station

Academic year	: 2020 - 2021
Date(s) on which program conducted	: 1 December 2020
Organizing unit	: NCC unit of Deva Matha College in association with Pala Blood forum
Number of teachers coordinated the program	: 1
Number of students participated in the program	: 6

Brief Report

The NCC unit of Devamatha College Kuravilangad together with District Aids Control Society Arogyakeralam, Pala Blood Forum and Kerala State Health Department had organized a blood donation camp on world Aids Day, December 1st. Aids Prevention and Protection project teams conducted an awareness class. The program was held at janamaithry police station, Pala. About 15 NCC cadets participated in the program and donated their blood. It was Capt. Satheesh Thomas who gave necessary advices to the cadets for organizing the program. District Police Chief Sri. G.Jayadev IPS inaugurated the camp, Welcome speech was done by District Aids control officer Dr. Twinkle prabhakaran, Addressing was done by Kottayam DMO Dr. Jacob Varghese. The NCC cadets with the guidance of Capt. Satheesh Thomas, participated in the program with all their discipline and commitments to make the camp a great success. The program came to an end at afternoon.



NCC cadets are donating the blood.




Capt. Satheesh Thomas
Company Commander
2/17, Kerala Bn. NCC
Deva Matha College
Kuravilangad, Kerala

National-Level Webinar on New Education Policy 2020

Academic year	: 2020 - 2021
Date(s) on which program conducted	: 17 October 2020
Collaborating agency inside or outside the institute	: NCC unit of Deva Matha College
Number of teachers coordinated the program	: 1
Number of students participated in the program	: 70

Brief Report

On 17/10/2020, NCC Unit of Deva Matha College Kuravilangad was conducted a National Level Webinar on the topic "NEW EDUCATION POLICY 2020". It is inaugurated by Col. Jose Kurian (C.O of 17 (K) BN NCC PALA). Dr. T C Thankachan (Vice Principal of St. Thomas College of Teacher Education Pala) was taken the class and Capt. Sathees Thomas (Associate NCC Officer of Deva Matha College Kuravilangad) felicitated the webinar meeting.

Deva Matha College, Kuravilangad
NCC Presents
NATIONAL LEVEL WEBINAR
ON
NEW EDUCATION POLICY 2020

RESOURCE PERSON

Dr. T. C. THANKACHAN
VICE PRINCIPAL
ASSOCIATE PROFESSOR
ST. THOMAS COLLEGE OF TEACHER
EDUCATION
PALA

INAUGURATION
COL. JOSE KURIAN
CO. 17(K) BATTALION
KOTTAYAM GROUP

FELICITATE
CAPT. SATHEES THOMAS
ANO. DEVA MATHA COLLEGE
NCC UNIT

17 OCT
AT 10:00 TO 11:00 AM

FOR FURTHER DETAILS:
7902265807 : SU/O JOMIN JOSEPH
9745873010 : U/O AJIL CHRISTY BABU

Brochure of the programme



Capt. Sathees Thomas
Company Commander
2/17, Kerala Bn. NCC
Deva Matha College
Kuravilangad, Kerala

Awareness of the importance of Handwashing in the light of Covid 19 on Global Handwashing Day

Academic year	: 2020 - 2021
Date(s) on which program conducted	: 15 October 2020
Collaborating agency inside or outside the institute	: NCC unit of Deva Matha College
Beneficiaries	: NA
Number of teachers coordinated the program	: 1
Number of students participated in the program	: 10

Brief Report

On 15/10/2020, NCC Unit of Deva Matha college Kuravilangad made an awareness as part of global hand washing day of washing hands in this covid-19 situation by washing/sanitizing hands and made a poster to spread all over the network by social media.



Awareness has been created about the importance of cleanliness in light of the Covid-19 situation.




Capt. Sathees Thomas
Company Commander
2/17, Kerala Bn. NCC
Deva Matha College
Kuravilangad, Kerala

Physical and Mental Health activities for cadets as part of the FIT India Movement

Academic year	: 2020 - 2021
Date(s) on which program conducted	: 17 August 2020
Organizing Unit	: NCC unit of Deva Matha College
Number of teachers coordinated the program	: 1
Number of students participated in the program	: 10

Brief Report

On 17/08/2020, a notification of the fit India movement came by mail. It is included all types of physical and mental health activities (jogging, swimming, reading, playing football, tennis, shuttle etc) to do by all cadets at their homes, and cadets started doing these activities.



Cadets involved in physical activities as part of the FIT India Movement




Capt. Sathees Thomas
Company Commander
2/17, Kerala Bn. NCC
Deva Matha College
Kuravilangad, Kerala

Flag hoisting and parade as part of Independence Day celebrations

Academic year	: 2020 - 2021
Date(s) on which program conducted	: 15 August 2020
Organizing unit	: NCC unit of Deva Matha College & Ex-service League
Number of teachers coordinated the program	: 1
Number of students participated in the program	: 70

Brief Report

On August 15, Independence Day NCC Unit of Deva Matha College celebrated Independence Day at the war memorial by conducting a parade at the time of flag hosting by the Ex-service league. All cadets under the guidance of Capt. Sathees Thomas joined in front of the war memorial and gave flag salute at the time of hosting; ex-service officials hoisted flag and delivered a short speech about the importance of Independence Day. This activity was performed well by obeying all covid protocols.



Independence Day celebrations at the war memorial




Capt. Sathees Thomas
Company Commander
2/17, Kerala Bn. NCC
Deva Matha College
Kuravilangad, Kerala

ATMA NIRBHAR AWARENESS CAMPAIGN

Academic year : 2020 - 2021
Date(s) on which program conducted : 08 August 2020
Organizing Unit : NCC unit of Deva Matha College
Number of teachers coordinated the program : 1
The number of students participated in the program : 70

Brief Report

On 08/08/2020, An awareness about ATMA NIRBHAR BHARAT, which is a measure taken by the central government, was done through the online live platform; all cadets of deva Matha college joined the meet, each cadet get informed well and it helped the cadets to understand it very well.



Participation Certificates




Capt. Sathes Thomas
Company Commander
2/17, Kerala Bn. NCC
Deva Matha College
Kuravilangad, Kerala

Honouring the Kargil war heroes on Kargil Vijay Diwas

Academic year : 2020 - 2021
Date(s) on which program conducted : 26 July 2020
Organizing unit : NCC Unit & Ex-Service Men Welfare Association, Kuravilangad
Number of teachers coordinated the program : 1
The number of students participated in the program : 15

Brief Report

On 26/07/2020, Cadets of Deva Matha college recalled KARGIL VIJAY DIWAS by making a candle giving video individually. They joined it to honour the INDIAN ARMY for their sacrifices, died heroes etc. Also, a speech was presented by CDT Fienon Francis about the Kargil Days and sacrifices made by the army for us; that video speech was posted to the official YouTube channel of Deva Matha College NCC Unit. Capt. Sathees Thomas coordinated this activity.



Cadets honouring the Kargil war heroes by lighting the candle




Capt. Sathees Thomas
Company Commander
2/17, Kerala Bn. NCC
Deva Matha College
Kuravilangad, Kerala

Practicing Yoga at Home

Academic year : 2020 - 2021
Date(s) on which program conducted : 21 June 2020
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

On 21/06/2020, As part of International Yoga Day all cadets and ANO Capt. Sathees Thomas was done yoga at their home in the morning 8:30-10:30 as per the instructions and protocols given and pictured each photo and made a collage of all shuffled pictures of cadets doing yoga.

Capt. Sathees Thomas ANO DMC Kuravilangadu



Yoga postures by Capt. Sathees Thomas




Capt. Sathees Thomas
Company Commander
2/17, Kerala Bn. NCC
Deva Matha College
Kuravilangad, Kerala



Cadets practice yoga at home




Capt. Sathees Thomas
Company Commander
2/17, Kerala Bn. NCC
Deva Matha College
Kuravilangad, Kerala

National Service Scheme (NSS)

Unit No. 12



Deva Matha College Kuravilangad

Reports

2020-21



Ms. Praseedha Mathew

Mr. Alphin Chacko

Programme Officer
National Service Scheme
Devamatha College
Kuravilangad

Sl. No	List of Activities
1.	Online Awareness Session, Debate & Signature Campaign
2.	Video Tutorial on Basic Yoga Protocols
3.	Planting Tree Samplings at homes and nearby Public Places Observing Covid Protocols
4.	Webinar on First Aid Management in the light of Covid 19
5.	Public Place Cleaning & Pasting Posters on Covid Protocol
6.	Survey on How Covid Affected the Lives of People in Volunteer's Neighborhood
7.	Video tutorial on Yoga Protocol
8.	Webinar on Youth for Prevention and Mitigation of Covid



Ms. Praseedha Mathew

Mr. Alphin Chacko

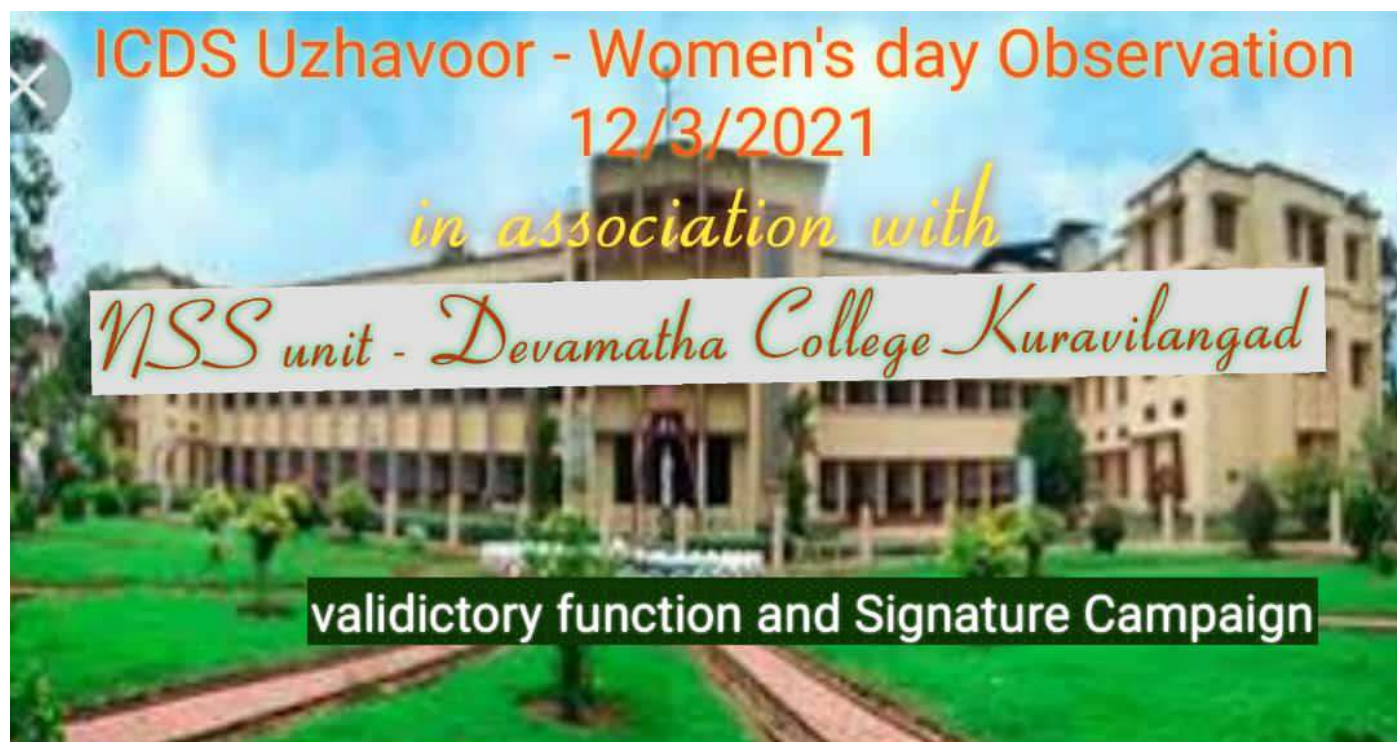
Programme Officer
National Service Scheme
Devamatha College
Kuruattangadu

Online Awareness Session, Debate & Signature Campaign

Academic year	: 2020- 20021
Date	: March 12, 2021
Organizing / Collaborating agency	: NSS Unit & ICDS Government of Kerala
Beneficiaries	: Students of the college
Number of participants	: 20

REPORT

The NSS unit of the college celebrated International Women's Day in association with ICDS, Department of Child Welfare, Govt. of Kerala on March 8. The series of activities like Online Awareness sessions, Debates and Poster competitions organized from March 1-11, organized by ICDS officials for different educational institutions in Uzhavor educational district culminated on March 12 by a live poster and signature campaign as part of the valedictory session in the college campus. The district ICDS co-coordinator addressed the valedictory gathering and unveiled the cloth banner for the audience. The principal Dr. Jojo K Joseph inaugurated the signing campaign by imprinting his hands on the banner with colours and the volunteers followed suit. The banner offered the visitors a chance to express their solidarity with the motto of International Women's Day.



Brochure of the programme





Women's Day Celebrations & Signature campaign



Programme Officer
National Service Scheme
Devamatha College
Kuruvelangadu

Ms. Praseedha Mathew

Mr. Alphin Chacko

Video Tutorial on Basic Yoga Protocols

Academic year	: 2020- 20021
Date	: June 21, 2020
Organizing / Collaborating agency	: NSS Unit & Yoga Centre, Deva Matha College
Number of participants	: 12

REPORT

The International Yoga Day of the year 2020 was observed by developing a video tutorial on Yoga Protocol in collaboration with the Yoga centre of the college. In the tutorial, Acharya Dr. Jobin Chamakkala offers a brief description on the basic tenets of Yoga followed by a demonstration of the basic asanas that can be practiced even at home. As the students and faculty were home following the Covid restrictions, the tutorial was uploaded in the college website for the benefit of students and the community.

Link : <https://www.youtube.com/watch?v=voNEvets-24>



Ms. Praseedha Mathew

A handwritten signature in black ink, appearing to be "Praseedha Mathew", written over a horizontal line.

Mr. Alphin Chacko

A handwritten signature in black ink, appearing to be "Alphin Chacko", written over a horizontal line.

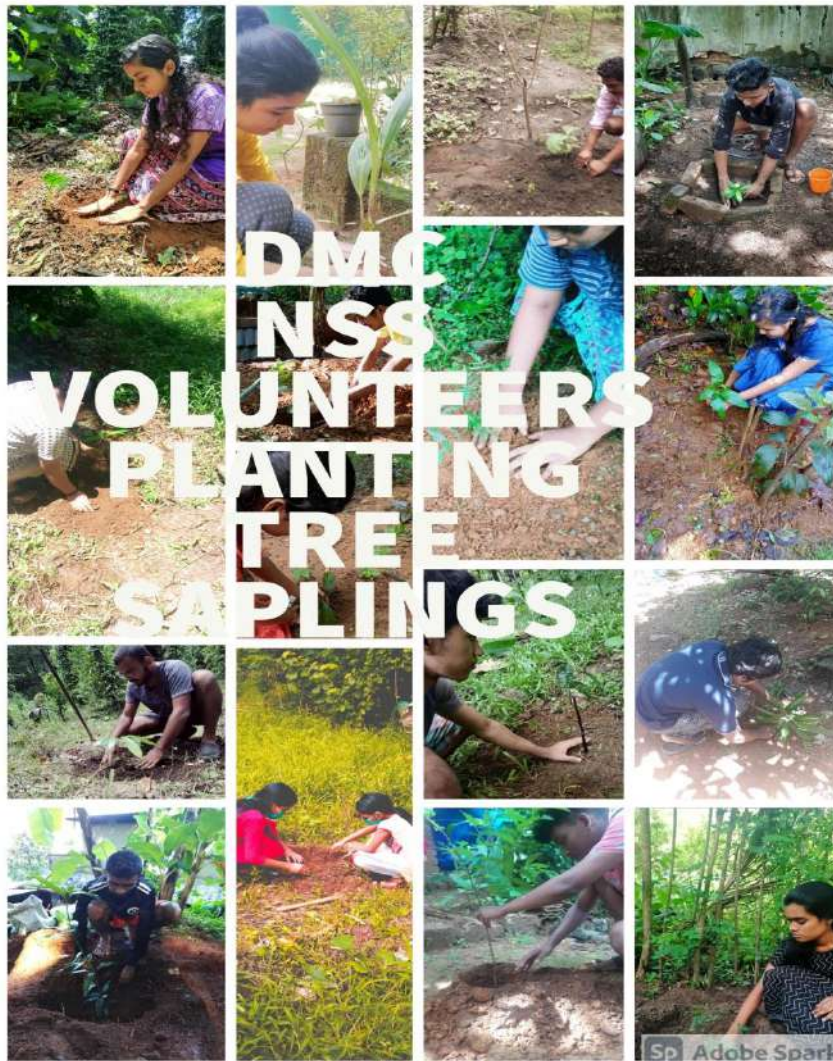
Programme Officer
National Service Scheme
Devamatha College
Kuzhithangadu

Planting Tree Samplings at homes and nearby Public Places Observing Covid Protocols

Academic year : 2020- 20021
Date : June 5, 2020
Organizing Unit : NSS Unit
Number of participants : 72 NSS Volunteers

Brief Report

The NSS volunteers of Devamatha College Kuravilangad observed World Environment Day by planting indigenous tree saplings in their homes, and nearby public places maintaining covid protocols.



Students Planting Trees



Ms. Praseedha Mathew

Mr. Alphin Chacko

Programme Officer
National Service Scheme
Devamatha College
Kuravilangad

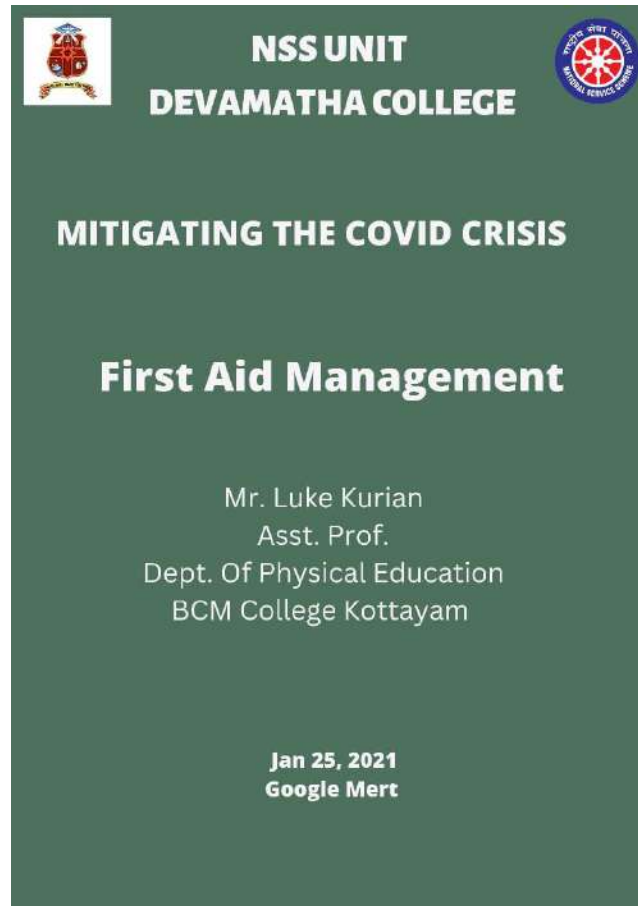
First Aid Management in the light of Covid 19

Academic year: 2020-21

Date: JAN 24, 2021

Organizing unit: NSS unit of Deva Matha College Kuravilangad

Number of participants: 100 NSS Volunteers




Brochure of the programme


REPORT

Asst. Prof. Luke Kurian, Department of Physical Education, BCM College Kottayam led the session on First Aid Management. The session proved to be very useful in the context of Covid Pandemic.



Programme Officer
National Service Scheme
Devamatha College
Kuravilangad

Ms. Praseedha Mathew 

Mr. Alphin Chacko 

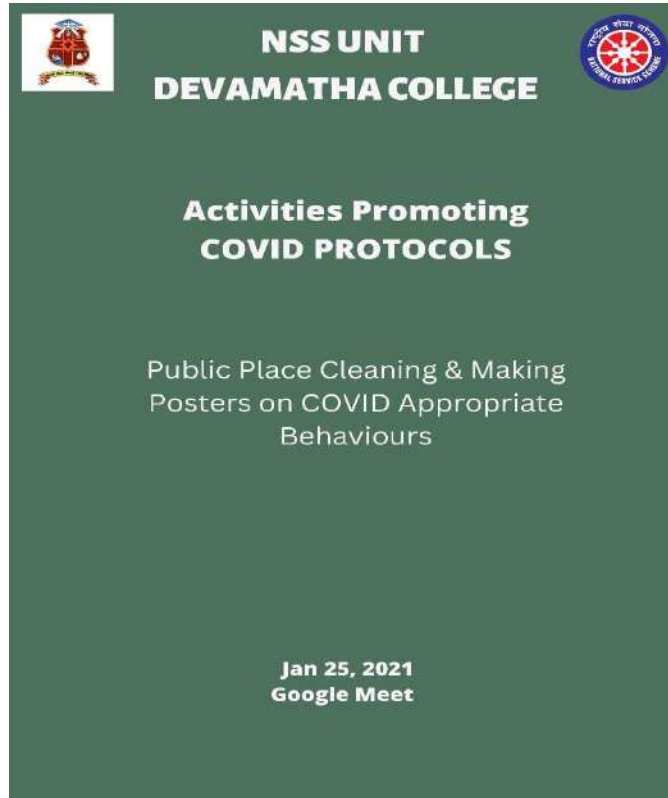
Public Place Cleaning & Pasting Posters on Covid Protocol

Academic year: 2020-21

Date: JAN 25, 2021

Organising unit: NSS

Number of participants: 100 NSS Volunteers

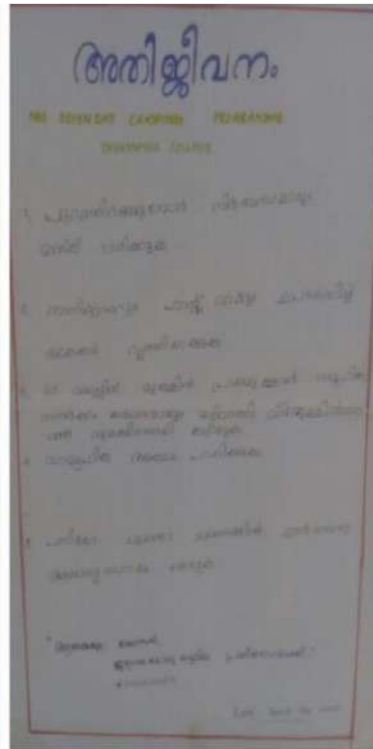


Brochure of the programme

REPORT

As part of the Online Special Camp, each NSS volunteer cleaned a public place close to their homes and pasted self-made posters on Covid appropriate behaviours.





NSS volunteers engaged in Public Place cleaning & Pasting posters showcasing the importance of following covid appropriate behaviour





Volunteer pasting a poster at the public place



Ms. Praseedha Mathew

Mr. Alphin Chacko

Programme Officer
National Service Scheme
Devamatha College
Koravangal

Survey on How Covid Affected the Lives of People in Volunteer's Neighborhood

Academic year: 2020-21

Date: JAN 27, 2021

Organizing Unit: NSS Unit

Number of participants: 100 NSS Volunteers

REPORT

NSS volunteers took up an individual survey in their neighbourhood houses to assess the impact of covid on the life of commoners. The district-level NSS office set the questions and contained physical, mental, financial, emotional and social health parameters. Each volunteer surveyed 10 houses following covid protocols. The survey findings were presented in an online meeting, and the answers were compiled in an excel sheet. The report was forwarded to local self-governments for further action.



Ms. Praseedha Mathew

Mr. Alphin Chacko

Programme Officer
National Service Scheme
Devamatha College
Kuzhithangadu

Video tutorial on Yoga Protocol

Academic year: 2020- 2021

Date: June 21, 2020

Organizing unit: NSS Unit & Yoga Centre, Deva Matha College Kuravinagad

Beneficiaries: NSS volunteers/ Students of college/subscribers of the college's Official YouTube Channel

Number of faculty who developed the video: Dr. Jobin Jose (Yogacharya) & 5 others

REPORT

The International Yoga Day of the year 2020 was observed by developing a video tutorial on Yoga Protocol in collaboration with the Yoga centre of the college. In the tutorial, Acharya Dr. Jobin Chamakkala offers a brief description on the basic tenets of Yoga followed by a demonstration of the basic asanas that can be practiced even at home. As the students and faculty were home following the Covid restrictions, the tutorial was uploaded in the college website for the benefit of students and the community.

Link : <https://www.youtube.com/watch?v=voNEvets-24>



Ms. Praseedha Mathew

Mr. Alphin Chacko

Programme Officer
National Service Scheme
Devamatha College
Kuravilangadu

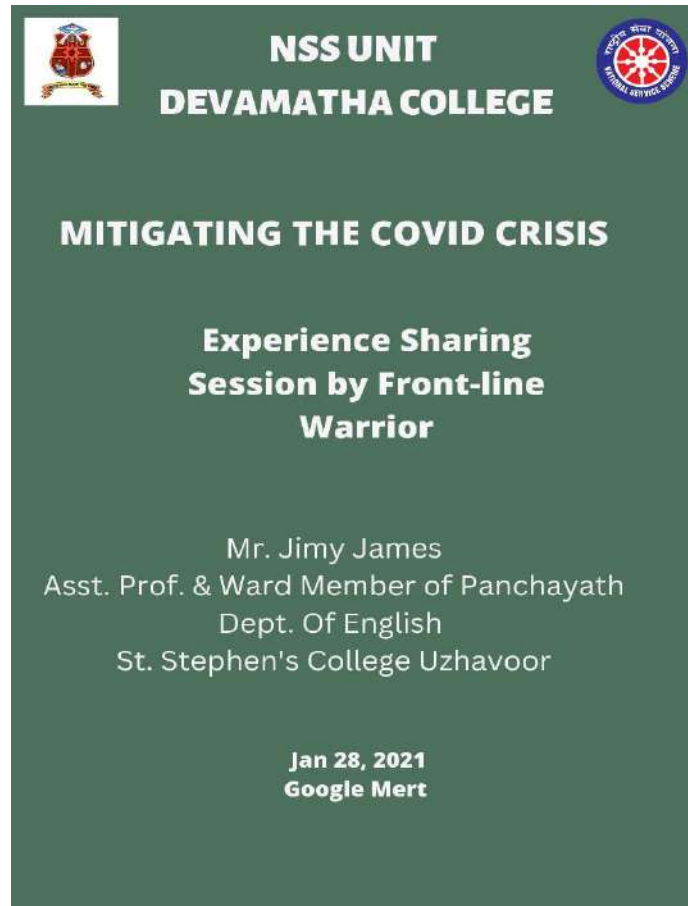
Webinar on Youth for Prevention and Mitigation of Covid

Academic year: 2020-21

Date: JAN 28, 2021

Organizing unit: NSS unit of Deva Matha College

Number of participants: 100 NSS Volunteers



Brochure of the Programme

REPORT

Mr. Jimmy James, Asst. Prof. of English, St. Stephen's College Uzhavoor is the elected ward member of the Veliyannoor Panchayath. He has been serving as a front-line warrior during the first phase of the covid pandemic and helped several hundreds of local people to get medical care and other amenities. His experiences and harrowing stories were quite a treasure trove for the NSS volunteers.





Mr. Jimmy James leading the session



Ms. Praseedha Mathew

Mr. Alphin Chacko

Programme Officer
National Service Scheme
Devamatha College
Kuraslangadu

Women's Forum

Report 2020-21

Sl. No	Name of Activity
1.	Webinar on Mental Health in Covid Scenario
2.	Writing & Recitation Competitions
3.	National Webinar Series on Gender Sensitization & Women Empowerment
4.	Short Story Writing & Cartoon Competition



Dr. Brincy Mathew

Ms. Sandra George

Dr. Fancy Paul

Dr. Smitha Sebastian

Webinar on Mental Health in Covid Scenario

Academic year : 2020-21
Date(s) on which program was conducted : 8-3-21
Organizing / Collaborating agency : Women's Forum
The number of students participated in the program : 100

Report

Women's Forum of Deva Matha College organized a webinar on the Mental Health of Students Covid Scenario. Dr. Angel Thomas was the resource person. 100 students and well-wishers participated in it. We sincerely thank the Principal, Teachers and Non-teaching staff for their wholehearted cooperation with us.




Brochure of the programme




Screenshot of the webinar

Dr. Brincy Mathew 

Dr. Fancy Paul 

Ms. Sandra George 

Dr. Smitha Sebastian 

Writing & Recitation Competitions

Academic year	: 2020-21
Date(s) on which program was conducted	: 5-3-21
Organizing / Collaborating agency	: Women's Forum
The number of students participated in the program	: 26

Report

On Women's Day day, The Women's Forum of Deva Matha college organized a Writing Competition and a Recitation competition on the topic "The most influential women in my life" in Online mode. The competition was for the students of Deva Matha College. Dr. Brincy Mathew, Asst. Professor, Research and P.G Department of Malayalam coordinated the programme. There were 14 students participated in Writing competition and 12 students participated in Recitation Competition. We sincerely thank the Principal, Teachers and Non-teaching staff for their wholehearted cooperation with us.

WOMEN'S DAY COMPETITIONS-2021

**DEVA MATHA COLLEGE KURUVILANGAD WOMEN'S FORUM
CELEBRATES WOMEN'S DAY**

**Let's us
Come ToGetHer**

To celebrate this year's Women's Day the Women's Forum of the college is organising a writing and recitation competition as part of International Women's Day 2021. The competition is open to all students of Devamatha College.

1. Topic: The most influential women in my life.
(Writings with photograph .Not to exceed 100 words)
Medium can be either Malayalam or English.

2. Malayalam Recitation (3 minutes video)
(The poem must be based on the role of women in history)

Prize for best three entries

ENTRIES SHOULD BE SUBMITTED TO THE FOLLOWING CONTACTS:

brincy.mathew@devamatha.ac.in (944644280)
srfancy.paul@devamatha.ac.in (9496271373)

**Last date for submission:
March 5, 2021**

www.devamatha.ac.in [f](#) [i](#) [t](#) [dmc.kvlofficial](#)

Brochure of the programme



National Webinar Series on Gender Sensitization & Women Empowerment

Academic year	: 2020-21
Date(s) on which program was conducted	: 18-8-20 to 20-08-20
Organizing / Collaborating agency	: Women's Forum & IQAC
The number of students participated in the program	: 250

Brief Report

Gender inequality is a long-term problem in our society and female are discriminated in many ways in the social context of India, although legally women have equal right. Thus, there is a great need to sensitize the society on gender issues so that there would be no discrimination on the basis of gender. Women empowerment through gender sensitization is one of the key criteria to unlock the potential of women. This webinar builds on the experiences we faced and explains the importance of gender sensitization in educational institutions to deal with various gender related issues. It also describes strategies to be adopted in schools to promote gender sensitization. With a view to ensure effective awareness on Protection of Women under Law, Women's health and wellness, Women safety and Mental Health and coping in the Background of Covid-19-challenges that will transform and inspire overall development and empowerment of women, a four day national Webinar on empowerment of women on theme – "Women's Empowerment and Gender Sensitization" was organized by Deva Matha College Women's cell in collaboration with the internal quality Assurance Cell on 18th to 21st September 2020



The brochure features the Deva Matha College Kuravilangad logo at the top left, which includes the college name and 'Re-accredited 'A' grade with CGPA 3.23 by NAAC'. The central text reads 'National webinar series on GENDER SENSITIZATION AND WOMEN EMPOWERMENT (Women's cell in collaboration with the Internal Quality Assurance Cell)'. It lists four speakers with their photos, titles, and the topics and dates of their sessions. A central graphic shows a shield with a book and a lamp, with the motto 'TRUTH WILL MAKE YOU FREE' below it. At the bottom, it provides the registration link: <https://forms.gle/aAKQaCbfcfwjUoJUA>. A purple circular stamp of the college is visible on the left side of the brochure.

 Dr. Sisy Jose Associate Professor Govt. College of Nursing Kottayam	 Fr. Dr. Davis Panadan CMI Principal (Christ Academy Institute For Law, Bangalore)
TOPIC WOMEN'S HEALTH & WELLNESS Date : 18/08/2020, Time : 2:30.PM	TOPIC PROTECTION OF WOMEN UNDER LAW Date: 19/08/2020, Time: 2:30.PM
 Sri. U. Sreejith Cl of Police Pampady	 Sr. Amal Jyothi SH (Selmi Jose) Clinical Psychologist Bishop Vayall Medical Centre, Moolamattom
TOPIC WOMEN'S SAFETY Date : 20/08/2020, Time : 3:00.PM	TOPIC MENTAL HEALTH & COPING IN THE BACKGROUND OF COVID - 19 Date: 21/08/2020, Time: 2:30.PM

VIA google meet and
<https://www.youtube.com/dmckvldofficial>
registration link : <https://forms.gle/aAKQaCbfcfwjUoJUA>

Brochure of the Programme

DAY 1 (18th September 2020)

Welcome and Introductory Address by Principal Dr Jojo K Joseph

The principal very warmly welcomed all the participants for being a part of the four day webinar on women's empowerment and gender sensitization. He addressed the various issues faced by women in all walks of life and provided idea of Women Empowerment is empowering the women to take their own decisions for their personal development as well as social development. Empowering women is to make them independent in all aspects from the mind, thoughts, rights, decisions and social or family limitations. The real meaning of the women empowerment is to make them well educated and leave them free so that they can become capable to take their own decisions in any field.

Day 1(18th September2020)

Dr.Sisy Jose -Women's health and Wellness

Dr.Sisy Jose has been working in the field of medical and health field for the past 25 years and at present working at Govt. College of Nursing Kottayam. She started her session through a wonderful ppt presentation which was very informative in which she touched various issues related to problem faced by women throughout their lives. She emphasized that women should be happy and satisfied, which is a basic requirement of every human being. Girls' and women's health is in transition and, although some aspects of it have improved substantially in the past few decades, there are still important unmet needs. She spoke about the high stress levels of women due to their dual role of care-takers and career managers. Simultaneously, worldwide priorities in women's health have themselves been changing from a narrow focus on maternal and child health to the broader framework of sexual and reproductive health and to the encompassing concept of women's health, which is founded on a life-course approach. She emphasised on the expanded vision incorporates health challenges that affect women beyond their reproductive years and those that they share with men, but with manifestations and results that affect women disproportionately owing to biological, gender, and other social determinants.

Day 2: 19September 2020

Fr.Dr.Davis Panadan CMI : Protection of women under law.

Fr.Dr.Davis Panadan CMI spoke about the Protection of women under law and Important constitutional and legal provisions for women in India The principle of gender equality is enshrined in the Indian Constitution in its Preamble, Fundamental Rights, Fundamental Duties and Directive Principles. The Constitution not only grants equality to women, but also empowers the State to adopt measures of positive discrimination in favour of women. Within the framework of a democratic polity, our laws, development policies, Plans and programmes have aimed at women's advancement in different spheres. India has also ratified various international conventions and human rights instruments committing to secure equal rights of women. He emphasis on **constitutional provisions** The Constitution of India not only grants equality to women but also empowers the State to adopt measures of positive discrimination in favour of women for neutralizing the cumulative socio economic, education and political disadvantages faced by them. Fundamental Rights, among others, ensure equality before the law and equal protection of law; prohibits discrimination against any citizen on grounds of religion, race, caste, sex or place of birth, and guarantee equality of opportunity to all citizens in matters relating to employment.

Day:3 September 2020 (2.30)

U. Sreejith (CI of Police) :Women's Safety

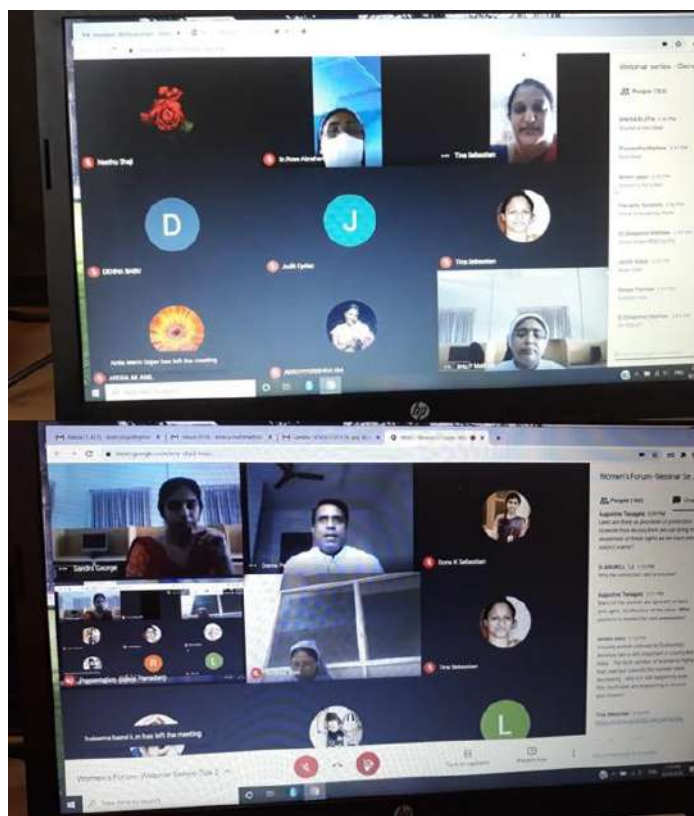
U. Sreejith spoke about the sexual harassment faced by women in work place, home and college. He gave a talk on sexual harassment faced by women in workplace and college which was very informative. It contained various scenarios of kinds of harassment, the types of harassment and the laws related to them. He also informed the participants that if they face any such situations they should inform it to the Internal Complaints Committee, which addresses such issues and anonymity will be maintained. He demonstrates that women and

girls face different forms of harassment – from staring and leering to stalking and sexual assault. Staring and other forms of visual harassment are most common, followed by passing comments, flashing and stalking. Women’s safety means a safer, healthier community for everyone. He focused on changing community norms, patterns of social interaction, values, customs and institutions in ways that will significantly improve the quality of life in a community for all of its members.

Day 4: 21September 2020 (2.30)

Sr. Amal Jyothi SH :Mental Health and Coping in the Background of COVID - 19

Sr. Amal Jyothi addressed the various issues faced by women in mental health. Fear, worry, and stress are normal responses to perceived or real threats, and at times when we are faced with uncertainty or the unknown. So it is normal and understandable that people are experiencing fear in the context of the COVID-19 pandemic. She emphasised to the fear of contracting the virus in a pandemic such as COVID-19 are the significant changes to our daily lives as our movements are restricted in support of efforts to contain and slow down the spread of the virus. Faced with new realities of working from home, temporary unemployment, home-schooling of children, and lack of physical contact with other family members, friends and colleagues, it is important that we look after our mental, as well as our physical, health. She provided guidance and advice during the COVID-19 pandemic for students, to help us look after our mental health. She suggested some tips and multiple ways we can support your families and friends cope with stress, and stay mentally healthy or manage our mental health conditions at work. This is especially important during the COVID-19 pandemic. Not only is supporting our families beneficial to the collective performance and relationships at work, but can also promote your own well-being and life satisfaction.



Screenshots of webinar sessions



Sample Certificate issued



Dr. Brincy Mathew

Brincy Mathew

Ms. Sandra George

Sandra

Dr. Fancy Paul

Fancy Paul

Dr. Smitha Sebastian

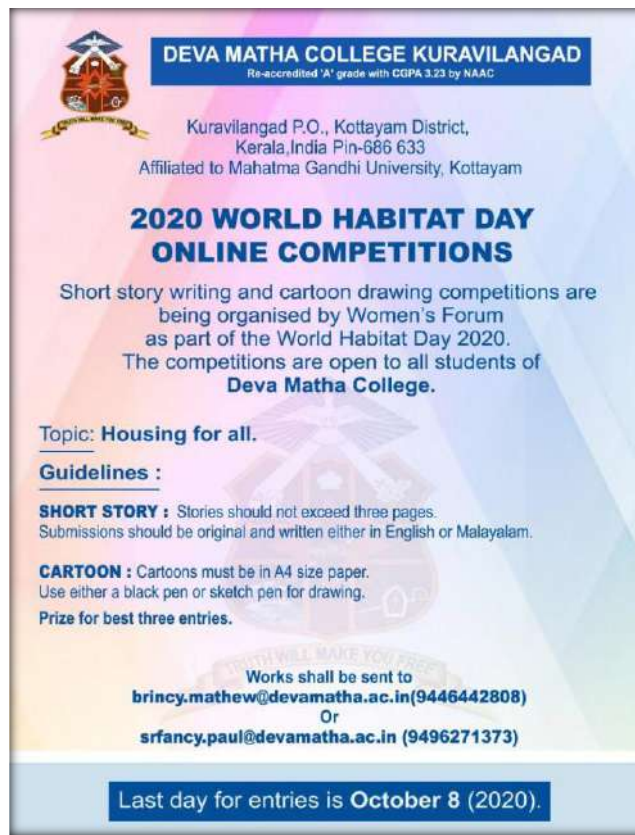
Smitha Sebastian

Short Story Writing & Cartoon Competition

Academic year	: 2020-21
Date(s) on which program was conducted	: 8-8-20
Organizing / Collaborating agency	: Women's Forum
The number of students participated in the program	: 250

Brief Report

On World Habitat Day, The Women's Forum of Deva Matha college organized a Short Story Writing Competition and a cartoon competition on the topic "Housing for All" in Online mode. The competition was for the students of Deva Matha College. Dr.Brincy Mathew, Asst. Professor, Research and P.G Department of Malayalam coordinated the programme. These 14 students participated in the caroon competition and 20 students participated in short story Competition.a good number of entries for this programme. We sincerely thank the Principal, Teachers and Non-teaching staff for their wholehearted cooperation with us.



DEVA MATHA COLLEGE KURAVILANGAD
Re-accredited 'A' grade with CGPA 3.23 by NAAC

Kuravilangad P.O., Kottayam District,
Kerala, India Pin-686 633
Affiliated to Mahatma Gandhi University, Kottayam

**2020 WORLD HABITAT DAY
ONLINE COMPETITIONS**

Short story writing and cartoon drawing competitions are
being organised by Women's Forum
as part of the World Habitat Day 2020.
The competitions are open to all students of
Deva Matha College.

Topic: **Housing for all.**

Guidelines :

SHORT STORY : Stories should not exceed three pages.
Submissions should be original and written either in English or Malayalam.

CARTOON : Cartoons must be in A4 size paper.
Use either a black pen or sketch pen for drawing.

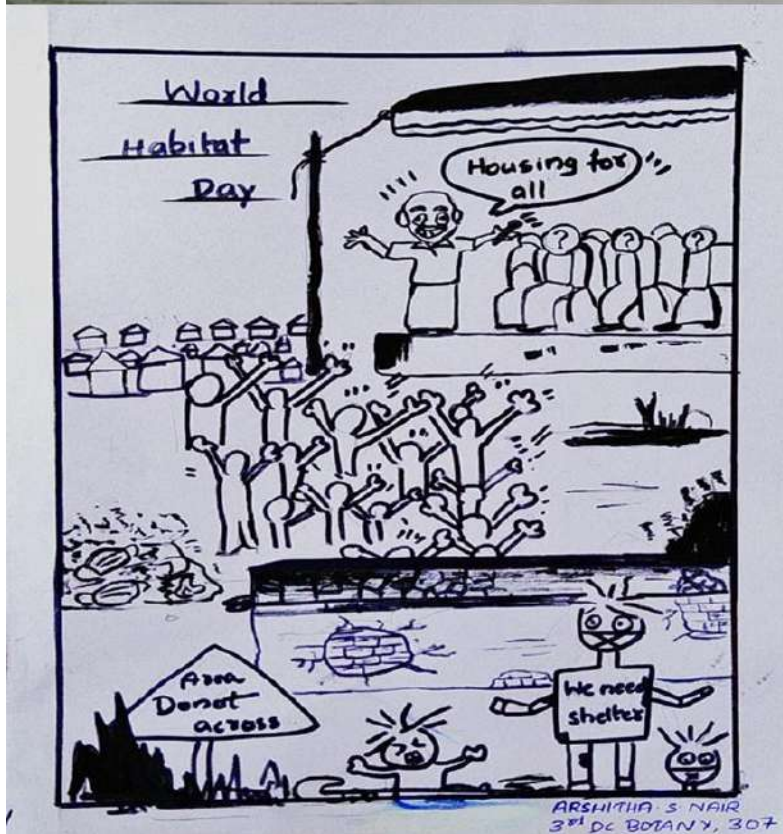
Prize for best three entries.

Works shall be sent to
brincy.mathew@devamatha.ac.in(9446442808)
Or
srfancy.paul@devamatha.ac.in (9496271373)

Last day for entries is **October 8 (2020).**

Brochure of the programme





Cartoons of students



Dr. Brincy Mathew *Brincy Mathew*

Ms. Sandra George *Sandra*

Dr. Fancy Paul *Fancy Paul*

Dr. Smitha Sebastian *Smitha*