

FOURTH CYCLE NAAC ACCREDITATION 2019

CRITERION 3

RESEARCH, INNOVATIONS AND EXTENSION

3.4.3. Number of extension and outreached Programmes conducted in collaboration with industry, community and Non- Government Organizations through NSS/NCC/Red Cross/YRC etc., during the last five years

Submitted to



THE NATIONAL ASSESSMENT AND ACCREDITATION COUNCIL

RESEARCH, INNOVATIONS AND EXTENSION

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NIRMALA COLLEGE MUVATTUPUZHA

EXTENSION ACTIVITY REPORT 2014-2015



BLOOD DONATION CAMP	
DATE	NUMBER OF STUDENTS PARTICIPATED
09-10-2014	40



Blood Donation Camp Under The Initiative Of NSS Unit Of Nirmala College

Every year our nation requires about 4 crore units of blood. But hardly 40 lakh units of blood are available. As blood cannot be manufactured, as socially responsible citizens of the nation it is our duty to donate blood to the needy. Under the initiative of NSS Unit of Nirmala College, a blood donation camp was organized in association with Regional Blood Transfusion Centre, Aluva on 9th October 2014. To extinguish fear from the minds of students about blood donation, awareness classes were conducted. In the camp, hundred and thirty-eight students donated blood. The donors were awarded certificates of appreciation by the class tutors to promote the spirit of blood donation among other students.

BLOOD DONATION CAMP	
DATE	NUMBER OF STUDENTS PARTICIPATED
09-10-2014	38









Blood Donation Camp Organized In Association With HDFC Bank, Muvattupuzha

Every year our nation requires about 4 crore units of blood. But hardly 40 lakh units of blood are available. As blood cannot be manufactured, it comes only from generous donors. So, as socially responsible citizens of the nation, it is our duty to donate blood to the needy. Under the initiative of NSS Unit of Nirmala College, a blood donation camp was organized in association with HDFC Bank, Muvattupuzha, on 9th October 2014. Thirty-eight students donated blood in the camp. The donors were awarded certificates of appreciation in their respective classes by the class teachers to appreciate them and to promote the spirit of blood donation among other students.

ORGANIC FARMING-BANANA CULTIVATION AND SALE		
DATE	NUMBER OF STUDENTS PARTICIPATED	
Started on 21-01-2015	200	







Banana Cultivation And Sale By The NSS Unit Of Nirmala College

Organic Farming in the College Campus

Today we are living in a world where the most innocent trade of farming got corrupted with the overuse of chemical fertilizers. Now it is essential to return to organic farming techniques to retain the purity of soil and to save our nature. The NSS unit of Nirmala College offers ardent support to organic farming. As an attempt to inspire the volunteers to take up organic farming methods the unit has cultivated plantain in about 50 cents of land in the college campus with the financial support of agricultural department. Ms. Anju Baby, Agricultural Officer, Krishi Bhavan, Avoly took initiative to give orientation to the volunteers.

Students also identified the uncultivated fertile land in the campus and planted 200 plantain saplings. As part of this collective effort, the volunteers dug 200 pits as advised by the local farmers. It was a real-life experience for the volunteers to interact with the local farmers and to practice traditional farming methods. Students were informed with different variety of plantain and their special features. They were eager to know more from the farmers about the change in climatic condition, periodical irrigation, insects and pests that may cause harm to the plantain. Volunteers were divided in different groups and they assigned the duty of caring the saplings by proper watering, weeding and removing insects and pests. The students and teachers of the college appreciated the volunteers for such an initiative. As a response to this event the volunteers expressed their interest to practice organic farming in their own homes.

Distribution of plantain seedlings to volunteers

The NSS unit of Nirmala College is very enthusiastic in promoting farming habits among the students. As a step towards orienting the students to cultivate necessary crops in their households, the unit distributed plantain seedlings to the students. Volunteers were happy to receive the seedlings with a condition to return two seedlings after harvest in future. The returned seedlings will be again distributed to the remaining volunteers for cultivation. Thus, was a continuous programme to promote organic farming. This idea was suggested by Ms Anju Baby, Agricultural Officer, Avoly on the inaugural day of Harvest Fest.. Dr.K. Sabukuttan, NSS Programme Coordinator, M.G university and Mr. Manoj K. M, Assistant Agricultural officer, Krishi Bhavan, Avoly distributed the seedlings to the volunteers.

MUSHROOM CULTIVATION AND SALE OF ORGANIC	
PRODUCTS	
DATE	NUMBER OF STUDENTS PARTICIPATED
09-06-2014	200



Mushroom Cultivation By The Undergraduate Students From Dept. Of Botany

On 09-06-2014 a group of undergraduate students from Dept. of Botany under the guidance of their teachers attempted to cultivate mushrooms in small scale in the campus. Sr.Dr Tessy Joseph, Associate Professor Dept. of Botany guided them and gave all the instructions. Production was started in the month of June and finished in September. They could produce a total quantity of 19.7 kg of mushrooms in three months and was sold to people living near to the college at reduced price. The extension programme was intended not only as an income generating source for the dept., but also to train students in mushroom cultivation, who can share it among others who are willing to enter such farming methods.

With an aim to develop entrepreneurial skills among the women of the adopted village and to make them self-reliant, a workshop on mushroom cultivation was offered to kudumbashree units of avoly

ANTI-DRUG CAMPAIGN PUNARJANI 2014-15 DATE NUMBER OF STUDENTS PARTICIPATED 13 to 15 February 2015 100









Anti-Drug Campaign Conducted By NSS Unit, Nirmala College, Muvattupuzha



Anti-Drug Campaign Conducted By NSS Unit, Nirmala College, Muvattupuzha

Drug abuse poses a serious threat to societal harmony. So it is high time to introspect the causes and effects of drugs upon the society, especially youth, and to probe into the possible solutions to exterminate drugs from campus. With this intension the NSS unit of Nirmala College, Muvattupuzha organized PUNARJANI – 2015 – an intercollegiate camp on anti-drug campaign on 13th – 15th February 2015. The motto of the camp was to generate an anti-drug consciousness among the young generation so as to persuade them to say no to drugs. The first session in this event was the seminar by Sri. Mathew Kurian, Excise Circle Inspector "Drugs, The Perpetrators of Havoc." The second session was a seminar to generate awareness on the threats of drug abuse led by Mr. Mathew Korambel, President, Madhya Virudha Samity, Diocese of Kothamangalam. The next session was by Sri. Anoop Kumar K.V, Psychologist, Wellness hospital, Ernakulam, on "Medical and Psychiatric aspects of Alcoholism and Drug. The session was so insightful and filled the volunteers with an extra power to face the adversities of life.

In the programme, a visit was arranged to a de-addiction centre Sneha Sadan run by Unity Charitable Trust, Perumbavoor. The doctors and psychologists addressed the students regarding the complexities of drug abuse. The visit aimed at providing reallife experience to students about ill effects of alcoholism. Volunteers observed patients and interacted with them. Councilors explained different stages of treatment given to them. They addressed the students regarding the complexities of drug abuse. Some of the patients were very interactive enough to give detail their living styles, habits drug abuse, alcoholism etc. Volunteers were taught to be away from drugs.

During the programme, "Bandhanangale Vida", a magic message was staged. Mr. Joyce Mukkudom, Shalom Television fame performed on the stage. The magic show conveyed a message on the necessity of getting rid of the bad influences of life. He explained all the bad effects of drug abuse and inspired the volunteers to unite each other to fight against drugs.

ESTABLISHMENT OF VILLAGE LIBRARY IN	
VELLARAMKUTHU TRIBAL SETTLEMENT	
DATE	NUMBER OF STUDENTS PARTICIPATED
21-12-2014	100



Establishment Of Village Library In Vellaramkuthu Tribal Settlement

The NSS unit of Nirmala College, Muvattupuzha, established a village library "Pusthakathottil" in Vellaramkuthu tribal colony in Kuttampuzha Grama Panchayat on 21-12-2014 as a part of special camp. The goal of the programme was to bring the tribal community to the forefront of the society by providing them facilities to improve their knowledge through continuous learning and reading process. The programme also aims to inculcate social responsibility and thus moulding a healthy youth for healthy India.

MAINTANANCE OF RURAL ROADS IN VELLARAMKUTHU TRIBAL SETTLEMENT	
DATE	NO OF PARTICIPANTS
20-12-2014	120



Renovation Of Rural Roads In Vellaramkuthu Tribal Settlement

Improper road connectivity is one of the main reasons stopping growth in rural areas. As a part of improving the lives of people in tribal areas, the NSS unit of Nirmala college renovated the rural roads in Vellaramkuthu tribal settlement on 20-12-2014.

CLEANING OF PUBLIC WELL AND ITS SURROUNDINGS IN VELLARAMKUTHU	
DATE	NO OF PARTICIPANTS
14-11-2014	120



Cleaning Of Public Well And Its Surroundings In Vellaramkuthu

To improve access to safe and clean water for the tribal community, NSS volunteers of Nirmala College, Muvattaupuzha cleaned the public well and its surroundings in Vellaramkuthu Tribal Settlement. The initiative was undertaken as an effort to protect every available public water sources.

FREE DENTAL CAMP	
DATE	NUMBER OF STUDENTS PARTICIPATED
18-02-2015	75





Free Dental Check Up Camp Conducted By NSS Unit In Association With Annoor Dental College, Muvattupuzha

NSS Unit in association with Annoor Dental College, Muvattupuzha conducted a Free Dental Check up Camp for the students and teachers on 18th February 2015. The programme was inaugurated by Dr. Vincent Joseph, Principal, Nirmala College, Muvattupuzha. The programme aimed at educating the students about various diseases, necessity of dental hygiene, etc.

HEALTH SURVEY	
DATE	NUMBER OF STUDENTS PARTICIPATED
19-12-2014 to 25-12-2014	100



Health Survey (19th to 25th December 2014)

The special programme of the day was a health survey. The volunteers were divided into several groups and they were sent to various sections of the village accompanied by the members of Kudumbasree. The programme was intended to have an awareness about the health consciousness of the tribal community and to generate awareness among them about the health problems and remedies. The survey also helped the students to create a rapport with the tribal people and get acquainted with their culture.

NATIONAL UNITY DAY CELEBRATION	
DATE	NUMBER OF STUDENTS PARTICIPATED
31-10-2014	200



NSS Unit of Nirmala College Muvattupuzha celebrated the birth anniversary of Sardar Vallabhabhai Patel as National Unity Day on 31st October 2014. All NSS volunteers assembled in the auditorium and took pledge to maintain the unity and integrity of the country. NSS Programme Officer Shaimon Joseph welcomed the gathering. Rev Dr Vincent Joseph, Principal , Nirmala College Muvattupuzha presided over the function and lead the pledge.

NIRMAL MUVATTUPUZHA PROJECT	
DATE	NUMBER OF STUDENTS PARTICIPATED
09-01-2015	120



The NSS Unit of Nirmala College launches a new project on 9th January 2015, *The Nirmal Muvattupuzha*, through campus community partnership that envisages a clean city. The project was inaugurated by Mr. Joseph Vazhakkan, MLA, Muvattupuzha. The MLA extended financial support from MLA fund for the proposed project. The three year project consists of project formulation, implementation and evaluation.

RUN KERALA RUN	
DATE	NUMBER OF STUDENTS PARTICIPATED
20-1-2015	150



On 20th January 2015, the NSS Volunteers participated in Run Kerala Run conducted from Nirmala Public School ground to Velloorkunnam expressing their solidarity towards the National Games. The volunteers assembled on Nirmala Public School Ground, Muvattupuzha. The programme was flagged off by Mr. Joseph Vazhakkan, MLA Muvattupuzha.

NIRMALA COLLEGE MUVATTUPUZHA

EXTENSION ACTIVITY REPORT 2015-2016



LED FABRICATION WORKSHOP	
DATE	NO OF PARTICIPANTS
07-12-2015	200

Physics Department conducts programs every year with a goal to apprise and increase the awareness and the need for conservation of energy and preservation of environment among general public and the college community. To fulfil the above objective the department conducts workshops on **LED fabrication** in the college for the students and the faculty members. Similar workshops were also conducted in various colleges and panchayaths in the district and the neighbouring districts by the Department of Physics with Dr. V S Sankararaman, Associate Professor, Department of Physics, Nirmala College, Muvattupuzha as the resource person.

The major objectives of this workshop were

- a) To create awareness about energy conservation and supply LED light among the community.
- b) To develop the skill of assembling and testing of LED lights among the students.

The photographs of the sessions conducted are given below.

13/7/2015 Nirmala College Muvattupuzha







LED Fabrication Workshop At Nirmala College Muvattupuzha

St. Alberts College Ernakulam (7th August 2015)







LED Fabrication Workshop At St. Alberts College Ernakulam

Cochin College, Ernakulam 28-11-2015







LED Fabrication Workshop At Cochin College, Ernakulam

Baselius College, Kottayam on 5/12/2015







LED Fabrication Workshop At Baselius College, Kottayam

Jawahar Bhavan Thodupuzha





LED Fabrication Workshop At Jawahar Bhavan Thodupuzha

CSS Thodupuzha





LED Fabrication Workshop At CSS Thodupuzha

19/9/2015 St Stephen's College Uzhavoor





LED Fabrication Workshop At St Stephen's College Uzhavoor

8/8/2015 Idukki Block Office, Thadiyampadu









LED Fabrication Workshop At Idukki Block Office, Thadiyampadu

WORLD ENVIRONMENT DAY OBSERVANCE 2015	
DATE	NO OF PARTICIPANTS
05-06-2015	135



World Environment Day Celebraton

As the first activity of the Nature club, World Environment Day 2015 was observed on 5th June 2015. Dr. Sasikala K. Joseph, Associate Professor (Rtd.), Dept. of Zoology, Nirmala College was the resource person. Principal, Rev. Dr. Vincent Joseph inaugurated the programme. Interdepartmental quiz competition and poster designing competitions were conducted as part of the programme. 10 teachers and 135 students from the Department of Zoology attended the programme.

REPORT OF OLDAGE HOME VISIT TO ASSISI		
SNEHASRAMAM		
DATE	NO OF PARTICIPANTS	
10-12-2015	35	



Oldage Home Visit To Assisi Snehasramam

To know the real worth of a human being, and to understand the sufferings of the homeless, poor and the elderly, and to offer a helping hand, 35 students of the Department of Management Studies along with the co-ordinator Fr Mathew Chandrankunnel and 2 teachers Ms. Deepthi Joseph and Ms. Treesa Thomas visited the Assisi Snehasramam, Moolamattom. During the visit, a small amount of money collected from students and teachers was also donated to the old age home.

ORPHANAGE VISIT, 2015-16	
DATE	NO OF PARTICIPANTS
15-09-2015	32



Orphanage Visit to develop the social consciousness

In order to develop the social consciousness and to develop a sense of compassion, the students of the Hindi department, Nirmala College Muvattupuzha, along with their teachers, visited an orphanage for children in Kothamangalam, on 15th of sept.2015. The team consisting of 32 students and 2 faculty members reached the orphanage at around 10.30 a.m. The children were very happy to see the team of students and teachers and engaged in various programmes and the team in turn appreciated them with gifts. The team spent a little over three hours with the children and was indeed a very gratifying experience for the students as they could convey the message of love and care to the orphans.

PLASTIC SHREDDING UNIT- FOR A PLASTIC FREE		
CAMPUS		
DATE	NUMBER OF STUDENTS PARTICIPATED	
21-01-2015	150	





Plastic Shredding Unit by The Department of Chemistry

The Department of Chemistry had installed a plastic crushing unit in the college with the objective of making a Plastic Free Campus. The students of NSS brought plastics from their houses and arranged a collection campaign in the college. The collected plastics were later crushed with the help of the machine and used the same for tarring the roads in the campus.

BLOOD DONATION CAMP	
DATE	NO. OF PARTICIPANTS
27-07-2015	40









Blood Donation Camp

Donating blood is a vital way to help save lives. The unit pays keen attention to promote blood donation among the youth through a number of blood donation programmes. The first blood donation camp of the academic year 2015 was conducted in association with Regional Blood Transfusion Centre, Aluva on 27th July 2015. Forty donors including students and teachers donated blood in the camp. The donors were awarded certificates of appreciation in their respective classes by the class teachers to appreciate them and to promote the spirit of blood donation among other students.

BLOOD DONATION CAMP II	
DATE	NO OF PARTICIPANTS
09-12-2015	32









Blood Donation Camp at Nirmala College



Blood Donation Camp at Nirmala College

The second blood donation camp of the year was conducted on 9th December 2015 in association with Kottayam Medical College and HDFC Bank. Several students and teachers donated blood during the camp. The camp conducted creates an awareness among the students about the importance of blood donation.

ONAM CELEBRATION AT ORPHANAGE	
DATE	NO OF PARTICIPANTS
22-08-2015	65









Onam Celebration At Orphanage





Onam Celebration At Orphanage

Onam is the festival of richness and prosperity. But there are lot of people in our society who are deprived of the happiness and richness we enjoy due to various reasons. The unit pays meticulous attention to spend time with such people during the festival occasions. As part of this, the NSS Unit of Nirmala College celebrated onam with the inmates of Providence Home, Karakunnom, Muvattupuzha on 22nd August 2015. The volunteers shared payasam with the inmates and entertained them with cultural programmes. Providence Home accommodates about 60 mentally challenged persons. The inmates also performed various cultural events during the function.

HERBAL GARDENING	
DATE	NO OF PARTICIPANTS
10-09-2015	200

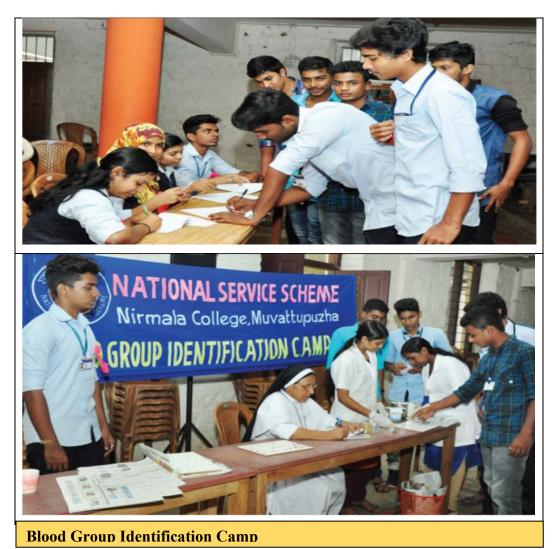




Herbal Gardening

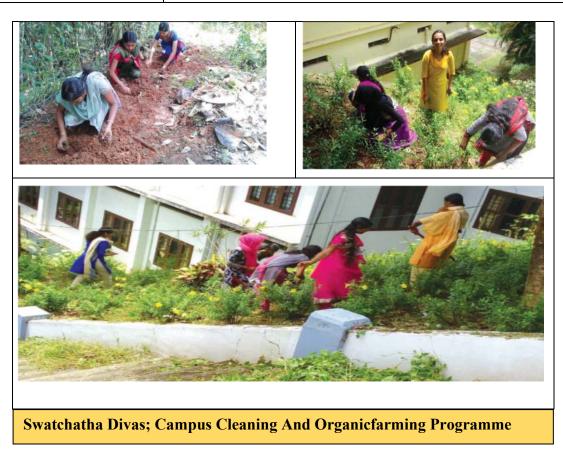
A herbal garden reflects the long-standing tradition of conserving and using plants and plant products for health care and cooking. In the month of September 2016, the unit initiated the construction of a herbal garden in the campus. The programme was intended to make the campus green and to build an awareness among the students about medicinal plants and their use. The herbal garden acts both as a demonstration unit, experimental plot and conservation site for rare and endangered plants. The programme was conducted in association with HDFC Bank. The volunteers of the College NSS unit plated 150 plantlets in the Herbal Garden.

BLOOD GROUP IDENTIFICATION CAMP	
DATE	NO OF PARTICIPANTS
10-09-2015	307



Blood donation is life donation. In order to promote an attitude of blood donation among the students the NSS Unit of Nirmala College formulated a blood donation register. The register includes the name of students who are willing to donate blood, with their blood groups. To enlist the name of the newly admitted students of the college the unit organized a blood group identification camp on 10th September 2015. During the camp the blood group of all the first year boys was identified and added to the register.

SWATCHATHA DIVAS	
DATE	NUMBER OF STUDENTS PARTICIPATED
02-10-2015	200



A clean and pure city is a vision of the NSS Volunteers of Nirmala College. Cleanliness is the physical manifestation of purity of one's mind and his consciousness. Gandhiji says, "I will not let anyone walk through my mind with their dirty feet." On 2nd October 2015, the birthday of this great man, who envisioned purity in all walks of life, the unit observed *swachatha divas*. On this day a campus cleaning programme and an organic farming programme were conducted. As part of the celebration the volunteers took the *Swachatha divas* oath to keep their campus clean. To popularize organic farming among the public, the volunteers visited several houses in Avoly Panchayat and planted curry leaves' saplings. It also aimed at building a healthy farming culture among the public as organic farming methods are disappearing from the place. Thevolunteers were divided into several groups and each group consisted of 15 members. 15saplings were given to each group. Each volunteer planted a sapling at each house they visited. The programme started by 10 O' clock and after the oath taking they dispersed to various houses by 10.30 am.

SOAP MAKING	
DATE	NUMBER OF STUDENTS PARTICIPATED
04-07-2015	73





Soap Making Workshop

The NSS unit conducted a workshop on soap making during the mini camp. Ms. Alinda Thomas, Alumni, Nirmala College led the workshop. The workshop included practical sessions to make soap, detergent and hand wash. The class equipped participants to prepare soaps at their home and earn an income. The programme was conducted with an aim to empower girls through self-reliance.

VOLUNTEERS FOR NATIONAL EXHIBITION	
DATE	NUMBER OF STUDENTS PARTICIPATED
13-12-2015	200

Nirmala College was fortunate to host the 42nd Jawaharlal Nehru National Science Mathematics and Environmental Exhibition for Children 2015. It was after 20 years that the state of Kerala hosted such an event. Students from all parts of India arrived with their exhibits to Nirmala College. The programme was organized by Department of General Education, Govt. of Kerala and NCERT. The NSS volunteers and other students of Nirmala College also actively served as volunteers during Exhibition.

BLOOD DONATION CAMP	
DATE	NUMBER OF STUDENTS PARTICIPATED
09-12-2015	32





Blood Donation Camp

Blood donation is a voluntary procedure that can help save the lives of others. Under the initiative of NSS, a second blood donation camp of the year was conducted on 9th December 2015 in association with Kottayam Medical College and HDFC Bank. Several students and teachers donated blood during the camp.

CANCER AWARENESS PROGRAMME AND		
FREE MEDICAL CAMP		
DATE	NUMBER OF STUDENTS PARTICIPATED	
20-12-2015	100	





Cancer Awareness Programme And Free Medical Camp at Govt. HS Mamalakandom

NSS Unit of Nirmala College conducted a health survey at Govt. HS Mamalakandom during the special camp on 20th December 2015. The camp envisions equipping the volunteers for facing challenges, problem solving, community living and social interaction. The special focus of the survey was to identify the cause of large number of cancer patients in the area. The volunteers were divided into several groups and they were sent to various sections of the village accompanied by the members of Kudumbasree. The programme was also intended to have awareness about the health consciousness of the community and to generate awareness among them about the health problems and remedies. The volunteers conducted a seminar on cancer during this special camp. The seminar included short films, documentaries and video and power point presentations on Cancer, its causes, treatment, and the emotional relationship we should have towards them. A cancer identification and check-up camp were organized. It was organized in collaboration with St. Joseph's Hospital, Kothamangalam. The camp was inaugurated by DR. Sr. Vimala. About 60 persons attended the camp. The camp was successful and 5 persons were identified with chances of cancer and they were recommended for detailed check-up. The camp was well supported by the panchayat authorities and the public. Around hundred volunteers helped for the smooth conduct of the programme.

ORGANIC FARMING	
DATE	NUMBER OF STUDENTS PARTICIPATED
18-12-2015 to 24-12-2015	114



Organic Farming An Initiative Of NSS Volunteers Of Nirmala College

The NSS Unit of Nirmala College took keen interest in promoting organic farming in and out of the campus. During the special camp, unit prepared about 50 cents of land of Govt H.S Mamalakandam for organic farming. The formal inaugural function was conducted. Ms. Soumya Sasi, Member, Ernakulam Block Pancahyat presided over the function. Organic farming was officially inaugurated by Ms. Asha Sanil, President, Ernakulam Block Panchayat by planting saplings. Mr. M.P Jayaraj, Agricultrural Assistant Director, Kothamangalam, Ms. Kusumam K, Agricultural officer, Kuttampuzha, Ms. Sheela Krishnankutty, Member Block Panchayat, Mr. P.C Mathai, Assistant Agricultural officer, Kothamangalam and Programme officers Mr. Shaimon Joseph and Ms. Ajomy Maria Joseph addressed the gathering. The organic farming programme was helpful in encouraging the young generation to bid farewell to the usage of chemicals in agriculture. This also created a renewed interest in agriculture among the volunteers.

SCHOOL LIBRARY AND SCIENCE LAB	
DATE	NO OF PARTICIPANTS
23-12-2015	300





School Library And Science Lab Establishment

During the NSS special camp, the volunteers established *Pusthakathottil*, a library at Govt H.S Mamalakandam on 23rd December 2015. The library was constituted by donating about 300 book collected and newly bought by the NSS Volunteers of Nirmala College. Books were collected from teachers and the students of the college. A Book collection box was installed in front of the college for a week and students and teachers deposited the books in the box. Thus noble venture was helpful in intimating the poor students of the school about the wide world of knowledge opened for them. Along with the library, a science lab was also set up for the students by the volunteers by contributing necessary lab equipments.

HOME FOR HOMELESS: NSS BHAVAN	
DATE	NO OF PARTICIPANTS
05-02-2016	1400



Home For Homeless: NSS Bhavan

As part of "Home for Homeless" programme the NSS unit undertook the construction of three houses in Nadukani, Kothamangalam by providing them financial and physical help (February 2016). Volunteers conducted a fund raising programme by raising fund from the students and teachers of Nirmala College. The families were identified with help of St Thomas Church, Nadukani and church has also taken keen interest in the completion of the project. The volunteers were actively engaged in construction works. The effort of the volunteers is well praised because it brought happiness to three families. It was a group work to inculcate a feeling of togetherness and social concern among the students.

SEMINAR ON E-WASTE MANAGEMENT	
DATE	NO OF PARTICIPANTS
26-02-2016	80



The greatest threat that mankind faces today is the management of wastes, especially E-wastes. In order to improve the E-wastes management in Muvattupuzha an E- waste management awareness class was held on 26th February. The unit plans to collect E-wastes and dispose them scientifically in association with Clean Kerala Company, a government undertaking in this regard. Joseph Vazhakkan, MLA, Muvattupuzha inaugurated the project. Kudumbasree members, Asha workers, Municipal Counsellors, Panchayath ward Members, volunteers and NSS programme officers from various schools and colleges, Merchant association and resident association members attended the programme.

POLIO IMMUNIZATION PROGRAMME	
DATE	NO OF PARTICIPANTS
21-02-2016	30





Unit in association with Primary Health Centre, Valakam conducted polio immunization programme in Valakam Grama Panchayat on 21st February 2016. Volunteers took part in the programme facilitating necessary arrangements and extended their service.

FARMERS DAY CELEBRATION (2015-16)	
DATE	NO OF PARTICIPANTS
17-08-2015	30





Celebration Of Farmers Day by the NSS unit of Nirmala College

As part of Chingam 1st celebrations, the NSS unit of Nirmala College celebrated farmer's day in the adopted village, Avoly. It was a joint effort of Avoly Gramapanchayat and the NSS Unit of Nirmala College. The farmers were honoured during the programme. Mr. Joseph Vazhakkan, MLA, Muvattupuzha was the chief Guest of the function. He delivered a speech on the importance of farming. He compares the previous farming practices and the modern practices. He insisted farmers to utilize the modern farming practices. The volunteers performed various cultural events during the occasion. The farmers of Avoly Panchayath gets through this programme.

RALLY FOR AWARENESS ON STRAY DOGS	
DATE	NO OF PARTICIPANTS
17-06-2015	120

As a protest against the laxity of authorities to take measures to control the attack of stray dogs a rally was organized in Muvattupuzha on 17th June 2015. The NSS volunteers actively participated in the rally. As a continuation of the rally conducted against the proliferation of stray dogs in public roads, a signature collection was conducted in the college on 25th June 2015 in association with All India Red Cross Society. The intention of the programme was to submit a complaint to the president of India to take necessary steps to control the stray dogs that are a threat to the public.

NATIONAL UNITY DAY	
DATE	NUMBER OF STUDENTS PARTICIPATED
30-10-2015	200





National Unity Day Celebration In the College Auditorium

National Unity day (Rashtriya Ekta Diwas) is celebrated every year on 31st of October. It is celebrated to commemorate the birth anniversary of Sardar Vallabhbhai Patel who really unified the country. The NSS Unit of Nirmala College celebrated National Unity Day on 30th October 2015 in the College Auditorium. A Meeting was arranged in the college auditorium. Prof. Ajomy Maria Joseph, Programme Officer recited the pledge of unity to the students. The aim of this event was to pay tribute to the great man, Sardar Vallabhbhai Patel, on his birth anniversary by remembering his extraordinary works for the country.

NIRMALA COLLEGE MUVATTUPUZHA

EXTENSION ACTIVITY REPORT 2016-2017



BLOOD DONATION CAMP

DATE	NUMBER OF STUDENTS PARTICIPATED
27-7-2016	40

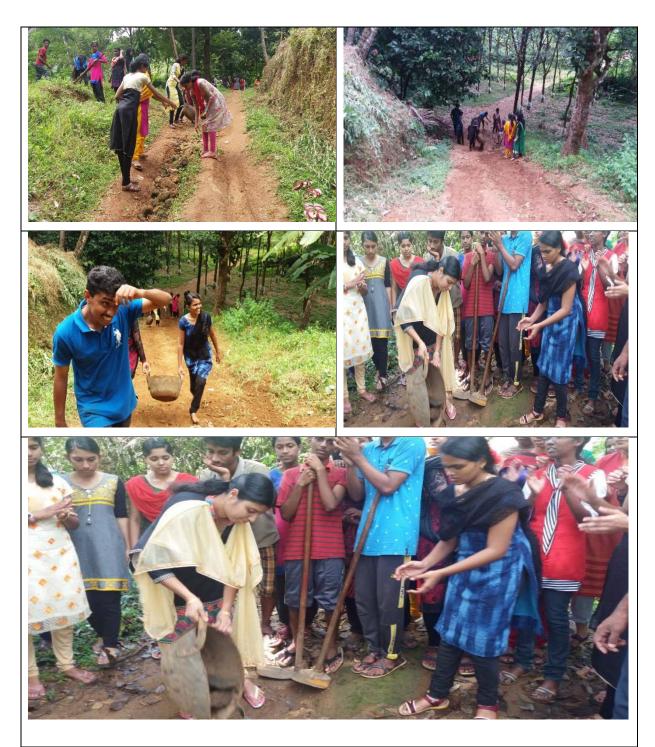




Blood Donation Camp At Nirmala College

Blood donation is an important service to the humankind. Through blood donation, we can help many people and save their precious life. Therefore, with the motto, "The blood you donate gives someone another chance at life", the NSS Unit of Nirmala College has conducted a blood donation Camp in association with Regional Blood Transfusion Centre, Aluva at Nirmala College Muvattupuzha on 27th July 2016. An awareness programme was conducted to extinguish the fear of students about blood donation. In the camp forty donors including students and teachers participated.

RENOVATION OF RURAL ROADS	
DATE	NO OF PARTICIPANTS
16-09-2016 to 17-09-2016	190



Renovation Of Rural Roads During The Special Camp At Peringassery

Transportation and communication are called the lifelines of a nation and its economy because they are the preconditions for progress and development. Motorable roads are vital for the development of the locality and of importance to the native as it gives them access to healthcare etc. During the special camp at Peringassery the NSS Volunteers renovated the rural roads. Smt. Neethu Baby, Member, Udumpannor Grama Panchayat inaugurated the programme. All volunteers actively participated in the road construction by forming several groups and assigned different task to each group. The roads selected for reconstruction was used by many public but was too damaged because of the heavy rainfall. The volunteers brought brick pieces, stones and mud to fill the damaged roads. 2 kilometers of road were cleared with initiative of active volunteers. Volunteers also built drainage in both sides of the road.

EXHIBITION	
DATE	NO OF PARTICIPANTS
15-21 November 2016	200









Exhibition For Creating Awareness About Reducing The Plastic Pollution By Recycling

Recycling is important in today's world if we want to leave this planet for our future generations. It is good for the environment, since we are making new products from the old products which are of no use to us. Recycling begins at home. If you are not throwing away any of your old product and instead utilizing it for something new then you are actually recycling. When you think of recycling you should really think about the whole idea; reduce, reuse and recycle. As part of creating awareness about reducing the plastic pollution by recycling, the volunteers organized an exhibition from 15th to 21st November 2016 in the college. The volunteers exhibited how plastic bottles can be re-used and how to change waste plastic bottles in to useful things like mobile chargers, flower plots, pen stands, candle stand, and other variety of show case items. Thr programme was inaugurated by Muvattupuzha MLA Sri. Eldho Abraham.

HAIR FOR HOPE, HAIR DONATION PROGRAMME	
DATE	NO OF PARTICIPANTS
10-02-2017	29









Hair Donation Programme by The NSS Unit of Nirmala College

The NSS Unit of Nirmala College organized Hair for Hope, A Hair Donation Programme in association with Sargashektra Cultural and Charitable Centre, Alappuzha on 10th February 2017. This programme aimed to create more awareness about hair donation, to inspire people to grow healthy hair and donate it for a noble cause. All the donated hair is used to make wigs in for people suffering from long-term medical hair loss due to chemotherapy of cancer patients that look as good as their natural hair. 29 students donated 15 inches of their hair for this noble cause. An interactive session was also arranged to make students aware about cancer and precautions to be taken to avoid risk of cancer. The session was led by Sri. Santhosh Arackal, Resource Person, Sargashektra Cultural and Charitable Centre.

BEAUTIFICATION OF SCHOOL CAMPUS	
DATE	NO OF PARTICIPANTS
20-09-2016	120







Beautification Of Govt. Tribal Higher Secondary School Campus

During the NSS special camp, the volunteers beautified the Govt.Tribal Higher Secondary School campus to provide a healthy and attractive learning environment for children. Our volunteers collected different flowering plants from nearby houses and planted them in the school courtyard. The teachers of Nirmala College who visited the camp also joined with the students to plant them.

BLOOD DONATION CAMP	
DATE	NO OF PARTICIPANTS
27-07-2016	30



Blood Donation Camp at Nirmala College

Blood donation is a most important social service to the humankind. As being a human, we must donate blood to save others life. Through blood donation, we can help various needy people and save their precious life. "The blood you donate gives someone another chance at life. One day that someone may be a close relative, a friend, a distant relative, a loved one or even you". To make this happen, the unit conducted a blood donation Camp in association with Regional Blood Transfusion Centre, Aluva at Nirmala College Muvattupuzha on 27th July 2016. Forty donors including students and teachers donated blood in the camp

ORGANIC FARMING (2016-17)	
DATE	NO OF PARTICIPANTS
15-11-2016	100









Organic Farming In The College Campus

NSS Volunteers together prepared land, pits were dug, prepared manures and planted 80 plantain seedlings in the college campus. The volunteers prepared the land and dug pits in the size of 50 x 50 x 50 cm. Then prepared pits were left to irradiation which helps to decontaminate and disinfect the pits from microorganisms and insects to prevent soil borne diseases. Volunteers obtained and prepared plantain suckers and prepared them for planting with help of agricultural officers. Smt. Anju Baby, Agricultural Officer, Sri. Manoj Abraham, Sri, Sainnudeen, Assistant Agricultural Officers, Krishi Bhavan, Avoly interacted with students and enlightened them about the techniques and process involved in banana cultivation. Volunteers were also taught about how to prepare land, size of pit required, nutrients needed in soil, manure preparation, watering, weeding and harvesting techniques.

FARMER'S DAY CELEBRATION	
DATE	NO OF PARTICIPANTS
18-09-2016	30

The new year of malayalam, chingam one is celebrated as *Karshaka Dinam* or Farmers Day throughout the state. The day is auspicious because it ends the month of *karkidaka*, the month of torrential rains, misery and ailments. The new dawn is considered as the new dawn of hope, harvest and prosperity. On this occassion, the NSS unit of Nirmala College celebrated farmer's day on in the adopted village, Avoly. It was a joint effort of Avoly Gramapanchayat and the NSS Unit of Nirmala College. The farmers were honoured during the programme. The volunteers performed various cultural events during the occasion.

MEDICAL CAMP	
DATE	NO OF PARTICIPANTS
03-10-2016	110





Medical Camp In Association With SBI General Insurance Company





Medical Camp In Association With SBI General Insurance Company

NSS Unit organized a free medical camp for the students and staff of Nirmala College on 3rd October 2016 in association with SBI General Insurance Company. The doctors from PVS Hospital Emakulam helped in the medical check up and some teachers and students were referred to their hospital for further examination.

NIRMALA COLLEGE MUVATTUPUZHA

EXTENSION ACTIVITY REPORT 2017-2018



ORGANIC FARMING – STAGE 1 (PREPARATION OF LAND FOR FARMING)		
11-08-2017		



to 13-08-2017



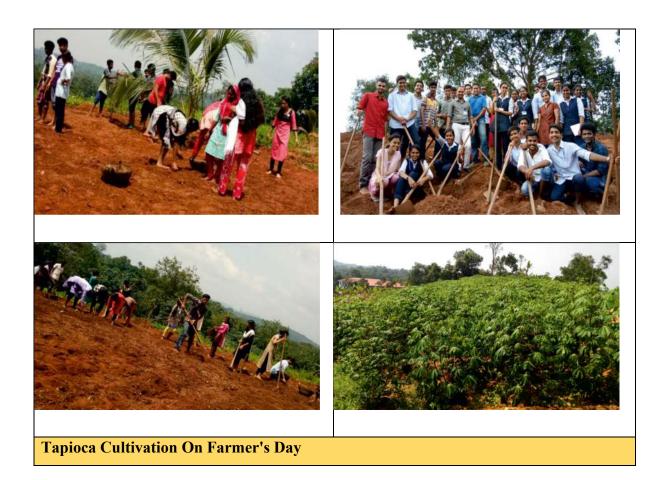
200



Preparation Of Land For Farming

For building the spirit of unity and integrity among NSS volunteers and also for inculcating the habit of organic farming, NSS unit of Nirmala College has organized a three-day training programme on organic farming from 11 to 13 of August 2017. 200 NSS volunteers participated in the programme under the guidance of 5 teachers. The training programme started with the preparation of land for organic farming.

ORGANIC FARMING (STAGE 2)		
TAPIOCA CULTIVATION		
DATE	NO OF PARTICIPANTS	
17-08-2017	200	



As a second stage of organic farming, on 17 August 2017, farmer's day, NSS volunteers of Nirmala College Muvattupuzha set off with a new initiative. By understanding the importance of farming volunteers made two acres of bald land into useful land by planting tapioca. The land prepared during the first three day mini camp was used for the cultivation.

ORGANIC FARMING - PLANTAIN CULTIVATION		
DATE	NO OF PARTICIPANTS	
22-07-2017	150	



The selection of new NSS members for the year 2017-18 took place at the college auditorium on 22 July. Prof. Shaimon Joseph, former programme officer of NSS Nirmala College took a class explaining the strategies and functions of NSS unit. 150 students were enrolled as the NSS Volunteers of NSS Nirmala. Inspired by the Jaivam mission of the university NSS volunteers started their activities with organic farming. New NSS Volunteers and Second year NSS volunteers together planted 100 plantains in the land allotted for the NSS unit for cultivation. Principal Dr. T M Joseph planted the first plantain in the esteemed presence of our college bursar Fr. Francis Kannadan. After the successful completion of our work, programme officer Dr. Nibu Thomson thanked all the dignitaries and volunteers.

ORGANIC FARMING AWARENESS CAMPAIGN (KOTTAYAM DISTRICT) DATE NO OF PARTICIPANTS

31-08-2017 to 06-09-2017 200







Organic Farming Awareness Campaign In Vechoor Panchayath, Kottayam

A campaign on organic farming was organized by NSS unit of Nirmala College, as a part of seven day camp, in Vechoor Panchayath, Kottayam - an area with saline water. In the beginning, an awareness was given regarding the problems associated with using vegetables grown using chemical pesticides and fertilizers. Also, grow bags were distributed to the inhabitants as the land was not suitable for cultivation. In addition, awareness was also given regarding the method of disbursing organic waste among the inhabitants of the area.

CLEAN VEMBANAD AWARENESS CAMPAIGN		
DATE	NO OF PARTICIPANTS	
2-09-2017	335	

On 2 September 2017, NSS Volunteers of Nirmala College organized Vembanad lake protection campaign. Vembanadu Lake is one of the prime source of water resources and socio economic and cultural backbone of rural people in the nearby area. But now Vembanadu Lake is extremely polluted and become useless as a result of plastic and other pollutants. So to protect the lake, Kudavechoor Gramapanchayath with the help of *Aarogya Samrakshana Samithi* decided to clean 3 kilometers of Vembanadu Lake from Cherppunkal to Thanneermukkam. To support this programme, 200 volunteers of NSS unit Nirmala College and 135 students from Department of Hindi, Nirmala College distributed the notices at 4603 houses in Kudavechoor Gramapanchayth and made people aware about the need for protecting the river.

ORGANIC FARMING (STAGE 3)	
VEGETABLE CULTIVATION	
DATE	NO OF PARTICIPANTS
04-10-2017	200











Organic Farming; Vegetable Cultivation



Organic Farming; Vegetable Cultivation

On October 4 (2017), NSS Volunteers of Nirmala College were engaged in planting new seedlings of vegetable plants. The volunteers have planted seedlings in Three Hundred and Thirty Three (333) grow bags. Volunteers filled the grow bags with a mixture of soil, coconut husk compost, organic fertilizers and dry cow dung to make the soil loose and fertile. Grow bag cultivation was inaugurated by the principal Dr. T M Joseph. Then the volunteers planted all of the seedlings with utmost care and hope. There were five varieties of seedlings, Cabbage, Cauliflower, Brinjal, Tomato and Chilly. Pseudomonas was also applied to each grow bag to make the plants immune. Through this programme each of volunteers were made acquaintance with the process of cultivating small and needed vegetables in a grow bag. Throughout the academic year the volunteers watered the crops every day and proper manures were also given. There was assignment of duties to specific set of volunteers on a routine basis for the proper care of the crops. Through this programme, the NSS volunteers were able to acquire hands on experience inorganic farming methods.

KALAJADHA	
DATE	NO OF PARTICIPANTS
30-10-2017	20

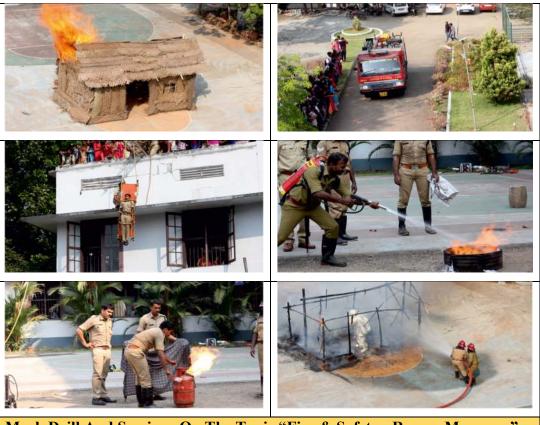




Kalajadha Organized By Nss Volunteers Of Nirmala College

NSS volunteers of Nirmala College organized *Kalajadha* in 9 Panchayaths including Payipra, Vazhakulam, Valakom and Avoly on 30 October 2017. It proclaimed the importance of organic farming and traditional art forms. The rally helped in creating awareness about values of organic farming in this modern era and encouraged more people to take active participation in the task of moving towards a greener earth. The rally became far more enthusiastic and attractive when volunteers sang folk songs which are ceasing to exist today. The rally gave an entirely different experience for the volunteers. The students organized colourful programmes in the municipal hall. Leaf hats, captivating slogans and necklaces made out of vegetables were indeed a feast for the eyes.

FIRE FORCE MOCK DRILL	
DATE	NO OF PARTICIPANTS
07-03-2018	200



Mock Drill And Seminar On The Topic "Fire & Safety - Rescue Measures"

With collaboration from the Fire and Safety department, Govt. of Kerala, the NSS Unit conducted a Mock drill and Seminar on the topic "Fire & Safety - Rescue Measures" headed by the senior Fire force officers of Muvattupuzha Fire Station on 7 March 2018. With instructions from the officers, the Volunteers had constructed a small house made with bamboo and leaves in the main ground of the college. By evening the Fire and Safety Department arrived and presented a mock drill to demonstrate the methods of extinguishing fire by Fire Commanders. Next was the mock drill of rescuing a patient from a building. Students showed much interest on it because of the need of learning such rescue measures in common life. Later there was much important class about how to extinguish a gas cylinder caught by fire. The officer showed 3 different methods of putting out the fire. That was followed by showing how to safely handle a fire extinguisher. The mock drills were followed by classes by the commanding officers.

BOOK AND PEN COLLECTION AND DISTRIBUTION TO TRIBAL SCHOOL STUDENTS

DATE	NO OF PARTICIPANTS
04-01-2018 to 05-01-2018	2200



Education makes a man self reliant and makes him able to contribute better to nation's growth. In view of this, and realising the difficulties of children who are living in the middle of poverty, the NSS Unit of Nirmala College, Muvattupuzha organized a week collection campaign named AARAMBHAM, with the tagline Puthuvarshathil Puthunanmayumaayi", for collecting study materials such as book, pen, pencil box etc. Understanding the good intention of the programme, students and teachers extended their whole-hearted support for the programme by giving as much as they can. The unit collected 1064 notebooks, 952 pens, 621 pencils which was sufficient for distributing it for each and every student in the tribal school at Pinavoorkudy, near Kuttampuzha, Kothamangalam.

WORLD AIDS DAY	
DATE	NO OF PARTICIPANTS
01-12-2017	200





AIDS Awareness Rally

December 1 is designated as WORLD AIDS day to raise awareness about HIV/AIDS. When the founders initiated the mission in 1988, their aim was to reduce the fear about this deadly disease AIDS, lend support to the HIV patients and to stop their marginalization. The NSS unit of Nirmala College, Muvattupuzha participated in the Ernakulum district AIDS awareness rally organized by the Health department, Govt. Of Kerala. The rally was flagged off from St. Augustine's Girls HSS, Muvattupuzha on December 1, 2017 and came to an end at the municipal town hall. The volunteers participated in the rally with placards, AIDS badge and slogans. Thousands of people from various organizations and regions were part of this rally. Our volunteers performed a flash mob at the valedictory ceremony.

OLDAGE HOME VISIT	
DATE	NO. OF STUDENTS
10-09-2017	65



Old age homes are all over the world. But even in the best old age home the old people are lost, lonely and unhappy. When people are pushed into an old age home, they feel very sad. They try their best to adjust to the surroundings, talk to the people who are strange and unknown to them. As part of the value education programme in the college, all the students of the third year B.Sc. Physics (65 students) and three faculty members visited an old age home on 10-09-2017 in Bethlehem, Vazhakulam, Thodupuzha. The purpose of this visit was to make the students realise their social responsibilities towards Senior Citizens. Such visits also activate the student's thought process to realise the agony and pain which the people go through in their old age while living away from their dear ones. The team reached there by 9.30 am and spent time till 2.00 PM. The residents of the home enjoyed the visit and appreciated the cultural programmes performed by students and the gifts given by them.

NIRMALA COLLEGE MUVATTUPUZHA

EXTENSION ACTIVITY REPORT 2018-2019



MEDICAL CAMP	
DATE	NO OF PARTICIPANTS
29-10-2018	200





Medical Camp Conducted By NSS Volunteers In Coordination With Malayala Manorama

The NSS volunteers of Nirmala College in coordination with the Malayala Manorama organized a medical camp in Adooparambu, Muvattupuzha. A group of doctors from Aster medicity, a famous hospital in Kerala, came to consult the people. One among the chief doctors in the group, Dr. Safwa of Emergency medicine delivered an awareness talk on some of the common infections and its preventive measures. After the official gathering, by 10:30 am, the consultation session had begun. Majority of the residents of Avoly panchayath attended the camp. The camp was closed by 4:00 pm.

REDUCE AND REUSE	
DATE	NO OF PARTICIPANTS
18-09-2018	135



Nirmala College Hindi dept and Team For green together organises a Jeans Collection Week.



Collected jeans would be handed over to FAIR LANDS self help group in Kottayam.

Your worn out jeans could be transformed into grow bags, carry bags & other eco friendly products.

DATE - (18 - 24)

FOR FURTHER DETAILS= ALI ASHKAR-73567 64895 MALAVIKA-98467 42289

> SAY NO



TO PLASTIC



Reduce And Reuse - An Iniative Of Hindi Department And Green Initiative For Green









Reduce And Reuse -An Iniative Of Hindi Department And Green Initiative For Green

Hindi dept. of Nirmala college led a green initiative 'For Green', together with Fairlands Group, on 18th Sept. Fairland community is a self-help society of differently abled, based in Kerala,. They collect and transform used cloths into grow bags and carry bags. A collection week was organized for used jeans from 18th to 24th Sept., by setting up different collection points within the college. The collected jeans were handed over to Fairlands group and the volunteers themselves helped in transforming old jeans to shoulder bags. The initiative yielded dual benefits as to curb the use of plastic and to help the differently abled community.

BOOK DISTRIBUTION IN TRIBAL SCHOOL	
DATE	NO OF PARTICIPANTS
03-06-2018	2200



Book Distribution In Tribal School

Even though, many reservations are available for the tribal areas, they are deprived of many facilities. Education is the basis for development which makes an individual self-reliant. Thus we focussed on the collection of study materials as our next programme. The NSS unit of Nirmala College organized a mega collection campaign named "AARAMBHAM",holding the quote "Puthuvarshathil Puthunanmayumayi". As part of the programme, we collected many study materials including books, pens, and pencils. We received around 1200 books, 853 pens and 721 pencils. The collection campaign was completed in 2 weeks. Each and every person in the college received an opportunity to take part in the social service programme. We selected Pinavoorkudy tribal school in Kuttanmpuzha, Kothamangalam to distribute our collected supplements. We distributed the study materials on the commencement day of the academic year 2018. The whole-hearted support of each and every member of our college realizing the positive intention of the programme made this a wonderful project.

VEGETABLE CULTIVATION IN GROW BAGS	
DATE	NO OF PARTICIPANTS
29-09-2018	200





Vegetable Cultivation In Grow Bags

NSS volunteers of Nirmala College initiated vegetable cultivation in grow bags, since grow bags pave way for a good yield occupying a limited region. On 29 September 2018, around 200 grow bags were arranged for the purpose. Different varieties of seeds namely Chilly, Spinach, Tomato, Brinjal and Lady's finger were selected for cultivation. The grow bags arranged for the purpose were filled with a mixture of soil, coconut husk compost, organic fertilizers and dry cow dung to loosen the soil and enhance its fertility. The programme was inaugurated by College Principal, Dr. T M Joseph. Volunteers planted the seedlings on the growbags and they were positioned based on the necessity of sunlight to each variety. Pseudomonas was also applied to each grow bag to enhance the immune power of the plants. The entire NSS unit was divided into different groups. The volunteers watered the crops and proper management were also done with utmost care. The involvement of the volunteers paved way for a good yield. The programme also helped the volunteers to get familiarise with the organic farming methods.

LOCKS OF HOPE – HAIR DONATION PROGRAMME	
DATE	NO OF PARTICIPANTS
01-02-2019	96



Locks Of Hope – Hair Donation Programme

Apart from the technological advancements, cancer still remains as the most dreadful disease, since detection after the primary stage is a matter of hope. Chemotherapy, a type of cancer treatment causes the loss of hair, which is considered as a great privilege to an individual especially women. As part of Cancer day observed on February 4, we embarked a hair donation programme in our college auditorium on 1 February 2019. The tag "LOCKS OF HOPE" was suggested by our programme officer Nibu sir, as loss of hair can also reduce the mental stability, since public exposure get troubled. A group of 96 comprising of students, teaching and non-teaching staff and Parents volunteered themselves without any pressure realizing the value. It is the humanity that resides in every individual provides an impulse for this act of respect.

BLOOD DONATION	
DATE	NO OF PARTICIPANTS
15-09-2018	44



Blood donation is a noble cause as it helps to save precious human lives and is a most remarkable noble act of service to humanity. A blood donation camp was organized by NCC unit of Nirmala college and Ernakulam Taluk Hospital blood bank. The activity was inagurated by Prof.T.M Joseph, Principal Nirmala college. 44 students of Nirmala college donated blood in this activity.

ONLINE BILL PAYMENT TRAINING TO PEOPLE IN	
RURAL AREA	
DATE	NO OF PARTICIPANTS
10-11-2018	150







Online Bill Payment Training To People In Rural Area

To give awareness regarding online payment for various services of the government, and to promote the cash less transaction in the society, the NCC cadets went to every house in the avoly panchayath and distributed the leaflets that shows how to use these facilities. The cadets practically demonstrated the event to the people.

SAVE ENVIRONMENT DRAWING COMPETITION	
DATE	NO OF PARTICIPANTS
15-09-2018	50



The Nirmala college organized the drawing competition on the topic "save environment". The best drawings were displayed in the college portico. The excise department played a drama VIMUKTHI 2018, as part of the programme.

OLD AGE HOME VISIT, NCC	
DATE	NO OF PARTICIPANTS
18-08-2018	160





Old Age Home Visit By NCC

An old age home houses elderly people who either have no family or have been abandoned by their families. With an aim to inculcate social responsibility and caring for marginalized in young minds, a visit to Shantibhavan, an old age home at Vazhakkulam, was organized by the NCC unit of Nirmala College on 18th August 2018. 160 cadets of NCC Nirmala college participated in the event. Cadets spent time with the inmates by singing songs, playing drama and mimicry. The cadets also served food to the inmates.

ROAD SAFETY AWARENESS PROGRAMME	
DATE	NO OF PARTICIPANTS
13-10-2018	50





Road Safety Awareness Programme

The newspaper reports give us terrific accounts on the increasing road accidents. Most of the accidents results from the non-observance of traffic rules. So as to educate and remind the public regarding the necessity of following the traffic rules the NCC cadets of Nirmala college conducted a traffic awareness programme by distributing the traffic rule leaflets to the auto rickshaw drivers. The cadets were divided into five groups and send to various auto stands in and around Muvattupuzha.

AWARENESS ON ORGANIC TERRACE FARMING	
DATE	NO OF PARTICIPANTS
04-09-2018	160



Awareness On Organic Terrace Farming

Growing vegetables on one's roof top without the use of chemicals or pesticides known as terrace gardening is a profitable business when one finds less space to grow plants. The method of organic terrace farming was familiarised to the people of Avoly Panchayath by the cadets of Nirmala College. The people were briefed with the methods of these alternate cultivation methods and offered necessary technical assistance needed. The team covered the entire area of the Avoly Panchayath.

VEGETABLE SEED DISTRIBUTION	
DATE	NO OF PARTICIPANTS
27-10-2018	50





College NCC cadets distributed vegetable seed packets to various houses in Muvattupuzha municipality. This was done to promote cultivation in agro bags. The seeds of Spinach, Ladies Finger, Green Chilli, Tomato etc. were distributed. Prof. Jaiby Cyriac, Department of Botany demonstrated how to plant the seeds in agro bag and explained the type of manures to be used in cultivation.

REUSING AND RECYCLING OF WASTE MATERIALS (SWATCHA BHARATH ABHIYAN)

DATE	NO OF PARTICIPANTS
10-11-2018	120



Reusing And Recycling Of Waste Materials

As part of Swatch Bharat Abhiyan, the NCC cadets of Nirmala College demonstrated a creative and efficient way of waste management. They produced beautiful art works and other handicraft materials using waste materials. An exhibition of such works was conducted at the college. It defiantly turned out to be an inspiration to the society.

GREEN VILLAGE PROGRAMME	
DATE	NO OF PARTICIPANTS
28-07-2018	100



Green Village Programme

Green Village Programme was aimed at expanding the greenery in Avoly panchayth. The main objective was to proclaim the health benefits of jack fruit and advised people to lead a healthy life. NCC cadets of Nirmala College, Muvattupuzha planted 500 jack fruit trees in the premises of Avoly panchayath. The fruit has medicinal values and is rich in protein and carbohydrate. Green Village Programme was supported by various youth organizations. Principal Dr. T. M. Joseph inaugurated the function by planting a tree. Prof. Gigi K. Joseph felicitated the function. All the cadets of Nirmala College, Muvattupuzha participated in this activity.

PLASTIC WASTE COLLECTION FROM LOCAL PEOPLE	
DATE	NO OF PARTICIPANTS
07-08-2018	150



Plastic Waste Collection From Local People

NCC cadets of Nirmala College collected plastic waste from nearby households and shred it into small pieces with the help of a plastic shredding machine. The so prepared plastic was used for campus road tarring. The programme was inaugurated by the Vice Principal of the college, Dr. James Mathew.

CLEANLINESS DRIVE (ANICADU TO COMPANYPPADI)	
DATE	NO OF PARTICIPANTS
22-10-2018	91



Cleanliness Drive From Anicadu To Companyppadi

NCC cadets of Nirmala College went to clean the terrains of Thodupuzha - Muvattupuzha state highway from Anicadu to Companyppadi. 91 cadets participated in the event and they collected the plastic bottles and other plastic waste for recycling. Avoly panchayath president Sri. Geordy Varghese inaugurated the activity.

CAMP VISIT, RESCUE MISSION AND RELIEF CAMP	
DATE	NO OF PARTICIPANTS
15-08-2018	250



Camp Visit, Rescue Mission And Relief Camp At Vellorkunnam, Muvattupuzha

CAMP VISIT, RESCUE MISSION, RELIEF CAMP

After the Independence day celebrations at college, NCC cadets went to supply relief materials to the flood relief camps at Muvattupuzha municipality. They went to camps conducted at Kadathi, Kurian Mala, Govt.U.P.School Velloorkunnam Muvattupuzha, JBM

school Vazhapilly, VM Public school and distributed food to the camp inmates .We were the first ones to distribute the food materials in those flood relief camps. People in these camps were relieved by the care that our cadets had shown to them in need. In the evening, as per the directions from Muvattupuzha RDO Sri.Anil Kumar, senior cadets stayed at college. Later we were informed to assist the civil administration in the conduct of 26 relief camps at Muvattupuzha taluk by sending 60 cadets to the camp.

At night, when the situation worsened, students planned for rescue operations in and around Muvattupuzha municipality and Avoly panchayat. In the midst of this, Junior U/O Abhiram went for donating the blood at Nirmala Hospital Muvattupuzha as per the information received from the hospital. When they came back to College, Nirmala Hospital Authorities requested us to help them in clearing the hospital and disconnecting the electric supply and switching on the hospital generator. A team of cadets went to the hospital and helped them in securing the hospital by evacuating the patients in the lower floor and switching off the electric supply. One of the cadets dived in to the flooded generator room and switched on the generator. At 9pm the NCC Officer Abin Wilson contacted the college Bursar for requesting the opening of Flood relief camp at college. College Bursar Rev. Fr. Justin Kannadan sanctioned the request and allotted the P.G Block of the college to conduct the camp. As per the direction of the college Bursar and ANO, the senior U/O Deepak .T.Kappen took control of the camp. Deepakalong with the junior U/Os and cadets started the camp by midnight.

By 11 pm the government declared Red alert at Ernakulam district. During that time many of the cadet's houses were flooded. After saving the family members', cadets rushed to college for organising rescue mission. Senior U/0 DeepakT. Kappen organised the rescue mission. Using social media and seeking support from the fire and rescue team at Muvattupuzha, cadets conducted rescue mission till 16 August 4am.During rescue the six member team of U/0 Lijo Joseph, Aneesh.C.N, Bony George, Anto Mathew, Rahul Sajeevan, Abhiram Manoj got stranded in Vellorkunnam, the other side of the Muvattupuzha river. Due to heavy flooding all the roots to Nirmala College was cut off. Six cadets at Vellorkunnam were in charge of shifting the books at Muvattupuzha Muncipal Library, Vellorkunnam as per the directions from the Muvattupuzha Muncipal Registrar Mr. Rajan. After clearing the municipal library cadets went to the 18 (K) Bn office at Vellorkunnam. There they met their colleague and NCC cadet Abel who was engaged in rescue mission. They continued the rescue mission jointly.

BLOOD DONATION AND DRESS KIT DISTRIBUTION	
DATE	NO OF PARTICIPANTS
27 -07- 2018	60



നിർമ്മല് കോളേജിൽ യുത്ത് റെഡ് ക്രോസ് യുണിറ്റിന്റെ ഉദ്ഘാടനം മുവാറ്റപ്പുഴ ആർ.ഡി.ഒ, കെ. പി. അനിൽ കമാർ നിർവ്വഹിക്കുന്നു. ഡോ. ടി.എം, ജോസഫ്, ഇ.എ. ഷബിർ ബിജോത് കെ.വി, അഡ്വ. സി.വി, പോൾ, ജിമ്മി ജോസഫ് എന്നിവർ സജീപം

റെഡ് ക്രോസ് യൂണിറ്റ് ഉദ്ഘാടനം

ുവാറ്റപ്പഴ: നിർമ്മല കോളേജിൽ യ്യത്ത് റെഡ് ക്രോസ് യ്യ ണിറ്റ് ഉദ്ഘടനം ആർ.ഡി.ഒ, കെ.പി. അനിൽ കമാർ നിർ വഹിച്ച സുഹത്തിൽ റെഡ്ക്രോസിന്റെ പ്രസക്തിയെക്കു റിച്ച് അദ്ദേഹം വിദ്യാർത്ഥികളോട് വിവരിച്ചു. കോളേജ് പ്ലിൽ സിഷൽ ഡോ. ടി.എം. ജോസഫ് അദ്ധ്യക്ഷത വഹിച്ചു. യു തത് റെഡ് ക്രോസ് ജില്ലാ ചെയർമാൻ ഇ.എ. ഷണീർ, സെ ക്രട്ടറി ബിങ്ങായ്കെ.വി, മവാറ്റപ്പഴ യുത്ത് റെഡ്ക്രോസ്ചേ യർമാൻ അധ്യ സിവി പോൾ വൈസ്പ്രസിഡര്ട്ട്ജിമ്മിയോ യർമാൻ അധ്യ സിവി ഫോൾ വൈസ്പ്രസിഡര്ട്ടില്മ്മിയോ വർ സംസാരിച്ച നിർമ്മല കോളേജിലെ എൻ.സി.സിയുണ്ട് റ്റം യുത്ത്റെഡ്ക്രോസും സംയ്യകതമായി സംഘടിച്ചിച്ച ക്രമ ദാന ക്യാമ്പിൽ ആറ്റകണക്കിന് വിദ്യാർത്ഥികൾ കരം ദാനം ചെയ്യ. വിദ്യാർത്ഥികളിൽ നിന്നും ശേഖരിച്ച വസ്യങ്ങൾ എൻ. സി.സി. കേഡറ്റകൾ റെഡ്ക്രോസ് ഓരവാഹികൾക്ക് കൈ മാറി. യുത്ത്റെഡ്ക്രോസ് പ്രോഗ്രാം ഓഫീസർമാരായപ്പെട്ടം ഫ. എബിൻ വിൽസൺ, ആന്റണി പി.സി., എൻ. സി. സി. കേഡറ്റുകളായ ദീപക് ടി. കാഷൻ, അഭിരാം, അൽഹോൻസ് ജോസ്, ആതിര ജെയിംസ്മ്വതലായവർ നേത്വത്വം നൽകി.

Blood Donation And Dress Kit Distribution

On July 27, 2018 Nirmala College, Muvattupuzha officially started the youth red cross unit. Mr. MT Anil Kumar, RDO Muvattupuzha, inaugurated the program in the college. College principal Dr. T.M Joseph presided over the function. The blood donation campaign conducted in connection with the programme gained the attention of the entire college community. The NCC cadets handed over the dresses collected from the students to the Red Cross unit. Approximately 60 students donated their blood and participated in the event. New volunteers were selected for the Red Cross unit. The programme was concluded by 3 pm.

SHIFTING PATIENTS FROM HOSPITAL TO CAMP AND	
ORGANISING RELIEF CAMP	
DATE	NO OF PARTICIPANTS
16-08-2018	250



Organising Relief Camp Shifting Patients From Hospital To Camp

Due to flooding, the hospitals in Muvattupuzha stopped functioning and sent them to their houses. The NCC cadets went to hospital and brought those who lost their houses in the flood to the camp. People with serious medical illness were moved to other hospitals by ambulance. The Muvattupuzha RDO visited the camp and gave necessary directions for the conduct of the camp. The health inspector and health supervisor of Avoly panchayath visited the camp along with a doctor. Various NGOs, various religious organisations and people of goodwill supplied materials such as groceries, sanitary napkins, baby napkins, baby food, bags, candle, medicines and old and new dresses. There were a total of 191 refugees in the third day of the

camp.

FLOOD RELIEF CAMP AT NIRMALA COLLEGE,		
MUVATTUPUZHA		
DATE	NO OF PARTICIPANTS	
17-08-2018	350	





Flood Relief Camp At Nirmala College, Muvattupuzha

NCC, NSS and CSM of Nirmala College, Muvattupuzha helped to conduct relief camps in the campus under the guidance of teachers and the management. There were 131 members in the first day of the camp including local villagers and people from faraway places and districts. The students took special care to attend to the needs of all the members in the camp. Different religious organisations like KCYM, Yuvadeepthy, parish committees, various political parties and NGO Organisations, former NCC cadets of Nirmala College, College Alumini and students of the institution helped conduct of the camp by supplying food, groceries and necessary amenities. Around 350 students volunteered the programme

LARGE SCALE DISTRIBUTIONS OF FLOOD RELIEF MATERIALS – CHERUTHONI AND CHALAKKUDI

DATE	NO OF PARTICIPANTS
20-08-2018	550







Large Scale Distributions Of Flood Relief Materials At Cheruthoni And Chalakkudi

Students of Nirmala College supplied flood relief materials to several camps in flood affected areas of Cheruthoni (Idukki), Chalakkudy (Thrissur).

LARGE SCALE DISTRIBUTIONS OF FLOOD RELIEF MATERIALS – ALUVA AND CHENGANNUR

DATE	NO OF PARTICIPANTS
23-08-2018	550





Large Scale Distributions Of Flood Relief Materials – Aluva And Chengannur





Large Scale Distributions Of Flood Relief Materials – Aluva And Chengannur

All the families in the relief camp were given a kit of groceries for preparing food for the next week, new clothes and bags. By evening refugees left the camp, but the materials for the camp were still pouring in and so we maintained the collection and distribution for another day. The materials were distributed to various camps at flood affected areas of Aluva, Paravoor (Ernakulam) and Chengannur (Alappuzha).

VISIT TO SNEHABHAVAN BY DEPARTMENT OF	
MANAGEMENT STUDIES	
DATE	NO OF PARTICIPANTS
21-12-2018	74







Visit To Snehabhavan By Department Of Management Studies

To convey the love and affection of the young generation of our college for the elderly, the department of management studies organised a visit to "Snehabhavan, a home for elderly in Peringazha, Muvattupzha. A team consisting of 74 students along with ten teachers visited the home on 21 st December 2018 and spend 3 hours with the inmates.

AGROBAG DISTRIBUTION	
DATE	NO OF PARTICIPANTS
05-08-2018	160



Agro bags were distributed to students of Nirmala College. They were given proper instruction in how to grow the vegetables in agro bags. Three hundred agro bags were distributed. A best terrace garden competition was conducted and prizes were distributed. First prize was given to Deepak.T. Kappen. II BSc Physics, second prize-Abhiram. P II B.Com OMSP, third prize- Anto Mathew IBCA.

SWATCH BHARATH STREET PLAY	
DATE	NO OF PARTICIPANTS
05-02-2019	50



Swatch Bharath Street Play performed at various places in avoly panchayath

NCC cadets of Nirmala College performed a street play at various places in Avoly panchayath and Muvattupuzha Municipality. It was organised to spread the message of protecting the environment and keeping it clean. A Street play was done in Avoly town, Anicadu, Post office junction Muvattupuzha, Kacherythazham and Nehru park. There was a large turnout of local people for viewing the street play. People appreciated the event and the news channels gave great importance to this activity.

CHLORINATION OF WELLS AT AVOLY PANCHAYATH	
AND MUVATTUPUZHA MUNICIPALITY	
DATE	NO OF PARTICIPANTS
23-08-2018	55



Chlorination Of Wells At Avoly Panchayath And Muvattupuzha Municipality

Cadets of Nirmala College went for chlorinating wells in Muvattupuzha, under the guidance of Prof. Abin Wilson on 23/08/2018. The chlorination is done in the ratio of 1000:5, that is 5g of bleaching powder is mixed with 1000 litre of water. The bleaching powder is mixed with water to form a paste and then a half bucket of water is added to it. It is then kept aside for at least 10 minutes. So that the clear water and the bleaching powder forms 2 layers and can be separated. The Clearwater is slowly poured into the well and the water become ready for use after one hour. The chlorination was done in about 20 houses. The programme was really appreciable. 55 cadets participated actively in the activity. They gave awareness to the public about water purification and cleaning.



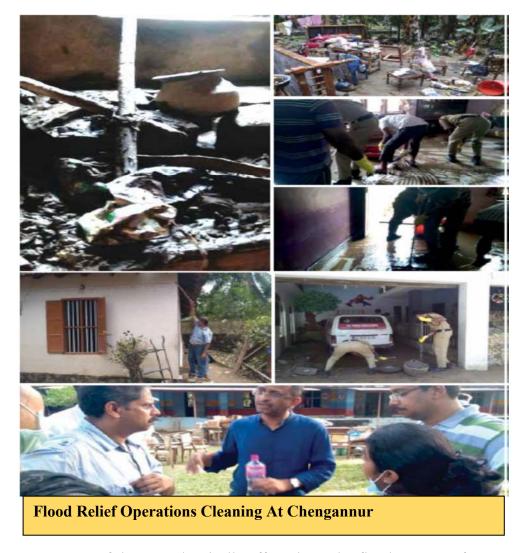
CHLORINATION OF WELLS AT AVOLY PANCHAYATH AND MUVATTUPUZHA MUNICIPALITY

FLOOD RELIEF OPERATIONS CLEANING AT CHENGANNUR STAGE 1

DATE	NO OF PARTICIPANTS
21-08-2018	30



Flood Relief Operations Cleaning At Chengannur



Chengannur was one of the most drastically affected area by floods. By 21 of August, 2018 the main activity around those areas were cleaning up the mess after the floods. The cleaning process was very hard in those areas. The buildings and infrastructures had become weak. The buildings were covered with mud to a height of 1 to 4 feet. Various properties were damaged by the flood including electrical appliances and furniture. The cleaning process was also dangerous due to the presence of reptiles like snakes. A team under AKCC (All Kerala Catholic Congress) organized a cleaning activity at Chengannoor. Head of the team Adv. Biju Parayamnilam requested the assistance of NCC cadets of Nirmala College. As per the request twenty cadets of Nirmala College Muvattupuzha went to Chengannoor. The team joined the AKCC group by 6.30 AM at Thodupuzha. After loading food and water and essential cleaning equipments the team set off to Chengannoor. The whole team were split into smaller groups. One of the teams cleaned the P.P.S .U.P school and the rest of the teams helped in cleaning local houses. Tremendous effort was needed to clear the mud and then take out the furnitures, bench and desk out of the class. Cadets cleaned the class rooms. There was no electricity and water available for cleaning but our cadets could able to arrange it and get things done.

FLOOD RELIEF OPERATIONS CLEANING AT	
CHENGANNUR STAGE 2	
DATE	NO OF PARTICIPANTS
26-08-2018	30



A team of NCC cadets visited Chengannoor, a flood affected area on twenty sixth of August, 2018 for flood relief activities. The cadets were given precautionary medicines and safety equipments like hand gloves and masks. The team was split up into sub groups. The 6 NCC cadets were put together in a single team. They went to clean the anganvadi and kindergarten schools at Chengannoor. The team successfully in cleaned up 3 institutions and power supply was re-established. In the evening, the local people gathered together at the nearby church and conveyed their sincere thanks to the whole team.

FLOOD RELIEF - ONAM KIT COLLECTION AND DISTRIBUTION	
DATE	NO OF PARTICIPANTS
24-08-2018	60



Onam Kit Collection And Distribution As A Part Of Flood Releif



On 24th August, The NCC cadets helped to collect the grocery items from residents of Avoly panchayath and arranging Onam kits for the people of flood affected areas under the guidance of the superintendent at RDO office. Cadets distributed all the pre - collected food items as a token of love on Thiruvonam to flood affected families. The kit contained rice, vegetables and other food items.

IDENTIFICATION OF FLOODED AREAS IN	
MUVATTUPUZHA	
DATE	NO OF PARTICIPANTS
11-09-2018	160



NCC cadets were assigned to draw a map to find and record the flooded areas of Muvattupuzha. It was then verified by the authorities before publishing. For this, the ANO, NCC went to RDO Office and collected the Official Map of Muvattupuzha. Flooded areas were identified along with flooding time and marked it on a clean sheet. Later the rainfall rate and rate of water released into the river by opening of dams was also taken into account.

FREE MEDICINE DISTRIBUTION IN FLOOD AFFECTED	
AREAS	
DATE	NO OF PARTICIPANTS
27-08-2018	50







Distribution Of Medicines In Flood Affected Areas



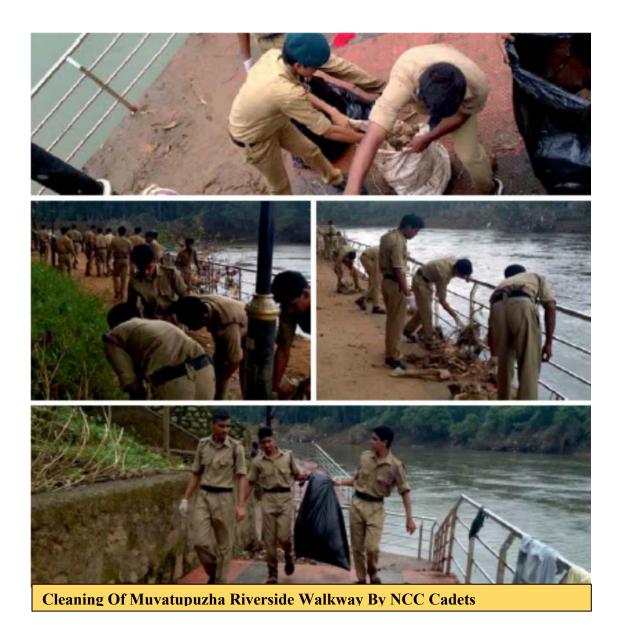
Distribution Of Medicines In Flood Affected Areas

A team of 50 cadets under the leadership of U/O Athira James and U/O Alphonse Thomas actively took part in the medicine distribution to flood affected people for preventing them from getting fever, distribution. The medicine was given by the Govt. Homeo hospital, Muvattupuzha. The medicine distribution was focused on the people of Kizhakkekkara village and locality. The cadets briefed citizens about the intake of medicines and other precautions to be taken post flood.

CLEANING AT MUVATTUPUZHA	
DATE	NO OF PARTICIPANTS
10-07-2018	20



Cleaning Of Muvatupuzha Riverside Walkway By NCC Cadets



Twenty NCC cadets of Nirmala College participated in cleaning the walk-way of Muvattupuzha riverside walkway". It was filled with plastic waste and rubble. The cadets went and collected plastic waste in separate bags so that it can be used for recycling. Reusable waste was collected and handed over to municipal cleaning staff. Fire and rescue team also participated in that event and encouraged the cadets. The station in charge thanked Nirmala College cadets for cleaning the waste on the walkway of the riverside.

LEGAL AWARENESS CLASS TO SOCIETY,	
MUVATTUPUZHA	
DATE	NO OF PARTICIPANTS
04-10-2018	160



Legal Awareness Class For NCC Cadets

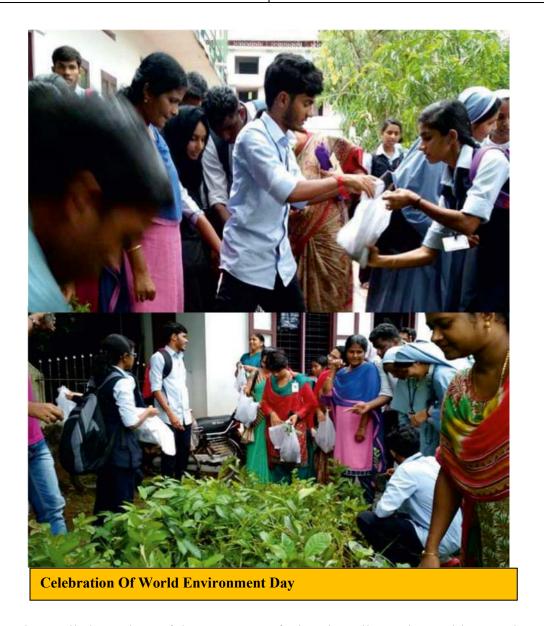
A lecture on 'Legal awareness for the youth' was conducted for the cadets of the Nirmala College NCC COY with the help of the legal awareness society, Muvattupuzha. Mr. Charlie Jimmy Jose inaugurated the function. The resource person for the programme was Adv. Biju Parayamnilam, High Court advocate. 160 cadets of Nirmala College NCC unit participated in it.

MY HEART BEATS FOR INDIAN ARMY – MARATHON ON WORLD HEART DAY	
DATE	NO OF PARTICIPANTS
29-09-2018	150



Nirmala College NCC cadets organised marathon named "My heart beat for Indian Army". 150 NCC cadets participated in the marathon that was flagged off by the Block Panchayath Member T. M. Haris. The marathon started from Nirmala College and concluded at Municipal bus stand Muvattupuzha.

WORLD ENVIRONMENT DAY	
DATE	NO OF PARTICIPANTS
10-02-2019	530



The newly enrolled members of the NSS team of Nirmala College, along with second year students gathered at the college auditorium on 5 July 2018 at 9:30 am to observe World environment day. The official gathering was inaugurated by Principal, Dr. T M Joseph and as part of the event, the members distributed 500 saplings among the students, including medicinal and non-medicinal plants. Among these, 150 saplings were planted in the college premises.

TRAINING ON MARTIAL ARTS	
DATE	NO. OF STUDENTS
10-7-2018	50

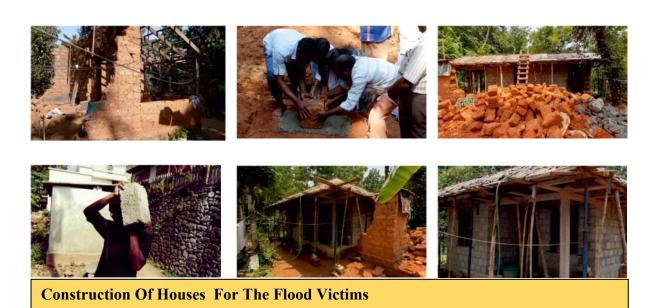




Martial Arts Training Programme Conducted By NCC Nirmala

Recognising the importance of martial arts for the mental and physical wellbeing of women a training programme on martial arts was arranged for the entire students of the college by NCC on 10-7-2018 on which more representation was given to the female students. A training on karate was also arranged on the same day as karate was considered much better for improving the overall body fitness and awareness. The programme involved both theoretical and practical session and also highlighted the importance of meditation and self-respect.

HOME FOR HOMELESS-		
CONSTRUCTION OF HOUSES FOR THE FLOOD VICTIMS		
DATE	NO. OF STUDENTS	
25-03-2019	250	



Home for homeless - constructed a house after financial collection

Homelessness is the situation of an individual, family, or community without stable, safe, permanent, appropriate housing, or the immediate prospect means and ability of acquiring it. The NSS unit of Nirmala College succeeded in constructing a house for Ms. Ajania Venu, who is pursuing BSc botany at Nirmala College, Muvattupuzha. An amount of Rs. 5,60,000/- was collected from teachers and students. The whole hearted support of the entire team of the NSS unit helped to raise such a big amount and to complete the work on time. The inaugural ceremony was conducted on 25 March 2019, in the presence of the Panchayath President; Jordy N Varghese, ward member; Ayoob Pallikudom and Nirmala College Principal; Dr. T M Joseph. The house constructed has 504 sq. feet area, with two bed rooms. The construction was over in one month with the support of the Programme Officers Dr. Nibu Thomson and Prof. Seema Joseph and the entire NSS team.

SANJEEVANAM - FREE MEDICAL CAMP	
Date	No. Of students
03-03-2019	200







Sanjeevanam - Free medical camp

Vision problems and eye disease can occur at any time, regardless of age. A medical camp named "SANJEEVANAM" was organized in Nirmala College, Muvattupuzha with the cooperation of a medical team from Kolenchery Medical mission hospital. The camp was a public awareness initiative focused on educating consumers about the importance of vision health and comprehensive eye exams. The camp aimed at providing medical check up to the residents in Avoly panchayath and supplied medicines at free of cost. To those who were identified with cataract eye, further medical assistance for surgery and treatment were also provided at free of cost.

SAMAKSHAM MOVIE RELEASE	
Date	No. Of students
22-01-2019	80



The movie "SAMAKSHAM" released by the NSS unit of MG University got recognition as the first feature film released by an affiliated university in our country. The content of the movie included the eco-friendly farming programme, named "JAIVAM", initiated by the NSS unit of Nirmala College in the year 2017. The recognition from M. G. University was a moment of gratification to the members of NSS unit of Nirmala College.

CLEANLINESS DRIVE		
DATE	NO. OF STUDENTS	
26-11-2018	50	





Cleanliness Drive

Cadets conducted NCC day celebration by cleaning up a public place and setting up a garden at college junction. They cleaned the roadside on 26th November 2018 and set up a garden bed which was then later planted with medicinal and decorative plants with the help of the nearby residents.

SUCHITHWA KERALAM	
DATE	NO. OF STUDENTS
18-09-2018 to 20-09-2018	100



The first three-day NSS minicamp of the academic year 2018-19 was conducted in the campus during 18, 19 and 20 of September 2018. During the camp, the volunteers were divided into many groups for cleaning in the neighbourhood. The minicamp helped each and every member of the NSS unit to break their individuality forming a group to strengthen the whole team.