



# NIRMALA COLLEGE MUVATTUPUZHA

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**FOURTH CYCLE NAAC ACCREDITATION 2019**

## CRITERION 3

### RESEARCH, INNOVATIONS AND EXTENSION

3.4.4. Average percentage of students participating in extension activities with Government Organization, Non-Government Organizations and Programmes such as Swachh Bharat, AIDs awareness, Gender issue etc. during last five years

*Submitted to*



THE NATIONAL ASSESSMENT AND ACCREDITATION COUNCIL

**CRITERION 3**  
**RESEARCH, INNOVATIONS AND  
EXTENSION**

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FOUNDED 1953

**NIRMALA COLLEGE MUVATTUPUZHA**

# **EXTENSION ACTIVITY REPORT**

(In Association with Govt. and Non-Govt.  
Organizations and Programmes such as Swachh  
Bharath, Aids Awareness, Gender Issue etc)

**2014-2015**



# SACRED GROVE CONSERVATION WORKSHOP AND BIODIVERSITY DOCUMENTATION PROGRAMME

In association with Social Forestry Wing, Forest Department

DATE	NUMBER OF STUDENTS PARTICIPATED
30-01-2015	60



Sacred Grove Conservation Workshop And Biodiversity Documentation Programme  
At Nagappuzha

### **Brief Report of the Activity:**

Members of Nirmala Nature Club devoted a day for the conservation of the sacred grove in Nagappuzha Santhukad Durga Bhadra Sastha Naga Temple on 30-01-2015. The temple and associated sacred grove is one of the eleven selected sacred groves by the Forest Department, Govt. of Kerala. The renovation of the sacred grove and conservation of associated flora and fauna was jointly done by the Department of Zoology, Nirmala College, Muvattupuzha, Social Forestry wing of the Kerala Forest Department, Temple management committee and a couple of neighboring schools.

The Management Committee of the temple in collaboration with Social Forestry wing of Kerala Forest Department and the Post Graduate Department of Zoology of Nirmala College Muvattupuzha organized a one day sensitization programme and field study to document the flora and fauna of the sacred grove in order to prepare a plan for restoring the old charm of the area and for the long term conservation of the sacred grove. A team of P G students and second year B.Sc. students and three faculties from the post graduate Department of Zoology attended the programme in 30 January 2015. In addition, students from the MKNM HSS, Vengallore participated in the programme. The programme started with a public meeting presided by Prof. V.S. Reji, Associate Professor, SN College, Nattika. Dr. Shaju Thomas, Rtd. Professor, Sri Anil K, Principal, MKNM HSS Kumaramangalam, Dr. Gigi K. Joseph, Nirmala College. All the speakers highlighted the need for conservation, people's participation in conservation and the commitment needed for restoring the past glory of the sacred grove. Dr. Gigi K. Joseph, Asst. Professor, Nirmala College took various sessions on current environmental issues and biodiversity conservation. It was followed by the Biodiversity documentation survey all along the nooks and corners of the temple premises. The students were glad to see the healthy saplings they planted few years before. In the mean time they could document the various types of butterflies, beetles, dragon flies, grasshoppers, spiders, birds etc. The identification of fauna was done with the guidance of faculty members like Dr. Vinod K. V., Ms. Jisha Jacob and Dr. Gigi K. Joseph. The one-day study resulted in identifying 16 species of butterflies, three species of Odonates, five species of other invertebrates, two species of reptiles, 13 species of birds and one species of Mammal. The recommendations were informed the authority.

**ONE DAY NATURE CAMP AT REGIONAL AGRICULTURAL  
RESEARCH STATION, KUMARAKOM**

**in association with Kerala Forest Department**

<b>DATE</b>	<b>NUMBER OF STUDENTS PARTICIPATED</b>
<b>24-02-2015</b>	<b>40</b>



**Nature Camp At Regional Agricultural Research Station, Kumarakom**

**Brief Report of the Activity:**

A one day nature camp was organized by the Kerala Forest Department for the members of Nature club and B.Sc Zoology students of Nirmala College, Muvattupuzha at Regional Agricultural Research Station, Kumarakom, Kottayam on 24th February 2015. A boat journey through the Vembanad lake was conducted as part of the camp was conducted. Sighting of many rare aquatic birds was a remarkable moment during the field visit. Faculty members Prof. Mary P.C., and Dr. Gigi K Joseph, accompanied the team of 40 students.

## THREE DAYS INTERCOLLEGIATE NATURE SENSITIZATION CAMP AT PAMPADUM SHOLA NATIONAL PARK

In association with Muvattupuzha Municipality

DATE	NUMBER OF STUDENTS PARTICIPATED
23-01-2015 to 26-01-2015	20



Department of Student Services, MG University and Nirmala Nature Club jointly organized a three days intercollegiate nature sensitization camp at Pampadum Shola National Park in association with Kerala Forest Department from 23<sup>rd</sup> to 26<sup>th</sup> of January 2015. Twenty students from Nirmala Nature Club and 20 students from various affiliated colleges of MG University participated in the nature camp. The activities of the nature camp included trekking, discussions, debates, mini dramas and a feedback session. A field visit to Vattavada, a unique high altitude terrace farming village in Idukki district was conducted as part of the camp. Dr. Harikumar, Director, Department of Student Services, MG University, Dr. Sanish P.B. and Dr. Gigi K. Joseph, Asst. Professors, Nirmala College, Muvattupuzha led the sessions. The nature camp was a memorable experience and an occasion of an experiential learning to all participants.

<b>CLEAN INDIA MISSION</b> <b>In association with Muvattupuzha Municipality</b>	
DATE	NUMBER OF STUDENTS PARTICIPATED
02-10-2014	200



**Clean India Mission Programme At Muvattupuzha**

**Brief Report of the Activity:**

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 2<sup>nd</sup>October 2014, the birthday of this great man, who envisioned purity in all walks of life, the student community of Nirmala College conducted Clean India Mission programme in association with Muvattupuzha Municipality. NSS volunteers also actively participated in the clean mission programme in Muvattupuzha. The programme was inaugurated by Sri. U. R Babu, Chairman, Municipality, Muvattupuzha. The council members of the municipality and members of Kudumbasree also participated in the programme.



# **AWARENESS PROGRAMME ON SOLID WASTE MANAGEMENT**

**In association with Avoly Panchayath**

<b>DATE</b>	<b>NUMBER OF STUDENTS PARTICIPATED</b>
<b>11-10-2014</b>	<b>100</b>



**Awareness Program On Solid Waste Management At Nirmala College**



**Awareness Programme in Avoly Panchayath**

**Brief Report of the Activity:**

With the advent of industrial revolution, the management of solid waste is a serious concern in our society. Due to improper management of waste generated, public places have turned into trash grounds. Most of the people in our society are unaware about its consequences. In this regard the college has conducted an awareness program on solid waste management in the campus on 11<sup>th</sup> October 2014. Later an awareness programme was conducted in the adopted village, Avoly panchayath to educate people on eco-friendly waste management techniques, the volunteers visited many houses as part of the programme. This program was intended to educate the local people about eco-friendly protocol of waste management. The volunteers were divided into several groups and sent to different wards of the panchayat. They were accompanied by Kudumbasree members. The programme was inaugurated by the president of Avoly Grama Panchayat. Ms. Mary Baby. The mission was led by Mr. George Thekkumpuram and Mr. Arjun K (ward members of Avoly Grama Panchayat) and Ms. Lucy Mathew, CDS chairperson.

# SHUCHITHVA BODHANA YAJNAM – PADAYATHRA

Suchithwa Kerala Mission, Govt. of Kerala

DATE	NO OF PARTICIPANTS
01-01-2015 to 15-01-2015	120



**Shuchithva Bodhana Yajnam – Padayathra To Intensify The Cleanliness And To Create Clean Environment Across The State**

Suchithwa Kerala Mission is being observed by the students of Nirmala College through a range of activities. The aim is to intensify the focus on cleanliness and create a clean environment across the state. Suchithwa Kerala Mission is a pilot movement of the people, by the people and for the people intended to make an existing district in Kerala a model for cleanliness, environment protection and health care. The district chosen is Ernakulam district, the industrial and commercial district in Kerala. Coordinated by Rajagiri OUTreach, Kalamassery and Sahrudaya Services and Charities, Rajagiri, the movement is to lead the district to sustainability in energy, food and waste management in due course. The movement is supporting all the attempts of the state government in this direction, especially the “Suchithwa Mission” of Kerala.

## ROAD SAFETY AWARENESS PROGRAMME

In association with National Transportation Planning and Research Centre

DATE	NUMBER OF STUDENTS PARTICIPATED
13-01-2015	100



### Road Safety Awareness Programme at Muvattupuzha Town Hall

Road accidents increase day by day grabbing the lives of many. It is very important to illuminate the youth regarding the road safety measures. Nirmala College in association with NATPAC (National Transportation Planning and Research Centre) and Kerala Road Safety Authority organized a Road Safety Awareness Programme on 13.01.2015 at Muvattupuzha Town Hall. The programme aimed at creating awareness among drivers and young road users about the necessity of road safety. There was a detailed interactive session on road safety measures and traffic rules. The programme was led by Mr. K Sasikumar, Coordinator, NATPAC.

## WOMEN EMPOWERMENT-SEMINAR

In association with Kerala State Women Commission

DATE	NUMBER OF STUDENTS PARTICIPATED
12-01-2015	620



**Seminar On Women Empowerment Organized In Association With Kerala State Women Commission**

A seminar on women empowerment was organized in association with Kerala State Women Commission. Dr.Lissy Jose, Member, Kerala state women commission was the resource person. She encouraged the girls to come forward to talk about their issues and to become self-reliant. She advocated youth to promote a culture of respect and equality for female gender.

## AWARENESS PROGRAMME ON THYROID PROBLEMS

In association with Thyrocare and Nirmala Medical Centre

DATE	NUMBER OF STUDENTS PARTICIPATED
08-10-2014	200



**Awareness Programme On Thyroid Problems Arranged By Nirmala College**

### **Brief Report of the Activity:**

As part of gender equality promotion, various programmes were arranged by Nirmala College, as these programmes enable to modify the behaviour by hovering awareness of gender equality and gender justice concerns. Moreover, the programme facilitates both sexes to be gender sensitive and also create positive values that supports the girls and their rights. On October 8, 2014 an awareness programme on thyroid related problems was arranged by the women's cell of the college mainly for female students and lady teachers as women are more likely to develop thyroid disorders than men. The seminar was conducted in association with Thyrocare Diagnostic centre Muvattupuzha. The programme was inaugurated by Dr.P. S Suresh Kumar, Head of the Surgery Department of Nirmala Medical Centre, Muvattupuzha.

## SEMINAR ON HANDLOOM AND HANDLOOM EXHIBITION

In association with Handloom and Textiles Directorate

DATE	NO OF PARTICIPANTS
09-03-2015	123



### Seminar On Handloom And Handloom Exhibition

For promoting the use of handloom products and also for sensitising the students about the heritage of handloom products, a seminar on handloom was organised under the initiative of the women empowerment cell of the college on 9 March 2015. This initiative opened an opportunity for the students and staff of the college to purchase handloom products thereby supporting handloom weavers. Smt. Revathy Namboodiri, NIFT Mumbai delivered a talk on hereditary rights of the women on the same day which was arranged as part of international women's day celebrations. Moreover, a training programme on ornament making was also organised on the same day.



## DAYABHAI – VOICE OF VOICELESS

(GENDER SENSITISATION PROGRAMME)

DATE	NUMBER OF STUDENTS PARTICIPATED
10-11-2014	680



### Gender Sensitisation Programme Conducted By Women Cell

With the aim of empowering the women and to identify their true potential, Women cell conducted an interaction with Dayabai, an Indian social and tribal activist working mainly among the tribal community of Central India. The program was a motivation and inspiration to the students. In the event, she recollected her efforts in fighting for the victims of endosluphan. She insisted the need to unitedly work and give voice for the deprived and voiceless in the society. She was an inspiration and encouragement to the students. The program was arranged to enhance the self-esteem and to mould the girls to have their own stand in their lives. Besides, she advocated the youth to work for the society.

## 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, Muvattapuzha 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.

**NIRMALA COLLEGE MUVATTUPUZHA**

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Organizations and Programmes such as Swachh  
Bharath, Aids Awareness, Gender Issue etc)

**2015-16**



## WORKSHOP ON E-GOVERNANCE

In association with Kuttampuzha Grama Panchayath

DATE	NUMBER OF STUDENTS PARTICIPATED
21-12-2015	50



**Workshop On E-Governance**

A Workshop on E-Governance was arranged for the public by Nirmala College at Govt. HS Mamalakandom in association with Kuttampuzha Panchayath on 21<sup>st</sup> December 2015. It was intended to popularize the online government services. Around 70 Kudumbasree members attended the class and benefitted out of it. They were given with practical sessions to use computer and browse on internet to avail government services.

## SHUCHITHVA BODHANA YAJNAM – PADAYATHRA (Suchithwa Kerala Mission, Govt. of Kerala)

DATE	NO OF PARTICIPANTS
08-01-2016	110



### Shuchithva Bodhana Yajnam – Padayathra To Intensify The Cleanliness And To Create Clean Environment Across The State

Suchithwa Kerala Mission is being observed by the students of Nirmala College through a range of activities. The aim is to intensify the focus on cleanliness and create a clean environment across the state. Suchithwa Kerala Mission is a pilot movement of the people, by the people and for the people intended to make an existing district in Kerala a model for cleanliness, environment protection and health care. The district chosen is Ernakulam district, the industrial and commercial district in Kerala. Coordinated by Rajagiri OUTreach, Kalamassery and Sahrudaya Services and Charities, Rajagiri, the movement is to lead the district to sustainability in energy, food and waste management in due course. The movement is supporting all the attempts of the state government in this direction, especially the “Suchithwa Mission” of Kerala.

# ORGANISATION OF JAWAHARLAL NEHRU NATIONAL SCIENCE, MATHEMATICS AND ENVIRONMENTAL EXHIBITION FOR CHILDREN 2015

(National Council of Education Research and Training)

DATE	NUMBER OF STUDENTS PARTICIPATED
13-12-2015	200



## 42nd Jawaharlal Nehru National Science Mathematics And Environmental Exhibition For Children

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 National Council of Education Research and Training, Dept of General Education, Govt of Kerala (NCERT). The students of Nirmala College actively served as volunteers during Exhibition.

## ROAD SAFETY WEEK CELEBRATION

In association with Janamythri Police, Muvattupuzha

DATE	NO OF PARTICIPANTS
13, 14 JANUARY 2016	200



### Celebration of Road Safety Week

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 to educate and remind the public regarding the necessity of following the traffic rules Nirmala College decided to celebrate the road safety week in the month of January. As part of this on 13th and 14th January the unit conducted a road safety awareness programme in Muvattupuzha town in association with Janamythri police, Muvattupuzha. The programme was also conducted in the college campus. The volunteers asked questions on traffic rules to bus drivers, lorry drivers, auto, taxi drivers, private vehicle drivers and students and teachers of the college and distributed prizes to those who answered the questions.




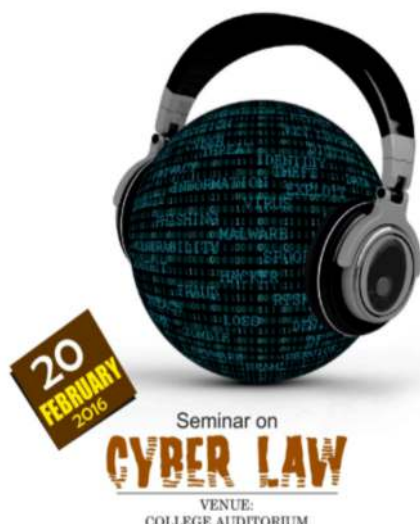
## GENDER EQUITY PROMOTION PROGRAMME – SEMINAR ON CYBER LAW

In association with Cyber Cell, Aluva

DATE	NO OF PARTICIPANTS
20-02-2016	200



 NIRMALA COLLEGE, MUVATTUPUZHA  
GENDER EQUITY PROMOTION  
PROGRAMME



### Seminar On Cyber Law As Apart Of Gender Equity Promotion Programme

Reports on cybercrimes are increasing day by day. The lack of knowledge and awareness about cyber laws results in youngsters getting trapped to cyber frauds. With an aim to educate the users especially women to understand the risks associated with transactions in cyber space, women cell of Nirmala College conducted a seminar in association with Cyber Cell, Aluva on Cyber Law on 20<sup>th</sup> February 2016. In this program, Mr. Bobby Kuriakose, Police Officer, Cyber cell, Kerala State delivered a talk on Cyber Law in which he discussed about cybercrime consequences. The talk was an eye-opener for the students who are living in this tech-savvy world.

## SELF-DEFENCE CLASSES

In association with Kerala Police Department

DATE	NO. OF STUDENTS
29-01-2016 to 31-01-2016	50



**Self-Defence Classes For The Female Students**

As part of gender sensitisation programme self-defence classes were arranged to the entire female students of the college in collaboration with Ernakulam Rural District Police on 29-31<sup>st</sup> January 2016. The programme was inaugurated by Mrs: Mary Baby, President, Avoly Grama Panchayat. The programme involved class on women security, practical sessions and also a session on the role of men in women security. The class was extremely useful to the participants as it helped to build confidence, self-discipline, a warrior's spirit and fighters reflex among them.

## WILDLIFE PHOTOGRAPHY EXHIBITION

In association with THE LEAPS, Kottayam (NGO)

DATE	NO OF PARTICIPANTS
14-06-2015	150



**Wildlife Photography Exhibition**

To apprise the college community especially the students about the diversity of wildlife a Photography. Nirmala Nature Club and Biodiversity Club, in collaboration with ‘THE LEAPS’, Kottayam, a non-governmental organization for nature awareness and conservation, jointly organized a wildlife photography exhibition in the campus on 14 June 2015. Principal, Rev. Dr. Vincent Joseph inaugurated the function. Ten teachers and 150 students of Department of Zoology volunteered for the smooth conduct of the programme.

## **THREE DAYS NATURE CAMP AT IDUKKI WILDLIFE SANCTUARY**

**In association with Kerala Forest Department**

<b>DATE</b>	<b>NO OF PARTICIPANTS</b>
<b>09-03-2016 TO 11-03-2016</b>	<b>45</b>



**Three Days Nature Camp At Idukki Wildlife Sanctuary**

In order to create awareness, understanding and empathy for the environment among the students a three days nature sensitization camp was conducted for the members of Nirmala nature club and Biodiversity Club at Idukki Wildlife Sanctuary from 9 to 11 March 2016. A firsthand experience with nature triggered their sensitivity towards nature appreciation and conservation. Forty-five students and six faculty members attended the camp. The programme included field trips through forests, Idukki lake and visit to Idukki dam top.

## 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.

**SETTING UP CONSERVATION PARKS (BUTTERFLY  
GARDENS) IN SCHOOLS AND COLLEGES  
(MOBILISING STUDENT PARTICIPATION FOR BIODIVERSITY  
CONSERVATION)**

DATE	NO OF PARTICIPANTS
21-08-2015	133

**Science Popularisation Project 2016**

**Kerala State Council for Science, Technology and Environment**

**Govt. of Kerala & Nirmala College, Muvattupuzha**

Conservation parks are becoming more and more popular themes for biodiversity conservation. Butterfly parks, bio parks, herbal gardens etc., are some of the conservation parks that can be set up for conservation and for generating conservation awareness. In the current programme, butterfly parks will be set up in the school / college campus since butterflies are ecologically and aesthetically very important so much so, they have been widely used in Zoos and Museums to promote environmental awareness. Captive breeding of butterflies both for exhibiting and for preparing curios and souvenirs is a major industry in several countries such as Malaysia, Singapore, Papua New Guinea, UK, USA and Canada. Butterfly houses are also becoming increasingly popular both at Zoos and natural History Museums as separate tourist spectacles and they have an important role in awareness generation among the public on the conservation of local biota. Butterfly farming enterprises are yet to be initiated in India because of the provisions of the Indian Wildlife Act, under which trade of butterflies or articles made out of them is prohibited. It is in this context that attempts were made to maintain butterflies in carefully landscaped gardens termed as “Butterfly Gardens”, where the visitors can observe butterflies in their natural settings.

Butterfly gardening is designed to create an environment that attracts butterflies. Butterfly gardening is often aimed at inviting those butterflies and moths to lay eggs as well. Because some plants are not fed upon by adult butterflies, the caterpillar host should also be planted for a bigger population of butterflies. Butterflies typically feed on the nectar of flowers, and there are hundreds of such plants that may be planted to attract them, depending

on the location, time of year, and other factors. In addition to the planting of flowers that feed butterflies, other means of attracting them include constructing "butterfly houses", providing sand for puddling, water, and other resources or food items. The gardens established at Peechi and Nilambur were very successful attracting a large number of people particularly students. Establishment of a garden of flowering and ornamental plants with butterflies, bees and birds hovering the flowers is a novel idea and can form a theme of ecological and economic benefit under ecotourism programmes.

### **Objectives**

To generate conservation awareness among students through participatory conservation ventures.

### **Participating Institutions**

- 1) Nirmala College, Muvattupuzha
- 2) Viswajyothi Engineerig Collge, Vazhakkulam
- 3) St Sebastian's HS Anicadu
- 4) Govt HSS Sivankunnu, Muvattupuzha
- 5) Govt East HSS Muvattupuzha
- 6) Govt Model HSS Palakkuzha
- 7) Sacred Heart HS Ayavana
- 8) Mar Stephen VHSS Valakom
- 9) SNDP HS Muvattupuzha
- 10) Govt. HSS Pezhakkappally

### **Method of implementation**

In this programme, attempts were made to generate conservation awareness among students through theory presentations and hands on outreach activities by encouraging students to set up butterfly gardens / bio parks in their school / college campus. By setting up such parks, students got information pertaining to various life forms present in our ecosystem and also became aware of the need for conserving environment.

Periodical training workshops for teachers and students from all participating institutions were conducted. The Resource Person attached to this project gave classes on various aspects of biodiversity conservation and also helped them in setting up conservation parks. He was also helping them in identifying various plants and animals, record the citation of various organisms colonised in the parks due to habitat enrichment and also guide them in maintaining the parks.

Regular awareness programmes with the help of power point presentations were conducted in participating educational institutions mainly by the resource person and Principal Investigator. Field demonstrations and visits were regularly carried out in the participating institutions. Suitable Education materials, handbooks etc were developed and distributed to students who participate in the project. Student projects on butterfly diversity and abundance in the butterfly gardens were conducted by interested students in the respective institutions. Such generated informations were documented. Field trips to the nearby well organised butterfly gardens like the one in KFRI and Thattekkad WLS for selected students

### **Implementation Progress of the Project**

The project was initiated immediately after receiving the first instalment of Rs 75000 from Kerala State Council for Science, technology and Environment, Government of Kerala on 9<sup>th</sup> December 2015. The Principal Investigator (PI) of the project had gone to the selected educational institutions in the Muvattupuzha educational district, briefed about the project outline and received consent from the institution authorities to implement the programme. It was followed by a project initiation meet in 14 December 2015. The teachers in charge of nature club / eco club along with selected students participated the programme. The PI briefed the objectives , methodology and brief outline of the project. Sites were identified for the establishment of butterfly gardens in the selected institutions.

### **Butterfly Garden Training Workshops**

The first butterfly training workshop for teachers and students from all participating institutions was conducted on 17<sup>th</sup> February 2016. A total of 57 people including 17 teachers and 37 students from all participating institutions attended the training programme. Dr. Gigi. K. Joseph, the Principal Investigator, welcomed the gathering. Prof. P. C. Mary, Head of the department of Zoology presided over the meeting. The training workshop was inaugurated by Rev. Dr. Vincent Joseph, Principal, Nirmala College Muvattupuzha. The Keynote address



was made by Dr. George Mathew, Emeritus Scientist (Rtd), KFRI Peechi. Prof. Jose Karikunnel, Vice principal and Rev. Fr. Jose Pulparampil, Bursar felicitated the occasion. Dr. Vinod K. V. Asst. Professor, Dept of Zoology posted vote of thanks to everyone. The inaugural session was followed by the presentation by Dr. George Mathew with the help of power point to the trainees on the concept of developing butterfly gardens and its conservation. Frequent Interaction with the participants along with the presentation made it very lively. Finally a scheme was prepared for setting up butterfly parks through student participation. A field demonstration was also made in the Nirmala College Campus for how to design a butterfly garden in school compounds.

### **Establishment of Butterfly Gardens in institutions**

Immediately after the training workshop, the students and teachers involved in developing butterfly gardens in their institutions. A small grant was given to every institutions to initiate the development of the gardens. Seedlings of host plants and food plants were purchased and planted. Students brought native host plants and planted in the garden. But the extra ordinary hot climate in the summer months was a challenge for the survival of many seedlings. At the onset of monsoon, the gardens started flourishing in the participating institutions.

A model butterfly garden was initiated in Nirmala College campus. An area of 10 cent area in the college campus was selected for establishing the butterfly garden. As per the guidance of the resource person, trails were made in the selected area for the garden. Fences were created around the garden so as to reduce external disturbances. Appropriate host plants and food plants were planted in the garden (Table 1.) Most of the plants were food plants which produce bright flower, honey and nectar to the butterflies. However many species perished over time. But successive planting of these species were vital in developing a good garden. With the establishment of these plants, gradually butterflies started coming in large number and stay back in the garden. Simultaneously a study on the diversity, abundance and their ecological relationships of butterflies were studied as part of the student project. The PI used to continuously monitor the development of such activities in those institutions. However it is a long term process to establish a fully developed butterfly garden. But in the meantime the students and teachers learn a lot regarding the biology, ecology and environmental issues regarding butterfly conservation

### **Butterfly sensitisation programmes**

A series of butterfly sensitisation programmes were conducted in the participating institutions with the help of power point presentation developed exclusively for the concept. The presentation is very often covered different aspects like population statistics, biology, lifecycle, food plants, host plants, development of the gardens, maintenance and conservation issues regarding butterflies. It was generally followed by an interactive session. The garden visit along with the students and teachers also helped a lot to disseminate the various subtle features about butterfly conservation and environment conservation issues to them. Meantime the development of the garden was also being monitored. The butterfly sensitisation programmes were lead by Principal investigator, resource persons like Dr. George Mathew, Dr. Vinod K. V., Assistant Professor, Dept of Zoology Nirmala College and Dr. Shibin Mohanan, Assistant professor, Department of Botany , Nirmala College, Muvattupuzha.

Gardens in the participating institutions were visited by the resource persons and interactive talks were conducted with students in their garden. It helped them a lot for developing the garden in a better way. Leaflets featuring the development of butterfly garden was developed and supplied to every institutions. In addition to the leaflets, a copy of the Illustrated book on ‘The Butterflies of Kerala’ authored by Dr. George Mathew was supplied to every participating institutions. It can be readily used as a reference book for identifying almost all possible butterfly sightings in the school/ college premises and garden. In every institutions few students were selected for day to day data collection regarding the occurrence of various butterfly species in their garden. Students are keen to observe their host and food plants.



**Inauguration Of The Butterfly Garden Training Workshop At Nirmala College  
Muvattupuzha**



**Dr. George Mathew Is Leading A Session In Butterfly Garden Training Workshop**



**Students And Teachers From Various Institutions Participating The Training Programme**



**Dr. George Mathew Is Explaining Various Techniques To The Trainees In The Field**



**Dr. George Mathew Is Planting The First Host Plant In The Garden**



Students of Viswajyothy Engineering college are planting lemon plants



**Students Keep On Watering The Plants In The Hot Months..**



**PI Is Interacting With The Students In Front Of Their Butterfly Garden**



**PI Is Interacting With Students Of SH High School Ayavana**



**Students Of Govt HSS Pezhakkappally Are Interacting With PI**



**Dr. George Mathew Is Giving A Book On The Butterflies Of Kerala To All Schools**



**Butterfly Conservation Awareness Programme In Various Schools**



**Awareness Programme In SH High Schools Ayavana**



**PI Is Taking A Session On Butterfly Conservation In Govt HSS Pezhakkappilly**





**Students Of Nirmala College Are Visiting A Butterfly Garden At KFRI Peechi**



**Students Visit A Butterfly Garden At Thattekkad WLS**

# STEM CELL DONATION AWARENESS AND DONOR REGISTRATION CAMP

In association with DATRI, NGO, Bangalore

DATE	NO OF PARTICIPANTS
26-11-2015	800



Stem Cell Donation Awareness And Donor Registration Camp



### **Stem Cell Donation Awareness And Donor Registration Camp**

Cancer is one of the dangerous diseases that grab many persons' life. Stem Cell donation is one way of expressing our love and concern towards our fellow beings who are affected by cancer. The chance of finding a perfect donor is very rare. So the NSS Unit of Nirmala College in association with DATRI, NGO, Bangalore and Santhigiri College, Vazhithala organized a Stem cell Donation awareness and Donor Registration camp at Nirmala College on 26<sup>th</sup> November 2015. Aby Sam John, the first stem cell donor from Kerala led an orientation class for the students to educate them about stem cell donation. To educate them about Stem Cell donation a pre-awareness campaign was also conducted on 25<sup>th</sup> November 2015. 800 students registered as stem cell donors during the campaign.

## SWATCHATHA DIVAS

DATE	NUMBER OF STUDENTS PARTICIPATED
02-10-2015	200



**Swachhata Divas; Campus Cleaning And Organic farming Programme**

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. The volunteers were divided into several groups and each group consisted of 15 members. 15 saplings 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.

**NIRMALA COLLEGE MUVATTUPUZHA**

# **EXTENSION ACTIVITY REPORT**

(In Association with Govt. and Non-Govt.  
Organizations and Programmes such as Swachh  
Bharath, Aids Awareness, Gender Issue etc)

**2016-17**



## WORKSHOP ON CLOTH CARRY BAG MAKING

In association with Avoly Panchayath

DATE	NUMBER OF STUDENTS PARTICIPATED
06-09-2016	120



**Workshop On Cloth Carry Bag Making**

Nirmala College conducted a workshop on cloth carry bag making with the help of experts from Kudumbasree on 6<sup>th</sup> September 2016. The programme aimed at making cloth carry bags and distribute the same to students and staff for the purpose of avoiding the use of plastic carry bags in the college campus. Cloth bags have become a popular alternative to plastic and paper shopping bags because cloth bags do not cause the environmental harm like plastic bags. Kudumbasree members from nearby municipal wards participated in the programme. After successful making of cloth carry bags, the same was exhibited and sold to teachers and students in the college. This was a new initiative from students to make campus plastic free.

## CONSTRUCTION OF TOILETS FOR TRIBES

In association with Udumbannoor Grama Panchayath

DATE	NO OF PARTICIPANTS
10-08-2016 to 15-08-2016	200



**Construction Of Toilets For Tribes In Peringassery**

Sanitation is important for their health, safety and dignity. The importance of hygienic toilets lies in an effort to prevent diseases which can be transmitted through human waste, which afflict both developed and developing countries. The students took initiative to construct two toilets for economically and socially backward tribes in Peringassery. Two families were identified with the help of the panchayat member Smt. Neethu Baby. Students themselves prepared plan for the toilet pit and started digging using their tools. The landscape of the place was not good for the vehicle to reach the place. So, the students together in different groups brought building materials bricks, sand, cement to the construction site. The volunteers interacted with the tribes and the programme served as a platform for cultural exchange.

# SHUCHITHVA BODHANA YAJNAM - PADAYATHRA

DATE	NO OF PARTICIPANTS
1-01-2017 to 15-01-2017	143



**Shuchithva Bodhana Yajnam – Padayathra To Intensify The Cleanliness And To Create Clean Environment Across The State**





### **Shuchithva Bodhana Yajnam – Padayathra To Intensify The Cleanliness And To Create Clean Environment Across The State**

Suchithwa Kerala Mission is being observed by the students of Nirmala College through a range of activities. The aim is to intensify the focus on cleanliness and create a clean environment across the state. Suchithwa Kerala Mission is a pilot movement of the people, by the people and for the people intended to make an existing district in Kerala a model for cleanliness, environment protection and health care. The district chosen is Ernakulam district, the industrial and commercial district in Kerala. Coordinated by Rajagiri OUTreach, Kalamassery and Sahrudaya Services and Charities, Rajagiri, the movement is to lead the district to sustainability in energy, food and waste management in due course. The movement is supporting all the attempts of the state government in this direction, especially the “Suchithwa Mission” of Kerala.

## CLEANING OF ANIKADU WATERBODY

In association with Avoly Grama Panchayath, Green People, an environmental organization

DATE	NO OF PARTICIPANTS
27-01-2017	168



Cleaning Of Anikadu Waterbody

Clean water is essential not only to remain safe from disease but also to maintain good health. Clean water is not just needed for drinking but for sanitation purposes as well. Anikadu Waterbody or Anikadu chira located is close to Thruvumplavil temple is known as 'keralathilae kashi'(Kashi of Kerala) The students successfully initiated Anikadu Waterbody Conservation Project in collaboration with Green People, Environmental Organization, Residents Associations and Avoly Grama Panchayat on 27th January 2017. Sri Captain Raju, Cine Artist inaugurated the cleaning programme. Sri. Eldho Abraham, MLA, Sri. Babu Paul, Ex MLA, Sri. Joseph Vazhakan, Ex MLA, Muvatupuzha and Sri. Geordi Varghese, President, Avoly Grama Panchayat facilitated the function. A group of 200 students with the support of Green People and local people took up the massive work and completed it on time with their own traditional resources and techniques. They undertook the work that includes removing grass, plastic wastes, removing encroachments and beautifying the lake. They are concerned about the condition of the environment they live in and are aware that a secure future will not be there unless they themselves take steps to ensure it. It was this realization that prompted more than 200 students of Nirmala College, Muvattupuzha to initiate this cleaning drive. The cleaning drive started around 9 a.m. and continued till the evening. The campaign turned successful with the students being able to drive home the need for clean water bodies in all localities. They were also able to convince the local people to stop dumping waste into the ponds, marking the first step towards the conservation of these water bodies.

## SUCHITHWA KERALA MISSION

(Govt. of Kerala)

DATE	NUMBER OF STUDENTS PARTICIPATED
02-10-2016	200



### Suchithwa Kerala Mission Programme At Muvattupuzha

#### Brief Report of the Activity:

Cleanliness is the physical manifestation of purity of one's mind and his consciousness. Community cleanliness drive is a brilliant way of making India clean. Gandhiji says, "I will not let anyone walk through my mind with their dirty feet." On 2<sup>nd</sup> October 2016, the birthday of this great man, who envisioned purity in all walks of life, the student community of Nirmala College conducted Suchithwa Kerala Mission programme at Muvattupuzha and the volunteers took oath to work for a clean India. As part of the mission the students of Nirmala College actively participated in the mission in Muvattupuzha.

## **WOMEN EMPOWERMENT-SEMINAR**

**In association with Kerala Women Commission**

<b>DATE</b>	<b>NUMBER OF STUDENTS PARTICIPATED</b>
<b>03-11-2016</b>	<b>720</b>



**Seminar On Women Empowerment in association with Kerala State Women Commission**

Empowerment of women is the process of upliftment of economic, social and political status of women in the society. It is the process of guarding them against all forms of violence. On 3<sup>rd</sup> November 2016, a seminar on women empowerment was conducted by Centre for women empowerment, nirmala college in association with Kerala State Women Commission. Dr. J. Prameela Devi, member, Kerala State Women commission discussed about different issues and challenges for empowering women. She discussed about different ways to improve women's lives with the help of self-help groups and providing education.

## EXHIBITION: AWARENESS TO REDUCE PLASTIC

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 15<sup>th</sup> to 21<sup>st</sup> 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. The programme was inaugurated by Muvattupuzha MLA Sri. Eldho Abraham.

## 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.

**NIRMALA COLLEGE MUVATTUPUZHA**

# **EXTENSION ACTIVITY REPORT**

(In Association with Govt. and Non-Govt.  
Organizations and Programmes such as Swachh  
Bharath, Aids Awareness, Gender Issue etc)

**2017-18**





## SNEHA SANGAMAM

In association with Social Security Mission, Govt. of Kerala

DATE	NO OF PARTICIPANTS
17-11-2017	110



**17**  
നവംബർ  
2017  
10 AM

**സ്നേഹസംഗമം**  
മുവാറ്റുപുഴയിലെ മുതിർന്ന  
പൗരന്മാരുടെ ഒത്തുചേരൽ  
**നിർമ്മല കോളേജ് ഓഡിറ്റോറിയം**  
സഹകരണം  
വയോമിത്രം, മുവാറ്റുപുഴ മുനിസിപ്പാലിറ്റി



**Gathering Of Old Aged In Collaboration With Vayomitram In  
The College Auditorium**

### *A Day with Old Aged*

The Department of Management Studies conducted a gathering of old aged in collaboration with Vayomitram in the college auditorium on 17 November 2017, as part of Social Security Mission, Govt of Kerala. The aim of the gathering was to provide a common platform for the old aged to share their pain and joy and to give them the assurance that the society is concerned about them. The elderly shared their experiences and cultural heritage of the local communities.

## **NIRMAL MITHRA (SPORTS FEST FOR SPECIAL CHILDREN)**

**In association with SNAC, National Trust for the Welfare of Persons with Autism and Multiple Disabilities)**

<b>DATE</b>	<b>NO OF PARTICIPANTS</b>
<b>04-11-2017</b>	<b>150</b>



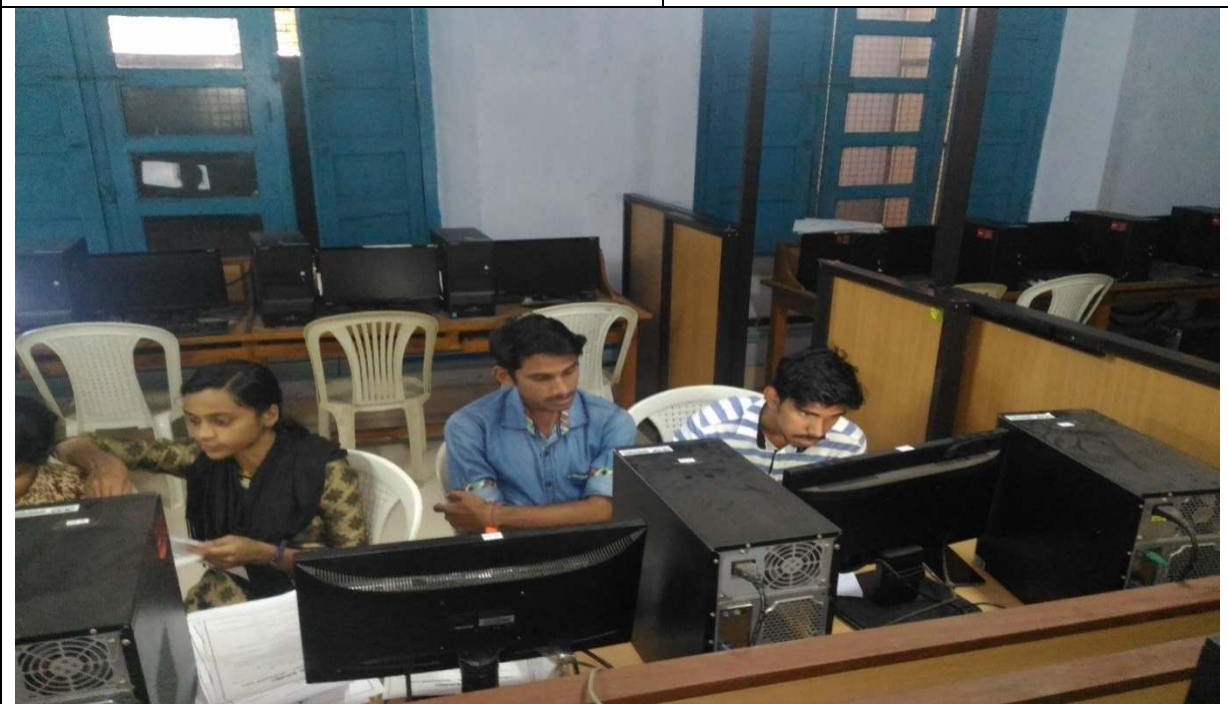
**Nirmal Mithra, Sports Fest For Special School Children Conducted By The Department Of Management Studies**

The new global movement global movement of people creating a new world of inclusion and community, where every single person is accepted and welcomed, regardless of ability or disability. To develop a feeling of inclusion for differentially abled children with intellectual and physical disabilities and to recognise and honour the talents of differently abled children, Department of Management Studies conducted Nirmal Mithra, sports fest for special school children on 4 November 2017. It aimed to boost their self-confidence and bring them to the mainstream. It was also a service-learning opportunity for the students to volunteer their time and adapt programs for the people with disabilities.

# HARITHA KERALAM AWARENESS PROGRAMME AND DATA ENTRY

In Association with Govt. Of Kerala

DATE	NO OF PARTICIPANTS
Started on 13-08-2017	200



Haritha Keralam Awareness Programme And Data Entry

On 13 August 2017, students of Nirmala College gathered to support the Haritha Keralam mission organized by Govt. of Kerala. The students divided into different groups covered areas of Avoly Grama Panchayath (adopted village) and Muvattupuzha Municipality. They distributed notices and brochures of organic farming and motivated all to initiate organic farming at least in their home. Volunteers gave orientation about proper organic farming methods and waste management for the Panchayath. Besides, in connection with the “Haritha Keralam Mission” by the Govt. of Kerala, students took survey in all wards of Avoly Panchayath (Adopted village) (14 wards, 5000 homes) on Organic farming and waste management. The volunteers digitalized these details as a statistical value and given to the Panchayath.

## VAYOJANOLSAVAM (SPECIAL ONAM CELEBRATION FOR THE OLD AND SICK)

In Association with Muvattupuzha Municipality

DATE	NO OF PARTICIPANTS
26-08-2017	120



**Special Onam Celebration For The Old And Sick**

Students of Nirmala College organized a special Onam celebration for the old and sick in Muvattupuzha on 26 August 2017 namely 'Vayojanolsavam' in association with Muvattupuzha Municipality at the municipal town hall, Muvattupuzha. Various cultural activities were staged by the students. Around 120 students participated in the programme. They took special care of the needs of the elderly and a delicious “onasadya” (lunch) was arranged, which was served by the students.

## **JAIVAM INAUGURATION (ORGANIC LITERACY PROGRAMME)**

**In Association with Govt. of Kerala**

<b>DATE</b>	<b>NO OF PARTICIPANTS</b>
<b>29-08-2017</b>	<b>200</b>



### **Organic Literacy Programme**

MG University National Service Scheme along with the Kerala Government had jointly adopted the mission of making Kottayam district the first ever district in India to attain complete organic literacy. The mission was named as “JAIVAM 2017” and was allocated to various NSS units of the university. On 29 August 2017, the inauguration Jaivam mission officially took place in the Mahatma Gandhi University, Kottayam. The NSS units under the university along with almost 10000 volunteers took part in the inauguration ceremony. 200 NSS Volunteers of Nirmala College participated in the ceremony actively. “JAIVAM 2017” was officially inaugurated by the honourable Chief Minister of Kerala Mr. Pinarayi Vijayan. The ceremony was enriched with the presence of Prof. C. Raveendranath, Hon. Minister for

Education, Dr. Babu Sebastian, Vice Chancellor, MG University, G. Sreekumar, Jaivam Mission Coordinator, Adv. P.K. Harikumar, Chairman, Jaivam, M R Unni, General convener, Dr.K.Sabukkuttan, NSS State Programme coordinator, Dr. Santhosh P Thampi, NSS Programme Coordinator, MG University and Sri. Jose K Mani, MP, Kottayam. All the honourable celebrities shared their views about the Organic culture of the state and stated that this mission would be a milestone in the history of National Service Scheme. They have also shared their views on how to succeed in the mission and also congratulated the volunteers for their efforts to adopt the mission. After the ceremony, there were also instructions by the authorities regarding how to conduct the project and ensure the success of the mission.





## WOMEN EMPOWERMENT-SEMINAR

In Association with Kerala State Women Commission

DATE	NUMBER OF STUDENTS PARTICIPATED
08-11-2017	650



**Seminar On Women Empowerment Organized In Association With Kerala State Women Commission**

The empowerment and autonomy of women and the improvement of their political, social, economic and health status is essential for the achievement of sustainable development. A seminar on Women Empowerment was organized on 8<sup>th</sup> November 2017 by Centre for women empowerment, Nirmala College in association with Kerala State Women Commission. **Mrs. M.C. Josephine, Chairperson, Kerala State women commission, was the resource person.** She encouraged women to become self-dependent and thus to find practical solutions to their challenges.

## **WOMEN EMPOWERMENT THROUGH ENTREPRENEURSHIP DEVELOPMENT – WORKSHOP ON CARPET AND CLOTH CARRY BAG MAKING**

**In Association with Women Cell**

<b>DATE</b>	<b>NO OF PARTICIPANTS</b>
<b>05-10-2017</b>	<b>100</b>



### **Workshop On Carpet And Cloth Carry Bag Making**

The role of women as business owners is gradually increasing all over the world. Women entrepreneurship development is the instrument of women empowerment. In order to empower women through encouraging entrepreneurship. A Workshop on carpet and cloth carry bag making is another initiative of the Centre for Women Empowerment of the college. The programme was conducted with the assistance of experts from Kudumbasree, in which students as well as members of various Kudumbasree units actively participated. The workshop sensitised the participants about the ill effects of using plastic carry bags and trained them to make environment friendly recyclable carry bags by using both paper and cloths.

## NIRMAL MUVATTUPUZHA (2017-18)

In Association with Govt. Of Kerala

DATE	NO OF PARTICIPANTS
02-10-2017	400



### Nirmal Muvattupuzha

In order to make visible and highlight the Suchithwa Kerala Mission Programmes among students, a Cleanliness Drive was conducted in and around Nirmala College, Muvattupuzha on the occasion of Gandhi Jayanthi 2017-18. The mission of the programme was to focus public attention and deliver on the need for cleanliness & hygiene. The programme includes cleaning of campus and public places in and around Muvattupuzha. The purpose was to create awareness among the students regarding cleanliness and its benefits. Principal motivated the students towards 'Clean India' by his inspirational talk. The students cleaned the entire campus and surrounding places and collected all the litter in big bags for disposal. The students were instructed to clean their hands with soap at the end. Refreshments were distributed to students.

**NIRMALA COLLEGE MUVATTUPUZHA**

# **EXTENSION ACTIVITY REPORT**

(In Association with Govt. and Non-Govt.  
Organizations and Programmes such as Swachh  
Bharath, Aids Awareness, Gender Issue etc)

**2018-19**



## **SENSITIZATION PROGRAMME FOR THE PARENTS OF MENTALLY CHALLENGED**

**In Association with SNAC and PARIVAAR (A National Platform For The Parents Of Mentally Challenged)**

<b>DATE</b>	<b>NO OF PARTICIPANTS</b>
<b>02-07- 2018</b>	<b>200</b>



**Sensitization Programme For The Parents Of Mentally Challenged**

The care that should be given to a mentally challenged child is a much difficult task. A psychological approach is necessary to nurture those children. Hence, the students of Nirmala college organized a sensitization programme for the parents of mentally challenged. It was conducted in two sessions. On 2 July 2018, the first session was held in Nirmala College auditorium. It was organized by SNAC and PARIVAAR, a platform for the parents of mentally challenged. The programme started at 10:00 am and ended by 3:30 pm. In the programme, distribution of certificates of Niramaya, a health insurance scheme initiated by the Ministry of Social Justice and Empowerment was launched. The parents were given guidance and counselling on the difficulties which they face in raising their children. The second session of the sensitization programme was held in an auditorium at Anicadu. The programme was started by 10:00 am and ended by 4:00 pm.

## CLEAN CAMPUS, GREEN CAMPUS

In Association with Govt. Of India

DATE	NO OF PARTICIPANTS
14-07-2018	420



### Clean Campus, Green Campus Programme

Students of Nirmala College worked hand in hand for a beautiful and elegant campus, and launched a 'Clean campus, Green campus' programme. The activities included: cleaning the entire campus, placing trash barrels and wheel bins for biodegradable and non-biodegradable wastes separately, sorting out the plastics, removed the over grown vegetation, planted around five hundred saplings, introduced vermi composting and rainwater harvesting mechanism in the college premises. The students were divided into different groups for the ease of completion the programme. The entire campus of Nirmala College, spread over 53 acres of land with around six buildings were cleaned and beautified. For the waste produced in the institution an effective management scheme was implemented with the help of the management authorities.

## **BAND TRAINING TO DIFFERENTLY ABLED PUPIL AT NIRMALA SADAN**

<b>DATE</b>	<b>NO OF PARTICIPANTS</b>
<b>22-09-2018</b>	<b>35</b>



**Band Training To Differently Abled Pupil At Nirmala Sadan**

With an aim to impart vocational training to the differently-abled, the NCC team of nirmala college gave training to differently abled children of nirmala sadan, a special school nearby. The cadets taught the children very patiently and the pupils of nirmala sadan enjoyed it very well. The key objective of the programme is to ensure employment for the differently-abled and providing them with economic independence.

## SWATCH BHARATH RALLY

Swachh Bharath Abhiyan, Govt. Of India

DATE	NO OF PARTICIPANTS
22-01-2019	75



**Swatch Bharath Rally**

Swatch Bharath rally was conducted by the NCC unit of Nirmala College along with Nirmala Higher Secondary School and SNDP Higher Secondary School, Muvattupuzha. The Rally was inaugurated by Sri. Jayakumar S. (Circle Inspector of Police, Muvattupuzha). Cadets carried placards about personal hygiene and social commitment for clean environment. Rally started from Nirmala College and covered places such as KSRTC junction, post office junction, Kacherythazham, Nehru Park, Velloorkkunnam signal junction, Market road and Chalikkadvu Bridge, Muvattupuzha, by marching nearly eight kilometres.



## 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.

# TRANSGENDER SENSITIZATION PROGRAMME

In association with Transgender Cell

DATE	NUMBER OF STUDENTS PARTICIPATED
27-7-2018	750



Transgender Sensitization Programme



### **Transgender Sensitization Programme**

A social awareness programme on transgender was conducted for students to bring attention to the transgender community by creating awareness about the issues that transgender people face in their day to day life. The programme was conducted by Women cell of Nirmala College, Muvattupuzha. The resource person was Shyama S Prabha, Transgender Cell Project Officer. The aim of the programme was to discuss the problems relating this community such as gender issues, cross dressing, discrimination in society and other social problems. It was an opportunity for the students to learn about their issues and to increase the visibility towards this community. It also helps the students to raise voice for such marginalized group.

## AWARENESS PROGRAMME FOR THE WELFARE OF AGED

Date	No. of students
10-10-2018	200



**Awareness Programme For The Welfare Of Aged**

The traditional norms and values of the Indian society laid stress on showing respect and providing care for the aged. However, in recent times, society is witnessing a gradual but definite decline of the joint family system, as a result of which a large number of parents are being neglected by their families exposing them to lack of emotional, physical and financial support. These older persons are facing a lot of problems in the absence of adequate social security. This clearly reveals that ageing has become a major social challenge and there is a need to provide for the economic and health needs of the elderly and to create a social milieu, which is conducive and sensitive to the emotional needs of the elderly. So that the social justice department, government of Kerala had initiated a programme spreading awareness on the welfare of aged. As part of the programme, a seminar was conducted in the audio visual hall of Nirmala College in association with the social justice department. The seminar was inaugurated by Sri Anilkumar, RDO, Muvattupuzha and the resource person for the seminar was dr. Manju Rajagopal, a Psychiatrist from District Hospital, Aluva. Dr. Manju explained the physical as well as psychological changes that occur in an individual during ageing. She also talked about the various schemes of the state government and the provisions of law for the welfare of the old aged. The programme was attended by faculty members, students and well wishers from various sectors.

## FLOOD SURVEY

In Association with Muvattupuzha Municipality

DATE	NO. OF STUDENTS
14-09-2018	375



**Flood Survey organized by Muvattupuzha Municipality for Distributing the flood relief fund.**

The students of Nirmala College participated in the post flood survey which was conducted for the municipality to prepare the official record of the flood affected people and property of Muvattupuzha municipality which was drastically affected during the flood of last year. The students conducted field work for four days and prepared reports which was then sent to the municipality where it was documented as official records

## 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.

## CLEANING AT MUVATTUPUZHA

DATE	NO OF PARTICIPANTS
10-07-2018	20



**Cleaning Of Muvatupuzha Riverside Walkway By NCC Cadets**





**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.