



ST. TERESA'S COLLEGE (AUTONOMOUS) ERNAKULAM

**TERESIAN RURAL OUTREACH PROGRAMME (TROP)**

REPORT OF ACTIVITIES: 2019-20

**Teacher In-charge**

Ms. Susan Cherian

Dr. Pearly Antony

**ACTIVITIES**

The college is a participating institute of Unnat Bharat Abhiyan (UBA) scheme of central government. The Mission of Unnat Bharat Abhiyan is to enable higher educational institutions to work with the people of rural India in identifying development challenges and evolving appropriate solutions for accelerating sustainable growth. Under the UBA scheme, the college has adopted five villages and assigned different departments for carrying out their extension activities in these villages. Dr.Nirmala Padanabhan, Associate Professor, Dept. of Economics is the nodal officer of the UBA activities of the college. Dr. Pearly Antony O., Assistant Professor, Dept. of Economics coordinated the activities in the 5 villages.

<b>Village</b>	<b>Department</b>	<b>Co-Ordinator</b>
Kunnukara	Chemistry Home Science Women Studies	Dr. Susan Cherian Associate Professor Dept. of Home Science
Cheranelloor	Economics English History Sociology	Dr, Jeena Ann Joseph Assistant Professor Department of English
Kuzhipilly	Commerce Bharathanatyam French Computer Science	Smt. Elizabeth Rini K.F Assistant Professor Dept of Commerce
Njarackal	Maths Physics Botany Zoology	Smt IK Nishitha Assistant Professor Dept. of Botany
Mulavukad	Communicative English B. Voc BMS BSc. Psychology	Ms.Chaitanya V. Assistant Professor (on contract) Dept. of Communicative English

The extension activities undertaken by various departments are detailed below.

**Department Name: Department of Communicative English**

**Activity No: 1**

**Activity Type – Participation by planting**

**Title:** Tree Planting as a part of observing World Environment Day

**Panchayat:** Mulavukad

**Date:** 14 June 2019

**Venue:** St Mary's HSS, Vallarpadom

**No: of teachers involved:** 1

**No: of students involved:** 3

**No: of beneficiaries:** School faculty and students as the sapling planted became part of their vegetable garden.

**Activity Description (Brief):** A guava sapling was planted at the vegetable garden of the school, thus celebrating the World Environment Day in a 'green' way, serving others.

**Photos:**



**Outcome of the activity:** The activity made the students extend the greenery on the planet.

**Department Name: Department of Communicative English**

**Activity No: 2**

**Activity Type – Awareness Campaign**

**Title:** Campaign on effective menstrual hygiene practices and drive to erase the notion of considering menstruation as a taboo.

**Panchayat:** Mulavukad

**Date:** 26 September 2019

**Venue:** St Mary's HSS, Vallarpadom

**No: of teachers involved:** 1

**No: of students involved:** 37

**No: of beneficiaries:** about 200 students belonging to the classes VI, VII, VIII, IX- including boys and girls.

**Activity Description (Brief):** The outcome based activity aimed at spreading healthy practices to be followed during the time of menstruation among the girl students, to make them understand what the physiological process and to equip them with necessary precautionary measures against rapidly growing lifestyle diseases. The campaign also aimed at removing the stigma around menstruation among the boys.



**Outcome of the activity:** A pre-class questionnaire was distributed before the activity. The same questionnaire was shared after the activity. A comparison of the two showed that the classes taken were effective. The pre-class and the post class questionnaire are documented.

**Department Name: Department of Communicative English**

**Activity No: 3**

**Activity Type – competition**

**Title:** Cloth-bag making competition as a part of Swacchata Hi Seva Campaign

**Panchayat:** Mulavukad

**Date:** 31 September & 1 October, 2019

**Venue:** Panchayat Office, Mulavukad

**No: of teachers involved:** 3

**No: of students involved:** 3

**No: of beneficiaries:** 100 households that contributed used-clothes

**Activity Description (Brief):** A cloth-bag making competition was conducted for the Kudumbasree units of all the wards of the Panchayat. Used clothes were collected from households to make the bags. The unit that makes the most number of cloth bags and the concerned ward member was given a cash award of Rs. 5000/- each. Ward number 4 Keraleswaram bagged the first prize in the competition.

**Photos:**



**Outcome of the activity:** Cloth-bags were distributed households so that they serve as an effective substitute of plastic bags. Thus the competition paved way for a green initiative.

**Department Name: Department of Communicative English**

**Activity No: 4**

**Activity Type – Awareness Campaign**

**Title:** Campaign to strategies for effective waste disposal

**Panchayat:** Mulavukad

**Date:** 7 December, 2019

**Venue:** Mulavukad Panchayat

**No: of teachers involved:** 3

**No: of students involved:** 26

**No: of beneficiaries:** 329 houses

**Activity Description (Brief):** With the permission of the Panchayat President, a total of 329 houses were visited by 26 students in pairs to share knowledge and strategies on effective waste disposal. With the help of Google Forms, the present methods of waste disposal were studied and the concept of bucket composting was introduced.



**Outcome of the activity:** A report will be generated out of the data collected as a part of survey. This will be presented to the Panchayat so that they can take effective measures to implement an effective waste disposal policy. Our data will thus provide them an insight to the trend of waste disposal in the rural area.

**Department Name: Department of Communicative English**

**Activity No: 5**

**Activity Type – Awareness Campaign**

**Title: Save Our Planet Rally Supporting the ban of single-use plastic.**

**Panchayat: Kanayannur**

**Date: 7 January, 2020**

**Venue: St Teresa's College, Ernakulam**

**No. of teachers involved: 2**

**No. of students involved: 50**

**No. of beneficiaries: On lookers and students of the college who participated in the rally.**

**Activity Description (Brief):** A rally was conducted under the leadership of the TROP members of the college where the students showed their support to the State Government's decision of banning single-use plastic.



**Outcome of the activity:** An eco-critical sense was instilled among the on-lookers that made us spread the green message of stopping plastic usage easily.

**Department Name: Commerce Department Regular**

**Activity No: 1**

**Activity type: Planting Trees**

**Title: Planting Trees in connection with World Environment Day**

**Panchayat: Kuzhuppilly**

**Date: 14/6/2019**

**Venue: Kuzhuppilly Panchayat**

**No. of teachers involved: 4**

**No of students involved: 10**

**No. of beneficiaries: Kuzhuppilly Panchayat Authorities**

**Activity Description (Brief):** St. Teresa's College (Autonomous), Ernakulam in association with Unnat Bharath Abhiyan , a Central Govt. Project to promote development of rural areas in tune with Gandhian vision of self-sufficient 'village republics', has organized planting tree at Kuzhupilly Grama Panchayat , Vypin on 14th June, 2019, in connection with World Environment Day, as a part of Teresian Rural Outreach Programme.



**Outcome of the activity: 5 Trees were Planted within the Kuzhuppilly Panchayat Premises.**

**Department Name: Commerce Department Regular**

**Activity No: 2**

**Activity type: Visit**

**Title: Visit and Meeting with Kuzhuppilly Panchayath authorities**

**Panchayat: Kuzhuppilly**

**Date: 20/09/2019**

**Venue: Kuzhuppilly Panchayat Office**

**No. of teachers involved: 3**

**No of students involved: 6**

**No. of beneficiaries: 3**

**Activity Description (Brief):** A meeting was arranged with the president Mrs. Rajitha Sajeev, Vice president Sri. K A Sivan and Ward member Sri. Chellappan to discuss the details of the competition as well as various other programs that could benefit the residents of Kuzhuppilly. Some of them were:

- Waste management - classes and mechanism
- Flood relief
- Domestic abuse and women defence awareness and training - classes covering law, rights and counselling- in each ward- for girls between the ages 14 and 25
- Digi locker database
- Mobile banking
- Plastic use reduction- awareness about harms and effects
- Other topics:
  - materials and funds from financial institutions with low or no interest.
  - need for dust bins in the Kuzhuppilly beach side.
  - post evaluation to make sure plans work smoothly.
  - grants for families and communities for work and livelihood
  - talk with panchayat about plans to make paper and clothes bags with funds and materials



**Outcome:** Classes will be arranged according to their requirements

**Department Name: Commerce Department Regular**

**Activity No: 3**

**Activity type: Cloth bag making competition**

**Title: Evaluation of cloth bag making competition in connection with Swachhta Hi Seva Campaign**

**Panchayat: Kuzhuppilly**

**Date: 30/09/2019**

**Venue: Kuzhuppilly Panchayat Office**

**No. of teachers involved: 5**

**No of students involved: 12**

**No. of beneficiaries: Out of 13 wards ,5 wards participated in it**

**Activity Description (Brief):** This competition was conducted under the campaign of Swachhta Hi Seva, which is an initiative of Unnath Bharat Abhiyan. Our evaluation was based on two criteria :

1. Total number of bags made
2. Involvement of the houses in the ward

Kuzhuppilly village office was the centre where all the participating groups brought their bags together. The evaluators were divided into five groups headed by the department in charges to examine and count the bags. Out of 13 panchayat wards, only 5 participated. The evaluation was done, points were awarded and winners were announced.



**Department Name: Commerce Department Regular**

**Activity No: 4**

**Activity type: Prize Distribution Ceremony**

**Title: Prize Distribution ceremony of Cloth Bag Making Competition**

**Panchayat: Kuzhuppilly**

**Date: 02/10/2019**

**Venue: Kuzhuppilly Panchayat Office**

**No. of teachers involved: 2**

**No of students involved: Nil**

**No. of beneficiaries: 10 Members from ward no:6**

**Activity Description (Brief):** Other committee members assembled there were Smt. Rajitha Sajeev (President), Mr. K. A Sivan (Vice president), Mr. Sanjay Prabhu (Secretary), Mr. A. A. Anil (Ward III member), Shaiby (CDS Chairman) and 10 other members of the wards of Kuzhuppilly Panchayath. The programme started at 11:30 am with a welcome speech by president and felicitation was made by Ms. Elizabeth Rini K F. The prizes were given for making maximum number of bags by using old clothes and the percentage of involvement of houses in their respective wards. This is an initiative to create a plastic free environment. Ward No:6 won the first prize and same ward itself won the 'Best Kudumbasree Unit' prize. Mr. K A Sivan received the prize for Best Ward member and Kudumbasree members of that particular ward received the prize for the Best Kudumbasree Award. Consolation Prize was won by Ward No:3 and ward member Mr. A.A Anil collected the prize as a representative. The programme was ended with a vote of thanks by Mr. K A Sivan, Vice President.



**Department Name: Commerce Department Regular**

**Activity No: 5**

**Activity type: Rally**

**Title: Rally connected with Save our Future campaign**

**Date: 20/09/2019**

**Venue: St.Teresa's College , Ernakulam**

**No. of teachers involved: 2**

**No of students involved: 121**

**No. of beneficiaries: Students of St.Teresa's College**

**Activity Description (Brief):** Save our Future is a social media campaign by the students of St.Teresa's College, to popularize and lend support to the ban on single use plastic by the Kerala State Government. Through this campaign, we aim to create a youth movement in support of the ban of single use plastic and to popularize the eco-friendly alternatives to plastic bags among the merchants and general public.

**Department Name: Commerce Department Regular**

**Activity No: 6**

**Activity type: Teaching the rural people**

**Title: Teaching of Online payment through Google Pay**

**Panchayat: Moolampilly**

**Date: 22/02/2020 and 23/02/2020**

**Venue: Moolampilly**

**No. of teachers involved: Nil**

**No of students involved: 3**

**No. of beneficiaries: 19 families**

**Activity Description (Brief):** As a part of Teresian Rural Outreach Programme, a group of three students of 3<sup>rd</sup> year B.com regular conducted a 2 day programme at Moolampilly for teaching the rural people about the online payment method, Google pay. We visited about 19 houses.



**Department Name: Commerce Department Regular**

**Activity No: 7**

**Activity type: Visit**

**Title: Visit to St. Thomas home for Destitutes**

**Date: 28/02/2020**

**Venue: Thevara**

**No. of teachers involved: Nil**

**No of students involved: 15**

**No. of beneficiaries: 35 Women and 15 Men**

**Activity Description (Brief):** Students of III Bcom regular visited the St. Thomas home for destitutes at Thevara on 28th February 2020. The goal of the visit was to make a refreshment programme for the old age people living in that home. The St.Thomas home for destitutes is an institution maintained by sisters of St. Thomas convent. There are 35 women and 15 men inmates. The home is only for the most poor needies having no basic necessities.



**Department Name: Economics**

**Activity No: 1**

**Activity Type – Awareness Campaign**

**Title: Planting a tree - World Environment day**

**Panchayat: Cheranalloor**

**Date: 7.06.2019**                      **Venue: Al Farookhia Higher Secondary School, Cheranalloor.**

**No: of teachers involved: 1**

**No: of students involved: 2**

**No: of beneficiaries: 1000**

**Activity Description (Brief):**

In connection with World Environment Day, students of the department of economics planted tree samplings at Al Farookhia Higher Secondary School ,Cheranalloor on June 7, 2019, as a part of 'Unnat Bharat Abhiyan' programme launched by the Ministry of Human Resource and Development.



**Outcome of the activity:**

The initiative spread an awareness on the need for protecting our environment, reducing plastics and making the environment greener.

**Department Name: Economics**

**Activity No: 2**

**Activity Type : Workshop**

**Title: Friendship project – gratitude to fishermen**

**Panchayat: Cheranalloor**

**Date: 23.06.2019**

**Venue: National Institute of Oceanography**

**No: of teachers involved: 1**

**No: of students involved: 15**

**No: of beneficiaries: 500**

**Activity Description (Brief):**

Students of the Economics department participated in the Friend Ship project, an art installation, in association with Good Karma Foundation at the Institute of Oceanography, Ernakulam on 23<sup>rd</sup> June 2019. Miniature paper boats were made with thank you messages for the fishermen in our UBA panchayat, who saved lives in the rescue operations during the kerala floods.



**Outcome of the activity:**

The platform became a connecting channel between the otherwise isolated fishermen community of our UBA panchayats and global community, thus opening up world of opportunities through networking. It enabled the students to understand the hardships of fishermen community and hence offer better support.

**Department Name: Economics**

**Activity No: 3**

**Activity Type –Visit**

**Title:** Visit to Collectorate, Kakanad

**Panchayat:** Cheranalloor and Mulavukadpanchayat

**Date:** 19.07.2019

**Venue:** Collectorate, Kakanad Ernakulam

**No: of teachers involved:** 2

**No: of students involved:** 2

**No: of beneficiaries:**

**Activity Description (Brief):**

In view of collecting information regarding the possible extension activities that can be conducted under Unnat Bharat Abhiyan, Dr. NirmalaSitharaman, Dr.Pearly Antony O. (Economics department) and Dr. Jeena Ann along with student representatives had a brief meeting with Mr K G Thilakan, PAU Project Director, at 11.30 am. The various projects that are proposed to implemented and their feasibilities were discussed. He also briefed us on Pachathuruth – a Haritha Keralam program. We also approached other Departments like Education, Suchitwa Mission, Kudumbashree etc. They agreed to help us with the follow up procedures.



**Outcome of the activity:** The meeting concluded with the suggestion of implementing various proposals in the 5 panchayats allotted for UBA, which includes - pachathuruth in public spaces, compost pit, water recharging, LED bulbs for households, among many others.

**Department Name:** Economics

**Activity No:** 4

**Activity Type –Visit**

**Title:** Interactive session with Japanese students

**Panchayat:** Mulavukad

**Date:** 29.08.2019

**Venue:** Mulavukad

**No: of teachers involved:** 2

**No: of students involved:** 5

**No: of beneficiaries:** 35

**Activity Description (Brief):** In connection with academic student exchange programme, the Department of Economics arranged a session for the students and faculty members of Sophia university, Japan on kudumbashree activities of the mulavukadpanchayat. They interacted with the mulavukad panchayat president and kudumbashree members. This was a great opportunity for the kudumbashree members to share their experiences with the foreign students.



**Outcome of the activity:** The interactive session boosted the self-confidence of the kudubashree members. It also helped them to identify newer opportunities and share their experiences with foreign students.

**Department Name: Economics**

**Activity No: 5**

**Activity Type –class**

**Title: Training of trainers**

**Panchayat: Kunnukara**

**Date: 19.09.2019**

**Venue: St Teresa's college, Ernakulam**

**No: of teachers involved: 1**

**No: of students involved: 120**

**No: of beneficiaries: 120**

**Activity Description (Brief):**

Hands on training was given to our students on opening Digi locker accounts and uploading documents into it. The student master trainers explained the uses, advantages of Digi locker accounts and motivated students to open Digi locker accounts and promote the same by becoming master trainers themselves.



**Outcome of the activity:** The students became Master trainers for Spreading the usage of Digi Locker accounts in the UBA panchayats, which would ensure safe custody of important documents even during calamities like floods. The training helped capacity building amongst the students.

**Department Name: Economics**

**Activity No: 6**

**Activity Type – Awareness Campaign**

**Title: Reduction of plastics -Awareness for Kudumbashree members**

**Panchayat: Cheranalloor**

**Date: 25.09.2019**

**Venue: Kudumbashree unit, Cheranalloor**

**No: of teachers involved: 1**

**No: of students involved: 6**

**No: of beneficiaries: 30**

**Activity Description (Brief):**

An awareness session for the kudumbashree members was conducted to point out the negative effects of plastics bags, on the need to reduce plastics and promote alternatives to plastics. The teacher in charge and students of economics department motivated kudumbashree members of cheranalloor to upcycle old cloths to produce reusable cloth bags.



**Outcome of the activity:** The Kudumbashree members got conscious about the use of plastic bags and agreed to be part of further initiatives of the department like` cloth bag making competition.

**Department Name: Economics**

**Activity No: 7**

**Activity Type – Awareness Campaign**

**Title: Sachhata Hi Seva campaign – cloth bag making competition**

**Panchayat: Cheranalloor**

**Date: 30.09.2019**

**Venue: Cheranalloor Panchayat**

**No: of teachers involved: 5**

**No: of students involved: 8**

**No: of beneficiaries:838**

**Activity Description (Brief):**

As part of Swachhta Hi Sava, a plastic waste free campaign, a cloth bag making competition was conducted in 5 wards of cheranalloor panchayat. Faculties of the department motivated ward members and their kudumbashree units to upcycle old cloths into reusable bags to reduce the use of plastics. Total of 838 bags were made by the kudumbasree members. Smt. Shoba, Smt. Jemma(ASTA members), Dr. Pearly AntonyO., Dr, Jeena Ann Joseph and Dr. Maria Theresa Chakkunny ( Assistant Professors, St. Teresa’s College ) evaluated the competition.



**Outcome of the activity:**The competition encouraged the kudumbashree members to recognise their potential and the wider opportunities available. It also instilled the habit of using cloth bags as an alternative to plastics. The ASTA members provided market opportunities for the Kudumbasree members. The 838 bags made for competition were distributed to 838 families in CheranalloorPanchayath.

**Department Name: Economics**

**Activity No: 8**

**Activity Type – Awareness Campaign**

**Title: Prize distribution for cloth bag making competition**

**Panchayat: Cheranalloor**

**Date: 1.10.2019**

**Venue: Cheranalloor**

**No: of teachers involved: 1**

**No: of students involved: 2**

**No: of beneficiaries: 292**

**Activity Description (Brief):**

Prizes were distributed to the winners of the cloth bag making competition held in Cheranalloor panchayat as part of Swachhta Hi Sevacampaign , a plastic waste free campaign. The first Prize of Rs 5000 was backed by Ward 13 with 291 bags and Member of ward 13 won Rs. 5000 for the best ward member in Cheranalloor Panchayath. Smt. Mallika ,Cheranallor Panchayath Secretary, Smt. Shoba and Smt. Jemma(ASTA members) handed over the prize to winners.

**Photos:**



**Outcome of the activity:** The kudumbashree members got an opportunity to recognise their potentials and wider opportunities available to them. They

were also encouraged to embrace the use of cloth bags. 838 cloth bags were distributed to 838 houses which will reduce the use of plastic bags.

**Department Name: Economics**

**Activity No: 9**

**Activity Type –Class**

**Title: e- jaalakam master training at SN college Kollam**

**Date: 04.10.2019**

**Venue: SN college, Kollam**

**No: of teachers involved: 1**

**No: of students involved: 3**

**No: of beneficiaries: 250**

**Activity Description (Brief):** Students from various departments of SN college, Kollam attended a training session conducted by master trainers from department of Economics, St Teresa's College, Ernakulam. By illustrating how the Kerala floods had affected important documentations, the Master trainers pointed out the advantage of opening Digi Locker accounts for safe custodial of important documents. The procedures were explained to the students in detail and their queries were answered. The students were encouraged to upload documents like Aadhaar card, licence card etc, 10<sup>th</sup> certificates. They were further motivated to promote the usage of Digi locker accounts.



**Outcome of the activity:** The students of SN college could successfully upload their documents into safe custody. They became the master trainers for promoting this initiative. 250 Digi locker accounts were created as a result of the workshop.

**Department Name: Economics**

**Activity No: 10**

**Activity Type –Visit**

**Title: Interactive session with Sweden students**

**Panchayat: Mulavukad**

**Date: 25.10.2019**

**Venue: Mulavukadpanchayat**

**No: of teachers involved: 2**

**No: of students involved: 4**

**No: of beneficiaries: 35**

**Activity Description (Brief):** The economics department in association with Teresian International team in connection with Indo Swedish student exchange programme, arranged a session for the students and faculty members of Sweden on kudumbashree activities of the Mulavukadpanchayat. They interacted with the Mulavukadpanchayat president and kudumbashree members. This was a great opportunity for the kudumbashree members to share their experiences with the foreign students.



**Outcome of the activity:** The kudumbashree had an experiential learning through their interaction with students. They were motivated to identify newer opportunities.

**Department Name: Economics**

**Activity No: 11**

**Activity Type –class**

**Title: Training of trainers**

**Panchayat: Mulavukad**

**Date: 19.12.2019**

**Venue: St.Teresas college**

**No: of teachers involved: 1**

**No: of students involved: 67**

**No: of beneficiaries: 67**

**Activity Description (Brief):** Hands on training was given to our students in paper bag making. The initiative aimed at sensitizing the students about the ill effects of plastics and adopting an alternative for plastic bags. These students would then become master trainers for the kudumbashree members in preparing greener bags for daily use.



**Outcome of the activity**

The training session helped in capacity building amongst the students. The students became master trainers for promoting the initiative amongst the Kudumbashree members of UBA panchayats. 300 paper bags were made by the students during this workshop.

**Department Name: Economics**

**Activity No: 12**

**Activity Type – Awareness Campaign**

**Title: Distribution of paper bags**

**Date: 1.01.2020**

**No: of teachers involved: 1**

**No: of students involved: 5**

**No: of beneficiaries: 300**

**Activity Description (Brief):** The students of the Economics department prepared 300 paper bags for Kochin Carnival. These bags were handed over to Suchitwa Mission for making Kochi carnival a Green Carnival.



**Outcome of the activity:** The distribution of paper bags promoted the its usage amongst the crowd. It sensitized the crowd about the harmful effects of plastics. These people further promoted the usage of greener bags. It helped to reduce the usage of 300 plastic carry bags.

**Department Name: Economics**

**Activity No:13**

**Activity Type – Awareness Campaign**

**Title: Rally - Save our future**

**Date: 07.01.2020**

**Venue: St. Teresas College To Menaka**

**No: of teachers involved: 1**

**No: of students involved: 30**

**No: of beneficiaries: 200**

**Activity Description (Brief):** The students of economics department participated in a rally organised by BMC in association with UBA and NSS, as part of Save our Future campaign. The initiative is undertaken to endure plastic free environment and reduce the usage of plastic bags. This was to show the support of youth for the ban of single use plastics. The rally was flagged off by Shree T.J Vinod, MLA.



**Outcome of the activity:** The rally sensitized the community about the harmful effects of plastic and promoted a plastic free environment. It encouraged people to give the use of onetime plastic bags.

**Department Name: Economics**

**Activity No: 14**

**Activity Type –Workshop**

**Title: Disaster management**

**Panchayat: Kunnunkara**

**Date: 14.01.2020**

**Venue: Kunnunkara**

**No: of teachers involved: 1**

**No: of students involved: 2**

**No: of beneficiaries: 100**

**Activity Description (Brief):** In association with BMC, UBA, District Disaster management authority and Kunnunkara panchayat, a one-day Disaster management workshop was conducted to deal with natural disasters. The initiative was inaugurated by MP Hibi Eden M.P in which technical sessions were handled by Smt. Anjali Parameswaran (Hazard Analyst, DDMA) and Dr. Martin Patick (Member, District planning Committee). During the workshop people shared their experiences during the previous floods and made their suggestions to overcome the challenges that they faced during flood.



**Outcome of the activity:** Awareness was created about dealing with disaster management. Practical solutions for meeting the emergencies were made which will be incorporated in the village development plans to face the disaster. The workshop enabled the village authorities to make useful plans for their village development plans.

**Department Name: Economics**

**Activity No: 15**

**Activity Type – Awareness Campaign**

**Title: Social Media campaign**

**Panchayat: Kunnunkara**

**Date: 14.01.2020 to 15.02.2020**

**Venue: Kunnunkara Panchayath**

**No: of teachers involved: 2**

**No: of students involved:2**

**No: of beneficiaries:500**

**Activity Description (Brief):** In connection with reducing the use of plastic bags, the students of the department of economics develop daily, innovative catchy messages for Kunnunkara panchayat as part of the social media campaign undertaken by the college. This messages is circulated among the people of Kunnukara panchayath which make them aware of the need of avoiding the use of Single use plastics.



**Outcome of the activity:** The daily messages create an awareness amongst the people about harmful effects of plastic and promote the use of alternatives to plastics

**Department Name: Economics**

**Activity No: 16**

**Activity Type –Visit**

**Title:VISIT TO KUNNUKARA AND KUZHUPPILLY Panchayat:**

**Date: 21.11.2019 and 23.11.2019**

**Venue: Kunnunkara and Kuzhupilly**

**No: of teachers involved:1**

**No: of students involved: 2**

**Activity Description (Brief):** As part of UBA, the students of the department of economics conducted a study on the local self-governance in Kunnunkara and Kuzhupilly Panchayat. They had an interaction with the Panchayat Secretary of both the Panchayats to get a view on the present condition of the Panchayat economically as well as socially and to understand the problems of local self-governance at the grass root level. They understood the relevance of Panchayati Raj institutions in achieving grass root level democracy They also presented a paper on the same mentioning their suggestions at Bharathidasan University, Coimbatore.



**Outcome of the activity:**

Students got an opportunity to have an interaction with the President and Secretary of the Panchayat making them aware of the barriers faced by the Panchayat towards all round development, and to attend the Social Audit Meeting (Gram Sabha). They had a detailed study on the People's BioDiversity Register (PBDR), Natural Resource map and the development reports of the Panchayat. They were able to comprehend the issues and challenges faced by the people through these visit

**Department Name: Economics**

**Activity No: 17**

**Activity Type –Workshop**

**Title: Cities4 Forests - Mapathon**

**Panchayat: Cheranalloor**

**Date: 09.01.2020 to 11.01.2020**

**Venue: St. Teresa's College**

**No: of teachers involved: 1**

**No: of students involved: 4**

**No: of beneficiaries: 4**

**Activity Description (Brief):** As part of the Cities4Forests initiative, the students of economics department participated in the mapathon, a training and data collection exercise, organized by WRI India in partnership with the Kochi Corporation. The mapathon was hosted at St Teresa's college. Kochi mayor Smt. Soumani Jain inaugurated the workshop. Councillors from various panchayats guided the students in mapping the tree covers, open spaces, buildings, green patches, water bodies and maps.



**Outcome of the activity:** The students could understand the topography of the city. It also helped the students to realise the potential spaces for planting trees.

**Department Name: Economics**

**Activity No: 18**

**Activity Type – Workshop**

**Title: Seminar - Disaster Management**

**Panchayat: Mulavakad**

**Date: 27.01.2020**

**Venue: Mulavakad Panchayat**

**No: of teachers involved: 1**

**No: of students involved: 8**

**Activity Description (Brief):** With the support from Directorate of Environment and Climate change, St Teresa's College in association with BMC, UBA, District Disaster Management Authority and Mulavakad panchayat, a one day workshop on Disaster management was conducted on 27 January 2020. The technical sessions were handled by Smt. Anjali Parameswaran (Hazard Analyst, DDMA) and Dr. Martin Patick (Member, District planning Committee). Based on the experiences of the participants, they suggested practical suggestions to face the disasters which could be included in the village development plan.



**Outcome of the activity:** Based on the discussion, various measures were suggested to overcome natural disasters especially flood. Awareness was created about dealing with disaster management. Practical solutions for meeting the emergencies were made which will be incorporated in the village development plans to face the disaster. The workshop enabled the village authorities to make useful plans for their village development plans

**Department Name: Economics**

**Activity No: 19**

**Activity Type –Workshop**

**Title: Training of trainers for Kudumbashree**

**Panchayat: Njarackal**

**Date: 31.01.2020**

**Venue: St Teresa's college, Ernakulam**

**No: of teachers involved: 3**

**No: of students involved: 3**

**No: of beneficiaries: 20**

**Activity Description (Brief):** Hands on training on paper bag making was given to 5 Kudumbashree members of Njarackal panchayat by the students of the department of economics. These Kudumbashree members will further train other members of Kudumbashree in preparing greener bags for daily use. This will provide an income earning opportunity for the Kudumbashree members.



**Outcome of the activity**

The training session helped in capacity building amongst the kudumbashree members. They would then become master trainers for promoting the initiative amongst other Kudumbashree members of UBA panchayats.

**Department Name: Economics**

**Activity No: 20**

**Activity Type –Workshop**

**Title: Workshop on Digi locker account Creation**

**Panchayat: Kunnukara Panchayat**

**Date: 13-2-2020**

**Venue: Kunnunkara**

**No: of teachers involved: 1**

**No: of students involved: 4**

**No: of beneficiaries: 50**

**Activity Description (Brief):** Since Kunnukara panchayath is a drought prone area a workshop was conducted on Digi locker account Creation at Kunnukara panchayath on 13-2-2020. The students of department of Economics gave training to the students of MES college in Kunnukara panchayath. These students will train the other students and along with our students they will start the opening of Digi locker for all the households in Kunnukara Panchayth. This will enable the people for the safe custody of their valuable documents in the digital space which will be safe from the natural calamities.

**Outcome of the activity:** Trained the students of MES college in Kunnukara panchayath to create Digi locker account for the people of Kunnukara.

**Department Name: Economics**

**Activity No: 21**

**Title: Distribution of mask and sanitizer**

**Panchayat: Mulavukad and Kuzhupilly Panchayat**

**Date: 6 -5 -2020**

**Venue: St.Teresa's College, Ernakulam**

**No: of teachers involved: 2**

**No: of students involved: 2**

**No: of beneficiaries: 300**

**Activity Description (Brief):** Department actively engaged in combating Covid-19 pandemic by distributing masks and sanitizers to Panchayaths and institutions. On 6th May 2020, 300 masks and 20 sanitizers were distributed to UBA Panchayaths- Mulavukad and Kuzhuppilly Panchayath. On 12th May 200 masks were distributed to Govt. vocational Higher Secondary School, Irinjilakkuda Trissur. The venture was supported by Lion's club of Cochin Elites and Leamation Media Productions.



**Outcome of the activity:** 300 reusable masks and 20 bottle sanitisers were distributed to Kuzhupilly and Mulavukad panchayaths which will be distributed to the health workers and other Covid warriors of the panchayaths.

**Department Name : Computer applications**

**Activity No : 1**

**Activity Type - Class**

**Title : YuvaVigyan - Age Friendly class for Senior Citizens**

**Panchayat :**

**Date : July to October 2019**

**Venue : Computer Lab, St.Teresa's College**

**No: of teachers involved : 2**

**No: of students involved : 30**

**No: of beneficiaries : 23**

**Activity Description (Brief):** The Department of Computer Applications, St. Teresa's College, joined hands with MAGICS an NGO promoting the concept of Age friendly Ernakulam District with the support of Cochin Municipal Corporation and programme was named 'Viovigyan' - computer literacy programme for senior citizens.



**Outcome of the activity:** The elderly learned basic computer skills such as browsing internet, sending email, making an

online call, net banking, typing a document etc. Computer classes were arranged in the computer lab of the college after the regular class time. Student volunteers with an aptitude of teaching and empathy taught the basics of computers with the guidance of teachers. Students in turn are benefited with volunteerism and inter generational learning.

**Activity No : 2**

**Activity Type – Workshop**

**Title : Planting tree sampling**

**Panchayat : Kuzhipilly**

**Date : July to October 2019**

**Venue : Kuzhipillypanchayat premises**

**No: of students involved : 6**

**No: of beneficiaries : 25**

**Activity Description (Brief):** As part of cluster departments Commerce, French, Bharathanatyam



**Department Name: Department of Bharathanatyam**

**Activity No: UBA 1**

**Activity Type – Awareness Campaign**

**Title: Planting sampling**

**Panchayat: Kuzhipilly**

**Date: 14<sup>th</sup> June 2019**

**Venue:Kuzhipillypanchayat**

**No: of teachers involved: 1**

**No: of students involved: 2**

**No: of beneficiaries:Panchayat block**

**Activity Description (Brief):** As a part of world environment day, the students and teachers of St Teresa's college, Ernakulam planted saplings at Kuzhipilly block on title "UNNAT BHARAT ABHIYAN".

**Outcome of the activity:** An initiative taken towards protecting the environment and reducing pollution and planted 2 plants (cashew and gooseberry).

**Department Name: Department of Bharathanatyam**

**Activity No: TROP 1**

**Activity Type – Awareness Campaign**

**Title: Entrepreneurship activity**

**Panchayat: KuzhipillyPanchayat**

**Date: 23<sup>rd</sup> September 2019**

**Venue: KuzhipillyPanchayat**

**No: of teachers involved:2**

**No: of students involved: 4**

**No: of beneficiaries: all the wards of the panchayat**

**Activity Description (Brief):** The teachers went to Kuzhipillypanchayat to discuss and promote the use of cloth bags and to promote them to be Entrepreneurs.The session also included an inspirational talk which promotes the use of cloth bags and how they can earn

themselves through these activities. The continuation of the same was conducted on 2<sup>nd</sup> October 2019 in the form of a competition to make maximum number of bags using old cloths.

**Outcome of the activity:** An initiative taken towards replacing plastic with reused cloth bags and paper bag

**Department Name:** Department of Bharathanatyam

**Activity No:** TROP 2

**Activity Type –**SwayamThozhilPathadhi

**Title:** Entrepreneurship activity

**Panchayat:** KuzhipillyPanchayat

**Date:** 30<sup>rd</sup> September 2019

**Venue:** KuzhipillyPanchayat

**No: of teachers involved:** 1

**No: of students involved:** 2

**No: of beneficiaries:** Six wards of the panchayat

**Activity Description:** The teachers and student went to KuzhipillyPanchayat to conduct a Competition of making Cloth Bag. And the winners were awarded with Cash Prizes.



**Outcome of the Activity:** Most of the members of KuzhipillyPanchayat learned and make it as a livelihood.

**Department Name:** Department of Commerce(SF)

**Activity No:** UBA 1

**Activity Type –** Awareness Campaign

**Title:** Planting sapling

**Panchayat:** Kuzhipilly

**Date:** 14<sup>th</sup> June 2019

**Venue:** Kuzhipillypanchayat

**No: of teachers involved:**1

**No: of students involved:**8

**No: of beneficiaries:** Panchayat block

**Activity Description (Brief):**As a part of world environment day, the students and teachers of St Teresa's college, Ernakulam planted saplings at Kuzhupilly block on title "UNNAT BHARAT ABHIYAN".

**Photos:**



**Outcome of the activity:** An initiative taken towards protecting the environment and reducing pollution and planted 2 plants (cashew and gooseberry).

**Department Name:** Department of Commerce(SF)

**Activity No:** UBA 2

**Activity Type –** Awareness Campaign

**Title:** Entrepreneurship activity

**Panchayat:** KuzhipillyPanchayat

**Date: 23<sup>rd</sup> September 2019**

**Venue: KuzhipillyPanchayat**

**No: of teachers involved:2**

**No: of students involved:7**

**No: of beneficiaries: all the wards of the panchayat**

**Activity Description (Brief):**The teachers went to Kuzhipillypanchayat to discuss and promote the use of cloth bags and to promote them to be Entrepreneurs.The session also included an inspirational talk which promotes the use of cloth bags and how they can earn themselves through these activities. The continuation of the same was conducted on 2<sup>nd</sup> October 2019 in the form of a competition to make maximum number of bags using old cloths.



**Outcome of the activity:** An initiative

taken towards replacing plastic with reused cloth bags and paper bag

**Department Name: Department of Commerce (SF)**

**Activity No: UBA 3**

**Activity Type –Workshop**

**Title: Installation of paper boats**

**Panchayat: High Court, Ernakulam**

**Date: 23<sup>rd</sup> June 2019**

**Venue: High court**

**No: of teachers involved: 1**

**No: of students involved: 2**

**No: of beneficiaries: 50**

**Activity Description (Brief):**It was an event conducted by the Oceanography Research Centre near High Court, Ernakulam on 23<sup>rd</sup> June, 2019. It was in honour of the Fishermen who helped enthusiastically in the flood relief activities and saved nearly 60,000 lives in the worst floods that hit Kerala last year. Around 5000 paper boats were made where each boat represented a life. Our students were volunteers representing Kuzhupillypanchayat and friendship messages were tagged along and handed over to the Fishermen.



**Outcome of the activity:** An

activity conducted to appreciate the fishermen for their contribution during the Kerala floods.

**Department Name: Department of Commerce(SF)**

**Activity No: UBA 4**

**Activity Type – Awareness Campaign**

**Title: Road cleaning**

**Panchayat: Narackalgramapanchayat**

**Date: 7<sup>th</sup> December 2019**

**Venue: Canal road Narackal gramapanchayat**

**No: of teachers involved:1**

**No: of students involved:12**

**No: of beneficiaries: Whole panchayat**

**Activity Description (Brief):** Cleaned the canal road and premises, the cleaning session was inaugurated by the Panchayat President.



**Outcome of the activity:** A step taken towards keeping the society clean and less polluted by the members of the panchayat and the president put each ward in charge of cleaning on a regular basis.

**Department Name:** Department of Commerce(SF)

**Activity No:** UBA 5

**Activity Type –** Awareness Campaign

**Title:** Cleaning the vegetable garden

**Panchayat:** Narackal gramapanchayat

**Date:** 19<sup>th</sup> November 2019

**Venue:** Narackal Taluk Hospital

**No: of teachers involved:** 1

**No: of students involved:** 13

**No: of beneficiaries:** hospital canteen

**Activity Description (Brief):** The students visited the Taluk hospital at Narackal and cleaned the vegetable garden in the hospital premises.



**Outcome of the activity:** A step taken towards keeping the hospital premises clean and less polluted by the members of the hospital. As a continuation of which the staff regularly clean the space and they get some quantity of vegetables needed for their use.

**Department Name:** Department of Commerce(SF)

**Activity No:** UBA 6

**Activity Type –** Visit

**Title:** Old Age Home Visit

**Panchayat:** Narackal gramapanchayat

**Date:** 19<sup>th</sup> November 2019

**Venue:** Little Flower Poor House

**No: of teachers involved:** 1

**No: of students involved:** 13

**No: of beneficiaries:** 30

**Activity Description (Brief):** The students visited the Old Age Home and spend time with inmates listening to their life lessons and experiences. The students contributed soap powder, vicks, biscuits, cakes, towels and blankets.



**Outcome of the activity:** The inmates took an oath on reducing the

use of plastics and as the initial step replaced plastic carry bags with cloth and paper bags and moreover introduced steel plates.

**Department Name: Department of Commerce(SF)**

**Activity No: TROP 1**

**Activity Type – Class**

**Title: Teaching activity**

**Panchayat: Nayarambalam**

**Date:December , January (four Saturdays each) Venue: Sri Bhagavathy Vilasam School**

**No: of teachers involved: 1**

**No: of students involved: 10 (every week on regular basis)**

**No: of beneficiaries: 180 students**

**Activity Description (Brief):** The students from 5th to 7th grade are taught the basics of English (salutation, reading and writing) from 8th to 10th (English and Math's) 11th and 12th (commerce, accounts and math's).



**Outcome of the activity:** It is a voluntary initiative taken by our students to help the under privileged students as they feel it is their social responsibility to extend a helpful hand in the little way they can after which there was a drastic change in their marks and the students was requested to come on a regular basis.

**Department Name: Department of Commerce(SF)**

**Activity No: TROP 2**

**Activity Type –Visit**

**Title: Orphanage visit**

**Panchayat: Kaloor**

**Date:30.11.2019, 1.12.2019,11.1.2020**

**Venue: NirmalaShishuBhavan**

**No: of teachers involved: 0**

**No: of students involved: 5**

**No: of beneficiaries:**

**Activity Description (Brief):** The students worked as volunteers there to take care of the children aged below 10.



**Outcome of the activity:** As the kids were very small, we taught them alphabets, colours, numbers etc.

**Department Name: Department of Commerce (SF)**

**Activity No: TROP 3**

**Activity Type – Awareness Campaign**

**Title: Presenting handmade paper items**

**Panchayat: Ernakulam**

**Date: 5<sup>th</sup> September 2019**

**Venue: Department of Commerce (SF)**

**No: of teachers involved: 16**

**No: of students involved: 49**

**No: of beneficiaries: 65**

**Activity Description:** Our students celebrated Teachers Day by presenting us handmade Paper bags, Paper Pens as well as Cloth pouches to the faculties of Department of Commerce (SF) as a token of their love.



**Outcome of the activity:** Being eco-friendly, the teachers replaced the plastic bags with paper bags.

**Department Name: Department of Commerce (SF)**

**Activity No: TROP 4**

**Activity Type – Awareness Campaign**

**Title: Paper for plastic**

**Panchayat: Ernakulam**

**Date: 20<sup>th</sup> December 2019 .**

**Venue: Vascoda Gama Square, Fort Kochi**

**No: of teachers involved: 0**

**No: of students involved: 40**

**No: of beneficiaries: 300 people**

**Activity Description (Brief):** As a part of green initiative, around 40 students under the supervision of Anjana.S made paper bags. Students were taught to make paper bags out of old newspapers. Around 300 bags were made together with students who participated in the initiative within one week's time. The bags were handed over to the members of Suchitwa Mission.



**Outcome of the activity:** Students took initiative to make paper bags on a regular basis to make it available at nearby stores replacing plastic carry bags.

**Department Name: Department of Commerce (SF)**

**Activity No: TROP 5**

**Activity Type – Awareness Campaign /Survey**

**Title: swatch bharath summer internship**

**Panchayat: Cheranallour village /panchayath**

**Date: 25<sup>th</sup> June 2019**

**Venue: cheranallour village /panchayath**

**No: of teachers involved:**

**No: of students involved: 50**

**No: of beneficiaries: 100**

**Activity Description (Brief):** It was a 100 hours internship as data analyst. The students were assigned to collect data from various houses in cheranallour village /panchayath and thereafter analyzing the data collected and submitting a report the same. The data collection was on the topic waste disposal, plastic usage etc.



**Outcome of the activity:**

- Collected data from various houses
- Collected data was based on waste disposal, plastics usage etc.
- Analyzed and submitted the data collected.

**Department Name: Department of Commerce (SF)**

**Activity No: TROP 6**

**Activity Type – Awareness Campaign /Workshop**

**(Strike out whichever is not applicable)**

**Title: Medical camp**

**Panchayat: Vytila**

**Date: 6<sup>th</sup> October 2019**

**Venue: Kazhinjeth auditorium, Ponnurunni**

**No: of teachers involved:1**

**No: of students involved: 5**

**No: of beneficiaries: 120**

**Activity Description (Brief):** The students of our Department of St.Teresa's college volunteered for a medical camp conducted by Hindusthan economic charitable foundation with the help of Medical trust hospital.



**Outcome of the activity:** A camp was conducted and free medical check-up was given, along with a free eye check-up

**Department Name: Department of Commerce(SF)**

**Activity No: TROP 7**

**Activity Type – Awareness Campaign/Visit**

**(Strike out whichever is not applicable)**

**Title: Old age home visit**

**Panchayat:**

**Date: 14<sup>th</sup> and 15<sup>th</sup> December 2019**

**Venue: Abhaya Old Age Home**

**No: of teachers involved: 1**

**No: of students involved: 40**

**No: of beneficiaries: 80**

**Activity Description (Brief):** Students spend quality time with both sections: Men and Women. They gave them Fruits and had lunch with them.



**Outcome of the activity:** A class was given on reducing the use of plastics and keeping our environment clean.

**DEPARTMENT OF SOCIOLOGY**

**TROP ACTIVITIES – 2019-'20**

**Activity: 1**

**Activity Type: Awareness Campaign**

**Title: WORLD BAMBOO DAY CELEBRATIONS**

**Corporation: Kochi**

**Date: 18/09/2019**

**Venue: Metro Stations**

**No. of Teachers involved: 2**

**No. of students involved: 80**

**No. of beneficiaries: Public**

**Activity Description:** Under the initiative of Dept. of Sociology, Rotary club and Bamboo Corporation, 80 students and two teachers from the department began planting bamboo saplings at various metro stations in Kochi Corporation. Following this, an awareness programme regarding bamboo was organized within the premises of the college for the public. The highlights of the programme were ‘bamboo symphony’ and ‘naadanpattu’ . Altogether nearly 1000 saplings were planted at various places.



**Outcome of the Activity:** The campaign helped to make the public aware of the relevance of bamboo in disaster management and environmental conservation. The distribution of bamboo saplings helped to generate a realistic approach to create a culture of environmental conservation through eco friendly measures.

**Activity: 2**

**Activity Type: Training Programme**

**Title: YOGA AND WELL BEING - AWARENESS AND TRAINING FOR THE ELDERLY**

**Panchayat: Cheranelloor**

**Date: 11/12/2019**

**Venue: Pakalveedu, Cheranelloor**

**No. of Teachers involved: 2**

**No. of students involved : 4**

**No. of beneficiaries: 40**

**Activity Description:** The training was an attempt to make aware that Yoga can make old age not only bearable but also pleasurable. The elderly, who assembled in the “Pakalveedu” were made to realize that, old age is not a matter of years but a condition of mind and Yoga brings a healthy state of mind. The training which was given by Mr. Thomas K.M, Dept. of Physical education, St. Teresa’s College, Ernakulam, along with students from third year sociology, aimed at enabling the individual to attain and maintain the “Sukhasthanam”, which enables one to achieve the sense of physical, mental and spiritual wellbeing. The training helped the senior citizens to realize that Yoga may not only add a few years to life but also may add life to the years. Therefore, practice of Yoga should become an integral part of old age.

**Outcome of the Activity:** The elderly became aware of the relevance of well being in their senior years and they were advised to do regular yoga exercises to maintain their health. The programme helped to encourage the senior citizens to manage their health in an every day basis using simple yoogasanas.



**Activity: 3**

**Activity Type: Social survey**

**Title: KUDUMBASREE PROJECT**

**Panchayat/ Corporation: Maradu, Choornikara, North Paravur and West Kochi**

**Date : 16/12/2019**

**Venue: Panchayath/corporation offices**

**No. of Teachers involved : 1**

**No. of students involved : 19**

**No. of beneficiaries : 80**

**Activity Description:** The PG students of department of Sociology conducted a social survey among various members of Kudumbasree in the areas of West Kochi, Choornikkara, Maradu and North Paravur on 16<sup>th</sup> December 2019. The survey was part of the District Kudumbasree project. The objectives of the survey were the following-

1. To evaluate the impact of Micro Finance institutions (MFI) on the financial empowerment of women in KudumbasreeNeighbourhood Groups (NHG).
2. To evaluate asymmetric information, moral hazards and adverse selection involved in the borrowings made by KudumbasreeNeighbourhood Groups (NHG).
3. Understand Gender and Spatial dimension of KudumbasreeNeighbourhood Groups (NHG) at the present social space. The students were given orientation by Mr. ArunLakshmanan, Project coordinator, UNICEF , on 26<sup>th</sup> November 2019. Over 80 kudumbasree members were interviewed and the data was submitted to ArunLakshmanan for further analysis and policy formation.



**Outcome of the Activity:** The students became aware of the financial outlay and the ways by which private banks exploit the kudumbasree members. The students realized the fact that the private banks had a huge role in creating financial liabilities for the members.

## **ENGLISH DEPARTMENT**

### **TROP REPORT 2019-2020**

The TROP activities of the Department began in earnest in the month of August. We contacted the Principal of Al Faroukhia School, Cheranallur and signed an undertaking to provide English language Communication Skills and proficiency in basic grammar to students in Standards 5, 6 and 7. The syllabus to be followed was forwarded in the month of September and the students of II BA English were identified as Student Teachers and Volunteers. The first session was conducted on 1st October 2019 for classes 5th, 6th and 7th who were divided on the basis of high learners and low learners. Eight students from 2nd B.A. English literature went to the school along with Dr Maria Theresa Chakkunni, the TROP Co-ordinator of the Department. The eight girls:- Aleena Maria D'Souza, Aleena Saji, Annie, Kalathil Teena Tomy, Liza, Maria John, Maria Baby and Isabelle Marianne were divided into two groups of four for better interaction with the students. The class started at 2:00pm and concluded at 3:30pm and it focused on Communication Skills. Self-introduction was taught in both the High learner and Low learner classes and mistakes were corrected. Each student was asked to introduce themselves on the basis of what they learnt. How to form sentences for routine activities, vowels and consonants and articles was taught to the high learners.

#### **Student Instructors at Work**

##### **High Learner's**

##### **Class ( 5, 6 & 7 Standard)**

##### **Weak Learner's Class**

**Outcome:** The Management and students were impressed at the speed with which students were able to grasp the concepts when they were taught by our students. We have been requested to offer these skills to the Higher Secondary students (Classes 8 and 9)

#### **Report of FURTHER Activity-**

1. Classes for the 8 and 9 TH Standard students began in the first week of January. Fourteen student volunteers took care of the classes. The 8 th and 9 th standards were also split into two groups of strong and weak learners. The next day the teacher in charge of the activity conveyed the appreciation of the management and students and offered feedback on the teaching undertaken by our students.

#### **Department Name: ENGLISH**

#### **Activity No: 2**

#### **Activity Type – Awareness Campaign**

#### **Title: UBA**

#### **Panchayat: Cheranellur**

#### **Date: 14 October 2019**

#### **Venue: Cheranellur Panchayat office**

#### **No: of teachers involved: 3**

#### **No: of students involved: 8**

#### **No: of beneficiaries: 25**

**Activity Description (Brief):** A programme to create awareness against the use of plastic was conducted under the UBA scheme. Four wards (10, 11, 12, 13) of Cheranellur Panchayat were assigned to the English Department. The Ward Councillors were requested to encourage members of their ward to create cloth bags from old or used cloth. A competition was conducted to observe which ward would create the maximum bags and the prize money of Rs 5000 for the winning team was sponsored by ASTA-(Association of St. Teresa's Alumni). An additional amount of Rs5000 was offered as an incentive to the Ward Councillor of the ward

which created the maximum number of bags. Ward 13 won the competition with 669 bags and the prizes were distributed a few days later by the Representatives of ASTA.



*Bags being counted by student volunteers*

*The UBA coordinators with a representative of ASTA-the sponsors of the event.*

*ASTA members interacting with the participants Dr. Maria the TROP coordinator of The English Dept. with volunteers.*

**Outcome of the activity:** The Department facilitated the sale of the bags by offering a venue for this venture. After deliberations with the Economics department it was decided to open counters for the sale of these bags to the Alumni who were to put up stalls at the Christmas Sale. Various Supermarkets are being approached to buy these eco- bags from groups undertaking their production.

#### **Department of History - 2019 - 2020**

As the part of Unnat Bharat Abhiyan& Teresian Rural Outreach Program, the students of Department of History conducted various activities in the academic year 2019-20 in the Cheranalloor Panchayat and Valanthakad Island .

#### **UBA ACTIVITIES**

1. As part of UBA ,the students initiated the activities of the department by planting a tree Sapling in Little Flower L.P School, Cheranalloor on 10 th June, 2019.

Activity type- Green go Campaign

Title- planting a tree sapling

Date-10 th June 2019

No. of teachers involved-2

No. of students involved-5

No. of Beneficiaries-Entire School

2. Dr. Stancy conducted a two day awareness session on the need of Environment protection And Eco-friendly measures that can be adopted for the Kudumbasree members of Wards 8 and 9 of the Cheranalloor Panchayath on 20th August 2019.

Activity type- Awareness

Title- Environment protection and Eco-friendly

Date-20 th August 2019

Venue- Wards 8 and 9 of the CheranalloorPanchayath.

Panchayath- Cheranalloor

No. of teachers involved-1

No. of students involved-3

No. of Beneficiaries-26

3. On October 18 th , a team of students went to St Mary's LP School, South Chittoor and took a session on 'Pollution' for the students of STD IVth. The session was followed by games, video presentations and interactive discussions.

Activity type-Awareness

Title-'Pollution'

Date- 18 th October 2019

Venue- 8 and 9 Wards of the Cheranalloor Panchayath.

Panchayath- Cheranalloor

No. of teachers involved-2

No. of students involved-6

No. of Beneficiaries-33

4. The students from the Chittoor area were provided with tree saplings for their households and neighborhoods. The students visited the Panchayath and planted tree saplings in the houses on 12 th January 2020.

Activity type-Distribution of tree sapling

Title- Distribution of tree sapling

Date-12 th January 2020.

Venue- 15 houses of Cheranelloor Panchayath.

Panchayath- Cheranelloor

No. of teachers involved-3

No. of students involved-25

No. of Beneficiaries-15

5. Distribution of cloth bags in cheranallur panchayath on January 21st 2020.

Activity type-Distribution of cloth bag

Title- Distribution of cloth bag

Date-12 th January 2020.

Venue- 15 houses of Cheranelloor Panchayath.

Panchayath- Cheranelloor

No. of teachers involved-3

No. of students involved-25

No. of Beneficiaries-15 families

#### TROP ACTIVITIES

1. A team of selected students from second year and third year UG students went to JEEVASSMI CENTRAL SCHOOL,ALUVA on September 17,2019 and took an awareness class on the topic“Environment Pollution- Causes, Effects and Steps to prevent it”. The session was filled withgames, videos and interactive sessions with both students and faculty of the institution. Students also demonstrated on how old clothes could be recycled to various products like cloth bag, pouches etc.

Activity type-Awareness

Title- “Environment Pollution- Causes, Effects and Steps to prevent it”

Date: 17 th September 2019

Venue- JEEVASS CMI CENTRAL SCHOOL, ALUVA

Panchayath- Aluva

No. of teachers involved-1

No. of students involved-10

No. of Beneficiaries-34 students

2. The department has adopted the island of Valanthakad for the TROP activities. The Students visited island and conducted survey. The students took initiative in giving awareness classes on Health and Hygiene for the Kudumbhasree women.

Activity type-Awareness

Title- Health and Hygiene Date-12 th January 2020.

Venue- Valandakadu Island Panchayath- Maradu

No. of teachers involved-1

No. of students involved-5

No. of Beneficiaries-44 Families

#### **Department of Botany**

##### **Activity No : 1**

**Activity Type :** Planting saplings

**Title :** Greening the Panchayat

**Panchayat :** Njarackal

**Date :** 05/06/2020

**Venue :** Little Flower High School

**No: of teachers involved:** 2



**No: of students involved:** 4

**Activity Description (Brief):** The activity of planting saplings was done in the school premises in connection with the World Environment Day celebrations. Saplings of fruit trees like Guava and Syzgium were planted. The staff and students of the school also took part in the event and agreed to take care of the plants thereon.



**Outcome of the activity:** The school compound enriched with a few more fruit trees.

**Activity No :** 2

**Phase 1**

**Activity Type :** Visit to meet the Panchayat officials to conduct Plastic free campaign - Swachatha Hi Seva campaign

**Title :** Minimise plastic carry bag and Cloth Bag promotion

**Panchayat :** Njarackal

**Date :** 5<sup>th</sup> September 2019

**Venue :** Narackal Panchayt office

**No: of teachers involved:** 1

**No: of students involved:** 2

**Activity Description (Brief):** A meeting with the Panchayat Vice President, Assistant Secretary and CDS chair person was held to discuss about the ways to popularise cloth bags. The UBA initiative to have plastic free panchayats was discussed and practical ways of doing this were thought.



**Outcome of the activity:** The officials were interested in cooperating with the College and making the panchayat plastic free. The CDS chairperson was asked to convey the matters of the meeting to kudumbasree units and members. The plan was to have a cloth bag competition between the various units and put these bags on exhibition so that people become aware of the alternatives.

**Activity No : 2 (Phase 1)**

**Activity Type :** Visit to meet Ward members and Kudumbasree members to appraise about the cloth bag competition.

**Title :** Swachatha Hi Seva

**Panchayat :** Njarackal

**Date :** 17<sup>th</sup> Sept. 2019

**Venue :** Panchyat office

**No: of teachers involved:** 1

**No: of students involved:** 4

**No: of beneficiaries :**12

**Activity Description (Brief):** The meeting with the ward members and interested kudumsree members was held to brief them about the UBA directive on Swachatha hi Seva Campaign and the College's interest to join hands with the panchayat to make it a plastic free zone. They were informed about the competition being held and the prize money offered. The kudumbasree members were instructed to collect used cloths from neighbourhood and convert it to cloth bags. The competition was to be held on 30<sup>th</sup> Sept 2019. As per their request a training programme in cloth bag making was arranged.



**Outcome of the activity:** Used cloths were collected from neighbourhood thereby reducing waste and converted to bags which reduced use of plastic bags.

**Activity No :** 2 (Phase 2)

**Activity Type :** Capacity building programme/ Training

**Title :** Cloth bag making

**Panchayat :** Njarackal

**Date :** 19 Sept. 2019

**Venue :** TIBIC, St. Teresa's College, Ernakulam

**No: of teachers involved:** 1

**No: of beneficiaries :** 12

**Activity Description (Brief):** A group of twelve women from Njarackal panchayat were given training in cloth bag making. The class was arranged at the TIBIC centre of St. Teresa's College. Resourse Person Smt. Thazneem trained the women in making clothbags of different types.



**Outcome of the activity:**

These women were actively engaged in making cloth bags. They contributed a good number of bags for the upcoming competition. Their cloth bags were used by their neighbours thereby contributing to lesser plastic use.

**Activity No :** 2 (Phase 3)

**Activity Type :** Awareness Campaign cum competition

**Title :** Swachata hi Seva – plastic free campaign

**Panchayat :** Njarackal

**Date :** 30<sup>th</sup> September 2019

**Venue :** Panchayat office

**No: of teachers involved:** 1

**No: of students involved:** 10

**No: of beneficiaries :** 21

**Activity Description (Brief):** The cloth bags made by the kudumbasree members were displayed at the venue arranged at Njarackal panchyat office. A total of 430 bags were displayed. The prizes were declared based on the number and quality of bags made by each team.



**Outcome of the activity:** The bags were made out of used cloths and hence contributed to effective waste management. The bags were displayed in the *azhcha chantha*. People visiting the *chantha* also bought the bags and realised how effectively waste cloth was upcycled and alternative to plastic carry bags and pouches were produced. The trained women still continue to make the bags under orders placed.

**Activity No :** 3

**Activity Type :** Workshop/ Training

**Title :** Entrepreneurship development programme – Mushroom cultivation

**Panchayat :** Njarackal

**Date :** 14<sup>th</sup> October 2019

**Venue :** St. Teresa's College, Ernakulam

**No: of teachers involved:** 9

**No: of students involved:** 150

**No: of beneficiaries :** 40

**Activity Description (Brief):** A workshop cum training in mushroom cultivation was organised by the department to encourage and equip women to become entrepreneurs and earn money at home. Mr. K Ajay, a young agripreneur who has taken mushroom cultivation to great heights and has won several awards was the resource person. A class on the importance and benefits of mushrooms was conducted followed by hands on training in preparing beds. They were also given training in making value added products from mushrooms.



**Activity No :** 3

**Activity Type :** Survey cum documentation

**Title :** People's Biodiversity Register

**Panchayat :** Njarackal

**Date :** July 2019 onwards

**No: of teachers involved:** 2

**No: of students involved:** 9

**No: of beneficiaries :**

**Activity Description (Brief):** A detailed floristic study of four wards of Njarackal panchayat was taken up by 2 PG and 7 UG students as their curriculum project. The floristic diversity was documented and photographed.

**Outcome of the activity:** The data generated from the activity will be used to update the PBR.

**Activity No : 4**

**Activity Type :** Visit to Mercy Home, Kaheripady

**Title :** Social sensitisation

**Date : 18<sup>th</sup> December 2019**

**No: of teachers involved:** 4

**No: of students involved:** 50

**No: of beneficiaries : 30**

**Activity Description (Brief):** The students accompanied by the teachers visited the inmates of mercy home and celebrated Christmas with them by cutting cake and entertaining them with various programmes. The inmates were all gifted with a pack of essential toiletries that the students had brought by making a small collection from the entire Department.

**Outcome of the activity:** The beneficiaries had a good time with the students. The students were sensitised on a social cause – to take care of the marginalised.

## **B. Voc. Food Processing Technology**

### **Panchayat: Mulavukad**

Awareness programme on Packaging and Labelling of Foods

• Date: 27<sup>th</sup> September 2019 to 29<sup>th</sup> September 2019

• No. of teachers involved :2

• No of Students involved :10

• No of beneficiaries: 20

• Venue: Panchayat Hall

• Students took awareness class on the packaging and Labelling used for the food packaging to house hold women.

• The students explained them about the various symbols and specifications in packaging material and importance of labelling.



• Outcome: We had taken survey, by giving them questionnaire's and they have filled it. From that we came to know about their improvements in packaging and labelling which can be used in their daily life during purchasing food commodities.

## **2. Training on value added products from Fish**

• Date: 5<sup>th</sup> October 2019

• No. of teachers: 2

• No of Students: 10

• No. of beneficiaries: 15

• Venue: NIFPHATT, Training Centre, Kochi

❖ A one-day Outreach Programme on "Hygienic handling and Value addition of Fish" was conducted in association with NIFPHATT, National Institute of Fisheries Post Harvest Technology and Training Kochi for 15 kudumbasree members of Mulavukad Panchayat.

❖ Hands on training of different value- added products like fish wafers, fish outlet and fish



fingers were done.

- Outcome: Starting of small-scale self-help units using Value addition fish products.

### 3. Survey on Malnutrition

• Students took survey on malnutrition by checking the Body mass index of children in Anganwady of Mulavukad panchayat.

- Date: 27<sup>th</sup> November 2019
- Venue: Anganwady (Mulavukad panchayat)
- No. of teachers :2
- No of Students :15
- No. beneficiaries: 20

❖ Making the parents aware of nutritious foods

### 4. Training on Bakery and Confectionery products and marketing the products in association with the Department of Management studies.

- Aim: To equip the target people to establish their own startups.
- Date: - 14<sup>th</sup> February 2020
- Venue: - Mulavukad panchayat.
- No. of teachers involved: - 2
- No. of Students involved: - 20



- No. beneficiaries: 20
- Activity: - The students went to Mulavukad panchayath on 14<sup>th</sup> February 2020 and enlightened them, about the basic concepts in baking technology. And also trained them in the preparation of chocolate and Vanilla flavored Cakes. It was a collaborative activity, in which the Department of Management studies trained them about the entrepreneurial aspects and to use this baking technology in an entrepreneurial manner, by which they can start a bakery startup.

### 5. Survey on Good Manufacturing Practices and its implementation at Self-Help Groups and Small- Scale Units and regular monitoring of the same.

- Aim: To promote quality and safety in processing food products at food serving units.
- Date: - 7<sup>th</sup> & 13<sup>th</sup> February 2020
- Venue: - Mulavukad panchayat.
- NO. of teachers involved: - 2
- No. of Students involved: - 20
- No. beneficiaries: 20
- Activity: It was a two-day awareness program, in which on the first day-the students gave an awareness class on the basic concept of Hygiene and Good Manufacturing practices that needs to be followed in food serving units. And on the second day, A survey was taken by giving questionnaire and by which we came to know the effectiveness of our awareness program on Good Manufacturing Practices and its implementation at Self Help Groups. The improvements were noted which could be used in their Food sector.

**DEPARTMENT OF MATHEMATICS & STATISTICS**

**Activity No:1**

**Activity Type – Awareness Campaign**

**Title: ENVIRONMENT DAY CELEBRATIONS**

**Panchayat: Njarackal**

**Date: 5/6/2019**

**No: of teachers involved: 1**



**No: of students involved: 2**

**Activity Description (Brief):** As part of the cluster activity two of our students went to Panchayath and plant trees.

**Outcome of the activity:** Motivate students

**Activity No: 2**

**Activity Type – class**

**Title: CLOTH BAG MAKING TRAINING**

**Date: 19/9/2019**

**Venue: St. Teresa’s College, Ernakulam**

**No: of teachers involved: 2**



**No: of beneficiaries: 8**

**Activity Description (Brief):** As part of the cluster activity we have conducted a training programme in cloth bag making. Kudumbasree members of our Panchayath participated in this.

**Activity No: 3**

**Title: SWACHHATA HI SEVA**

**Panchayat: Njarackal**

**Date: 30/9/2019**

**Venue: Njarackal Panchayath Office**

**No: of teachers involved: 4**

**No: of students involved: 25**

**No: of beneficiaries: 16**

**Activity Description (Brief):** As part of cluster activity we conducted a competition on cloth bag making. Various kudumbasree members of different wards participated in the same. Awards were distributed on 5th October 2019.



**Activity No: 4**

**Activity Type – SURVEY**

**Title:** LALITHAM GANITHAM - PRE SURVEY

**Panchayat:** Njarackal

**Date:** 11/11/2019

**Venue:** B.V.H.S.S, NAYARAMBALAM

**No: of teachers involved:** 3

**No: of students involved:** 40

**No: of beneficiaries:** 113

**Activity Description (Brief):** To identify the difficulties faced by students in learning Mathematics we have done a pre survey among 6<sup>th</sup>& 7<sup>th</sup> standard students, on 11<sup>th</sup>November, 2019 at B.V.H.S.S.,Nayarambalam. A questionnaire which also included some open questions were prepared by 10 of our students under the guidance of one faculty



DEPARTMENT OF MATHEMATICS & STATISTICS  
ST.TERESA'S COLLEGE (AUTONOMOUS), NAYARAMBALAM  
Learning interest of students in Mathematics

QUESTIONNAIRE

Please fill a truth table in the given table and also answer the questions in short and complete sentences. Write answers in the space provided below.

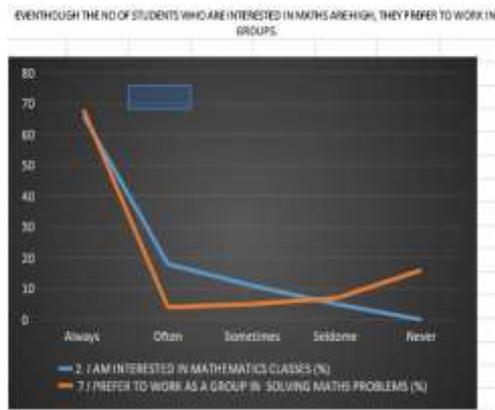
Name: \_\_\_\_\_

Sl. No.	Statement	Always	Sometimes	Never
1	I like to study Mathematics.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2	I find Mathematics interesting.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3	I like to solve Mathematics problems.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4	I like to do Mathematics assignments.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5	I like to do Mathematics projects.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6	I like to do Mathematics experiments.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7	I like to do Mathematics practicals.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8	I like to do Mathematics group work.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9	I like to do Mathematics presentations.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10	I like to do Mathematics posters.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11	I like to do Mathematics models.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12	I like to do Mathematics role plays.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13	I like to do Mathematics skits.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14	I like to do Mathematics songs.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15	I like to do Mathematics dances.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16	I like to do Mathematics games.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17	I like to do Mathematics puzzles.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18	I like to do Mathematics riddles.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19	I like to do Mathematics stories.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20	I like to do Mathematics jokes.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
21	I like to do Mathematics cartoons.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
22	I like to do Mathematics comics.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
23	I like to do Mathematics posters.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
24	I like to do Mathematics models.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
25	I like to do Mathematics role plays.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
26	I like to do Mathematics skits.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
27	I like to do Mathematics songs.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
28	I like to do Mathematics dances.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
29	I like to do Mathematics games.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
30	I like to do Mathematics puzzles.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
31	I like to do Mathematics riddles.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
32	I like to do Mathematics stories.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
33	I like to do Mathematics jokes.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
34	I like to do Mathematics cartoons.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
35	I like to do Mathematics comics.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

14. Do you think there are any other activities that you would like to do in your class?

15. Do you think there are any other activities that you would like to do in your class?

16. Do you think there are any other activities that you would like to do in your class?



**Outcome of the activity:** the results were analysed from these primary data.

**Activity No:** 5

**Activity Type - Class**

**Title:** ACTIVITY BASED LEARNING

**Panchayat:** Njarackal

**Date:** 20/1/2020

**Venue:** B.V.H.S.S.,Nayarambalam.

**No: of teachers involved:** 4

**No: of students involved:** 40

**No: of beneficiaries:** 113

**Activity Description (Brief):** After analysing the survey and based on the inferences we provide them with 2 sessions of activity based learning. The portions of the sessions were taken from their syllabus. Our students prepared some teaching aids and planed some interesting learning methods for these sessions.



**Outcome of the activity:** After the 4<sup>th</sup> phase phase-post survey, the outcome will be analysed.

**Activity No: 6**

**Activity Type – Exhibition**

**Title:  $2\infty$  & BEYOND**

**Date: 24/01/2020**

**Venue: St. Teresa’s College (Autonomous), Ernakulam**

**No: of teachers involved: 13**

**No: of students involved: 250**

**No: of beneficiaries: 300**

**Activity Description (Brief):** As part of the LALITHAM GANITHAM project, the 3<sup>rd</sup> phase was the exhibition which was conducted on 24<sup>th</sup> January 2020 at St. Teresa’s College (Autonomous), Ernakulam for school students. Our program exhibits Mathematical models, charts ,also mind games and puzzles based on their syllabus. Nearby schools and school from our Panchayath also participated in this exhibition.



**Outcome of the activity:** To make interest in the subject and to emphasize the importance of Mathematics

**Activity No: 7**

**Activity Type – Scholarship exam**

**Title: SRI. P. RAMADAS MEMORIAL MATHEMATICS TALENT SCAN EXAM**

**Date: 12/10/2019**

**Venue: Mudhra Institute Hall, Keshavanpadi, Thiruvankulam.**

**No: of teachers involved: 4**

**No: of students involved: 7**

**No: of beneficiaries: 50**

**Activity Description (Brief):** 5<sup>th</sup> Sri. P. Ramadas Memorial Mathematics Talent Scan Exam organized by Department of Mathematics & Statistics, St.Teresa’s College (Autonomous), Ernakulam & Mahatma Matrubhumi Study Circle, Tiruvankulam was conducted on 12<sup>th</sup> October 2019.



**Activity No: 8**

**Title: DONATED RELIEF MATERIALS TO ASSAM FLOOD VICTIMS**

**Date: 26/7/2019**

**No: of teachers involved: 1**

**No: of students involved: 45**

**Activity Description (Brief):** Our 1<sup>st</sup> year students Collected & Donated relief materials to Assam flood victims on 26<sup>th</sup> July 2019



**Activity No: 9**

**Activity Type –Visit**

**Date:7/9/2019**

**Venue: St.Agnes Old Age Home**

**No: of teachers involved: 1**

**No: of students involved: 42**

**Activity Description (Brief): St.Agnes Old Age Home, Chullickal on 7<sup>th</sup> september,2019**



## **DEPARTMENT OF PHYSICS**

**Activity No: 1**

**Activity Type –Survey/Auditing**

**Title: CARBON FOOTPRINT AUDITING**

**Date: June, July, August 2019**

**Venue: St. Teresa's College, Ernakulam**

**No: of teachers involved: 10**

**No: of students involved: 15**

**No: of beneficiaries: - College students and staff**

**Activity Description (Brief):** Carbon Footprint Auditing of the college is going on in association with CISSA (Centre for Innovation in Science and Social Action, Trivandrum). Carbon Foot print is a measure of impact of our activities on the environment, especially on the climate change. It relates to the amount of green house gases produced in our day-to-day life though burning fossil fuels for electricity, heating, transportation etc.

Discussion with representatives from CISSA took place in June 2019. Random samples were selected from the staff and students of the College. Data needs to be validated with CISSA Officials. Actions need to be taken to reduce carbon foot print.

**Outcome of the activity:** Participants involved in the sampling process became aware of the carbon foot print that is left behind as a result of various activities.

**Activity No: 2**

**Activity Type – Awareness Campaign/Workshop**

**Title: Energy awareness class and LED assembling training**

**Date: 03/10/2019**

**Venue: St. Antony's High School, Kacheripady**

**No: of teachers involved: 2**

**No: of students involved: 10**

**No: of beneficiaries: - 260**

**Activity Description (Brief):** Energy awareness class was conducted for 200 students and LED assembling training for 60 students at St. Antony's High School, Kacheripady on 03/10/2019. Students of I year and II year BSc Physics students were involved in the activity as trainers.



**Outcome of the activity:** 260 school children understood the need for conserving energy and the means of saving energy in various ways.

**Activity No: 3**

**Activity Type – Awareness Campaign**

**Title: Awareness Campaign on Energy Conservation and Display of LED**

**Date: 18/10/2019**

**Venue: St. Teresa's College, Ernakulam**

**No: of teachers involved: 10**

**No: of students involved: 100**

**No: of beneficiaries: - 250**

**Activity Description (Brief):** Awareness Campaign on Energy Conservation is conducted for school children and self assembled LED bulbs were displayed as part of Science exhibition on 18/10/2019



**Outcome of the activity:** Nearly 250 school children were made aware of the need for energy conservations and also of the energy saving tips.

**Activity No: 4**

**Activity Type – Awareness Campaign/Class**

**Title: Workshop on LED assembling and Energy awareness classes**

**Date: 30/11/2019**

**Venue: G.L.P.S Ponnad , Alappuzha**

**No: of teachers involved: 2**

**No: of students involved: 8**

**No: of beneficiaries: - 43**

**Activity Description (Brief):** Eight students from the BSc Physics classes took the classes on energy conservation and conducted the LED assembling workshop for the 43 participants including students and PTA members of Govt L.P.School, Ponnad.



**Outcome of the activity:** 43 participants including students and PTA members of Govt L.P.School, Ponnad became aware of the steps for LED bulb assembling and methods of energy conservation.

**Activity No: 5**

**Activity Type – Class**

**Title: Talk on 'Efficient use of Energy for the B. Sc. Physics students and Energy Manager**

**Date: 06/12/2019**

**Venue: St. Teresa's College, Ernakulam**

**No: of teachers involved: 2**

**No: of students involved: 4**

**No: of beneficiaries: 33**

**Activity Description (Brief):** A talk based on 'Efficient use of energy' is conducted for 33 first year BSc Physics students by 4 students of 2<sup>nd</sup> year and 3<sup>rd</sup> year students. A competition was also conducted to find the best Energy Manager.



**Outcome of the activity:** 33 students were benefitted from the talk as they got information on the methods of effectively using energy.

**Activity No: 6**

**Activity Type – Workshop/Class**

**Title: Orientation class on Efficient use of Energy and LED assembling workshop**

**Date: 11/12/2019**

**Venue: Physics Dept., St. Teresa's College, Ernakulam**

**No: of teachers involved: 3**

**No: of students involved: 5**

**No: of beneficiaries: 31**

**Activity Description (Brief):** Orientation class on Efficient use of Energy and LED assembling workshop were conducted for 31 nonteaching staff of our college.



**Outcome of the activity:** 31 Nonteaching staff of our college became aware of the steps for LED bulb assembling and methods of energy conservation.

**Activity No: 7**

**Activity Type – Workshop/Class**

**Title: Global Gandhi Solar Yatra GGSY 2019 in collaboration with IIT Mumbai**

**Date: 02/10/2019**

**Venue: Dept of Physics, St. Teresa's College, Ernakulam**

**No: of teachers involved: 10**

**No: of students involved: 15**

**No: of beneficiaries: 150**

**Activity Description (Brief):** A class on the need of conserving energy was given to 150 student of various departments of our college. A workshop was also conducted on the same day on the assembling and testing of solar lamps. 60 solar lamps were assembled and distributed to registered participants of the workshop.



**Outcome of the activity:** 60 solar lamps were assembled and distributed to workshop participants.

## DEPARTMENT OF MANAGEMENT STUDIES

**Activity No :** 1

**Activity Type :** Survey

**Title :** Socio-Economic Survey of Flood affected Households

**Panchayat :** Mulavukad

**Date :** May 2019

**Venue :** Various Households in the Panchayat

**No. of Teachers Involved:** 2



**No. of Students Involved:** 25

**Activity Description:** Data collection from flood affected households in the Panchayat

**Outcome of the Activity:** Helps the government by providing supporting data and information of households that were affected by the floods.

**Activity No:** 2

**Activity Type:** Awareness Campaign

**Title:** Planting tree sapling as part of World Environment Day

**Panchayat:** Mulavukad

**Date:** 5th June 2019

**Venue:** St. Sebastians UP School, Mulavukad

**No. of Teachers Involved:** 1

**No. of Students Involved:** 4



**No. of Beneficiaries:** 35

**Activity Description:** Planted Cinnamon Tree sapling in the school vicinity and to take care of it.

**Outcome of the Activity:** Brought awareness to students on the importance of trees in the ecosystem. Especially medicinal trees such as cinnamon that can impact the quality of air around the vicinity and got the young students interested with taking care of nature around them.

**Activity No:** 3

**Activity Type:** Awareness Campaign

**Title:** Go Green Initiative: Plastic Free School and Usage of cloth bags

**Panchayat:** Mulavukad

**Date:** 30th September 2019

**Venue:** Hidayathul Islam High School, Mulavukad

**No. of Teachers Involved:** 1

**No. of Students Involved:** 2

**No. of Beneficiaries:** 63

**Activity Description:** Campaign to enlighten students on going Plastic free, its effect on environment, ways to maintain plastic free school premise and usage of cloth-bags.



**Outcome of the Activity:** The high schoolers by the end of the session were curious and interested in the different ways and means through which they can minimise use of plastic. They were also curious to check the different options for cloth bags. The high school students were able to relate to how much plastic their household and schools use.

**Activity No:** 4

**Activity Type:** Competition

**Title:** Sanchi Mela Competition under Swachhata Hi Seva Campaign

**Panchayat:** Mulavukad

**Date:** 1st October 2019

**Venue:** Mulavukad

**No.of Teachers Involved:** 1



**No.of Students Involved:** 1

**Activity Description:** As part of Gandhi Jayanti celebrations, the UBA had implanted the competition amongst the Wards in the Panchayat to make cloth bags out of waste/unused fabric or clothing. A total of 204 nos. of cloth bags were made just from the 4 wards in the Mulavukad Panchayat. Mr. Rajeev MR and Kudumbasree won a cash prize of Rs.5000/- each.

**Outcome of the Activity:** The competition was a great influx of presenting the idea of making cloth bags from scrap materials and it can be used in multitude of ways. The cash prize for the efforts taken by the people also provided a great boost to the efforts taken by the respective ward members and various youth/other units in the ward.

**Women's Study Centre**

**Activity No:** 1

**Activity Type:** Survey

**Title:** Household Survey (UBA)

**Panchayat:** Kunnukara

**Date:** 20/6/2019

**Venue:** Kunnukara

**No of teachers involved:** 4

**No of Students involved:** 28 (wsc) , 34 (chemistry) , 28 (home science)

**No of beneficiaries:** Public

**Activity Description (Brief):** Unnat Bharath Abhiyan (UBA)

- Students participated in a household survey and meeting as a part of Unnat Bharath Abhiyan (UBA) at Kunnukara panchayat and data was collected and uploaded in UBA portal to support the flood affected people.
- Initiatives were also taken to plant saplings in the panchayat premises.
- 200 houses were surveyed by 90 students of dept. Of chemistry, home science, and women's study center.



Planting Saplings

Meeting with the panchayat members

### Outcome of the activity

- In household survey form, basic information about a family -the no. of persons, their age, education, health, livelihood, agriculture-related information and many other issues which is related to their day to day life were collected.
- After the assessment the basic facilities were filled in the survey forms provided by UBA and the results were uploaded in the Government of India website.

### Activity No: 2

**Activity Type-** Trainer Awareness Class

**Title:** Train the Trainer Programme (UBA)

**Panchayat:**Kunnukara

**Date:**9/08/2019

**Venue:**St.Teresa's College-Auditorium

**No of teachers involved:** 5

**No of Students involved:** 175

**No of beneficiaries:** Students

**Activity Description (Brief):** "Train The Trainer Program" was conducted at our college on 9<sup>th</sup> August,2019. Kunnukara panchayat president, trainers from Haritha Kerala Mission, Suchitwa Kerala Mission taught the students about waste management and disposal strategies, well water recharging, biogas plant subsidy and other initiatives to be implemented in Kunnukara panchayat. Around 65 students from department of Chemistry, 65 students from department of Home Science and 45 students from Women's Study Centre were participated in this program.



**Outcome of the activity:** After Awareness Training programme a group of 175 students trainers of St.Teresa's College were formed. Later they were sent to Kunnukara to create awareness among the residence of Panchayat

### Activity No: 3

**Activity Type:** Cloth Bag Training Programme

**Title:** Green Initiative – Cloth Bag Project

**Panchayat:**Kunnukara

**Date:**30/09/2019

**Venue:**Kunnukara

**No of teachers involved:** 2

**No of Students involved:** 5

**No of beneficiaries:** Public

**Activity Description (Brief):** A Cloth bag making competition was conducted among the wards of Kunnukara panchayat. This activity was conducted to encourage the public to use cloth bags instead of plastic covers.



**Outcome of the activity**

There are 15 wards in Kunnukara Panchayat , and they actively participated in the Cloth bag making competition. And ward No. 15 was declared as the winner with total 420 bags. The panchayat overtook this programme to transform the panchayat as a plastic free panchayat in future.

**Activity No:** 4

**Activity Type-**Rally and Awareness programme

**Title:** Clean Kunnukara Project

**Panchayat:**Kunnukara

**Date:**2/10/2019

**Venue:**Kunnukara

**No of teachers involved:** 5

**No of Students involved:** 175

**No of beneficiaries:** Public

**Activity Description (Brief):**

- As a part of UnnatBharathAbhiyan (UBA) programme at Kunnukara Panchayat, students participated in a rally to create awareness on the detrimental effect of plastics on health.
- Around 400 houses were covered by our 175 students trainers to create awareness among the residence of the panchayat about the need of cleanliness drive
- The winner of the **Green Initiative – Cloth Bag Project** was cash awarded by Astha members of St.Teresa’s College.



Ward No -15 won the first prize (420 bags)

**Outcome of the activity** The plastic free awareness rally: It helps to create an awareness among the public to reduce the usage of plastic which created a new revolution against plastic.

**Activity No:** 5

**Activity Type:** Campaign Rally

**Title:** Save Our Future Campaign Rally

**Panchayat:** Ernakulam

**Date:** 7th January 2019

**Venue:** St. Teresa’s College to Menaka Junction, Ernakulam

**No.of Teachers Involved:** 1

**No.of Students Involved:** 12

**Activity Description:** As part of the Save Our Future Campaign that showcased the college and its students’ support to the Ban of Single Use Plastics by the Government of Kerala, a rally was organised.



**Outcome of the Activity:** The rally gathered a large group of students to stand in solidarity towards a novel initiative by the state government that can greatly impact the sustenance of our environment and our immediate future. Having the students participate in such an event ensured a strong sense of awareness in the students who are also the future generation. The rally having taken place in one of the busiest locality in Ernakulam city also gandered attention of the general public, which helps start a conversation not the subject.

**Department Name: Zoology**

**Activity No: 1**

**Activity Type – Awareness class**

**Title: An awareness class and demonstration on vermicomposting.**

**Anti plastic awareness class**

**Panchayat: NJARACKAL**

**Date: 23/01/2020**

**Venue: NJARACKAL GRAMA PANCHAYATH**

**No: of teachers involved: 1**

**No: of students involved: 6**

**No: of beneficiaries: 30**

**Activity Description (Brief):** As a part of Teresian rural outreach programme , students from the Department of Zoology visited Njarakkal Grama Panchayath .Group members were Susbi Suresh, Nidhimol C J, Nahla Latheef, Anjana J Menon , Fincy James, Adeline Joseph. We left the college by 11:30 am in the morning and six of us were accompanied by Ms Tiya K J and Ms Vineetha Venugopal. We reached the Njarakkal Panchayath Office by 12:30 pm in the afternoon. The crowd mainly consisted of kudumbasree members and the local people .We conducted a class on vermicomposting and how to beat plastic pollution. The class started off with emphasizing the benefits of setting up a vermicompost and also the procedures involved in the same. We also justified the dos and don'ts of vermicomposting. The details of interested individuals were collected and we assured them to provide with the basic materials required to set up a vermicompost unit.

The class also included a talk on the necessity to reduce the use of plastics. We also focused on the hazards of plastics and how to avoid them in our day to day life .We also introduced Bhoomithram sanjis made by the college as a part of “Paristhithikam Project”. The students also interacted with kudumbha sree members and encouraged them to be a part of this initiative.



**CLASS ON VERMICOMPOST**

**CLASS ON PLASTIC HAZARDS**

**Activity No: 2**

**Awareness classes –**

- 1. Anti plastic awareness class**
- 2. Class on nutrition**
- 3. Class on health and exercise**
- 4. Class on vermicompost**

**Activity Type – class**

**Title: Awareness class on vermicomposting, health, nutrition and exercise. Anti plastic awareness class**

**Panchayat: Njarackal**

**Date: 24-01-2020**

**Venue: St Joseph's school**

**No: of teachers involved: 1**

**No: of students involved: 5**

**No: of beneficiaries: 120**

**Activity Description (Brief):** As part our trop activity, a total of 19 students from our college went to three schools of Njarackal panchayat. Of which our group of 5 members took class in St Joseph school Njarackal on 24<sup>th</sup> January, Friday .The members of our group were Sreelakshmi , Aishwarya ,Sameera , Ashika, Vismaya .We left the college by 9:30 am and reached the school by 10:30 am. We started our session by 11:00am. Students from 6th, 7th, 8th standards were present for the class. Aishwarya gave an introduction and took the first session on 'Say no to single use of plastics' which was continued by Ashika on alternative methods for banned plastic item. She also taught students to make bags out of T-shirts .The second session was about nutrition led by Vismaya. The third session was led by Sreelakshmi, which was about vermicompost, its preparation and advantages. The fourth and final session was about importance of exercise which was led by Sameera, she also demonstrated some simple exercises for the students which was repeated by them. Three students shared their opinions about the class. Sreelakshmi delivered the vote of thanks. We informed the school authorities about our next visit on January 31st to assess the result. With this we completed our trop activity and left the school by 12:30pm.



Anti plastic awareness class



Class on exercise



Class on vermicomposting



Class on t-shirt bag making



Class on nutrition

**Outcome of the activity:** Outcome will be assessed on January 31<sup>st</sup>

**Department Name: Zoology**

**Activity No: 3**

**Awareness classes**

1. Anti plastic awareness class
2. Class on nutrition
3. Class on health and exercise
4. Class on vermicompost

**Activity Type –Class**

**Title: Awareness class on vermicomposting, health, nutrition and exercise. Anti plastic awareness class**

**Panchayat: Njarackal**

**Date: 24-01-2020**

**Venue: Mareello Public School**

**No: of teachers involved: 1**

**No: of students involved: 6**

**No: of beneficiaries: 70**

**Activity Description (Brief):** As part of TROP activity, a total of 19 students from our college went to three schools in Njarackal panchayat to take classes. Of which our group of six members took class in Mareello school, Njarackal on 24th January, Friday. The members of our group were Riya Elizabath K J, Dinna Maria, Mithra Ajayan, Steniya Tressa, Sandra Anson and Riya Paul. We left the college by 9:30 am and reached Mareello School by 10:15 am.

We started the session from 10:45 am. Five representative students from 6th, 7th and 8th standards were present for the class. Riya Elizabeth gave an introduction. The first class was about nutrition and it was taken by Steniya. The second class was about vermicompost and it was taken by Sandra Anson and Riya Elizabeth. The third class was about the hazards of plastics and how to avoid them. Mithra Ajayan addressed the students about the topic. Riya Paul taught the students how to make cloth bags using used T-shirts and showed them a video about that. Students also made cloth bags using T-shirts. Dinna Maria told students about the importance of exercise and all students participated in a 'zumba dance ' exercise session. Respective power point presentations and videos were shown during each session. Students were given some time to ask questions and clear their doubts. Sandra Anson delivered the vote of thanks and expressed our gratitude to the school authorities, teachers and students. We informed the school management and students about our next visit on January 31st to assess the results of our efforts. We requested the principal about setting up a vermicompost plant in the school and its details. We completed the TROP activity by 12:00 pm and left Mareello School by 12:30 pm.



**Bag making**



**Class on Nutrition**



**Anti-plastic awareness  
students with the bag they made**

**Department Name: Zoology**

**Activity No: 4**

**Awareness class**

- 1. Anti plastic awareness class**
- 2. Class on nutrition**
- 3. Class on vermicompost**
- 4. Class on health and exercise**

**Activity Type –Class**

**Panchayat: Njarackal**

**Date: 24/01/2020**

**Venue: GOVERNMENT FISHERIES U.P**

**SCHOOL**

**No: of teachers involved: 1**

**No: of students involved: 6**

**No: of beneficiaries: 65**

**Activity Description (Brief):** As a part of the TROP activity a group of six students from second year zoology conducted an awareness class at Govt. Fisheries U.P school, Njarakal on 24/01/2020, Friday .The group members were Abhirami Chandran , Ashitha Azeez , Aswathy K.S , Devika Sivan , Kate Treesa and Neha Noel. We left the college around 9:30am along with other two groups and reached Njarakal around 10:15 am. The class started around 10:45 am with an introduction of our college and the purpose of TROP activity by Kate Treesa. The students participated in the class were from 4- 7th grade along with principal and teachers. The first session was on vermicompost which was presented by Neha Noel.It was followed by awareness session on plastic, its harmful effects and its solutions by Devika Sivan. The third session was given by Aswathy K.S and Kate Treesa on Nutrition and Balanced diet. Later Ashitha Azeez trained the students and teachers to make T- shirt tote bags.The class on Exercise and its importance was given by Abhirami Chandran. All students actively participated in the

Zumba demonstration session .Students actively participated and interacted in every session. The teachers showed keen interest in promoting bag making by joining with them throughout the session. The session was completed by informing the principal and teachers about our next visit for outcome assessment on 31<sup>st</sup> January 2020. The vote of thanks were delivered by Kate Treesa and we completed the TROP activity by 1:00pm.



Introduction and conclusion given by Kate Treesa



Class on vermicompost by Neha Noel



Bag making by Ashitha Azeez and team



Students making their cloth bags with t-shirts



Ashwathy K.S taking class on nutrition



Devika sivan taking class on plastics



Students of Government fisheries school and the TROP team

### **UNITING AGAINST THE BIOLOGICAL PANDEMIC COVID-19**

As a part of break the chain campaign to fight against Covid-19, St. Teresa's college, Ernakulam has taken the inventiveness to manufacture and distribute the reusable cloth masks to the public servants. The rising health crisis associated with the corona virus has led to a shortage of masks available in the market. In this scenario, St. Teresa's College has taken the initiative to manufacture cloth masks, which are both eco-friendly and sterilisable. This was a joint initiative of Bhoomithra Sena Club, STEP (Society of Teresians for Environment Protection) and Unnat Bharat Abhiyan. The efforts of the college is to stand united with the public to face the biological pandemic through proper precautions. With the united efforts of St. Teresa's College and the Kudumbashree Units of Kochi the first mask was designed. In addition to this a tutorial was also prepared to give an insight to the public about the stitching and proper usage of masks. A user guide and documentary on the proper use of these masks is also being circulated at the national level and has also been uploaded on the official website of Suchitwa Mission. The masks were stitched by the Alumni of the College.

The manufactured masks were handed over to five Unnat Bharath Abiyan villages which include Cheranalloor, Kuzhupilly, Njarackal, Kunnukara and Mulavucadu panchayats. In

addition to this, masks were distributed to the police department of Ernakulam on 17 March 2020, which was then circulated among the public. Masks were also distributed to the CBI department of the district by the Director of the college Rev. Dr. Sr. Vinitha CSST, Principal Dr. Sajimol Augustine and Associate Professors, Dr. Nirmala Padmanbhan and Dr. Usha Nair.



**Distribution of Cloth Masks in Panchayats**

1. CHERANELLOOR	120	23/3/2020
2. KUNNUKARA	230	24/3/2020
3. MUAVUCADU	100	24/3/2020
4. KUZHUPILLY	100	24/3/2020
5. NJARACKAL	150	24/3/2020 3/4/2020



Link of YouTube video of cloth mask making  
<https://www.youtube.com/watch?v=Yt9-X906FSk>



**COVID KURRIPUKAL CAMPAIGN REPORT**

As the whole world went into lockdown St. Teresa’s College (Autonomous), Ernakulam launched a social media campaign titled \*Covid-Kurripukal\* on 14 April 2020. The aim of the campaign was to reach across all the 14 districts of Kerala to get Malayalees to talk about the positive aspects of the lockdown. As part of the project people were encouraged to use this an opportunity to share their personal experiences and thoughts regarding the things they've done and observed during these days. The campaign was conducted by the college student union and the college under25 team in association with Unnath Bharath Abhiyan. The campaign was

launched in two languages- English and Malayalam, through social media platforms: Instagram and Whatsapp. People were urged to share their anecdotes on Instagram using the hashtag



\*#CovidKurripukal\* or by tagging \*@Under25stc\* or \*@stcunion2019\*.

As part of the campaign the UBA team of the college was given charge of 3 panchayths in Kochi ( Mulavukadu , Kuzhupilly and Cheranalloor). The messages received were translated into Malayalam by the students and shared to the panchayath WhatsApp groups by the student coordinators who were given the charge of communicating with the panchayaths. Being under lockdown can take a huge toll on our mental health. The aim of the project was to spread positivity during these strenuous times and to keep up the spirit of togetherness.

### DISTRIBUTION OF MESSAGES

The campaign was carried out by three teams: The college student union comprising 13 members, the College Under 25 team which includes 151 members and the Unnath Bharath Abhiyan Team which includes 9 members. Separate teams consisting of members of the college union and under 25 team were given charge of collecting and sorting through the messages received every day. A second team was responsible for posting suitable material in the social media platforms. From the messages posted appropriate content was filtered and sent to the UBA team. A particular message was selected each day for the purpose of sharing with the panchayaths. Student translators would convert the subject matter to Malayalam to accommodate language requirements. 3 students were given charge of the separate panchayaths. They were accountable for establishing communication with the panchayath heads and acting as a link between the institution and the panchayath. After gaining access to the village whatsapp groups the material was shared to all three panchayaths of Cheranalloor ,Mulavukadu and Kuzhupilly)

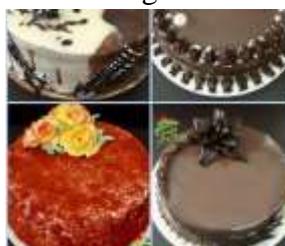
### POSTING OF MESSAGES

Messages were sorted and posted based on the following categories:

1. Celebrity Videos showcasing their talents
2. Activities of Senior Citizens
3. TikTok Challenges



4. Posts and videos involving children
5. Cooking



6. New skills and hobbies



Separate teams were given charge of collecting and posting messages relating to each category



### **Motto challenge-14x14 salute**

Main highlight of the campaign was the motto challenge-14x14 salute which was a form of appreciation to the all the health workers and front line staff of the state who have kept their lives on the line to fight against this pandemic and have become heroes of our hearts. Citizens from all the 14 districts of Kerala were invited to send pictures of them holding placards containing the message with 14 words – Swantham Jeevan panayam vechum, swanthkaare, pinthirinja nammaku vendi, naadinu vendi kinanju paniyum priyamullorae , Pranamam. Aarogya pravathakark Salute.

The main objective of the campaign was to bring together people across the state during these tough times as the global pandemic ravages across continents. Diversion from the normal routine can have unfavorable effects on the human mind as well as in the functioning of households. Therefore, it is imperative that we find activities to engage ourselves in to feel positive and productive and which can act as motivation to others as well.

### **Documentary creation of COVID 19 related activities of Mulavukad panchayath**

UBA team and Dept of commerce (SF) St Teresa's college made a documentary in salute to the recognition of efforts of the Mulavukad panchayath at tackling COVID 19. The documentary was prepared both in Malayalam and English. It was uploaded by the Kerala Institute of Local Administration (KILA) to their YouTube channel. This documentary depicts the activities undertaken by the Mulavakad panchayath under the leadership of President Smt. Viji Shajan. The activities include the awareness during the month of March, arrangement made in primary health centers for hand washing, arrangements made for the testing of suspected COVID 19 patients at Karivelipadi Maharaj Hospital, ward level health services conducted for elderly who were not able to reach hospitals, health checkup conducted for police team, field visits to ensure quarantine, community kitchen, cleaning and disinfection in main areas, distribution of food packets for needy people, distribution of rice for migrant workers, health checkup conducted at shops, manufacturing and distribution of reusable masks etc.

<https://www.youtube.com/watch?v=ajdF5wyaOKw>

<https://www.youtube.com/watch?v=Mk0FZzGgUZY>