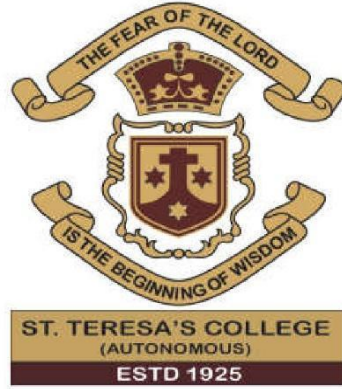


**ST. TERESA'S COLLEGE (AUTONOMOUS)  
ERNAKULAM**

**(Affiliated to Mahatma Gandhi University, Kottayam)**



**Teresian Rural Outreach Programme TROP)**

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**REPORT 2022 -2023**

St. Teresa's College (Autonomous), Ernakulam aims to provide holistic education that nurtures the intellectual, emotional, and spiritual growth of its students, and to create socially responsible citizens who will contribute to the development of society. The extension activities of the college are carried out under the banner of Teresian Rural Outreach Programme (TROP). As a Participating Institute of Unnat Bharat Abhiyan (UBA) since 2018, the college has taken up the responsibility of uplifting and empowering rural communities in the surrounding areas. The UBA activities of the college is a reflection of its commitment to social responsibility and its efforts to empower rural communities through education, awareness programs, and skill development.

The college has adopted six villages - Kunnukara, Njarackal, Cheranalloor, Mulavukad, Kuzhipilly and Kumbalangi and each Panchayat has been allocated to different departments of the college to carry out development activities. The college firmly believes in the value of service to society and has dedicated itself to making a positive impact on the lives of the rural population. The students and faculty members of the college have actively participated in these activities and have been instrumental in bringing about a positive change in the lives of the rural communities. The activities are co-ordinated under the leadership of the following teachers in various panchayats.

Dr. Nirmala Padmanabhan, Dean of Extension and Incubation

Dr. Pearly Antony O., Faculty in charge of extension Activities

### **Allotment of Department for TROP Activity - 2022-2023**

<b>Village</b>	<b>Department</b>	<b>Coordinator</b>
Kunnukara	Home Science Women Studies- Fashion Designing Clinical nutrition	Ms Rose Elsa Derin Department of Fashion Designing
Cheranelloor	English History Sociology Zoology	Dr. Dr. Meera Jan Abraham Associate Professor Dept. of Zoology
Kuzhipilly	Commerce (Reg) Commerce (SF) French Computer Science	Smt. Elizabeth Rini K.F Assistant Professor Dept of Commerce
Njarackal	Botany Physics Bharathanatyam Communicative English	Smt IK Nishitha Assistant Professor Dept. of Botany
Mulavukad	Mathematics & Statistics Food Processing technology Management Studies	Ms Dhanalakshmi O.M Department of Mathematics

	Psychology	
Kumbalangi	Economics Chemistry	Dr. Elizabeth Kuruvila Assistant Professor Dept. of Chemistry

The report will provide an overview of the extension activities carried out by St. Teresa's College (Autonomous), Ernakulam, under the UBA initiative.

### **Activities done at Kumbalangi Panchayat**

The UBA team of the college is instrumental in formulating and implementing Saansad Adarsh Gram Yojana (SAGY) schemes in the panchayat. The various departments of the college conducted different projects associated with SAGY Schemes and also other projects.

#### **ACTIVITY No: 1**

**NAME OF THE DEPARTMENT: Economics**

**Title of the Activity: Samboorna Digilocker Kumbalangi**

<b>Panchayat</b>	<b>Kumbalangi</b>
<b>Type of activity</b>	<b>Digilocker Account Creation in each household</b>
<b>Date</b>	<b>8<sup>th</sup> June 2022</b>
<b>Venue</b>	<b>Kumbalangi</b>
<b>No: of teachers involved</b>	<b>7</b>
<b>No: of students involved</b>	<b>17</b>
<b>No: of beneficiaries</b>	<b>1046</b>

#### **Need of the Activity:**

The activity was introduced with the aim of creating a digilocker account in every household of Kumbalangi Panchayat. Digilocker is a flagship initiative under the Ministry of IT and Electronics, in which the account holders can store important documents and avail the services and the digitized documents issued by the Central Government.

This activity marks a step towards sustainable development through digitalization, thereby enabling paperless and digital economy. It also helps the rural people to utilize the online services provided by the government and gain the benefits from the online services. Through this initiative, the beneficiaries can store their important documents in their digilocker account and are secured from the risk of losing their documents, if met with unprecedented events like floods or other natural disasters.

### **Brief Description (Need/Impact/Action/Photo -Geotagged / brochure):**

Sampoorna Digilocker Kumbalangi is an initiative of Department of Economics with the support of Cochin shipyard in Kumbalangi Panchayat. This activity was introduced with the aim of creating a digilocker account in every household of Kumbalangi Panchayat. It works towards the goal of digitalizing the economy and creating awareness about the online services offered by the government, in rural areas. It also helps the rural people to utilize the online services provided by Digilocker such as storing important documents, issuing digitalized copy of the original document from the government etc. Through this initiative, the beneficiaries are risk free from losing the documents if met with unprecedented events like natural disasters.

To carry out this activity, 17 students were involved, along with teachers. These students and teachers were assigned each wards of the Kumbalangi Panchayat. On 8<sup>th</sup> June 2022, a meeting was held at the Kumbalangi Panchayat office in the presence of the Panchayat President, Vice Presidents, the 17 ward members and the people who were chosen from each ward as the ambassadors of the project. The main role of the ambassadors was to facilitate the process of digilocker account creation by visiting each household. The students regularly followed up the process and collected screenshots of the account created for evidence. They also addressed the queries and concerns of the ambassadors. The ward which achieves the goal of creating maximum number of digilocker account will be awarded along with the ambassadors.



### **Outcome:**

More than thousand digilocker accounts were created in Kumbalangi Panchayat.

### **ACTIVITY No: 2**

**NAME OF THE DEPARTMENT: ECONOMICS**

**Title of the Activity: Students' Leadership for Localizing SDGs through SAGY:**

<b>Panchayat</b>	<b>KUMBALANGI PANCHAYAT</b>
<b>Type of activity</b>	<b>SDG LINKING</b>
<b>Date</b>	<b>June 2022 onwards</b>
<b>Venue</b>	<b>KUMBALANGI</b>
<b>No: of teachers involved</b>	<b>2</b>
<b>No: of students involved</b>	<b>18</b>
<b>No: of beneficiaries</b>	<b>500</b>

### **Need of the Activity:**

This project uplifts the local governments as it links the local government projects with SDGs and empowers the youth by making them skilled & well versed with SDGs and functioning of the government bodies.

### **Brief Description (Need/Impact/Action/Photo -Geotagged / brochure):**

*'Students' Leadership for Localizing SDGs through SAGY'* aims to create a 'Result Based Framework' (RBF) to keep track of the progress of the SDG goals in the country. The project was initiated to help local governments fulfill the 2030 UN agenda. In September 2015, the General Assembly adopted the 2030 Agenda for Sustainable Development that included 17 Sustainable Development Goals (SDGs). Based on the principle of “leaving no one behind”, these new goals emphasize a holistic approach to achieving sustainable development for all. In India, the NITI Aayog, the think tank of the Government of India has taken the lead to see to it that we achieve the 2030 goal. As India follows a decentralized 3 tier government system, the local government plays a crucial role in the implementation of the SDGs. The targets and indicators provided by NITI Aayog are further localized by the Panchayats through the 'Localization of Sustainable Development Goals in Panchayat Raj Institutions-Report of the Expert group Volume 2'. We adopted Kumbalangi Panchayat, a coastal village in Kerala as our target area, and linked the local projects implemented by the Panchayat with the MoPr and NITI Aayog based goals and indicators. This is one of the first projects in the Country that converges SAGY, UBA and SDG. At times we did face hurdles in linking the projects with the given indicators, due to this for certain projects we have created new indicators appropriate to them. After mapping the projects of the Panchayat to the localized indicators, we created a Result based Framework to help keep track of the progress to fulfill the 2030 agenda.



**Outcome:** The process is reflected in a Result based framework (RBF) in order to track the progress of the project so to achieve the SDG Goals by the year 2030

**ACTIVITY No: 3**

**NAME OF THE DEPARTMENT: Economics**

**Title of the Activity:** Experience sharing workshop with Shri. Hibi Eden ,Member of Parliament

<b>Panchayat</b>	<b>Kumbalangi Panchayat</b>
<b>Type of activity</b>	<b>SDG Linking</b>
<b>Date</b>	22nd June 2022
<b>Venue</b>	<b>Kumbalangi</b>
<b>No: of teachers involved</b>	2
<b>No: of students involved</b>	18
<b>No: of beneficiaries</b>	

**Need of the Activity:**

The project “Students’ Leadership for Localizing SDGs through SAGY” was explained to Shri Hibi Eden, MP . The objectives of the project was explained to MP. The support of the local government was essential for getting the data regarding the different projects under SAGY.

**Brief Description (Need/Impact/Action/Photo -Geotagged / brochure ):**

An experience sharing workshop was organized in which the project “Students’ Leadership for Localizing SDGs through SAGY was explained to MP , Panchayat President , Vice president and other members of the Kumbalangi Panchayat. The importance of the project was emphasized and informed them the data requirement from the panchayat regarding the various projects under SAGY.

ST. TERESA'S COLLEGE (AUTONOMOUS) ERNAKULAM

*Students' Leadership for Localizing SDGs through SAGY*  
- EXPERIENCE SHARING WORKSHOP

WELCOME ADDRESS: DR. NIRMALA PADMANABHAN  
(DEAN OF EXTENSION ACTIVITIES  
ST. TERESA'S COLLEGE)

PRESIDENTIAL ADDRESS: SMT. LEEJA THOMAS BABU  
(PRESIDENT,  
KUMBALANGI PANCHAYAT)

PRESENTATION: MEGHA A. MENON  
NANDANA ANIL  
PRIYA SOLY

REFLECTIONS ON PROJECT: HIBI EDEN  
(MEMBER OF PARLIAMENT)

DR. J. B. RAJAN  
(ASSOCIATE PROFESSOR KILA)

FUTURE PLAN OF ACTION: DR. PEARLY ANTONY O.  
(ASSISTANT PROFESSOR,  
DEPARTMENT OF ECONOMICS,  
ST. TERESA'S COLLEGE )

VOTE OF THANKS: SRI. P. A. SAGEER  
(VICE PRESIDENT,  
KUMBALANGI PANCHAYAT)

ON 22 JUNE 2022  
TIME: 2:30PM  
THROUGH GOOGLE MEET

### **Outcome:**

The project was presented before the elected representatives . They ensured the data from the Kumbalangi panchayat for linking SDGs with the SAGY projects of Kumbalangi.

### **ACTIVITY No: 4**

**NAME OF THE DEPARTMENT: Economics**

**Title of the Activity:** workshop on Localising Sustainable Development Goals

<b>Panchayat</b>	Kumbalangi
<b>Type of activity</b>	Workshop
<b>Date</b>	8 <sup>th</sup> July 2022
<b>Venue</b>	Kumbalangi panchayat office
<b>No: of teachers involved</b>	8
<b>No: of students involved</b>	18
<b>No: of beneficiaries</b>	100

### Need of the Activity:

The workshop was arranged for making the officials and elected representatives of Kumbalangi aware of the need of Linking the SAGY projects to SDG goals and bringing the SAGY projects in a result based frame work .

### Brief Description (Need/Impact/Action/Photo -Geotagged / brochure ):

As part of the project 'Students' Leadership for Localizing SDGs through SAGY' a workshop on Localising Sustainable Development Goals was organized at Kumbalangi panchayat., Shri Jafar Malik District Collector , Ernakulam , delivered the keynote address in which he emphasized the importance of SDGs. The team presented the projects to the elected representatives, officials and people of Kumbalangi Panchayat. The explained the importance of linking the SAGY projects to SDGs and bringing their projects in a result based frame work.

**ST. TERESA'S COLLEGE (AUTONOMOUS) ERNAKULAM**

*Workshop on Localising Sustainable Development Goals*

On 8th July 2022 at 1:00 pm Venue: Kumbalangi Grama Panchayat

Welcome Speech : Shri. PA Sageer  
Vice President, Kumbalangi Panchayat

Presidential Address : Smt. Leeja Thomas Babu  
President, Kumbalangi Panchayat

Inaugural Address : Shri. Hibi Eden  
Member of Parliament, Ernakulam

Keynote Address : Shri. Jafar Malik IAS  
District Collector, Ernakulam

Project Presentation and Discussion : Students' Leadership for Localising SDG's through SAGY

Felicitation : Smt. Treasa Jose  
District Coordinator, SAGY

Dr. J.B Rajan  
Associate Professor, KILA

Smt. Jasmine Rajesh  
Chairperson, Development Standing Committee

Smt. Jency Antony  
Chairperson, Health Standing Committee

Shri. Basil Puthenveetil  
Chairman, Welfare Standing Committee

Smt. B.Ajitha  
Secretary, Kumbalangi Panchayat

*"Together Making It Possible"*

*"Sustainable development is the pathway to the future we want for all. It offers a framework to generate economic growth, achieve social justice, exercise environmental stewardship and strengthen governance."*  
- Ban Ki Moon





**Outcome:**

An analysis of SAAGY projects in Kumbalangi were done. Made the implementing officers aware of documentation of the projects and data requirements for making the projects in result based framework.

**ACTIVITY No:5**

**NAME OF THE DEPARTMENT:** Economics

**Title of the Activity:** Visit to Pakalveedu at Kumbalangi Gram Panchayat

<b>Panchayat</b>	<b>Kumbalangi</b>
<b>Type of activity</b>	<b>Visit to Pakalveedu</b>
<b>Date</b>	<b>19<sup>th</sup> December, 2022</b>
<b>Venue</b>	<b>Pakalveedu</b>
<b>No: of teachers involved</b>	<b>1</b>
<b>No: of students involved</b>	<b>19</b>
<b>No: of beneficiaries</b>	<b>17</b>

**Need of the Activity:**

A day with senior citizens was highly useful for the students to understand the importance of senior citizen and the need for spending some quality time with them.

**Brief Description (Need/Impact/Action/Photo -Geotagged / brochure ):**

Christmas is the spirit of joy and happiness. And during this Christmas season students decided to visit a Pakalveedu in Kumbalangi Gram Panchayat. Mrs Leeja Thomas Babu, President Kumbalangi panchayat and Mrs Rita Peter , Ward Member, addressed the gathering. To bring the spirit of Christmas the cake cutting was done and distributed cakes to the inmates of Pakalveedu. The inmates of Pakalveedu were excited to participate in various games organized by the student team. Later fruits were gifted to the senior citizens.



**Outcome:**

A day with the senior citizens was highly beneficial for the students to understand the feelings of the senior citizens.

**ACTIVITY No: 6**

**NAME OF THE DEPARTMENT: Economics**

**Title of the Activity:** Awareness on online payment of KSEB bills

<b>Panchayat</b>	Kumbalagi
<b>Type of activity</b>	Awareness
<b>Date</b>	February 2023
<b>Venue</b>	Kumbalagi Panchayat
<b>No: of teachers involved</b>	10
<b>No: of students involved</b>	6
<b>No: of beneficiaries</b>	500

**Need of the Activity:**

The government made the online payment of KSEB bills compulsory for the bills above rs 1000. So it was the need of the hour to make the common man aware of the steps involved in the online payment of KSEB bills.

**Brief Description (Need/Impact/Action/Photo -Geotagged / brochure ):**

An awareness on online payment of KSEB bills were made among the people of Kumbalagi panchayat. The vedioes ans chats expaling the online payment of KSEb bills were made in a simple manner. The students prepared the posters and vedios on the the steps of online payment of KSEB bills and distributed the same among he people of Kumbalanjo



Department of Economics  
St. Teresa's College  
(Autonomous), Ernakulam

## STEPS TO PAY KSEB BILL ONLINE



**Outcome:** The people of Kumbalangi were made aware of the steps involved in the online payment of KSEB bills.

**ACTIVITY No: 7**

**NAME OF THE DEPARTMENT: Economics**

**Title of the Activity:** Release of the book 'Student leadership for localizing SDGs through SAGY: Process Organiser

<b>Panchayat</b>	Kumbalangi
<b>Type of activity</b>	Book release
<b>Date</b>	4-2-2023
<b>Venue</b>	St. Teresa's College , Ernakulam
<b>No: of teachers involved</b>	2
<b>No: of students involved</b>	18
<b>No: of beneficiaries</b>	

### **Need of the Activity:**

‘Student leadership for localizing SDGs through SAGY : Process Organisor is a self-explanatory Guide which will be beneficial for the Higher education Institutions and Local governments for linking their projects with Sustainable development Goals of UN.

### **Brief Description (Need/Impact/Action/Photo -Geotagged / brochure):**

The project “Student leadership for localizing SDGs through SAGY” is a replicable model which explains how higher education institutions can associate with local governments and work for the betterment of the society. It attempted to localise SDGs by focusing projects under SAGY (Saansad Adarsh Gram Yojana) formulated by Kumbalangi Grama Panchayat. The students’ team sensitised the elected representatives and officials of Kumbalangi Panchayat on the various indicators and also nudge them towards achieving the goals through a result based framework which sets targets for year 2025 and 2030. The entire process involved in this project is documented in this book which will be a guiding force for other institutions who wish to replicate this. The book was released by Shri. M.B Rajesh , Minister of Local Self Government Department , Govt. of Kerala and handed over to Shri Hibi Eden , MP , Ernakulam .



**Outcome:** The project resulted in the publication of the book which will be a useful guide

for the other institutions and local governments who would like to link their projects with SDGs.

**ACTIVITY No: 8**

**NAME OF THE DEPARTMENT: CHEMISTRY**

**Title of the Activity: Shuchitwa Mission**

<b>Panchayat</b>	KUMBALANGI
<b>Type of activity</b>	PUBLIC OUTREACH PROGRAMME
<b>Date</b>	8- 10-2022
<b>Venue</b>	KUMBALANGI PARK
<b>No: of teachers involved</b>	2
<b>No: of students involved</b>	35
<b>No: of beneficiaries</b>	<b>200</b>

**Need of the Activity:** As part of Gandhijayanthi celebration cleanliness drive was organized by our degree first year students at public park of Kumbalangi panchayat.

**Brief Description (Need/Impact/Action/Photo -Geotagged / brochure ):** The students from 1DC Chemistry went to Kumbalangi park under Teresian Rural Outreach Programme(TROP). About 35 students joined to clean the Kumbalangi Park on behalf of Gandhi Jayanthi Sevana Varam. Two of our teachers Dr Annu Raju and Ms Priya K took all of the students at Kumbalangi Panchayat on 8 October at 9 AM. The Panchayat President Leeja Thomas Babu was present at the venue. We students and teachers cleaned the park and road. We had slight refreshments and we completed the work by afternoon.

**BROCHURE:**



**ST. TERESA'S COLLEGE  
(AUTONOMOUS), ERNAKULAM**



**DEPARTMENT OF CHEMISTRY AND  
CENTRE FOR RESEARCH**

*Presents*

**SHUCHITWA**  
*Mission*

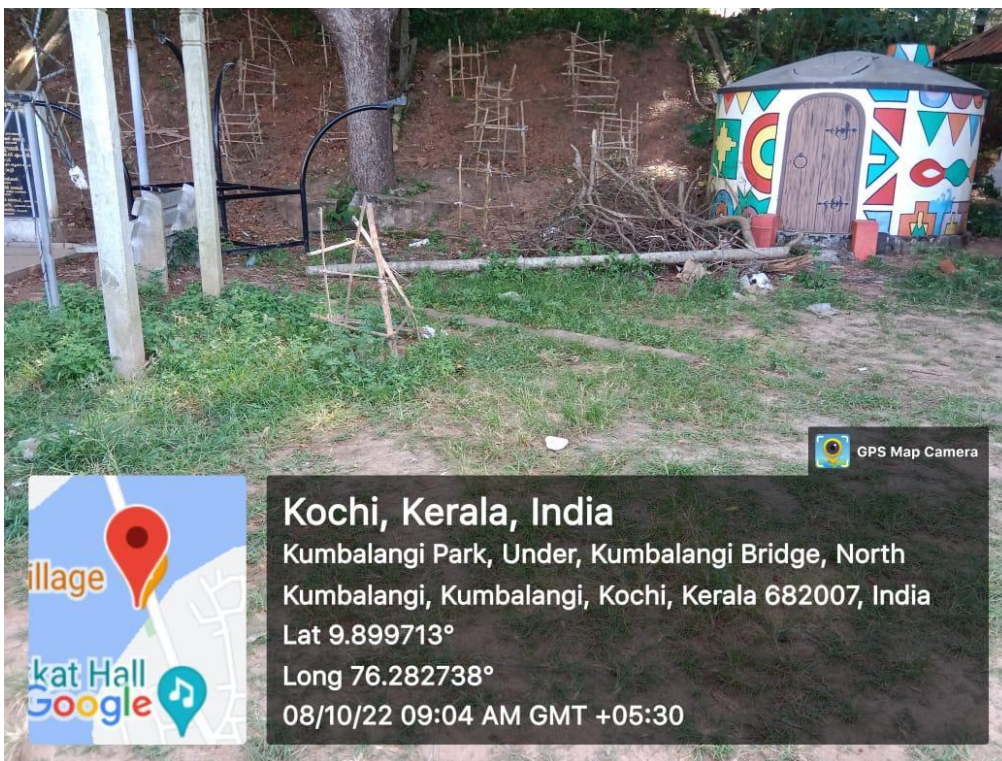


**INAUGURATION : LEEJA THOMAS BABU**  
(Kumbalangi Panchayat President)



**8<sup>th</sup> October  
2022  
9 am**

**PHOTOS:**



**Outcome:** Public park and Gym area surrounding the park was cleaned and reopened for the residence of Kumbalangi panchayat.

**ACTIVITY No: 9**



**NAME OF THE DEPARTMENT: CHEMISTRY**

**Title of the Activity: Water Quality Testing**

<b>Panchayat</b>	<b>KUMBALANGI</b>
<b>Type of activity</b>	<b>Water Analysis</b>
<b>Date</b>	<b>1-9-2022 to 31-1-2023</b>
<b>Venue</b>	<b>KUMBALANGI PANCHAYAT</b>
<b>No: of teachers involved</b>	<b>1</b>
<b>No: of students involved</b>	<b>5</b>
<b>No: of beneficiaries</b>	<b>100</b>

**Need of the Activity:** Analysis of parameters like pH, alkalinity, hardness, ammonia, chlorine and ecoli to determine the water quality of kumbalangi panchayat.

**Brief Description (Need/Impact/Action/Photo -Geotagged / brochure ):** Water quality analysis was carried out in Kumbalangi panchayat as part of Teresian Rural Outreach Programme. Six parameters were analysed in tap water, well water, bore well water, pond water and river water samples. Samples were collected randomly from different wards. The wards chosen are 1,2,3,4,7,14,16 and 17. From the water samples analysed, we found that certain wards of Kumbalangi panchayat shows all these parameters, and among that the most dangerous parameter Ammonia and Ecoli are shown in the following samples of ward: 1 tap water (ward 1) 3 well water (ward 1,7,14) 3 pond water (ward 7 and 16) and 1 river water (ward 7) showed the presence of Ammonia and a sample of well water from ward 4 and two samples from ward 14 (1 well water and 1 pond water) showed the presence of Ecoli. This might be due to the high content of fertilisers in the soil and contamination of water due to sewage and animal waste etc. This will adversely affect the aquatic life and thereby affect the health of residents in that place.

**PHOTOS:**



**Outcome:** Water quality of Kumbalangi Panchayat was analysed

**NAME OF THE DEPARTMENT:** DEPARTMENT OF COMMERCE  
(SELF-FINANCING)

**Title of the Activity:** AWARENESS ABOUT ANTI-NARCOTICS

<b>Panchayat</b>	Kumbalangi
<b>Type of Activity</b>	Flashmob on awareness of anti-narcotics
<b>Date</b>	28-10-2022
<b>Venue</b>	St. Peter's Higher Secondary School, Kumbalangi
<b>No: of teachers involved</b>	1
<b>No: of students involved</b>	10
<b>No: of beneficiaries</b>	100 (approx.)

**Need of the Activity:** To Enhance awareness among students about Ani-narcotics.

**Brief Description (Need/Impact/Action/Photo -Geotagged/brochure ):** As a part of the UBA/TROP activity, the Department of Commerce (Self-Financing) M.Com. Students have done a flashmob at the school ground to spread awareness about Anti-narcotics among the students.

**Outcome:** Provides awareness about the harmful effects of narcotics as part Anti-narcotics campaign.





**ACTIVITY No: 11**

**NAME OF THE DEPARTMENT:** DEPARTMENT OF COMMERCE (SELF-FINANCING)

**Title of the Activity:** AWARENESS AMONG STUDENTS ABOUT BANKING ACTIVITIES AND USES OF ONLINE BANKING

<b>Panchayat</b>	Kumbalangi
<b>Type of Activity</b>	Awareness program about online payment platforms.
<b>Date</b>	28-10-2022
<b>Venue</b>	St. Peter's Higher Secondary School, Kumbalangi
<b>No: of teachers involved</b>	1
<b>No: of students involved</b>	4
<b>No: of beneficiaries</b>	46

**Need of the Activity:** To Enhance knowledge among students about online payment platforms.

**Brief Description (Need/Impact/Action/Photo -Geotagged/brochure):** As a part of the UBA/TROP activity, the Department of Commerce (Self-Financing) M.Com. students took a class based on the topic of Banking, its functions, and evolution, and also gave awareness about how online payment platforms are generating revenue.

**Outcome:** Provides awareness about how useful is online payment platforms among the students.



**ACTIVITY No: 12**

**NAME OF THE DEPARTMENT:** DEPARTMENT OF COMMERCE  
(SELF-FINANCING)

**Title of the Activity:** AWARENESS AMONG STUDENTS ABOUT DOMESTIC VIOLENCE AND IT'S CONSEQUENCES.

<b>Panchayat</b>	Kumbalangi
<b>Type of Activity</b>	Awareness program about domestic violence and it's consequences.
<b>Date</b>	28-10-2022
<b>Venue</b>	St. Peter's Higher Secondary School, Kumbalangi
<b>No: of teachers involved</b>	1
<b>No: of students involved</b>	4
<b>No: of beneficiaries</b>	62

**Need of the Activity:** To Enhance knowledge among students about domestic violence and it's consequences.

**Brief Description (Need/Impact/Action/Photo -Geotagged/brochure ):**

As a part of the UBA/TROP activity, the Department of Commerce (Self-Financing) M.Com. students took a class based on the domestic violence and its consequences, and also gave awareness about how to seek help in such situations.

**Outcome:**

Provides awareness about how important domestic violence and its consequences are in the society.



**ACTIVITY No: 13**

**NAME OF THE DEPARTMENT:** DEPARTMENT OF COMMERCE (SELF-FINANCING)

**Title of the Activity:** STUDENT CAREER GUIDANCE


<b>Panchayat</b>	Kumbalangi
<b>Type of activity</b>	Awareness program
<b>Date</b>	28/10/2022
<b>Venue</b>	St. Peter's Higher Secondary School, Kumbalangi, Ernakulam
<b>No: of teachers involved</b>	1
<b>No: of students involved</b>	2
<b>No: of beneficiaries</b>	40

**Need of the Activity:** Career guidance will shape students future prospects by matching them with their dream jobs and ensuring their job satisfaction. It help students to realise their aspirations by setting up realistic goals.

**Brief Description (Need/Impact/Action/Photo -Geotagged / brochure ):** The main objective of this activity was to provide guidance and assistance for the students to achieve

their career goals. After the career guidance session, we divided the class into two groups to conduct a general knowledge quiz competition and a debate on online vs. offline classes.

**Outcome:** Students became aware about multiple career choices.

		<p>OF COMMERCE</p> <p>LOGO GAME</p>
<b>Date</b>	28/10/2022	
<b>Venue</b>	St. Peters school H.S.S	
<b>No: of teachers involved</b>	1	
<b>No: of students Involved</b>	2	
<b>No: of beneficiaries</b>	45	

**Need of the Activity:** Capital markets are important because they finance the economy, allocate risk, and support economic growth and financial stability. Learning about capital markets is essential for everyone, from people who wish to begin a career within the capital markets to those who want to learn more about how the economy functions and how to make more informed personal investing decisions.

A logo trivia game helps to learn about different businesses, it can also help the students with their powers of observation. In fact, if the logo they saw on one of their games is particularly rare and is only available in certain areas, seeing it on the trip may help them remember it for next time.

**Brief Description (Need/Impact/Action/Photo-Geotagged / Brochure ):**

- Classes were taken on Capital market, different securities traded and basic functioning of capital market.
- Logos of different leading companies and organization’s were shown on screen to students.

**Outcome:**

1. To create an awareness about capital market.
2. To engage students in games that helps to improve your knowledge and expand it. And also enable them to tap into their short term and long term memory when they see a logo and try to remember where they last saw it.



**ACTIVITY No: 15**

**NAME OF THE DEPARTMENT:** DEPARTMENT OF COMMERCE (SELF-FINANCING)

**Title of the Activity:** AWARENESS AMONG STUDENTS ABOUT CYBER WELLNESS AND ANTI NARCOTIC

<b>Panchayat</b>	Kumbalangi
<b>Type of Activity</b>	Awareness program about the Cyber Wellness and Anti Narcotic
<b>Date</b>	28-10-2022
<b>Venue</b>	St. Peter’s Higher Secondary School, Kumbalangi



No: of teachers involved	1
No: of students involved	4
No: of beneficiaries	46

**Need of the Activity:** Create an awareness among students about the Cyber Wellness and Anti Narcotic

**Brief Description (Need/Impact/Action/Photo -Geotagged/brochure):** As a part of the UBA/TROP activity, the Department of Commerce (Self-Financing) M.Com. students took a class based on the topic of Cyber Wellness and Anti Narcotic gave awareness about how to manage social media accounts and helps avoid the usage of drugs in the society.

**Outcome:** Made the students aware of different problems happening in the society due to drug addiction and other cyber related issues and provided an awareness on how to avoid such problems.



**ACTIVITY No: 16****NAME OF THE DEPARTMENT:** DEPARTMENT OF COMMERCE  
(SELF-FINANCING)**Title of the Activity:** SWOT ANALYSIS RELATING TO COMMERCE

<b>Panchayat</b>	Kumbalangi
<b>Type of activity</b>	class regarding Swot Analysis
<b>Date</b>	28/10/2022
<b>Venue</b>	St. Peters Higher Secondary School Kumbalangi
<b>No: of teachers involved</b>	1
<b>No: of students involved</b>	02
<b>No: of beneficiaries</b>	50

**Need of the Activity:** To enhance and share new and interesting knowledge among students. A new and unfamiliar topic has been introduced in the class regarding Swot Analysis which is related to commerce.

**Brief Description (Need/Impact/Action/Photo -Geotagged / brochure ):**

Consumer rights class taken on meaning of consumer and the rights under consumer protection act as well as some General knowledge quiz followed by A brief description on SWOT analysis.

**Outcome:** Create a platform for our students to be a part of “LOVE TO BE A TEACHER CAMPAIGN”

**ACTIVITY No:17****NAME OF THE DEPARTMENT:** Bharathanatyam

**Title of the Activity: Gandhiji de Kerala Parayattanam ( Dance Performance)**

<b>Panchayat</b>	<b>Kumbalangi</b>
<b>Type of activity</b>	<b>Dance Performance</b>
<b>Date</b>	<b>14<sup>th</sup> August</b>
<b>Venue</b>	<b>Near Panchayat Office</b>
<b>No: of teachers involved</b>	<b>1</b>
<b>No: of students involved</b>	<b>3</b>
<b>No: of beneficiaries</b>	<b>100-150</b>

**Need of the Activity:**

Independence day Performance for the Panchayat

**Photo -Geotagged / brochure**





ACTIVITY No: 18

NAME OF THE DEPARTMENT: Bharathanatyam

Title of the Activity: Karshak Dinam Celebration ( Dance Performance)

Panchayat	Kumbalangi
Type of activity	Dance Performance
Date	17 <sup>th</sup> August
Venue	Kumbalangi Panchayat
No: of teachers involved	1
No: of students involved	5
No: of beneficiaries	100-150

Need of the Activity: Dance Performance for Kumbalangi Panchayat for the Karshak Dinam Celebration

**Brief Description (Need/Impact/Action/Photo -Geotagged / brochure ):**



**ACTIVITY No: 19**

**NAME OF THE DEPARTMENT: Bharathanatyam**

**Title of the Activity: Natyayoga**

<b>Panchayat</b>	<b>Kumbalangi</b>
<b>Type of activity</b>	<b>Natyayoga</b>
<b>Date</b>	<b>29<sup>th</sup> September</b>
<b>Venue</b>	<b>Our Lady Of Fathima Convent School</b>
<b>No: of teachers involved</b>	<b>1</b>
<b>No: of students involved</b>	<b>8</b>
<b>No: of beneficiaries</b>	<b>250-300</b>

**Need of the Activity:** Awareness about the importance of exercise

**Brief Description (Need/Impact/Action/Photo -Geotagged / brochure ):**



# Activities done at Kuzhuppilly Panchayat

**ACTIVITY NO: 1**

**NAME OF THE DEPARTMENT:** DEPARTMENT OF COMMERCE REGULAR

**Title of the activity:** DISTRIBUTION OF STUDY MATERIALS

<b>Panchayat</b>	Kuzhuppilly
<b>Type of Activity</b>	Distribution of Study Materials
<b>Date</b>	14/06/2022
<b>Venue</b>	Pallathamkulangara Bhagavathi Devaswom L.P. School.
<b>No: of Teachers involved</b>	1
<b>No: of students involved</b>	7
<b>No: of Beneficiaries</b>	41

**Need of the Activity:** To provide the students with stationery items to help them in their learning process.

## **Brief Description (Need/Impact/Action/Photo-Geotagged/Brochure):**

On 14<sup>th</sup> June 2022, as a part of TROP activity of Department of Commerce Regular, Assistant Professor Elizabeth Rini K F, along with 7 students handed over 95 books, ....to the students of Pallathamkulangara Bhagavathi Devaswom L.P School of Kuzhuppilly Panchayath. These stationery items were distributed to 27 students present at the time of the function and the rest were distributed by the teachers of the respected school. Expenses of the same were met from the fund collected from B.com Regular students. The teachers and staffs of the school appreciated and showed their gratitude to the students and also to our department.



## **Outcome :**



The students are equipped with the basic requirements to support their studies.

**ACTIVITY NO: 2****NAME OF THE DEPARTMENT:** DEPARTMENT OF COMMERCE REGULAR**Title of the Activity:** TEACHING STUDENTS MANNERS, ENGLISH  
AND USEFUL TECHNIQUES FOR DRAWING

<b>Panchayat</b>	Kuzhuppilly
<b>Type of Activity</b>	Teaching students
<b>Date</b>	21/07/2022
<b>Venue</b>	Pallathamkulangara Bhagavathi Devaswom L.P. School.
<b>No: of Teachers involved</b>	1
<b>No: of students involved</b>	5
<b>No: of Beneficiaries</b>	22

**Need of the Activity:** To have an interactive session with students by teaching them basic manners, English rhymes and drawing.

**Brief Description (Need/Impact/action/ Photo-Geotagged/Brochure) :**

On 21 July 2022, as a part of TROP activity of the Department of Commerce (Regular), Assistant Professor Elizabeth Rini K F, along with 5 students taught the children in Pallathamkulangara Bhagavathi Devaswom L.P School of Kuzhuppilly Panchayath basic manners, rhymes and drawing. Ms. Malavika P S taught the students basic manners and good habits like brushing teeth twice a day and greetings. In the light of covid, they were also taught the right way to wash their hands. This made them aware of cleanliness in daily life. The students had a fun time learning to draw posters and figures using



easy techniques, which was taught by Ms. Nandhana P B. They also had an interactive session of ‘hands up hands down’ which helped in increasing their concentration, focus and listening skills. They joined Ms. Anula Menon in singing the English alphabet, after which they sang rhymes to each other. They did a role play on rhymes and sang with great enthusiasm. This made helped them to develop and enhance team spirit. Lastly, there was a clapping session using fingers to test their attentiveness by Malavika. Overall, it was a vibrant and lively session with these bubbly children. All students were distributed biscuits and chocolates as a reward for their energy and initiative to participate. The cost for the treats were borne by the involved students themselves. In the end, the students had a fun time singing, dancing and displaying their talent. The children, teachers and staff showed gratitude towards the student and the department.

**Outcome:** The students were educated with good manners and developing talents like drawing and singing as well.



**ACTIVITY NO: 3**

**NAME OF THE DEPARTMENT :** DEPARTMENT OF COMMERCE REGULAR

**Title of the Activity-** INDEPENDENCE DAY CELEBRATION AT KUZHUPILLY PANCHAYAT

<b>Panchayat</b>	Kuzhupilly
<b>Type of activity</b>	Independence day celebration
<b>Date</b>	15/08/2022

<b>venue</b>	Kuzhupilly panchayat
<b>No of teachers involved</b>	1
<b>No of students involved</b>	1

**Need of the activity-** To take part in independence day celebration

Brief Description (Need/Impact/action/ Photo-Geotagged/Brochure) :

On 15th August 2022,As a part of TROP activity of Department of Commerce, by the instruction of the faculty in charge of TROP, Assistant Professor Elizabeth Rini K F ,one of the student visited Kuzhupilly panchayat for taking part in the independence day celebration. The programme started at eight by a speech on independence day by the panchayat president Mr K S Nibin. He delivered a speech on the importance of independence day and the brave deeds of many freedom fighters who struggled for independence. It was followed by the flag hoisting ceremony where everyone sang the national anthem in unity. The panchayat president hoisted the national flag. Some of the ward members Mr Pramukhan, Ms Varsha, Ms Beena Devassy ,Mr Chandran,Ms Jiji etc including the panchayat secretary took part in this glorious independence day celebration. They even distributed some sweets. The president interacted with the student and enquired about the future activities to be conducted in the panchayat. The president as well as all the ward members were very supportive and encouraging in all the activities.

**Outcome:** To instil patriotism, national pride and to commemorate independence from colonial rule.



**ACTIVITY NO: 4**

**NAME OF THE DEPARTMENT: DEPARTMENT OF COMMERCE REGULAR**

**Title of the Activity: DISTRIBUTION OF WASTE BINS AND WASTE DISPOSAL AWARENESS**

<b>Panchayat</b>	Kuzhupilly
<b>Type of activity</b>	Distribution of dustbins, Waste disposal awareness
<b>Date</b>	19/10/2022
<b>Venue</b>	V D Sabha LP School , Kuzhupilly
<b>No of teachers involved</b>	1
<b>No of students involved</b>	12
<b>No of Beneficiaries</b>	100

**Need of the activity:** To aware students about proper waste disposal and distribute waste bins

**Brief Description (Need/Impact/action/ Photo-Geotagged/Brochure) :**

The students of II B. Com (Taxation) as the part of Teresian Rural Outreach Programme went to V D Sabha LP School in Kuzhupilly on 19th October 2022 under the guidance of Ms. Elizabeth Rini. Waste is a major contributor to land and water pollution and can also cause health problems. Improper disposal of waste can also lead to the release of dangerous chemicals, toxins, and other pollutants into the environment. Therefore, it is important to be aware of how to properly dispose of waste and to reduce the amount of waste we produce. As a part of the campaign, St Teresa's College distributed waste bins for wet and dry waste being green and blue in the presence of teachers Sinitha AK, Shiney NP, and Sreekanth S. The students were then given waste disposal awareness class by Anjana, Gayatri, and Devika. Over 100 students attended the awareness class. Others followed with cleaning the school premises. The headmaster Mr. Manoj on behalf of the

school was contented with the initiatives taken by students of St Teresa's College and the students of II B. Com got amazing learning experiences through the TROP activity.

**Outcome:**

The students were enriched with knowledge of proper waste disposal .they also received waste bins to put the plastic and green waste separately.



**ACTIVITY NO:5**

**NAME OF THE DEPARTMENT: DEPARTMENT OF COMPUTER APPLICATIONS**

**Title of the Activity:** HELPDESK-SCHOLARSHIP [FOR HELPING SC/ST STUDENTS]

<b>Panchayat</b>	Kuzhupilly
<b>Type of activity</b>	HelpDesk
<b>Date</b>	11 Oct 2022-17 Nov 2022
<b>Venue</b>	Dept. of Computer Applications
<b>No:of teachers involved</b>	2
<b>No:of students involved</b>	24
<b>No:of beneficiaries</b>	20

**Need of the Activity:** Scholarships help students to pursue their education without any financial constraints. Therefore it is a need to assist socially backward students to apply for scholarships.

**Brief Description (Need/Impact/Action/Photo-Geotagged/Brochure):**

As a part of Teresian Rural Out-reach Programme [TROP], the Department of Computer Applications, St. Teresa's College (Autonomous), Ernakulam, organized a Helpdesk to help SC/ST students to apply for various scholarships. 24 second year B.Sc Computer Applications [Triple Main] students were divided into batches and were assigned duties to help the students to apply for scholarships like E-grantz and Post-Metric Scholarship. Computer lab of the department was utilized for the purpose. Helpdesk was open from 11 Oct 2022 to 17 Nov 2022 (2:30 p.m. to 3:30 p.m.) .

**Outcome:** The programme was so beneficial to students. They were able to help a no. of students. It gave them an opportunity to give back to their society while developing their social skills.

**ACTIVITY No: 6****NAME OF THE DEPARTMENT: DEPARTMENT OF COMPUTER APPLICATION****Title of the Activity: ENVISAGE'22**

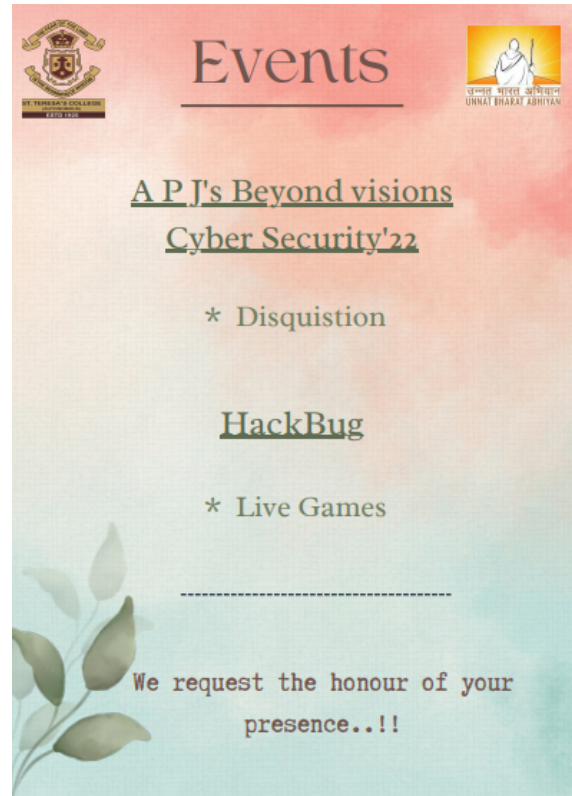
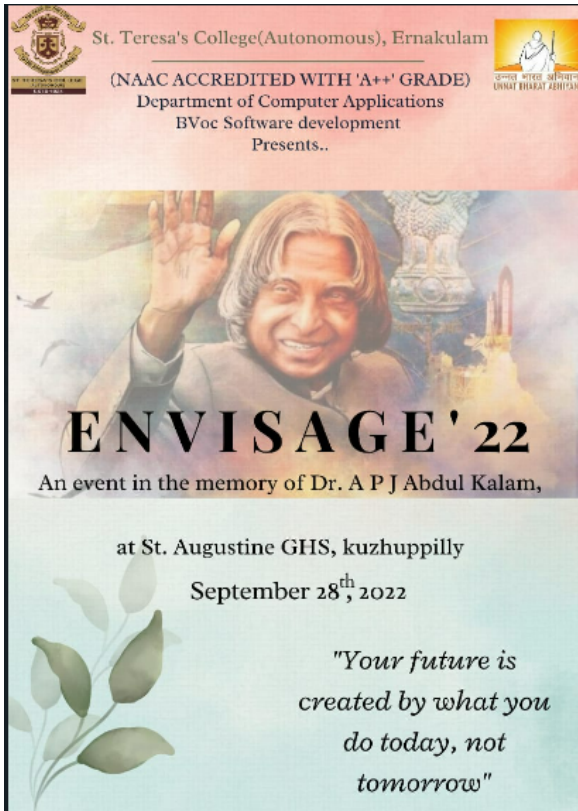
<b>Panchayat</b>	<b>Kuzhupilly</b>
<b>Type of activity</b>	<b>Rural outsource Program</b>
<b>Date</b>	<b>28/09/2022</b>
<b>Venue</b>	<b>St.Augustine GHS School, Kuzhupilly</b>
<b>No: of teachers involved</b>	<b>2</b>
<b>No: of students involved</b>	<b>22</b>
<b>No: of beneficiaries</b>	<b>211</b>

**Need of the Activity: To Spread awareness on Cybersecurity and its fields among students****Brief Description (Need/Impact/Action/Photo -Geotagged / brochure ):**

We have conducted this event on 28<sup>th</sup> September 2022 in connection with APJ Abdul kalam's Death Anniversary on 28<sup>th</sup> July. Name of the program was "ENVISAGE'22" we held a disquisition on the basis of APJs mission and vision on "A Digital India a bright connected future" and his wish to call for a research on "Cyber security". After the disquisition we conducted a game called: "HackBug" which consists of some GK ,Current Affairs , IT related and APJ Abdul Kalam related questions.

**Outcome:**

**The students got effective and efficient ways to use technologies in this present time , precautions to be aware on Cybercrimes which is happening in and around the world**



**Brochure of the event**



**ACTIVITY No: 7**

**NAME OF THE DEPARTMENT: DEPARTMENT OF FRENCH**

**Title of the activity: A CASE STUDY REPORT TO IDENTIFY THE AWARENESS OF HUMAN RIGHT AMONG PEOPLE AT KUZHUPIILLY PANCHAYAT.**

<b>Location</b>	Kuzhuppilly panchayat
<b>Type of activity</b>	Case study and Online survey through google form

te	07-2022
nue	zhuppilly
. of teachers involved	
. of students involved	
. of beneficiaries	

**Need of the activity:** To promote the awareness of human rights.

**Brief Description (Need/Impact/Action/Photo-Geotagged/Brochure):**

This study is conducted to identify and to promote the awareness of human rights at Kuzhuppilly panchayat. Conducted survey through questionnaire (Google forms).

**DATA ANALYSIS AND INTERPRETATION OF THE SURVEY**

OPINION	D. OF RESPONDENTS	PERCENTAGE
cellent		%
od		%
erage		%
or		%
TOTAL		100%

**Outcome :**

Outcome of the survey was quite productive. We were able to understand that most of the women were aware of the basic human rights.

**NAME OF THE DEPARTMENT:** DEPARTMENT OF FRENCH

**ACTIVITY No:** 8

**Title of the activity:** PAPER COLLECTION DRIVE IN ST. AUGUSTINE SCHOOL, KUZHUPPILLY

nchayat	zhuppilly panchayat
pe of activity	cial development activity
te	y 2022 to November 2022
nue	Augustine school
. of teachers involved	
. of students involved	
. of beneficiaries	0

**Need of the activity:** To curb the over usage of paper by recycling the paper waste.



**Brief Description (Need/Impact/Action/Photo-Geotagged/Brochure):**

The students of these schools come from economically backward families who drop out of schools as they find it difficult to pay the tuition fees. To keep them motivated and optimistic by extending a helping hand in their studies by recycling the paper waste collected through this drive into new note books and also to bring awareness about our otherwise unintentionally/intentionally ignored over usage of paper and the impacts of our actions.

**Outcome:**

Recycled paper leads to saving trees and hence the environment. 450 to 500 new notebooks for the students of St. Augustine school, Kuzhuppilly.

**NAME OF THE DEPARTMENT:** DEPARTMENT OF FRENCH

**ACTIVITY No:** 9

**Title of the activity:** A COMPARATIVE STUDY OF CHERAI AND KUZHUPILLY TO PROMOTE KUZHUPILLY AS AN ECO-TOURISM DESTINATION IN ERNAKULAM.

<b>Location</b>	zhuppilly panchayat
<b>Type of activity</b>	case study
<b>Date</b>	February 2023
<b>Theme</b>	zhuppilly and cherai
<b>No. of teachers involved</b>	
<b>No. of students involved</b>	
<b>No. of beneficiaries</b>	

**Need of the activity:** To promote kuzhuppilly as an eco-tourism destination in Ernakulam.

**Brief Description (Need/Impact/Action/Photo-Geotagged/Brochure):**

To identify the practices adopted in cherai and to implement the same in Kuzhuppilly. Kuzhuppilly lacks all the facilities provided in cherai and is lesser known destination. This study is to identify measures to popularize Kuzhuppilly as an eco0 tourism destination implement tourism activities and bring in more local interaction.

**Outcome:**

Benefits the local community and gears up Kuzhuppilly as popular as Cherai.

## UBA ACTIVITIES IN THE CHERANALLOOR GRAMA PANCHAYAT

NAME OF THE DEPARTMENT: HISTORY

### List of Activities:

#### ACTIVITY 1:

**Title of the Activity:** Digital literacy Class and sapling distribution

<b>Panchayat</b>	Cheranalloor
<b>Type of activity</b>	<b>Awareness Program</b>
<b>Date</b>	<b>29 August 2022</b>
<b>Venue</b>	<b>home of a kudumbasree member</b>
<b>No: of teachers involved</b>	<b>2</b>
<b>No: of students involved</b>	<b>6</b>
<b>No: of beneficiaries</b>	<b>10</b>

**Need of the Activity:** To give a class on online payment,welfare schemes available for womens and childrens and also distributed saplings for each kudumbasree members.

**Brief Description (Need/Impact/Action/Picture (if any)):** to make Kudumbasree members aware of online payments and to create an awareness on various welfare schemes available for women and children. Distribution of saplings to encourage the habit of planting and taking care of trees and plants in the household.



**ST. TERESA'S COLLEGE (Autonomous)**  
**Ernakulam**  
 Department of History ( Trop)  
*Presents*  
**DIGITAL LITERARY CLASS**  
**AND**  
**SAPLING DISTRIBUTION**

**Date : 29/08/2022**  
**Venue : Cheranallor Panchayat**

coordinaters :  
 Dr.Stancy S  
 Smt. Jacquelin Deepika M.X  
 Dr. Vinitha T Tharakan ( HOD)

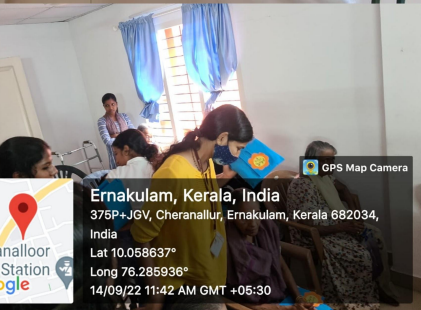
**ACTIVITY 2:**

**Title of the Activity:** ഓർമ്മകളുടെ തിരുമുത്ത് (Ormayude Thirumath)

<b>Panchayat</b>	Cheranallor
<b>Type of activity</b>	Entertainment
<b>Date</b>	September 14 2022
<b>Venue</b>	<b>Jesus Bhavan</b>
<b>No: of teachers involved</b>	<b>2</b>
<b>No: of students involved</b>	<b>34</b>
<b>No: of beneficiaries</b>	<b>36</b>

**Need of the Activity:** To celebrate Onam along with the senior citizens of the Jesus Bhavan located in the Cheranallor Panchayat. It is to be conducted to provide entertainment for the members of the Jesus Bhavan and to ease their minds from any of the tension, stress and sadness that they are enduring and to share the joy of the festival.

**Brief Description (Need/Impact/Action/Picture (if any)):** The students of the department visited the members of Jesus Bhavan for celebrating Onam. Students prepared various cultural programs for the same.



**Outcome :** The members of the Jesus Bhavan were able to enjoy themselves for one and a half hours along with the students of the department. The students prepared programs such as group songs, thiruvathira, dance and monoact. At the end, there was an interactive session where the members were able to interact with the students and each other. They were all happy with the program and they also shared their experiences of onam over the years.

### ACTIVITY 3

**Title of the Activity:** Anti-drug campaign and unity day celebration

<b>Panchayat</b>	Cheranalloor
<b>Type of activity</b>	Awareness Class
<b>Date</b>	31 October 2022
<b>Venue</b>	UP School Cheranalloor
<b>No: of teachers involved</b>	2
<b>No: of students involved</b>	13
<b>No: of beneficiaries</b>	30

**Need of the Activity:** To spread awareness among the students of the school about Drug abuse and its fatality and Unity Day celebration.

**Brief Description (Need/Impact/Action/Picture (if any)):** Organizing a Dance - Drama for the students of UP school cheranalloor . The program was titled Anti Drug Campaign and Unity Day Celebration and was conducted for the students on 31<sup>st</sup> of October , 2022. It was an awareness program to make students aware of the consequences of Drug Abuse and Unity Day Celebration .



**Outcome :** Students were made aware of drug abuse and unity day was celebrated.

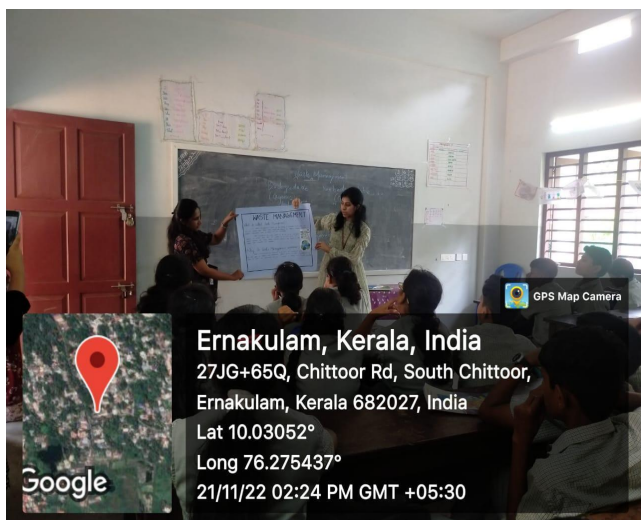
**ACTIVITY NO : 4**

**TITLE OF THE ACTIVITY :** Awareness class on waste management

<b>Panchayat</b>	<b>Cheranalloor</b>
<b>Type of Activity</b>	<b>Awareness class</b>
<b>Date</b>	21 November 2022
<b>Venue</b>	UP School, Chittoor
<b>No of Teachers Involved</b>	<b>2</b>
<b>No of Students Involved</b>	<b>4</b>
<b>No of Beneficiaries</b>	<b>100</b>

**Need of Activity :** To make students of U.P school, Chittoor aware about the topic waste management

**Brief Description(Need /Impact/Action/Photo - Geotagged/ Brochure) :** An awareness class about the topic waste management was conducted on 21 November 2022 at upper primary school at Chittoor ,Ernakulam .The awareness class was followed by a practical activity of making paper pen





**Outcome :** Students were made aware of waste management and learned how to make paper pens.

**ACTIVITY NO : 5**

**TITLE OF THE ACTIVITY :** Waste Management Inquiry Survey

<b>Panchayat</b>	<b>Cheranalloor</b>
<b>Type of Activity</b>	<b>Survey</b>
<b>Date</b>	<b>14 -15/12/2022</b>
<b>Venue</b>	<b>UP School Cheranalloor</b>
<b>No of Teachers Involved</b>	<b>2</b>
<b>No of Students Involved</b>	<b>19</b>
<b>No of Beneficiaries</b>	<b>60</b>

**Need of Activity :** To inquire about the status of waste management in Cheranalloor panchayat at present.

**Brief Description(Need /Impact/Action/Photo - Geo tagged/ Brochure) :** Organizing a Survey to collect data on the present status of waste management at the panchayat . The program was titled Waste Management Inquiry Survey and was conducted on 14<sup>th</sup> and 15<sup>th</sup> in the month of December 2022. The survey was aimed at acquiring a generalized data on waste management at the panchayat.

**Brochure :**



**Pictures :**



**Outcome:** Data on present status of waste management at Cheranalloor Panchayat was collected.

**ACTIVITY NO : 6**

**TITLE OF THE ACTIVITY :** Christmas celebration at Government L.P school south Chittoor

<b>Panchayat</b>	<b>Cheranalloor</b>
<b>Type of Activity</b>	<b>Entertainment</b>
<b>Date</b>	<b>16 December 2022</b>
<b>Venue</b>	<b>LP School South Chittoor</b>
<b>No of Teachers Involved</b>	<b>2</b>
<b>No of Students Involved</b>	<b>15</b>
<b>No of Beneficiaries</b>	<b>25</b>

**Need of Activity :** To share the joy of Christmas with students of Government L.P school and teach them to make eco-friendly decoratives.

**Brief Description(Need /Impact/Action/Photo - Geotagged/ Brochure) :**

To share the joy of Christmas with students of government LP school south Chittoor and to teach them to make eco-friendly decorative items for Christmas thus helping in reducing the usage of plastic decoratives.





**Outcome:** students learned to make eco-friendly decoratives thereby celebrating a plastic free Christmas.

**ACTIVITY NO : 7**

**TITLE OF THE ACTIVITY :** Orientation class regarding the visit to patients receiving palliative care

<b>Panchayat</b>	<b>Cheranalloor</b>
<b>Type of Activity</b>	<b>Awareness</b>
<b>Date</b>	<b>19 December 2022</b>
<b>Venue</b>	<b>III BA History classroom, St. Teresa's College</b>
<b>No of Teachers Involved</b>	<b>1</b>
<b>No of Students Involved</b>	<b>50</b>
<b>No of Beneficiaries</b>	<b>50</b>

**Need of Activity :** To make the students aware of the situations of patients receiving palliative care and ways to support them

**Brief Description(Need /Impact/Action/Photo - Geotagged/ Brochure) :**

To make the students aware of the situations of patients receiving palliative care and ways to support them.



**Outcome:** Students became more aware of the situations of patients receiving palliative care and ways to support them and their caretakers.

### ACTIVITY NO : 8

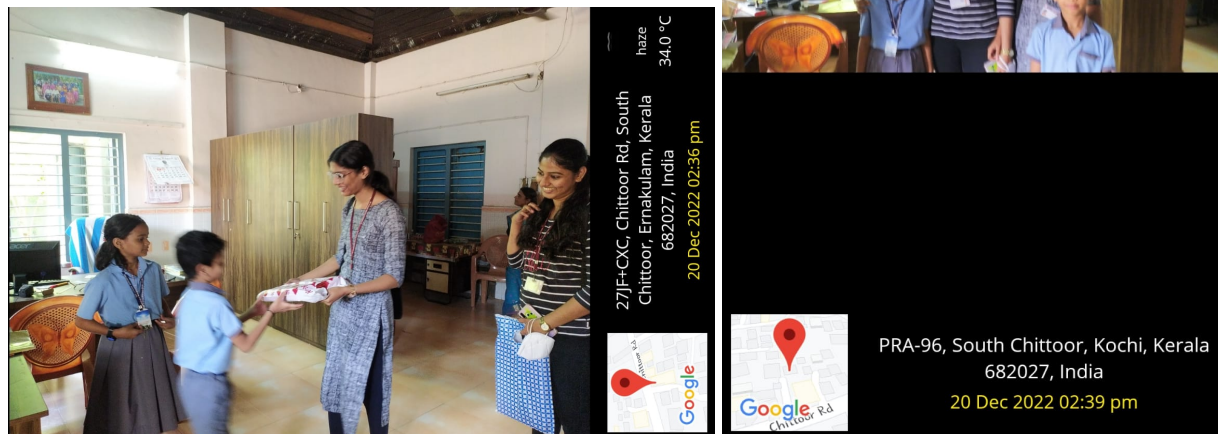
**TITLE OF THE ACTIVITY :** . Christmas gift for students of Government L.P school south Chittoor

<b>Panchayat</b>	<b>Cheranalloor</b>
<b>Type of Activity</b>	<b>Entertainment</b>
<b>Date</b>	<b>20 December 2022</b>
<b>Venue</b>	<b>Government L.P School, South Chittoor</b>
<b>No of Teachers Involved</b>	<b>2</b>
<b>No of Students Involved</b>	<b>5</b>
<b>No of Beneficiaries</b>	<b>2</b>

**Need of Activity :** To present gifts for 2 students of Government L.P School, south Chittoor to share the joy of christmas with them.

### **Brief Description(Need /Impact/Action/Photo - Geotagged/ Brochure) :**

Students of the Department of history presented gifts for 2 students of Government L.P School, south Chittoor to share the joy of christmas with them.



**Outcome:** Students of the history department collectively bought the present and gifted it to the children.

**NAME OF THE DEPARTMENT: ZOOLOGY**

**ACTIVITY No: 1**

Title of the Activity: An awareness class and demonstration on Solid Waste Management and Vermicomposting in St. Mary's Up School, Chittoor.

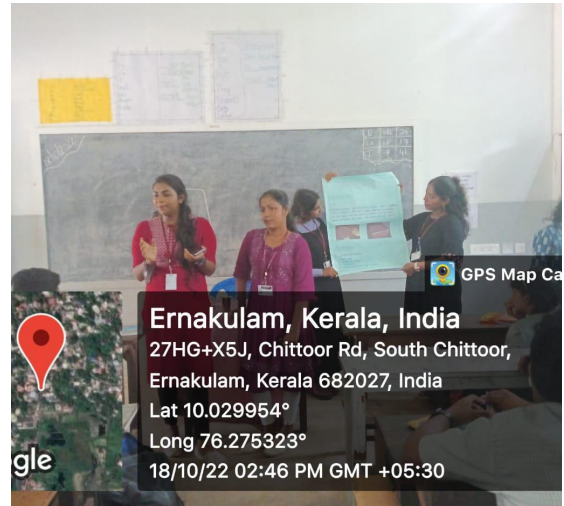
<b>Panchayat</b>	<b>CHERANALLOOR</b>
<b>Type of activity</b>	<b>Awareness program</b>
<b>Date</b>	<b>08/10/22</b>
<b>Venue</b>	<b>St. Mary's UP School, Chittoor</b>
<b>No: of teachers involved</b>	<b>1</b>
<b>No: of students involved</b>	<b>18</b>
<b>No: of beneficiaries</b>	<b>81</b>

**Need of the Activity:**

The main focus of the initiative was to address increased accumulation of solid waste in our surroundings and what students could do about

**Brief Description:**

On October 18, 2022, an awareness class based waste management and vermicomposting was the 5<sup>th</sup> and 7<sup>th</sup> graders of St. Mary's UP School, 18 students were involved. The awareness class beneficiaries. Topics discussed included the setting up vermicompost, the procedures vermicomposting, the dos and don'ts of vermicomposting, the necessity of managing solid waste, and their role as students.



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Chittoor.  
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benefits of  
involved in





**ST.TERESA'S COLLEGE  
(AUTONOMOUS) ERNAKULAM**

**DEPARTMENT OF ZOOLOGY**

**AWARENESS CLASS ON SOLID WASTE  
MANAGEMENT, VERMICOMPOST AND  
MOSQUITO BORNE DISEASES**

Panchayath : Chittoor

Date : 18/10/2022

Venue : St. Mary's UP School,  
Chittoor



**Outcome:**

- Beneficiaries were able to segregate waste into different sections at home before disposing of them.
- Plastic waste found in the surroundings was properly disposed of in trash cans.
- Usage of plastic covers was reduced.

**ACTIVITY No: 2**

**Title of the Activity:** Awareness class on Mosquito-Borne Diseases in St. Mary's UP School, Chittoor

<b>Panchayat</b>	<b>Chittoor</b>
<b>Type of activity</b>	<b>Awareness program</b>
<b>Date</b>	<b>08/10/22</b>
<b>Venue</b>	<b>St. Mary's UP School, Chittoor</b>
<b>No: of teachers involved</b>	<b>1</b>
<b>No: of students involved</b>	<b>11</b>
<b>No: of beneficiaries</b>	<b>81</b>

**Need of the Activity:**

The main focus of the initiative was to spread awareness of the diseases caused by mosquitoes so that essential prevention measures could be adopted by the students.

### **Brief Description :**

On 18th October 2022, a total of 11 students conducted an awareness session based on mosquito-borne diseases for the 5th and 7th graders of St. Mary's UP School, Chittoor. There were 81 beneficiaries.

Students took classes about Mosquito-Borne Diseases. Diseases like Malaria, Dengue and Chikungunya were discussed and their causative organisms, symptoms, treatment and preventions were introduced to the students of grades 5<sup>th</sup> and 6<sup>th</sup>.





**ST.TERESA'S COLLEGE  
(AUTONOMOUS) ERNAKULAM**

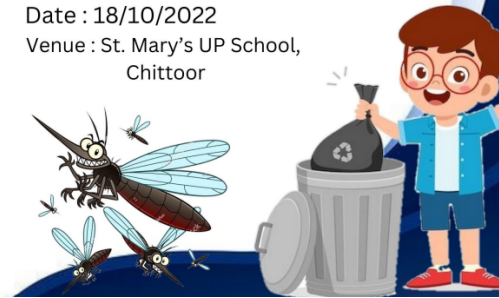
**DEPARTMENT OF ZOOLOGY**

**AWARENESS CLASS ON SOLID WASTE  
MANAGEMENT, VERMICOMPOST AND  
MOSQUITO BORNE DISEASES**

Panchayath : Chittoor

Date : 18/10/2022

Venue : St. Mary's UP School,  
Chittoor



**Outcome:**

- Beneficiaries were able to identify mosquito breeding grounds and eradicate them.
- Proper measures for protection from mosquito bites were taken.
- Usage of mosquito nets, bats and repellents was considered.
- They were able to recall and reproduce the name of parasites that caused the disease.

**NAME OF THE DEPARTMENT: SOCIOLOGY****ACTIVITY No: 1****Title of the Activity: Session on Protection of Women from Domestic Violence.**

Panchayat	CHERANALLOOR
Type of activity	Training program
Date	18-10-2022, Tuesday
Venue	Korumkotta, Vaduthala, Ernakulam
No: of teachers involved	1
No: of students involved	8
No: of beneficiaries	Women and children of the area

**Need of the Activity:**

The rationale of the activity was to provide awareness among the women of Korumkotta, about the Domestic Violence Act of 2005. The program envisioned creating knowledge among the women about the various aspects of this act that would later help them in coping with the domestic violence that they might face.

**Brief Description**

The need for the program was to make the women of the area aware of the various laws existing for their well-being. This training session, rendered by Advocate Jestina Mariam Joseph, was more effective as she was able to clearly list out the legal aspects of the Act that would make the women even stronger. Women and the students were also made to talk and share their life experiences of domestic violence. It was found that most of them were not aware of the Domestic Violence Act.

**Outcome:**



The program was successful in disseminating knowledge about the Domestic Violence Act of 2005 of which most of them were unaware. This session also provided the women of Korumkotta island, with a platform where they could share their grave experiences. Letting them know about the act would surely empower them.

ST. TERESA'S COLLEGE (AUTONOMOUS) ERNAKULAM  
DEPARTMENT OF SOCIOLOGY AND CENTRE FOR  
RESEARCH  
IN ASSOCIATION WITH  
CULTURAL ACADEMY FOR PEACE

As a part of Teresian Rural Outreach Programme

**A session on the Protection of Women from Domestic Violence Act, 2005**

Venue: Korankotta Island  
Date: 18/10/22  
Time: 2PM



**UBA ACTIVITIES IN THE  
MULAVUKKADU GRAMA PANCHAYATH**

**DEPARTMENT OF MATHEMATICS AND STATISTICS**

**ACTIVITY 1**

**Title of the activity: Independence day celebration**

<b>Panchayaths</b>	Mulavukkad
<b>Type of activity</b>	Independence day celebration
<b>Date</b>	15 August 2022
<b>Venue</b>	Mulavukkad Gramapanchayath
<b>No:of teachers involved</b>	0
<b>No:of students involved</b>	14
<b>No:of beneficiaries</b>	

**Need of the activity:**

To celebrate 75th Independence along with our UBA panchayat

**Breif description:**

As a part of 75th Independence 14 no: of students celebrated independence day together with the Mulavukkad panchayath on 15th august 2022 . The flag was hoisted by the panchayath president sri.

V.S Akbar and congratulated all our students who attended the ceremony for their initiative.

**Outcome:**

Celebrated Independence day with togetherness and with the theme **Nation First,Always First**



## **ACTIVITY 2**

**Title of the activity:** Radio programme

<b>Panchayaths</b>	Njarakal
<b>Type of activity</b>	Independence day celebration of students of Little flower high school, Njarakal
<b>Date</b>	15 August 2022
<b>Venue</b>	Radio kochi 90FM
<b>No:of teachers involved</b>	1
<b>No:of students involved</b>	9
<b>No:of beneficiaries</b>	1000+

### **Need of the activity:**

To celebrate 75th Independence day

### **Breif description:**

As a part of 75th Independence 9 students from Little flower high school ,Njarakal celebrated independence day together with Radio kochi 90 FM on 15th august 2022 . The radio kochi 90 FM listeners can able to listen the patriotic song sung by the students at 10 00am & 3 30pm.

### **Outcome:**

The students got an opportunity to sing on the radio and to showcase their talents to so many.



ST. TERESA'S COLLEGE (Autonomous)  
ERNAKULAM



Department of Mathematics and Statistics presents

Patriotic song sung by students of  
Little flower school, Njarakkal

*A Teresian UBA venture*



*Stay tuned @ 10:00am & 3:30pm*



RADIO KOCHI 90FM  
*forever with you*



### **ACTIVITY 3**

**Title of the activity: Shuchitha Mission**

<b>Panchayaths</b>	Mulavukkad
<b>Type of activity</b>	Cleaning Drive
<b>Date</b>	29 September 2022
<b>Venue</b>	Vallarpadam Junction
<b>No:of teachers involved</b>	2
<b>No:of students involved</b>	72
<b>No:of beneficiaries</b>	1000+

**Need of the activity:**

**To make our panchayat surroundings clean**

**Breif description:**

**As a part of Gandhi Jayanthi our students along with the Mulavukkad panchayat taken an initiative to clean the road sides of Mulakkadu panchayat. On 29 th september 2022 the Mulavukkadu panchayath president sri. V.S.Akbar inaugurated the cleaning drive “ചിത മിഷൻ “ in the presence of other panchayath official .72 students and 2 teachers participated in the drive and it become useful to 1000+ residents of that panchayath .**

**Outcome:**

**The importance cleanliness and how to maintain our surroundings clean was circulated**





## **ACTIVITY 4**

**Title of the activity: children's day celebration**

<b>Panchayaths</b>	Mulavukkad
<b>Type of activity</b>	Celebration
<b>Date</b>	14 November 2022
<b>Venue</b>	Ward VI anganvadi,Mulavukkadu
<b>No:of teachers involved</b>	1
<b>No:of students involved</b>	16
<b>No:of beneficiaries</b>	20

### **Need of the activity:**

**To celebrate Children's day along with anganvadi students of our UBA panchayat**

### **Breif description:**

**As a part of children's day on 14 November 2022, 16 students of our department went to anganwadi 6th ward of Mulavukkadu panchayat . Block member inaugurated the function. The students joined in their children's day rally . Ward member and other political representatives also took part . We taught them how to wash their hand properly using handwash. They were given gifts that were made by students of our department.Everyone danced and sang together and had a nice day.**

### **Outcome:**

**We made a memorable children's day.**



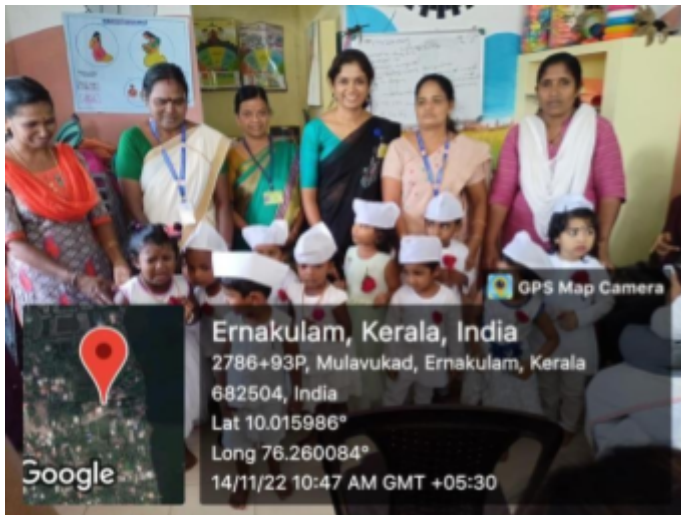

**St. Teresa's College(Autonomous )  
Ernakulam**





**DEPARTMENT OF MATHEMATICS  
AND STATISTICS**  
 PRESENTS  
 A Teresian UBA Venture  
*Children's day*

November 14,2022 At 10.50 am  
 Anganvadi 6th Ward,Mulavukkad Panchayath

## ACTIVITY 5

### Title of the activity: Sri.P.Ramadas Memorial Talent Scan Examination

Type of activity	Scholarship Examination
Date	13 November 2022
Venue	N.Vasupillai Memorial Hall,Thiruvankulam
No:of teachers involved	0
No:of students involved	30
No:of beneficiaries	128+

**Need of the activity:**Mathematics and statistics department of St.Terasas college (Autonomous),have conducted the Sri.P.Ramdas memorial talent scan exam in association with Mathrubhumi study circle and Nehru Yuva Kendra. By conducting the talent scan exam we aims to develop students interest in mathematics. Apart from the regular descriptive learning, students will learn new objective type questions.This will be a new phase of learning for them.

**Brief description:** In association with the Mahathma Mathrubhumi study circle, Thiruvankulam and the Department of Mathematics and statistics, St.Terasas college, Ernakulam(Autonomous),conducted the Sri.P Ramdas memorial Talent scan exam. With effective planning and coordination students of the department Mathematics and statistics, of St. Teresa's college Ernakulam, Prepared questions, among this the best 120 questions were selected for the exam. The talent scan exam was conducted on 13th November 2022. Smt.Usha

Devi A.R (Teacher,GHS Thiruvankulam) Inaugurated the program. Around 149 students have participated in the exam.

Award distribution ceremony of the talent scan exam was conducted on 2nd January 2023, Sri.Dr.K.N Nitheesh ( Principal, Jaybharath College of Arts and Science) congratulated the winners. Cash price worth 6000, Ever rolling trophy and certificate from the Mathematics department were awarded to the winners.

**Outcome:** By attending the mathematical talent scan exam students will acquire ability to face questions, out of their . It will help them to recall their knowledge in mathematics and they'll get familiarised with unknown questions. It will develop logical reasoning in them and they'll be ready to attend their board exam or any other competative examinations without any fear.

**ശ്രീ.പട്ടമത്താടി പി.രാമദാസ്**  
**സ്മാരക ഗണിതശാസ്ത്ര പ്രതിഭ നിർണ്ണയ പരീക്ഷ**

**ഹൈസ്കൂൾ വിദ്യാർത്ഥികൾക്കായി**

**2022 നവംബർ 13, ഞായർ, 1.30 pm**  
**എൻ. വാസുപിള്ള സ്മാരക ഹാൾ, തിരുവനകുളം**

ഉദ്ഘാടനം: **ശ്രീമതി ഉഷ ദേവി എ. ആർ**  
**ഗണിതശാസ്ത്ര അധ്യാപിക, GHS തിരുവനകുളം**




**സെനർ. തൈരേസാസ് കോളേജ്**  
**ഗണിതശാസ്ത്ര വിഭാഗം, എറണാകുളം**  
**മഹാത്മാ മാതൃഭൂമി സ്റ്റുഡി സർക്കിൾ**  
**തിരുവനകുളം**

## ഗണിതശാസ്ത്ര പ്രതിഭാനിർണ്ണയ മത്സരം



തിരുവനകുളം മഹാത്മാ മാതൃഭൂമി സ്റ്റുഡി സർക്കിൾ, എറണാകുളം സെയ്ന്റ് തൈരേസാസ് കോളേജ് ഗണിതശാസ്ത്ര വിഭാഗം എന്നിവയുടെ ആഭിമുഖ്യത്തിൽ ഹൈസ്കൂൾ വിദ്യാർത്ഥികൾക്കായി പി.രാമദാസ് സ്മാരക ഗണിതശാസ്ത്ര പ്രതിഭാനിർണ്ണയ മത്സരപ്പരീക്ഷ സംഘടിപ്പിച്ചു. കേശവൻപടി മുറ്റ ഇൻസ്റ്റിറ്റ്യൂട്ട് ഹാളിൽ തിരുവനകുളം ഗവ. ഹൈസ്കൂൾ ഗണിതശാസ്ത്ര അധ്യാപിക എ.ആർ. ഉഷാദേവി ഉദ്ഘാടനം ചെയ്തു. യൂണിറ്റ് പ്രസിഡന്റ് എം.ആർ. അമൽ അധ്യക്ഷത വഹിച്ചു. പി.പി. അജിമോൻ മുഖ്യപ്രഭാഷണം നടത്തി. സ്റ്റുഡി സർക്കിൾ സെക്രട്ടറി ആർ. കൃഷ്ണൻ, ജോയിന്റ് സെക്രട്ടറി ജ്യൂഡിൻ വർഗീസ്, ബാലവേലി പ്രസിഡന്റ് എൻ.കെ. രാജേഷ്, സെക്രട്ടറി നവീൻ പി. അനീൽ, ആർ.സി.സി. സെക്രട്ടറി പവൻ രാജീവ് എന്നിവർ സംസാരിച്ചു. എരുവേലി പട്ടമത്താടി പി.രാമദാസ് സ്മാരക ട്രോഫി, കാപ്പ് പ്രൈം, പുസ്തകങ്ങൾ, വ്യക്തിഗത ട്രോഫി എന്നിവ സമ്മാനിക്കും.

**ഹൈസ്കൂൾ വിദ്യാർത്ഥികൾക്കായി**

**ശ്രീ. പട്ടമത്താടി പി. രാമദാസ് സ്മാരക ഏട്ടാമത് ഗണിതശാസ്ത്ര പ്രതിഭ നിർണ്ണയ പരീക്ഷ**

**വിജയികൾക്കുള്ള പുരസ്കാര സമർപ്പണം**

**2023 ജനുവരി 2, തിങ്കൾ 2.00pm**  
**എൻ. വാസുപിള്ള സ്മാരക ഹാൾ തിരുവനകുളം**

ഉദ്ഘാടനം: **ഡോ. കെ. എൻ നിർമ്മൽ**  
**പ്രിൻസിപ്പൽ, ജയഭാരത് കോളേജ് ഓഫ് ആർട്സ് ആൻഡ് സയൻസ്**

മുഖ്യാതിഥി: **ശ്രീമതി. ഓ. എം. മനലക്ഷ്മി**  
**അസിസ്റ്റന്റ് പ്രൊഫസർ, സെന്റ് തൈരേസാസ് കോളേജ് ഗണിതശാസ്ത്ര വിഭാഗം എറണാകുളം**

•എവറോളിംഗ് ട്രോഫി സമീരം ട്രോഫി സമ്മാനപുസ്തകം  
 •സർട്ടിഫിക്കറ്റ് ക്യാഷ് പ്രൈം 6000/- by Smt. PreethaRamdas

**സെന്റ്. തൈരേസാസ് കോളേജ് ഗണിതശാസ്ത്ര വിഭാഗം എറണാകുളം**  
**മഹാത്മാ മാതൃഭൂമി സ്റ്റുഡി സർക്കിൾ തിരുവനകുളം**

**Affiliated to Nehru yuva Kendra Govt. Of. India, Emakulam**




## ഗണിതശാസ്ത്ര പ്രതിഭ: വിജയികൾക്ക് സമ്മാനങ്ങൾ നൽകി



തിരുവനകുളം മഹാത്മാ മാതൃഭൂമി സ്റ്റുഡി സർക്കിളും എറണാകുളം സെയ്ന്റ് തൈരേസാസ് കോളേജ് ഗണിതശാസ്ത്ര വിഭാഗവും ചേർന്ന് ഹൈസ്കൂൾ വിദ്യാർത്ഥികൾക്കായി സംഘടിപ്പിച്ച എരുവേലി പട്ടമത്താടി രാമദാസ് സ്മാരക ഏട്ടാമത് ഗണിതശാസ്ത്ര പ്രതിഭ പരീക്ഷാ വിജയികൾക്ക് സമ്മാനങ്ങൾ നൽകി. ഇപ്പോൾ കൃഷ്ണ (തൃപ്പൂണിത്തുറ) ചിന്തയ വിദ്യാലയം, ജോഹൻ പോം (ദേവൻ മുൻഷി വിദ്യാലയം), എതിക രാജേഷ് (ഗ്രിഗോറിയൻ പബ്ലിക് സ്കൂൾ, മരട്) എന്നിവർ യഥാക്രമം ഒന്നും രണ്ടും മൂന്നും സ്ഥാനങ്ങൾ നേടി. സമ്മാനദാന ചടങ്ങ് പെരുമ്പാവൂർ ജയഭാരത് ആർട്സ് ആൻഡ് സയൻസ് കോളേജ് പ്രിൻസിപ്പൽ ഡോ. കെ.എൻ. നീതേഷ് ഉദ്ഘാടനം ചെയ്തു. യൂണിറ്റ് പ്രസിഡന്റ് എം.ആർ. അമൽ അധ്യക്ഷത വഹിച്ചു. സി.കെ. വിജയൻ മുഖ്യാതിഥിയായി.



**Name of the department :** Management Studies

**Activity No :** 1

**Title of the Activity :** AKSHARA CHIRAKUKAL

Panchayat	Mulavukkad
Type of Activity	Enhancing Reading skill among students
Date	22 June 2022
Venue	St.Sebastian UP School,Mulavukkad
No. of teachers involved	4
No. of students involved	4
No.Of beneficiaries	31(25 students 7 teachers)

**Need of the Activity :** To instill and generate reading habits in the younger generation and rejuvenate young minds with its importance.

**Brief Description:** Commemorating **Kerala Reading Day**, the students from the **Department of Management Studies** jointly with the Library Club of St Teresa's



College opened the doors of words to the students of **St.Sebastian UP School,Mulavukkad**. To instill and generate reading habits in the younger generation and

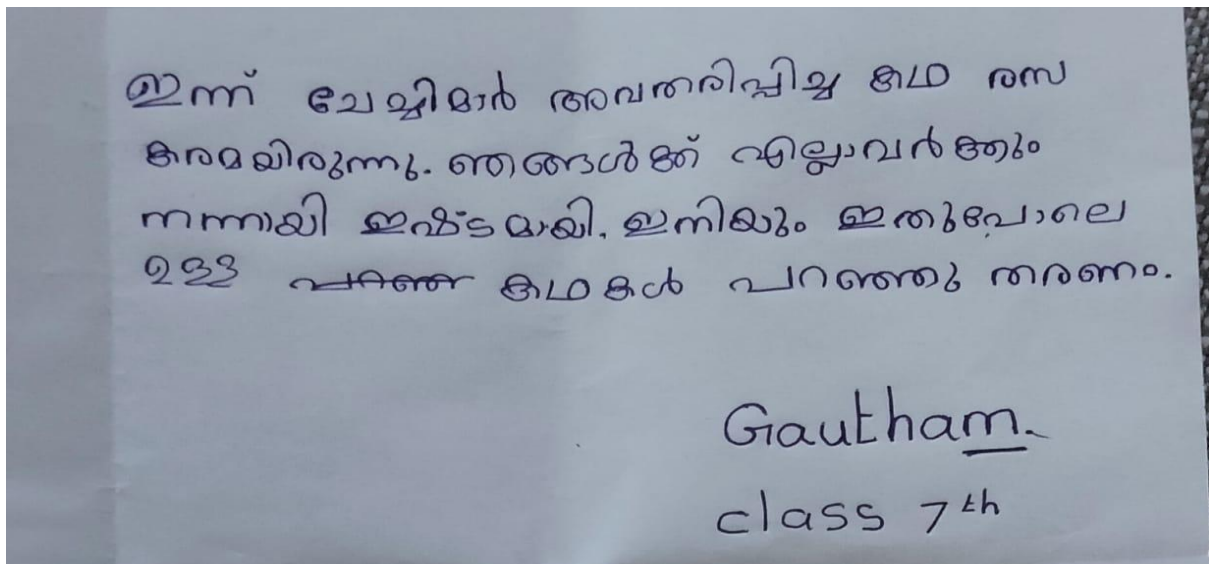
rejuvenate young minds with its importance, select students and teachers from the **Department of Management Studies interacted with the school students by reading and telling stories.** Reading is a silver bullet, it can make the unimaginable possible through the power of its inspiration!

Our students said “ There were naughty ones and silent ones among the school children but their innocence made the teaching experience wonderful. The whole experience was refreshing and will always remain special to us! ”

This activity comes first in the series. The students of **CSR Club (The Good Samaritans)** are looking forward to this social responsibility work to motivate students of Anganwadis also. **Few stories like Totto-Chan and poems by Kunjunni Master/Mash** were introduced and read to the school students. “The greatest gift you can ever give another person is your own happiness”. The CSR Club student members were happy to gift story books and Eco-friendly pens to the students.



Outcome :





**Name of the department :** Management Studies

**Activity No :** 2

**Title of the Activity :** DMS RECYCLING ROCKS

Panchayat	Mulavukkad
Type of Activity	Bottle waste Management
Date	19.Aug.2022
Venue	Mulavukkad Kudumbashree CDS
Name of teachers involved	Ms.Praseetha M.S.
No. of students involved	10
No.Of beneficiaries	10(2 House+ 8 public)

**Need of the Activity :** Give life to the trashed glass bottles(Recycle & Sell)

**Description :** On 19th august 2022 Department of Management Studies has joined the hands with Kudumbasree of Mulavukad for the Waste Management Project with the tagline “DMS Recycling Rocks-*Think before you trash*” where the students and teachers collected waste bottles from waterbodies of Mulavukadu Village. The students from both UG & PG includes,

1. Ceeya Mery Sam (BMS(IB) 2021-24)
- 2.Sruthy Murali(PGDM-BA 2021-23)
- 3.Bencita Biju Jerome(BMS(IB) 2020-23)
- 4.Loreeta Mariam Melvin(BMS(IB) 2020-23)
- 5.Anushka P Menon(BMS(IB) 2020-23)
6. Navya Kishore(BMS(IB) 2020-23)
- 7.Leya Mathew(PGDM-BA 2022-24)
- 8.Jenney Susan John(PGDM-BA 2022-24)
- 9.Arya Antony(PGDM-BA 2021-23)
10. Alka Ann Philip(PGDM-BA 2021-23)



Under the guidance of Mrs. Praseetha MS, Assistant Professor has given life to the bottles with acrylic paints and glitters which turned into beautiful decors. The activity started from 10.30 AM to 3.00 PM with great participation from the both sides.

We have upcycled total of 12 bottles and from that 4 bottles has contributed to two nearby houses of Mulavukad and remaining 8 bottles contributed to Kudumbasree unit for sale. The project has concluded with an amazing boat ride to college.

Outcome





**Name of the department :** Management Studies

**Activity No :** 3

**Title of the Activity :** A picture is worth a thousand words - International Heart Day Drawing Competition

Panchayat	Mulavukkad
Type of Activity	Spread Awareness
Date	07.October 2022
Venue	St.Joseph UP School, Ponnarimangalam, Mulavukkad
Name of teachers involved	Ms.Praseetha M S
No:of students involved	5
No:of beneficiaries	55 students (5th,6th,7th students)
Need of the Activity	Giving awareness on World heart day and spreading the theme of 2022 world heart day among students.

### **A picture is worth a thousand words - International Heart Day Drawing Competition**

The DMS TROP(Teresian Rural Outreach Program) members of St.Teresa's College Ernakulam visited St. Joseph's UP School in Mulavukkad Panchayat with a vision to educate the students of sixth and seventh classes through a drawing competition, the importance and significance of the International Heart Day which was observed recently.



The drawing competition was supported with a theme of A Heart for Every Heart and all thirty three students had successfully and innovatively come up with their ideas and creativity on the papers within the one hour duration.

DMS TROP members for this initiative were

Arya Antony(PGDM-BA 2021-23)

Alka Ann Philip(PGDM-BA 2021-23),

Sruthy Murali(PGDM-BA 2021-23)

Leya Mathew(PGDM-BA 2022-24)

Vishwa Ashokan(BMS(IB) 2021-24)

### Outcome

FEEDBACK FORM	
Activity	<b>Drawing Competition</b> Theme : Use Heart for Every Heart Commemorating World Heart Day
Name	Sreehari R
Class	V
School	St. Joseph UP school
Please provide your feedback on our activity	I enjoy it
Any suggestions	



**Name of the department :** Management Studies

**Activity No :** 4

**Title of the Activity :** Actions speak better than words-International Day of Sign Language

Panchayat	Mulavukkad
Type of Activity	Motivate Small Business
Date	07.October 2022
Venue	Mulavukkad
Name of teachers involved	Ms.Praseetha M S
No:of students involved	5
No:of beneficiaries	55 students (5th,6th,7th students)
Need of the Activity	Giving awareness on International Day of Sign Language and familiarizing sign language

**Actions speak better than words-International Day of Sign Language**

On the 7th of October, 2022, the DMS TROP (Teresian Rural Outreach Program) members of St. Teresa's College Ernakulam visited St. Joseph's UP School in Mulavukkad Panchayat in an attempt to educate the students of sixth and seventh classes the importance and application of Indian Sign Language, as part of the International Day of Sign Language.



The one-hour session was successfully headed by DMS TROP member Arya Antony, PGDM BA 2022 – 2023 student, and at the end of the session, the students were able to understand the significance of learning sign language as well as accomplished to replicate basic alphabets and sentences.

DMS TROP members for this initiative were

Arya Antony(PGDM-BA 2021-23)

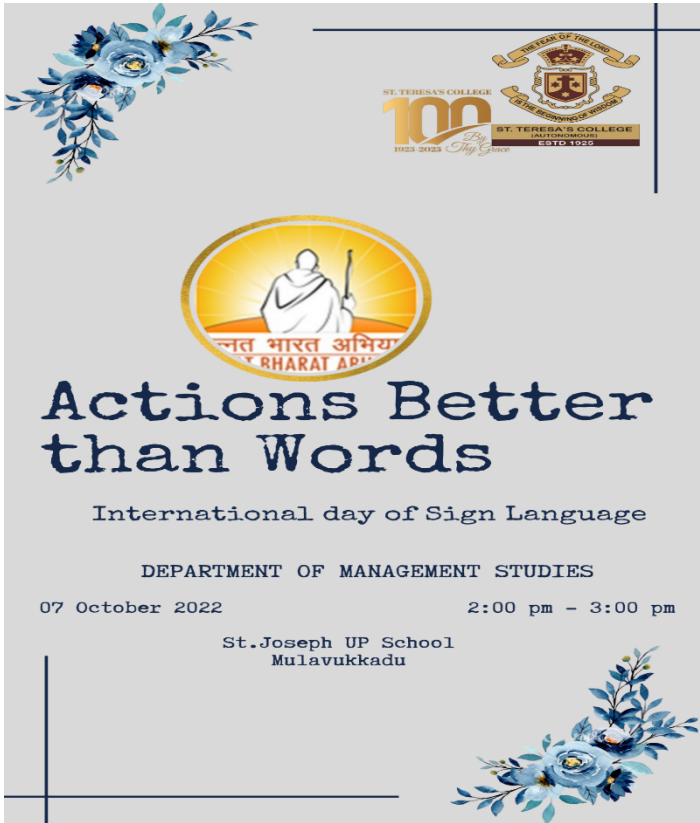
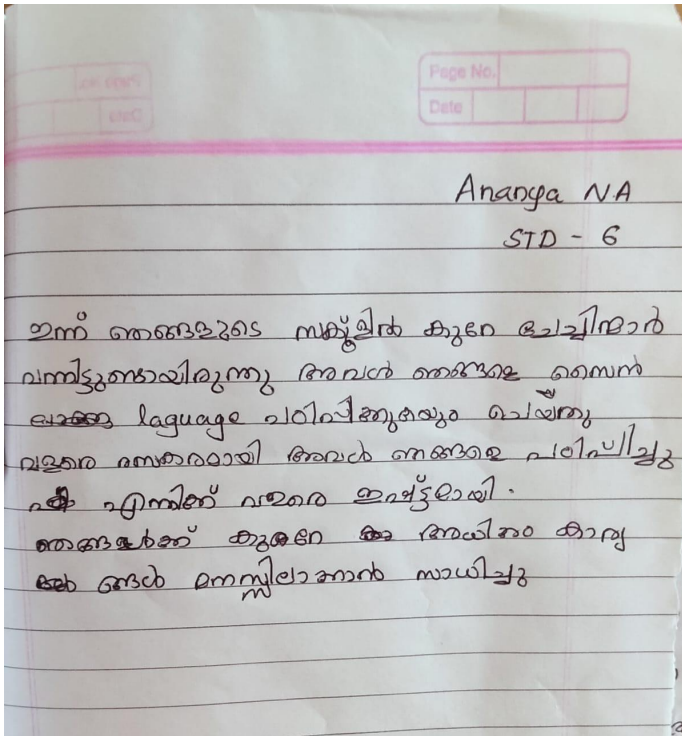
Alka Ann Philip(PGDM-BA 2021-23),

Sruthy Murali(PGDM-BA 2021-23)

Leya Mathew(PGDM-BA 2022-24)

Viswa Ashokan(BMS(IB) 2021-24)

Outcome



Name of the department : Management Studies

**Activity No : 5**

**Title of the Activity : Support Small Business- Support Dreams-National Entrepreneur Day**

Panchayat	Mulavukkad
Type of Activity	Motivate Small Businesses
Date	10.February 2023
Venue	Mulavukkad
Name of teachers involved	Ms.Praseetha M S
No:of students involved	6
No:of beneficiaries	5 shops
Need of the Activity	Support small buisnesses-support their dreams. Never stop dreaming.

**Support Small Business- Support Dreams-National Entrepreneur Day**

On 10th of Febryuary, 2023, the DMS TROP (Teresian Rural Outreach Program) of St.Teresa's College Ernakulam visited Mulavukkad Panchayat in an attempt to spread happiness to the small business entrepreneurs by giving them a special token of love which was made by the TROP members of the Department of Management Studies.



DMS TROP members for this initiative were

Leya Mathew(PGDM-BA 2022-24)

Jenney Susan John(PGDM-BA 2022-24),

Gayathri Anand(PGDM-BA 2022-24)

Erica(BMS(IB) 2021-24)

Ceeya(BMS(IB) 2021-24)

Viswa Ashokan(BMS(IB) 2021-24)



**NAME OF THE DEPARTMENT: PSYCHOLOGY**

**ACTIVITY No: 1**

**Title of the Activity: Drug Abuse Awareness Drive**

<b>Panchayat</b>	
<b>Type of activity</b>	<b>Awareness Campaign on Drug Abuse</b>
<b>Date</b>	<b>26/06/22</b>
<b>Venue</b>	<b>Oberon Mall, Edapally</b>
<b>No: of teachers involved</b>	<b>5</b>
<b>No: of students involved</b>	<b>45</b>
<b>No: of beneficiaries</b>	<b>100+</b>

**Need of the Activity:**

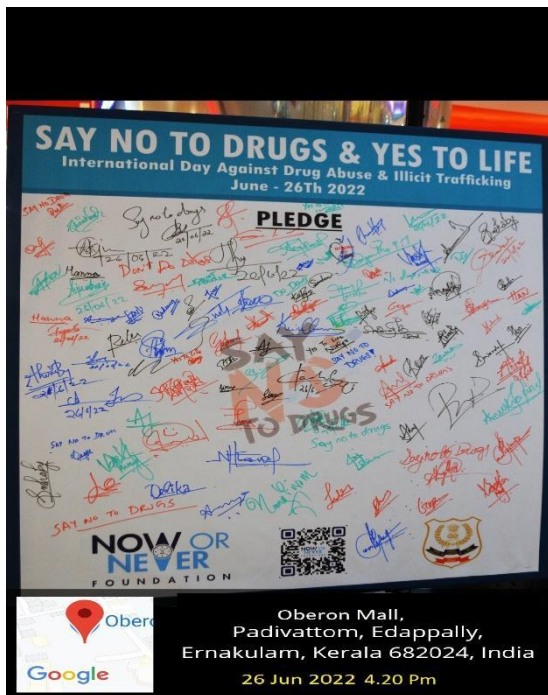
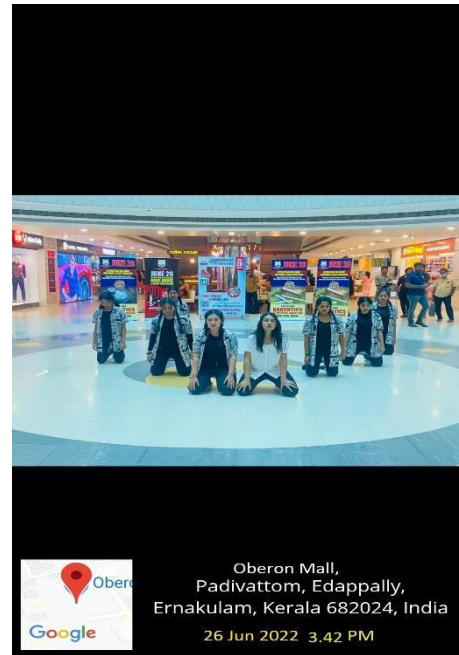
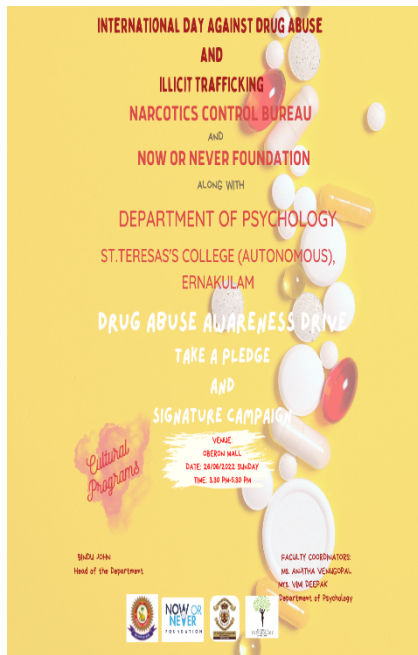
**In observance of the International day against Drug abuse and Illicit trafficking and increased drug usage in the state, there was a need to spread awareness on the harmful effects of the same.**

**Brief Description (Need/Impact/Action/Photo -Geotagged / brochure ):**

In observance of the International day against Drug abuse and Illicit trafficking on June 26<sup>th</sup>, Department of Psychology, St. Teresa's College (Autonomous), Ernakulam and Now or Never foundation in collaboration with Narcotics Control Bureau, Sub zone, Kochi organized a drug abuse awareness drive and signature campaign for the general public at Oberon mall,

Edappally on Sunday 26<sup>th</sup> June 3.30pm. The program began with a theme dance by the 3<sup>rd</sup> BSc. Psychology students showing the various phases of drug abuse and the ill effects of drug abuse. It was followed by a group song by the students. After which the NCB group came forward and initiated the signature campaign against drug abuse. They encouraged the public to put a step forward in saying no to drugs by putting signatures. Another theme dance was performed by the 3<sup>rd</sup> BSc Psychology students, which showed the war between the good and evil. The talent showcase came to an end with a power packed single performance by one of the students.

Mr. Ashish Kumar Ojha, Superintend, Narcotics Control Bureau encouraged the people to say no to drugs. Ms. Bindu John, Head of the department of psychology extended her gratitude to the organizers, students and the people who became a part of the program in saying no to drugs. And finally, a pledge was taken against drug abuse and illicit trafficking by the students, faculties, the NCB and Now or never foundation team and the people from general public.



**Outcome:**

The program helped educate and create an awareness among the general public about the ill effects of drug abuse and encouraged them to pledge against Drug use and illicit trafficking.

**NAME OF THE DEPARTMENT: PSYCHOLOGY**

## ACTIVITY No: 2

**Title of the Activity:** Dementia Awareness Program

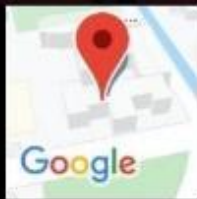
<b>Panchayat</b>	
<b>Type of activity</b>	<b>Awareness Campaign on Dementia</b>
<b>Date</b>	<b>29/06/22</b>
<b>Venue</b>	<b>Seminar Hall, St. Teresa's College</b>
<b>No: of teachers involved</b>	<b>8</b>
<b>No: of students involved</b>	<b>10</b>
<b>No: of beneficiaries</b>	<b>53</b>

### **Need of the Activity:**

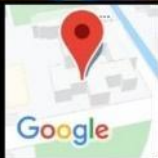
To create an awareness about dementia.

### **Brief Description (Need/Impact/Action/Photo -Geotagged / brochure ):**

The department of psychology, St Teresa's College, Ernakulam in collaboration with the Bodhi project, District Administration and Department of social justice and Centre for Neuroscience, CUSAT organized the Dementia Awareness program on 29<sup>th</sup> June 2022, Wednesday at 1.30 PM in the Seminar Hall, Arts block. Bodhi — a project to make Ernakulam dementia-friendly conducts awareness programs on Dementia at all local bodies, schools, colleges, residents association and for Asha workers, anganwadi workers, auto-taxi drivers and other sectors. The resource persons of the program were Ms. Anila Jain, social worker and community mobilizer of Bodhi and Ms. Biby Dominic Aykara, psychologist and master trainer of Bodhi. She talked about the importance of leading a healthy life style in preventing Dementia. Her session helped the participants gain an insight on the disturbing statistics related to dementia, the types of dementias, its causes and possible preventive methods. The participants were attentive and interacted well with the resource person.



St. Theresa's College, Marine Drive, Ernakulam,  
Kerala 682031, India  
29 June 2022 14:20 pm



St. Theresa's College, Marine Drive, Ernakulam,  
Kerala 682031, India  
29 June 2022 14:09 pm

ST. TERESA'S COLLEGE (AUTONOMOUS) ERNAKULAM  
DEPARTMENT OF PSYCHOLOGY  
*in association with*  
**Dodhi**  
Creating Dementia-Friendly Communities  
NEUROSCIENCE DEPARTMENT,  
CUSAT  
**AWARENESS SESSION ON DEMENTIA**  
29 JUNE 2022 | 1.30 PM  
VENUE: ARTS BLOCK- SEMINAR HALL  
Head of the Department: Ms. Bindu John | Staff Coordinator: Ms. Ann Joseph

**Outcome:**

The program helped to create an awareness about dementia and the ways of preventing it.

**NAME OF THE DEPARTMENT: PSYCHOLOGY****ACTIVITY No: 3****Title of the Activity:** World Suicide Prevention Day 2022- Creating hope through action.

<b>Panchayat</b>	
<b>Type of activity</b>	<b>Awareness Campaign on Suicide Prevention</b>
<b>Date</b>	<b>14/09/22</b>
<b>Venue</b>	<b>Seminar Hall, St. Teresa's College</b>
<b>No: of teachers involved</b>	<b>8</b>
<b>No: of students involved</b>	<b>10</b>
<b>No: of beneficiaries</b>	<b>120+</b>

**Need of the Activity:**

To create an awareness about suicide and mental health.

**Brief Description (Need/Impact/Action/Photo -Geotagged / brochure ):**

In observance of the World Suicide Prevention Day on September 10<sup>th</sup>, Department of Psychology, St. Teresa's College (Autonomous), Ernakulam organized a seminar on the topic 'World Suicide prevention day 2022-Creating Hope through Action'. Ms. Gayathri Sreekumar, Secretary of Teresian Association for Psychology Students (T.A.P.S) extended welcome to those who were present. Resource person for the talk was Ms. Aneeta Mary Nicholas, Clinical Psychologist, Renai Medcity Ernakulam. She worked with premier hospitals in Kerala for about 18 years. Her training and experience in managing Mental Health issues ranges from children to senior citizens. The seminar was attended by the students of both psychology undergraduate and post graduate students and faculty of the psychology department. Ms. Aneeta Mary Nicholas talked about the theoretical and cultural background of Suicides and types of suicides. She also discussed some of the myths related to suicides and the methods to prevent suicides. She discussed her personal experiences related to different cases that she dealt with in terms of suicides and suicide prevention. The talk was interesting and informative. Vote of thanks was given by Ms. Aiswarya Sara Mathew, joint Secretary of Teresian Association for Psychology Students (T.A.P.S). Ms. Jisha Sekhar

presented the resource person Ms. Aneeta Mary Nicholas with the token of gratitude on behalf of the Psychology Department, St. Teresa's College (Autonomous), Ernakulam.



The poster features logos for the 100th anniversary of the college, the Psychology Department, and the college's emblem. The text is centered and reads: "ST. TERESA'S COLLEGE (AUTONOMOUS), ERNAKULAM", "DEPARTMENT OF PSYCHOLOGY", "WORLD SUICIDE PREVENTION DAY 2022- CREATING HOPE THROUGH ACTION". Below this, it identifies the "RESOURCE PERSON:" as "MS. ANEETA MARY NICHOLAS, CLINICAL PSYCHOLOGIST, RENAI MEDCITY". The "VENUE: SEMINAR HALL, ARTS BLOCK" and "DATE: 14/09/22 WEDNESDAY" and "TIME: 9.00 AM" are listed. At the bottom, it names "MS. BINDU JOHN, HEAD OF THE DEPARTMENT" and "FACULTY COORDINATORS: ASST. PROF. ANJITHA VENUGOPAL, ASST. PROF. BHAVANA SANJ".

**Outcome:**

The program helped educate and create an awareness among students about Psychology of suicide and the methods of suicide prevention.

**NAME OF THE DEPARTMENT: PSYCHOLOGY**

**ACTIVITY No: 4**

**Title of the Activity:** Seminar on Managing Depression and Anxiety.

<b>Panchayat</b>	
<b>Type of activity</b>	<b>Awareness Campaign on Managing depression and Anxiety</b>
<b>Date</b>	<b>10/10/22</b>
<b>Venue</b>	<b>Seminar Hall, St. Teresa's College</b>
<b>No: of teachers involved</b>	<b>8</b>
<b>No: of students involved</b>	<b>10</b>
<b>No: of beneficiaries</b>	<b>150</b>

**Need of the Activity:**

To create an awareness about issues related to depression and anxiety and how to enhance mental health.

**Brief Description (Need/Impact/Action/Photo -Geotagged / brochure ):**

The Department of Psychology, St. Teresa's College, organized a seminar on the topic 'Managing Depression and Anxiety' on 10<sup>th</sup> of October 2022, in commemoration of World Mental Health Day. The session started at 9 am with a welcome address by Ms. Ann Joseph, Assistant Professor, Department of Psychology, who introduced the resource person for the program. The resource person, Ms. Elsie Oommen is a consultant psychiatrist at Medical Trust Hospital, Kochi. She has more than 10 years of experience in the field of Psychiatry,



including 4 years of teaching in experience in different Medical Colleges. She talked on various topics related to the field of mental health, like identifying signs and symptoms of depression and anxiety, substance use, healthy coping strategies, and identifying toxic relationships. The seminar was attended by students and faculty of Psychology department. Her session helped the participants gain insight on coping with mental health issues. The program ended with a vote of thanks by Ms. Annleena Anil, Assistant Professor, Department of Psychology.



ST.THERESA'S COLLEGE(AUTONOMOUS)  
ERNAKULAM

Department of Psychology  
Celebrates

**WORLD MENTAL HEALTH DAY 2022**  
Theme : Make mental health & well-being  
for all a global priority

SEMINAR ON  
*Managing Depression and Anxiety*  
Resource Person

**Dr. Elsie Oommen**  
Consultant Psychiatrist  
Medical Trust Hospital , Kochi

Date: 10/10/2022  
Time: 9-10 AM  
Venue: New Auditorium, Arts Block

Head of Department: Ms. Bindu John  
Faculty Coordinators: Ms. Ann Joseph  
Ms. Annleena Anil

**Outcome:**

The program helped create an awareness among the participants on the signs and symptoms of depression and anxiety, and how to manage it.

**NAME OF THE DEPARTMENT: PSYCHOLOGY**

**ACTIVITY No: 5**

**Title of the Activity:** Seminar on Financial Psychology.

<b>Panchayat</b>	
<b>Type of activity</b>	<b>Seminar on Financial Psychology</b>
<b>Date</b>	<b>11/10/22</b>
<b>Venue</b>	<b>Seminar Hall, St. Teresa's College</b>
<b>No: of teachers involved</b>	<b>8</b>
<b>No: of students involved</b>	<b>10</b>
<b>No: of beneficiaries</b>	<b>210</b>

**Need of the Activity:**

To create an awareness about behavioural finance.

**Brief Description (Need/Impact/Action/Photo -Geotagged / brochure ):**

On October 11<sup>th</sup>, Department of Psychology, St. Teresa's College (Autonomous), Ernakulam organized a seminar on the topic 'Financial Psychology'. Ms. Bhavana P Sanoj, Assistant Professor of Psychology Department, extended welcome to those who were present and also

introduced resource person of the day. Resource person for the talk was Dr.Krishnan M, Assistant Professor and Head of Department of Commerce, S.D College, Alappuzha. He has more than 15 years of experience in teaching at post graduate level and has done his PhD in the area of Strategic Financial Management. As a visiting faculty he has also offered courses in different business schools in Kerala. The seminar was attended by both undergraduate and post graduate students and faculties of the psychology department. The resource person talked about the need to start investment at an early age and the methods to handle money more effectively. He also discussed on how psychology is being used in financial sector- in terms of influencing investment behavior, decision making with respect to buying and selling. He also enlightened the students about the future scope of emerging area- Behavioral Finance. The talk was interesting and informative as he had shared many real-life experiences and incidents. Vote of thanks was given by Ms. Ciea Ann Moncy, 5<sup>th</sup> semester Undergraduate Student.



**Outcome:**

**The program helped in creating an awareness among students about the need to handle money wisely and the methods for it. The students also got insight on how psychology is used in financial sector and future scope of behavioral finance.**

**NAME OF THE DEPARTMENT: PSYCHOLOGY**

**ACTIVITY No: 6**

**Title of the Activity:** Capacity Building Program on Basic Counselling Skills.

<b>Panchayat</b>	
<b>Type of activity</b>	<b>Training session</b>
<b>Date</b>	<b>18/10/22</b>
<b>Venue</b>	<b>AV Room, Science Block, St. Teresa's College</b>
<b>No: of teachers involved</b>	<b>7</b>
<b>No: of students involved</b>	<b>0</b>
<b>No: of beneficiaries</b>	<b>50</b>

**Need of the Activity:**

To equip lawyers with various counselling skills

**Brief Description (Need/Impact/Action/Photo -Geotagged / brochure ):**

The department of psychology, St Teresa's College, Ernakulam in collaboration with the Victim Rights Centre, a project under KELSA organized the Capacity Building Program on


Basic Counselling Skills on 15<sup>th</sup> October 2022, Saturday at 2.30pm in the AV Room, Science Block. Mrs. V.P. Seemandini, Senior Counsel and Chief Advisor, Victim Rights Centre and Adv. Parvathi Menon, Chief Coordinator, Victim Rights Centre presided over the event. The resource person of the program was Dr. M.S Razeena Padmam, former professor & Director School of Behavioural Sciences, M.G. University. With more than 35 years as a learned academician and research experience, Dr Razeena has produced more than 20 PhDs under her guideship. She talked about what is counselling, the importance of goal setting and the various essential skills such as time management. Her session helped the participants gain an insight on various counselling skills and the importance of being mindful and empathetic to the people around. The participants were attentive and interacted well with the resource person.




 St. Theresa's College, Marine Drive, Ernakulam,  
 Kerala 682031, India  
 15 Oct 2022 3:00 pm





 St. Theresa's College, Marine Drive, Ernakulam,  
 Kerala 682031, India  
 15 Oct 2022 3:08 pm



**St. Theresa's College (Autonomous), Ernakulam**  
 Department of Psychology  
 in Collaboration with  
 Victims Right Centre (A Project under KELSA)

**Capacity Building Program on**  
*Basic Counselling Skills*  
*Program for Family Counselling and Victims Right Centre, High Court, Kerala*

**Resource Person**



**Dr. Razeena Padmam**  
 Professor & Director (Retd)  
 Director Skills- A Centre for Behavioural Enrichment  
*(Former Director, School of Behavioural Sciences, MG University)*

**Date: 15/10/2022**  
**Venue: Central Block, Convent Road**  
**Time: 2:30 pm**

**Program Coordinators:**  
 Adv. Parvathi Menon  
*Chief Coordinator, Victims Right Centre*  
 Ms. Bindu John

**Faculty Coordinators:**  
 Asst. Prof. Teena Benny  
 Asst. Prof. Malavika Jaisankar

**Outcome:**

The program helped to gain an insight on various counselling skills and the importance of being mindful and empathetic to the people around.

**NAME OF THE DEPARTMENT: PSYCHOLOGY**

**ACTIVITY No: 7**

**Title of the Activity:** Training program on Mental Health.

<b>Panchayat</b>	
<b>Type of activity</b>	<b>Training session</b>
<b>Date</b>	<b>15/10/22</b>
<b>Venue</b>	<b>Vocational Higher Secondary School, Irumpanam, Thripunithura</b>
<b>No: of teachers involved</b>	<b>2</b>
<b>No: of students involved</b>	<b>5</b>
<b>No: of beneficiaries</b>	<b>150</b>

**Need of the Activity:**

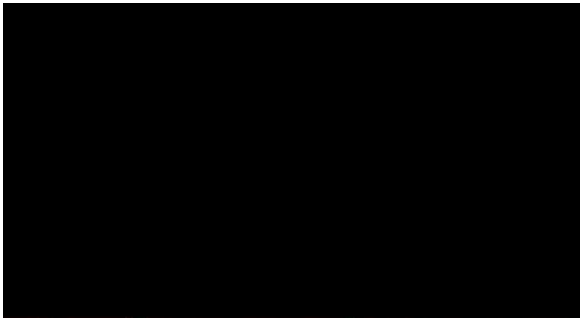
To skill 8<sup>th</sup>, 9<sup>th</sup> and 10<sup>th</sup> grade students with lifeskills and current psychological issues that the students are going through.

**Brief Description (Need/Impact/Action/Photo -Geotagged / brochure ):**

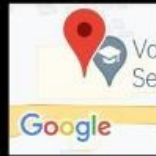
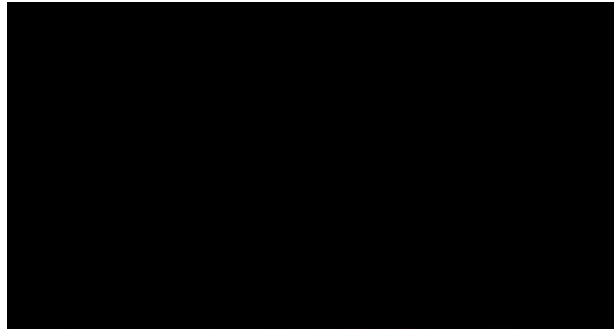
On the occasion of World mental health day 2022, You Matter Counselling Centre, Department of psychology along with Teresian Rural Outreach Program organized a training program on mental health for the students of Vocational Higher Secondary School, Irumpanam. Five students and one faculty of the department of psychology took classes for 8<sup>th</sup>, 9<sup>th</sup> and 10<sup>th</sup> standard students on various topics related to mental health. Ms. Hajira K.M, PG 2<sup>nd</sup> year student talked about mental health and well being to the students. A session on emotional regulation was taken by Ms. Reeba Manu-Pg 1<sup>st</sup> year student. She talked about the importance of emotional regulation and the ways to cope with emotional distress. Ms. Jewel, PG 1<sup>st</sup> year student talked about peer relationships, toxic and healthy relationships, consent sex etc. Sessions on cyber bullying and revenge pornography was taken Fiza Fathima and Suha AG respectively. They talked about the importance of securing privacy in online platforms and how to get help if needed. A session on exam anxiety and the ways to overcome it along with creating a clean study habit was taken exclusively for 10<sup>th</sup> standard students by Assistant Professor Anjitha Venugopal. It focused on creating cognitive maps,

flip cards and mnemonics to study and remember lessons. Students were interactive and they also asked doubts.

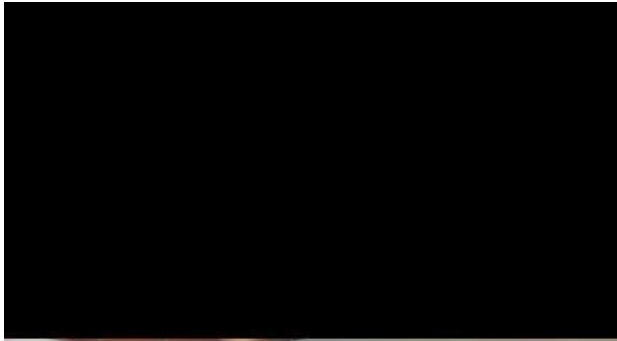




Irimpanam School,  
Irumpanam, Thrippunithura,  
Ernakulam, Kerala 682301,  
18 Oct 2022 01:28 pm



Irimpanam School,  
Irumpanam, Thrippunithura,  
Ernakulam, Kerala 682301,  
18 Oct 2022 12:12 pm



Irimpanam School,  
Irumpanam, Thrippunithura,  
Ernakulam, Kerala 682301,  
18 Oct 2022 01:28 pm

**Outcome:**

This activity helped students achieve a knowledge about major mental health issues and to reduce the stigma related to seeking help in mental health issues.

**NAME OF THE DEPARTMENT: PSYCHOLOGY**

**ACTIVITY No: 8**

**Title of the Activity:** International day for the elimination of violence against women .

<b>Panchayat</b>	
<b>Type of activity</b>	<b>Awareness Campaign</b>
<b>Date</b>	<b>25/11/22</b>
<b>Venue</b>	<b>Inauguration in Seminar Hall, Arts Block, St. Teresa's College (Autonomous) Ernakulam, followed by Vehicle Rally from Marine Drive to Kaloor Stadium and cultural programs in Marine Drive and Kaloor Stadium, Ernakulam</b>
<b>No: of teachers involved</b>	<b>8</b>
<b>No: of students involved</b>	<b>140</b>
<b>No: of beneficiaries</b>	<b>200+</b>

**Need of the Activity:**

To spread awareness on domestic abuse and sexual violence against women.

**Brief Description (Need/Impact/Action/Photo -Geotagged / brochure ):**

On 25<sup>th</sup> November 2022 , Department of Psychology, St. Teresa's College (Autonomous), Ernakulam collaborated with Sakhi One Stop Center, Ernakulam, District Women and Child Development Department and MG Coastline Garages India Pvt. Ltd. organized a program on the occasion 'International day for the elimination of violence against women'. Inaugural ceremony conducted in Seminar Hall, Arts Block, St. Teresa's College (Autonomous) Ernakulam at 1.00 PM. The program started with prayer song by Janvi Byju, 1<sup>st</sup> year M.Sc Psychology student followed by welcome address by Ms. Bindu John, HOD of Psychology Department. P Rajkumar, Assistant Commissioner of Police, Ernakulam delivered a speech regarding the importance of preventing and eliminating violence against women and girls. He

also highlighted the importance of mobilizing more people to support efforts in ending violence against women and to push back against the rollback on women's rights. The felicitation was done by Dr. Premna Manoj Sankar (District Women and Child Development Officer) and Ms. Thahira Beevi M (Women Protection Officer, Ernakulam). Mementos to the chief guests were distributed by Sister Vineetha, Provincial Manager, St. Teresa's College (Autonomous), Ernakulam and she highlighted the role of men in eliminating violence against women. Vote of thanks was given by Ms. Sandhya V K, Psychosocial Counselor, Sakhi One Stop Center, Ernakulam. From 3 PM onwards, students of Psychology department conducted various cultural programs such as Dance drama, Tabloo, Fashion show and music related to domestic violence in Marine Drive. Lubiana Kalari performed Self defence program. At 4.15 PM, vehicle rally was organized by students and parents of Psychology department in collaboration with MG Coastline Garages India Pvt. Ltd. proceeded from marine drive to Kaloor stadium. Saaju G, Business Head of MG Coastline Garages India Pvt. Ltd flagged off vehicle rally. From 5 PM onwards, students performed the cultural programs in Kaloor stadium. After that refreshments were given to performed students by Taal Kitchen.





 Marine Drive Walkway, Marine Drive,  
 Ernakulam, Kerala 682031  
 25 Nov 2022 03.23 pm





 Marine Drive Walkway, Marine Drive,  
 Ernakulam, Kerala 682031  
 25 Nov 2022 03.28 pm




 St. Theresa's College, Marine Drive, Ernakulam,  
 Kerala 682031, India  
 25 Nov 2022 02.11 pm





 Jawaharlal Nehru International Stadium, Kaloor,  
 Kochi, Kerala 682017  
 25 Nov 2022 05.03 pm


**ST. TERESA'S COLLEGE (AUTONOMOUS) ERNAKULAM**  
 DEPARTMENT OF PSYCHOLOGY  
 In Association with  
**SAKHI ONE STOP CENTRE, ERNAKULAM**  
 DISTRICT WOMEN AND CHILD DEVELOPMENT DEPARTMENT  
**MG COASTLINE GARAGES INDIA PVT LTD.**  
 Celebrates  
**INTERNATIONAL DAY FOR THE**  
**ELIMINATION OF VIOLENCE AGAINST WOMEN**  
 25th November 2022  
**Rally And Cultural Fiesta**  
 Inaugural by  
**Shri. P Rajkumar**  
 Assistant Commissioner of Police,  
 Ernakulam

Inaugural: 1.00-2.00 PM  
 Venue: Arts Block.  
 St. Teresa's College

Supported by:  
 Lubaina Kalari  
 Thaal Kitchen

Rally Flag-off and Cultural:  
 3.00-6.00 PM  
 Venue: Marine Drive  
 Kaloor Stadium



**Outcome:**

The program helped in creating awareness among students and public regarding the importance of preventing and eliminating violence against women and girls.

**NAME OF THE DEPARTMENT: PSYCHOLOGY**

**ACTIVITY No: 9**

**Title of the Activity:** Common Urological Problems in Women .

<b>Panchayat</b>	
<b>Type of activity</b>	<b>Awareness Campaign</b>
<b>Date</b>	<b>21/12/22</b>
<b>Venue</b>	<b>: Seminar Hall, Arts Block, St. Teresa's College (Autonomous) Ernakulam</b>
<b>No: of teachers involved</b>	<b>8</b>
<b>No: of students involved</b>	<b>5</b>
<b>No: of beneficiaries</b>	<b>200</b>

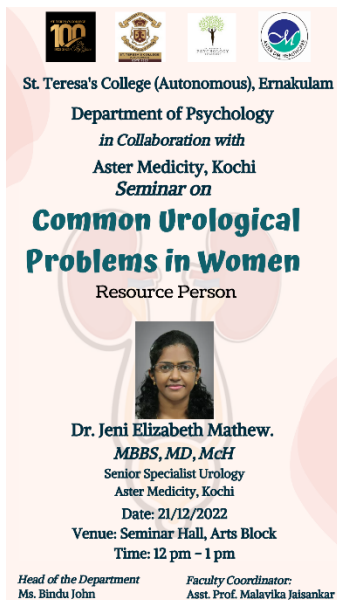
**Need of the Activity:**

To spread awareness on the common urological problems in women that can go unnoticed.


**Brief Description (Need/Impact/Action/Photo -Geotagged / brochure ):**

The Department of Psychology, St. Teresa's College, organized a seminar on the topic 'Common Urological Problems in Women ' on 21<sup>th</sup> of December 2022, in collaboration with Aster Medicity, Kochi. The session started at 12 pm with a welcome address by Ms. Summaya K, 2<sup>nd</sup> year Undergraduate student, who introduced the resource person for the program. The resource person Dr. Jeni Elizabeth Mathew, Senior Specialist in Urology. She has over two years of experience in the field of Urology. She has completed her MBBS, M.S from Lokmanya Tilak Municipal Medical College and her McH in Urology from PGIMER. She talked about the different problems that women are facing like urinary tract infection, uterine prolapse. She talked about the possible causes of these infections and possible treatment options for it. The seminar was attended by students and faculty of Psychology department. Her session helped the participants get an idea on what symptoms to look for and

identify the problem and go for treatment options. The program ended with a vote of thanks by Ms. Nehna Nazar, 1<sup>st</sup> Postgraduate student of the department.



St. Teresa's College (Autonomous), Ernakulam  
Department of Psychology  
in Collaboration with  
Aster Medicity, Kochi  
Seminar on  
**Common Urological  
Problems in Women**  
Resource Person



**Dr. Jeni Elizabeth Mathew.**  
*MBBS, MD, MCh*  
Senior Specialist Urology  
Aster Medicity, Kochi  
Date: 21/12/2022  
Venue: Seminar Hall, Arts Block  
Time: 12 pm - 1 pm

Head of the Department  
Ms. Bindu John

Faculty Coordinator:  
Asst. Prof. Malavika Jaisankar



### Outcome:

The program helped create an awareness among the participants on the signs and symptoms of common urological problems, and how to manage it and seek treatment.

## NAME OF THE DEPARTMENT: FOOD PROCESSING TECHNOLOGY

### ACTIVITY No: 1

**Title of the Activity: Donation of Books to the library renovation programme organised in collaboration with KITES (NGO) at Mulavukadu, Ernakulam.**

<b>Panchayat</b>	Mulvkad
<b>Type of activity</b>	Book Donation
<b>Date</b>	25 <sup>th</sup> September 2022
<b>Venue</b>	Department
<b>No: of teachers involved</b>	1
<b>No: of students involved</b>	50
<b>No: of beneficiaries</b>	people from age 12-50

**Need of the Activity:**

Public Library is a place where anyone could access to knowledge for free and also helps to mould their character formation. Setting up a library in Mulavukadu ensures the coming generation in Mulavukad has free access to knowledge.

**Brief Description (Need/Impact/Action/Photo -Geotagged / brochure ):**

The students of the Food Processing Technology Department, contributes books to the library renovation and upgradation programme organised by KITES (NGO) at Mulavukadu, Ernakulam. Our students contributed almost 75 books.







**Outcome: Library has been renovated.**

**NAME OF THE DEPARTMENT: FOOD PROCESSING TECHNOLOGY**

## **ACTIVITY No: 2**

**Title of the Activity: Training Programme on Fish Byproduct Processing for rural women in Mulavukadu in collaboration with NIPHATT Kochi.**

<b>Panchayat</b>	Mulavukadu
<b>Type of activity</b>	Training Programme
<b>Date</b>	22 <sup>nd</sup> and 23 <sup>rd</sup> November 2022
<b>Venue</b>	NIPHATT
<b>No: of teachers involved</b>	2
<b>No: of students involved</b>	4
<b>No: of beneficiaries</b>	10

### **Need of the Activity:**

**Building food entrepreneurship capacity in rural woman by orienting and training them in the right direction makes them financially independent and helps to provide employment opportunities for other woman too**

### **Brief Description (Need/Impact/Action/Photo -Geotagged / brochure ):**

A two day training programme was conducted for rural woman in Mulavukadu on 'Byproduct Processing of Fish'. In that training they learned about the scientific processing of so many value added products like fish cutlets, fish mixture, fish rolls which gave them an insight

about the proper post harvest utilisation of some of the most abundant raw material in a village like Mulavukadu.





**Outcome: 10 women were scientifically trained and guidance about byproduct utilisation of fish.**

**TROP/UBA ACTIVITY REPORT 2022 – '23**

**NJARAKKAL PANCHAYAT**

**NAME OF THE DEPARTMENT: BOTANY**

ACTIVITY No: 1

Title of the Activity: Preliminary discussions with the Panchayat officials

Panchayat	Njarakkal
Type of activity	Discussion to plan on student projects
Date	November 2022
Venue	Njarakkal Panchayath
No: of teachers involved	3
No: of students involved	2
No: of beneficiaries	-

**Need of the Activity:**

To discuss the different activities planned by the department with the Panchayat officials and find its feasibility and also to understand the requirement of the panchayat.

**Brief Description (Need/Impact/Action/Photo -Geotagged / brochure ):**

A meeting with the Panchayat Secretary, Member Secretary and CDS member was arranged to discuss the possibilities of carrying out activities at Njarakkal panchayat. It was decided to have student projects on biodiversity assessment of selected wards of the panchayat and to services promoting entrepreneurship through mushroom cultivation by providing required guidance and training.



**Outcome:**

- Permission was given and assistance assured to carry out student projects on biodiversity assessment at Njarakkal panchayat.

**ACTIVITY No: 2**

**Title of the Activity: Plant Diversity Documentation – Phase 1**

Panchayat	Njarakkal
Type of activity	Student Project – phase 1
Date	18/01/2023
Venue	Njarakkal Panchayath
No: of teachers involved	3
No: of students involved	31
No: of beneficiaries	-

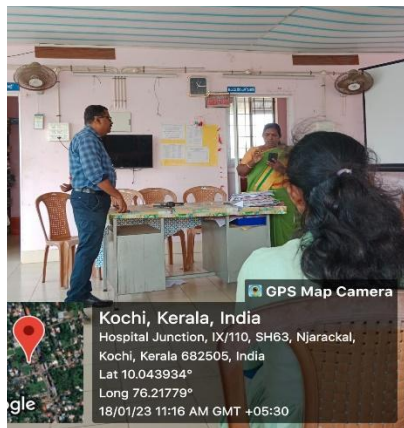
**Need of the Activity:**

For the students to have an idea about the panchayat, a briefing about its functioning, the number of wards, and other such details was requested.

**Brief Description (Need/Impact/Action/Photo -Geotagged / brochure):**

The Assistant Secretary of the panchayat Shri. Dimithrove K. G., briefed the students

about the panchayat. The students were given the panchayat map that identifies the Wards and briefed about the structure and functioning of the panchayat. Five Wards were selected for conducting the plant biodiversity study. The students were taken around the panchayat premises and also did a documentation of the vegetation around the panchayat.



### Outcome:

- The students get to interact with the panchayat and know its organization and its functioning.
- Students are exposed to new areas where they try to use their subject knowledge for a purposeful activity.

**Title of the Activity: Plant Diversity Documentation – Phase II**



Panchayat	Njarakkal
Type of activity	Student Project – phase II
Date	28/01/2023
Venue	Njarakkal Panchayath
No: of teachers involved	3
No: of students involved	31
No: of beneficiaries	-

**Need of the Activity:**

Plant documentation creates awareness on regional floristic diversity and the need for conservation among students and local public.

**Brief Description (Need/Impact/Action/Photo -Geotagged / brochure ):**

**Plant diversity documentation** is a process of identifying and recording species of plants in a given area. The present activity aims at documenting the flora of selected wards of Njarakkal panchayat. Initial level discussion on the work was conducted with the Panchayat officials and it was decided to select five wards for the study. The students of II BSc Botany (31) were entrusted with the task and were divided into groups of 5 lead by a team leader.

The groups were taken to the wards assigned to them by CDS members and the students collected data and took photos. The study will be repeated during pre-monsoon and post monsoon seasons to have a comprehensive data.



**Outcome:**

- The floristic documentation study is being carried out as part of the academic project of the students.
- Helps the students gain a better knowledge of the subject and also about the panchayat and its functioning.
- The data collected will be contributed to the updation of the biodiversity register of the panchayat.

**NAME OF THE DEPARTMENT: COMMUNICATIVE ENGLISH**

**ACTIVITY No: 1**

**TITLE OF THE ACTIVITY: REDEFINING BEAUTY STANDARDS**

<b>Panchayat</b>	Njarakkal
<b>Type of activity</b>	Workshop
<b>Date</b>	12- 08- 2022

<b>Venue</b>	GOVT. H. S. S. Njarakkal
<b>No: of teachers involved</b>	1
<b>No: of students involved</b>	31
<b>No: of beneficiaries</b>	30

### **Need of the Activity:**

- Creating awareness on various concepts relating to body positivity and body shaming.
- Explaining the harmful effects of body shaming.
- Emphasizing the need to accept and love oneself.
- Encouraging higher secondary students to appreciate the concept of body positivity.

### **Brief Description (Need/Impact/Action/Photo -Geotagged / brochure):**

- On August 12<sup>th</sup> 2022, the second-year students of the department of Communicative English organized an interactive workshop on body positivity, named “Redefining Beauty Standards” at GOVT. H. S. S. Njarakkal.
- The session started with a thought-provoking skit to introduce the concept to the beneficiaries.
- Created ppt, videos (advertisements) and questionnaire to provide a better understanding of the concept.
- Collected advertisements to highlight the harmful impact of conventional beauty standards and notion in society.
- To evaluate the impact of the workshop two surveys were conducted before and after the session to note the impact and progress in students.
- Organized Entertaining games and activities to deliver the concepts in a fun, interactive and informational way.
- Brochure: -


**ST. TERESA'S COLLEGE (AUTONOMOUS) ERNAKULAM**  
**DEPARTMENT OF COMMUNICATIVE ENGLISH**





is organising

# "REDEFINING BEAUTY STANDARDS"

- A WORKSHOP ON BODY POSITIVITY

as part of

TROP (Teresian Rural Outreach Programme)

**DATE: AUGUST 12 2022**  
**TIME: 2.00 PM TO 4.00 PM**  
**VENUE: GOVT. H. S. S. NJARAKKAL**

**SKIT**



**INTERACTIVE SESSION**



**QUESTIONNAIRE**

**•TEAM**



**Outcome:**

- Respecting body diversity.
- Awareness on unrealistic societal body and beauty standards.
- Replacing body shaming with body positivity.
- Enlightening the students on the harmful impacts of body shaming and conventional beauty standards.
- An introduction to self-love.

**NAME OF THE DEPARTMENT: PHYSICS**

**ACTIVITY No: 1**

**Title of the Activity: LED bulb Assembly**

Panchayat	Njarackal
Type of activity	Training workshop
Date	17/11/2022
Venue	V H S S Njarackal
No: of teachers involved	2
No: of students involved	8
No: of beneficiaries	40

**Need of the Activity:**

To create awareness on energy conservation and eco-friendly energy sources.

**Brief Description (Need/Impact/Action/Photo -Geotagged / brochure):**

As part of trop activity, Physics department organized a hands-on training on LED bulb assembling for 10<sup>th</sup> standard students of Government V H S S Njarackal. Before the training session, our students took a class based on theoretical aspects of LED and its role in energy conservation. The event is really an interactive and fruitful one.



**Outcome:** Students are benefitted from the training; they get in assembling LED bulb.

**NAME OF THE DEPARTMENT: DEPARTMENT OF FASHION DESIGN**

**ACTIVITY No: 1**

**Title of the Activity: Demonstration class in connection with TROP activity**

<b>Panchayat</b>	<b>Kunnukara</b>
<b>Type of activity</b>	<b>Demonstration classes to bring awareness on sustainable fashion</b>
<b>Date</b>	<b>13 February 2023</b>
<b>Venue</b>	<b>Christ Raj High school, kuttipuzha</b>
<b>No: of teachers involved</b>	<b>2</b>
<b>No: of students involved</b>	<b>29</b>
<b>No: of beneficiaries</b>	<b>50</b>

**Need of the Activity:**

To make the students understand about the importance of sustainable fashion and suggest them ideas to recycle the old clothes.

**Brief Description (Need/Impact/Action/Photo –Geo tagged / brochure):**

Sustainable fashion is a way in which brands create clothing that not only reduces the impact on the environment but is also mindful of the people who work to produce the garments. Basically, it is fashion that is ethically made and environment friendly. Demonstration classes were taken to bring awareness on sustainable fashion and to recycle their old clothes to new utility products.


**ST. TERESA'S COLLEGE (AUTONOMOUS), ERNAKULAM**





College with Potential for Excellence - UGC  
 (Affiliated to Mahatma Gandhi University)





As part of  
**TROP**  
*Teresian Rural Outreach Programme*  
 The Department of Fashion Designing  
 in association with  
 Christ Raj High School, Kuttipuzha  
 Kunnukara Panchayat  
 Conducts  
*Demonstration Classes*  
 to bring awareness on Sustainable Fashion

Date: 13th February 2023

**Our Patrons**  
 Rev.Dr.Sr.Vinitha  
 Provincial Superior and Manager  
 Dr. Vinitha Paulose  
 Head of the Department  
 Dept. of Fashion Designing  
 Co-ordinator :  
 Rose Elsa Derrin  
 Assistant Professor  
 Dept. of Fashion Designing  
 Dr. Alphonsa Vijaya Joseph  
 Principal









**Outcome:**

**The students were able to understand how the fashion industry contributes in pollution; they got a new perspective about old and used clothing items and some ideas of how to recycle/reuse them.**

**NAME OF THE DEPARTMENT: Department of Clinical Nutrition and Dietetics**

**ACTIVITY No: 1**

**Title of the Activity: Consequences of FAD Diets**

<b>Panchayat</b>	<b>Kunnukara Panchayat</b>
<b>Type of activity</b>	<b>Nutrition Awareness Program</b>
<b>Date</b>	<b>13/2/2023</b>
<b>Venue</b>	<b>Christ Raj High School, Kuttipuzha</b>
<b>No: of teachers involved</b>	<b>2</b>
<b>No: of students involved</b>	<b>28</b>
<b>No: of beneficiaries</b>	<b>50</b>

**Need of the Activity:**

The program was initiated to create awareness among the public about the needs of balanced diet and nutrition in our daily life.




**Brief Description (Need/Impact/Action/Photo -Geotagged / brochure ):**

The UG final year students of the Department of Clinical Nutrition and Dietetics, as a part of the Teresian Rural Outreach Program, took an awareness class on 'Nutrients and Consequences of FAD diets'. Following class, a skit on different diets was performed, and posters were also presented. The program was conducted well by students and made the audience interactive to learn more about the consequences of junk foods.

**Photos and Brochure:**





**ST. TERESA'S COLLEGE  
 (AUTONOMOUS), ERNAKULAM**  
 COLLEGE WITH POTENTIAL FOR EXCELLENCE RE-ACCREDITED BY NAAC WITH A++ CGPA 3.57 IN FOURTH CYCLE

**Department of Clinical Nutrition and Dietetics**

**TROP:  
 Teresian Rural Outreach Programme**

**Consequences of  
 FAD Diets**

**Venue: Christ Raj High School, Kuttipuzha  
 Time : 1.30pm  
 Date: 13/02/2023**

**Outcome:**

Feedback of the program was also collected from the audience. The students were really enthusiastic to listen to the sessions conducted. We got good appreciation from the school management.

**Name of the Department: Department of Home Science,  
 St. Teresa's college Ernakulam**

**List of Activities:**

**ACTIVITY No: 1****Title of the Activity:**

<b>Panchayat</b>	
<b>Type of activity</b>	<b>Walkathon to Commemorate World Food Safety Day</b>
<b>Date</b>	<b>07/06/2022,7 AM</b>
<b>Venue</b>	<b>Marine Drive, Ernakulam</b>
<b>No: of teachers involved</b>	<b>10</b>
<b>No: of students involved</b>	<b>105</b>
<b>No: of beneficiaries</b>	<b>105</b>

**Need of the Activity:**

The walkathon was to create awareness among the community and students on “Safer Food Better Health”. A Collaborative effort by Food safety officials and community participation.

**Brief Description (Need/Impact/Action/Photo -Geotagged / brochure ):**

District Food Safety Department in association with St. Teresa’s College, Ernakulam commemorated World Food Safety Day on June 7th with a 2 km walkathon. Food Safety Officers Kripa Joseph, Cynthia Raphael, Emi Mol and the students from the Department of Home Science, Department of Clinical Nutrition and Dietetics and Department of Food Processing and Technology were a part of the walkathon that commenced from Marine Drive, Ernakulam to St. Teresa’s College main block at 7.30 AM . The theme of World Food Safety Day for year 2022 is “Safer Food Better Health”.The Walkathon was flagged off by Mr. Anantkrishnan Regional Transport Officer, Ernakulam. Eat Right Kochi Booklet “Safer Food Better Health” was released by Dr Lizzy Mathew, Principal, St Teresas College.

**Outcome:**



**ACTIVITY No:2**

**Title of the Activity: Breast Feeding Week Celebration, August 2022**

<b>Panchayat</b>	
<b>Type of activity</b>	<b>FLASH MOB &amp; FOLK SONG</b>

<b>Date</b>	<b>1<sup>st</sup> AUGUST, 2022</b>
<b>Venue</b>	<b>VYTILLA MOBILITY HUB</b>
<b>No: of teachers involved</b>	<b>4</b>
<b>No: of students involved</b>	<b>24</b>
<b>No: of beneficiaries</b>	<b>100-150</b>

**Need of the Activity:**

To create awareness in the community as part of National Breastfeeding Activities, on the importance and need for breastfeeding of infants resulting in holistic development of a healthy and productive future generation. Vytilla Mobility Hub was chosen since it is a bus stand for local and long-distance buses where large crowds gather at a time and hence it is an ideal location to reach out to the public at a time.

**Brief Description (Need/Impact/Action/Photo -Geotagged / brochure ):**

As part of the National Breastfeeding week from 1<sup>st</sup> to 7<sup>th</sup> August, 2022, 24 students comprising of IInd year Under Graduate and II<sup>nd</sup> year Post Graduate Food Science & Nutrition students of the Department of Home Science, in collaboration with ICDS District Cell, presented a flashmob and folk song at Vytilla Mobility Hub on 1<sup>st</sup> August 2022. After the flashmob, folk songs were sung disseminating messages on breast feeding. It conveyed the importance of breastmilk and its significance mainly for creating awareness among pregnant and lactating mothers for the proper and healthy growth of infants. Placards containing relevant and appropriate messages about the importance of proper breastfeeding practices and also the benefits of breastfeeding for young children were held up by the students for the benefit of the onlookers. ICDS Program Officer gave an introduction to the audience on the significance of National Breastfeeding Week.



## Outcome:

A good audience comprising of people from all walks of life and all ages, including men, women, children, adolescents received awareness regarding the importance and need for breastfeeding. Through the flash mob, attention of the audience was captured after which placards containing appropriate information on breastfeeding and also catchy folk songs conforming to the tunes of popular cinema and folk songs containing messages on breastfeeding were disseminated to the common man. This would go a long way in the



audience sharing this information with their family members thus result

### **ACTIVITY No:3**

**Title of the Activity: World Breast Feeding Week Celebrations, August 2022**

<b>Panchayat</b>	<b>ICDS Kochi URBAN 2, THEVARA</b>
<b>Type of activity</b>	<b>WEBINAR</b>
<b>Date</b>	<b>5th AUGUST, 2022</b>
<b>Venue</b>	<b>Online</b>
<b>No: of teachers involved</b>	<b>6</b>
<b>No: of students involved</b>	<b>40</b>
<b>No: of beneficiaries</b>	<b>130</b>

#### **Need of the Activity:**

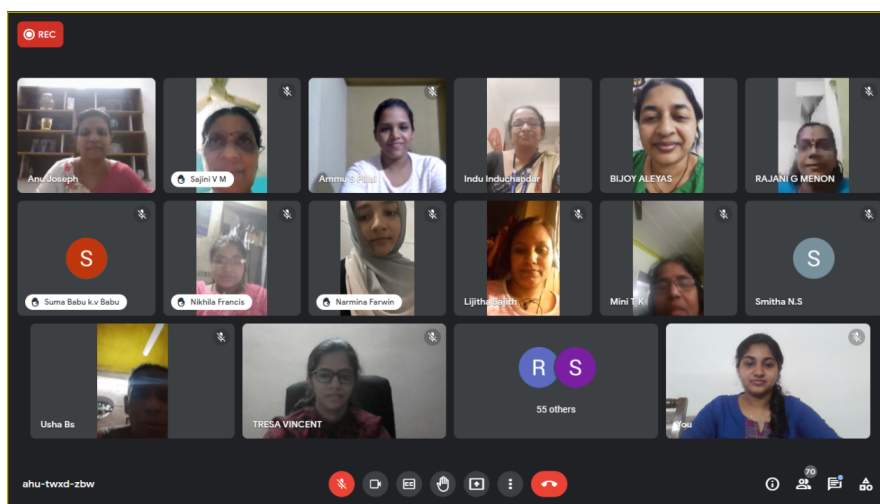
To create awareness among pregnant and lactating women as part of World Breastfeeding Week Celebrations, on the importance and need for breastfeeding of infants and to clarify their concerns and doubts regarding the nuances of breast feeding.

#### **Brief Description (Need/Impact/Action/Photo -Geotagged / brochure ):**

The webinar was conducted on 5<sup>th</sup> August, 2022 by the Department of Home Science in collaboration with ICDS Kochi Urban 2, Thevara. The webinar was on breast feeding and the resource person for the webinar was Dr. Liza Thomas, Senior Consultant Pediatrician, St. Joseph's Hospital, Kothamangalam. She talked on the various benefits of breastfeeding and made the session interesting by clarifying about the myths and practices of breastfeeding.

Ms. Indu V S, Child Development Project Officer (CDPO), Cochin Urban 2 Project offered her felicitations. She also shared situational experiences encountered by lactating women and issues and challenges faced today related to breastfeeding. There were 130 participants comprising of pregnant and lactating mothers who were ICDS beneficiaries and Undergraduate and Postgraduate students of the Department. The session was very useful and informative as the participants actively cleared their myths and facts regarding breastfeeding with Dr. Liza.

The session was also broadcast in the official Community Radio FM Channel of the college for the benefit of the community.



**Outcome:**

The webinar was organized and conducted with the goal of educating and creating awareness among pregnant and lactating mothers who have the major role to play in the proper nutrition and development of infants and children, the future of the nation.

**ACTIVITY No: 4**

**Title of the Activity: Celebration of Independence day on August 15<sup>th</sup> 2022 at Kunnakkara Gram Panchayath**

<b>Panchayat</b>	<b>Kunnakkara Gram Panchayath</b>
<b>Type of activity</b>	<b>Celebration of Independence day</b>
<b>Date</b>	<b>15/08/2022</b>
<b>Venue</b>	<b>Kunnakkara Gram Panchayath</b>
<b>No: of teachers involved</b>	<b>1</b>
<b>No: of students involved</b>	<b>6</b>
<b>No: of beneficiaries</b>	<b>100</b>

**Need of the Activity:**

Celebrations of Independence day in UBA panchayat by our students .Making them involved in Local self-government activities to enhance patriotism.

**Brief Description (Need/Impact/Action/Photo -Geotagged / brochure):**

The students along with the panchayat planned and implemented programme for the Panchayat.



**Outcome:**

The students and the Panchayat had a very good understanding of the responsibilities to be together for nation.

## ACTIVITY No:5

### Title of the Activity:

<b>Panchayat</b>	<b>Panayapilly</b>
<b>Type of activity</b>	<b>Awareness programme for the parents regarding 'Gadgets and its impact on Early childhood years'</b>
<b>Date</b>	<b>13th December,2022. at 9:00 am</b>
<b>Venue</b>	<b>the M. M. O. V. H. S. School</b>
<b>No: of teachers involved</b>	<b>1</b>
<b>No: of students involved</b>	<b>6</b>
<b>No: of beneficiaries</b>	<b>30</b>

### Need of the Activity:

Having gadgets for children can be beneficial, However, the overuse of gadgets can make the children rely on them, and it also can lead to addiction, if they use them without proper guidance from their parents. There are negative impacts of gadget usage in terms of social life, health, speech delay, and children's cognitive skills, which also could affect their education in the long term.

The various issues focused here were:

- Intellectual Developmental Delays & Nomophobia
- Lack Of Social Development
- Obesity And Other Health Problems
- Electronic Gadgets Vision Syndrome

The order was set in such a way that the problem was addressed and later the possible solution which made the parents understood easily.

The activities involved:

- Fold a story
- Stick puzzle
- Trace the pattern/ colour
- Hop stoch jump
- Connect the straw
- Sensory Bag

### Brief Description (Need/Impact/Action/Photo -Geotagged / brochure ):

The activity team started to set up their apparatus. About 10.30 all the parents arrived and the session started. We started off with a prayer which was sung by Maria.. The

first portion of the session was covered by Nahan, she talked about intellectual developmental delays, ADHD (Attention Deficit Hyperactivity Disorder ), Childhood depression, Learning problems, Impact on Behaviour and Nomophobia. She also explained how to over-come these issues and introduced an interesting activity named, Fold a Story. All the parents were given a small piece of paper and followed the as she said. Then another activity was presented by Lithiya which was ‘Stick puzzle ‘. The activity was first demonstrated to the parents and few parents played the game. The second portion of the session was handled by Merin, she talked about how gadgets can make the children lack social development, its negative impact and solutions to consider. Next was a task which could boost the Brain development and coordination, it is ‘Trace the colour’ presented by Hanna. She demonstrated the task and parents were called to perform the task. The third portion of the session was taken by Mariya, she talked about obesity and other health issues, harmful effects of mobile phone, isolation, bad posture and healthy foods. She also shares a healthy yet attractive recipe to the parents thus they can try out them. Next was a game described by Swathy named ‘Hop stoch jump'. She displayed how this activity to be done and later few parents and children participated in the activity. The last portion of the session was handled by Jesna, she talked about how gadgets effect eyes, sources of blue light, digital eye strain syndrome and sleep deprivation and possible solutions to abstain from it. Lastly the activities named ‘Connect the Straw’ explained by Arya and 'Sensory Bag’ explained by Anagha was conducted. Most of the parents participated in this activity. As we came to the end of the session the headmistress communicated the importance of this issue and gave a windup speech. The photography was assigned to Saniya.





**Outcome:**

**All over the awareness programme was decent, helpful and informative session.**

**ACTIVITY No: 6**

**Title of the Activity:**

<b>Panchayat</b>	
<b>Type of activity</b>	<b>Ahimsa Toys workshop</b>
<b>Date</b>	<b>19.1.23</b>
<b>Venue</b>	<b>Art Room at DLF Cabral Yard</b>
<b>No: of teachers involved</b>	<b>1</b>
<b>No: of students involved</b>	<b>3</b>
<b>No: of beneficiaries</b>	<b>30</b>

**Need of the Activity:**

Ahimsa Toys workshop is a Responsible Creativity workshop where participants learn and unlearn through the Art of Toymaking. They will be exposed to some designed toys made out of throw-away materials and are given freedom to create themselves with similar materials. For learners, it's an opportunity to learn basic engineering, design and human values of care and share, which is behind the name Ahimsa(non-violence). Each material has its own unique properties and nothing is a waste material. It gives a new eye to see the universe in a non-violent way and self-confidence to design it themselves.

**Brief Description (Need/Impact/Action/Photo -Geotagged / brochure):**

The section started at 10.am. Introduced many toys for the participants.CD Top is a toy made out of waste material. The materials required to make the toy are easily accessible and include an old CD, marbles, glue, white paper, and sketch pens. Children are allowed to take all the required materials arranged on the table. Sir explained the procedures to make the toy in detail. Children were very eager to learn it and follow the instructions. Children were allowed to draw any patterns of their interest on the white paper, which will be cut into a circle the size of the CD. Then, using glue, adhere the pattern to the old CD. Apply glue to the CD hole and insert the marble. The children then appeared to be having a good time while playing with the CD.

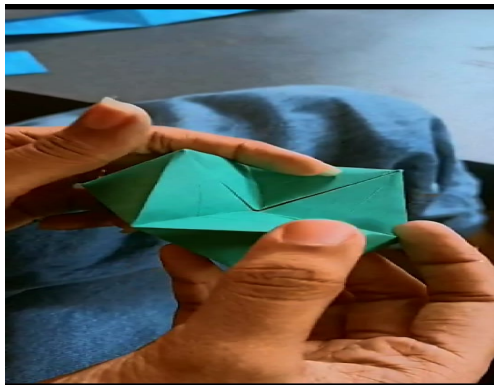
Showed the children a model of a magical paper fan, which piqued their interest. The materials required were different sizes of papers, thread, and glue. First, children were given a rectangular piece of paper. Children were instructed to fold pleats in a long, rectangular strip. All children were given two small threads to paste in the same direction on both ends of the rectangular strip. Children were then allowed to



make two paper tubes: one long paper tube and one short and fat paper tube. The non-threaded end of the paper fan was then inserted into the long paper tube and secured with glue. When the children were instructed to fix the hanging threads from the fan ends to the flat tube with a piece of paper and adhere it, in one hand, hold a fat tube; in the other, a long tube. Then, raise and lower the long tube. The children appeared to be having a great time with the magical paper fan.

**Outcome:**

It's a good opportunity to reinvent the child within them and unlearn stupidities they accommodate through normal education. It teaches how simple life is and can be used as a therapy to become human beings who can live in the moment.



**NAME OF THE DEPARTMENT: DEPARTMENT OF ENGLISH**

**ACTIVITY No: 01**

**Title of the Activity: General English Classes (Online)**

<b>Panchayat</b>	<b>Padinjanarathara panchayat, Pulpally panchayat, Vythiri panchayat (Wayanad) and Aaralam farm grama panchayat (Kannur)</b>
<b>Type of activity</b>	<b>Educational Mentoring</b>
<b>Date</b>	<b>From 4/Nov/2022 to present.</b>
<b>Venue</b>	<b>Online Platform (Google Meet)</b>
<b>No: of teachers involved</b>	<b>1</b>
<b>No: of students involved</b>	<b>28</b>
<b>No: of beneficiaries</b>	<b>37 Students of Adi Shakti Summer School</b>

#### **Need of the Activity:**

Some of the students in their educational path find hinderances in forming perfect grammatical sentences while writing or speaking English on a day-to- day life. Hence, it is necessary to provide proper tutoring to help out students who need to sharpen their language proficiency. Hence, the mentoring classes in association with Adi Shakti Summer School was initiated to tutor those students who are in need of extra help in the language. Through providing classes in online platform, the students can easily access the classes anywhere without much hassle.

#### **Brief Description (Need/Impact/Action/Photo -Geotagged / brochure ):**

The online mentoring classes in association with Adi Shakti Summer School is conducted every week for students on classes 11<sup>th</sup> and 12<sup>th</sup> grade in school level as well as for the degree students. The mentoring aims at equipping the students in basic sentence formation in the prescribed syllabus. The students are tutored by the students of the English department of St. Teresa's college. The students were divided into several groups according to their respective classes and were taught Fine-tune Your English and other grammar textbooks prescribed as per their syllabus. The students where also given individual attention by the tutors who helped them to focus on building their grammatical knowledge while enlightening them with the basic grammatical concepts such as verbs, tenses, nouns and several others. The students were also given access to notes and video lessons that were sent to them regularly for reference and further study.

Each pupil had shown deep interest towards the classes through active participation and response to them. The classes had greatly helped the students to write more efficiently while appearing for exams as well as daily usage of English in speech.

**Outcome:**

- Through active participation, each of the students had improved their grammatical knowledge and enhanced their usage of grammar in writing sentences and day to day speech skills.

