



ESTD 1964

BASELIUS COLLEGE

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NAAC 4th CYCLE



3.4.3 & 3.4.4

Extension and Outreach Programmes Conducted by The Institution
through NSS/ NCC/ Red Cross/ YRC etc.

2019 - 2020

1.Awareness Programme on Environment Day

An Awareness Program on Environment day was conducted at Government U.P School, Ericadu by D3 students of Physics Department on 20th June 2019. 4 students participated in this programme.



2. Blood Donation Camp

On 17-7-2019, Blood donation drive, a completely green life saver initiative was organized by the NSS Unit along with Red Ribbon Club in association with Medical College, Kottayam highlighted with leaf banners and awareness posters. 65 units of blood were collected out of a total of 155 registered students, teachers and non-teaching staff. The camp was mainly organized to enrich women participation in blood donation. It was a big step to make youth aware that blood donation is the way to stay healthy.



3. Litter Free City Phase 1

Understanding the increasing consumption and improper disposal of plastics and other wastes, a survey was conducted on 20/07/2019, taking 100 households and firms as samples. The volunteers were divided into teams of five and were sent to various parts of Kottayam to collect the data regarding the problems of waste management. The problems faced by the city households were understood and the plastic collection initiative was communicated to let them segregate various kinds of waste materials. 20 students participated in this programme.



4.Litter Free City Phase II

Awareness and Leaflet Distribution

On 22-7-2019, after a clear understanding of the problems faced by the residents, leaflets explaining the methods of disposal of wastes and the best way to utilize wastewere distributed. This was done with an aim to make people aware that waste doesn't mean the end, but it could be the foundation for a new change. It was done in cooperation with Suchitwa Mission Kottayam to rebuild the lost beauty of cities. 20 students participated in this programme.



5. Wealth Out Of Waste

On 23-07-2019, Volunteers were trained to make pouches out of waste clothes thrown out after stitching or old clothes. It was an initiative to utilize thrown out things usefully to light up someone's life. The pouches made would be gifted to the children of Government UPS Thiruvārpu--the school in our adopted village. It was a different experience, as a life skill was taught which made volunteers to boost their minds to manage resources efficiently or usefully. 25 students participated in this programme



6. Green Campus Clean Campus

NSS Volunteers cleaned the school campus to ensure Green and Clean campus on 28-7-2019 and on 12-09-2019. Our volunteers divided themselves into subgroups and went to different corners of the college and organized a cleanliness drive. Students cleaned the pathways removed heaps and cleared litters. The objective of this was not just to clean, but to feel the real happiness living within that environment. 60 students participated in this programme.



7. Street Play

Street Play was performed on 27-08-2019 in association with KIMS hospital. Life-saving techniques like CPR were demonstrated for public awareness at Nagambadom, Puthupally and Thirunakkara. 30 students participated in this programme.



8. Flood Relief Activities

The college opened a collection centre at College campus from 9th to 12th August 2019 to help the victims. The college level collection centre was later turned to University Level NSS Collection Centre on 14th August 2019 that remained opened round the clock. The materials collected from various places were then handed over to the District Administration so as to reach the needful. 63 students of NSS and various departments participated in this programme.





9. Distribution of cleaning lotion for flood victims

On 12-08-2019, more than 300 bottles of cleaning lotion made by the volunteers were handed over to the flood victims. 30 students of NSS Unit and along with ED Club participated in this programme.



10.Flood Relief Activity

On 12-08-2019'Snehapoorvan Sahodarangalkku' - a helping hand was extended to flood victims of Kuttanadu for their revival. 25 students of NSS Unit and students of Commerce Department participated in this programme.



11.Flood Relief Activities

On 12-08-2019, a vehicle full of necessary materials were carried to flood victims of Wayanadu by NSS volunteers to extend support to the affected people.60students of NSS Unit and various departments participated in this programme.



12.Plant A Life

A new initiative "VeetiloruMaram" was launched on 07/09/2019 in our adopted village Arpookara where a tree was planted in each house by the volunteers themselves." "VeetiloruKariveppu" was also a part of this, where curry leaves were planted in the needed houses. The initiative gained much importance as the trees planted reflected the love and concern, we had for villagers. 95 students of NSS Unit along with Nature Club participated in this programme



13.Socio-economic Survey

On 07/09/2019,a Socio-economic survey to collect socio-economic data of 15th ward of Arppokkara Village in relation to waste management and possible suggestions were given.10 students of NSS and students of Economics Department participated in this programme



14.Herbal Garden

On 08/09/2019 an herbal garden was created at Karipputhattu GovernmentHigh School with the aim of popularizing the usefulness and need to conserve the commonly used and locally available medicinal plants. The plants were planted in containers recycled by the volunteers. They also created nametags for every plant and hung them on each of them. 60 students of National Service Scheme along with the members of Nature Club participated in this programme



15.Friendly Football Match

On 09-09-2019, Friendly football match was conducted with an aim of promoting drug free village initiative. 15 students participated in this programme with youngsters of Arpookara.



16.Self Defence Class

Suraksha life-skill training for self defense was given to villagers on 10/09/2019. 6 students participated in this programme



17.Suvarnalipi Camp Magazine

On 10-09-2019, 'Computer il ninnum Kayyaksharathilekku- Suvarnalipi Camp Magazine' was released. The magazine shows the culture, tradition, heritage and other socio-economic data of the Arppokkara village as a contribution to the upcoming generation of the village.95 students participated in this programme.



18.Litter Free City Phase III

Collected plastic bottles from village and converted it to flower pots with plants and gifted them back to the villagers on 10-09-2019. 95 students of NSS Unit and students of English Department participated in this programme.



19. Canal Cleaning

On 10-09-2019 as a part of Valicheriyal Muktha Gramam, a canal cleaning was initiated by the volunteers in the adopted village to restore the canal which was in a disgusting state with plastic covers and other wastes. It was a step to make the village litter free and flood free by cleaning the source for water to flow freely during heavy rain. Enthusiastic volunteers together with active villagers of Arpokara helped to clean over 300m of the canal, giving it a rebirth. 95 students of NSS Unit and students of Political Science Department participated in this programme.



20. Litter Free City Phase IV

As a part of the National Cleanliness drive Swachh Bharat Abhiyan, volunteers initiated cleaning tasks in and around Railway Station, Kottayam on 17-09-2019. A rally was organized from the college to the Railway station where volunteers passed on green messages with placards made by them and with ear popping slogans and lines. Highlighting the importance of Litter Free City bins were placed in the required

positions. It was an initiative in association with Indian Railway and was a real fight to bring back the lost beauty of the station. 40 students participated in this programme.



21.Short Documentary Punarjani

A documentary was launched on 24-09-2019 to make people aware about environment protection. 20 students participated in this programme



22.Litter Free City Phase V

On 3rd October 2019 after the survey, a detailed analysis was carried out and conclusions were drawn on the most used and littered item – Plastic Bottles. Seeing the thrown away bottles on road sides and streams, plastic bottle collection was initiated in Ward No:11 to reuse if possible and give thereafter for recycling. 30 students participated in the programme.



23.Gandhiji@150-Tree Planting

On 2nd October, as a part of the 150th birth anniversary of Gandhi, students decided to plant 150 trees. The initiative was inaugurated by Dr. Biju Thomas (Principal, Baselius College, Kottayam) in the memory of Dr.P.C. Alias (Former Principal of Baselius College, Kottayam) at the campus. Moreover, 50 saplings were planted on the roadsides of Eerayil Kadavu. 12 Students participated in the programme.



24.Gandhiji @ 150 Trees Planting After Cleaning

The planting of 150 trees was completed and on the 150th birth anniversary of Gandhi, 50 trees were planted after cleaning the roadsides at Cement Kavala on 4-10-2019. It was done in association with Haritha Kerala Mission. 15 students participated in this programme.



25.Charity-Visit to Madonna Jyothis School of mentally challenged

As a part of the non academic extension programme, the student representatives and faculty of commerce and management department visited Madonna Jyothis School of mentally challenged in Puthupallyon 4/10/2019. 10 members participated.





26. Health Camp

A health camp was conducted for differently abled to provide necessary equipment in association with district administration on 25th November 2019 in association with the District Administration at Mammen Mappillai Hall. Volunteers lend their helping hands to assist the needy and spent their time fruitfully with the people who are in need of service. It was also the time for them to understand the difficulties faced by the differently-abled. There were over 230 beneficiaries for the camp. 8 students participated in this programme.



27.Socio Economic Survey - I

A survey was conducted among the villager's and the data was provided to the local authorities for the good of the villager's at Athirampuzhaon 03-12-2019. 20 students participated in this programme.



28.Litter Free Kottayam

This is a green drive initiated to reduce the level of plastic consumption and to promote eco-friendly products which aren't too harmful for the nature. Paper bags made could replace covers and paper pens could be the solution to improper treatment of plastic pens. It was a mission to utilize time wisely to improve our life in a better way. It was initiated on 04-01-2020. 15 students participated in this programme



29.State Level Seminar and Workshop

A State Level Seminar and Workshop “PUNARJANI” was organized in the college in association with Haritha Keralam Mission on 18-01-

2020. Punarjan green initiative highlighting the theme envisioned by the University “Litter Free Campus, Village, City”.

The seminar was organized by Haritha Keralam Mission. The District Coordinator, Dr. Ramesh P. spoke on 'The Role of Public in Segregated Waste Management'. It was followed by a workshop which showcased various alternative ways for reusing the materials that we throw away after use. Workshop was led by volunteers who passed on know-how on creating wealth out of waste. An example for this is Chengathicheppu cloth pouch making, paper pen making and life jackets from plastic bottles. An expo was also arranged where the crafts made by the volunteers were showcased to invoke ideas in the minds of other volunteers. There were 150 participants from various districts and the programme came to an end with the felicitation ceremony where the District Coordinator of Suchitwa Mission, Shri. Philip Joseph rendered the green message. Ms. Sany Mary Benjamin, NSS Programme officer gave the welcome speech, Anagha Anil did the facilitation and Sabin Mani expressed gratitude.

30.Awareness on Fuel Efficient Method of Driving

On 23rd January 2020, the auto drivers of the town were given awareness on fuel efficient method of driving. 15 students participated in this programme



31.Graffiti –Wall Painting

Art splash is a green initiative that was born in the hearts of a few volunteers for spreading awareness against the use of single use plastics. National Service Scheme of Baselius College, Kottayam, District Collectorate Kottayam, Visual Artist Kajal Deth, Haritha Keralam Mission Kottayam, Suchitwa Mission Kottayam and

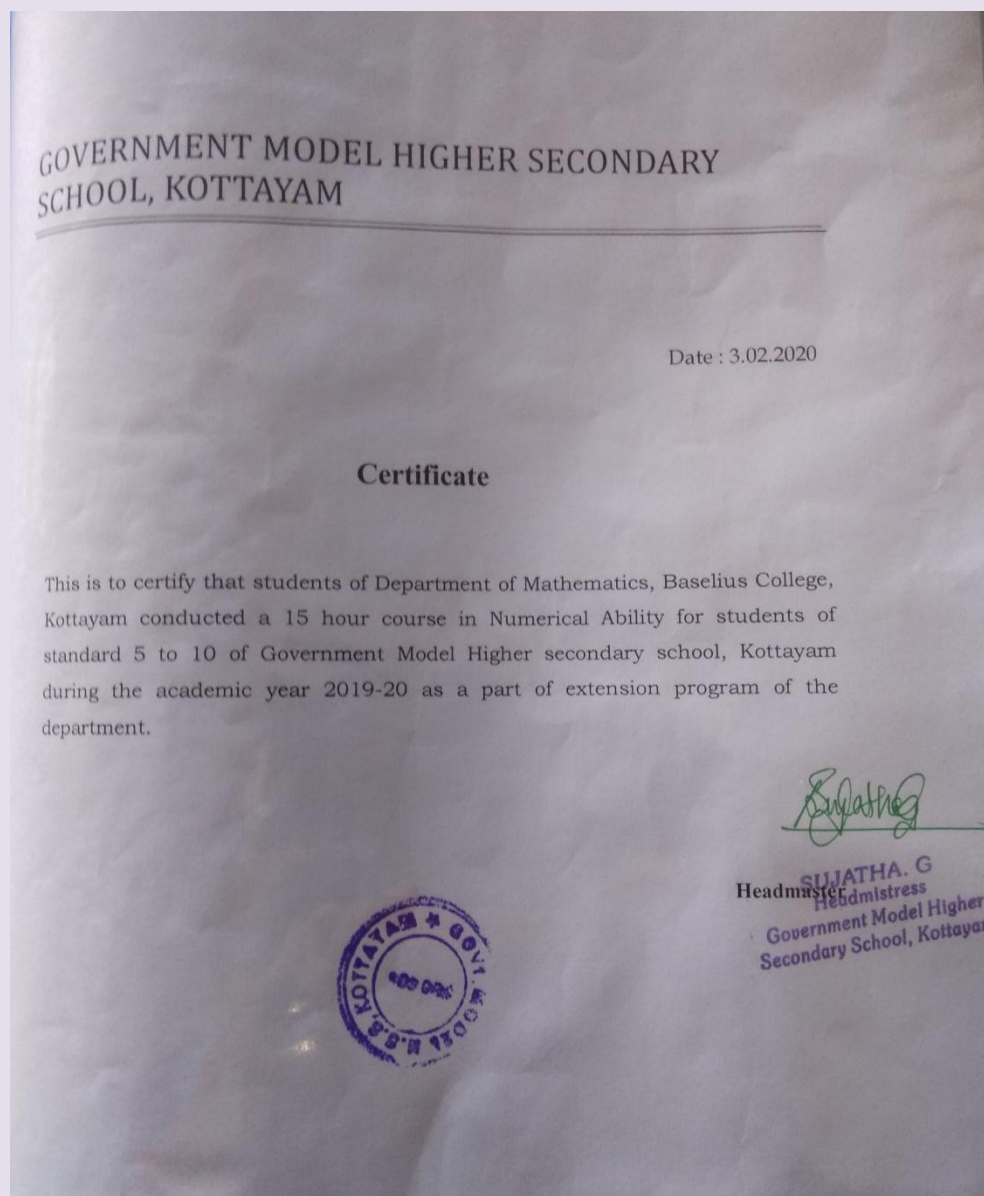
Rotary Club of Kottayam Southern started a Graffiti art on the walls of Railway Over Bridge, Kanjikuzhy focusing on the theme Ocean Pollution. It was aimed at giving awareness about the need to preserve our oceans from pollution especially from pollutants like plastic cans, bottles, covers and more. It was an entirely different experience for the students as they contributed their signature to the city of Murals. It was done in two stages. The first stage was all about creating the sketch, drawing outlines and adding colour to selected pictures. It was from 25th to 28th January 2020 and the second stage opened by 8th February giving focus to fully designed sketches, innovations, completion, and logos and other artistic works and lasted till 10th February 2020. 40 students participated in this programme.



32. Special Training For School Children

On 03/02/2020, a programme on numerical ability was conducted by the students of the Department of Mathematics, Baselius College, Kottayam for the students of standards 5th, 6th, 7th, 8th and 9th of Govt. Model Higher Secondary school. 9 students participated in this

programme.



33.MEDICAL CAMP

Medical Camp was organised at Arppokkara Village on 08-02-2020 in association with Medical college, Kottayam. Medicines of various ailments were distributed free of cost. The camp was led by Dr. Bilix Vinayak P.J. from 10am to 1pm. 20 students participated in this programme



34. Unnath Bharat Abiyan- NCC

As part of surveys conducted by the central Government, for upbringing the local areas and citizens livelihood, our cadets visited the houses of Vijayapuram Panchayath and collected the details as per the Unnath Bharath survey. The survey was held on three days, 6, 7 and 8 March 2020. Cadets were divided into three groups and were sent along with seniors. The collected data were uploaded to the Central Government site of Unnath Bharath Abhiyan.

21 NCC cadets participated in the programme.



35. Plant A Seed

On 4-04-2020, 'Jaivakom', a green initiative was conceived and implemented during the lock down period. As a part of this, organic farming was done by the volunteers at their own homes and premises. Students effectively utilized the lockdown days for gardening and shared their progress. 30 students participated in this programme



36.Plant a Life II

In association with Expectation Walkers NGO, 'Planta life!' challenge was started with aim of planting at least 1000 plants before 5-04-2020, World Environmental Day. People who participated in this program challenged their friends to join thisventureandthusthechallengewentviral.Theunitplanted100+plants in a week. By co-ordinating with other units, we crossed the border of 1200+plants in just 14 days.80students participated in this programme.



EXPECTATION WALKERS
A YOUTH WALK WITH DREAMS

Certificate of Participation

THIS IS PRESENTED TO

BASELIUS COLLEGE KOTTAYAM

UNIT NO : 5

for their participation & excellent performance during the **Plant A Life! challenge** .They have successfully planted **124** plants before 5 June 2020 as a gift to our Mother Earth.

www.expectationwalkers.com/plant-a-life



PLANT A LIFE !

AN INITIATIVE BY  EWTalks



TOTAL CHALLENGES - 298


TOTAL PLANTS- 124

Jayajith


JAYAJITH PRASAD
CEO & Founder
EXPECTATION WALKERS

PLANT A LIFE!

Initiative by

Expectation Walkers
 @EWTalks
 #Challenge Accepted By


National Service Scheme
Baselius College, Unit No:05

NSS Baselius is
 Joining hands with
Expectation Walkers
 for planting 1000
 plants before June 5

For More Details :

www.expectationwalkers.com/plant-a-life



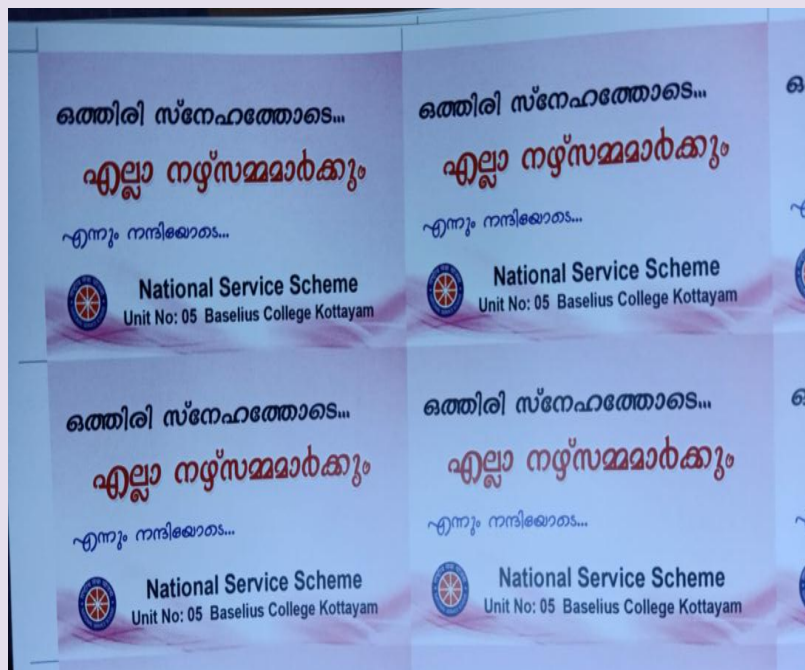
37.COVID Duty-NCC

As part of maintaining COVID -19 safety our 5 cadets were deployed on duty under the Kottayam district collector based on EX -NCC Yogdan under 16 {k} Bn. SUO Arjun Gopakumar, UO Athul Varkey Eapen, CSM Amarnath M P, SGT Muhammed Hariz and SGT Pranav P Pradeep gone to various places along with collectorate officers and took a survey from interstate workers for providing an Anti COVID-19 response, to help Civil administration during the lockdown period, from 17 to 20 April 2020, successfully contributed their service to the nation.



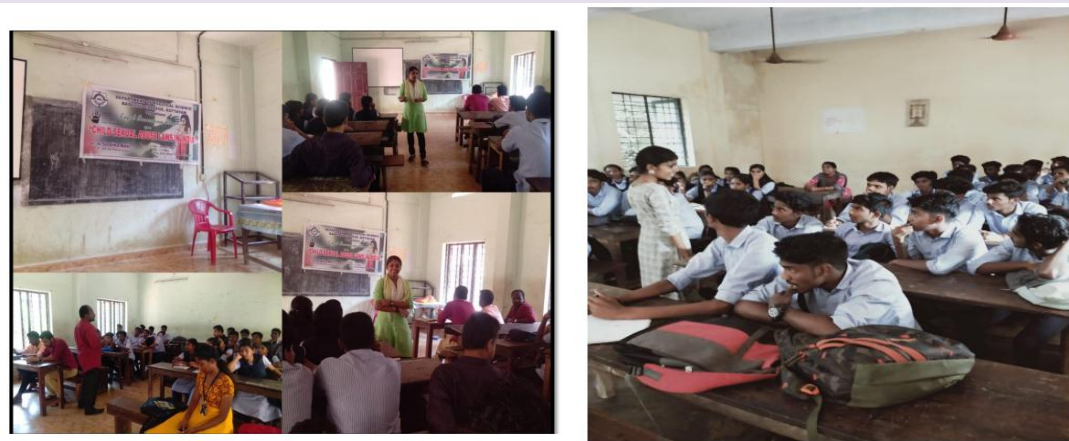
38.Nurse's Day Celebration

To remember the bravery of nurses who are still risking their lives for the welfare of victims of the virus and the general populace, wishes written in cards and sweets for the nurses were given to nurse's superintendent on 12/5/2020. The program was done by strictly following the rules and regulations of the lockdown period. 20 students participated.



39. Legal awareness classes of RTI, Sexual abuse and Social media on Youth

Legal Awareness Classes meant for Secondary/Higher Secondary students were conducted on 2 September 2019, 10th Dec 2019, 15th January 2020, 16th January 2020 and 22nd January 2020. 25 students lead by Mirash Kurian and Nandana delivered awareness about **Right to Information Act, Legal Measures Against Sexual Abuse and Impact of Social Medias on Youth** to the Students of G H.S.S Karappuzha, Holy Family HSS Vadavathoor, Model HSS Kottayam and CMS HSS Vadavathoor.



40. Pothichor Distribution

Pothichoru is an initiative to provide free meal packets to the needy in Thirunakkara Maidanam, Nagambadam and various parts of the town so as to ensure a Hunger Free City. 400 students of NSS and various departments participated in the programme.



41. One Day Meal Donation

Students and teachers of the Department visited and donated One Day Meal at Navajeevan in Trust, Arppokkara on 7/9/2019. 50 students participated



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