



UNION CHRISTIAN COLLEGE

ALUVA-2



SSR 5th CYCLE 2023



Criterion 3

3.4.1 Outcomes of Extension activities

OBJECTIVE: SDG3 - GOOD HEALTH AND WELL BEING

ACTIVITY 1: AWARENESS PROGRAMMES ON WOMEN AND CHILD HEALTH

(a) 'Marodanachu' - An open discussion on the clinical and social dimensions of breastfeeding

Date: 06/08/2020

Report: An online awareness session on clinical and social dimensions of Breastfeeding was conducted on 6 August 2020 in observance of International Breastfeeding week. The session was held in association with Junior Chamber International (JCI) Cochin chapter. Panel discussion involving Dr. Rani Vinod, Gynaecologist, General Hospital, Ernakulum and Ms. Swati Jagdish, Lactation Consultant was the key event. Dr. Elizabeth V. Mathew was the moderator. Importance and challenges of breastfeeding were discussed. Solutions to the challenges were highlighted. There were approximately 54 participants representing various segments of society – students, academicians, clinicians and mothers.





മാരോടനച്ചു

An open discussion on the clinical and social dimensions of breastfeeding



Dr Rani Vinod
Gynaecologist
General Hospital. EKM



Swati Jagdish
Lactation Counselor,
Sexuality Health Educator



Gilu Joseph
Social Media Influencer
Artist, Model and Writer



Moderator
Dr Elizabeth V Mathew
Asst. Professor
UC College. Aluva



6th Thursday
7PM on Zoom
875 0069 9447

(b) Breast cancer awareness camp

Date: 29/10/2021

Report: Breast cancer is the most common malignancy among women in Kerala accounting for up to 30 per cent of all cancers. Early detection is of prime importance in its treatment. The Research and Post Graduate Department of Psychology in association with Aster Medcity, organized an awareness programme for the staff and students of Union Christian College on 29 October 2021, at 11 am at Varkey Memorial Hall in the college. The programme was an extension activity of the department. It was attended by around 50 participants comprising of members of non-administrative staff, administrative staff and teaching staff, in addition to students from various academic departments. The health care team from Aster Medcity comprised of nursing staff members, social worker and human resource personnel. They explained different methods of conducting breast self-examination. The information was supplemented with use of videos, pictures and demonstration. The audience took active interest and participated well in the discussion that followed. The discussion revolved around sharing experiences of fights against cancer, developing the right attitude towards life experiences and also the practical challenges of breast self-examination and undertaking a mammography test.



(c) Safe and healthy menstrual practices

Date: 05/03/2022

Report: Extension activity on 'Safe and healthy menstrual practices' was conducted in Kadamakudy panchayath on 5 March 2022, in association with Kadamakudy Panchayath and Junior Chamber International (JCI) Cochin chapter. A session on 'Sexual and Reproductive Health' was taken by Dr. Avani Pillai, Associate Professor, Amrita Fertility Centre and Ms. Savitha Shenoy, Project Officer, Kerala AIDS Control Society. Participants were sensitized on the advantages of menstrual cups as a healthy sustainable alternative to sanitary pads. Queries on menstrual hygiene were cleared by the resource persons. 57 women of the panchayath attended the session. Three faculty members and five students from the department organized the activity.



The poster is for a session titled "Safe and Healthy Menstrual Practices" organized by the Department of Zoology, Union Christian College, Aluva. It is a launch of a campaign in association with Kadamakudy Panchayath and JCI Cochin. The session is on Sexual and Reproductive Health, featuring Dr. Avani Pillai (Associate Professor, Amrita Fertility Centre) and Ms. Savitha Shenoy (Project Officer, Kerala AIDS Control Society). The event is held at Kadamakudy Panchayath Hall on March 05, 4:00 PM. Contact information for Dr. Elizabeth V. Mathew (Program Coordinator, Dept of Zoology) is provided. Logos of UCC, Kadamakudy Panchayath, JCI Cochin, and other partners are at the bottom.



(d) 'Cup of life' - Distribution of menstrual cups

Date: 01/09/2022

Report: "Cup of life", an initiative of Shri. Hibi Eden, Member of Parliament, was inaugurated by the Principal Dr. M. I Punnoose in Union Christian College by handing over menstrual cup on 01 September 2022. About 800 menstrual cups were distributed in the campus under the leadership and guidance of NSS volunteers.



(e) Webinar on 'Female Diseases'

Date: 30/10/2021

Report: Research and Post Graduate Department of Chemistry in association with Arya Vaidya Sala, Kottakkal conducted a webinar on "Female Diseases" on 30 October 2021. Dr. Kavitha P, Assistant Physician, Aryavaidyasala, Kottakkal was the speaker and she elaborated on common problems faced by women especially, menstruation, irregular periods and other gynaecological health issues.



Post Graduate & Research Department of Chemistry
Union Christian College, Aluva
in association with
Arya Vaidya Sala, Kottakkal

Webinar on
FEMALE DISEASES
by
Dr. Kavitha P

Assistant Physician, Arya Vaidya
Sala, Kottakkal, Ernakulam

Meeting ID: 985 2421 7231
Passcode: 2021

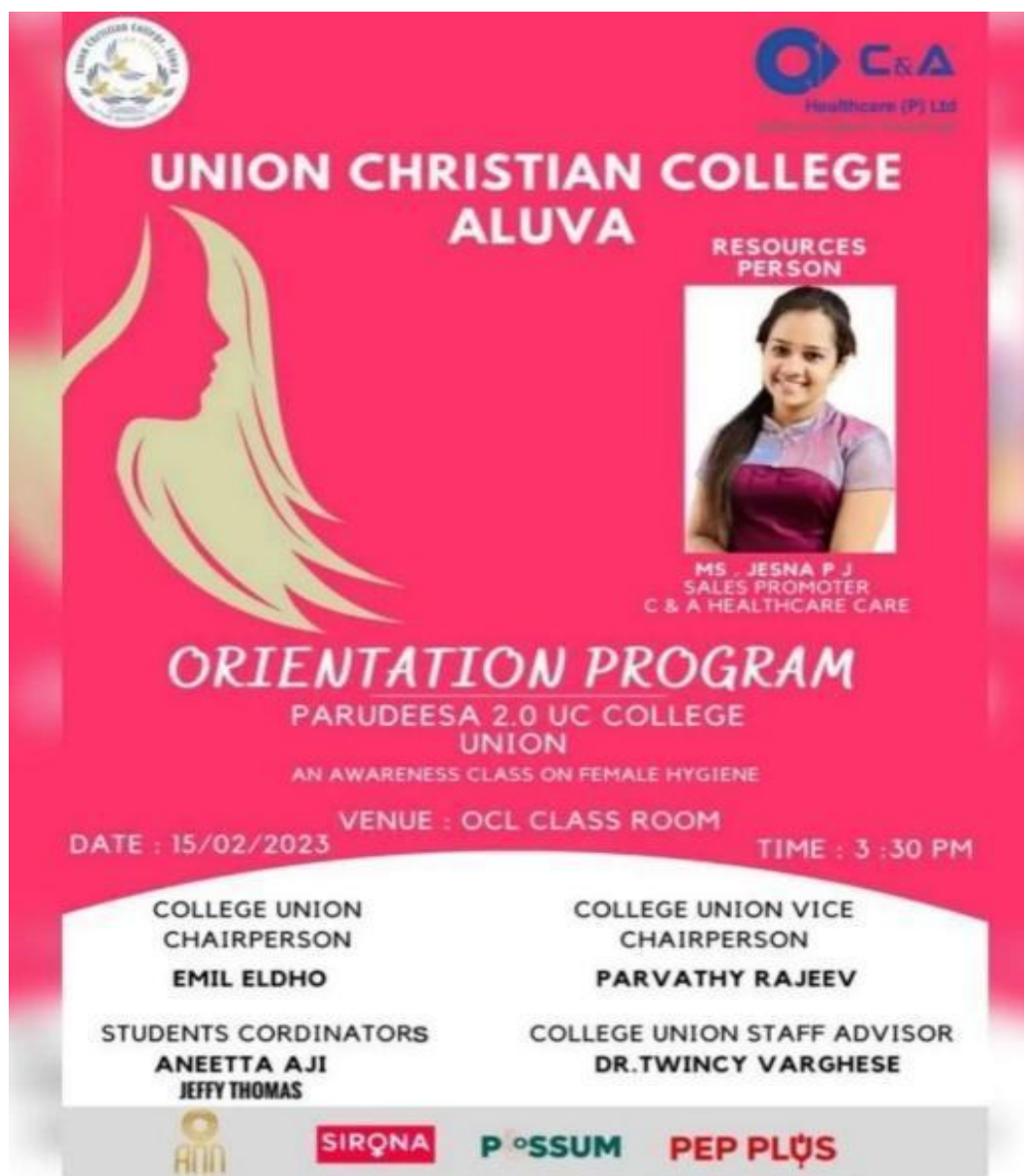
Dr. Neethumol Varghese
+91- 9744192551

30 October, 2021
3.00pm

(f) Awareness class on 'Female hygiene'

Date: 15/02/2023

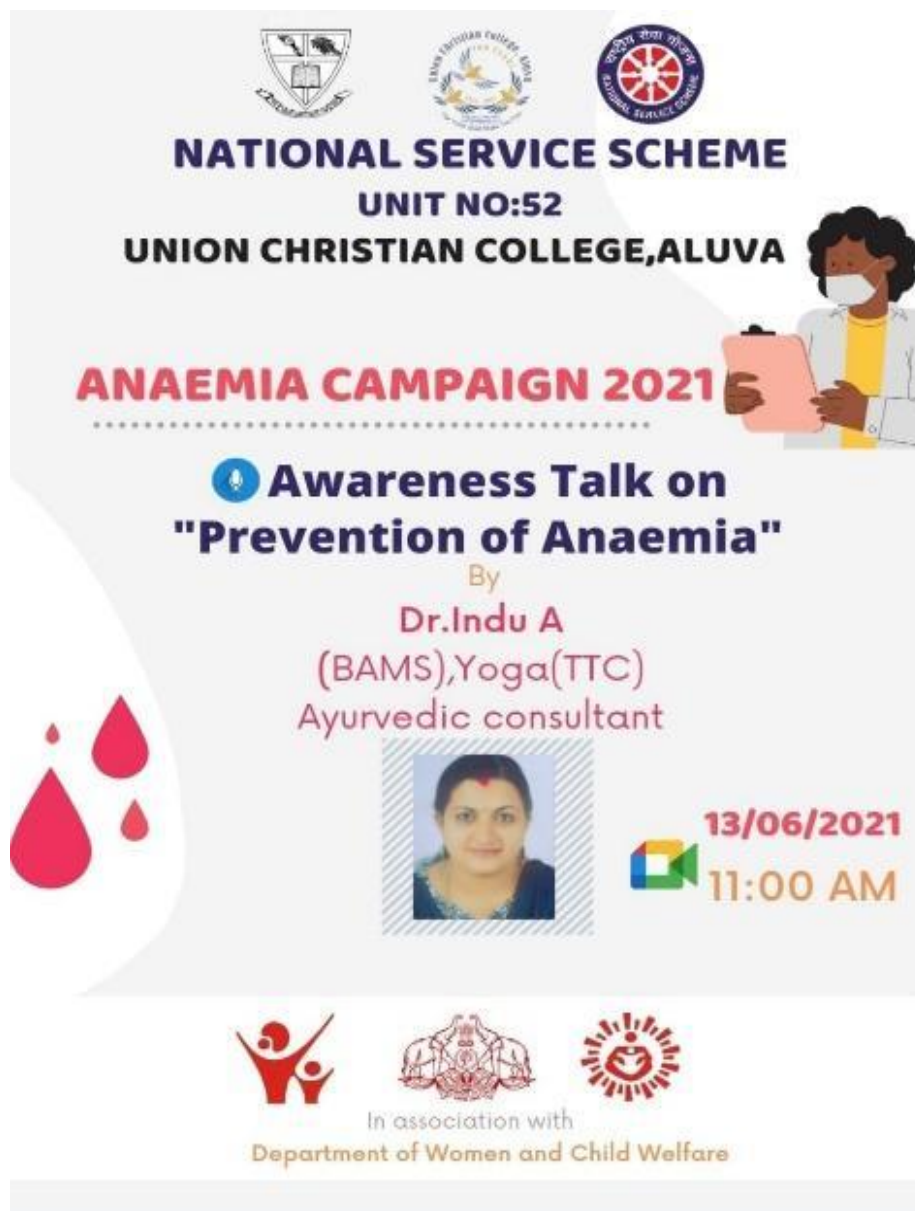
Report: An awareness class on 'Female hygiene' was conducted by the College Union in association with C & A Healthcare on 15 February 2023 at OCL classroom. The resource person was Ms. Jesna P. J. who is the sales promoter of C & A Healthcare. The class covered different topics such as changes during menstruation, personal hygiene etc. The program was open to all the students in the college and 112 students participated in the program from different departments.



(g) Awareness talk on 'Prevention of Anaemia'

Date: 13 June 2021

Report: NSS unit organized an awareness talk on 'Prevention of Anaemia' in collaboration with Department of Women and Child Welfare and ICDS Alangad on 13 June 2021. Resource person of the program was Dr. Indu A, Ayurvedic Consultant. 23 students participated in the webinar.



The poster is for an awareness talk on 'Prevention of Anaemia'. At the top, it features three logos: the Union Christian College logo, the NSS logo, and the ICDS logo. Below the logos, the text reads 'NATIONAL SERVICE SCHEME UNIT NO:52 UNION CHRISTIAN COLLEGE,ALUVA'. The main title is 'ANAEMIA CAMPAIGN 2021' in red. Below this, it says 'Awareness Talk on "Prevention of Anaemia"' in blue. The speaker is 'Dr.Indu A (BAMS),Yoga(TTC) Ayurvedic consultant'. A photo of Dr. Indu A is shown. The date and time are '13/06/2021 11:00 AM'. At the bottom, it says 'In association with Department of Women and Child Welfare' with three logos: a red figure, a temple gopuram, and a sun-like symbol.

Impact: This initiative facilitate students with an awareness of safe and healthy menstrual practices are crucial for addressing a range of health, social and gender related issues, promoting well-being and equality. It also addressed the vital role in improving individual health and promoting a healthier and more productive society.

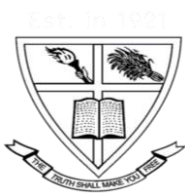
ACTIVITY 2: BLOOD DONATION

a) Blood donation camp 1

Date: 01/10/2022

Report: In connection with the centenary celebrations of Union Christian College, Aluva a blood donation camp was organised in collaboration with Indian Medical Association, Aluva. The program was inaugurated by Shri. Anwar Sadath, Member of Legislative Assembly in which NSS & NCC were there with their active presence.





UNION CHRISTIAN COLLEGE, ALUVA

Affiliated to Mahatma Gandhi University, Kottayam, India

NAAC Re-Accredited with A Grade in 4th Cycle (CGPA 3.45)

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2023



b) Blood donation camp 2

Date: 15/03/2019

Report: NSS unit of Union Christian College, Aluva conducted a one-day blood donation camp on 15 March 2019 at VMA Hall, in association with Indian Medical Association, Aluva chapter. Fifty volunteers donated blood.



c) Blood donation camp 3

Date: 22/07/2019

Report: On 18, 19 July 2019, NSS organized a campaigning for the Blood Donation Camp which was held on 22 July 2019 in association with Indian Medical Association, Kochi. Importance of blood donation and the role students need to play in such scenarios was conveyed to the students. The badges, charts and placards made by the NSS volunteers for the same were well used for this. The details of the students who were willing to donate blood were collected.

The blood donation camp was conducted on 22 July 2019 in association with IMA Kochi. Almost 80 college students came up willingly to donate blood for the camp. From the 80, 57 students were able to donate blood to the blood bank. Teaching and non-teaching staff were also active participants in the event.





d) Blood donation camp 4

Date: 07/01/2020

Report: A blood donation camp was conducted by our NSS unit in association with Blood Bank, General Hospital, Ernakulum on 7 January 2020. Blood was donated by 41 students of our college.



e) Dr. Kalam Blood Donation (DKD) App

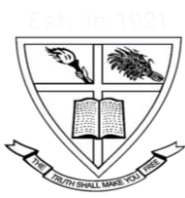
Date: 22/07/2019

Report: Dr. Kalam Blood Donation (DKD) app is an innovative initiative of the NSS unit of Union Christian College, Aluva. It reduces the efforts of finding a donor at critical times. There is no need to go to every class and enquire about donors, instead with just a click all the donor details will be available and contacting them would be easy. Olympian Joby Mathew inaugurated the program on 22 July 2019. Cine Actress Urmila Unni was the special guest for the event. All the NSS volunteers of the college actively participated in the inaugural function.

The collection of details of the students who were willing to donate blood was done by the NSS volunteers on 23, 24 and 25 July 2019 and the donors list was enrolled in the app. Details required in the DKD app were Name of the student, Year, Department, Phone number and Blood group.







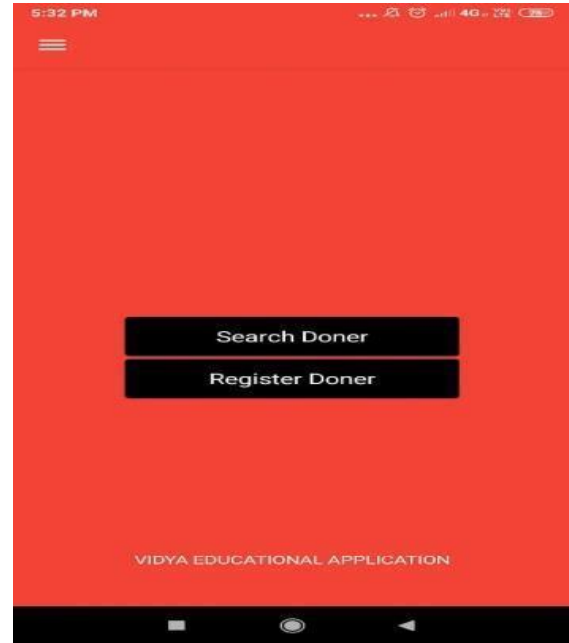
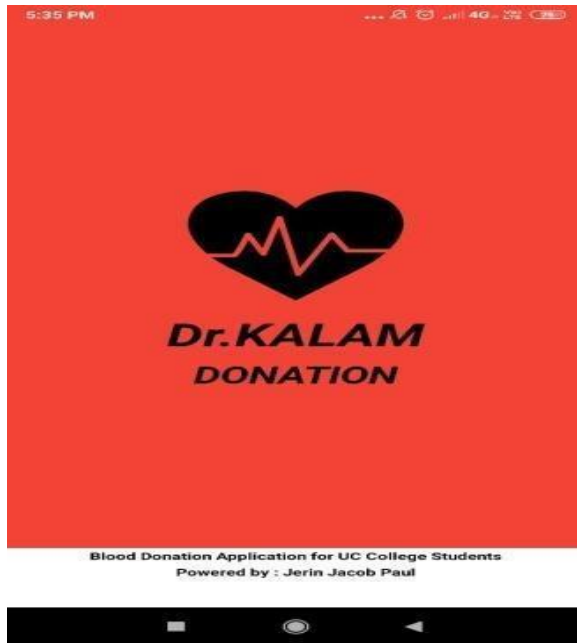
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2023



5:34 PM

Registration For Doner

Harikrishnan

9539109681

2

B.Sc Psychology

Male

Select Blood group

A-positive

Submit

Impact: These events promoted the importance of blood donation among college students and facilitated with a wide range of positive impacts, including saving lives, raising awareness and fostering a sense of civic responsibilities and empathy.

ACTIVITY 3: EYE / MEDICAL CAMP

(a) UC-LF Nilavu – Free eye check up camp

Date: 11/02/2023

Report: The UC-LF Nilavu was a free eye check up camp conducted by the NSS volunteers in association with Little Flower Hospital, Angamaly on 11 February 2023. The intention of the programme is to make the locality free of cataract persons. The check-up and inauguration of the programme was held simultaneously in the VMA Hall in which 200 persons had come for the check-up. The inauguration was done by Shri. Anwar Sadat, Member of Legislative Assembly, Aluva.

A training session was conducted for the volunteers on 4 February 2023, which had been conducted by the doctors & staff of LF hospital, Angamaly. The session was the base of the 'UC- LF Nilavu 2022-23'. As a part of Nilavu, the NSS Volunteers had done the publicity of the event through distribution of notices in the localities. They also helped the needy ones by doing the Pre-Registration for the check-up on 4 February 2023. A class campaign was conducted on 7 February 2023 to ensure the clear outreach of the campaign among the students. During the campaign the volunteers had asked for their active support & participation.





NATIONAL SERVICE SCHEME

UNIT No. 52

UNION CHRISTIAN COLLEGE, ALUVA

നിലാവ് 23-24



CLASS CAMPAIGN

7 - 02 - 2023





HelpAge India Fighting isolation, poverty, neglect

യു.സി എൽ.എച്ച്
നിലാവ് 23-24

അർഹരായവർക്ക്
അക്ഷമാലി
ലിറ്റിൽ ഫ്ളവർ
ആശുപത്രിയിൽ

സൗജന്യ
തിമിര
ശസ്ത്രക്രിയ

പദ്ധതി ഉദ്ഘാടനം
മന്ത്രി ശ്രീ. പി രാജീവ്
ഫെബ്രുവരി 11 രണ്ടാം ശനിയാഴ്ച
വി.എം.എച്ച്.ഹാൾ
യൂണിയൻ ക്രിസ്ത്യൻ കോളേജ്, ആലുവ

For enquiries and booking:
8078498353 (Jomon) 8547745510 (Rohith)

 www.officialucc



NATIONAL SERVICE SCHEME

UNIT No. 52

UNION CHRISTIAN COLLEGE, ALUVA

നിലാവ് 23-24

IN ASSOCIATION WITH LF HOSPITAL

സൗജന്യ രക്ത പരിശോധനാ ക്യാമ്പ്



AWARENESS CLASS

4 - 02 - 2023



ചന്ദ്രിക

യു.സി.എൽ.എഫ് നിലാവ് പദ്ധതി ഉദ്ഘാടനം

ആലുവ : നഗരസഭയുടെയും യു.സി. കോളേജിന്റെയും ശതാബ്ദി പ്രമാണിച്ച് ആലുവ നഗരസഭ, അങ്കമാലി ലിറ്റിൽ ഫ്ലൂവർ ആശുപത്രി, ഹെൽപ്പ് എൽ ഇന്ത്യ, യു.സി. കോളേജ് എൻ.എസ്.എസ്, എൻ.സി.സി യൂണിറ്റുകൾ എന്നിവയുടെ സഹകരണത്തോടെ യു.സി. കോളേജിന്റെ നേതൃത്വത്തിൽ നഗരസഭയെയും, കർമ്മാലുർ പഞ്ചായത്തിനെയും സമ്പൂർണ്ണ തിമിരബാധിതമാക്കാനുള്ള യു.സി.എൽ.എഫ് നിലാവ് പദ്ധതിയുടെ ഉദ്ഘാടനം അൻവർ സാദത്ത് എം.എൽ.എ നിർവഹിച്ചു. പദ്ധതിയുടെ കീഴിൽ തിമിരബാധിതരെ കണ്ടെത്തി അർഹമായ എല്ലാവർക്കും

തിമിര ശസ്ത്രക്രിയ തീർത്തും സൗജന്യമായി ചെയ്ത് നൽകുമെന്ന് എൽ.എഫ് ഹോസ്പിറ്റൽ ഡയറക്ടർ ഫാ.ഡോ.ജോയ് അയിനിയടൻ അറിയിച്ചു. യു.സി. കോളേജ് പ്രിൻസിപ്പൽ ഡോ. എം.എസ്. പുണ്യസ് അധ്യക്ഷത വഹിച്ച യോഗത്തിൽ എൽ.എഫ് ഹോസ്പിറ്റൽ അസിസ്റ്റന്റ് ഡയറക്ടർ ഫാ.റോക്കി കൊല്ലാങ്കുടി, മുനിസിപ്പൽ ചെയർമാൻ എം.ജോൺ, വർഗ്ഗീസ് പോൾ, മോഹിൻ രാജീവ്, എം. പി. സൈമൺ എന്നിവർ പ്രസംഗിച്ചു. പദ്ധതിയുടെ ഭാഗമായി തിമിര ബാധിതരെ കണ്ടെത്താൻ നഗരസഭയിലെയും, പഞ്ചായത്തിലെയും ആശാ വർക്കർമാർക്കും, അംഗൻ



യു.സി.എൽ.എഫ് നിലാവ് പദ്ധതിയുടെ ഉദ്ഘാടനം അൻവർ സാദത്ത് എം.എൽ.എ നിർവഹിക്കുന്നു

വാടികച്ചേഴ്സിനും യു.സി. കോളേജിലെ എൻ.എസ്.എസ്, എൻ.സി.സി വോളണ്ടിയർമാർക്കും പ്രത്യേക പരിശീലനം നൽകിയിരുന്നു. നൂറോളം പേർക്കാണ് ഇപ്രകാരം പരിശീലനം നൽകിയത്.

ഇവർ നഗരസഭയുടെയും, പഞ്ചായത്തിലെയും വിവിധ പ്രദേശങ്ങൾ സന്ദർശിച്ച് തിമിര ബാധിതരെ കണ്ടെത്തിയാണ് നിലാവ് പദ്ധതിക്ക് തൊണ്ണെട്ടുക.



KERALA KAUMUDI EPAPER
Clipping Kerala Kaumudi - Ernakulam

b) Medical camp

Date: 12/02/2023

Report: A Full-day body medical check-up camp was conducted on 12 February 2023 in Tagore Hall, Union Christian College, Aluva. The program was been inaugurated by the Hon. Minister P Rajeev. The student volunteers including NSS, NCC of other institutions were also been a part of it. The volunteers of National Service Scheme Unit No. 52 were also the part of the auspicious event held at Union Christian College Aluva.



Impact: The event facilitated positive impact on student's health, academic performance and overall wellbeing, contributing to a healthier and more productive college community. These camp can also foster a sense of community and responsibility for one health among students. The events contributed to the well-being of students and campus community, addressing health issues, fostering education and promoting a culture of health and wellness.

ACTIVITY 4: COUNSELLING, PSYCHOLOGICAL AND ACADEMIC SKILL TRAINING PROGRAMMES

(a) Psychological first aid for flood affected community

- During the 2018 flood, Union Christian College was the biggest relief camp. Psychology students provided Psychological First Aid in the camp, especially children benefited more with the interactive sessions provided for them in the form of Play therapy and Art therapy.



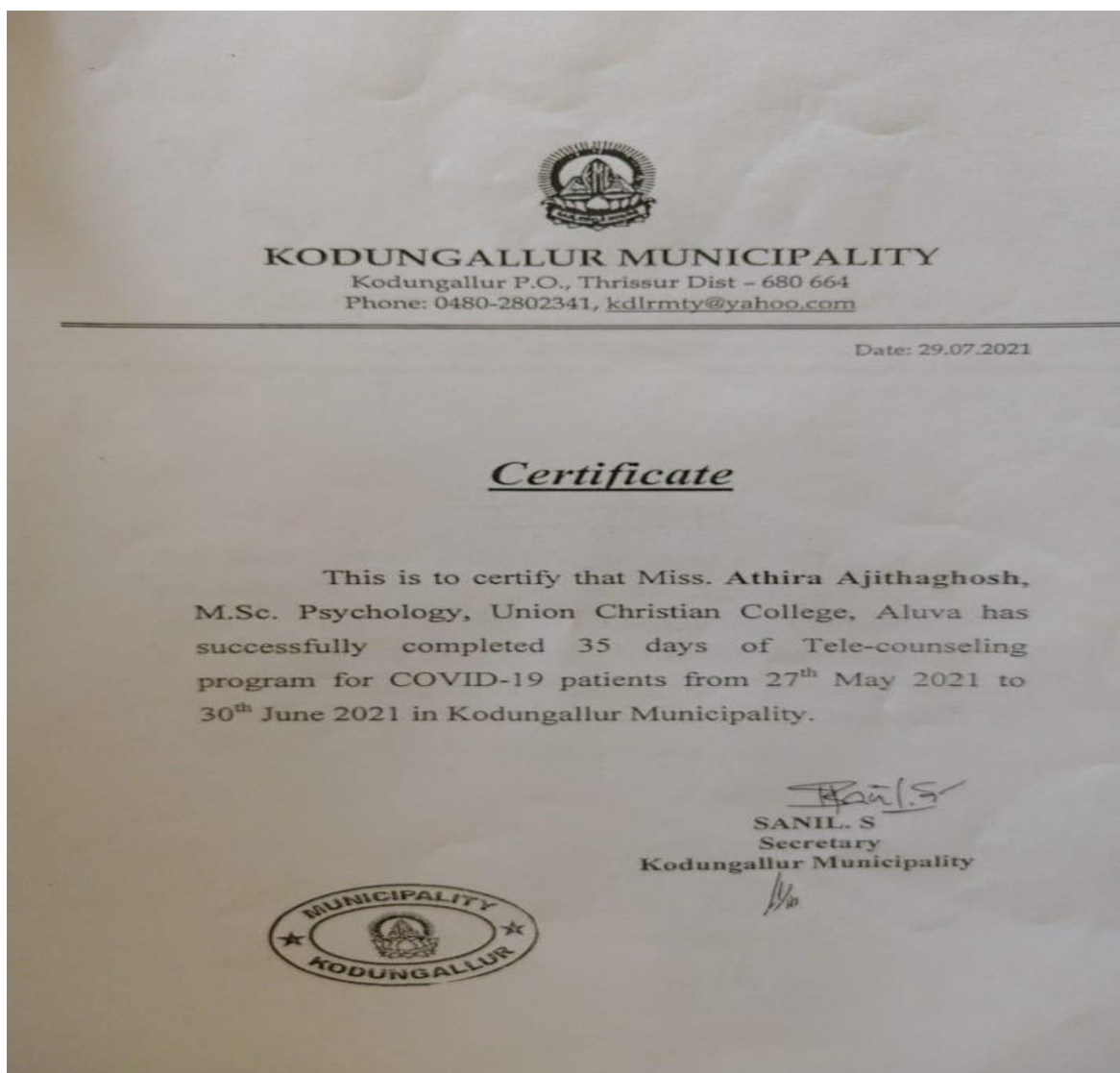
- The department conducted a series of training program for students to provide continued support for the flood affected community around the college with the help of expert alumni of the department. Students and faculty members visited nearby panchayats and schools to interact with people and to provide psychological support. They visited individual homes, community health centers for this purpose.



b) Tele counselling

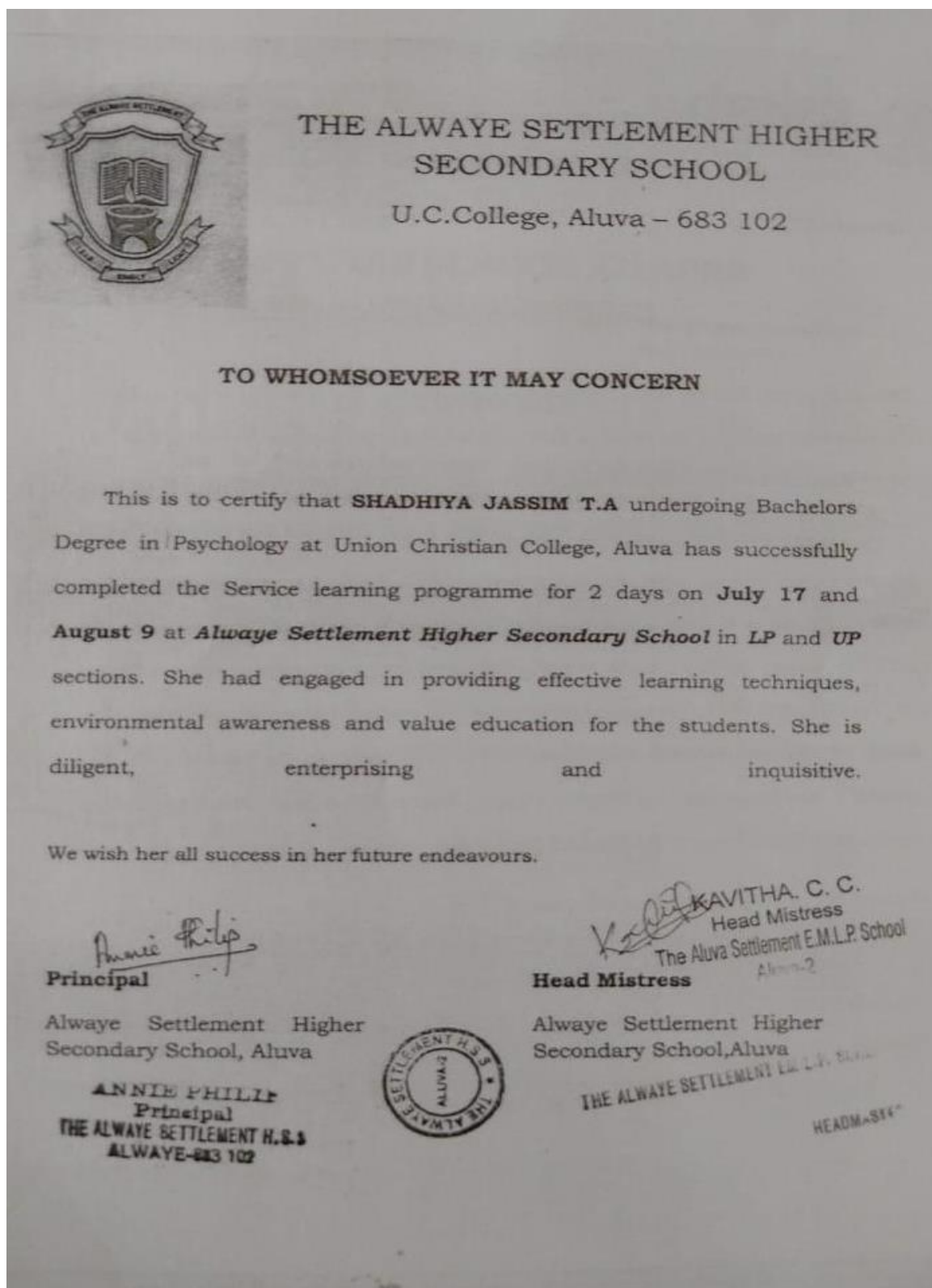
- During Covid 19 pandemic the faculty, students and the research scholars of the department took initiative to provide free Tele Counselling to affected people. 50 people benefited from this service.
- 10 PG students of Department of Psychology in association with Kodungalloor Municipality provided a 35 days Tele Counselling program from 27 May to 30 June 2022 for Covid 19 patients and people in quarantine. 500 people benefited out of this during the peak period of Covid 19 pandemic.

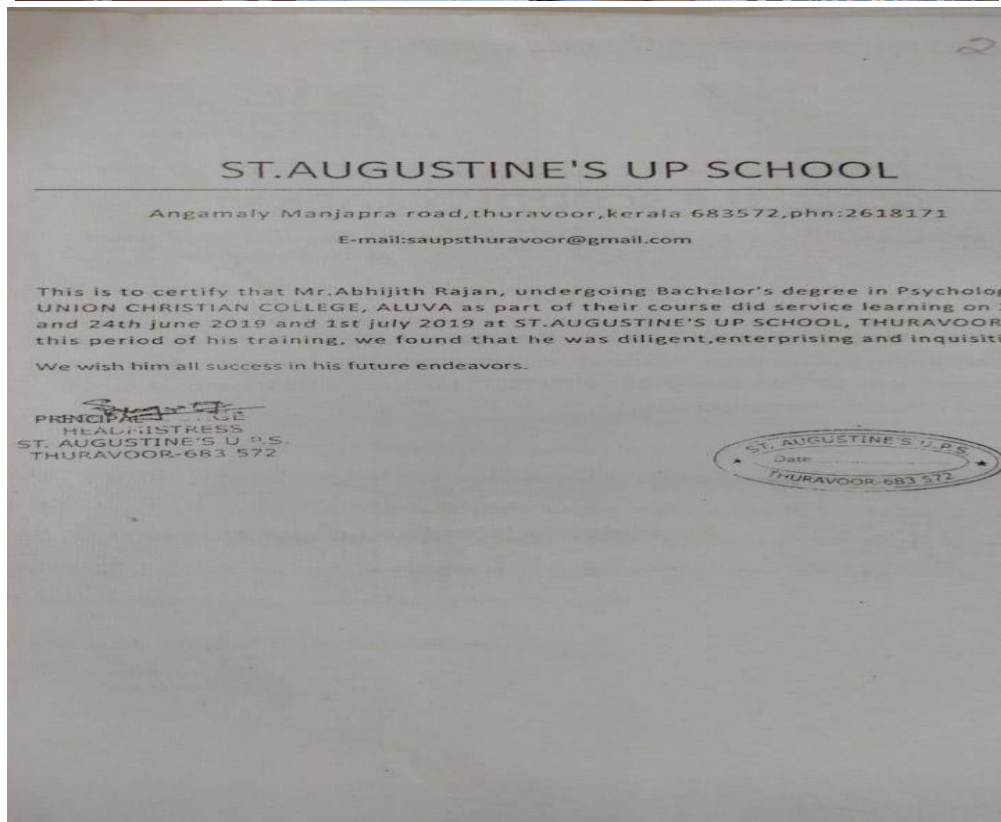




(b) Counselling, psychological and academic skills training for students

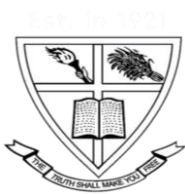
- Third year UG and First and Second year PG students of the department have visited various schools across the state and provided counselling, psychological skills training and academic skill training for students with disabilities. They have provided screening and assessment services to special schools on movement therapy, dance therapy, narration and storytelling for language development.



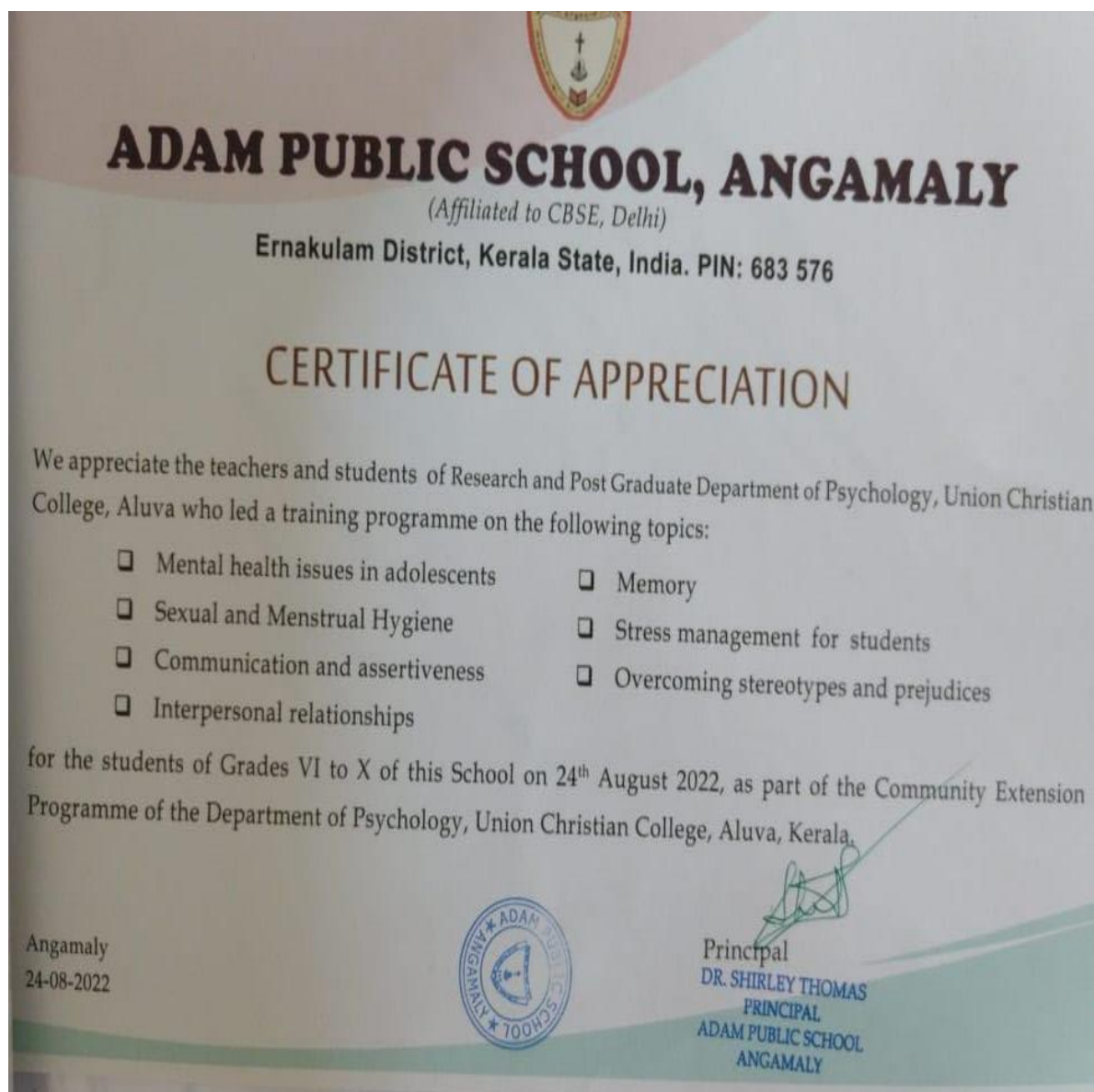


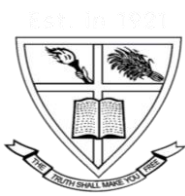
Assessments and therapy for children with special needs

- Department of Psychology provided a series of programs in various schools across the state to provide assistance to students to cope with academic uncertainties and personal problems due to Covid 19. The sessions were designed to suit students from different classes (KG to 10th) based on their level of development. The faculty members conducted sessions on parenting and student management. Third year UG and First and Second year PG students conducted sessions for students on Mental Health issues, Memory, Learning techniques, Assertiveness, Communication and



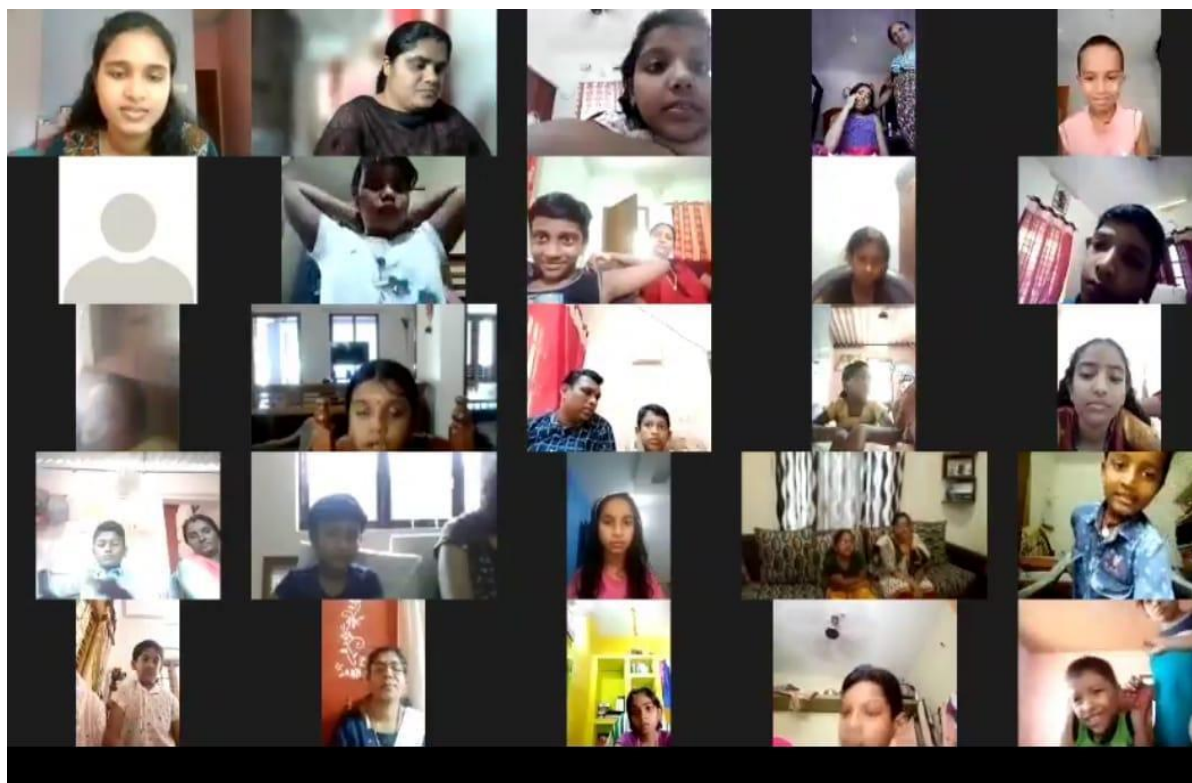
relationship management skills, sexual and menstrual hygiene, addiction and sexual abuse. This has been done in both online and offline mode. 1200 students and 300 teachers and parents benefited out of this program.





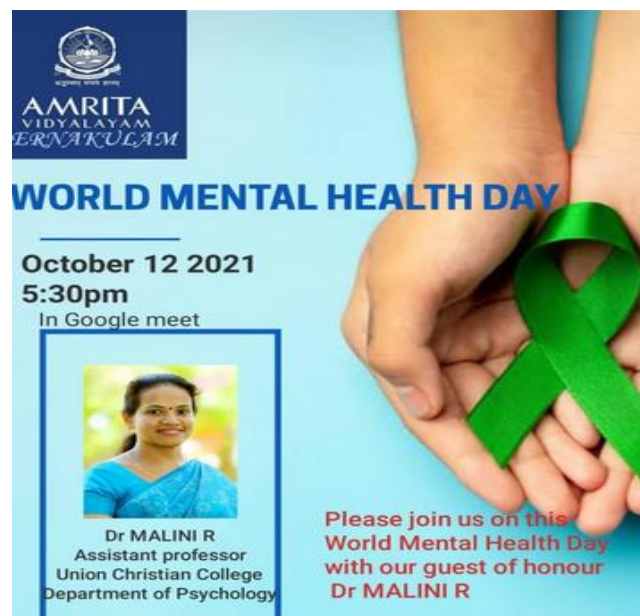
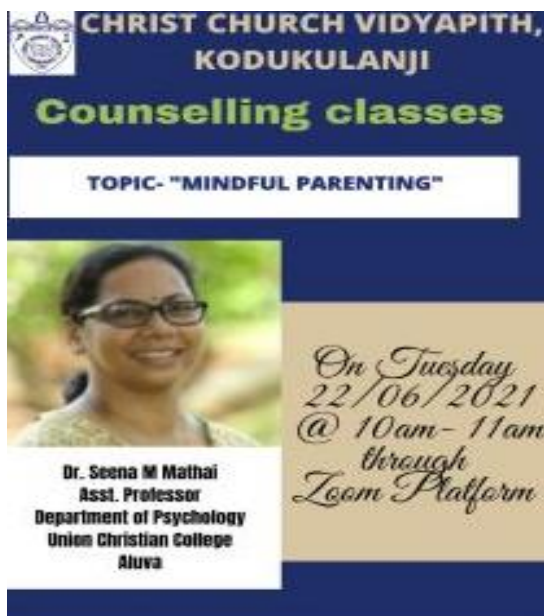


Learning and memory techniques session for school students





- More than 25 sessions on counselling, awareness and training for parents, teachers and students were conducted during June-July 2021.

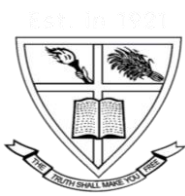


- As part of their field work, all students (19) of first year M. Sc. Psychology went to Govt. L. P. School, Chamaparambu on 22 November 2022. They interacted with 21 first standard students and assessed their intellectual functioning using the Seguin Form Board test. Initially, rapport was established through an interactive session. The students were very cooperative and interested in doing the test. They were also motivated to perform excellently in academics.

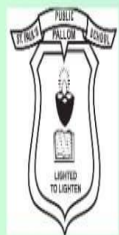


- 15 students of second year M. Sc. Psychology from Union Christian College, Aluva conducted an awareness class for 8th, 9th, 7th & 10th standard students of Vidyadhiraja Vidyabhavan High School, Aluva on 20 October 2022 on Life Skills, Importance of Exercise, Personal Hygiene, Addiction, Concept of 'Good touch and bad touch', Communication Skills, etc. through an interactive method. 350 students attended the classes and actively participated in the interactive sessions.





- First year PG students and faculty members of research and Postgraduate Department of Psychology have conducted a life skills training program for St. Paul's Public School, Kottayam. It was for students who have completed their 10 and moving on to +2 classes. 33 students, parents and teachers attended the session. Topics covered were: Enhancing mental health, Relationship management in the light of love killings, Say no to addictions, Memory techniques, Sexual and menstrual hygiene.



ESSENTIAL LIFE SKILLS FOR SUCCESSFUL LIFE ON COMPLETING CLASS X



A programme by Faculty of Union Christian College Aluva

FREE SEMINAR FOR STUDENTS GOING INTO AND COMPLETED CLASS X

Venue : St Paul's Retreat Centre, Pallom

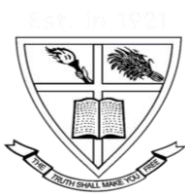
Date : MARCH 30TH, 2023, Thursday

Time : 10:00AM to 1:30PM

Book your seats early

Contact : 7902950396, 7558863754

Organized by St Paul's Public School, Pallom



UNION CHRISTIAN COLLEGE, ALUVA

Affiliated to Mahatma Gandhi University, Kottayam, India

NAAC Re-Accredited with A Grade in 4th Cycle (CGPA 3.45)

www.uccollege.edu.in

SSR
5th CYCLE
2023



St. PAUL'S PUBLIC SCHOOL

PALLOM P.O., KOTTAYAM - 686 007

Affiliated to CBSE. No. 930315

Mob : 8547745525. email: stpaulspallom@gmail.com, stpaulspublic@yahoo.co.in

Ref.

Date: ..3.0..2023..

This is letter of appreciation offered to the team of Post – Graduate Students and their Staff Smt. Syna Soosan Abraham , Psychology Department of Union Christian College, Aluva.

“Essential Life Skills For Successful Life on Completing Class X “ was a successful enriching and enchanting programme for the school leaving students of secondary schools in and around Pallom, Kottayam .

We congratulate

Ms. Sona Anil

Ms. J. Shilpa Nair

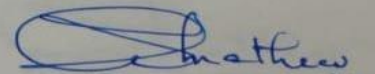
Ms. Anna Jose

Ms. Manna Sara Varghese

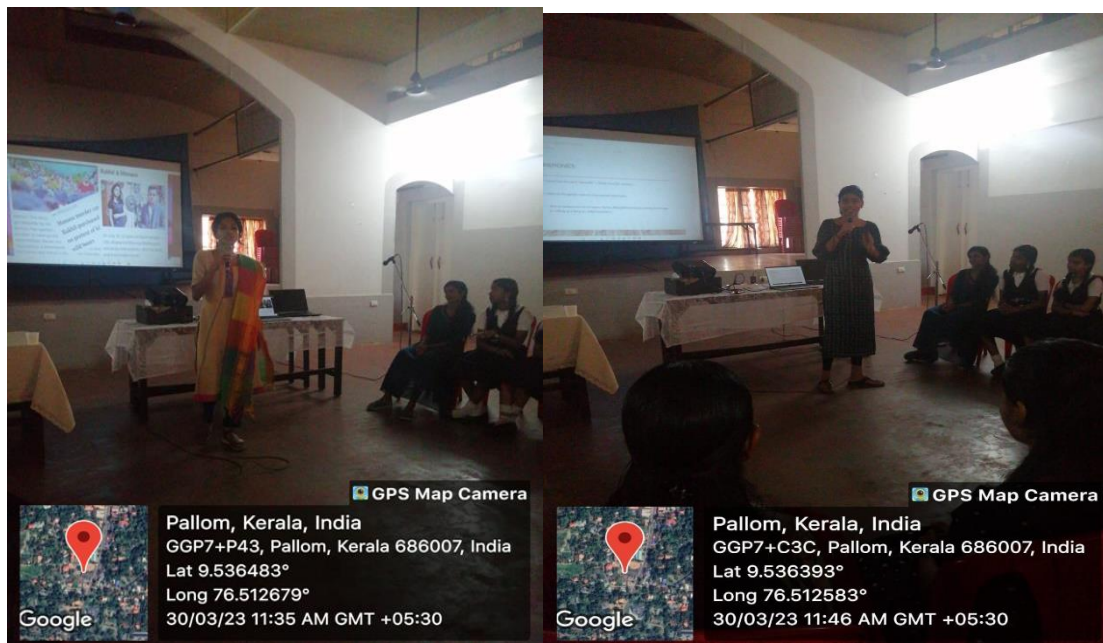
Mrs. Syna Soosan Abraham

for their excellent communicate skills and convincing classes, and special ability to influence other people's thoughts.

We wish them good luck.


Academic Co-ordinator





- Two Second M. Sc. psychology students have conducted a half-day session for the students of 12th grade of Vidhyadhiraja Vidhyabhavan Higher Secondary School, Aluva on 24 September 2022 on the topic Study habits and Quality of life. A group of about 120 students attended the program.



Life skills and academic skills training for higher secondary students

(c) Training programs for persons with disability

Third year UG and First and Second year PG students of the Psychology department have volunteered during Job Fair, provided skill training programs for people with disability, assisted them in training programs and conducted motivational sessions as well as personal counselling.

- Department of Psychology, Union Christian College, Aluva has signed an MoU with Cottolengo Vocational Training Centre. As part of that, 5 first year PG students & 6 second year UG students of Psychology department were associated with the program "Build an inclusive workforce in Kochi" on 11 March 2023. Job fair was intended to provide placement opportunities for the candidates with locomotors disabilities. Our students had a great opportunity to interact with them and to volunteer with them in the process of registration, filling applications, guiding them to respective venues, serving food, etc.



Assisting people with special needs in job fair

- In collaboration with Cottolengo Educational Institution, UG and PG students of Psychology department volunteered Job fair and 7 UG students participated in the convocation ceremony and skill development programme for persons with disability on 18 April 2023.

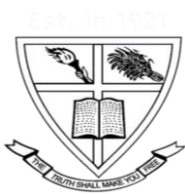


Convocation Ceremony

Skill Development Program for Persons with Disability,
Supported by Indian Oil Corporation, Kerala State Office

Date:- 18th April 2023 | Kochi, Kerala





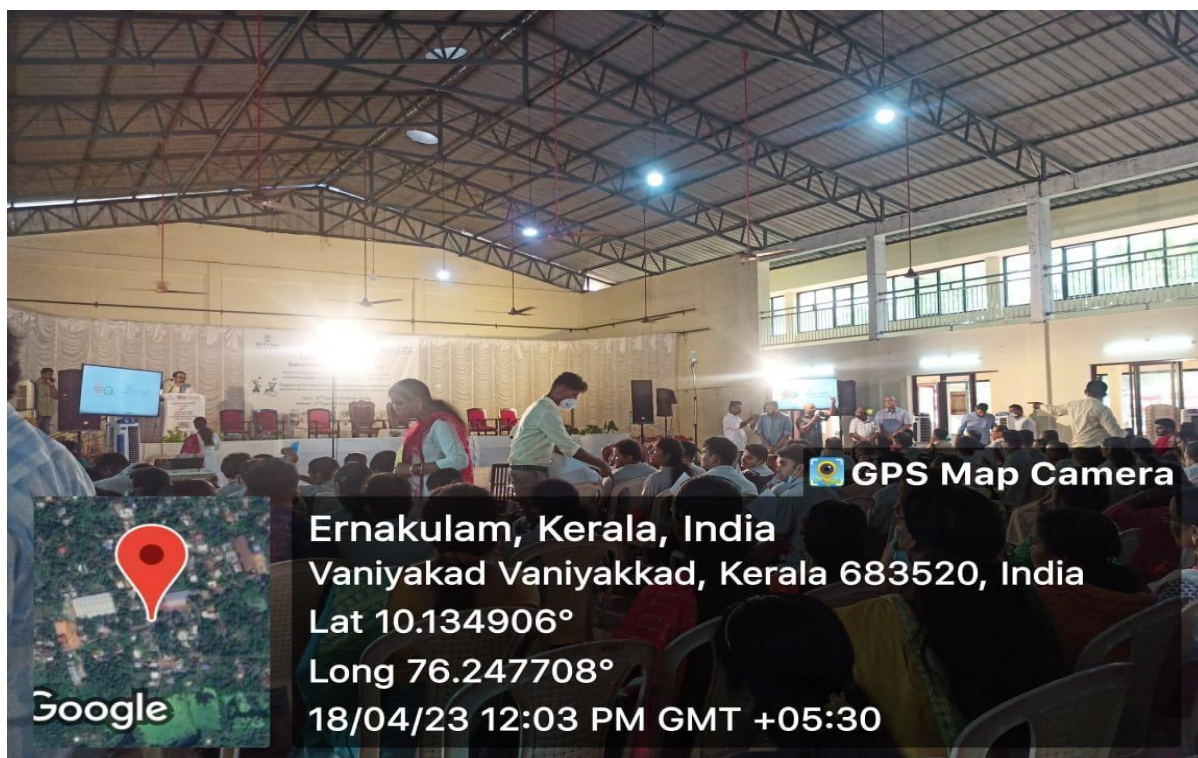
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5th CYCLE
2023



GPS Map Camera

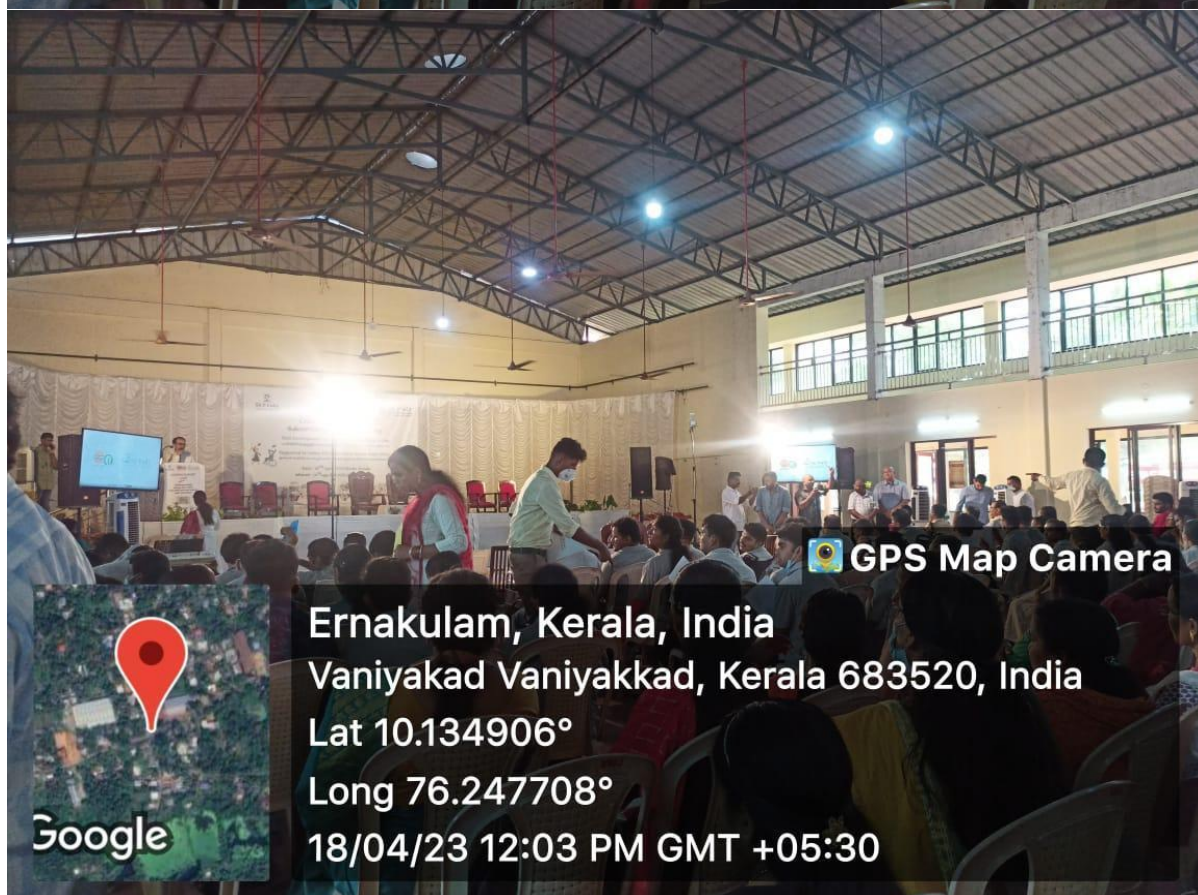
Ernakulam, Kerala, India

Vaniyakkad Vaniyakkad, Kerala 683520, India

Lat 10.134906°

Long 76.247708°

18/04/23 12:03 PM GMT +05:30



GPS Map Camera

Ernakulam, Kerala, India

Vaniyakkad Vaniyakkad, Kerala 683520, India

Lat 10.134906°

Long 76.247708°

18/04/23 12:03 PM GMT +05:30

(d) Assessment of cognitive functions of students at School for Blind, Aluva

Research and Postgraduate Department of Psychology, Union Christian College, Aluva and Basic Life Skills Centre (BLISS) in association with Service Learning Centre organized the assessment of cognitive functions of students at School for Blind, Aluva on 11 August 2022. The assessments were conducted by Dr. Marikutty P. J., Assistant Professor; Ms. Asha Ravi, Clinical Psychologist and Research Scholar, Department of Psychology and 16 psychology postgraduate students and were observed by 2 students from ICU, Japan. The psychological tests used for assessment include Vineland Social Maturity Scale (VSMS), Binet Kamat Test (BKT), Malin's Intelligence Scale for Indian Children (MISIC). Assessment was done for 22 students.



(e) Peer interactive awareness program 'Demystifying Mental illness'

As part of World Mental Health day celebrations, Basic Life Skills Centre (BLISS) in association with the Department of Psychology organized a peer interactive awareness program 'Demystifying Mental illness' for all the students in UC College from 2.30 to 3.30 pm on 18 & 19 October 2022.

All Post Graduate and Final Year Undergraduate students of the Psychology department conducted the session in 62 classes including MBA and MCA. We could reach out to almost 1900 students of our college creating awareness on mental health and eliminating myths about mental illnesses.



Mental health awareness sessions for college students

(f) Counselling sessions for children in orphanages

As part of extension activities carried out in neighbouring communities, second year M. Sc. students of Psychology Department visited the orphanage near the college and interacted with the inmates (adolescent girls) on 17 September 2022. It has been decided to conduct talks on Saturdays from 2.00 pm to 4.00 pm on various relevant current issues for these adolescent girls by our students.



Counselling sessions for children in orphanages

(g) International student interaction and focused discussion

International student interaction and focused discussion on 'Comparison of Socio-cultural practices and psycho-social trends in India and Japan: politics, development, religion, mental health and Gender was conducted on 27 July 2022. Post graduate and undergraduate students of the Research and Postgraduate department of Psychology delved into an enthusiastic exchange with students from International Christian University, Japan. The programme included celebration of ethnic day with demonstration of ethnic cooking and fashion.



Discussions with International Exchange students on nuances of Service Learning

ACTIVITY 5: AWARENESS PROGRAMMES ON COVID-19

(a) Vaccination camp

Date: 09/10/2021

Report: On 9 October 2021, a Covid-19 vaccination camp was held at the college for college students in Kalamassery constituency ahead of the reopening of colleges. NSS volunteers volunteered the program, guiding the students and others by giving necessary directions to them. They were also engaged in maintaining COVID-19 protocols such as providing sanitizers to the people, maintaining social distance, etc.



(b) Distribution of masks made by NSS volunteers

Date: 31/08/2021

Report: Masks are essential materials during the COVID-19 crisis. NSS volunteers of the college had made cloth masks during the lockdown. Masks made by the volunteers were distributed in District Hospital, Aluva and in SC Colony (Ward 10 of Vengola Panchayath).



(c) COVID-19 awareness programme and flash mob

Date: 27/02/2020

Report: Department of Zoology in association with COVID-19 Cell, Ernakulam Government Hospital and Karumalloor Primary Health Centre jointly conducted a demo on preventive measures of COVID-19 on 27 February 2020. Dr. Sherin Joseph from Government Hospital, Ernakulam and a staff nurse led the demo and talk. A flash mob was conducted by zoology students to attract attention of the college community towards the event.



d) Course on 'COVID-19 Training for NCC Cadets'

Date: 13/06/2020 – 14/05/2020

Report: Government of India has launched a training module for management of COVID-19 named Integrated Government Online Training Portal on ministry of HRD's DIKSHA platform to take care of the training needs of the frontline workers and to build their capacity to handle the pandemic effectively. Our 45 NCC cadets (7 KERALA GIRLS BN, NCC – THRISSUR) successfully attended and got certified for courses on 'COVID-19 training for NCC cadets' on 13 June 2020 to 14 May 2020. The platform provided training module on flexitime and on site basis, so that the COVID-19 responses can be delivered at scale for the workforce needed to tackle the pandemic.



(d) Appreciation to our local healthcare workers and police department

Date: 23/10/2019

Report: 50 NCC cadets (7 KERALA GIRLS BN, NCC - THRISSUR) heart fully appreciated our Local Healthcare Workers and Police Department who has been working hard providing their selfless service during COVID-19 pandemic. Cadets honoured them with flowers as a token of gratitude and love. Posters and videos were created bringing awareness about safety measures to be taken against Corona virus and to support the tireless efforts of the frontline workers.



Impact: This awareness and training for student community have not only contributed to their safety but also imparted valuable life skills and a heightened sense of responsibility in the phase of public health crisis.

ACTIVITY 6: MEDICINE BOX INSTALLATION

(a) Medicine box installation

Date: 20/03/2021, 31/03/2021

Report: A medicine box (Medicine Bank) was installed in front of the college gate by NSS unit of the college in collaboration with CORAA Residents Association, Aluva on 20 March 2021 at 11:00 am. The box was inaugurated by Dr. Sujith M A, IMA Zonal Branch Secretary and Mr. Sibi Malayil, Film Director was the chief guest. College Principal Dr. Rachel Reena Philip, NSS Programme Officers Dr. Neethumol Varghese and Dr. Pramod Domonic and other dignitaries were present at the function. The box was placed so that people can donate the left over medicines after their use in the box. These medicines will be collected at regular intervals and will be given to the needy with the prescription of the doctor. Medicines donated in the box were collected and the key of the box was handed over to the College Principal on 31 March 2021, 9.30 am.







Impact: This initiative fosters a sense of wellbeing and care within the college community, encouraging students and staff to lookout for one another.

ACTIVITY 7: FIT INDIA MOVEMENT

a) Fit India Movement

Date: 29/08/2019

Report: Fit India Movement is a nation-wide movement in India which was launched on 29 August 2019 on National Sports Day with a view to make fitness an integral part of our life. The mission of the movement is to bring about behavioural changes and move towards a more physically active lifestyle and to encourage citizens to remain fit and healthy by including fitness activities in our daily life. Towards achieving this mission our 40 NCC cadets (7 KERALA GIRLS BN, NCC – THRISSUR) involved in various activities like cycling, yoga, running, dancing, aerobics, karate, playing badminton, gardening etc. from August to September extending for four weeks following the COVID protocols.



Impact: This event educated the student community with increased health awareness, healthier behaviour, improved access to health care and a stronger commitment to addressing health challenges.

ACTIVITY 8: AWARENESS PROGRAMMES

(a) Session on 'Health through Ayurvedha and Post COVID effects on Youth'

Date: 31/01/2023

Report: NSS Unit No. 52, Union Christian College, Aluva conducted an orientation class for NSS volunteers in association with Kottakal Ayurvedha Hospital on the topic: "Health through Ayurveda & Post COVID effects on Youth". The class was led by Dr. P. G. Unnikrishnan & Dr. Sreeram P Unnikrishnan. It was an effective session which discuss about a relevant topic for youth.




NATIONAL SERVICE SCHEME

Unit No. 52

UNION CHRISTIAN COLLEGE, ALUVA

Seminar On The Topic: Jan 31

"HEALTH THROUGH AYURVEDA: POST COVID EFFECTS ON YOUTH"



Aluva, Kerala, India
48GM+4GV, Aluva, Kerala 683102, India
Lat 10.125361°
Long 76.333712°
31/01/23 02:30 PM GMT +05:30




Aluva, Kerala, India
48GM+4GV, Aluva, Kerala 683102, India
Lat 10.125383°
Long 76.333692°
31/01/23 02:31 PM GMT +05:30



Aluva, Kerala, India
48GM+4GV, Aluva, Kerala 683102, India
Lat 10.125381°
Long 76.33361°
31/01/23 02:12 PM GMT +05:30

In Association With

Kottakkal Aaryavaidyashaala

[nss.official.ucc](https://www.instagram.com/nss.official.ucc)

(b) Session on lifestyle diseases in teenagers

Date: 22/08/2019

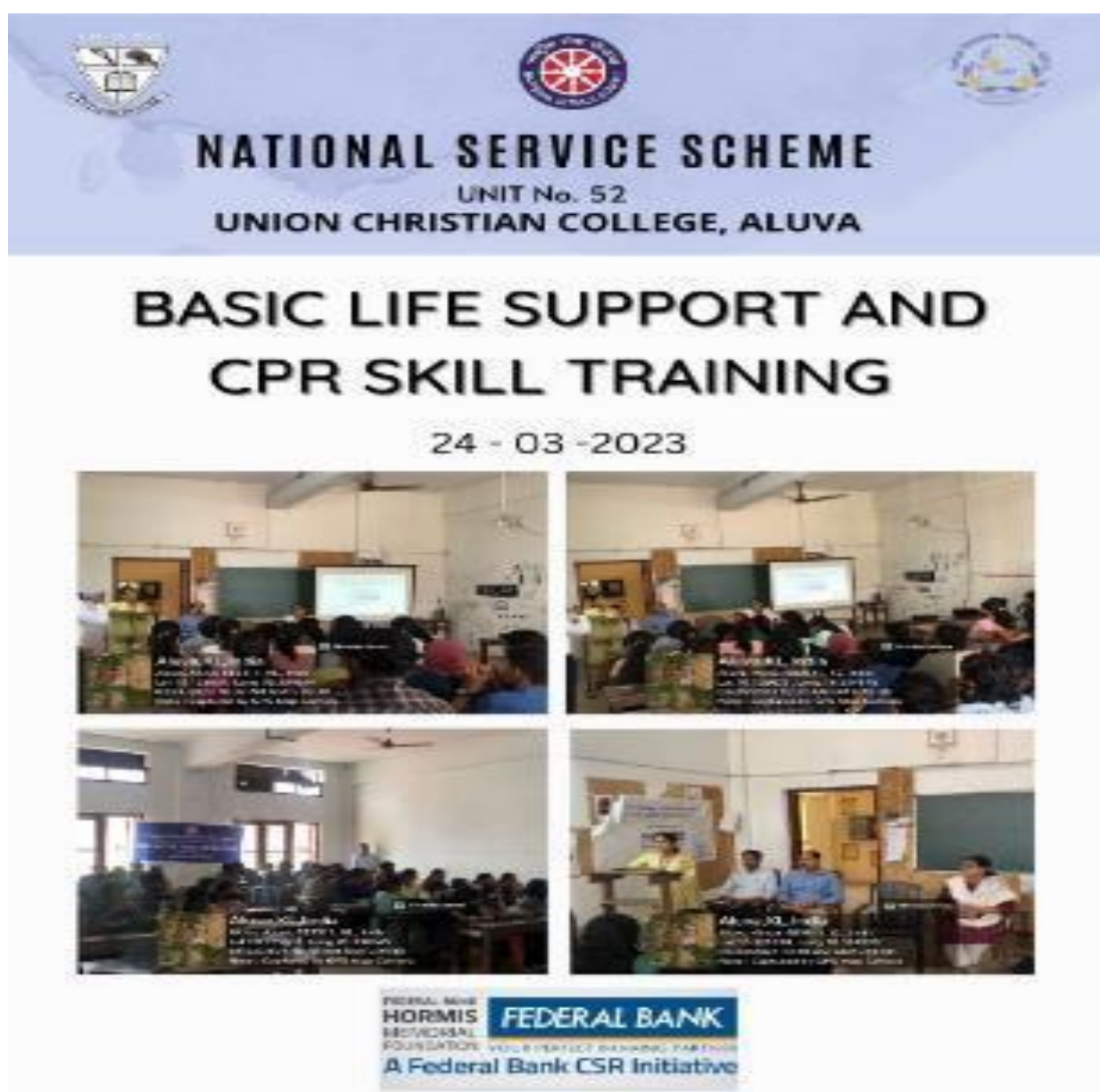
Report: This programme was conducted by NSS unit of the college as a part of "NATTARIVU DINAM" to provide awareness on lifestyle diseases in teenagers. The programme was organised in association with Kottakkal Aryavaidyasala. The class was handled by Dr. Kavitha and her team. All NSS volunteers and interested students and staff of the college attended the class. The class was really informative and useful.






(c) Session on 'Basic life support and CPR skill training'

Date: 24/03/2023

Report: The National Service Scheme Unit No.52 incorporated with Federal Bank conducted a one-day training class on topic 'Basic life support and CPR skill training' for youth. The session was led by Mr. Bestin Manuel, the American Heart Association certified Trainer from 10.30 am to 3.30 pm. Apart from NSS Volunteers, other students & teachers also attended the session. The session was really fruitful.












NATIONAL SERVICE SCHEME

UNIT No. 52
UNION CHRISTIAN COLLEGE, ALUVA

BASIC LIFE SUPPORT AND CPR SKILL TRAINING

24 - 03 -2023

പ്രഥമശുശ്രൂഷ പരിശീലനം

ആലുവ: യു.സി കോളജിലെ വിദ്യാർത്ഥികൾക്ക് ബേസിക് ലൈഫ് സപ്പോർട്ട്, സി.പി.ആർ എന്നിവയിൽ പരിശീലന ക്ലാസ് സംഘടിപ്പിച്ചു. അമേരിക്കൻ ഹാർട്ട് അസോസിയേഷൻ സർട്ടിഫൈഡ് ട്രെയ്നർ ബെസ്സിൻ മാനുവൽ നേതൃത്വം നൽകി. ഫെഡറൽ ബാങ്ക് അസോസിയേറ്റ് വൈസ് പ്രസി

ഡൻറും തോട്ടക്കാട്ടുകര ബ്രാഞ്ച് ഹെഡുമായ റോസ്മിൻ തോമസ് ഉദ്ഘാടനം ചെയ്തു. പ്രിൻസിപ്പൽ ഡോ.എം.ഐ. പുന്നുസ് അധ്യക്ഷത വഹിച്ചു. എൻ.എസ്.എസ് പ്രോഗ്രാം ഓഫീസർമാരായ ഡോ. അജലേഷ് ബി. നായർ സ്വാഗതവും ഡോ.ആശ ബേബി മാത്യുസ് നന്ദിയും പറഞ്ഞു.



உயர்பாதி மையத்தில் இருந்து தாமிரம் அல்லது கந்தகம் போன்றவை வெளியே வராமல் இருப்பதற்காக உயர்பாதி மையத்தில் அமைக்கப்பட்டிருக்கின்றன.

വിദ്യാർത്ഥികൾക്ക് പ്രഥമശുശ്രൂഷാ പരിശീലനം നൽകി



● കോലാപാൽ ബാങ്കിന്റെ പോലീസ് അടങ്കലിൽ പട്ടാഭിഷേകം നേതൃത്വത്തിൽ ജുലായ് മാസി, കൊളക്കയിലെ വിപ്ലവപിക്നിക്ക് പ്രദർശനമുടനീളം പങ്കിടാനും സാധിക്കും

ആര്യഭട്ടം - കൈലാശ് വാമൻ
ഹോഷിൻ ഷെക്കോറിയാർ ഫര
ഭരണകാലത്ത് നേതൃത്വത്തിൽ
ആര്യഭട്ടം ആ.സി. കോളേജ് വി
ദ്യാർത്ഥികൾക്ക് പ്രമുഖസ്തുതിപാ
പതിക്കുന്നു. നൽകി. ബോധിക്
കൈലാശ് വാമൻ, സി.വി.ആർ.
എന്നിവർക്കായിരുന്നു പതിപ്പി
പ്പം.

കോളേജിലെ ഏൻ.എസ്. എസ്. അംഗങ്ങളായ 120 വിദ്യാർത്ഥികൾ പങ്കെടുത്തു. ഫെഡറൽ ബാങ്ക് അസോസിയേറ്റ് സെബിൻ പ്രസിഡന്റ്, കോളേജാധ്യക്ഷാ ബ്രാഞ്ച് ഹെഡ്മാസ്റ്റർ തോമസ് തോമസ് പരിപാടിയിൽ ഉദ്ഘാടനം ചെയ്തു. ഏ.സി. കോളേജ് പ്രിൻസിപ്പൽ ഡോ. എം.എസ്. സുബ്ബൻ അദ്ധ്യക്ഷനായി.

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പോർമിൻ കെമോറിമൻ ഫർ
 ടെക്കിന്റെ നേതൃത്വത്തിൽ എൻ
 റ്റാക്ടും, തൃശ്ശൂർ ജില്ലകളിലും
 ഓർ 66 വിദ്യാഭ്യാസ സ്ഥാപനങ്ങ
 ളിലെ 5,000-ത്തോളം വിദ്യാർത്ഥി
 കൾക്ക് പ്രഥമശുശ്രൂഷാ പരിശി
 ലനം നൽകി.

കൊച്ചി ഏ.എസ്.സി. ഓഫീസിൽ എടുത്തുകൊണ്ടുണ്ട്. തിരുവാറ്റിയിൽ സാഹസികമായൊരു യാത്രയായി പരമിതി നടക്കുകയുണ്ടായി.

വിദ്യാർത്ഥികൾക്ക് പ്രഥമ ശുശ്രൂഷാ പരിശീലനം നൽകി ഫെഡറൽ ബാങ്ക്

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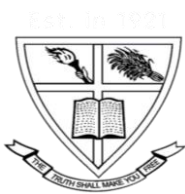
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ജീവൻരക്ഷാ പരിശീലനം




ആലുവ • ഫെഡറൽ ബാങ്ക് ഫോർമിസ് മെമ്മോറിയൽ ഫൗണ്ടേഷന്റെ നേതൃത്വത്തിൽ യൂസി കോളജ് വിദ്യാർത്ഥികൾക്കായി ബേസിക് ലൈഫ് സപ്പോർട്ട്, സി പിആർ എന്നിവയിൽ പരിശീലനം നൽകി. ബാങ്ക് തോട്ടയ്ക്കൊട്ടു കര ശാഖാ മേധാവി റോസ്മിൻ തോമസ് ഉദ്ഘാടനം ചെയ്തു. പ്രിൻസിപ്പൽ ഡോ. എം.ഐ. പുനൂസ് അധ്യക്ഷത വഹിച്ചു. അമേരിക്കൻ ഫാർട്ട് അസോസിയേഷൻ ട്രെയ്നർ ബെസ്റ്റിൻ മാനുവൽ, എൻഎസ്എസ് പ്രോഗ്രാം ഓഫീസർമാരായ ഡോ. അജിലേഷ് ബി. നായർ, ഡോ. ആശ ബേബി മാത്യുസ് എന്നിവർ പ്രസംഗിച്ചു.



(d) Awareness talk on the topic "മാനസിക സംഘർഷങ്ങളും അതിജീവനവും"

Date: 10/09/2021

Report: On 10 September 2021, in accordance with World Suicide Prevention Day, an awareness talks on the topic "മാനസിക സംഘർഷങ്ങളും അതിജീവനവും" was organized by the NSS unit in the Google Meet platform. Sr. Arpitha CSN, Director of St. Jude Counselling Centre, Angamaly was the resource person.



**NATIONAL SERVICE SCHEME
UNIT NO:52
UNION CHRISTIAN COLLEGE, ALUVA**

In Accordance with

**WORLD
SUICIDE
PREVENTION
DAY**


NATIONAL SERVICE SCHEME ORGANIZING AN AWARENESS TALK ON


"മാനസിക സംഘർഷങ്ങളും അതിജീവനവും"

**10
Sep
2021**

3:00 PM

ON



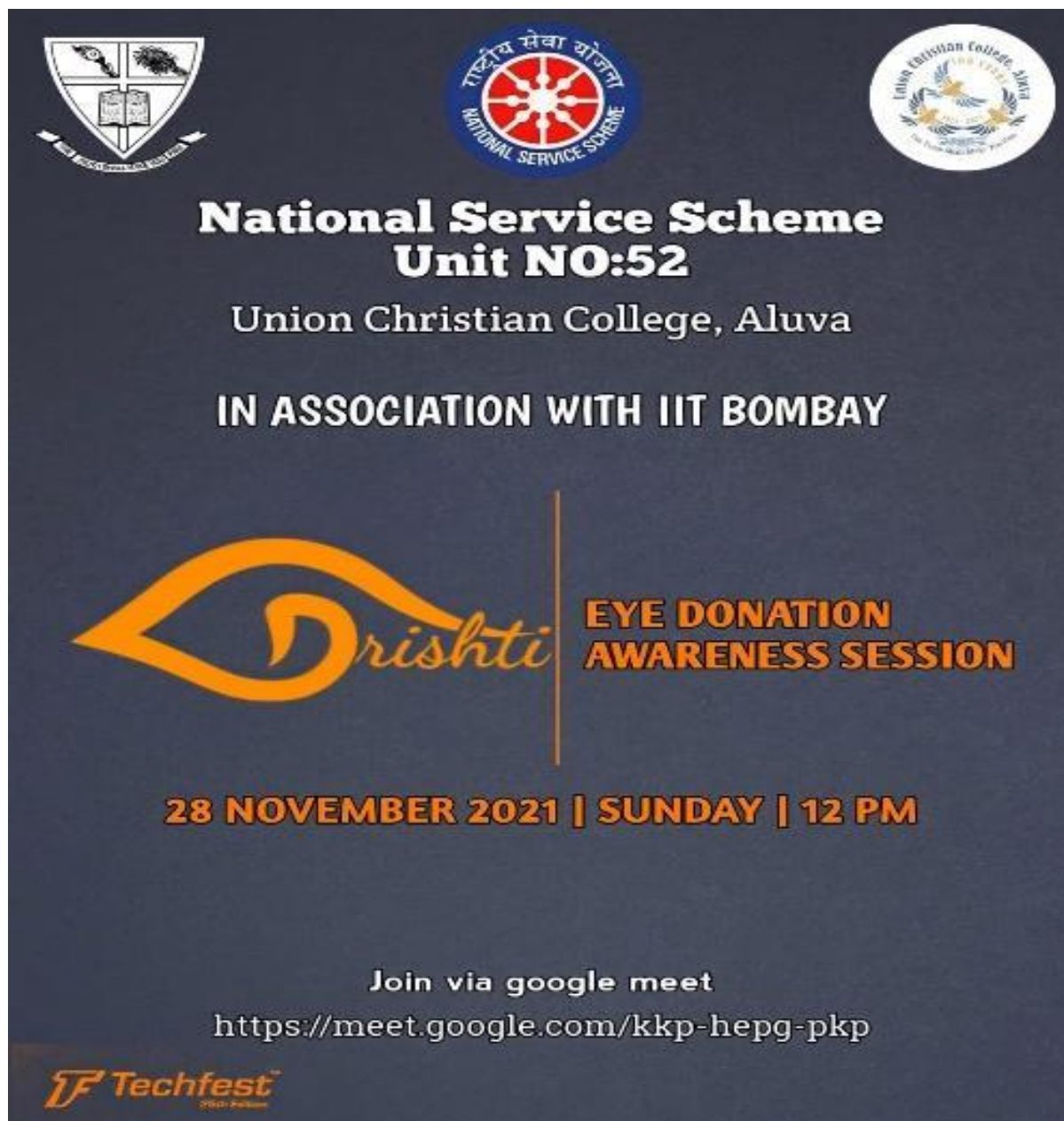


Sr. Arpitha CSN
Director, St. Jude Counselling Centre, Angamaly

(e) “Drishti” - Awareness session on ‘Eye donation’

Date: 28/11/2021

Report: On 28 November 2021, NSS unit of the college in association with Techfest, IIT Bombay conducted “Drishti” an awareness session on ‘Eye Donation’. 23 students participated in the webinar.



The banner features the Union Christian College logo at the top left, the National Service Scheme logo in the center, and the Union Christian College logo at the top right. The text on the banner reads: "National Service Scheme Unit NO:52", "Union Christian College, Aluva", "IN ASSOCIATION WITH IIT BOMBAY", "Drishti EYE DONATION AWARENESS SESSION", "28 NOVEMBER 2021 | SUNDAY | 12 PM", "Join via google meet", and the Google Meet link "https://meet.google.com/kkp-hepg-pkp". The Techfest logo is at the bottom left.

Impact: These events can motivate teens to make healthier choices and also facilitated students with importance of regular check-up and screening, which can lead to the early detection and prevention of disease and equipped students with the knowledge and skill needed to respond effectively in medical emergencies, ultimately saving lives and enhancing community resilience.

ACTIVITY 9: AWARENESS PROGRAMMES ON DRUG ABUSE AND ILLICIT TRAFFICKING

a) Drug free India campaign

Date: 1/11/2022

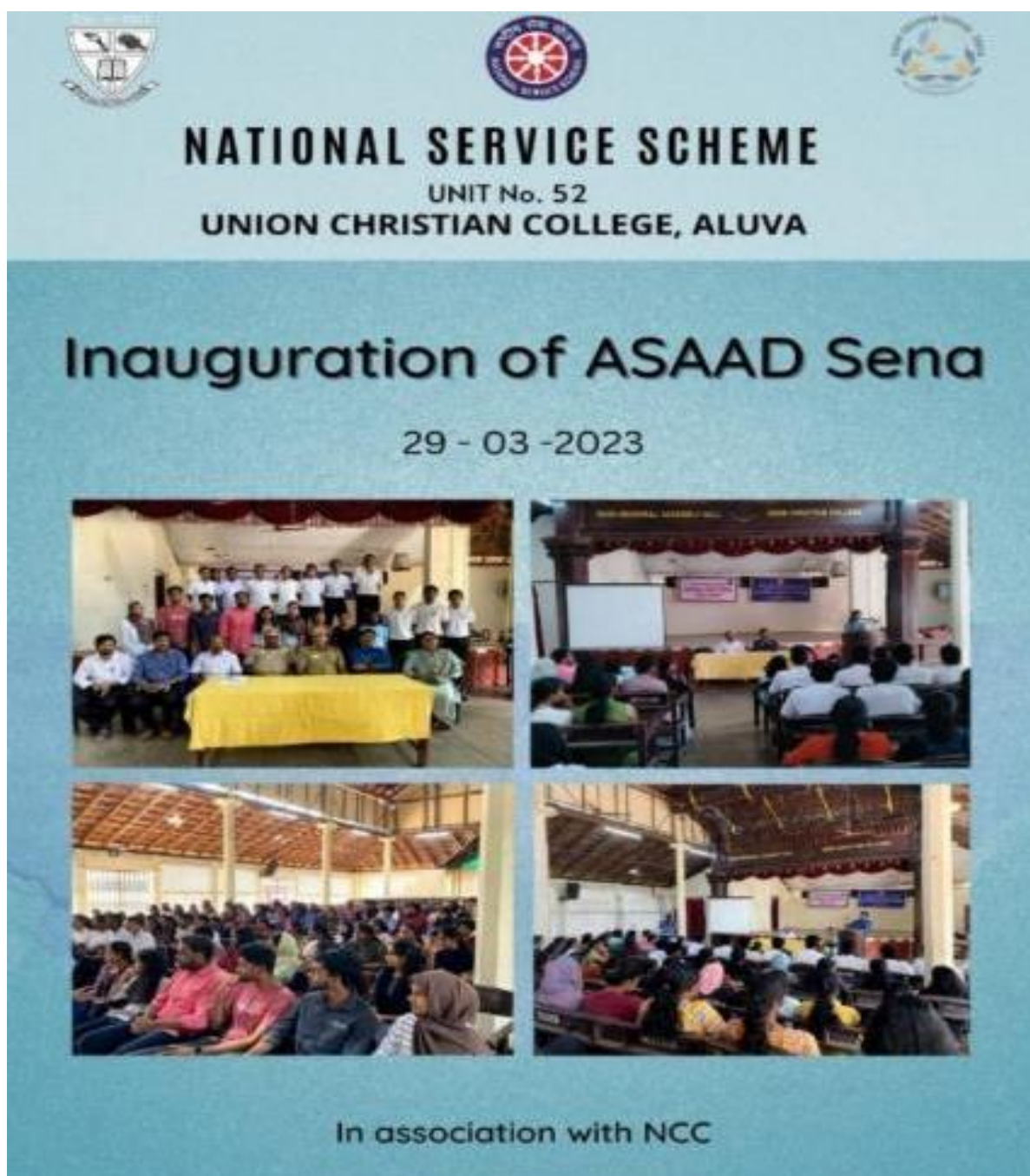
Report: In association with INOHRP, the Ernakulum District and National, State committees conducted a 'Drug Free India Campaign' from 01 November 2022 to 14 November 2022. The program was inaugurated in Union Christian College, Aluva on 01 November 2022 in which NSS volunteers and NCC cadets were a part of it. A meeting was held; together with an Anti-Drug pledge had been taken on the same day.



b) ASAAD Sena

Date: 29/03/2023

Report: Agents for Social Awareness Against Drugs (ASAAD) SENA is a Sena or committee that started for giving awareness against drugs in campus. 10 NSS Volunteers and NCC Cadets includes the members of this Sena. The inauguration of the Sena was held on 29 March 2023, 10:00 am at VMA Hall. The programme was inaugurated by Mr. Abdul Salam, Ward Councillor, Karumalloor Panchayat.





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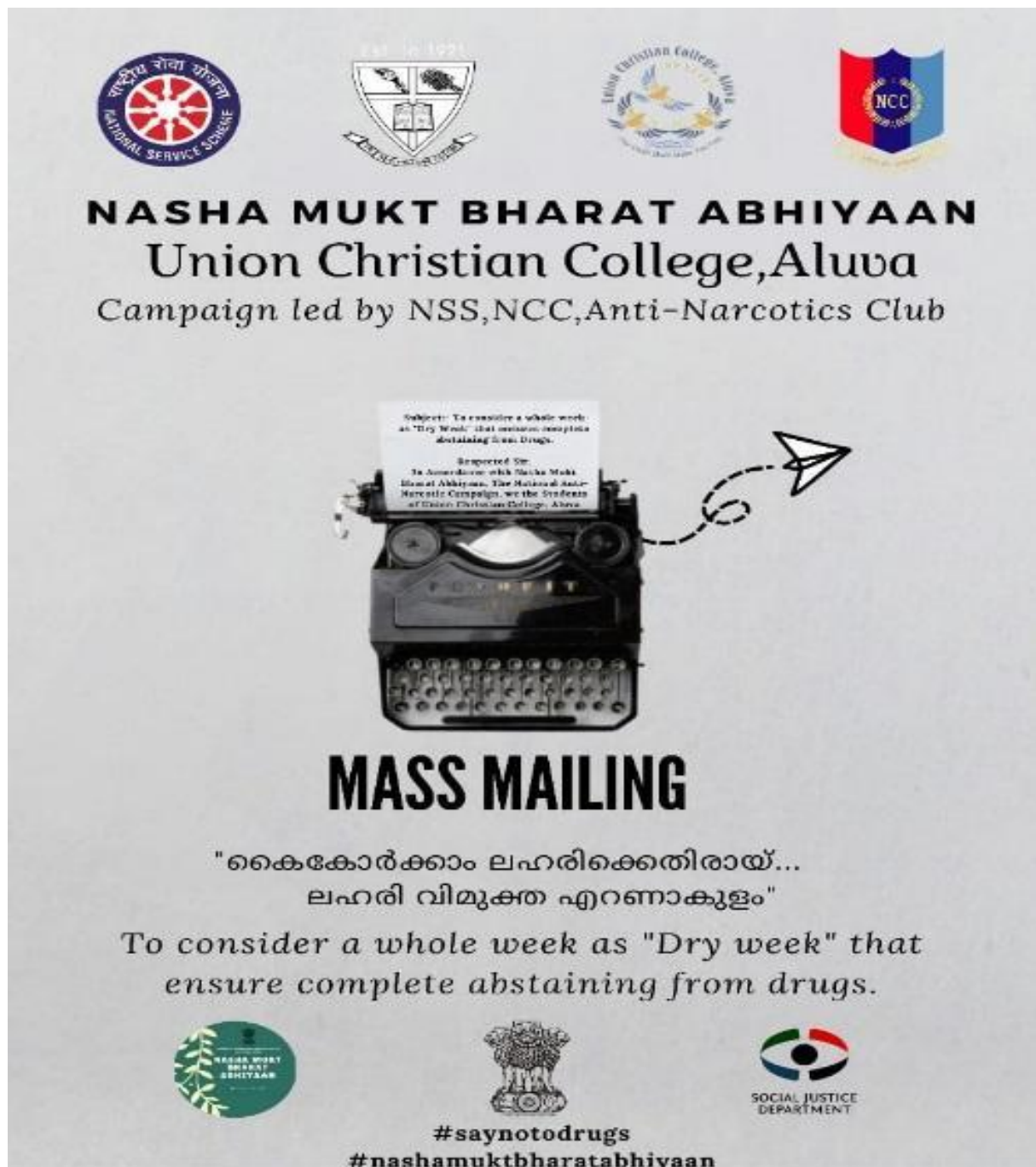
c) Nasha Mukh Bharat Abhiyaan

Date: 26/06/2021- 26/07/2021

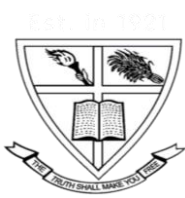
Report: As part of Nasha Mukh Bharat Abhiyaan, an online National Anti-narcotic campaign, various activities were executed by NSS, along with NCC and Anti-narcotic club of the college. The campaign started on 26 June 2021 and ended on 26 July 2021 and volunteers actively participated in the whole campaign which included various activities like online surveys, pledge challenges, webinars, panel discussion, competitions, etc.

One of the highlight program of the campaign was a "Mass Mailing" initiative organized by NSS on 14 July 2021. The mail was sent to the Excise minister of Kerala, requesting to declare a whole week as "Dry week" abstaining from all kinds of drug products thus ensuring powerful awareness among the folks. The most pleasing fact was that the mass mailing campaign had created a fruitful and positive impact. Within a short time after sending the mails the authority had contacted and gave us an affirmative response on the initiative we had taken and informed us that they are really interested to conduct an online interactive session on the topic Addiction.

The awareness talk on "Addiction" was conducted on 17 July 2021 on Google Meet platform. Mr. Bibin George, Psychiatric Social Worker, Vimukthi De-addiction Centre Muvattupuzha was the resource person. Also, various awareness videos and posters were prepared and shared through different social media platforms as part of the campaign.



The poster features logos at the top: National Service Scheme (NSS), Union Christian College (UCC), Union Christian College, Aluva, and NCC. The main title is "NASHA MukT BHARAT ABHIYAAN" followed by "Union Christian College, Aluva" and "Campaign led by NSS, NCC, Anti-Narcotics Club". In the center is an image of a typewriter with a sheet of paper that reads: "Subject: To consider a whole week as 'Dry Week' that ensures complete abstaining from Drugs." and "Suggested by: In Association with Nasha Mukta Bharat Abhiyaan, The National Anti-Narcotic Campaign, we the Students of Union Christian College, Aluva." A dashed arrow points from the typewriter to a paper airplane. Below the typewriter is the text "MASS MAILING". Further down is the Malayalam text "കൈകോർക്കാം ലഹരിക്കെതിരായ്... ലഹരി വിമുക്ത ഏറണാകുളം" and the English text "To consider a whole week as 'Dry week' that ensure complete abstaining from drugs." At the bottom are logos for the Nasha Mukta Bharat Abhiyaan, the Government of India, and the Social Justice Department, along with the hashtags "#saynotodrugs" and "#nashamuktbharatabhiyaan".



Subject:- To consider a whole week as "Dry Week" that ensures complete abstaining from Drugs.

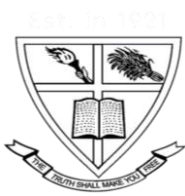
Respected Sir,

In Accordance with Nasha Mukta Bharat Abhiyaan, The National Anti-Narcotic Campaign, we the Students of Union Christian College, Aluva on the behalf of National Service Scheme, National Cadet Corps and Anti-narcotics club, hereby request you to pay attention towards the Grave Issue- "Drug Abuse"

According to the recent survey reports it is quite evident that the Ernakulam district holds a prominent position in handling and usage of various kind of drug products. The extremely dangerous effects of drugs on the social, psychological and mental well being of the society is evident. A steady hike in the usage of Drugs can be clearly observed in teenagers. So as a responsible preventive measure it will be a significant step if we consider a whole week as a "Dry week", abstaining the selling of all kinds of Drugs like Liquor, Cigarettes and products. We strongly think it can create a considerable impact on the teenagers as well as the whole public.

Taking into consideration the grave nature of the situation, we humbly request you to take decisive action regarding this and suggest that we observe one week as "Dry Week". Along with this we really do hope that you will implement necessary preventive measures that enable desisting of Drugs especially by the young generation.

Yours faithfully,





NASHA Mukta BHARAT ABHIYAAN

Union Christian College, Aluva
Campaign led by NSS, NCC, Anti-Narcotics Club

Awareness Talk on the Topic



ADDICTION

17 JULY 2021

5:00 PM



BIBIN GEORGE
(Psychiatric Social Worker
Vimukthi De addiction centre,
Muvattupuzha)

Platform 

*കൈകോർക്കാം ലഹരികൈതിരായ്...
ലഹരി വിമുക്ത എറണാകുളം*



#saynotodrugs
#nashamukthharatabhiyaan

(a) Awareness session on drug abuse

Date: 13/12/ 2020

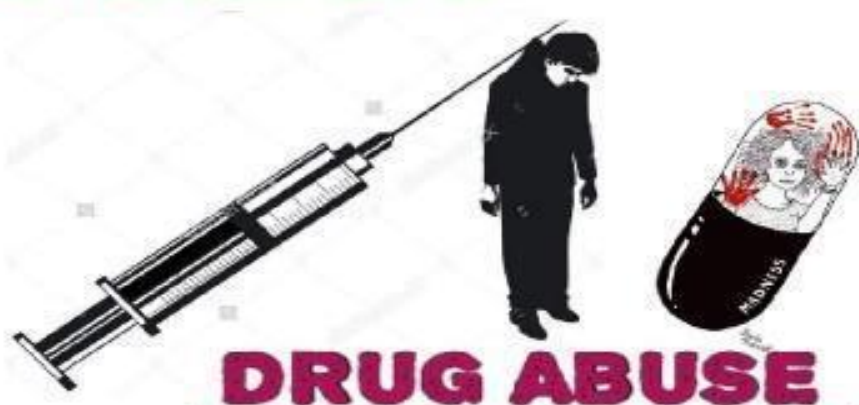
Report: An awareness session on drug abuse was conducted on the google meet platform. The session was led by Mr Biju Mathew, Higher Secondary School Teacher, Mar Coorilose Memorial HSS, Pattimattom. The resource person created awareness on various ways in which youth get addicted to drugs and emphasized the need to help the addicted to get rid of drug usage. Around 150 students from various disciplines participated and benefitted from the session.

UNION CHRISTIAN COLLEGE, ALUVA

NATIONAL SERVICE SCHEME


Unit No : 52

An Awareness talk on



DRUG ABUSE

By,
BIJU MATHEW
(Senior Grade Higher Secondary School
Teacher in English.
Mar Coorilose Memorial HSS Pattimattom.)



ON 13th DECEMBER 2020

TIME - 2 :00 pm **Platform : Google Meet**

(b) Anti-narcotic two-wheeler rally and taken pledge against drugs

Date: 23/10/ 2019

Report: 60 NCC cadets (7 KERALA GIRLS BN, NCC - THRISSUR) gathered to take pledge against drugs and participated in the Anti-narcotic two-wheeler rally organized by the Excise Department on 23 October 2019.



(c) A hand against drug

Date: 26/06/2019

Report: 'A Hand Against Drug' programme was conducted in our college in the presence of our College Bursar Dr. M. I. Punnoose, NSS programme officers Ms. Neethumol Varghese and Dr. Pramod Domanic. A palm printing protest was conducted against increased drug

usage among youths. Most of the NSS volunteers in association with the Gandhi Darshan club of the college and NCC cadets participated in the programme. It was a special event where every student unitedly presented the idea of "Say No to Drugs. And Say Yes to Life". Dr. M. I. Punnoose sir initiated the pledge on saying no to drugs and all of us participated in it.



ACTIVITY 10: AWARENESS PROGRAMMES ON ROAD SAFETY

(a) Awareness class on road safety

Date: 20/03/2023

Report: NSS & NCC units of Union Christian College, Aluva in association with Motor Vehicle Department of Kerala had conducted a Road Safety Awareness class on 20 March 2023, Monday at 10:30 am in VMA Hall. The Aluva Joint RTO Mr. Shefiq B. Inaugurated the session and addressed the audience. The session was led by Mr. Vinod Kumar N., Motor Vehicle Inspector of North Paravoor. The session was very fruitful and helpful in understanding the importance of the awareness while we are on the road.

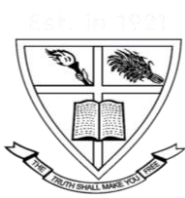




b) National road safety month

Date: 18/01/2021–12/02/2021

Report: As per the guidelines of Ministry of Road Transport and Highways, Government of India, 18 January 2021 to 17 February 2021 is observed as National Road Safety month. The theme for the month is “Sadak Suraksha- Jeevan Raksha”. As a part of this, various programs were conducted by the NSS unit of the college. An awareness session on road safety, led by Dilipkumar K G, Motor Vehicle Inspector, was conducted on 12 February 2021. On 15 February Monday, an online quiz based on road safety was organized. A poster making task and an awareness video preparation were also given to the volunteers.



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National Service Scheme Unit no : 52



UNION CHRISTIAN COLLEGE, ALUVA

AWARENESS ON ROAD SAFETY

Dilipkumar K G

MOTOR VEHICLE INSPECTOR



FEBRUARY 11 ,2021

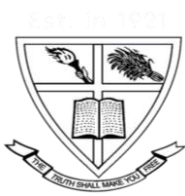
5 pm

@



<https://meet.google.com/hih-ovzo-fjf>

E- certificates will be provided



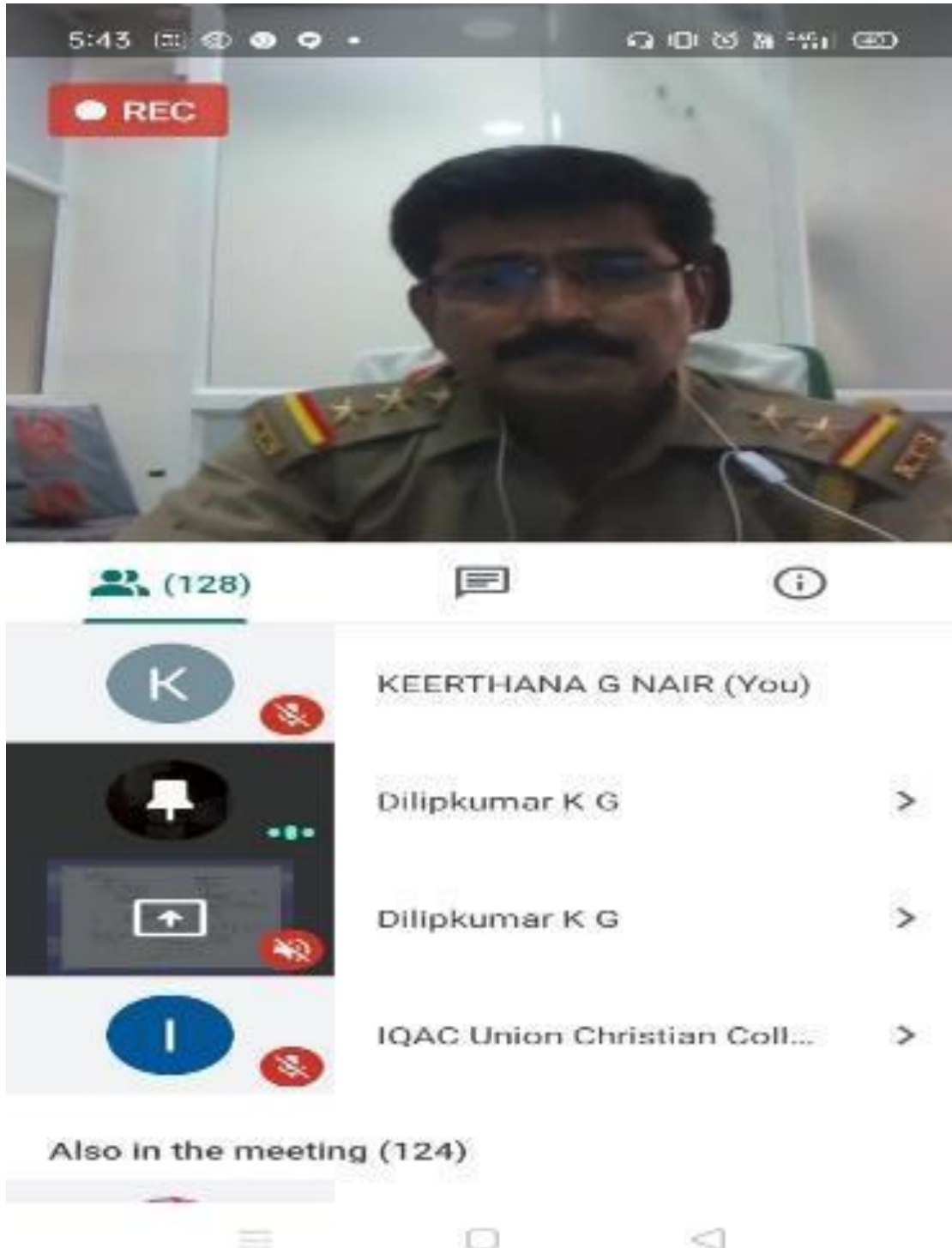
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Impact: These events educated students with the vital role in preventing drug abuse and illicit trafficking, promoting a culture of responsibility and fostering healthier, more informed communities on campus and beyond.

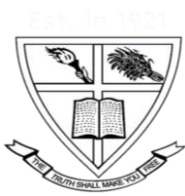
ACTIVITY 11: PALLIATIVE CARE ACTIVITIES

(a) Snehasparsham - Veliyathunadu Palliative Care Unit Visit

Date: 18/03/2023

Report: The National Service Scheme, Union of Christian College Aluva, Unit No. 52 visited the Palliative care unit of Veliyathunadu on 18 March 2023. Almost 35 volunteers & 2 Programme Officers visited the unit. Our volunteers interacted with the inmates and performed several cultural events for them.





(b) One Touch Pain and Palliative Club Activities

Report:

Pain and Palliative care volunteers' unit was initiated by a group of Psychology students, Union Christian College, Aluva during 2012 -2013. Later the whole college took the programmes to their hearts, now it has around 100 volunteers. It is a joint venture of teachers & students to provide continuous care to the terminally ill patients and to create awareness in the vibrant student community about palliative care. It is to remind students about the needs of people suffering from pain and distress and encourage them to serve the needy in every small possible way, to alleviate their sufferings. The students get no grace marks or other benefits, but participate in the activities as a service.

Activities (2018-2019)

1. **ORMA 2018** – A wonderful gathering of about 75 paraplegia patients was organized in VMA hall, Union Christian College, in March 2019. Mr. Arun Jose, of Insight Soft Skill and Motivational training centre conducted an orientation programme for the patients.



2. **Visit to Lulu Mall:** volunteers accompanied patients to Lulu mall and gifted them a grocery packet.



3. **Visit to Kuzhuppilly beach** – The students escorted the paraplegia patients to Kuzhuppilly beach for a day out, in April.



4. **Visit to Oncology and Isolation wards of the general Hospital, Ernakulam** –The program brought the unit members closer to the sufferings of the terminally ill

5. **Material collection and fund raising** for patients of Bethlehem Abhaya Bhavan, Kodanadu.

ACTIVITIES (2019 -2020)

1. **ORMA 2019:** Gathering of 50 paraplegia patients along with their bystanders in March 2020. A motivational session was provided by Adv. Jimmy Jose, Red Cross society member. Our volunteers arranged a pleasure trip in metro railway for paraplegia patients.



2. The students **visited Sneha Jyothi Sisubhavan**, an orphanage, on 19 January 2018 to distribute essential items.
3. A **two-day training program** was held at the Pain and Palliative Care unit of Anwar Hospital, under guidance of Dr. Hyderali
4. On palliative care day, 24 volunteers participated in the gathering of paraplegia patients at the General Hospital, Aluva. Stalls are set up on Thursdays for the sale of household products made paraplegia patients.



ACTIVITIES (2020- 2022)

1. During COVID-19 time, volunteer students helped the patients staying nearby, supplying groceries and medicines required.
2. Financial assistance was given to Mr. Santhosh, a paraplegia patient for cancer treatment of his father. Financial assistance was given to Mr. Joy, paraplegia patient, for treatment of her mother (Leg fracture)

ACTIVITIES (2022-2023)

1. The activities of the unit started with an orientation programme by Bini Manoj, Nurse, Government Hospital, Aluva. The programme included a training session for unit members, on how to maintain physical hygiene of bedridden patients.



2. The students of the club set up stalls periodically for the sale of the products like soap, liquid wash, bathroom wash etc. prepared by paraplegia patients, giving them a source of income.



3. 12 unit members participated as volunteers in a job fair programme organized for locomotor disable patients held at Cottolengo North Paravur Centre.



4. Financial assistance of Rs.3000/- was given for a cerebral Palsy patient for renovating his bathroom.



Impact: Events in connection with palliative care activities can be meaningful and transformative experience for students and helping others in their end-of-life journey can be emotionally rewarding and contribute to the mental well-being of students.

ACTIVITY 11: PHYSICAL EDUCATION DEPARTMENT ACTIVITIES

(a) UCC Centenary Marathon

Date: 08/10/2022

Report: As part of Union Christian College's centenary year celebrations in 2022, the Department of Physical Education has organized a Half Marathon on 8 October 2022 with the theme 'Promote Sports, Say No To Drugs'. This event is being conducted in collaboration with the Athletics Federation of India. The Half Marathon has commenced from the college campus. Participants have included prominent sports persons, celebrities, alumni, students, and members of the general public. Cash prizes are awarded to the winners and every participant have received a medal, certificate of participation, and a marathon-branded t-shirt. Half Marathon was inaugurated by Padmashri Shiny Wilson and 593 candidates have participated.

Participants: 21.9 k – 155 (23 Females & 132 Males), 10 k - 204 (52 Females & 152 Males), 6k - 61(14 Females & 47 Males) and 3k – 173 (70 Female & 103 Male)





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UCC
CENTENARY
MARATHON 2022
OCTOBER 8

Reporting time: 4.30 am
Prize distribution at 8.00 am

Our Chief Guests:
Padma Shri Shiny Wilson
Shri. Rishiraj Singh IPS
Shri. Wilson Cherian

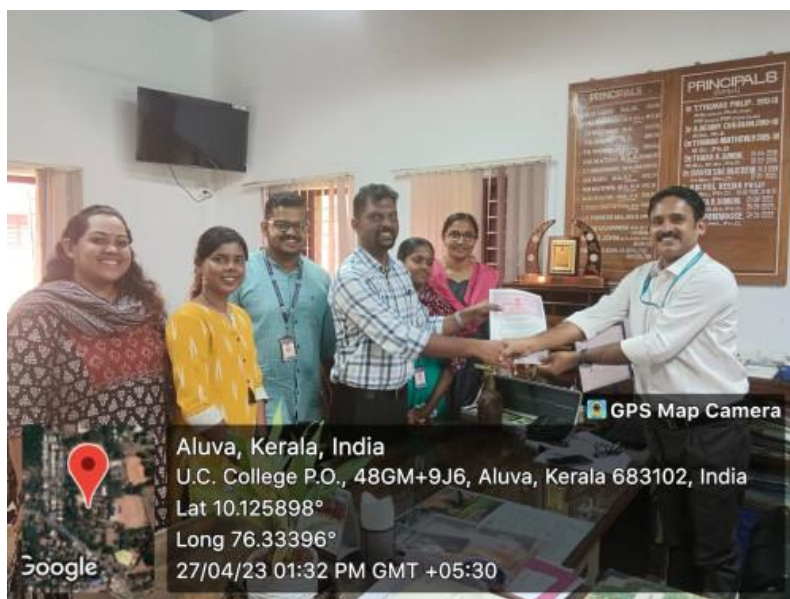
Event	21 kms - 5.30 am	6 kms - 6.00 am
Timings	10 kms - 5.45 am	3 kms - 6.30 am

WE WELCOME ALL



(b) Sports master plan for the GCDA

The Greater Cochin Development Authority and Department of Physical Education, Union Christian College will jointly prepare the Sports Master Plan for the GCDA region partnering for action research on mutually agreed themes. Union Christian College and GCDA will jointly identify the specific sporting facilities required in a particular region. Bachelor of Sports Management students under the Physical Education Department will support GCDA in this mega project.



(c) Sports academy activities

To develop and nurture young talented sports persons, the following academies were inaugurated and are going well. It is started as part of a community extension programme of the Physical Education Department.

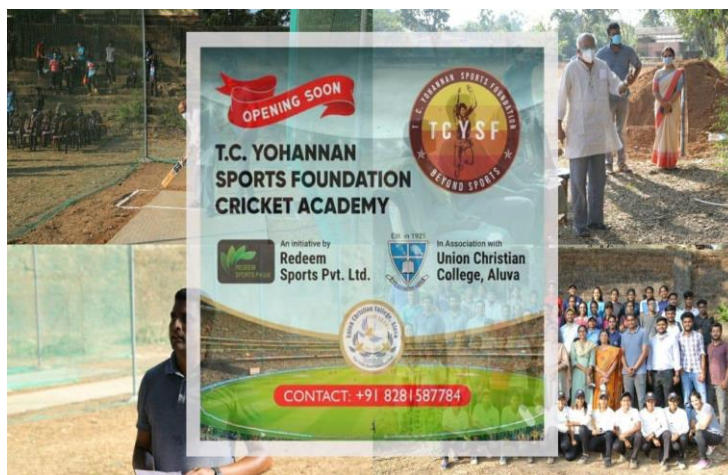
- **Union Christian College Cricket Academy: Fostering excellence in cricket**

At Union Christian College, cricket has been an integral part of our sporting legacy since its inception. With a strong commitment to nurturing talent and promoting sportsmanship, our Men's and Women's cricket teams actively participate in various district, university, and state level championships.

The collaboration with KCA, Women's Cricket Academy at Union Christian College has proven to be instrumental in empowering aspiring cricketers and elevating the standard of cricketing excellence. The abstract highlights the college's commitment to providing a nurturing environment for cricket enthusiasts, fostering growth, and producing exceptional sporting talent.

One of the cornerstones of our success in cricket has been our strategic associations with professional academies. We have had the privilege of partnering with esteemed institutions like T. C. Yohannan Sports Foundation Cricket Academy, an initiative by Redeem Sports Pvt. Ltd., headed by Mr. Tinu Yohannan, a former Indian Cricket player. This partnership, which commenced in September 2021, was established to revive the cricketing culture at Union Christian College. Through this alliance, our cricket infrastructure has been upgraded, providing our students access to professional coaches and innovative training methods.

At Union Christian College Cricket Academy, we continue to believe in the power of sports to inspire, transform, and create future leaders. We are committed to nurturing the spirit of cricket among our students, and our partnerships with reputed organizations further reinforce our mission to achieve excellence in the world of cricket.





- **Embrace the spirit of netball at Union Christian College's Netball Academy**

Netball has been an integral part of Union Christian College's sporting tradition, with our women's team achieving remarkable milestones since the early 1960s. Over the past decade, our college teams have established a strong foundation for the sport, displaying exceptional talent and determination. To foster this passion for Netball and extend its reach beyond the college, the Physical Education department proudly introduces the Netball Academy.

Recent Triumphs:

In the current year, our Netball teams have proudly secured the Mahatma Gandhi University Championship in both Men's and Women's categories, adding to our growing list of achievements. Several players from our academy have represented Kerala state teams and university teams, bringing laurels to both the state and the university. Union Christian College has also had the honour of hosting various National Games selection trials, State and district Netball championships, and camps, reaffirming our commitment to the growth of Netball at regional and national levels.

Empowering Future Champions:

Our experienced coaches and instructors offer advanced training to participants, starting from the grassroots level. The focus goes beyond skill enhancement, emphasizing values such as teamwork, discipline, and sportsmanship.

Emphasis on Fitness and Recreation: Beyond competitive training, the Netball Academy encourages overall fitness and recreation. Participants are inspired to embrace a healthy lifestyle and enjoy the joy of physical activity.

UNION CHRISTIAN COLLEGE, ALUVA
DEPARTMENT OF PHYSICAL EDUCATION

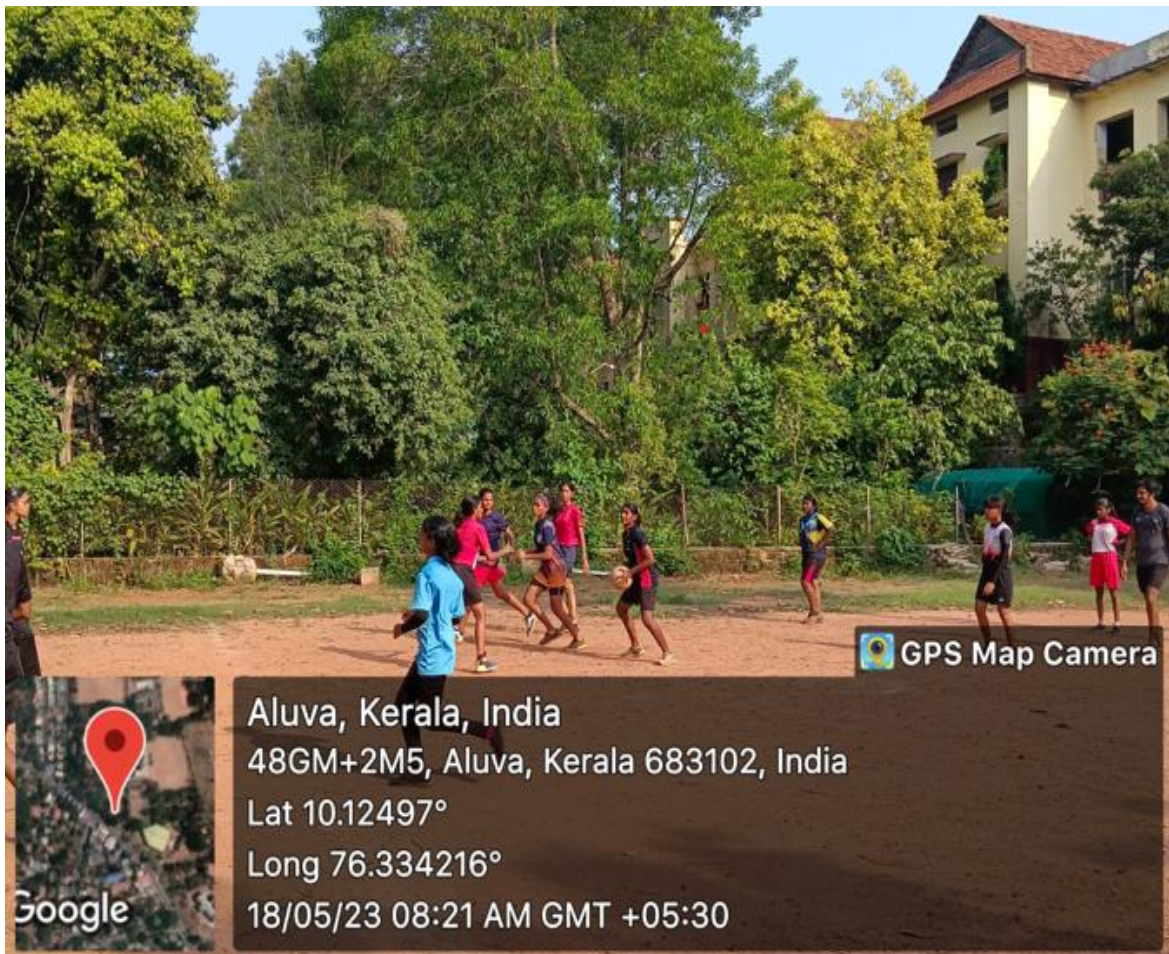
NETBALL ACADEMY
for
Girls and Boys
6 - 15 years

c'mon
Define Your Goals
Set Milestones

FOR MORE DETAILS CONTACT: 9495390766

Summer Coaching Camp
from 11th May to 26th May, 2023

Time : 8:00 am - 10:00 am



- **Union Christian College Basketball Academy**

Union Christian College takes immense pride in its illustrious history in basketball, with a legacy that extends beyond the state of Kerala. Over the years, our Men's Basketball team has produced outstanding players who went on to assume influential roles in promoting Physical Education in various capacities.

In the past, Union Christian College was a dominant force in the Kerala and Universities, securing multiple championship titles. Our All Kerala Intercollegiate Basketball tournament has become a significant event on the sports calendar of Kerala. In the 1960s, our Basketball team reached new heights, boasting remarkable achievements and producing renowned players who represented the university, state, and even national-level tournaments. Furthermore, in 1996, we emerged as champions in the first college games organized by the Kerala Sports Council, showcasing our commitment to excellence in the sport.



To recapture those glory days and nurture young talent, UC College is thrilled to announce the launch of its Basketball Academy for boys and girls, commencing from 10 April 2023 with a summer camp in the newly renovated C. P. Andrew's stadium.

Objectives of the Basketball Academy:

- **Nurturing Local Talent:** The Basketball Academy will be a hub for aspiring players in and around Ernakulam district. It aims to identify and develop raw talent, providing them with a platform to excel in the sport.
- **Empowering the Underprivileged:** The Academy is committed to revitalizing sports among the underprivileged sections of society. By offering specialized training and support, we seek to create opportunities for all, irrespective of their socio-economic backgrounds.
- **Advanced Training:** At the core of our Academy's vision is to provide comprehensive training from the grassroots level. Our expert coaches will work closely with the young players, honing their skills and fostering a deep understanding of the game.
- **Emphasizing Fitness and Recreation:** Beyond competitive training, we believe in promoting the importance of fitness and recreation. The Academy will instill a love for sports and a healthy lifestyle among the participants.
- **Collaboration with Kerala Sports Council:** While the College has a storied basketball history, it acknowledges the challenges posed by the decline of feeder centers. To restore and maintain excellence in the sport, the Basketball Academy seeks critical assistance from the Kerala Sports Council.

UNION CHRISTIAN COLLEGE, ALUVA
DEPARTMENT OF PHYSICAL EDUCATION

SUMMER BASKETBALL & TENNIS COACHING CAMP

“WE ARE SO HAPPY AND EXCITED TO ANNOUNCE THE LAUNCH OF OUR SUMMER COACHING PROGRAM FOR BASKETBALL AND TENNIS. WE BELIEVE THE BEST WAY TO GET CHILDREN INTO SPORTS IS BY TEACHING THEM THE GAME IN FUN AND EXCITING WAY AND MAKING THEM FALL IN LOVE WITH THAT GAME”

AGE	TIME	FEES
BASKETBALL- 6 TO 18	MONDAY TO FRIDAY	BASKETBALL- 1500/-
TENNIS- 8 TO 20	6:30 A.M TO 8:30 AM	TENNIS- 2000/-

WHAT WE OFFER

- * FUNDAMENTAL OF THE GAME
- * A DETAILED EXPLANATION OF RULES AND REGULATIONS THROUGH FUN GAMES
- * WEEKLY COMPETITIONS TO HELP CHILDREN LEARN HOW TO COMPETE IN SPORTS
- * DAILY FITNESS WORKOUTS
- * INDIVIDUAL TRAINING FOR ALL KIDS BASED ON THEIR SKILL SET
- * MATCH BASED LEARNING
- * TEAM BUILDING ACTIVITIES

ADMISSION OPEN

FOR REGISTRATION
AJAY GOPAL -79 07 25 37 40



- **Union Christian College GX Archery Academy**

Archery has a rich history in India, with its roots dating back to 1973. Over the years, the sport has gained momentum and India is emerging as a powerhouse in archery on the global stage. Recognizing the potential and the need to promote this sport, the Department of Physical Education at Union Christian College, Aluva, in collaboration with GX Archery Academy, Ernakulam, established the Union Christian College Archery Academy on 14 July 2022.

The primary objective of the Union Christian College Archery Academy is to nurture and develop talented archers within the college community. The academy strives to provide regular coaching sessions in archery to students, enabling them to enhance their skills, technique, and overall proficiency in the sport. With a team of experienced coaches and state-of-the-art facilities, the academy offers a conducive environment for aspiring archers to excel and reach their full potential.

In addition to regular coaching, the Union Christian College Archery Academy organizes various camps throughout the year. These camps serve as intensive training programs, where archers can hone their skills, learn from experts in the field, and engage in friendly competitions. The academy also conducts summer camps, allowing participants to explore archery during their vacation period.

By offering comprehensive training programs and creating opportunities for archery enthusiasts, the Union Christian College Archery Academy aims to popularize the sport, not only within the college but also in the surrounding community. The academy believes in the

holistic development of its students, fostering discipline, teamwork, and sportsmanship along with archery skills.



Est. in 1921

GX ARCHERY

"Give Wings To Your Olympic Dreams"

UNION CHRISTIAN COLLEGE
DEPT. OF PHYSICAL EDUCATION
In Association with GX ARCHERY ACADEMY

— ANNOUNCES —
ARCHERY COACHING

ADMISSION OPEN TO ALL
📞 **9400 333 698**





- **Union Christian College Tennis Academy: Nurturing Champions, Fostering Community**

From its very inception, Union Christian College has embraced the sport of tennis, fostering a rich tradition that resonates through the years. Our institution takes pride in hosting a vibrant tennis club, where both former faculty members and alumni have passionately played since the college's early days. At the helm of this club stands a dedicated educator who serves as its president, exemplifying our commitment to the sport's promotion.

A testament to our dedication, our students have consistently excelled in tennis, clinching numerous championships at the university level and propelling several of our own into the ranks of university players. Beyond accolades, we've embarked on a journey to cultivate talent from a young age. Every summer, we host coaching camps tailored for children, aiming to instil the fundamentals of the game and ignite their passion for tennis.

Envisioning excellence not just for our students but for the larger community, we took it upon ourselves to raise the bar. Our tennis court has undergone a remarkable transformation, now boasting an international standard. This facility stands as a testament to our commitment to the sport's growth and the aspiration to provide a world-class platform for athletes.

Intriguingly, our endeavours extend beyond the college boundary. In an area where tennis infrastructure is lacking, our revitalized court is a beacon of opportunity for our local community. With the absence of available training facilities, we are now filling this void and opening doors for aspiring players of all ages. To further enhance this initiative, we've enlisted a dedicated tennis coach who diligently guides our students toward mastery of the game.

Within this context, the establishment of our tennis academy is poised to create a profound impact. Not only will it serve as a catalyst for nurturing budding talent within our college premises and the Aluva vicinity, but it will also provide a hub for tennis enthusiasts to converge, learn, and excel. This endeavour echoes our commitment to holistic education and community engagement, weaving sportsmanship, discipline, and camaraderie into the fabric of our institution.



UNION CHRISTIAN COLLEGE, ALUVA

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- **Union Christian College Karate Academy**

Department of Physical Education had started Karate Coaching Class in association with the World Kuydokhan School as an extension activity for interested boys and girls in and around Union Christian College from 2013 onwards. The classes are still continuing on all Wednesday and Friday from 4.30 pm to 5.30 pm. Once in four month students grading is also conducted by the experts in this field, the participants and the community are benefited by this programme.



Impact: However, it is important to note that the impact of sports can vary based on individual preferences, abilities and the level, of involvement; events like this facilitated the students with community engagement, character development, time management, social skills, physical and mental health.