



# UNION CHRISTIAN COLLEGE ALUVA-2



SSR 5<sup>th</sup> CYCLE 2023

Criterion 7

7.2.1 VIKAS



## Flood Relief Operations 2018-19

Union Christian College, Aluva, was a big relief camp during the great flood of 2018. Around ten thousand inmates were in the camp during 15 to 22 August. NSS volunteers along with other volunteers worked very actively to provide food and shelter to the flood victims.









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NAAC Re-Accredited with A Grade in 4<sup>th</sup> Cycle (CGPA 3.45)

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SSR  
5<sup>th</sup> CYCLE  
2023

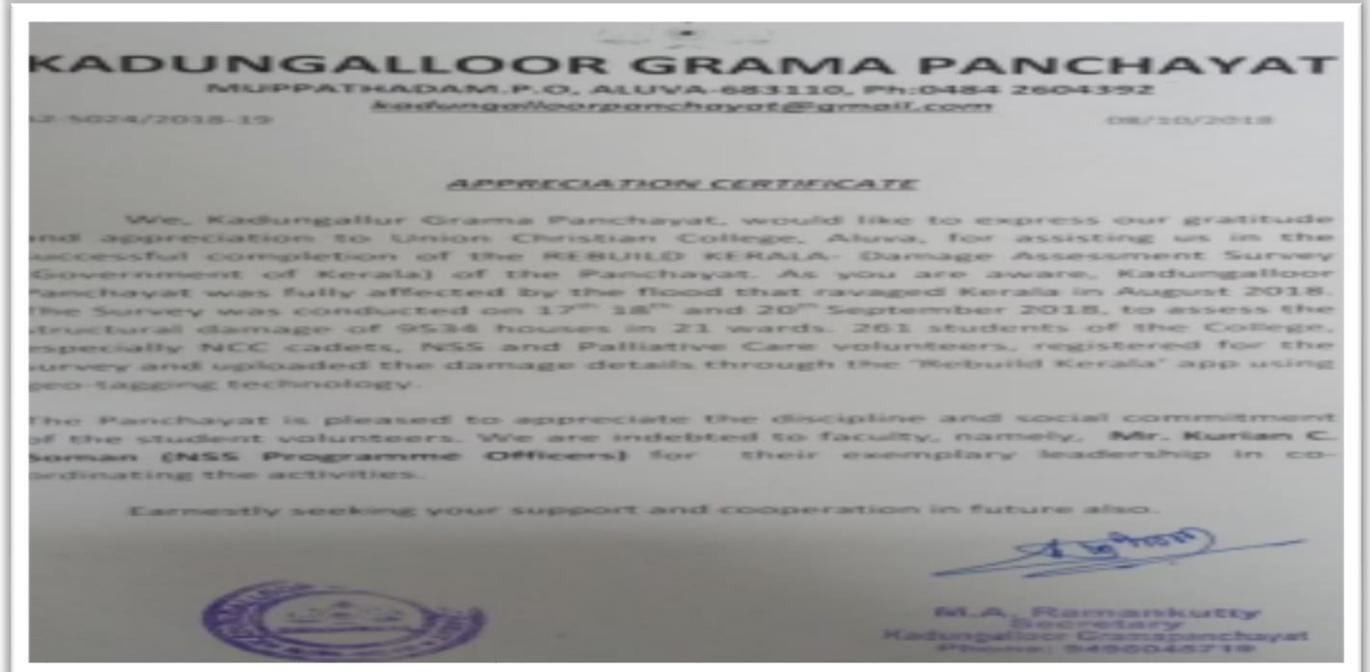
Award received by the Principal, UCC, from the District Collector, Ernakulam for being there to help to support and extending the divine hands of humanity for the needy people in response to the monsoon floods that devastated Ernakulam district during August 2018.





## Rebuild Kerala Survey

NSS volunteers and NCC cadets of Union Christian College, Aluva participated in the REBUILD KERALA- Damage Assessment Survey (Government of Kerala) in the flood affected areas of Kadungalloor Grama Panchayat. The Survey was conducted on September 17, 18, 20, 2018, to assess the structural damage of 9534 houses in 21 wards of the Panchayat. 261 student volunteers registered for the survey and uploaded the damage details through the Rebuild Kerala app using geotagging technology.





## Flood 2019- 20





## COVID-19 First Level Treatment Centre (FLTC)





## Post COVID-19 activities 2022-23

### Seminar Session On ‘Health Through Ayurveda and Post COVID Effects On Youth (31/01/2023):

The NSS Unit of Union Christian College, Aluva conducted an orientation class for NSS volunteers in association with Kottakkal Ayurveda Hospital on the topic: ‘Health through Ayurveda and Post COVID effects on Youth’. The class was led by Dr. P. G. Unnikrishnan and Dr. Sreeram P. Unnikrishnan. It was an effective session which discussed 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 Aaryavaidyashala**



## Ground Cleaning Programme at Blind School, Keezhumad

On January 26, 2019, NSS volunteers cleaned the cricket ground of Blind School, Keezhumad. Seventy volunteers participated in this programme. This made it possible for the blind students to play cricket more comfortably.



## Blood donation camp

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





## Blood Donation Camp 2022-23

In connection with the centenary celebrations of UCC, Aluva a blood donation camp was organised in collaboration with IMA, Aluva. The program was inaugurated by the Hon. MLA Shri. Anwar Sadath in which NSS and NCC were there with their active presence.





## Disabled Student Support

The white cane day was celebrated on 15/10/2022 in which the NSS volunteers take the initiative in conducting program that includes a rally, general meeting and exhibition which was presented by the students of blind school in Keezhmaad. The students from other institutions was also part of it. The blind students showed their skills and talents during the session.





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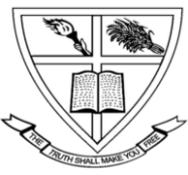




## Padheyam Pothichoru

An initiative by UCC student organization 'Padheyam Pothichoru' attempts to provide food for the needy. Students bring food packets from their homes which are collected centrally and distributed to the nearby colony, government hospitals and public spaces in and around Aluva.







## Snehasparsham

Food and stationery materials were handed over to the Welfare Association Trust, South Veliyathnadu on February 10, 2023. Those materials were the balance products of the seven-day special camp which handed over to them with at most care and with understanding the concern for the need of humanity in the society.





As part of charity programme 'Sahapadikk Oru Veed project' (house for a needy student), NSS volunteers collected an amount of Rs. 3,00,000/- from teachers, students and well-wishers and constructed a 600 sq. ft. house for BA Malayalam student Ms. Anjaly T. S., Thekkekalathil House, Kozhithiruth, Elenthikara (PO), PIN- 683 594. The project was completed successfully with the immense local support.



Before construction





## National Cadet Corps

### 2018-19

**Volunteers of Rebuild Kerala Survey of Kadungalloor Panchayat:** Almost all cadets were volunteers for the Rebuild Kerala Damage Assessment Data Entry through Geo-tagging app, of Kadungalloor Panchayat- 9534 houses in 21 wards surveyed (17-20 September, 2018).

### 2019-20

Just as the previous years, the cadets found time to participate in various social service activities, along the NSS unit, Gandhi Darshan Club and the College Union. On June 21, **International Yoga Day** was celebrated in association with the support of the Physical Education Department of the College and the Sports Council. The cadets volunteered to organize **two blood donation camps** along with the NSS unit and used the occasion to donate blood also. While in 2018 the cadets were fully involved in various flood relief activities in the neighbourhood, this year they collected and **donated relief materials to Assam and Wayanad**. The cadets participated in the **Police Commemoration Day Run** organized by the Ernakulum Rural Police, on October 23. The first year cadets got a memorable opportunity to join the March Past and Parade ceremony conducted by the Kerala Police and all the central Armed forces on the occasion of **Rashtriya Ekta Divas** on October 31 at Kakkanad. On November 17, we joined the **Gandhi Smrithi Yatra conducted by Matrubhoomi** to celebrate the 150<sup>th</sup> anniversary.

### 2020-21

The **World Environmental day** was celebrated on June 5, where NCC cadets prepared a video and poster based on the importance of conservation of mother earth which also highlighted the positive changes on environment due to lockdown.

The **International Yoga day** was celebrated on 21st June by NCC cadets. Talents of cadets who practice yoga was showcased through clicking photographs of them doing different yoga postures and by preparing posters on the same.



The **International Day Against Drug Abuse and Illicit Trafficking** (June 26) is a United Nations International Day against drug abuse and the illegal drug trade. NCC cadets created awareness posters to bring a considerable change in the use of drug and to spread awareness about the harmful impact of drugs.





2021-22

When the college reopened after the COVID-19 pandemic, NCC cadets worked with college for ensuring the COVID-19 protocol and also helped in vaccine drive. As part of **Clean India Campaign** the cadets collected about 127 kg plastics from UCC campus and was sorted with the help of Dr. Justin R Nayagam,



Assistant Professor of Botany Department.

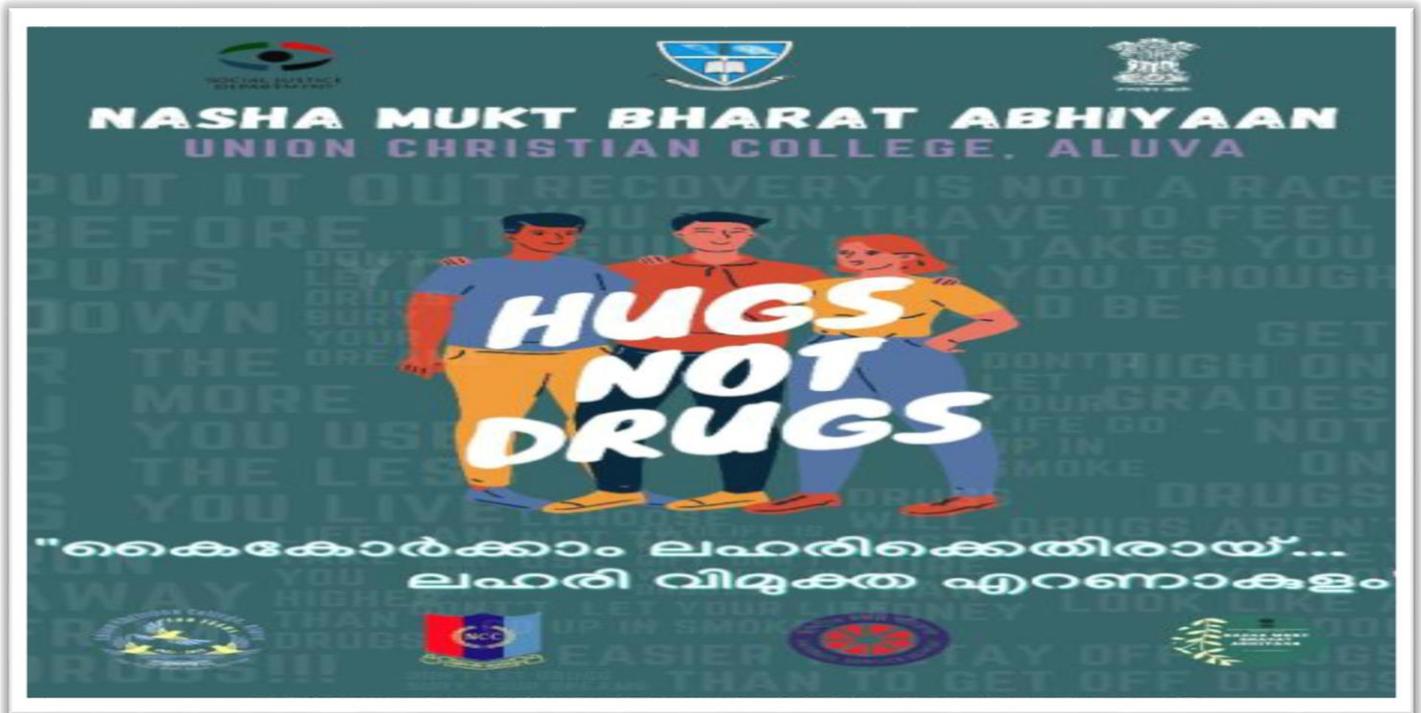
In the centenary year of UCC, the unit initiated a **drive for hair donation** in association with the Cochin Cancer Research Centre. Eight cadets and seven well-wishers donated their hair towards helping the people who are battling cancer. Provision kits were provided to five needy cadets of NCC unit who were under financial stress.



## 2022-23

1. On April 9, 2022, a **hair donation campaign** was conducted by the NCC. Cadets from all three years donated their hair and spread awareness about cancer. On June 14, a **blood donation camp** was conducted as a social service for spreading the awareness and importance of blood donation.
2. On June 28, a street play was organized as part of **International day against drug abuse and illicit trafficking** by the cadets in the campus compound.
3. **Foot policing** against single use plastics was conducted around the commercial stores in Aluva. Paper bags made by cadets were distributed among the shopkeepers.
4. On August 12, 2022 as a part of 'Nasha Mukta Bharat Abhiyaan' an interactive session was arranged for the cadets explaining about the after effect of using drugs and its preventive measures.





5. As part of 'Har Ghar Tiranga- Azadi ka Amrit Mahotsav' cadets along with young Japanese scholars visited 'Kids Dale' day care. As a part of 'Azadi Ka Amrit Mahotsav' a run was organized with support of Railway protection force, Southern railway from Aluva railway station.





6. **Flag collection drive** was conducted as part of Independence day celebration On September, 22, 2022 as a part of **Puneet Sagar Abhiyaan**, a group discussion and oath taking session was arranged by the cadets for the conservation prevention and protection of sea shores from plastics.
7. A **street play** was organized by the cadets as a part of Puneet Sagar Abhiyaan with the message of pollution and it's harmful after effects in human life on September 30, 2022. On October 2, 2022 a cleaning session was conducted and craft works were made by the cadets from waste materials.



8. As part of **Drug free India campaign**, the cadets of 7k girl's battalion conducted a pledge to spread awareness about drugs and its impact on daily life on November 1, 2022. An Anti-drug survey was conducted by the cadets of 7k girl's battalion in the college campus. They distributed forms to be filled by the students and studied the survey results. As a part of 'Puneet Sagar Abhiyaan' a cleaning session was organized in collaboration with St. Xavier's College, Aluva. The two colleges took the initiative to clean the areas surrounding Manappuram Siva Temple in the banks of river Periyar which is a public spot.

## Anti-Narcotic club (2018- '23)

1. On the June 26, 2018, an initiative was taken to celebrate the *International Day against drug abuse and illicit trafficking*. A painting competition was held for the students of the college under the theme 'Against Drug Abuse'. More than 40 students participated in the competition and the paintings were later exhibited for the teachers and students of the college.





2. A group painting event on the above theme was also organized as part of the programme which was inaugurated by Prof. Unnikrishnan, Former Faculty member of Raja Ravi Varma College of Fine Arts, Mavelikkara, Kerala. The event helped to reinstate the role of youth in being change-agents and as mediators in spreading public awareness about the ill-effects of substance abuse.



3. As part of *field trip meant for enrichment of students* of the college, students of Psychology visited psychiatric hospitals with de-addiction units attached to them. They could take part in the Alcoholic Anonymous (AA) meetings held at the De-addiction unit of the hospital and could meet the inpatients as well. Students got opportunity to meet psychiatrists, psychologists and social workers who were part of the de-addiction team and sessions were led by them where they shared both scientific and practical information about the risk factors of substance abuse, treatment methods and rehabilitation of drug users. These enabled students to gain relevant information regarding the factors associated with drug use initiation and maintenance, especially in the context of our culture.



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4. Students of the college got the opportunity to *visit schools and educational institutions* and study the attitude of school students towards drug use. An awareness schedule was later prepared by students themselves which could be administered to school and college students to understand their attitude towards drug abuse. They could even identify the factors which are important in preventing adolescents from not abusing drugs. Thus, students could reach a higher level of understanding about the chief risk factors of substance abuse and the need for early intervention and prevention of this hazardous behaviour.

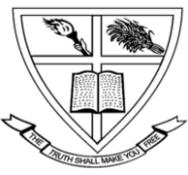
### 2019- '20

As part of the Vimukthi mission of the State Excise department, the Anti-Narcotic Club of Union Christian College, Aluva organized 'Vimukthi Jwala' on February 7, 2020 to sensitize the college community regarding the need to spread light in the lives of people affected by drug abuse.

Another awareness programme for the public, a two-wheeler rally was organized by the club in association with the Vimukti Mission of the State Excise department on the 19th of February, 2020. Around 50 students of the college participated in the bike rally which carried the message of spreading awareness regarding harmful drug use. Students who participated displayed banners and placards and the rally was led by Excise officers and faculty members of the College. The team also visited the ESIC hospital, Udyogamandal, Ernakulum, where the students distributed hand-made pamphlets displaying 'say no to drug' messages to the patients and staff of the hospital. A friendly football match was also organized in the college with the support of the Excise department and in association with the Physical education department of the college.

### 2021- '22

An Online Anti-Narcotic Campaign, which started on 26 June 2021 with a Webinar on the topic "**Sharing Facts on Drugs: Save Lives**" led by Mr. V. T. Job, NMBA co-ordinator and Faculty member, Vimukthi. The session was conducted in Google Meet platform and had 120 participants



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2023



## UNION CHRISTIAN COLLEGE ALUVA

ESTD IN 1921

REACCREDITED WITH 'A' GRADE BY NAAC

### OBSERVANCE OF THE INTERNATIONAL DAY AGAINST DRUG ABUSE AND ILLICIT TRAFFICKING

### NASHA MUKT BHARAT ABHIYAAN

ലഹരി വിരുദ്ധ ബോധവൽക്കരണ പരിപാടി

JOINTLY ORGANISED BY THE  
ANTINARCOTIC CLUB, IQAC  
AND DEPARTMENT OF  
ZOOLOGY



### THEME OF THE TALK: "SHARING FACTS ON DRUGS, SAVE LIVES"

#saynotodrugs

#nashamuktbharatabhiyaan



Resource Person

MR. V.T. JOB

Faculty, Vimukthi Mission,  
Kerala State Excise Department  
Member, Nasha Mukth Bharat Abhiyan,  
Department of Social Justice

"കൈകോർക്കാം ലഹരികെതിരായ്...  
ലഹരി വിമുക്ത ഏറണാകൂളം"



SOCIAL JUSTICE  
DEPARTMENT

Date: 26th June 2021  
Time: 10:00 am - 11:30am



सत्यमेव जयते

Dr. Malini R, Dr. R.S Radhika,  
Dr. Elizabeth V Mathew,  
Dr. Divya Susan Philips  
Faculty Coordinators

Dr. Manju M George  
IQAC Co ordinator

Dr. Rachel Reena Philij  
Principal



1. A Clubhouse Discussion on Drug Abuse was conducted on July 9, 2021. Main panelists in the discussion included Police Officer Mr. Jamal, Mr. Binoy, Professor, CUSAT and Mr. Biju, Assistant Chemical Examiner, Forensic Department.



The poster is yellow with a black border. At the top, it features four logos: Social Justice Department, the Government of India emblem, the NCC logo, and the Union Christian College logo. Below these is the title 'NASHA MUKTH BHARAT ABHIYAAN' in bold black letters, followed by 'UNION CHRISTIAN COLLEGE, ALUVA' and 'CAMPAIGN LED BY NCC, NSS, ANTI NARCOTICS CLUB'. The word 'Presents!!' is centered below. The main text in Malayalam reads: 'കൊച്ചി പഴയ കൊച്ചി അല്ല പക്ഷേ ഡ്രഗ്സ് പഴയ ഡ്രഗ്സ് ആണ്!!'. To the left is a photo of a woman with the text 'Club house discussion'. To the right is the date and time: '9/7/2021 Friday 7.30 pm'. At the bottom, it says 'All are welcome!' and 'LET'S LEARN AND UNLEARN TOGETHER!!'. Three logos are at the very bottom: Union Christian College, NSS, and Anti-Narcotics Club.



2. A **Mass Mailing Campaign** was organized on July 14, 2021. The e-mails were 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 folk

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

**Respected Sir,**

**In Accordance with Nasha Mukh 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 MUKT BHARAT ABHIYAAN

Union Christian College, Aluva

Campaign led by NSS, NCC, Anti-Narcotics Club



## MASS MAILING

"കൈകോർക്കാം ലഹരിക്കെതിരായ്...  
ലഹരി വിമുക്ത എറണാകുളം"

To consider a whole week as "Dry week" that ensure complete abstaining from drugs.



#saynotodrugs

#nashamuktbharatabhiyaan



- An online Interactive Session on the topic “**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.

**NASHA MUKT 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

Platform

**BIBIN GEORGE**  
 Psychiatric Social Worker  
 Vimukthi De-addiction centre,  
 Muvattupuzha

“രക്തകാർമ്മം മഹനീരമരണിനാമ്...  
 മഹനീ വിദ്യയാണു ഹൃദയാക്ഷയം”

#ssr2023



4. On July 18, another awareness session was conducted for parents by NCC, NSS and Anti-Narcotic Club in association with PTA of UC College. The resource person for the talk was Dr. Sheena. G. Soman, Consultant Psychiatrist, Thiruvananthapuram.

**UNION CHRISTIAN COLLEGE  
ALUVA**

**നല്ല ശീലങ്ങൾ - ഓണിലെൻ്റെ  
വിദ്യാഭ്യാസ കാലത്ത്**

**ലഹരി വിമുക്ത ഭാരതം - ഏറണാകളും**  
നയിക്കുന്നത്

  
**DR. SHEENA G SOMAN**  
CONSULTANT PSYCHIATRIST, THIRUVANANTHAPURAM

**18** | **2.30PM-**  
JULY 2021 | **3.45PM**

PLATFORM:-  **GOOGLE MEET**

**"കൈകൊർക്കാം ലഹരിക്കെതിരായ്...  
ലഹരി വിമുക്ത ഏറണാകളും"**

**NASHA MUKT BHARATH ABHIYAAN**  
CAMPAIGN LED BY:- NCC, NSS UNITS AND ANTI NARCOTIC CLUB OF  
UNION CHRISTIAN COLLEGE, ALUVA  
IN ASSOCIATION WITH :- PTA, UNION CHRISTIAN COLLEGE, ALUVA



5. Another Webinar on the topic "Yes to Life No to Drugs", led by Mr. Bins George, Clinical Psychologist was organised on July 24, 2021.

**UNION CHRISTIAN COLLEGE, ALUVA**

**SOCIAL JUSTICE DEPARTMENT**

**NASHA MUKT BHARAT ABHIYAAN**

Awareness Talk On

# YES TO LIFE NO TO DRUGS

**24th JULY 2021 @10:30am**

**Platform :** Google Meet

**RESOURCE PERSON :**

**Mr. Bins George**  
Clinical Psychologist,  
S.H.Hospital, Paynkulam,  
Thodupuzha

**MODERATED By :** **Dr Marikutty P J**  
Assistant Professor,  
Department of Psychology,  
UC College Aluva

*Organised By*  
**ANTI NARCOTIC CLUB, NCC, NSS**  
*in association with*  
**BLISS(COUNSELLING CENTRE)**

**\*കൊടകമോ... ലഹരിമരുന്നോ... ലഹരി വിമുക്ത എങ്ങനെയും\***  
#nashamukt Bharatabhiyaan #savnotodugs



6. Intercollegiate Competitions like **Troll Making, Movie Analysis, Power point Presentation Competition with innovative ideas to minimize drug consumption in youth, Letter Writing**, were conducted on of July 12, 19, 20, 21 respectively. Competitions like **Poster Designing, Cartoon Drawing and Caption Writing** were also conducted on the July 19, 20, 21 respectively for school students.



**NASHA MUKT BHARAT ABHIYAAN**  
UNION CHRISTIAN COLLEGE, ALUVA

**കണ്ടതും അറിഞ്ഞതും**  
**A MOVIE ANALYSIS COMPETITION**  
campaign led by ANTI NARCOTIC CLUB, NCC, NSS

**OPEN TO ALL COLLEGE STUDENTS**

#saynotodrugs  
#nashamuktbharatabhiyaan

കൈകോർക്കാം ലഹരിരഹിതരായ്, ലഹരി വിമുക്ത എറണാകുളം



*UNION CHRISTIAN COLLEGE, ALUVA*

**NASHA MUKT**

**BHARAT ABHIYAAN**

*CAMPAIGN LED BY ANTI-NARCOTIC CLUB, NCC & NSS*

# CAPTION WRITING COMPETITION

"കൈകോർക്കാം ലഹരിക്കെതിരായ്...  
ലഹരി വിമുക്ത എറണാകുളം"

**#saynotodrugs**

**#nashamuktbharatabhiyaan**





7. **Two Pledge Challenges** were organised on July 6 and 13, 2021 in which students, teachers and others took a strong determination against drug use.

**SOCIAL JUSTICE DEPARTMENT**

**NASHA MUKT BHARAT ABHIYAAN**  
UNION CHRISTIAN COLLEGE, ALUVA

**ANTI-NARCOTICS PLEDGE**

I \_\_\_\_\_(name) pledge to make the world a better place for everyone by saying NO TO DRUGS And I support the Anti Drug Campaign by taking a stand against alcohol and drug abuse.

**I NOMINATE :**

\_\_\_\_\_

\_\_\_\_\_

"കൈകോർക്കാം ലഹരിക്കെതിരായ്...  
ലഹരി വിമുക്ത എറണാകുളം"

CAMPAIGN LED BY : NSS , NCC UNITS AND ANTI NARCOTICS CLUB



Social Justice Department

**NASHA MUKT BHARAT ABHIYAAN**  
UNION CHRISTIAN COLLEGE, ALUVA  
Campaign led by NSS, NCC, anti-narcotics club

**WHAT GIVES YOU PLEASURE WHEN YOU ARE DOWN??**  
**NO DRUGS**   
**THEN WHAT?**

\_\_\_\_\_

\_\_\_\_\_

#saynotodrugs  
#nashamuktbharatabhayan

" കൈകോർക്കാം ലഹരികെതിരായ് .....  
ലഹരി വിമുക്ത ഏറുന്നാകൂളം"



8. An **Online Survey** on Drug Abuse was conducted amongst the public on July 22, 2021.





9. **2 Animation Videos** were prepared and circulated through various social media platforms to create a public awareness about Drug Abuse on July 8 and 16, 2021. Various other **Awareness videos** were also prepared.



10. A **Film video** which portrayed various movie scenes edited in a beautiful way was circulated on 18 July 2021 to give proper awareness on drug abuse.



11. Another **Awareness video** which included news visuals on drug abuse was shared in various social media on July 23, 2021.
12. A **Mask video** where students designed masks with short quotes on drug abuse.



13. **Dance video** choreographing the theme song of Vimukthi Mission and a **Hindi Awareness video** were circulated on July 15 and July 25, 2021.





14. Along with these, **Awareness videos** were prepared also on the July 7 and 10, 2021.



15. “**An Alternative to Drug**” challenge was conducted on July 17, 2021 in which around 500 people participated. A common **template with the question-** What gives you Pleasure when you are Down? No Drugs Then What? was circulated with enough space to fill up one's way of finding pleasure when life gets hard.



16. **Awareness posters** were prepared and circulated on 5-13 July on various social media platforms. The campaign ended with a closing ceremony on 25 July 2021 with Dr. Anish K.R, Coordinator, NMBA State Resource Person, gracing the online function.



All the above campaigns tried to make the youth and public aware of the dangerous consequences of drug abuse and to show them that life itself is an addiction. It also tried to define new ways to get pleasure in life.



The Anti-Narcotic club of Union Christian College Aluva, hosted an **AIDS awareness programme** on **14 December 2022**, under the auspices of the Kerala State AIDS Control Society which was co-ordinated by the Community Health Centre of Karumalloor Panchayat. Information regarding the nature of AIDS, reasons for its spread and methods of prevention were made clear to the students through the medium of **Magic show. Famous Magician and Artist Mr. R.C. Bose** was the resource person for the programme.



2023- '24



The International day against Drug Abuse and Illicit Trafficking was observed by the Anti-Narcotic Club in association with the NCC, NSS, and the Gandhi Darshan Club of UCC on the **26 June 2023**. **Mr. Jerry P. Mathew**, Consultant Clinical Psychologist, Marian Medical Centre, Pala was the chief resource person.





The Anti-Narcotic Club and the Quiz club of UCC jointly organized an awareness quiz competition titled 'Unraveling Substance Abuse and Its Laws' on 17 October 2023. The programme was under the initiative of the Kerala State Excise department and the Vimukthi Mission with a view to spread awareness regarding drug abuse and the laws related to it. The quiz competition was led by Excise Preventive Officers Mr. Ummer M. P. and Mr. Suresh Babu. 24 students participated in the quiz competition and two teams qualified for the district-level competition.





## One Touch Pain and Palliative Club (2018-23)

Pain and Palliative care volunteer's unit was initiated by a group of Psychology students, UCC, Aluva during 2012 –13.

### Activities (2018- 19)

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

Visit to Lulu Mall: volunteers accompanied patients to Lulu mall and gifted them a grocery packet. Visit to Kuzhuppilly beach – The students escorted the paraplegia - patients to Kuzhuppilly beach for a day out, in April. Visit to Oncology and Isolation wards of the general Hospital, Ernakulum–The programme brought the unit members closer to the sufferings of the terminally ill. Material collection and fund raising for patients of Bethlehem Abhaya Bhavan, Kodanadu.





## Activities (2019 – '20)

ORMA 2019: Gathering of 50 paraplegia patients along with their bystanders in March. 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. The students visited Sneha Jyothi Sisubhavan, an orphanage, on 19 January, 2018 to distribute essential items.

A two-day training programme was held at the Pain and Palliative Care unit of Anwar Hospital, under guidance of Dr. Hyderali. 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 by paraplegia patients.





## Activities (2020- '22)

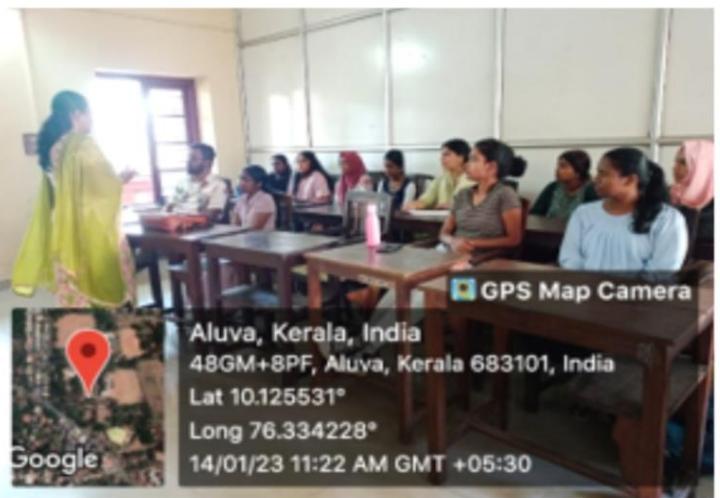
During COVID time, volunteer students helped the patients staying nearby, supplying groceries and medicines required.

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- '23)

The activities of the unit started with an orientation programme by Ms. Bini Manoj, Nurse, Aluva government hospital. The programme included a training session for unit members, on how to maintain physical hygiene of bedridden patients. 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. 12 unit members participated as volunteers in a job fair programme organized for locomotor disable patients held at Cottolengo North Paravur Centre. Financial assistance of Rs.3000/- was given for a cerebral Palsy patient for renovating his bathroom.





The National Service Scheme, UCC, Aluva, visited the Palliative Care unit of Veliyathunadu on March 18, 2023. 35 volunteers and two Programme Officers visited the unit. Our volunteers interacted with the inmates and performed several cultural events for them.

Est. in 1921

**NATIONAL SERVICE SCHEME**  
UNIT No. 52  
**UNION CHRISTIAN COLLEGE, ALUVA**

**സ്നേഹസ്പർശം**

Veliyathunadu, Kerala, India  
4876+Q74, Veliyathunadu, Kerala 553011, India  
Lat 10.138570°  
Long 76.218854°  
18/03/23 12:12 PM GMT +05:30

Veliyathunadu, Kerala, India  
4876+Q74, Veliyathunadu, Kerala 553011, India  
Lat 10.138550°  
Long 76.218857°  
18/03/23 10:47 AM GMT +05:30

Veliyathunadu, Kerala, India  
4876+Q74, Veliyathunadu, Kerala 553011, India  
Lat 10.138509°  
Long 76.218818°  
18/03/23 12:12 PM GMT +05:30

Veliyathunadu, Kerala, India  
4876+Q72, Veliyathunadu Rd, Veliyathunadu, Kerala 553011, India  
Lat 10.138839°  
Long 76.218842°  
18/03/23 11:16 AM GMT +05:30

**PALLIATIVE VISIT**  
18 - 03 - 2023



## We Care Fund Collection

To help the vulnerable groups in need of immediate assistance, Government of Kerala Started a Project named 'WE CARE' in association with National Service Scheme (October 2022). The amount was collected from the students and teachers in which very good response was there from everyone. The collected money was handed over to the Programme Officer.





Sanjayan Markose engaging a session during Documentary making workshop





In association with INOHRP, the Ernakulum district and national state committees conducted a 'Drug Free India Campaign' from November 01 to 11, 2022. The programme was inaugurated in UCC, Aluva on November 01, 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.





## Basic Life Support Skill Training 2022-23

The National Service Scheme associated with Federal Bank and conducted a one-day training class on topic "CPR Skill Training for Youth". The Session was led by Mr. Bestin Manuel, the American Heart Association certified Trainer. Apart from NSS Volunteers, other students and teachers also attended the session.

**NATIONAL SERVICE SCHEME**  
UNIT No. 52  
UNION CHRISTIAN COLLEGE, ALUVA

**BASIC LIFE SUPPORT AND  
CPR SKILL TRAINING**

24 - 03 - 2023

HORMIS BEDOCHAL FOUNDATION  
**FEDERAL BANK**  
A Federal Bank CSR Initiative



## വിദ്യാർത്ഥികൾക്ക് പ്രഥമശുശ്രൂഷാ പരിശീലനം നൽകി



● ഹോമോൽ ബോർഡിംഗ് ഡോർസിൻ മെമ്മോറിയൽ പാഠശാലയ്ക്ക് നേതൃത്വത്തിൽ ആലുവ യൂ.സി. കോളേജിലെ വിദ്യാർത്ഥികൾക്ക് പ്രഥമശുശ്രൂഷാ പരിശീലനം നൽകുന്നു.

ആലുവ • ഹെഡ്വൗറൽ ബാങ്ക് ഹോർമിംഗ് മെമ്മോറിയൽ പാഠശാലയ്ക്കെതിരെ നേതൃത്വത്തിൽ ആലുവ യൂ.സി. കോളേജ് വിദ്യാർത്ഥികൾക്ക് പ്രഥമശുശ്രൂഷാ പരിശീലനം നൽകി. ബോധിക് ലൈഫ് സപ്പോർട്ട്, സി.പി.ആർ, എന്നിവയിലായിരുന്നു പരിശീലനം.

കോളേജിലെ എൻ.എസ്.എസ്. അംഗങ്ങളായ 120 വിദ്യാർത്ഥികൾ പങ്കെടുത്തു. ഹെഡ്വൗറൽ ബാങ്ക് അസോസിയേറ്റ് ലൈഫ് പ്രസിഡന്റ്, തോട്ടത്തുടകം ബ്രാഞ്ച് ഹെഡ്വൗറൽ റോസ്റ്റിൽ തോമസ് പരിശീലന പരിഷ്കാരി ഉദ്ഘാടനം ചെയ്തു. യൂ.സി. കോളേജ് പ്രിൻസിപ്പൽ ഡോ. എ.കെ. എസ്.എസ്. സി.എസ്. സി.എസ്. കമ്മന്ദൻ.

അടവിലെ ഹാർട്ട് അസോസിയേഷൻ സർട്ടിഫിക്കറ്റ് ക്രിസ്ത്യൻ സെന്ററിൽ മാനുവൽ ക്രിസ്ത്യൻ നേതൃത്വം നൽകി. എൻ.എസ്.എസ്. പ്രോഗ്രാം ഓഫീസർ മാന്ദയ ഡോ. അലക്സാൻഡർ ബി. നായർ നേതൃത്വം വഹിച്ചു. ഡോ. ആശ ബേബി മാത്യൂസ് നേതൃത്വം വഹിച്ചു.

ഹോർമിംഗ് മെമ്മോറിയൽ പാഠശാലയ്ക്ക് നേതൃത്വത്തിൽ എറണാകുളം, തൃശ്ശൂർ ജില്ലകളിലായി 66 വിദ്യാർത്ഥന്മാർ സ്ഥാപനങ്ങളിലെ 5,000-ത്തോളം വിദ്യാർത്ഥികൾക്ക് പ്രഥമശുശ്രൂഷാ പരിശീലനം നൽകി.

കോഴ്സിംഗ് എൻ.സി. ഗ്രോണൽ എഡ്യൂക്കേഷണൽ റിസോഴ്സിന്റെ അധ്യക്ഷതയിൽ നടന്നു.

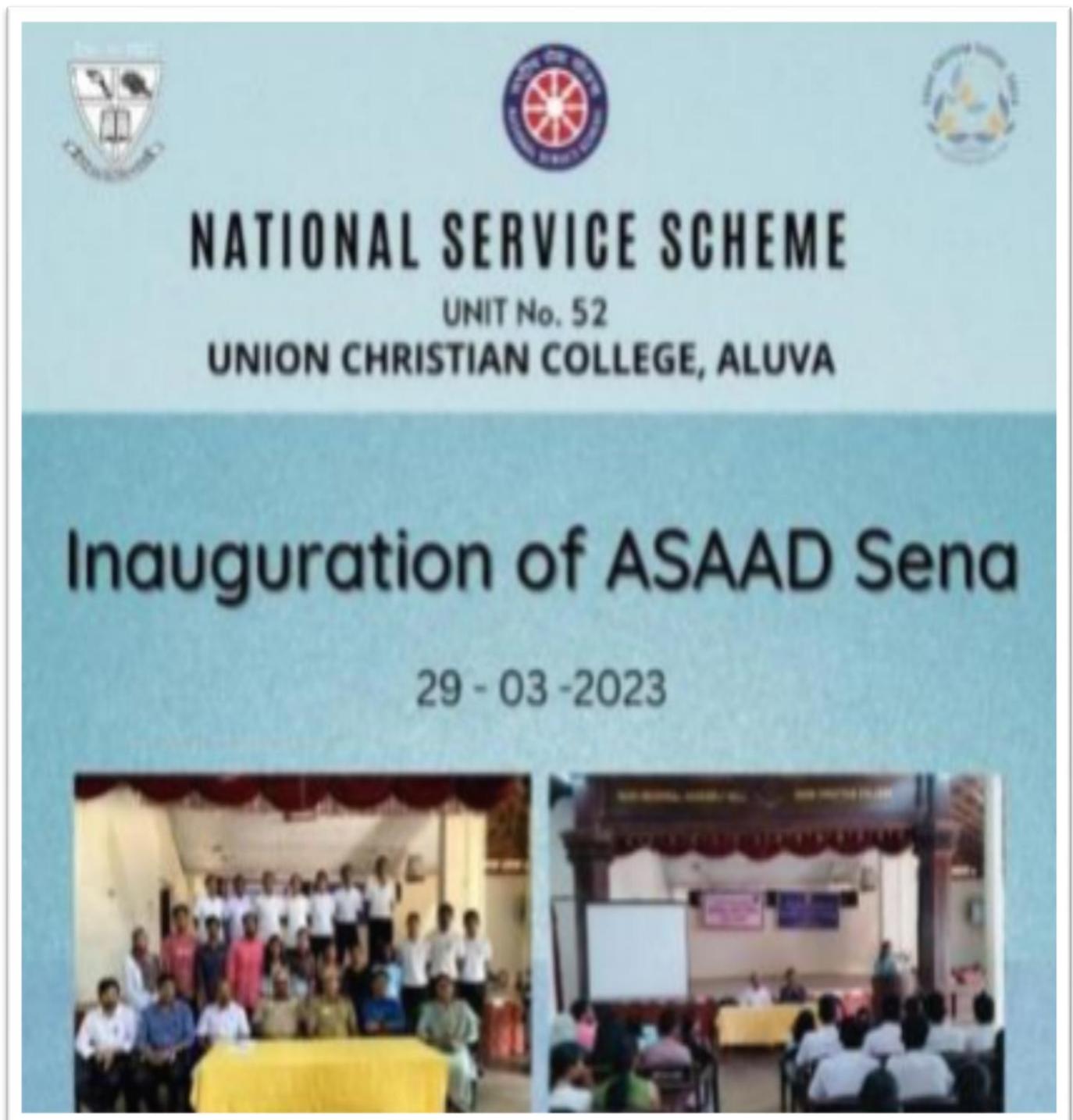
## ജീവൻരക്ഷാ പരിശീലനം

ആലുവ • ഹെഡ്വൗറൽ ബാങ്ക് ഹോർമിംഗ് മെമ്മോറിയൽ പാഠശാലയ്ക്കെതിരെ നേതൃത്വത്തിൽ യൂസി കോളേജ് വിദ്യാർത്ഥികൾക്കായി ബോധിക് ലൈഫ് സപ്പോർട്ട്, സി.പി.ആർ എന്നിവയിൽ പരിശീലനം നൽകി. ബാങ്ക് തോട്ടയ്ക്കൊട്ടുകര ശാഖാ മേധാവി റോസ്റ്റിൽ തോമസ് ഉദ്ഘാടനം ചെയ്തു. പ്രിൻസിപ്പൽ ഡോ. എ.കെ.എ. പുണ്യസ് അധ്യക്ഷത വഹിച്ചു. അമേരിക്കൻ ഹാർട്ട് അസോസിയേഷൻ ട്രെയ്നർ ബെൻജിൻ മാത്യൂവൽ, എൻ.എസ്.എസ്. പ്രോഗ്രാം ഓഫീസർ മാന്ദയ ഡോ. അലക്സാൻഡർ ബി. നായർ, ഡോ. ആശ ബേബി മാത്യൂസ് എന്നിവർ പ്രസംഗിച്ചു.



## Azad Sena 2022-23

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





## Centre for the Study of Religion and Society (CSRS) 2018-19

Published ten little magazines carrying the experiences of students with various personalities interviewed in the form of articles, notes, poems, drawing and reviews have been published.



### Interview and Documentary Shooting:

1. Theatre artist and organic farmer Sreeja Aarangottukara: The team could capture the gaiety and spirit of harvest coupled with the richness of art and folklore experienced by locals including children, her initiative named Krishi Padasala exclusively for native children to understand the sustainable methods of organic farming, preservation of paddy seeds and inculcating in them creativity and promoting their artistic endeavours.



2. Architect and mud house builder Biju Bhaskar, Thiruvannamalai, Tamil Nadu- Rejuvenation of traditional elements of Indian architecture and design.
3. Renowned actor, writer and social critic V. K. Sreeraman, Trissur: Mainstreaming many alternative lives through his writings and interventions in the visual media.
4. Play “*Idanilangal*” by Sreeja Arangottukara was documented by the team so as to showcase her engagement with theatre.
5. ‘Mannathi theyyam’ a folk ritual art form was performed at UCC.



## Centre for the Study of Religion and Society (CSRS) 2019-20

### Interview and Documentary Shooting:

1. Social worker and medical officer-in-charge, Regional Blood Bank, Ernakulam District Dr. N. Vijayakumar, played a critical role in setting up a Blood Bank in Aluva remains a model for other such centres. His work has been instrumental in saving many lives and has had positive influence on the lives of dialysis patients from underprivileged sections.





2. Sixth T.O Abdulla Endowment lecture, Sri. Binoy Viswam, MP released compilation of sixteen interviews in the form of an edited book named Ottavakkinte Muzhakkangal: Badaljeevitha Matrukakal and a documentary named Mannu on August 30, 2020.





ഒറ്റവാക്കിന്റെ മുഴക്കങ്ങൾ  
Ottavakkinte Muzhakkangal

Editors | Dr. Mini Alice, Nino Baby  
Malayalam | Interviews

Sapiens Literature Edition 2020 February

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## Centre for the Study of Religion and Society (CSRS) 2022- '23

In 2023 the CSRS joined hands with the centenary lecture series and a talk by Mrs. Sheeba Ameer, a social worker and director, Solace. The topic was 'You Matter' on October 27, 2022.

## Public Lecture to create value orientation among students 2022- '23

**UNION CHRISTIAN COLLEGE**  
Aluva - 683102, Kerala, India (Estd. 1921)  
(Re-accredited with 'A' Grade by NAAC)

**CENTENARY  
PUBLIC LECTURE  
SERIES**

**LECTURE 4**

**Topic : My Work, My Life - Nature & Being**

**Date : 29-09-2022**  
**Time : 2:30 PM - 3:30 PM**

**Smt. Daya Bai**  
Social Worker &  
Activist

**VENUE**  
VMA HALL  
UC COLLEGE



30  
30th Anniversary  
1993-2023

## കലാകൗമുദി

# എൻഡോസൾഫാൻ ഇരകളെ മറക്കരുത്: ദയാബായി



യു.സി. കോളേജ് ശതാബ്ദി പ്രഭാഷണ പരമ്പരയുടെ ഭാഗമായി 'എന്റെ കർമ്മം, എന്റെ ജീവിതം' എന്ന വിഷയത്തിൽ സാമൂഹിക പ്രവർത്തക ദയാബായി സംസാരിക്കുന്നു

ആലുവ: ഏവരും എൻഡോസൾഫാൻ ഇരകൾക്കൊപ്പം നിൽക്കണമെന്ന് സാമൂഹിക പ്രവർത്തക ദയാബായി പറഞ്ഞു. യു.സി. കോളേജ് ശതാബ്ദി പ്രഭാഷണ പരമ്പരയുടെ ഭാഗമായി 'എന്റെ കർമ്മം, എന്റെ

ജീവിതം' എന്ന വിഷയത്തിൽ സംസാരിക്കുകയായിരുന്നു ദയാബായി.

അശരണരായ ആദിവാസി കൾക്ക് വേണ്ടി പ്രവർത്തിക്കുക ആണ് തന്റെ ജീവിത ദൗത്യം എന്നും അവർ പറഞ്ഞു. മലയാ

ള വിഭാഗം പ്രൊഫസർ ഡോ. മിനി ആലീസ്, പ്രിൻസിപ്പാൾ ഡോ. എം. ഐ. പുനൂസ്, സൈക്കോളജി വിഭാഗം അധ്യാപിക ഡോ. സീന മത്തായി എന്നിവർ സംസാരിച്ചു.



## Why Gandhi?

**UNION CHRISTIAN COLLEGE**  
Aluva - 683102, Kerala, India (Estd. 1921)  
(Re-accredited with 'A' Grade by NAAC)

**CENTENARY  
PUBLIC LECTURE  
SERIES**

**LECTURE 6**  
**TOPIC : WHY GANDHI ?**

**Date : 17-10-2022**  
**Time : 11:00 PM**

**Sri. K. Sachidanandan**  
Renowned Poer, Writer &  
President  
Kerala Sahithya Academy

**VENUE**  
VMA HALL  
UC COLLEGE



# UNION CHRISTIAN COLLEGE, ALUVA

Affiliated to Mahatma Gandhi University, Kottayam, India

NAAC Re-Accredited with A Grade in 4<sup>th</sup> Cycle (CGPA 3.45)

[www.uccollege.edu.in](http://www.uccollege.edu.in)

SSR  
5<sup>th</sup> CYCLE  
2023

## You Matter

 **UNION CHRISTIAN COLLEGE**  
Aluva - 683102, Kerala, India (Estd. 1921)  
(Re-accredited with 'A' Grade by NAAC)

**CENTENARY  
PUBLIC LECTURE  
SERIES**

**LECTURE 7**  
(T.O. Abdulla Endowment)  
**Topic : You Matter**

**Date : 27-10-2022**  
**Time : 02:00 PM**

**Smt. Sheeba Ameer**  
Social Worker and  
Director, Solace

  
**VENUE**  
VMA HALL  
UC COLLEGE





## Yoga Day 2018-2023

The International Yoga Day is celebrated on June 21 at the College campus every year to usher in peace, harmony, happiness and success to every soul in the world. Yoga is a mental, physical and spiritual practice that needs to be carried every day, this was a great opportunity to imbibe the value of discipline among students.

### International Yoga Day Celebrations, 2018





## International Yoga Day Celebrations, 2019



## International Yoga Day celebrations, 2020

**NATIONAL WEBINAR**

Yoga : Healing from within

ORGANIZED BY

**Dept. of Physical Education**  
In association with IQAC  
UNION CHRISTIAN COLLEGE, ALUVA - 683102

**6th International Day of Yoga**

**JUNE 21, 2020**  
Time -10:00 am to 12:00 pm





**Smt. Chethana Badekar**  
Academic Director - Yogachethana College of Yoga and Research  
Ashoknagar, Mangalore  
Topic : Yoga during Pandemics : Self Management of Excessive Tension  
and Enhancing immunity through Yoga  
Time : 10 : 00 am to 11 : 00 am



**Shri. Raghavendra R**  
Founder Director - Swadhyaya Yoga Institute, Bangalore  
Topic : Attaining Yogic Discipline Correct Posture and  
Transcendence through Yogaasana  
Time : 11 : 00 am to 12 : 00 pm

For details : 7736077804, 9495390766

\* Platform : Google meet



# UNION CHRISTIAN COLLEGE, ALUVA

Affiliated to Mahatma Gandhi University, Kottayam, India

NAAC Re-Accredited with A Grade in 4<sup>th</sup> Cycle (CGPA 3.45)

[www.uccollege.edu.in](http://www.uccollege.edu.in)

SSR  
5<sup>th</sup> CYCLE  
2023

## International Yoga Day Celebrations, 2022

**Webinar on:**

"Yogic techniques to deal with Post-COVID challenges on Physical and Mental Health"



Yoga is a group of physical, mental, and spiritual practices or disciplines which originated in ancient India. There is a broad variety of Yoga practices all around the World. Among the most well-known types of yoga are Hatha yoga and Rāja yoga.

Many studies have tried to determine the effectiveness of yoga as a complementary intervention for many diseases and medical conditions.

June - 21st - Monday | 10 AM





**UNION CHRISTIAN COLLEGE ALUVA**

Department of Physical Education  
In association with  
National Cadet Corps and IQAC

**International Day of Yoga 2021**





**Resource Person**  
Dr. Rashmi Kalkura.K  
B.A.M.S, M.D (Manasa Roga)  
Chief Ayurveda consultant and Yoga therapist  
@Akshara Ayurveda Clinic  
Udupi, Karnataka.

For more information contact:  
9495309344

## International Yoga Day Celebrations, 2021



**Union Christian College, Aluva**

**" International Day of Yoga "**

**21<sup>st</sup> June 2022**

Organized by:

**Dept. of Physical Education & 22K BN NCC**

in Association with NCC & NSS Units of UC College, Aluva

**YOGA FOR HUMANITY**








## International Yoga Day Celebrations, 2023





## Service Learning Initiatives by UCC

### a) Department of Economics

The Department of Economics collaborated with the Aluva Settlement School and the students of the department provided guidance class to Plus two students on the relevance of Economics and career opportunities in the field.



## THE ALWAYS SETTLEMENT HIGHER SECONDARY SCHOOL

U. C. COLLEGE P. O., ALUVA - 683 102, INDIA  
Phone : Off. 2604429 Manager : 2604115, 2606113

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Ref No: 118/2022.23

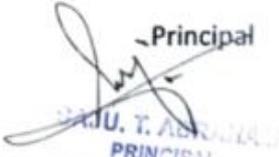
Date: 04.11.2022

**Department of Economics, U.C. College, Aluva collaborates with The Always Settlement HSS as part of their extension activities**

The Staff, Students, parents and Management of with The Always Settlement HSS are so happy to express our sincere gratitude to the Staff and Students of the Department of Economics, U.C. College, Aluva for associating with our School and giving a guidance class to our Plus Two Students on the relevance of Economics and career opportunities in Economics on 04/11/2022 at The Always Settlement HSS auditorium as part of their extension activities. The class was so interesting and extremely useful to our Students.

Thanking You once again





Principal

SATU. T. ADARSH  
PRINCIPAL  
ALUVA



## b) Department of Psychology

The Department of Psychology conducts service learning activities every year to promote psychological wellbeing in the community. The students also gain values and benefits because of this.

### **2018-19: Psychological first aid for flood survivors from UC relief camp**

Post-flood, the Psychology students provided Psychological First Aid in the camp, especially children through interactive sessions on Play therapy and Art therapy.



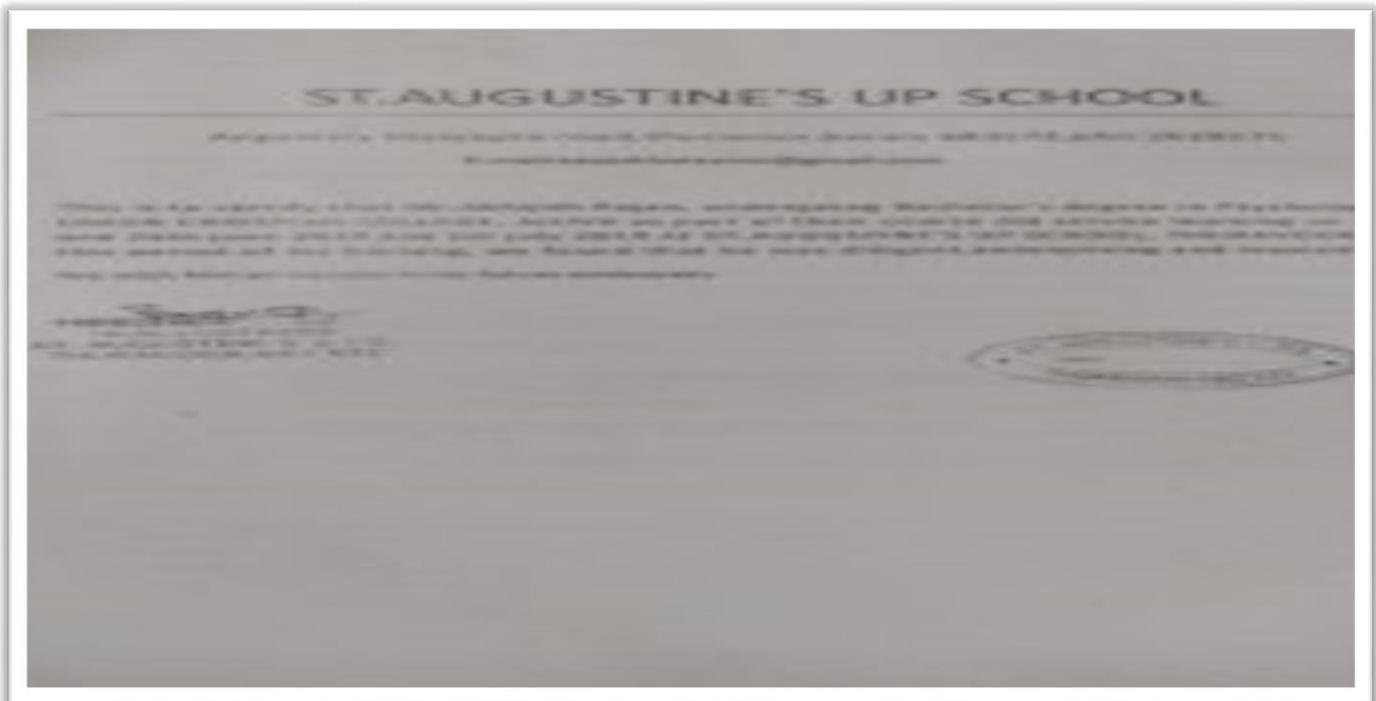
Students and faculty members visited nearby panchayaths and Schools to interact with people and to provide psychological support. They visited individual homes, community health centres for this purpose.



## 2019-2020: Play Therapy and Dance Therapy

Third UG and PG Psychology students provided counselling, psychological skills training and academic skill training for students with disability in five schools Chengannur, Kizhakkambalam, Kottayam and Aluva. They have provided screening and assessment services to special schools on movement therapy, dance therapy, narration and storytelling for language development.

### Certificates of Appreciation





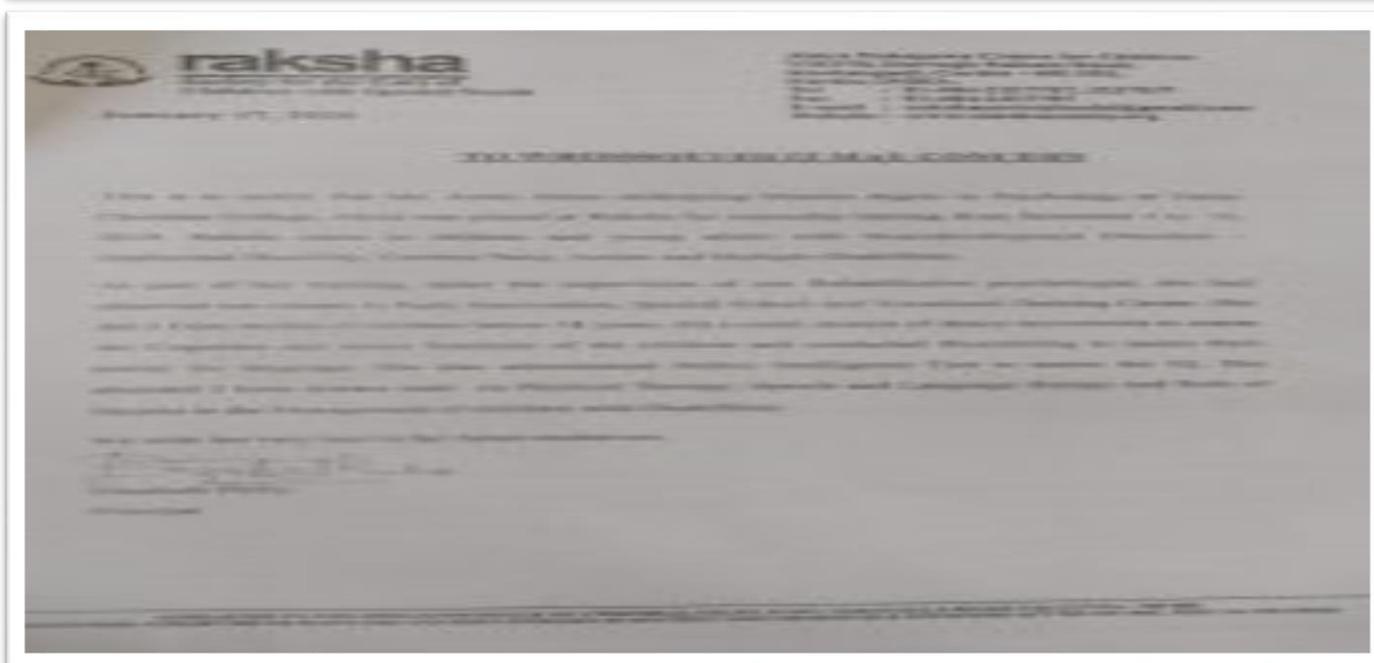




## 2020-21

The Department of Psychology held awareness sessions on parenting and stress management in various schools across the state to provide assistance to students to cope with academic uncertainties and personal problems due to COVID. The sessions were designed to suit students from different classes (KG to Std. 10) in both online and offline mode. 1200 students and 300 teachers cum parents benefitted. Faculty, final UG & 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.

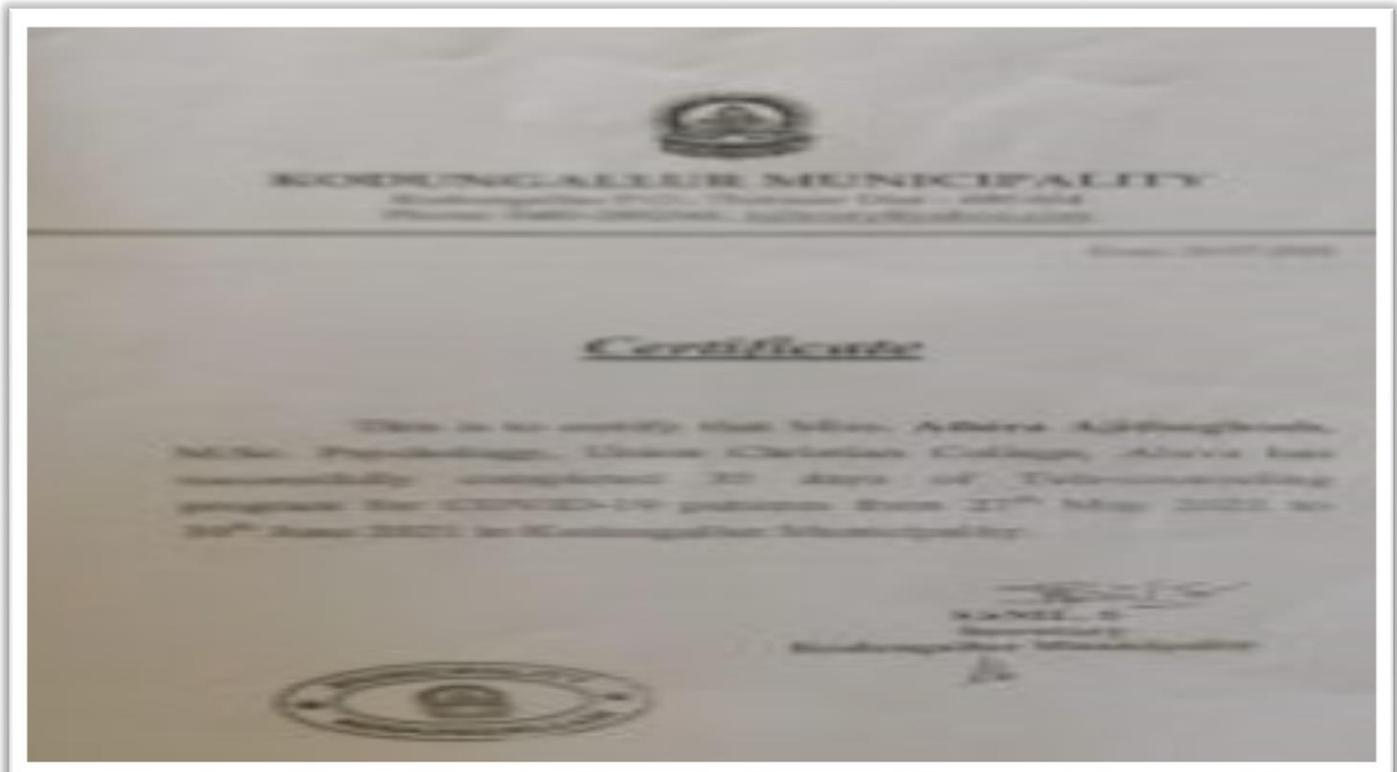
### Certificates of Appreciation





### 2021-22: Free Tele counselling

10 PG students of Department of Psychology in association with Kodungallur Municipality provided 35 days Tele counselling programme from May 27 to June 30, 2022 for 500 COVID-19 patients and people in quarantine.





# UNION CHRISTIAN COLLEGE, ALUVA

Affiliated to Mahatma Gandhi University, Kottayam, India

NAAC Re-Accredited with A Grade in 4<sup>th</sup> Cycle (CGPA 3.45)

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SSR  
5<sup>th</sup> CYCLE  
2023

## Certificates of Appreciation



### KODUNGALLUR MUNICIPALITY

Kodungallur P.O., Thrissur Dist - 680 664

Phone: 0480-2802341, [kdlrmtty@yahoo.com](mailto:kdlrmtty@yahoo.com)

Date: 29.07.2021

### Certificate

This is to certify that Miss. Aadila Shihana Navaz, M.Sc. Psychology, Union Christian College, Aluva has successfully completed 35 days of Tele-counseling program for COVID-19 patients from 27<sup>th</sup> May 2021 to 30<sup>th</sup> June 2021 in Kodungallur Municipality.

SANIL S

Secretary

Kodungallur Municipality





## KODUNGALLUR MUNICIPALITY

Kodungallur P.O., Thrissur Dist - 680 664

Phone: 0480-2802341, [kdlrmtty@yahoo.com](mailto:kdlrmtty@yahoo.com)

Date: 29.07.2021

### Certificate

This is to certify that Miss. Aleesha Sebastian, M.Sc. Psychology, Union Christian College, Aluva has successfully completed 35 days of Tele-counseling program for COVID-19 patients from 27<sup>th</sup> May 2021 to 30<sup>th</sup> June 2021 in Kodungallur Municipality.



SANIL. S  
Secretary

Kodungallur Municipality



2022- '23

1. Third UG and PG Psychology students visited various schools and provided counselling, life skills training and academic skill training. Students volunteered in a Job Fair and Skill Training Programme for Cottolengo Vocational Training Institute for Differently Abled children, N. Paravur and conducted motivational sessions and counselling.





2. Discussion on 'Comparison of Socio-cultural practices and psycho-social trends in India and Japan: politics, development, religion, mental health and Gender. On 27 July 2022 by students of department of Psychology and four exchange students from International Christian University, Japan. This was followed by celebration of ethnic day with ethnic cooking and fashion show.



3. Basic Life Skills Centre (BLISS), Service Learning Centre and Psychology department organized the assessment of cognitive functions of 22 students at School for Blind, Aluva on August 11, 2022.





4. M.Sc. students of Psychology visited Welcare orphanage near the college and interacted with the inmates (adolescent girls) on September 17, 2022. It has been decided to conduct talks on Saturdays from 2:00 pm to 4.00 pm on various relevant current topics





5. As part of World Mental Health day celebrations, BLISS (Counselling Centre) in association with Department of Psychology organized a peer interactive awareness programme 'Demystifying Mental illness' for all the students in UC College from 2.30 to 3.30 pm on October 18 and 19. All Post Graduate and Final Year Under Graduate students of Psychology department conducted 62 sessions for students including MBA and MCA. The department could reach out to almost 1900 students of our college creating awareness on mental health and eliminating myths about mental illnesses.

**BLISS & DEPARTMENT OF PSYCHOLOGY**  
**UNION CHRISTIAN COLLEGE, ALUVA**  
PRESENTS

# DEMYSTIFYING MENTAL ILLNESS

*Let's make mental health our priority*

**TUESDAY &  
WEDNESDAY**  
**18 & 19 OCTOBER**

Peer Interactive  
Session

TIME  
**2:30 - 3:30PM**

WORLD  
MENTAL  
HEALTH  
DAY  
**10<sup>th</sup> OCT**



6. Two second year M.Sc. psychology students conducted a half-day session for the students of 12<sup>th</sup> grade of Vidhyadhiraja Vidhyabhavan Higher Secondary School, Aluva on September 24, 2022 on the topic 'Study habits and Quality of life'. A group of about 120 students attended the programme.





7. 15 students of Second Year M. Sc Psychology from Union Christian College, Aluva conducted an awareness session for classes 5, 6, 7 and 8 standard students of Vidyadhiraja School, Aluva on October, 20 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.





8. The Department of Psychology, Union Christian College, Aluva has signed an MoU with Cottolengo vocational training centre. As part of that, 7 first PG students and 6 second UG students of Psychology department were associated with the programme “Build an inclusive work force in Kochi” on March 11, 2023. Job fair was intended to provide placement opportunities for the candidates with locomotor disabilities. Our students had a great opportunity to interact with them and to volunteer them in the process of registration, filling applications, guiding them to respective venues, serving food, etc.





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





10. First year PG students and faculty members of research and Post Graduate Department of Psychology have conducted a life skills training programme for St Paul's Public School Kottayam. It was for students who have completed their 10 and moving on to Plus two classes. 33 students, parents and teachers attended the session.





11. Collaboration with Cotholongo Educational Institution, UG and PG students of our department volunteered Job fair and the convocation ceremony for persons with disability. Five M.Sc. students, and six B.Sc. students of Psychology department participated in the Job fair on March 11, 2023.





## Nithya Darshanam Activities

Nitya Chaitanya Yati (1924-1999), a philosopher, psychologist, author, and poet, is a renowned proponent of Advaita Vedanta, bridging it with modern science. With 120+ Malayalam and 80+ English books, he's a leading figure in philosophy, psychology, ethics, and aesthetics. The club aims to foster personal growth through lectures, workshops, and discussions, build a spiritual community, and promote artistic expression.

**2018-19**

Nity Darshanam programme of UCC started in January 2019. This was inaugurated by Vinaya Chaitanya, disciple of Natarajaguru and an old student of Dept. of English, UC College. The talk was on by Mr. Shoukath Sahajotsu, a well-known writer and social activist.







2019-20

The next programme was on January 15, 2020 and the topic was on the teachings of Guru and its applications in life.

UNION CHRISTIAN COLLEGE, ALUVA  
DEPT OF PSYCHOLOGY & PG ASSOCIATION  
**NITYA DARSANAM**  
YATI LECTURE SERIES –2  
DATE : 15-01-2020 | TIME : 1.30PM -4.30 PM  
VENUE : VMA HALL

*Program Schedule*

Welcome speech  
Dr. Seena Mathai(HoD Psychology)  
Presidential address  
Dr.David Saj Mathew( Principal )  
Talk & Interaction  
**" Nitya chaitanya yati's teachings  
and their applications in life"**  
by Shri.Shoukath ( Yati's Disciple, Writer & Orator)  
Felicitation  
Rev. Dr. Thomas John  
Mr. Shoban koodal (Writer)  
Mr. Krishna Das Warriar( Poet )  
Vote of thanks  
Rekha Nair( Asst. Prof, English )



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2023





2021- '22

In 2021-'22, there were three talks, one by Dr. Sunil P. Ilayidom was on 'The Process of Learning', the next by Smt. Rosy Thampi was on 'Creativity in Women', and last by Sri. Shoukath about the book "Apoorva Vaidyanmar" by Guru Nithya.

**യു.സി. കോളേജ്, ആലുവ**  
നിത്യചൈതന്യയതി  
ലക്ഷ്മി സിറ്റിംഗ് - III, 2021-2022  
**"മുഖ്യങ്ങളുടെ സുരലയം"**

2 മാസത്തോളം 2022, ഓരോവിലും 10.00 രൂപയിൽ  
മിനി കോൺഫറൻസ് ഫോൺ, എം.സി.എ

പ്രാർത്ഥന സ്വാഗതം :	ഡോ. സീന. എം. മത്തായി, അനലി. പ്രൊഫസർ, സൈക്കോളജി വിഭാഗം, യു.സി. കോളേജ്, ആലുവ.
അദ്ധ്യക്ഷത :	ഡോ. താരാ. കെ. സൈമൺ, പ്രിൻസിപ്പാൾ, യു.സി. കോളേജ്, ആലുവ.
പ്രദർശനം :	
	 <b>'സ്ത്രൈണ ആത്മീയത'</b> ഡോ. റോസി തമ്പി
	 <b>'അറിവ് എന്ന പ്രക്രിയ'</b> ഡോ. സുനിൽ. പി. ഇളയിടം, അസ്സോസിയേറ്റ് പ്രൊഫസർ, മലയാള വിഭാഗം, ശ്രീ ഭക്തോത്സവ സംസ്കൃതം യൂണിവേഴ്സിറ്റി, കാവടി.
	 <b>'അപൂർവ്വ വൈദ്യന്മാർ - നിത്യചൈതന്യത്തിൽ'</b> പുസ്തക പരിചയം ശ്രീ. ഷൗകത്ത്
നന്ദി :	മിസിസ്. രേഖാ നായർ, അസിസ്റ്റന്റ് പ്രൊഫസർ, ഇംഗ്ലീഷ് വിഭാഗം, യു.സി. കോളേജ്, ആലുവ.

**സംഘാടകർ**  
സൈക്കോളജി വിഭാഗം, ബയോസയൻസ് വിഭാഗം, ടി. പി. ജി. അസോസിയേഷൻ, യൂണിയൻ ക്രിസ്ത്യൻ കോളേജ്, ആലുവ.  
+91 9920 293 696



2022/1/7 13:18



2022- '23

Some faculty members visited Fernhill and attended his Samadhi celebrations at Fern Hill, Ooty.





## Bridging the Digital Divide Challenge

The Institution has a powerful and proactive Alumni Association that wholeheartedly undertakes any projects to extend their support to the socially and economically disadvantaged students. One such endeavour was the 'Gandhimaavu digital challenge' ('Gandhimaavu' refers to the old mango tree planted by Mahatma Gandhi when he visited the Institution in 1925) which offered a helping hand by donating electronic gadgets to more than 200 needy students who were identified on the basis of a survey. The Alumni Association also raised fund to provide internet packs for needy students to ensure online education for up to one year. The Institution also took steps to provide orientation to students in the usage of technology, safe internet use and use of Online platforms such as Google meet and zoom and to access courses through MOODLE platform. The Institution in association with the IQAC of the college organized webinars to educate the faculty to enhance their capacity to use online tools for recording lectures, as well as to use online mode of teaching in the most effective way.





## Anjappam Young Volunteers Award for UCC, Aluva On 02/06/2023.

The award for best volunteering activities for the year 2022-2023 'ANJAPPAM YOUNG VOLUNTEERS AWARD' was secured by Union Christian College, Aluva. The award was collected by the NSS programme officer, NCC program officer and the student representatives from the Pathanamthitta District Collector Smt. Dr. Divya S. Iyer on June 2, 2023. (Chandrika Daily).



അഞ്ചപ്പം ധർമ്മനിർമ്മാണ ഏജൻസി  
യുടെ അഞ്ചപ്പം യംഗ് വോളന്റിയർ  
പരമം മികവ് ക്ലബ്ബ് ലെഡിസ് ഏ  
ൻ അവാർഡ് നിന്നും അമ്മേയ്യൻ കോ  
ളേജിൽ വെച്ച് സ്മരണാർപ്പണ ചടങ്  
കെടുത്തിരുന്നു. അമ്മേയ്യൻ ഏജൻസി  
പ്രസിഡൻ്റ് ഡോ. ബാബു സാമുവേൽ  
മിസാർ, വിദ്യാർത്ഥി പ്രതിനിധിയായ  
ഡോ. ഡി. ഡി. അശ്വതി എന്നിവർ ഏ  
ർപ്പെട്ടു.

