



UNION CHRISTIAN COLLEGE

ALUVA-2



Criterion 5

SSR 5th CYCLE 2023

5.1.2 LIFE SKILLS



LIST OF LIFE SKILLS ENHANCEMENT CAPACITY BUILDING ACTIVITIES (YOGA, PHYSICAL FITNESS, HEALTH & HYGIENE, SELF-EMPLOYMENT & ENTREPRENEURIAL SKILLS) ORGANISED BY VARIOUS AGENCIES DURING 2018-2019 TO 2022-2023

Sl.no.	Life Skills Enhancement Capacity Building Activities	Date
2018-19		
1.	Workshop on Fundamentals of Yoga	21/06/2018
2.	Microbiological Aspects in Health and Hygiene	07/07/2018
3.	Online Certificate course on Stress Management	14/08/2018 to 12/09/2018
4.	Art out of Waste-Raanthal- Sustainable recycling (Self-employment skill training)	10/12/2018 to 20/12/2018
5.	Vegetable Gardening at FMCTHSS, Karumaloor (Self-employment skill training)	22/12/2018 onwards
6.	Two Day Training Programme in CCTV Installation (Self-employment Skills Training)	11/02/2019 to 12/09/2019
7.	Awareness lecture on Blood Donation & Camp (Health & Hygiene)	15/03/2019
2019-20		
8.	Workshop on Fundamentals of Yoga	21/06/2019
9.	Dr. Kalam Blood Donation (DKD) App Launch & Blood Donation Camp (Health & Hygiene)	22/07/2019 to 25/07/2019
10.	World Indigenous Knowledge Day- Awareness session on "Lifestyle Diseases in Teenagers" (Physical Fitness/Health)	22/08/2019
11.	"Vazhakkannu"- Vegetable Gardening (Self-employment skills training)	28/08/2019 onwards
12.	Fit India Movement (Physical fitness)	29/08/2019 to 28/09/2019
13.	Anti-tobacco sensitisation campaign & pledge (Health & Hygiene)	30/09/2019
14.	Public Health Sanitation and Solid Waste Management	18/12/2019 to 21/12/2019
15.	Cinephile-Film making workshop (Self-employment skills training)	04/12/2019
16.	Awareness lecture on Blood Donation & Camp (Health & Hygiene)	07/01/2020
17.	IGNITE 2020 Entrepreneurial Skill Enhancement Workshop	22/01/2020 & 06/02/2020
2020-21		
18.	Course on 'COVID-19 Training for NCC Cadets" (Physical fitness/Health)	13/06/2020 to 14/05/2021
19.	Yoga: Healing from Within	21/06/2020



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20.	Importance of Yoga for Business Stress Relief	21/06/2020
21.	Drug Abuse and Crime, Precautions to be taken (Health & Hygiene)	01/07/2020
22.	Happiness: An experiential introduction to natural, practical & easy tools (Life Skill Enhancement)	04/07/2020
23.	Webinar on Stress Management (Health & Hygiene)	26/07/2020
24.	Online Certificate course on Health Practices; Nutrition, Physical Activity, and Community & Family Participation	01/08/2020 to 07/08/2020
25.	Rendezvous with Tiffany Brar- Life Skill Enhancement Session	18/09/2020
26.	Label Yourself For a Brand (Entrepreneurship Skills Enhancement)	28/05/2021
2021-22		
27.	Online workshop on "No-Code Website Development" (Entrepreneurship Skills Enhancement)	10/06/2021
28.	Awareness talk on Prevention of Anemia (Physical fitness/Health)	13/06/2021
29.	Yoga Day Immunity Enhancement Programme	21/06/2021 to 23/06/2021
30.	The Yogic Techniques to Deal with Post-COVID Challenges on Physical and Mental Health	21/06/2021
31.	Role of Youth against drug abuse (Health & hygiene)	26/06/2021
32.	Nasha Mukta Bharat Abhiyaan- Anti Narcotic Awareness Class (Health & Hygiene)	26/06/2021 to 26/07/2021
33.	Webinar on Sex Education (Health & Hygiene)	05/09/2021
34.	Female Diseases (Health & Hygiene)	30/10/2021
35.	Four Day Free Pre-marital Counseling Class (Health & Hygiene)	14/12/2021 to 15/12/2021 & 21/12/2021 to 22/12/2021
36.	Awareness lecture on Blood Donation & Camp (Health & Hygiene)	10/01/2022
37.	Self-defense Training (Physical Fitness)	04/05/2022
38.	Workshop on Peace Activities in Classrooms (Life Skills Enhancement)	07/05/2022
39.	Training & Practice sessions on Mural Wall Painting at various venues (Self-Employment Skill Training)	18/05/2022 to 15/10/2022
2022-23		
40.	Certificate course on Plant based Cosmetics (Entrepreneurial Skills)	16/06/2022 to 19/08/2022
41.	Yoga for Humanity: Yoga Mass Drill and Training	21/06/2022
42.	Corporate Internship Programme (Entrepreneurship Skill Enhancement)	26/07/2022 to 27/07/2022
43.	One day Awareness programme on Drug Abuse and Illicit Trafficking (Health & Hygiene)	26/06/2022



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44.	Certificate course on Flower Arrangement (Self-Employment Skills)	23/07/2022 to 26/09/2022
45.	ICAR-CIFT National campaign on 'Fish for Health and Prosperity' (Health/Self-Employment Skills Enhancement)	08/08/2022
46.	Entrepreneurship Skill development classes on Grafting & Green Art	23/08/2022 & 02/09/2022
47.	Certificate course on Ornaments and Jewellery from Plants (Entrepreneurial Skills)	23/08/2022 to 26/10/2022
48.	Cup of Life: Menstrual Cup distribution and Awareness Class on Female Hygiene	30/08/2022
49.	Yoga training for Stress Management	14/10/2022
50.	Awareness Programme on "Drug Abuse & illicit Trafficking"	01/11/2022
51.	Raanthal-Entrepreneurial solutions for eco-friendly products	07/11/2022 to 12/11/2022
52.	Certificate Course on Basics of Fitness	06/01/2023 to 17/03/2023
53.	Trainings Session on Physical Hygiene of Bedridden Patients	14/01/2023
54.	Seminar on "Health through Ayurveda & Post-COVID Effects on Youth"	31/01/2023
55.	Pathway-Social Life Wellness Programme 2022-23 (Health & Hygiene)	30/01/2023 to 01/02/2023
56.	Awareness Class on Female Hygiene	15/02/2023
57.	Two-day Training on Developing Strategic Competencies to Meet Challenges of Future (Entrepreneurship Skill Enhancement)	16/02/2023 to 17/02/2023
58.	Film making workshop (Self-employment Skill Enhancement)	21/02/2023
59.	Self Defense Class (Physical Fitness)	06/03/2023
60.	Self-Employment Training workshop	24/03/2023 & 29/03/2023
61.	Basic Life Support and CPR Skill Training (Physical Fitness/Health)	24/03/2023
62.	One Day Training on Disaster Management Skills (Life Skill)	27/03/2023
63.	Bhoomika: Self Defense workshop (Physical Fitness)	08/03/2023
64.	Awareness class on Basics of Swimming (Physical Fitness)	12/04/2023
65.	Workshop on "Women Empowerment Through Exercise" (Physical Fitness)	21/04/2023
66.	Young Entrepreneurship-Certificate course on Entrepreneurship Skills Training	28/04/2023 to 30/05/2023



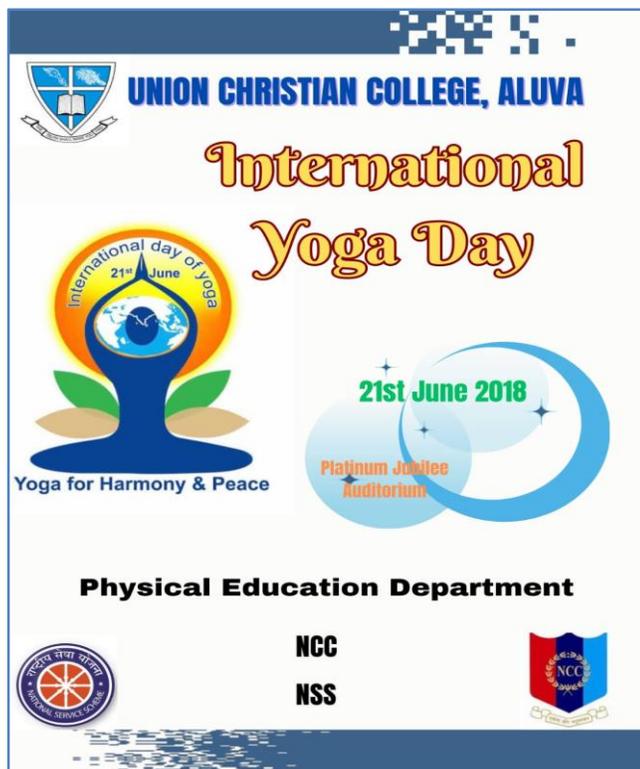
2018-2019

1. WORKSHOP ON FUNDAMENTALS OF YOGA

PROGRAMME REPORT

Date of the Programme : 21/06/2018
No. of Participants : 148
Resource Person/s : Dr. Bindu M, Internationally Certified Yoga trainer
Organising Agencies : Dept of Physical Education, NCC units & 22 Kerala Bn, Eloor

The department of Physical Education in association with NCC units of the college and 22 Kerala NCC Bn, Eloor organised a short-term workshop on fundamentals of yoga to give training to students on the fundamentals of yoga. 94 cadets from the College and 54 cadets from nearby institutions under 22 Kerala NCC Bn participated in the workshop. The college Principal inaugurated the workshop and Commanding Officer of 22 Kerala Bn Col. Bedi felicitated the event. The workshop was modulated by Dr. Bindu M, Faculty of Dept of Physical Education and an internationally certified yoga instructor with the active assistance of the students of the dept.





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Union Christian College, Aluva

Nominal Roll- NCC Cadets

International Day of Yoga, 2018

Sl.no.	Enrolment No.	Name of Cadet	Present/Absent
1	KL16SWA/ 165641	Afnitha P.P.	✓
2	KL16SWA/ 165642	Aleena George	✓
3	KL16SWA/ 165644	Amrutha M.P.	✓
4	KL16SWA/ 165645	Anakha Ajayan	✓
5	KL16SWA/ 165646	Anjana Jayachandran	✓
6	KL16SWA/ 165647	Anjana K. Rajeev	✓
7	KL16SWA/ 165648	Anjana S. Raj	✓
8	KL16SWA/ 165649	Anna Rose Paul	✓
9	KL16SWA/ 165651	Anusree S.	✓
10	KL16SWA/ 165652	Arathi Ramesh	✓
11	KL16SWA/ 165655	Ashna Anandan	✓
12	KL16SWA/ 165657	Athira Krishnan K.R.	✓
13	KL16SWA/ 165658	Bini Mathew	✓
14	KL16SWA/ 165659	Binitha Varghese	✓
15	KL16SWA/ 165661	Dilsha A.U.	✓
16	KL16SWA/ 165662	Elizabeth Abraham	✓
17	KL16SWA/ 165663	Emilin K. Thomas	ab
18	KL16SWA/ 165667	Jishnapriya T.K.	✓
19	KL16SWA/ 165668	Jisha Alias	✓
20	KL16SWA/ 165670	Kesiyamol Mathew	✓
21	KL16SWA/ 165671	Krishnapriya R.	✓
22	KL16SWA/ 165672	Meenu Sundaran	✓
23	KL16SWA/ 165673	Meera Rajan	✓
24	KL16SWA/ 165674	Ninu K.G.	✓
25	KL16SWA/ 165675	Nimitha K.A.	ab
26	KL16SWA/ 165678	Praveena Babu	✓
27	KL16SWA/ 165680	Roshna Rahim	✓
28	KL16SWA/ 165681	Sandra M.S.	✓
29	KL16SWA/ 165683	Seethal Sivan	✓
30	KL16SWA/ 165685	Soundarya K.K.	✓
31	KL16SWA/ 165686	Sreelakshmi A.M.	✓
32	KL16SWA/ 165687	Susi Mathews	✓
33	KL16SWA/ 165689	Swetha Venugopal	✓
34	KL16SWA/ 165690	Ummusaleema C.S.	✓
35	KL16SWA/ 165691	Vineetha Shaji	✓
36	KL16SWA/ 165692	Vishnupriya P.K.	✓
37	KL17SWA/ 165694	Agnes Poullose	✓
38	KL17SWA/ 165695	Akhila M.S	✓
39	KL17SWA/ 165696	Alitta Biju	✓



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40	KL17SWA/ 165698	Anjana Mohan	✓
41	KL17SWA/ 165700	Anu Eldho	✓
42	KL17SWA/ 165701	Arathy Dasan	✓
43	KL17SWA/ 165702	Athira Radhakrishnan	✓
44	KL17SWA/ 165703	Athira T.D.	✓
45	KL17SWA/ 165705	Elizabeth Mathew	✓
46	KL17SWA/ 165706	Geethu T.S.	✓
47	KL17SWA/ 165707	Haritha N.R.	✓
48	KL17SWA/ 165708	Jain Joy	✓
49	KL17SWA/ 165709	Kessiya Biju	✓
50	KL17SWA/ 165711	Meera Raj	✓
51	KL17SWA/ 165712	Megha Prathap	✓
52	KL17SWA/ 165713	Nidhila Unnikrishnan	✓
53	KL17SWA/ 165714	Nissi Nibu	✓
54	KL17SWA/ 165716	Ragi Shaji	✓
55	KL17SWA/ 165717	Reshma K.S.	✓
56	KL17SWA/ 165718	Rinu Mariyam Paul	✓
57	KL17SWA/ 165719	Ruksana M.N.	✓
58	KL17SWA/ 165720	Shaino Mariam Philip	✓
59	KL17SWA/ 165721	Sikha Nandakumar	✓
60	KL17SWA/ 165722	Sinda Shaju	✓
61	KL17SWA/ 165723	Sreeja Shaju	✓
62	KL17SWA/ 165725	Swathi P.S.	✓
63	KL17SWA/ 165726	Theres P. Jimmy	✓
64	KL17SWA/ 165727	Vaishnavi Gopakumar	✓
65	KL17SWA/ 165728	Vismaya Raj	✓
Aluva			
21/06/2018		Lt. Dr. G. Geethika	
		Associate NCC Officer	
		Union Christian College, Aluva	



21/6/18
Lt. Dr. G. GEETHIKA
Associate NCC Officer
7 Kerala Girls Bn., NCC
Union Christian College, Aluv



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2023

Union Christian College, Aluva
Nominal Roll- NCC Cadets
International Day of Yoga, 2018

Sl.no	Enrolment No.	Name of Cadet	Present/Absent
1	KL16SDA157501	ABDUL BASITH M A	✓
2	KL16SDA157503	ADHIN P ACHANKUNJU	✓
3	KL16SDA157504	AKHIL UDAYAKUMAR E U	✓
4	KL16SDA157505	ALFIN RAJU	ab
5	KL16SDA157506	APPU KRISHNAN	✓
6	KL16SDA157507	ARAVIND P	✓
7	KL16SDA157508	CLYSON VARGHESE	✓
8	KL16SDA157509	HARIKRISHNA R	✓
9	KL16SDA157510	IRWIN ROHIT P D	ab
10	KL16SDA157512	KU AMBARISH	✓
11	KL16SDA157513	KIRAN KS	✓
12	KL16SDA157514	KRISHNADAS P DILEEP	✓
13	KL16SDA157515	MRIDUL T S	✓
14	KL16SDA157516	MUHAMMED ABDUL BASITH	✓
15	KL16SDA157517	MUHAMMED RASHID P M	✓
16	KL16SDA157519	P MILAN BASIL	✓
17	KL16SDA157520	SAHIL V N	ab
18	KL16SDA157521	SAM MATHEW SHAJI	✓
19	KL16SDA157522	STIGIL MATHEW	✓
20	KL16SDA157523	SWAPNIL SANJAY SAWANT	✓
21	KL17SDA157501	AALAAP K SATHEESH	✓
22	KL17SDA157502	ABHIRAJ RAJAN	✓
23	KL17SDA157503	ABHIJIT M K	✓
24	KL17SDA157505	ALFIN JOHN	✓
25	KL17SDA157507	AMAL P FRANGLIN	✓
26	KL17SDA157508	AMAL PREMKUMAR	✓
27	KL17SDA157509	ARJUN B	✓
28	KL17SDA157511	BIBHIJITH E A	✓
29	KL17SDA157513	MUHAMMED THOUFEEQ	✓
30	KL17SDA157514	PAUL K TOMY	✓
31	KL17SDA157515	ROHITH A M	✓
32	KL17SDA157516	SARATH K A	✓
33	KL17SDA157517	SREENATH A K	✓
34	KL17SDA157518	KARTHIKA M G	✓



Maj. K.S. Narayanan
N.C.C. OFFICER
22(K) BN NCC ELOOR
U.C. COLLEGE ALUVA-2



2. MICROBIOLOGICAL ASPECTS IN HEALTH AND HYGIENE

PROGRAMME REPORT

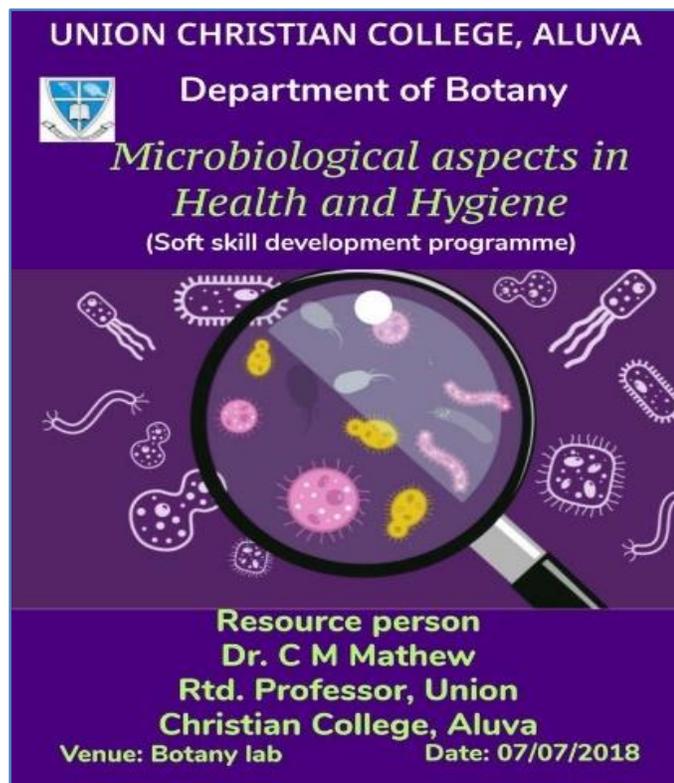
Date of the Programme : 07/07/2018

No. of Participants : 15

Resource Person/s : Dr. C M Mathew, Rtd. Faculty, Union Christian college, Aluva

Organising Agencies : Dept of Botany

The department of Botany organised a program on health and hygiene to spread awareness on microbiological aspects of hygiene and it included two sessions- maintaining healthy daily routine, interactive question and answer. Inspired the participants to practice availed information and pass it on to society.



Dr. C.M. Mathew addressing the students, in the presence of the Principal and faculty.





Union Christian College, Aluva, India

Microbiological Aspects of Health and Hygiene.

NOMINAL ROLL [2018 - 2019] 07/07/2018

SI No.	Student Name	Signature
1	P G GAYATHRI	
2	KRISHNA M K	
3	THANSILA K I	
4	GEETHU RAJ	
5	ASWATHY P R	
6	POOJA T P	
7	DEEPTHI K P	
8	HASNA MA	
9	ALEENA SARA PAUL	
10	RUPIKA K RAMESH	
11	ASWATHY RAJESH	
12	PRABIN KRISHNA V K	
13	MARIYATHUL KIBTHIYA P	
14	SINITHA MARIYAM SHAJI	
15	S NEERAJA SHENOY	



UNION CHRISTIAN COLLEGE, ALUVA Department of Botany

Seminar feedback form

Seminar title:

Resource person:

Please respond to the following items by using the scale below:

5=Excellent 4=Very Good 3=Good 2=Fair 1=Poor

- | | | | | | |
|--|---|---|---|---|---|
| 1. The speaker presented materials clearly and concisely. | 5 | 4 | 3 | 2 | 1 |
| 2. The speaker had a good understanding of the topic | 5 | 4 | 3 | 2 | 1 |
| 3. The information presented was relevant to your needs and expectations | 5 | 4 | 3 | 2 | 1 |
| 4. Sufficient opportunity was provided for questions | 5 | 4 | 3 | 2 | 1 |
| 5. You were pleased with the presentation. | 5 | 4 | 3 | 2 | 1 |


Alice Sasa Paul

Name & Signature

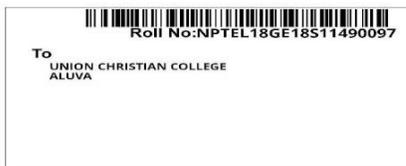


3. ONLINE CERTIFICATE COURSE ON STRESS MANAGEMENT

PROGRAMME REPORT

Date of the Programme : 14/08/2018 to 12/09/2018
No. of Participants : 1
Resource Person/s : Prof. Rajalakshmi Guha, Assistant Professor, Centre for Educational Technology
Organising Agencies : IIT Kharagpur

Roll Number	Name	Class	Score	Certificate Type
NPTEL18GE18S11490097	AMALU BABY	Psychology	90	Elite+gold



Score	Type of Certificate
>=90	Elite + Gold Medal
60-89	Elite
40-59	Successfully Completed the course
<40	No Certificate

No. of credits recommended by NPTEL:1



Elite

NPTEL Online Certification

(Funded by the Ministry of HRD, Govt. of India)



This certificate is awarded to

AMALU BABY

for successfully completing the course

Stress Management

with a consolidated score of **90 %**



Online Assignments	21.67/25	Proctored Exam	68.51/75
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Total number of candidates certified in this course: **1082**

Prof. Anupam Basu
NPTEL Coordinator
IIT Kharagpur

Aug-Sep 2018
(4 week course)

A. Goswami
Prof. Adrijit Goswami
Dean
Continuing Education, IIT Kharagpur



Indian Institute of Technology Kharagpur



Roll No: NPTEL18GE18S11490097

To validate and check scores: <http://npTEL.ac.in/noc>



4. RAANTHAL: ART OUT OF WASTE (SEL-EMPLOYMENT SKILLS TRAINING)

PROGRAMME REPORT

Date of the Programme	: 10/12/2018 to 20/12/2018
No. of Participants	: 20
Resource Person/s	: Ms. Sheenu Varghese, Faculty, Dept of English
Organising Agencies	: Dept of English

Raanthal – Light a Smile, is a Department of English initiative to promote entrepreneurial solutions for eco-friendly products in order to fund student emergencies. Students were given self-employment skills training for 8 days to make crafts such as green gifts, tote bags, embroidered artefacts, paintings, terracotta jewelry, and masks, out of rags and a sale was conducted on 20 December 2018 which was well received by the college community.



Students at the stall in front of College office, selling the recycled products



5. VEGETABLE GARDENING (SELF-EMPLOYMENT SKILLS TRAINING)

PROGRAMME REPORT

Date of the Programme : 22/12/2018 onwards
No. of Participants : 98
Resource Person/s : Local farmers
Organising Agencies : National Service Scheme

As part of the NSS seven-day special camp of Union Christian College, Aluva 'Pankayam 2018', 98 volunteers of the camp took part in making of a vegetable garden at F.M.C.T.H.S.S. Karumalloor on 22 December 2018. The training helped the students to understand the techniques to be used to make a small vegetable garden for home as well as at commercial scale. The students continued to visit the plot to water and take care of the plants. The produce was later sold in campus to teachers.



NSS Volunteers preparing the field for vegetable cultivation



6. TWO DAY TRAINING PROGRAMME IN CCTV INSTALLATION (SELF-EMPLOYMENT SKILLS TRAINING)

PROGRAMME REPORT

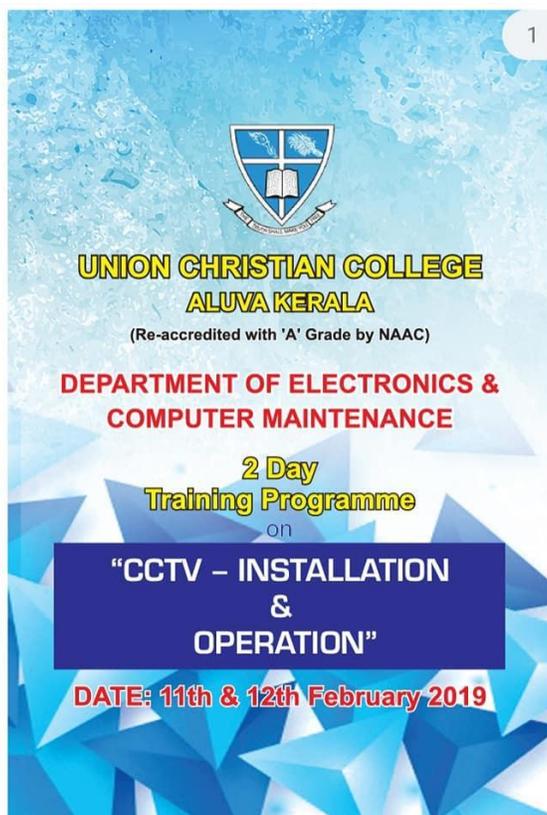
Date of the Programme : 11/02/2019 to 12/09/2019

No. of Participants : 36

Resource Person/s : Mr. Akhil T V, HoD, Dept of Electronics and Computer Maintenance.

Organising Agencies : Dept. of Electronics & Computer Maintenance

The Department of Electronics and Computer Maintenance organized two-day training workshop on CCTV – Installation and Operation. Close Circuit Surveillance has become a very important part of domestic and corporate security to give the students a deep knowledge on CCTV, its uses, installation, operation and applications.



Students learning about CCTV Installation software in groups



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UNION CHRISTIAN COLLEGE ALUVA DEPARTMENT OF ELECTRONICS AND COMPUTER MAINTENANCE TWO DAY TRAINING WORKSHOP-CCTV INSTALLATION & OPERATION ATTENDANCE

SEMESTER:SECOND

Sl No.	NAME	12/02/2019	13/02/2019
1.	Adarsh Sam	<i>[Signature]</i>	<i>[Signature]</i>
2.	Alias Eldho	<i>[Signature]</i>	<i>[Signature]</i>
3.	Fidha Fathima	<i>[Signature]</i>	<i>[Signature]</i>
4.	HariPriya Haridas	<i>[Signature]</i>	<i>[Signature]</i>
5.	Jayakrishnan P S	<i>[Signature]</i>	<i>[Signature]</i>
6.	Jismon Yacob	<i>[Signature]</i>	<i>[Signature]</i>
7.	Melvin Kuriakose	<i>[Signature]</i>	<i>[Signature]</i>
8.	Rohith G S	<i>[Signature]</i>	<i>[Signature]</i>
9.	Sarath N	<i>[Signature]</i>	<i>[Signature]</i>

SEMESTER:FOURTH

Sl No.	NAME	12/02/2019	13/02/2019
10.	Abin Shibu	<i>[Signature]</i>	<i>[Signature]</i>
11.	Ainu K A	<i>[Signature]</i>	<i>[Signature]</i>
12.	Ajay Krishnan M	<i>[Signature]</i>	<i>[Signature]</i>
13.	Akshay Asokan	<i>[Signature]</i>	<i>[Signature]</i>
14.	Ashik Johnny	<i>[Signature]</i>	<i>[Signature]</i>
15.	Basil Alias	<i>[Signature]</i>	<i>[Signature]</i>
16.	Muhasina Sadique Mohamed	<i>[Signature]</i>	<i>[Signature]</i>
17.	Nidhin Unni	<i>[Signature]</i>	<i>[Signature]</i>
18.	Sreehari U Warri	<i>[Signature]</i>	<i>[Signature]</i>
19.	Vishnu M S	<i>[Signature]</i>	<i>[Signature]</i>

SEMESTER:SIXTH

Sl No.	NAME	12/02/2019	13/02/2019
20.	Abijith G Nath	<i>[Signature]</i>	<i>[Signature]</i>
21.	Akhish Kumar N A	<i>[Signature]</i>	<i>[Signature]</i>
22.	Aravind Satheesh	<i>[Signature]</i>	<i>[Signature]</i>
23.	Arshad M A	<i>[Signature]</i>	<i>[Signature]</i>
24.	Athul Bhagianath	<i>[Signature]</i>	<i>[Signature]</i>
25.	Basil T Alias	<i>[Signature]</i>	<i>[Signature]</i>
26.	Clyson Varghese	<i>[Signature]</i>	<i>[Signature]</i>
27.	Harikrishnan s	<i>[Signature]</i>	<i>[Signature]</i>
28.	Irfan M I	<i>[Signature]</i>	<i>[Signature]</i>
29.	Jerin Eldho	<i>[Signature]</i>	<i>[Signature]</i>
30.	K U ambarish	<i>[Signature]</i>	<i>[Signature]</i>
31.	Mathew Eldhose	<i>[Signature]</i>	<i>[Signature]</i>
32.	Sam Mathew Saji	<i>[Signature]</i>	<i>[Signature]</i>
33.	Tintan Paul	<i>[Signature]</i>	<i>[Signature]</i>
34.	Vishnu O.S.	<i>[Signature]</i>	<i>[Signature]</i>
35.			

OTHER DEPARTMENT:

Sl No.	NAME	12/02/2019	13/02/2019
36.	Sabith K A	<i>[Signature]</i>	<i>[Signature]</i>
37.			

Programme Co-ordinator
Mr.Akhil T V

Head of the Dept.
Mr.Akhil T V



7. AWARENESS CLASS ON BLOOD DONATION & CAMP (HEALTH & HYGIENE)

PROGRAMME REPORT

Date of the Programme : 15/03/2019

No. of Participants : 50

Resource Person/s : Medical Personnel, Govt Hospital, Aluva

Organising Agencies : National Service Scheme & IMA, Aluva

The NSS unit of the College, in association with Indian Medical Association, Aluva organised an awareness session on the relevance of blood donation and conducted a one-day blood donation camp on 15 March 2019 at VMA Hall. Following the awareness session, fifty volunteers donated blood.



NSS Volunteers donating blood after the awareness session



2019-2020

8. WORKSHOP ON FUNDAMENTALS OF YOGA

PROGRAMME REPORT

Date of the Programme : 21/06/2019
No. of Participants : 117
Resource Person/s : Mr. Aji K.M., Professional Yoga Trainer, 2.Dr. Bindu M, Internationally Certified Yoga trainer
Organising Agencies : NCC units, Dept of Physical Education, 22 Kerala Bn, NCC

The department of Physical Education in association with NCC units of the college and 22 Kerala NCC Bn, Eloor organised a short term workshop on fundamentals of yoga to give training to students on the fundamentals of yoga. 72 girl cadets representing 7 Kerala Girls Bn, NCC, Thrissur and 31 cadets representing 22 Kerala Bn, NCC, Eloor participated in the workshop along with a few students from the dept of Physical Education.



Yoga session being conducted in Platinum Jubilee Auditorium



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U.C College, 22 Kerala BN-NCC
International Day of Yoga 2019

Sl.No	Enrollment No	Name of cadet	Present / Absent
1	KL17SDA157502	Abiraj Rajan	Absent
2	KL17SDA157503	Abijit M.K	Present
3	KL17SDA157505	Alfin John	Present
4	KL17SDA157507	Amal p franglin	Present
5	KL17SDA157508	Amal premkumar	Present
6	KL17SDA157509	Axjun B	✓
7	KL17SDA157511	Bibhijith E.A	✓
8	KL17SDA157513	Muhammed Thoufeeq	Absent
9	KL17SDA157514	paul k Tomy	Present
10	KL17SDA157515	Rohith A.M	Present
11	KL17SDA157516	Sorath K.A	Present
12	KL17SDA157517	Steenath Ak	Present
13	KL17SDA157518	Karthika M.G	Present
14	KL18SDA157501	Abijith PR	Present
15	KL18SDA157502	Adarsh Sam	Present
16	KL18SDA157503	Achit chandy george	✓
17	KL18SDA157504	Alan Anil	✓
18	KL18SDA157505	Alan paul kurianose	✓
19	KL18SDA157506	Alan sony	✓
20	KL18SDA157507	Allen T simon	✓
21	KL18SDA157508	Anuraj VR	✓
22	KL18SDA157509	Axun .B. keoran	Present
23	KL18SDA157510	Ebin P. Raju	Present
24	KL18SDA157511	Fahis T.P	Present
25	KL18SDA157512	George Antony	Present
26	KL18SDA157513	Ghanaswam M.M	Present



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27	KL8SDA157514	Hari Govind M.C	✓
28	KL8SDA157515	14pe shenno Anil	Absent
29	KL8SDA157516	Jinesh Jayakumar	✓
30	KL8SDA157517	Karthik P.S	✓
31	KL8SDA157518	Nisamudheen Ms	✓
32	KL8SDA157519	Swaminathan Tp	✓
33	KL8SDA157520	Valshnav chandran	✓
34	KL8SDA157521	Vishnu prasad T.S	✓



Mar.K.S.NARAYANAN
N.C.C.OFFICER
22(K) BN NCC ELOOR
U.C.COLLEGE,ALUVA-2



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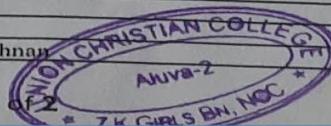
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NOMINAL ROLL OF NCC CADETS ATTENDING INTERNATIONAL YOGA DAY 2019 UNION CHRISTIAN COLLEGE, ALUVA

Sl No	NCC No KL18SWA	Rank	Cadet's Full Name
1	165643	Cdt	Aiswarya Shylajan
2	165650	Cdt	Aleena Jijo
3	165653	Cdt	Amala P James
4	165654	Cdt	Ameena Reji
5	165656	Cdt	Amritha Sasi
6	165660	Cdt	Anagha E S
7	165664	Cdt	Anagha Rajan
8	165665	Cdt	Anjaly P.A.
9	165666	Cdt	Anoopa V.R.
10	165669	Cdt	Anugraha Grace Francis
11	165676	Cdt	Anupama Binoy
12	165677	Cdt	Ashna Ullas
13	165679	Cdt	Aysha Reji
14	165682	Cdt	Divya G Vimal
15	165684	Cdt	Elizabeth Baby
16	165688	Cdt	Emilda Deen
17	165693	Cdt	Fathimathul Lubina V.A.
18	165697	Cdt	Gayathri M
19	165699	Cdt	Aki Mathew
20	165710	Cdt	Haripriya Haridas
21	165715	Cdt	Haritha K.H.
22	165724	Cdt	Kavya Vijayakumar
23	165729	Cdt	Keerthi Gopinath
24	165730	Cdt	Krishnaja M.U.
25	165731	Cdt	Kunjumol M.H.
26	165732	Cdt	Lakshmi Nandhana V.S.
27	165733	Cdt	Lakshmi S.
28	165734	Cdt	Malavika K.B.
29	165735	Cdt	Meghana Mathews
30	165736	Cdt	Merin Kuriakose
31	165737	Cdt	Minu N.B.
32	165738	Cdt	Neenu Poullose
33	165739	Cdt	Niranjana Saji
34	165740	Cdt	Princy Maria Paul
35	165741	Cdt	Rakendu D
36	165742	Cdt	Rethuvarna N.K.
37	165743	Cdt	Riya Wilson
38	165744	Cdt	Riyamol Jejo
39	165745	Cdt	Shimja K.S.
40	165746	Cdt	Sreelakshmi K.G.
41	165747	Cdt	Surya P.S.
42	165748	Cdt	Swetha C.S.
	NCC No KL17SWA		
43	165694	Cdt	Agnes Poullose
44	165695	Cdt	Akhila M.S
45	165696	Cdt	Alitta Biju
46	165698	Cdt	Anjana Mohan
47	165700	Cdt	Anu Eldho
48	165701	Cdt	Arathy Dasan
49	165702	Cdt	Athira Radhakrishnan
50	165703	Cdt	Athira T.D.
51	165704	Cdt	Chandini C.
52	165705	Cdt	Elizabeth Mathew
53	165706	Cdt	Geethu T.S.
54	165707	Cdt	Haritha N.R.
55	165708	Cdt	Jain Joy
56	165709	Cdt	Kessiya Biju
57	165711	Cdt	Meera Raj
58	165712	Cdt	Megha Prathap
59	165713	Cdt	Nidhila Unnikrishnan





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60	165714	Cdt	Nissi Nibu
61	165716	Cdt	Ragi Shaji
62	165717	Cdt	Reshma K.S.
63	165718	Cdt	Rinu Mariyam Paul
64	165719	Cdt	Ruksana M.N.
65	165720	Cdt	Shaino Mariam Philip
66	165721	Cdt	Sikha Nandakumar
67	165722	Cdt	Sinda Shaju
68	165723	Cdt	Sreeja Shaju
69	165725	Cdt	Swathi P.S.
70	165726	Cdt	Theres P. Jimmy
71	165727	Cdt	Vaishnavi Gopakumar
72	165728	Cdt	Vismaya Raj

Aluva
21/06/2019



-sd/-

Lt. Dr. G. Geethika ^{21/6/19}
Associate NCC Officer
Union Christian College, Aluva
Lt. Dr. G. GEETHIKA
Associate NCC Officer
7 Kerala Girls Bn., NCC
Union Christian College, Aluva

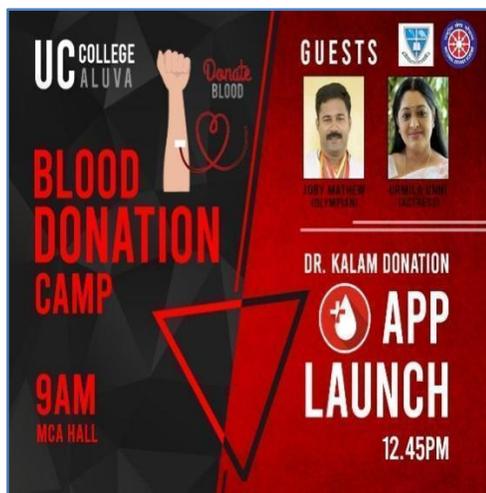


9. DR. KALAM BLOOD DONATION (DKD) APP LAUNCH (HEALTH & HYGIENE)

PROGRAMME REPORT

Date of the Programme : 22/07/2019 to 25/07/2019
No. of Participants : 57
Resource Person/s : Olympian Joby Mathew & Cine Actress Urmila Unni
Organising Agencies : National Service Scheme

In an effort to spread awareness about the relevance of blood donation, the NSS unit of the College launched the Dr. Kalam Blood Donation (DKD) app which was developed solely by the in-house talented students. 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. NSS Volunteers were given training in the App and the registration of the students who were willing to donate blood was done on 23, 24 and 25 July 2019.



App launch function and the Registration page of the App





10. AWARENESS SESSION ON 'LIFESTYLE DISEASES IN TEENAGERS' (PHYSICAL FITNESS/HEALTH)

PROGRAMME REPORT

Date of the Programme : 22/08/2019

No. of Participants : 39

Resource Person/s : Dr. Kavitha

Organising Agencies : National Service Scheme & Kottakkal Arya Vaidya Sala

The NSS unit of the college, as a part of "NATTARIVU DINAM" (Indigenous Knowledge Day) conducted an awareness session on lifestyle diseases in teenagers and indigenous treatments. The programme was organised in association with KOTTAKKAL ARYA VAIDYA SALA. The session was handled by Dr. Kavitha and her team. Interested NSS volunteers, students and staff of the college attended the class. The class was very informative and useful.



Dr. David Saj Mathew delivering the inaugural address



Dr. Kavitha addressing the students



11. VAZHAKKANNU- VEGETABLE GARDENING (SELF-EMPLOYMENT SKILLS TRAINING)

PROGRAMME REPORT

Date of the Programme : 28/08/2019 onwards
No. of Participants : 120
Resource Person/s : Local farmers
Organising Agencies : National Service Scheme

The NSS unit of the college organised a one-day camp, 'VAZHAKKANNU', on 28 August 2019 to train and motivate the volunteers to take up vegetable gardening. 120 NSS volunteers participated in the camp and planted 110 banana saplings, 65 tapioca stems and some vegetables. From this exercise the volunteers studied the art of cultivating plants and they developed the skills related to cultivation. The camp motivated the students to consider the self-employment opportunities of vegetable gardening. The students continued to nurture the plants and the yield was sold in campus.



NSS Volunteers engaged in preparing the field and the field after the plantation



12. FIT INDIA MOVEMENT (PHYSICAL FITNESS)

PROGRAMME REPORT

Date of the Programme : 29/08/2019 to 28/09/2019 (4 weeks)
No. of Participants : 40
Resource Person/s : Sports Authority of India
Organising Agencies : NCC & Ministry of Youth Affairs and Sports

The NCC cadets of the college under 7 Kerala Girls Bn actively participated in the Fit India Movement, the nation-wide fitness drive launched by the Ministry of Youth Affairs and Sports, Govt of India, on the occasion of National Sports Day on 29 August 2019. The mission of the Movement was 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 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.





13. ANTI-TOBACCO SENSITISATION CAMPAIGN (HEALTH & HYGIENE)

PROGRAMME REPORT

Date of the Programme : 30/09/2019

No. of Participants : 83

Resource Person/s : Dr. Divya, Chief Medical Officer, PHC, Karumaloor

Organising Agencies : NCC, NSS, PHC Karumaloor

The NCC and NSS units of the college joined hands with Public Health Centre of Karumaloor Panchayath to conduct an Anti-tobacco sensitisation campaign on 30 September 2019. Dr. Divya, the Chief Medical Officer addressed the students and educated them on the ill effects of using tobacco and the students pledged to keep away from the same through a signature campaign. The PHC presented the Principal with a memento as a token of appreciation for the selfless service rendered by the NCC and NSS units in helping them spread awareness about health and hygiene in the panchayath.



Principal being presented with the memento by the CMO



NCC and NSS volunteers attending the session and later signing the pledge against tobacco.



14. PUBLIC HEALTH SANITATION AND SOLID WASTE MANAGEMENT

PROGRAMME REPORT

Date of the Programme : 18/12/2019 to 21/12/2019

No. of Participants : 38

Resource Person/s : 1. Ms. Ananthitha A. (General Manager, Ultra Tech),
2. Mr. Mujeeb Muhammad (President, Plan@Earth),
3. Mr. Joseph Sherry (Councillor, Eloor Municipality),
4. Mr. Joseph Moonjely (Hi-Tech Bio Fertilisers India pvt. Ltd.),
5. Mr. Zakariya Joy (Consultant, Kerala Suchitwa Mission),
6. Dr. Niladevi K N (Faculty, Dept of Zoology),
7. Dr Elizabeth V. Mathew (Faculty, Dept of Zoology)

Organising Agencies : KSCSTE & Dept of Zoology

The dept of Zoology, in association with KSCSTE organised a four-day Environment Management Training on 'Public Health Sanitation and Solid Waste Management' from 18 to 21 December 2019. The training was conducted by seven resource persons and was attended by students and public workers of the locality. The sessions were aimed at creating awareness on waste management method that can be employed at homes and residential colonies, provide platform to exchange ideas and suggestions regarding sustainable waste management, and critically evaluate the existing public sanitation facilities and suggest improvements.

ORGANIZING COMMITTEE

CHAIR PERSON
DR. DAVID SAJ MATHEW, PRINCIPAL

CO-ORDINATOR
DR. ELIZABETH V. MATHEW

CONVENORS
MS. RIMA JOSEPH
DR. REVATHY V.S.
DR. NILADEVI K.N.
DR. SONY DEVASSY
MS. JYOTHI V.
MS. LINIYA BERLIN

CONTACT DETAILS
Dr. Elizabeth V. Mathew - 9961886675 , elizabethvmathew.horo@gmail.com
Dr. Nila Devi K.N. - 9495040995, nilajyothikumar@gmail.com

Training Programme
on
Public Health Sanitation
and
Solid Waste Management

Organized by
PG and Research Department of Zoology
Union Christian College, Aluva
December 17-19, 2019

Co-sponsored by Kerala State Council for Science Technology and Environment (KSCSTE), Govt of Kerala



ABOUT THE PROGRAMME

Increasing solid waste generation and accumulation is one of the major threats faced by big cities. Cochin City is considered as the industrial and commercial capital of the state of Kerala. The total solid waste generation of the city is 180-250 metric tonnes per day. Lack of scientific and decentralized means of waste processing has made open dumping of waste a norm in the city. Every unoccupied plot of land, way side and water body is a target for unscrupulous waste dumping. Stray dog menace, growing cases of air and water borne diseases, depletion of soil and groundwater quality and the stench are all part of the aftermath of this issue. Public health sanitation also demands attention since the city is home to a large population including floating population. Solid waste treatment and sanitation practices have major impacts on human health, air quality, water quality, and ecological, aesthetic and development dimensions. This training is an effort to address this scaling issue. The programme aims to introduce advanced and sustainable modes of public health sanitation and solid waste management.

HIGHLIGHTS OF THE PROGRAMME

- Opportunity to get acquainted with advanced waste management techniques
- Sessions led by experts in the industry
- Field visit for demonstration of successfully running 'Thumpoomuzhi model'

WHO CAN PARTICIPATE?

- Members of local bodies
- NGOs
- Members of residence associations
- Academic community

PROGRAMME SCHEDULE

17-12-2019 (Day 1)

9.00 am - 10.00 am	:	Registration
10.00 am - 10.30 am	:	Inauguration
10.30 am - 11.30 am	:	Technical Session 1: Public health sanitation – e-toilets and bio-toilets Mr. Zakariya Joy (Consultant, Kerala Suchitwa Mission)
11.40 am - 1.00 pm	:	Technical Session 2: Decentralised Waste management Mr. Joseph Moonjely (H-Tech Bio fertilizers India Pvt Ltd.)
1.00 pm - 1.45 pm	:	Lunch
1.45 pm - 2.45 pm	:	Technical Session 3: Current trends in solid waste management Dr. Nila Devi K.N. (Faculty, Dept of Zoology, Union Christian College)
2.45 pm - 4.00 pm	:	Technical Session 4: Menstrual cups and compostable pads: an eco-friendly and sustainable approach towards sanitation and hygiene for women Dr. Elizabeth V. Mathew (Asst. Professor, Dept of Zoology, Union Christian College)

18-12-2019 (Day 2)

10.00 am - 11.00 am	:	Technical Session 5: Policy framework on solid waste management in India Ms. Ananthitha A. (General Manager, Ultra tech)
11.10 am - 12.30 pm	:	Technical Session 6: Plastic upcycling and sustainable waste management Mr. Mujeeb Muhammed (President, Plan @ earth)
12.30 am - 1.15 pm	:	Lunch
1.15 pm - 3.00 pm	:	Thumpoomuzhi model of waste management – a success saga Mr. Joseph Shery (Councillor, Eloor Municipality)
3.00 pm - 3.45 pm	:	Group Discussion

19-12-2019 (Day 3)

10.00 am - 2.30 pm	:	Field visit to Eloor Municipality
2.30 pm - 3.00 pm	:	Feedback
3.00 pm - 4.00 pm	:	Valedictory function

1. Inauguration by Dr. David Saj Mathew, Principal.



2. Visit to compost plant



3. & 4. Resource persons addressing the audience





Training on

PUBLIC HEALTH SANITATION AND SOLID WASTE MANAGEMENT

Organized by

PG and Research Department of Zoology, Union Christian College, Aluva

In association with

Kerala State Council for Science Technology and Environment(KSCSTE), Govt. of Kerala

December 17-19,2019

Feedback form

Name : MRS. AJITHA CHANDRA BOSE

Please check the appropriate number where 0= Poor,1= Average,2= Good,3= Very good,4= Excellent.

1. How useful do you think this training was?

0	1	2	3	4
---	---	---	---	---

 ✓

2. How would you rate contents of the technical sessions?

0	1	2	3	4
---	---	---	---	---

 ✓

3. How would you rate the resource persons?

0	1	2	3	4
---	---	---	---	---

 ✓

4. How useful was the field visit?

0	1	2	3	4
---	---	---	---	---

 N.A.

5. How applicable are the discussed techniques?

0	1	2	3	4
---	---	---	---	---

 ✓

6. How would you rate the organisation of the training?

0	1	2	3	4
---	---	---	---	---

 ✓

Comments and Suggestions:

Very appreciative.

Expecting more classes like this.

Very informative & useful class.

I enjoyed very much.

*My heartful
thanks to the*

Co-ordinator & all

the members who worked

so much to conduct this programme.

Ajitha



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TRAINING PROGRAMME ON PUBLIC HEALTH SANITATION AND SOLID WASTE MANAGEMENT

ORGANISED BY PG AND RESEARCH DEPARTMENT OF ZOOLOGY, UNION CHRISTIAN
COLLEGE, ALUVA

SPONSORED BY KERALA STATE COUNCIL FOR SCIENCE TECHNOLOGY AND ENVIRONMENT,
GOVERNMENT OF KERALA

ATTENDANCE SHEET

SL.NO	NAME	DAY 1 18-12-19	DAY 2 19-12-19	DAY 3 20-12-19
1.	K. M JAMAALUDHEEN	<i>Jamaaludheen</i>	<i>Jamaaludheen</i>	—
2.	SOBHANA KUMARI	<i>Sobhana</i>	<i>Sobhana</i>	<i>Sobhana</i>
3.	MEENA RAJU	<i>meena</i>	<i>meena</i>	<i>meena</i>
4.	ELSY PETER	<i>EPP</i>	<i>EPP</i>	<i>EPP</i>
5.	AJITHA CHANDRA BOSE	<i>Ajitha</i>	<i>Ajitha</i>	—
6.	SARFARAS MUHAMMED	<i>Sarfaras</i>	<i>Sarfaras</i>	<i>Sarfaras</i>
7.	P. C BALAN	<i>P.C Balan</i>	<i>P.C Balan</i>	<i>P.C Balan</i>
8.	ABDUL RAHINAM B.K	<i>Abdul Rahinam</i>	<i>Abdul Rahinam</i>	<i>Abdul Rahinam</i>
9.	VENUGOPAL	<i>Venugopal</i>	<i>Venugopal</i>	<i>Venugopal</i>
10.	MUJEEB MUHAMMED	<i>Mujeeb</i>	<i>Mujeeb</i>	<i>Mujeeb</i>
11.	SUNIL SUKUMAR	<i>Sunil</i>	<i>Sunil</i>	<i>Sunil</i>
12.	RAHMATH FATHIMA	<i>Rahmath</i>	<i>Rahmath</i>	<i>Rahmath</i>
13.	GIRIJA K	<i>Girija</i>	<i>Girija</i>	<i>Girija</i>
14.	REMYA PRADEEP	<i>Remya</i>	<i>Remya</i>	<i>Remya</i>
15.	AJI C.S	<i>Aji</i>	<i>Aji</i>	<i>Aji</i>
16.	SINDHU CHANDRAN	<i>Sindhu</i>	<i>Sindhu</i>	<i>Sindhu</i>



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17.	BEENA ADLEIN O. X	<i>Beena</i>	<i>Beena</i>	<i>Beena</i>
18.	SHEELA P	<i>Sheela</i>	<i>Sheela</i>	<i>Sheela</i>
19.	SINDHU JESWANTH	<i>Sms.</i>	<i>Sms.</i>	<i>Sms.</i>
20.	PREETHI JESS	<i>Preethy</i>	<i>Preethy</i>	<i>Preethy</i>
21.	JAMEELA IBRAHIM	<i>Jameela</i>	<i>Jameela</i>	<i>Jameela</i>
22.	ANUMOL P LALSON	<i>Anumol</i>	<i>Anumol</i>	<i>Anumol</i>
23.	ARATHY JESS	<i>Arathy</i>	<i>Arathy</i>	<i>Arathy</i>
24.	RISWINA NISSAR	<i>Riswina</i>	<i>Riswina</i>	<i>Riswina</i>
25.	VAISHNAV PRAJ	<i>Vaishnav</i>	<i>Vaishnav</i>	<i>Vaishnav</i>
26.	GEETHU GIRISH	<i>Geethu</i>	<i>Geethu</i>	<i>Geethu</i>
27.	DIVIYA MOL	<i>Divya</i>	<i>Divya</i>	<i>Divya</i>
28.	ANUSREE	<i>Anusree</i>	<i>Anusree</i>	<i>Anusree</i>
29.	DIVYA XAVIER	<i>Divya</i>	<i>Divya</i>	<i>Divya</i>
30.	PAUL THOMAS	<i>Paul Thomas</i>	<i>Paul Thomas</i>	<i>Paul Thomas</i>
31.	SUKANYA K S	<i>Sukanya</i>	<i>Sukanya</i>	<i>Sukanya</i>
32.	NATHASHA A GRACE	<i>Nathasha</i>	<i>Nathasha</i>	<i>Nathasha</i>
33.	ASHITHA V K	<i>Ashitha</i>	<i>Ashitha</i>	<i>Ashitha</i>
34.	BHAVANA C B	<i>Bhavana</i>	<i>Bhavana</i>	<i>Bhavana</i>
35.	AKHILA S	<i>Akhila</i>	<i>Akhila</i>	<i>Akhila</i>
36.	MALAVIKA S	<i>Malavika</i>	<i>Malavika</i>	<i>Malavika</i>
37.	ASWATHI RAJAN	<i>Aswathi</i>	<i>Aswathi</i>	<i>Aswathi</i>

38. RAJEEVAN V.K

-

Rajeevan

Rajeevan



15. CINEPHILE- FILM MAKING WORKSHOP (SELF-EMPLOYMENT SKILL)

PROGRAMME REPORT

Date of the Programme : 04/12/2019
No. of Participants : 24
Resource Person/s : 1. Mr. Devendranath Sankara Narayanan (Faculty, Pune Film Institute),
 2. Mr. Babu Pallassery (Mollywood Film Scriptwriter)
Organising Agencies : Luminar Film Academy & College Union

The college Union in association with the Film Club and Luminar Film Academy organised a full day film making workshop on 4 December 2020. There were two sessions. The forenoon session on acting was engaged by Mr. Devendranath Sankara Narayanan and the afternoon session on scriptwriting was engaged by Mr. Babu Pallassery. 24 students participated.

സമാനമാർഗ്ഗം-26
 CELEBRATING UC2K19-20
 മുന്നോട്ടുപോകൂ. മുന്നറിയാതെ
 EXPECT THE UNEXPECTED
 In Association with
 Film Club UCC presents
Cinephile
 by Luminar Film Academy
 On December 4th @10am
 in MCA Block
Acting Workshop 10.30am-12.30
 By Devendranath Sankara Narayanan
 [faculty pune film institute]
Script Writing workshop 1pm-4pm
 By Babu Pallassery [Mollywood
 film scriptwriter]
 Honoring Ucians Sidharth Sunilkumar & Shafi P.S
 (Award winners of International film festival of India
 (IFFI) Goa 2019)

Screenshot of video of training session uploaded in the official Facebook page of Luminar Film Academy



Forwarded to
Attendance
Section
4/12/19

UNION CHRISTIAN COLLEGE
Parudeera College Union 2019-20
CINEPHILE FILM WORKSHOP

Venue : MCA
Date : 4/12/2019

1. Ann Sebastian	- 2 MA History
2. Laya Jimmy	- 2 CS
3. Alex Johnson Puthettu	- 11 BA English
4. Nairin Nevas	- 2 BA English
5. Saleel VS	- 2 BA Economics
6. Kiran Thenkachen	- 2 BA Economics
7. Abhilesha M	- 2 BA History
8. Grace P. John	- 2 BA History
9. Kanya Ayyappan	- 2 BA Malayalam
10. Shaino Kenion Philip	- 2 BSc Psychology
11. Koda Elizabeth Philip	- 1 BA Economics
12. Kazi T. Cherian	- 1 BA Economics
13. Adhit Chandy	- "
14. Vishnuvarad Ts	- "
15. Muhammed Haseeb	- "
16. Johna P. Johnson	- "
17. Eric Samuel Correya	- 1 BA Malayalam



18. Binshad PM - I BA Malayalam
19. Sreelekshmi B - I BA "
20. Abhijit Sajeer - IBSc Psychology
21. Sara George - IBSc "
22. Agnib Kebear - III B Com
23. Umair Farook - III BA Malayalam
24. Sana - III BA History.

Di. G. Geethika
Staff Advisor
College Union 19-20.



16. AWARENESS LECTURE ON BLOOD DONATION & CAMP (HEALTH & HYGIENE)

PROGRAMME REPORT

Date of the Programme : 07/01/2020

No. of Participants : 41

Resource Person/s : Medical Personnel, General Hospital, Ernakulam

Organising Agencies : NSS & Blood Bank, General Hospital, Ernakulam

An awareness lecture on the importance of blood donation was conducted by the NSS unit of the college in association with Blood Bank, General Hospital Ernakulam in 7 January 2020. Blood was donated by 41 students of our college.



Medical Officer examining the fitness of the donor & students enthusiastically waiting their turn as NSS programme Officer checks Hb.



17. IGNITE 2020: ENTREPRENEURIAL SKILL ENHANCEMENT WORKSHOP

PROGRAMME REPORT

Date of the Programme	: 22/01/2020 & 06/02/2020
No. of Participants	: 74 + 120
Resource Person/s	: 1. Ms. Joshila Ramesh, CEO Aspire HR Solutions 2. Dr. Suja Karthika, Founder and Chief Trainer, Excellor Training, 3. Sri Kochouseph Chittirapilly, V Guard Group of Companies 4. Mr. Lukman Kassim, Founder, Ellumine Energy Solutions and young vibes 5. Dr. Thomas George K, Chairman, Lead College.
Organising Agencies	: Dept of Commerce & MBA, Entrepreneurship Development Club

Entrepreneurship skill enhancement workshops were held on 22 January 2020 and 06 February 2020 by the departments of commerce and MBA as part of inauguration of the Entrepreneurial Development Programme 'IGNITE 2020'. The sessions were conducted by 5 resource persons.

Est. in 1921
Union Christian College, Aluva, India
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 DEPARTMENT OF COMMERCE FINANCE AND TAXATION

IGNITE
 ENTREPRENEURIAL
 DEVELOPMENT
 PROGRAMME_Life Skill

INAUGURATION
Ms. Joshila Ramesh
(ASPIRE HR Solutions)
Date
22 January, 2020
Venue
T B Ninan Hall
Time
10.00 am

Head of the Department
 Ms. Bisha E Y

Faculty Coordinator
 Ms. Sumitha Pankaj

IGNITE 2020
 ENTREPRENEURS' SUMMIT FEB 6, 2020
 PROGRAMME SCHEDULE

Technical Sessions

10:00-11:00 Dr. Suja Karthika Founder and chief Trainer, Excellor Training	11:30-12:30 Sri. Kochouseph Chittirapilly Founder Chairman, V-Guard Group of Companies
1:30-2:30 Mr. Lukman Kassim Founder, Ellumine Energy Solution and Young Vibes	2:45-3:45 Dr. Thomas George K Chairman, Lead College

inspirambx@uccollege.edu.in



Dr. David Saj Mathew, Principal-in-charge inaugurating the Workshop



Resource persons addressing the students & Certificate of Appreciation given to the resource person.



Entrepreneurship Development Programme

DATE:22/01/2020

ATTENDANCE

Sl No	Student Name	Signature
1	ABRAHAM EUGEN	Abraham Eugen
2	ACHSAH NELSON	Achsa Nelson
3	AGNUS MARIA PAUL	Agnes Maria Paul
4	ALEENA SURESH	Aleena Suresh
5	ANUPRIYA ANILKUMAR	Anupriya Anilkumar
6	ATHIRA T M	Athira T M
7	FAZYA SHIHAB	Fazya Shihab
8	LITTY SUNNY MATHEW	Litty Sunny Mathew
9	M SREECHAND	M Sreechand
10	MEGHA SOORAJ	Megha Sooraj
11	MERIN P M	Merin P M
12	NASRIN K MUHAMMED	Nasrin K Muhammed
13	P ARUN RAMANKUTTY	P Arun Ramankutty
14	PARVATHY K SREENI	Parvathy K Sreeni
15	ROHITH S	Rohith S
16	ROHITH S MENON	Rohith S Menon
17	ROSHAN K S	Roshan K S
18	SURABHI K S	Surabhi K S
19	VISAKHA MENON	Visakha Menon
20	ABHIJITH A A	Abhijith A A
21	ABHIRAJ K SHAJI	Abhiraj K Shaji
22	ANAKHA BIJU	Anakha Biju
23	ANNASONA M A	Annasona M A
24	C N KRISHNAN	C N Krishnan
25	DIVYA JOHNSON	Divya Johnson
26	ESTHER THOMAS	Esther Thomas
27	HIMA P S	Hima P S
28	MABEL JOY	Mabel Joy
29	MALAVIKA S	Malavika S
30	MANU RAJAN	Manu Rajan
31	SONA JOSEPH	Sona Joseph
32	JOEL MATHEW	Joel Mathew
33	AKSHAY SAJEEVAN	Akshay Sajeevan
34	ALIAS SAJAN	Alias Sajjan
35	ANEENA ELDOSE	Aneena Eldose
36	ANN MARIYA JOSHY	Ann Mariya Joshy
37	ANSA A MALIACKAL	Ansa A Maliackal
38	ARAVIND S DEV	Aravind S Dev
39	ARUNIMA MARIA T REJI	Arunima Maria T Reji
40	ARWIN JOY PULIKKATHARA	Arwin Joy Pulikkathara
41	ASHLY RAJESH	Ashly Rajesh
42	CHARLES JOHNSON	Charles Johnson
43	DEVIKA RAM MOHAN	Devika Ram Mohan
44	DEVIKA S	Devika S
45	DIYA BYJU	Diya Byju
46	GEO JOSE	Geo Jose



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47	LAKSHMI S	Lakshmi S
48	MARIYA BABU M	Mariya Babu M
49	PAVAN ASOK	Pavan Asok
50	POOJA ARUN	Pooja Arun
51	SUSAN SAJU	Susan Saju
52	VISHNURAJ K V	Vishnuraj K V
53	AMBILY C M	Ambily C M
54	AMRITA SASI	Amrita Sasi
55	ANAGHA K S	Anagha K S
56	ANEESHA JOY	Aneesha Joy
57	ARUN ALIAS	Arun Alias
58	ASHNA BIJU VARGHESE	Ashna Biju Varghese
59	CHINMAYA K A	Chinmaya K A
60	DONA MARY ALIAS	Dona Mary Alias
61	FATHIMA V A	Fathima V A
62	GOURI P MENON	Gouri P Menon
63	HARIKRISHNAN K NAIR	Harikrishnan K Nair
64	KRISHNA DAS P V	Krishna Das P V
65	MESHAL K S	Meshal K S
66	N NAVEEN MOHAN	N Naveen Mohan
67	NEEMA S	Neema S
68	P R AKSHATHA	P R Akshatha
69	ROSHINI O M	Roshini O M
70	SARANYA UTHAMAN	Saranya Uthaman
71	SREELAKSHMI K V	Sreelakshmi K V
72	THANISHA HITENDRA SANGHAVI	Thanisha Hitendra Sanghavi
73	THOMAS ABRAHAM WINSON	Thomas Abraham Winson
74	LAKSHMI KRISHNA SREENIVASAN	Lakshmi Krishna Sreenivasan

Signature of HOD:



UNION CHRISTIAN COLLEGE, ALUVA
School of Management Studies
IGNITE'2020

MBA 2019-21

Sl. No	Admn no	Reg No	Name of the students	Present / Absent
1	MBA0234	190031001283	A S Anju	Anju
2	MBA0235	190031001284	Aadhil A Kalam	Aadhil A Kalam
3	MBA0236	190031001285	Afsal N A	Afsal N A
4	MBA0237	190031001286	Ahmed Makzood	Ahmed Makzood
5	MBA0238	190031001287	Akshay Shaji	Akshay Shaji
6	MBA0239	190031001288	Aleena Sabu K	Aleena Sabu K
7	MBA0240	190031001289	Alex John	Alex John
8	MBA0241	190031001290	Alex Paulose	Alex Paulose
9	MBA0242	190031001291	Amal Raj	Amal Raj
10	MBA0243	190031001292	Amina M S	Amina M S
11	MBA0244	190031001293	Amrutha Gopi	Amrutha Gopi
12	MBA0245	190031001294	Amrutha PS	Amrutha PS
13	MBA0246	190031001295	Aneesa Nargis N N	Aneesa Nargis N N
14	MBA0247	190031001296	Anil Eldho	Anil Eldho
15	MBA0248	190031001297	Anju A	Anju A
16	MBA0249	190031001298	Aravind Chandran	Aravind Chandran
17	MBA0250	190031001299	Arjun J Kumar	Arjun J Kumar
18	MBA0251	190031001300	Arya Haridas	Arya Haridas
19	MBA0252	190031001301	Ashitha Davis	Ashitha Davis
20	MBA0253	190031001302	Aswathy O K	Aswathy O K
21	MBA0254	190031001303	Athira S	Athira S
22	MBA0255	190031001304	Augustin Jithin Martin	Augustin Jithin Martin
23	MBA0256	190031001305	Bitha Thomas	Bitha Thomas
24	MBA0257	190031001306	Britto C K	Britto C K
25	MBA0258	190031001307	Deepika Nair J R	Deepika Nair J R
26	MBA0259	190031001308	Devika Gopan	Devika Gopan
27	MBA0260	190031001309	Dwani Francis	Dwani Francis
28	MBA0261	190031001310	Francis Benny	Francis Benny



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29	MBA0262	190031001311	Gouri K S	
30	MBA0263	190031001312	Hafis Raheed	
31	MBA0264	190031001313	Hajara Hafees	
32	MBA0265	190031001314	Iysha Naushad	
33	MBA0266	190031001315	Jothy Lakshmy P R	
34	MBA0267	190031001316	K J Nishal Jamal	
35	MBA0268	190031001317	K S Ibrahim	
36	MBA0269	190031001318	Manasa S	
37	MBA0270	190031001319	Maria Neveena N S	
38	MBA0271	190031001320	Meenakshi V P	
39	MBA0272	190031001321	Mishal Muhammed	
40	MBA0273	190031001322	Nasar K A	
41	MBA0274	190031001323	Navaneeth Krishna	
42	MBA0275	190031001324	Obaisha Shajahan V	
43	MBA0276	190031001325	Rachana B Naik	
44	MBA0277	190031001326	Rasha Nafeesa Tharammal Chamayil	
45	MBA0278	190031001327	Reshma T P	
46	MBA0279	190031001328	Rifa Mol K M	
47	MBA0280	190031001329	S M Madhusudan Baliga	
48	MBA0281	190031001330	Sachin Kurian	
49	MBA0282	190031001331	Shabnam Elisa Eapen	
50	MBA0283	190031001332	Sharid Amin E M	
51	MBA0284	190031001333	Sharafunnisa C A	
52	MBA0285	190031001334	Shifa P P	
53	MBA0286	190031001335	Sneha Suresh	
54	MBA0287	190031001336	Sreehari M s	
55	MBA0288	190031001337	Sreelakshmi Sukumar	
56	MBA0289	190031001338	Sukendu S	
57	MBA0290	190031001339	Thasleema Ashraf	
58	MBA0291	190031001340	Thasni Hameed	
59	MBA0292	190031001341	Vibin M	
60	MBA0293	190031001342	Vishnu K P	



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33	MBA0206	180824	Maneesha Babu	
34	MBA0207	180825	Manu Baby	
35	MBA0208	180826	Michun Manoj	
36	MBA0209	180827	Neeraja Rajan	
37	MBA0210	180828	Neethu Janardhanan	
38	MBA0211	180829	Nidhi Koshy	
39	MBA0212	180830	Nimal K V	
40	MBA0213	180831	Nooramol N S	
41	MBA0214	180832	Prajesh K P	
42	MBA0215	180833	Sachin Surendran	
43	MBA0216	180834	Sandra P Surendran	
44	MBA0217	180835	Shaina Mohanan	
45	MBA0218	180836	Shalom Shajan	
46	MBA0219	180837	Sheffin Shaji	
47	MBA0220	180838	Silpa P	
48	MBA0221	180839	Sneha T S	
49	MBA0222	180840	Sreemon K C	
50	MBA0223	180841	Sreena S	
51	MBA0224	180842	Sruthilakshmi K K	
52	MBA0225	180843	Sudev K S	
53	MBA0226	180844	Syamli Lal	
54	MBA0227	180845	Teemin Varghese	
55	MBA0228	180846	Theertha R	
56	MBA0229	180847	Thopil Drishya Dinakaran	
57	MBA0230	180848	Varun Raj K R	
58	MBA0731	180849	Vichu Jo Antony	
59	MBA0232	180850	Vinaya K Sabu	
60	MBA0233	180851	Vishnugopal M C	

Signature of the Coordinator

Signature of the Director



2020-2021

18. COURSE ON 'COVID-19 TRAINING FOR NCC CADETS' (PHYSICAL FITNESS/HEALTH)

PROGRAMME REPORT

Date of the Programme : 13/06/2020 to 14/05/2021

No. of Participants : 45

Resource Person/s : DIKSHA Platform, Ministry of Human Resource Development, Govt of India

Organising Agencies : NCC & MHRD

The NCC 7 Kerala Girls Bn of the College associated with the Ministry of Human resource Development, Govt of India to train our cadets on COVID-19 through the Integrated Government Online Training portal in DIKSHA Platform. The course was intended to take care of the training needs of the frontline workers and to build their capacity to handle the pandemic effectively. The training programme was scheduled from 13 June 2020 to 14 May 2021 and 45 cadets received certificates after completion of the course.





19. YOGA: HEALING FROM WITHIN

PROGRAMME REPORT

Date of the Programme	: 21/06/2020
No. of Participants	: 148
Resource Person/s	: 1. Smt. Chethana Badekhar (Academic Dir.- Yogachethana College of Yoga and Research, Mangalore), 2. Shri. Raghavendra.R (Founder Dir.- Swadhyaya Yoga Institute, Bangalore)
Organising Agencies	: Dept of Physical Education & IQAC

Department of Physical Education in association with IQAC, Union Christian College, Aluva is organizing a National Webinar on “Yoga: Healing from Within” in connection with 6th International Day of Yoga on 21 June 2020.

NATIONAL WEBINAR
Yoga : Healing from within
INTERNATIONAL Yoga Day
ORGANIZED BY
Dept. of Physical Education
In association with IQAC
UNION CHRISTIAN COLLEGE, ALUVA - 683101
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 : Attending Yogic Discipline Correct Posture and Transcendence through Yogaasana
Time : 11 : 00 am to 12 : 00 pm

* Platform : Google meet



1. Ms. Chethana explaining the benefits of Yoga



2. Mr. Raghavendra performing Yoga Asanas in the training session



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Questions Responses 274 Settings

WEBINAR - YOGA : HEALING FROM WITHIN

Organized by Department of Physical Education in association with IQAC, Union Christian College, Aluva in connection with 6th International Yoga Day on 21st June 2020.

Registration Form

Full Name (Capital Letters) *

Short answer text

Institution Name *

Short answer text

Email id *

Short answer text



Supporting documents skill wi X Life Skills_2018-23 - Google D X 2021-Yoga-21 June-PE.docx - X Feedback-Webinar on Yoga-20

docs.google.com/spreadsheets/d/1CwcBKvFVqPWHfxhRNla4nkbEn9Iw4Gqfk0qovbPGNGQ/edit#gid=1712618400

Feedback-Webinar on Yoga-2020 ☆ 📎 📄

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A1	Timestamp					
	A	B	C	D	E	F
1	Timestamp	Email Address	Score	Full Name(In Capital Lett	Institution Name	The overall effe
110	6/21/2020 20:45:53	robinvarghese277@gmail.com		ROBIN VARGHESE	Union Christian College,	Excellent
111	6/21/2020 21:52:49	drminibkc@gmail.com		Dr.MINI THOMAS	BK COLLEGE, AMALAG	Excellent
112	6/23/2020 11:52:44	bishathomas77@gmail.com		BISHA THOMAS	UNION CHRISTIAN COL	Excellent
113	6/23/2020 11:54:29	sumithavinod82@gmail.com		SUMITHA PANKAJ	Union Christian College,	Good
114	6/23/2020 19:28:43	ashavarghese2001@gmail.com		ASHA VARGHESE	Union Christian College /	Very Good
115	6/24/2020 22:12:48	dhanyatg2013@gmail.com		DHANYA.T.G	Govt polytechnic college	Excellent
116	6/24/2020 22:12:53	rakhiisanil@gmail.com		Dr.Rakhi Ramakrishnan	Cmgshs,Kuttur	Very Good
117	6/24/2020 22:15:42	hridinhardy08022001@gmail.com		PRIYA P. G.	MAPSchool, bambolim, C	Excellent
118	6/24/2020 22:24:44	sreejajbdevalayam@gmail.com		SREEJA.J B	Vimala central school	Excellent
119	6/25/2020 21:23:56	jithesh.kurup97@gmail.com		HARITHA S.KURUP	Govt College Madappally	Very Good
120	6/30/2020 7:52:32	raibingorgecu@gmail.com		RAIBIN GEORGE	MG university	Excellent
121	6/30/2020 8:07:22	raibingorgecu@gmail.com		Raibin george	Mg university school of p	Satisfactory
122	6/30/2020 13:09:45	aleenasunny01@gmail.com		ALEENA SUNNY	UC College,Aluva	Excellent
123	7/3/2020 9:51:38	merinkuriakose3003@gmail.com		MERIN KURIAKOSE	UC College Aluva	Excellent
124	7/3/2020 9:52:54	mazharahmad93@gmail.com		SAYYAD MAZHAR	Dept. Of physical educati	Excellent
125	7/3/2020 9:53:22	jaimonjacob91@gmail.com		JAIMON C J	St. Peter's College , Kok	Very Good
126	7/3/2020 9:53:23	devika.vijayakrishnan@gmail.com		DEVIKA VIJAYAKRISHN	Union Christian College,	Very Good

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docs.google.com/spreadsheets/d/1CwcBKvFVqPWHfxhRNia4nkbEn9Iw4Gqfk0qovbPGNGQ/edit#gid=1712618400

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1	Timestamp	Email Address	Score	Full Name(In Capital Lett	Institution Name	The overall effecti
129	7/3/2020 9:54:28	krishnavenisridhar@yahoo.com		krishnaveni.K.	TNPESU, Chennai.	Excellent
130	7/3/2020 9:56:04	anagha7885@gmail.com		Anagha E S	Union Christian college A	Very Good
131	7/3/2020 10:03:08	raibingorgecu@gmail.com		RAIBIN GEORGE	MG University school of	Excellent
132	7/3/2020 10:04:19	amalajames673@gmail.com		AMALA P JAMES	Union christian college,A	Excellent
133	7/3/2020 10:17:44	rakendudileep@gmail.com		KL18SWA165741 RAKE	Union Christian College /	Excellent
134	7/3/2020 10:20:48	gopinathdevas@gmail.com		GOPINATH.D	Maharishi vidyamandir.H	Excellent
135	7/3/2020 10:35:24	sivanandhac49@gmail.com		Dr. C. SIVANANDHAPRA	Ayya Nadar Janaki Amm	Very Good
136	7/3/2020 10:46:29	aiswaryasunil46@gmail.com		AISWARYA KS	Uc College Aluva	Very Good
137	7/3/2020 10:48:37	aiswaryasunil46@gimai.com		AISWARYA KS	UC College Aluva	Very Good
138	7/3/2020 11:27:38	divyaranjan238@gimail.com		DIVYA. R	Uc college	Very Good
139	7/3/2020 11:29:06	divyaranjan238@gimail.com		DIVYA. R	Uc college	Very Good
140	7/3/2020 13:21:57	aparnamurali16hky@gmail.com		APARNA MURLI. S	Union Christian college a	Excellent
141	7/3/2020 13:52:45	ankitmahanta9@gmail.com		ANKIT MAHANTA	HVPM, DCPE	Excellent
142	7/3/2020 13:53:39	pandeyasantosh751@gmail.com		Santosh Pandey	Bengal fencing Associati	Very Good
143	7/3/2020 15:49:55	vishalraof5@gmail.com		VISHAL RAO	Bengal Fencing Associat	Excellent
144	7/3/2020 15:51:12	vishalraof5@gmail.com		VISHAL RAO	Bengal Fencing Associat	Excellent
145	7/3/2020 23:33:31	swethashaji24@gmail.com		KL18SWA165748 Sweth	Union Christian College	Good

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Feedback-Webinar on Yoga-2020 ☆ 📎 🔄

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1	Timestamp	Email Address	Score	Full Name(In Capital Lett	Institution Name	The overall effec
134	7/3/2020 10:20:48	gopinathdevas@gmail.com		GOPINATH.D	Maharishi vidyamandir.H	Excellent
135	7/3/2020 10:35:24	sivanandhac49@gmail.com		Dr. C. SIVANANDHAPRA	Ayya Nadar Janaki Amm	Very Good
136	7/3/2020 10:46:29	aiswaryasunil46@gmail.com		AISWARYA KS	Uc College Aluva	Very Good
137	7/3/2020 10:48:37	aiswaryasunil46@gimai.com		AISWARYA KS	UC College Aluva	Very Good
138	7/3/2020 11:27:38	divyaraajan238@gimail.com		DIVYA. R	Uc college	Very Good
139	7/3/2020 11:29:06	divyaraajan238@gimail.com		DIVYA. R	Uc college	Very Good
140	7/3/2020 13:21:57	aparnamurali16hky@gmail.com		APARNA MURLI. S	Union Christian college a	Excellent
141	7/3/2020 13:52:45	ankitmahanta9@gmail.com		ANKIT MAHANTA	HVPM, DCPE	Excellent
142	7/3/2020 13:53:39	pandeyasantosh751@gmail.com		Santosh Pandey	Bengal fencing Associati	Very Good
143	7/3/2020 15:49:55	vishalraof5@gmail.com		VISHAL RAO	Bengal Fencing Associati	Excellent
144	7/3/2020 15:51:12	vishalraof5@gmail.com		VISHAL RAO	Bengal Fencing Associati	Excellent
145	7/3/2020 23:33:31	swethashaji24@gmail.com		KL18SWA165748 Sweth	Union Christian College	Good
146	7/4/2020 17:29:00	raibingeorgecu@gmail.com		Raibin george	Raibin george	Satisfactory
147	7/22/2020 20:54:29	anugrahagracefrancis176@gmail.com		Anugraha Grace Francis	Union christian college al	Excellent
148	7/22/2020 22:13:36	anugrahagracefrancis176@gmail.com		KL18SWA165669 ANUG	Union Christian college A	Excellent
149						
150						

+ ☰ Form Responses 1 ▾



Feedback-Webinar on Yoga-2020 ☆ 📎 🔄

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Timestamp	Email Address	Score	Full Name(In Capital Lett	Institution Name	The overall effectiveness
6/21/2020 12:00:56	abeltshaji@gmail.com		ABEL THOMAS SHAJI	UC College Aluva	Excellent
6/21/2020 12:01:01	suryasusheel1998@gmail.com		SURYA SUSHEEL	Union Christian College,	Excellent
6/21/2020 12:01:05	anurajvr333@gmail.com		ANURAJ VR	UC COLLEGE ALUVA	Excellent
6/21/2020 12:01:05	anjakanjalijudoka6@gmail.com		ANJALI SANTHOSH	MG UNIVERSITY	Excellent
6/21/2020 12:01:09	geethika81@gmail.com		G. GEETHIKA	Union Christian College,	Very Good
6/21/2020 12:01:11	abrahamelizabeth1998@gmail.com		ELIZABETH ABRAHAM	UNION CHRISTIAN COL	Excellent
6/21/2020 12:01:11	praveen.thariyan@gmail.com		PRAVEEN THARIYAN	St.Dominic's College Kar	Excellent
6/21/2020 12:01:12	vijaygowri110@gmail.com		Mr. G. VIJAYAKUMAR	Senthil Public School Sal	Excellent
6/21/2020 12:01:15	pearlyjohn@gmail.com		Dr.Cicity Pearly Alex	St.Xaviers College for W	Excellent
6/21/2020 12:01:16	punypunss@gmail.com		PUNYA SUNIL	Union Christian College,	Excellent
6/21/2020 12:01:17	minujoys85@yahoo.co.in		Minu Joys	Union Christian College,	Excellent
6/21/2020 12:01:33	devipriyadevutty09052019@g.mail.com		DEVIPRIYA. K. S	Uc college Aluva	Excellent
6/21/2020 12:01:35	anshu.malik104@gmail.com		ANSHU MALIK	SPORTS AUTHORITY C	Excellent
6/21/2020 12:01:41	alanani47@gmail.com		ALAN ANIL	Union Christian college A	Very Good
6/21/2020 12:01:44	gayathrikreghu@gmail.com		GAYATHRI K REGHU	UNION CHRISTIAN COL	Excellent
6/21/2020 12:01:50	riyawilson06@gmail.com		RIYA WILSON	Union Christian College	Good
6/21/2020 12:01:57	narayananks25@gmail.com		MAJOR K S NARAYANA	UC COLLEGE ALUVA	Excellent

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A1 | 📏 Timestamp

	A	B	C	D	E	F
1	Timestamp	Email Address	Score	Full Name(In Capital Lett	Institution Name	The overall effecti
38	6/21/2020 12:04:02	krishnapriyad22@gmail.com		KRISHNAPRIYA D DILE	UNION CHRISTIAN COL	Excellent
39	6/21/2020 12:04:04	abeltshaji@gmail.com		ABEL THOMAS SHAJI	UC College Aluva	Excellent
40	6/21/2020 12:04:06	aksabenny23@gmail.com		AKSA BENNY	Union Christian College,	Excellent
41	6/21/2020 12:04:14	raopallavi23@gmail.com		PALLAVI A RAO	Union Christian College,	Excellent
42	6/21/2020 12:04:17	malathishiva1985@gmail.com		Dr. S. MALATHI	Physiotherapist	Excellent
43	6/21/2020 12:04:25	neethumolvarghese@uccollege.edu.in		NEETHUMOL VARGHESE	Union Christian College,	Excellent
44	6/21/2020 12:04:35	nishaphilip1982@gmail.com		NISHA PHILIP	st.Teresa's College(Autor	Excellent
45	6/21/2020 12:04:37	salinisasidhar@gmail.com		SALINI S NAIR	SCOPE, VIT, Vellore, Tan	Excellent
46	6/21/2020 12:04:53	sreyakraj1905@gmail.com		SREYA K RAJ	UC COLLEGE ALUVA	Excellent
47	6/21/2020 12:04:57	anjalisv186@gmail.com		Anjali S Varma	Union Christian College,	Excellent
48	6/21/2020 12:05:07	devika.vijayakrishnan@gmail.com		DEVIKA VIJAYAKRISHN	Union Christian College,	Very Good
49	6/21/2020 12:05:12	treemasaria71@gmail.com		MARIA TREESA CHACK	UC college aluva	Very Good
50	6/21/2020 12:05:13	shimjaks@gmail.com		SHIMJA K S	UNION CHRISTIAN COL	Very Good
51	6/21/2020 12:05:14	jithupatteri711@gmail.com		JITHU PV	Ishwar Deshmukh Colleg	Satisfactory
52	6/21/2020 12:05:18	aswathikwdr01@gmail.com		ASWATHI K	Union Christian College,	Very Good
53	6/21/2020 12:05:23	chrisjj112121@gmail.com		Mr.CHRISTOPHER LAW	MERRYLAND INTERNA	Excellent
54	6/21/2020 12:05:30	anjuaneena2001@gmail.com		ANJALI ANILKUMAR	UNION CHRISTIAN COL	Very Good

+ ☰ 📄 Form Responses 1 ▾



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A1 | fx Timestamp

	A	B	C	D	E	F
1	Timestamp	Email Address	Score	Full Name(In Capital Lett	Institution Name	The overall effe
92	6/21/2020 12:25:20	abraham.gincy@gmail.com		Mrs. GINCY ABRAHAM	Union Christian College,	Excellent
93	6/21/2020 12:29:52	amritasaki2000feb1@gmail.com		AMRITA SASI	Union christian College,	Excellent
94	6/21/2020 12:42:19	riyajejo095@gmail.com		RIYAMOL JEJO	UNION CHRISTIAN COL	Very Good
95	6/21/2020 12:47:06	fathimathullubina2000@gmail.com		FATHIMATHUL LUBINA	Union Christian college,	Excellent
96	6/21/2020 12:55:30	meghakhmurali@gmail.com		MEGHA K M	UNION CHRISTIAN COL	Very Good
97	6/21/2020 13:00:01	ansaalphonsa@gmail.com		ANSA ALPHONSA ANT	St. Xavier's College for V	Excellent
98	6/21/2020 14:16:22	chrisjj112121@gmail.com		Mr.CHRISTOPHER LAW	MERRYLAND INTERNA	Excellent
99	6/21/2020 14:19:30	leenadeenja@stxaviersaluva.ac.in		Leena Deenja N G	St. Xavier's College for V	Excellent
100	6/21/2020 14:27:10	shimjaks@gmail.com		SHIMJA K S	UNION CHRISTIAN COL	Very Good
101	6/21/2020 15:08:16	afsalsa894@gmail.com		AFSAL MM	Union Christian College,	Excellent
102	6/21/2020 15:11:19	bishathomas77@gmail.com		BISHA THOMAS	UNION CHRISTIAN COL	Excellent
103	6/21/2020 15:14:53	josexavier@stpauls.ac.in		Jose Xavier	St Paul's College Kalama	Excellent
104	6/21/2020 15:22:03	bridgetjoseph66@gmail.com		Capt Dr Bridget Joseph k	St Xavier's college for wc	Very Good
105	6/21/2020 15:38:30	kavyasreesunilkumar2001@gmail.com		KAVYASREE EP	Uc college aluva	Excellent
106	6/21/2020 16:22:31	shejinkv1976@gmail.com		SHEJIN K V	Govt. Engineering Colleg	Excellent
107	6/21/2020 19:10:23	subithabasheer123@gmail.com		ASHINA A B	Union christian college A	Excellent
108	6/21/2020 19:55:48	suja_sofia@rediffmail.com		SUJA SOFIA	Chinmaya college of Arts	Excellent

+ ☰ Form Responses 1 ▾



20. IMPORTANCE OF YOGA FOR BUSINESS STRESS RELIEF

PROGRAMME REPORT

Date of the Programme : 21/06/2020

No. of Participants : 120

Resource Person/s : Mr. Baiju C V, Senior Faculty and Dr. Chithra Baiju, Faculty, Art of living

Organising Agencies : Dept of MBA & Art of Living Foundation

The department of MBA organised a yoga training session for the students on the occasion of International Day of Yoga so as to encourage the students to take interest in practicing yoga as a stress relief mechanism. The resource persons, Mr. Baiju CV & Dr. Chithra Baiju, demonstrated the basics asanas of yoga and helped the students practice the asanas. 120 students from Sem 2 & Sem 4 of 2018 and 2019 admission Batch actively participated in the programme.

*The Importance of Yoga for
Business stress relief
Join us online for
swasanakriya*

June
21
2020
10.00
Am

AS UNION CHRISTIAN
COLLEGE IS CELEBRATING
THE 100TH ANNIVERSARY,
THE SCHOOL OF
MANAGEMENT STUDIES
PRESENTS A WORKSHOP
ON

*International
Day of Yoga*

Baiju C V
Senior Faculty
Art of living



Dr Chithra Baiju
Faculty
Art of living



21. DRUG ABUSE AND CRIME: PRECAUTIONS TO BE TAKEN

PROGRAMME REPORT

Date of the Programme : 01/07/2020

No. of Participants : 80

Resource Person/s : Mr. Rishiraj Singh, IPS, Director General of Prisons and Correctional Services.

Organising Agencies : Dept of MBA

The department of MBA organised a special lecture online by Mr. Rishiraj Singh, IPS, to conscientise the students about the health and social issues of drug abuse and the precautions to be taken. The resource person discussed the growing danger of the availability of different types of drugs and their spreading usages among youngsters. 80 students and their parents attended the invited talk.

Weblink:

https://facebook.com/story.php?story_fbid=pfbid021DgcAbQau3er8P44yAXRZQL4tLaQRGHpNwwk9GVZesWjJSiEFzciV6NDyRPtDd93l&id=375639742589837&mibextid=ZbWKwL

UNION CHRISTIAN COLLEGE IS CELEBRATING
100 YEARS OF SERVICE IN THE FIELD OF
EDUCATION

UNION CHRISTIAN COLLEGE
SCHOOL OF MANAGEMENT
STUDIES
PRESENTS
WEBINAR ON

**“DRUG ABUSE
AND CRIME, -
PRECAUTIONS
TO BE TAKEN”**

JULY 01, 2020, 11.00 AM
#STOPDRUGABUSE


MR. RISHI RAJ SINGH, IPS
DIRECTOR GENERAL OF PRISONS AND CORRECTIONAL
SERVICES, KERALA

GOOGLE MEET CODE:
1NU-BT00-1BR

FOR DETAILS CONTACT
9388735011, 9633698631



22. HAPPINESS: AN EXPERIENTIAL INTRODUCTION TO NATURAL, PRACTICAL & EASY TOOLS

PROGRAMME REPORT

Date of the Programme : 04/07/2020
No. of Participants : 120
Resource Person/s : Mr. Anand Narayan, Faculty Trainer, Art of Living
Organising Agencies : Dept of MBA

The department of MBA organised an international webinar on happiness on July 4, 2020 with Mr. Anand Narayan as the main resource person. The program aimed at helping the students understand how we can bring happiness in our life.

Brochure/Notice/Photos:





UNION CHRISTIAN COLLEGE, ALUVA

School of Management Studies

HAPPINESS

MBA 2019-21

S.No	Sl.No	Reg No	Name of the students	Present / Absent
1	MBA0234	190031001283	A S Anju	PRESENT
2	MBA0235	190031001284	Aadhil A Kalam	PRESENT
3	MBA0236	190031001285	Afsal N A	PRESENT
4	MBA0237	190031001286	Abhinav Makzood	PRESENT
5	MBA0238	190031001287	Akshay Shaji	PRESENT
6	MBA0239	190031001288	Aleena Sabu K	PRESENT
7	MBA0240	190031001289	Alex John	PRESENT
8	MBA0241	190031001290	Alex Paulose	PRESENT
9	MBA0242	190031001291	Amal Raj	PRESENT
10	MBA0243	190031001292	Amina M S	PRESENT
11	MBA0244	190031001293	Amrutha Gopi	PRESENT
12	MBA0245	190031001294	Amrutha PS	PRESENT
13	MBA0246	190031001295	Aneesa Nargis N A	PRESENT
14	MBA0247	190031001296	Anil Eldho	PRESENT
15	MBA0248	190031001297	Anju A	PRESENT
16	MBA0249	190031001298	Aravind Chandran	PRESENT
17	MBA0250	190031001299	Arjun J Kumar	PRESENT
18	MBA0251	190031001300	Arya Haridas	PRESENT
19	MBA0252	190031001301	Ashirha Davis	PRESENT
20	MBA0253	190031001302	Aswathy O K	PRESENT
21	MBA0254	190031001303	Ashira S	PRESENT
22	MBA0255	190031001304	Augustin Jithin Martin	PRESENT
23	MBA0256	190031001305	Eitha Thomas	PRESENT
24	MBA0257	190031001306	Britto C K	PRESENT
25	MBA0258	190031001307	Deepika Nair J R	PRESENT
26	MBA0259	190031001308	Devika Gopan	PRESENT
27	MBA0260	190031001309	Dwani Francis	PRESENT
28	MBA0261	190031001310	Francis Benny	PRESENT
29	MBA0262	190031001311	Gouri K S	PRESENT



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30	MBA0263	190031001312	Hafsa Rabeez	PRESENT
31	MBA0264	190031001313	Hajara Hafees	PRESENT
32	MBA0265	190031001314	Iysha Naushad	PRESENT
33	MBA0266	190031001315	Jothy Lakshmy P R	PRESENT
34	MBA0267	190031001316	K J Nishal Jamal	PRESENT
35	MBA0268	190031001317	K S Ibrahim	PRESENT
36	MBA0269	190031001318	Manasa S	PRESENT
37	MBA0270	190031001319	Maria Neeraj N S	PRESENT
38	MBA0271	190031001320	Meenakshi V P	PRESENT
39	MBA0272	190031001321	Mishal Muhammed	PRESENT
40	MBA0273	190031001322	Nasar K A	PRESENT
41	MBA0274	190031001323	Navaneeth Krishna	PRESENT
42	MBA0275	190031001324	Quisha Shajahan V	PRESENT
43	MBA0276	190031001325	Rachana B Naik	PRESENT
44	MBA0277	190031001326	Rasha Nafeesa Jharammal Chavayil	PRESENT
45	MBA0278	190031001327	Reshma T P	PRESENT
46	MBA0279	190031001328	Rifa Mol K M	PRESENT
47	MBA0280	190031001329	S M Madhusudan Baliga	PRESENT
48	MBA0281	190031001330	Sachin Kurian	PRESENT
49	MBA0282	190031001331	Shabnam Elisa Eapen	PRESENT
50	MBA0283	190031001332	Saad Amin E M	PRESENT
51	MBA0284	190031001333	Sharafunnisa C A	PRESENT
52	MBA0285	190031001334	Shifa P E	PRESENT
53	MBA0286	190031001335	Sneha Suresh	PRESENT
54	MBA0287	190031001336	Sreehari M s	PRESENT
55	MBA0288	190031001337	Sreelakshmi Sukumar	PRESENT
56	MBA0289	190031001338	Subeda S	PRESENT
57	MBA0290	190031001339	Jhansi Ashraf	PRESENT
58	MBA0291	190031001340	Jhansi Hameed	PRESENT
59	MBA0292	190031001341	Vibin M	PRESENT
60	MBA0293	190031001342	Vishnu K P	PRESENT
2018 -2020 BATCH				
1	MBA0174	180791	Abis M sunny	PRESENT



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2023

2	MBA0175	180793	Adil K J	PRESENT
3	MBA0176	180794	Ajay M R	PRESENT
4	MBA0177	180795	Abdul Ahamed K B	PRESENT
5	MBA0178	180796	Akshaya Suresh	PRESENT
6	MBA0179	180797	Amal Christy C V	PRESENT
7	MBA0180	180798	Amal K S	PRESENT
8	MBA0181	180799	Amiya Babu	PRESENT
9	MBA0182	180800	Amritha Babu	PRESENT
10	MBA0183	180801	Ani Paul	PRESENT
11	MBA0184	180802	Anjali Augustine	PRESENT
12	MBA0185	180803	Anna Hendry	PRESENT
13	MBA0186	180804	Anna Rose	PRESENT
14	MBA0187	180805	Arya Babu	PRESENT
15	MBA0188	180806	Aswani Vinay K	PRESENT
16	MBA0189	180807	Ashra Sukumaran	PRESENT
17	MBA0190	180808	Bina P Babu	PRESENT
18	MBA0191	180809	Devika M A	PRESENT
19	MBA0192	180810	Dheeraj Mohan	PRESENT
20	MBA0193	180811	Dileep Davis	PRESENT
21	MBA0194	180812	Ebin P T	PRESENT
22	MBA0195	180813	Hamna T A	PRESENT
23	MBA0196	180814	Harisa P.H	PRESENT
24	MBA0197	180815	Hareesh Babu	PRESENT
25	MBA0198	180816	Irfana Iqbal	PRESENT
26	MBA0199	180817	Isabelle V J	PRESENT
27	MBA0200	180818	Jeffin Jose	PRESENT
28	MBA0201	180819	Jayita V P	PRESENT
29	MBA0202	180820	K.S Anu	PRESENT
30	MBA0203	180821	Kaarthana M A	PRESENT
31	MBA0204	180822	Lakshmi Gopinath	PRESENT
32	MBA0205	180823	Lakshmi Vijayan	PRESENT
33	MBA0206	180824	Maneesha Babu	PRESENT
34	MBA0207	180825	Manu Babu	PRESENT



23.WEBINAR ON STRESS MANAGEMENT

PROGRAMME REPORT

Date of the Programme : 26/07/2020
No. of Participants : 120
Resource Person/s : Dr. Neha Sharma, Assistant Professor, Dept of Human Development & Family Relations, Govt Home Science College, Chandigarh
Organising Agencies : Dept of MCA

The department of MCA (School of Computer Applications) organised a webinar on stress management and the role of IQ, EQ, SQ & AQ in managing stress on 26 July 2020. The session aimed at helping the students understand the relevance of various mental quotients in managing stress. The students interacted well with the resource person clearly their doubts on the subject matter.

UNION CHRISTIAN COLLEGE, ALUVA
Celebrating 100th year
SCHOOL OF COMPUTER APPLICATIONS
invites you to
WEBINAR- 7
STRESS MANAGEMENT
ROLE OF IQ, EQ, SQ & AQ IN MANAGING STRESS

Speaker
Dr. Neha Sharma
 Assistant Professor
 Dept of Human Development and Family Relations
 Government Home Science College
 Sector- 10, Chandigarh

Date & Time
 July 26, 2020
 (Sunday, 10.00 am)

Platform
 Google Meet

Coordinators : Mrs. Divya P B (HoD), Mrs. Surabhi P V (Assistant Professor)

8281107533 www.mcaucc.edu.in

UNION CHRISTIAN COLLEGE, ALUVA
SCHOOL OF COMPUTER APPLICATIONS
Certificate of Participation

This is to certify that Aiswarya Sajeer, Student of Department of MCA, U C College, Aluva has attended the webinar on "Stress Management and Role of IQ, EQ, SQ & AQ" organized by School of Computer Applications, Union Christian College, Aluva on July 26, 2020

Ms. Surabhi P V
 Ms. Surabhi P V
 Co-ordinator

Ms. Divya P B
 Ms. Divya P B
 HOD, MCA

Dr. A V Alex
 Dr. A V Alex
 Director, MCA



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5th CYCLE
2023

The screenshot shows a Google Meet interface during a webinar. The main window displays a PowerPoint slide with the text "NO Thought Belongs to YOU" and an illustration of a person thinking. The presenter, Neha Sharma, is visible in a small window. The meeting title is "Webinar 7# Stress Management".

The screenshot shows the Google Meet interface with a list of participants in the chat window. The participants listed are: ashna shaju, Athira Ashok, ATHIRA C.S, Athira Prasannan, Benazir Benu (Joined), BLESSY SUNNY, chandhini syamaprasad, Devika Nair, Elizabeth Joy, and Events MCA UCC. The meeting title is "Webinar 7# Stress Managem...".



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2023

SCHOOL OF COMPUTER APPLICATIONS- UNION CHRISTIAN COLLEGE, ALUVA

Webinar on "Stress Management and Role of IQ, EQ, SQ & AQ" , JULY 26, 2020

Sl.No.	Timestamp	Email Address	Name of the participant	Role / Designation	Name of the Institution	1. Was the webinar useful	2. Was the speaker able to clear your doubts	3. How do you rate the content of webinar	4. Overall how would you rate the webinar?
1	7-26-2020 11:12:03	maryalexander679@gmail.com	Mary Alexander	Student	Union Christian	Yes	Yes	Very Good	Very Good
2	7-26-2020 11:12:05	rk1997punnam@gmail.com	Radhika Krishnan	Student	UC College Aluva	Yes	Yes	Very Good	Very Good
3	7-26-2020 11:12:06	neenajoseph0109@gmail.com	Neena Joseph	Student	Uc college Aluva	Yes	Yes	Very Good	Very Good
4	7-26-2020 11:12:06	seenaby2000@gmail.com	Dr. Seena M Mathai	Faculty	Union Christian	Yes	Yes	Very Good	Very Good
5	7-26-2020 11:12:06	sajeev123aiswarya18@gmail.com	Aiswarya sajeev	Student	Uc college aluva	Yes	Yes	Very Good	Very Good
6	7-26-2020 11:12:07	mathewfrancis36@gmail.com	Mathew Francis	Student	Union Christian	Yes	Yes	Very Good	Very Good
7	7-26-2020 11:12:08	amal7kj@gmail.com	Amal Jolly	Student	UC College Aluva	Yes	Yes	Excellent	Excellent
8	7-26-2020 11:12:10	nejlatbasheer@gmail.com	NEJLA T.B	Student	Union Christian	Yes	Yes	Very Good	Very Good
9	7-26-2020 11:12:12	sumithavinod82@gmail.com	SUMITHA PANKAJ	Faculty	Union Christian	Yes	Yes	Very Good	Very Good
10	7-26-2020 11:12:15	joelpjacob3@gmail.com	Joel P Jacob	Student	Union Christian	Yes	Yes	Very Good	Very Good
11	7-26-2020 11:12:18	aashnashajan66@gmail.com	Ashna Shajan	Student	Union Christian	Yes	Yes	Excellent	Excellent
12	7-26-2020 11:12:19	anjanapradeep101@gmail.com	Anjana Pradeep	Student	Union Christian	Yes	Yes	Excellent	Excellent
13	7-26-2020 11:12:20	anjaleychakkunni@gmail.com	Anjaley Chakkunni	Student	Union Christian	Yes	Yes	Excellent	Very Good
14	7-26-2020 11:12:21	hildadency@gmail.com	Hilda Cleetus	Student	Union Christian	Yes	Yes	Excellent	Excellent
15	7-26-2020 11:12:21	ariyaradhakrishnan123@gmail.com	Ariya Radhakrishnan	Student	Union Christian	Yes	Yes	Very Good	Very Good
16	7-26-2020 11:12:21	iesmon2013@gmail.com	Iesmon K J	Student	Uc college aluva	Yes	Yes	Excellent	Excellent

SCHOOL OF COMPUTER APPLICATIONS- UNION CHRISTIAN COLLEGE, ALUVA

Webinar on "Stress Management and Role of IQ, EQ, SQ & AQ" , JULY 26, 2020

Sl.No.	Timestamp	Email Address	Name of the participant	Role / Designation	Name of the Institution	1. Was the webinar useful	2. Was the speaker able to clear your doubts	3. How do you rate the content of webinar	4. Overall how would you rate the webinar?
31	7-26-2020 11:12:36	athiraurumbackil1998@gmail.com	ATHIRA PRASANNAN	Student	UNION CHRISTIAN	Yes	Yes	Very Good	Very Good
32	7-26-2020 11:12:37	sarinkr01@gmail.com	SARIN K R	Student	Union Christian	Yes	Yes	Very Good	Very Good
33	7-26-2020 11:12:39	snehamoses06@gmail.com	Sneha T M	Student	UC College Aluva	Yes	Yes	Excellent	Excellent
34	7-26-2020 11:12:39	vipinvinod39@gmail.com	Vipin vinod	Student	Union christian	Yes	Yes	Excellent	Excellent
35	7-26-2020 11:12:45	arunks3556@gmail.com	Arun Sudhakaran	Student	Uc college	No	Can Not say	Poor	Poor
36	7-26-2020 11:12:47	sasnasusu@gmail.com	Sasna t s	Student	Union Christian	Yes	Yes	Excellent	Excellent
37	7-26-2020 11:12:48	visakh.v4784@gmail.com	VISAKH VIJAYAKUMA	Student	Union Christian	Yes	Yes	Fair	Fair
38	7-26-2020 11:12:49	rahmanyaseen2@gmail.com	Muhammed Yaseen K	Student	Union Christian	Yes	Yes	Very Good	Very Good
39	7-26-2020 11:12:51	arnaldkpaul@gmail.com	Ronald K Rondino Paul	Student	UC College Aluva	Yes	Yes	Very Good	Very Good
40	7-26-2020 11:12:52	anjalyraji1997@gmail.com	Anjaly Thankachan	Student	Union Christian	Yes	Yes	Excellent	Excellent
41	7-26-2020 11:12:53	maaluvvarshavs@gmail.com	Varsha Vs	Student	Union Christian	Yes	Yes	Very Good	Very Good
42	7-26-2020 11:12:54	annmaryammu1997@gmail.com	Ann Mary Thankachan	Student	Uc college aluva	Yes	Yes	Very Good	Very Good
43	7-26-2020 11:12:54	rosemolvarghese2@gmail.com	Rosemol varghese	Student	Union christian	Yes	Yes	Excellent	Excellent
44	7-26-2020 11:12:55	amalfreij536@gmail.com	Amal Reji	Student	Union Christian	Yes	Yes	Excellent	Excellent
45	7-26-2020 11:12:55	aiswaryasachidananda@gmail.com	Aiswarya.s	Student	Union Christian	Yes	Yes	Excellent	Excellent
46	7-26-2020 11:12:56	bhuvaneshshenoy@gmail.com	Bhuvanesh k Shenoy	Student	Uc College Aluva	Yes	Yes	Excellent	Excellent

SCHOOL OF COMPUTER APPLICATIONS- UNION CHRISTIAN COLLEGE, ALUVA

Webinar on "Stress Management and Role of IQ, EQ, SQ & AQ" , JULY 26, 2020

Sl.No.	Timestamp	Email Address	Name of the participant	Role / Designation	Name of the Institution	1. Was the webinar useful	2. Was the speaker able to clear your doubts	3. How do you rate the content of webinar	4. Overall how would you rate the webinar?
61	7-26-2020 11:13:19	vaishnaviks9797@gmail.com	Vaishnavi K S	Student	Union christian	Yes	Yes	Excellent	Excellent
62	7-26-2020 11:13:21	akkuneerchallil6@gmail.com	Akshay Rajeev	Student	UC College Aluva	Yes	Yes	Excellent	Excellent
63	7-26-2020 11:13:22	adityadin21@gmail.com	Aditya Dinesh	Student	UC College, Aluva	Yes	Yes	Fair	Fair
64	7-26-2020 11:13:24	akshithamolpa@gmail.com	Akshitha Mol P.A	Student	Union Christian	Yes	Yes	Very Good	Very Good
65	7-26-2020 11:13:25	ashlinshibu1996@gmail.com	Ashlin shibu	Student	uc college aluva	Yes	Yes	Excellent	Excellent
66	7-26-2020 11:13:26	anjalykmurali@gmail.com	ANJALY K MURALI	Student	Union Christian	Yes	Yes	Very Good	Very Good
67	7-26-2020 11:13:30	biyajoy1998@gmail.com	Biya joy	Student	Union Christian	Yes	Yes	Very Good	Excellent
68	7-26-2020 11:13:33	meghapullampallil@gmail.com	Megha Jacob	Student	Union Christian	Yes	Yes	Excellent	Excellent
69	7-26-2020 11:13:34	nupurbhatnagar3316@gmail.com	Ms Nupur Bhatnagar	Faculty	GHSC-10	Yes	Yes	Very Good	Very Good
70	7-26-2020 11:13:34	athi.sreyas@gmail.com	ATHIRA. C. S	Student	St Xaviers Tra	Yes	Yes	Excellent	Excellent
71	7-26-2020 11:13:36	ashnathomas11@gmail.com	Ashna Thomas	Student	Union Christian	Yes	Yes	Very Good	Very Good
72	7-26-2020 11:13:36	thanoos_gls@gmail.com	Thanu Sudeesh	Faculty	Union Christian	Yes	Yes	Very Good	Very Good
73	7-26-2020 11:13:37	beenaabdulla799@gmail.com	Beena. A. K	Faculty	Union Christian	Yes	Yes	Excellent	Excellent
74	7-26-2020 11:13:38	meerammu98@gmail.com	Meera V A	Student	Union Christian	Yes	Yes	Very Good	Very Good
75	7-26-2020 11:13:40	revathynarayanan1997@gmail.com	Revathy Narayanan	Student	Union Christian	Yes	Yes	Very Good	Very Good
76	7-26-2020 11:13:42	sreejeshravizammizz@gmail.com	Sreejesh Ravi	Student	U.C. College	Yes	Yes	Very Good	Very Good



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SCHOOL OF COMPUTER APPLICATIONS- UNION CHRISTIAN COLLEGE, ALUVA Webinar on "Stress Management and Role of IQ, EQ, SQ & AQ", JULY 26, 2020

Sl.No.	Timestamp	Email Address	Name of the participant	Role / Designation	Name of the Institution	1. Was the webinar useful	2. Was the speaker able to clear your doubts	3. How do you rate the content of webinar	4. Overall how would you rate the webinar?
91	7-26-2020 11:14:15	shinesankar449@gmail	Shine Sankar E S	Student	Union Christian	Yes	Yes	Very Good	Very Good
92	7-26-2020 11:14:15	athulsajji45@gmail.com	Athul Saji	Student	Union Christian	Yes	Yes	Very Good	Very Good
93	7-26-2020 11:14:24	sherin.mary@saintgits	Sherin Mary Andrews	Faculty	SAINTGITS C	Yes	Yes	Excellent	Excellent
94	7-26-2020 11:14:34	aiswaryofficial@gmail	Aiswarya S	Student	U C College, A	Yes	Yes	Very Good	Very Good
95	7-26-2020 11:14:34	nasrinsamad19@gmail	Nasrin M.A	Student	UC College	Yes	Yes	Very Good	Very Good
96	7-26-2020 11:14:41	aryasreedhaneesh0516	Arya Sukumar	Student	Union Christian	Yes	Yes	Excellent	Excellent
97	7-26-2020 11:14:44	aparnasingh.n@gmail.c	APARNA SINGH	Student	UNION CHRIS	Yes	Yes	Excellent	Excellent
98	7-26-2020 11:14:53	alexav50@gmail.com	Alex A V	Faculty	Union Christian	Yes	Yes	Very Good	Excellent
99	7-26-2020 11:14:54	ruhema@gmail.com	Jissa Wilson	Student	Union christian	Yes	Yes	Excellent	Excellent
100	7-26-2020 11:15:11	athira140796@gmail.co	Athira Asokan	Student	UC COLLEGE	Yes	Yes	Very Good	Fair
101	7-26-2020 11:15:22	lincerachel@gmail.com	LINCE RACHEL VARG	Research Sch	Dr. G. R. Dam	Yes	Yes	Excellent	Excellent
102	7-26-2020 11:15:25	sisiravs1999@gmail.co	Sisira v.s	Student	Union Christian	Yes	Yes	Very Good	Very Good
103	7-26-2020 11:15:33	josfinmj@gmail.com	Josfin M. J	Student	Union christian	Yes	Yes	Very Good	Very Good
104	7-26-2020 11:15:38	ashmianto84g@gmail.c	Ashmi Anto	Student	Union christian	Yes	Yes	Very Good	Very Good
105	7-26-2020 11:15:42	nimasha68@gmail.vom	Nima Shaji	Student	Uc	Yes	Yes	Very Good	Very Good
106	7-26-2020 11:15:44	denriva279@gmail.com	Priva DS	Student	Union Christian	Yes	Yes	Very Good	Very Good

SCHOOL OF COMPUTER APPLICATIONS- UNION CHRISTIAN COLLEGE, ALUVA Webinar on "Stress Management and Role of IQ, EQ, SQ & AQ", JULY 26, 2020

Sl.No.	Timestamp	Email Address	Name of the participant	Role / Designation	Name of the Institution	1. Was the webinar useful	2. Was the speaker able to clear your doubts	3. How do you rate the content of webinar	4. Overall how would you rate the webinar?
109	7-26-2020 11:16:01	gifinmj@gmail.com	Gifin MJ	Student	UC College Al	Yes	Yes	Excellent	Excellent
110	7-26-2020 11:16:02	nixonben23@gmail.com	Nixon Ben	Student	Uc college Alu	Yes	Yes	Excellent	Excellent
111	7-26-2020 11:16:27	abhijithkp9@gmail.com	Abhijith K P	Student	Union Christian	Yes	Yes	Excellent	Excellent
112	7-26-2020 11:16:37	aslamca1998@gmail.co	Aslam C A	Student	UC College, A	Yes	Yes	Very Good	Very Good
113	7-26-2020 11:17:22	npvidu@gmail.com	VIDHYA N P	Faculty	Govt College	Yes	Yes	Excellent	Excellent
114	7-26-2020 11:17:37	rjunni5959@gmail.com	UNNIKRISHNAN S R	Student	UC COLLEGE	Yes	Yes	Very Good	Very Good
115	7-26-2020 11:17:42	sarinkannan33@gmail.c	Sarin m r	Student	UC college alu	Yes	Yes	Very Good	Very Good
116	7-26-2020 11:17:57	reenucherian@mcaucc	Reenu Mariam Cherian	Faculty	Union Christian	Yes	Yes	Very Good	Very Good
117	7-26-2020 11:19:14	harirajani97@gmail.co	Hari Raj KA	Student	UC college, Al	Yes	Yes	Fair	Fair
118	7-26-2020 11:19:38	anilkumarunni18@gmai	Anil kumar mp	Student	UC college alu	Yes	Yes	Very Good	Very Good
119	7-26-2020 11:23:39	shehmiljamil@gmail.co	SHEHMIL VJ	Student	Union Christian	Yes	Yes	Very Good	Very Good
120	7-26-2020 11:29:35	rizwanaiqbal00@gmail	Rizwana Iqbal	Student	U C college, Al	Yes	Yes	Very Good	Excellent
121	7-26-2020 11:49:28	abinthomas370@gmail	Abin Thomas	Student	Union christian	Yes	Yes	Very Good	Very Good
122	7-26-2020 12:06:54	minjubabu@gmail.com	Sanika Suresh	Student	Union Christian	Yes	Yes	Very Good	Very Good



24. ONLINE CERTIFICATE COURSE ON HEALTHY PRACTICES: NUTRITION: PHYSICAL ACTIVITY, COMMUNITY AND FAMILY PARTICIPATION

PROGRAMME REPORT

Date of the Programme : 01/08/2020 to 07/08/2020

No. of Participants : 2

Resource Person/s : Dr. Daniel Nicklas, Dr. Eve Kutchman, Dr. Lauren Welch

Organising Agencies : University of Colorado

Sl.No.	Name	Department
1	Neha Mathew	Psychology
2	Niyala Fathima	Psychology





25. RENDEZVOUS WITH TIFFANY BRAR (CAPACITY BUILDING LIFE SKILL ENHANCEMENT SESSION)

PROGRAMME REPORT

Date of the Programme : 18/09/2020

No. of Participants : 64

Resource Person/s : Ms. Tiffany Brar, special educator and Founder of Jyothirgamaya Foundation for Visually Challenged, National Awardee for Best Role Model for the President of India, 2017

Organising Agencies : Dept of Economics & School for the Blind, Aluva

The department of Economics in association with the School for the Blind, Aluva, organised an online interactive session with Ms. Tiffany Brar to motivate the students to pursue their goals against all odds. The resource person is a visually challenged person who through hardwork and perseverance established an organisation for similar people and won a special award from the President of India as a social activist. Interaction with her motivated our students to perceive life from a different angle.

UNION CHRISTIAN COLLEGE, ALUVA
 Dept. of Economics
 &
SCHOOL FOR THE BLIND, ALUVA
 Capacity Building Session | Ethics/Life Skills

RENDEZVOUS WITH

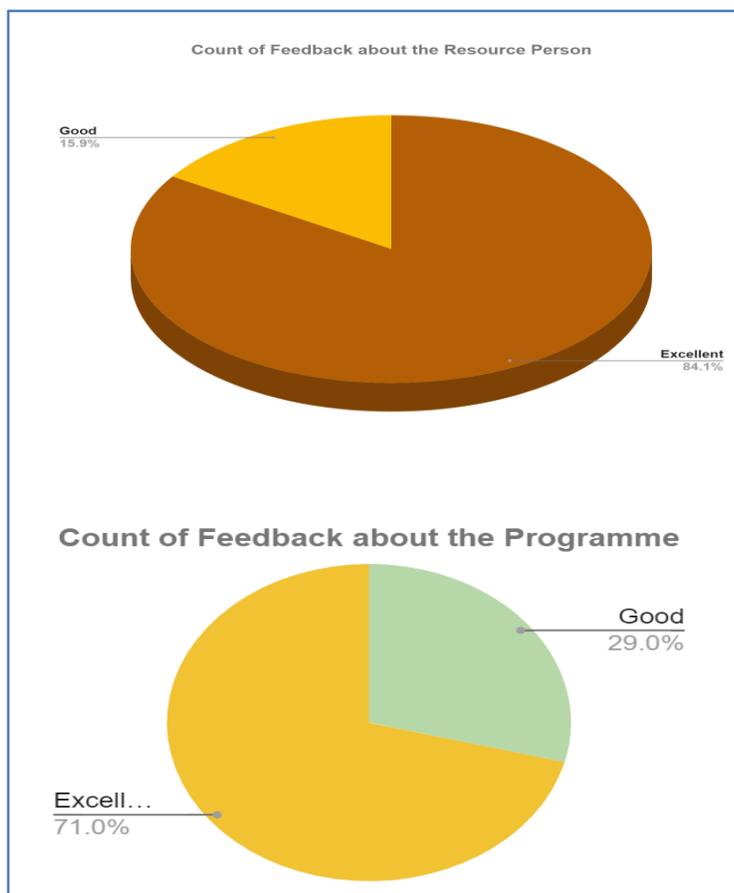
TIFFANY BRAR
 making a difference....

September 18 | 5:30 PM

MEET ID: UCA-VTBK-PMF

Tiffany is a differently abled social activist who leads by example, and is engaged in spreading awareness in society about allowing visually challenged children to venture out and live normal lives.
Jyothirgamaya Foundation started in 2015 by Tiffany endeavors to empower the visually challenged. It provides training to them in all necessary skills paving the way for their employment, integration, and assimilation into the mainstream.

For enquiries:
 Mrs. Nino Baby - 9895990005





DEPARTMENT OF ECONOMICS

LIFE SKILL MOTIVATIONAL TALK BY TIFFANY BRAR ON 18 SEPTEMBER 2020

Timestamp	Name of the Student	Class of Study	Feedback about the programme	Feedback about the Resource Person
9/18/2020 18:34:21	Sreelakshmy Uthaman	III BA Economics	Excellent	Excellent
9/18/2020 18:34:21	Vishnuprasad TS	3 BA	Excellent	Excellent
9/18/2020 18:35:02	Arya Pramod	II BA Economics	Good	Good
9/18/2020 18:35:34	HARIGOVIND MC	III BA Economics	Excellent	Excellent
9/18/2020 18:36:07	Divyanjaly A	3rd year Economics	Excellent	Excellent
9/18/2020 18:36:33	Merin John	3rd BA Economics	Excellent	Excellent
9/18/2020 18:37:07	AISHA ASLI NAVAS	II BA Economics	Excellent	Excellent
9/18/2020 18:37:28	Geo Saji	2 BA Eco	Good	Excellent
9/18/2020 18:37:51	Krishna KS	3 rd year	Excellent	Excellent
9/18/2020 18:38:18	Christeena PJ	II BA	Excellent	Excellent
9/18/2020 18:39:48	Fathima Irfana	II BA Economics	Good	Good
9/18/2020 18:43:10	Robin Varghese	Joshua Johnson p	Excellent	Excellent
9/18/2020 18:44:13	Fathima Mehjabin P	3 BA Economics	Excellent	Excellent
9/18/2020 18:45:47	ANAGHA RAJAN	IIIrd Year BA Economics	Excellent	Excellent
9/18/2020 18:46:44	Ameesha PV	2 BA Economics	Excellent	Excellent
9/18/2020 18:47:18	Gopika KG	2nd yr BA Economics	Excellent	Excellent
9/18/2020 18:47:42	Jayalakshmi KJ	2 BA Economics	Excellent	Excellent
9/18/2020 18:48:13	Keerthana Mohan	2 BA Economics	Good	Good
9/18/2020 18:49:02	MEENU RAJEEV	2nd yr Economics	Good	Excellent
9/18/2020 18:50:05	Hridyamol MP	3 BA Economics	Excellent	Excellent
9/18/2020 18:50:41	ANNA BABU	III BA Economics	Excellent	Excellent
9/18/2020 18:51:38	ASHIL KA	2 BA Economics	Excellent	Excellent
9/18/2020 18:52:57	Nandana VS	2 BA eco	Good	Excellent
9/18/2020 18:53:26	Jismi Jamal	2nd yr economics	Excellent	Excellent
9/18/2020 18:53:44	UBANA KN	II BA ECONOMICS	Excellent	Excellent
9/18/2020 18:54:10	Anjitha Ashokan	3 BA Economics	Excellent	Excellent
9/18/2020 18:54:38	Nismi Sainil	3 BA Economics	Excellent	Excellent
9/18/2020 18:54:55	Renjith	3 BA	Excellent	Excellent
9/18/2020 18:06:46	Yadhu Krishnan ES	2nd yr economics	Good	Good
9/18/2020 18:07:11	Shani As	2 BA Economics	Excellent	Excellent
9/18/2020 18:07:36	Vishnu J nair	II BA Economics	Excellent	Excellent
9/18/2020 18:08:02	Keerthi Gopinath	III BA Economics	Excellent	Excellent
9/18/2020 18:08:23	Jithu Dinesh	III BA Economics	Excellent	Excellent
9/18/2020 18:09:06	Abhirami KS	II BA Economics	Excellent	Excellent
9/18/2020 18:09:28	Al Hafis CA	2 Ba economics	Excellent	Excellent
9/18/2020 18:10:01	An Anastasia	3rd Semester	Good	Excellent
9/18/2020 18:10:30	Basil Eldhose	3rd Yr BA	Excellent	Excellent
9/18/2020 18:10:58	Jisna Joseph	5th Sem	Good	Good



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9/18/2020 18:11:35	Krishnaja K	3rd Yr Economics	Excellent	Excellent
9/18/2020 18:12:04	Adhit Chandy	3 BA economics	Good	Good
9/18/2020 18:13:22	Aiswarya K S	3 BA Economics	Excellent	Excellent
9/18/2020 18:14:10	BETTINA RAJAN	3 Ba Economics	Excellent	Excellent
9/18/2020 18:14:33	DIVEKA NM	III BA Economics	Excellent	Excellent
9/18/2020 18:28:01	ASHINA AB	3rd Yr	Excellent	Excellent
9/18/2020 18:29:46	APARNA KK	3 BA Economics	Excellent	Excellent
9/18/2020 18:30:21	Muhammed Irfan	II BA Economics	Excellent	Excellent
9/18/2020 18:30:47	SNEHA GK	II BA Eco	Good	Excellent
9/18/2020 18:31:23	C S Fathimamol	2nd yr BA Economics	Excellent	Excellent
9/18/2020 18:31:41	JISMi JAMAL	2 BA	Good	Good
9/18/2020 18:32:35	Nandana Gopamn	2nd yr BA Economics	Good	Good
9/18/2020 18:32:58	Sheethal Kurian	II BA	Excellent	Excellent
9/18/2020 18:34:23	MERIN KURIAKOSE	3 BA Economics	Excellent	Excellent
9/18/2020 18:34:29	Sreeraj M Anil	2nd Yr	Excellent	Excellent
9/18/2020 18:34:31	MEENU THOMAS	II BA Economics	Excellent	Excellent
9/18/2020 18:34:32	KEZIL T	III BA Economics	Excellent	Excellent
9/18/2020 18:34:33	V Harigovind	3 BA Economics	Good	Good
9/18/2020 18:34:34	Deepesh C	3rd yr	Excellent	Excellent
9/18/2020 18:34:35	Navaneeth AD	3rd BA	Excellent	Excellent
9/18/2020 18:34:36	Rheanne Dina George	3rd Yr	Good	Good
9/18/2020 18:34:55	ANAGHA KV	II BA Economics	Excellent	Excellent
9/18/2020 18:35:42	Sneha Rajesh	II BA	Good	Excellent
9/18/2020 18:36:18	Shemeena TR	III BA Economics	Good	Excellent
9/18/2020 18:36:36	Vivek V	3 BA Economics	Excellent	Excellent
9/18/2020 18:37:02	Sinta Santo	III BA Eco	Good	Excellent



26. LABEL YOURSELF FOR A BRAND (ENTREPRENEURIAL LIFE SKILLS ENHANCEMENT LECTURE)

PROGRAMME REPORT

Date of the Programme : 28/05/2021

No. of Participants : 31

Resource Person/s : Mr. Alex Joseph (Alumnus of the Department. Presently Manager, Metatek, Marine and Industrial Supplies, Dubai)

Organising Agencies : Dept of Economics

The department of Economics organised an invited lecture on entrepreneurial life skills enhancement on 28 May 2021. The resource person, an accomplished alumnus of the department, spoke on how to make oneself ready for the market and students gained immensely from his talk on “Label yourself as a Brand”.

UNION CHRISTIAN COLLEGE ALUVA
DEPARTMENT OF ECONOMICS

COACTION
resources for meaningful journey

LABEL YOURSELF FOR A BRAND

**Capacity Building Session
Entrepreneurship | Life Skills**

ALEX JOSEPH
(Former Student of Economics Department)
Managing Partner, MetaTek, Marine and
Industrial Supplies, Dubai, UAE

28-05-2021 AT 5:00PM
VIA

[HTTPS://MEET.GOOGLE.COM/CSR-TGKW-JIC](https://meet.google.com/CSR-TGKW-JIC)



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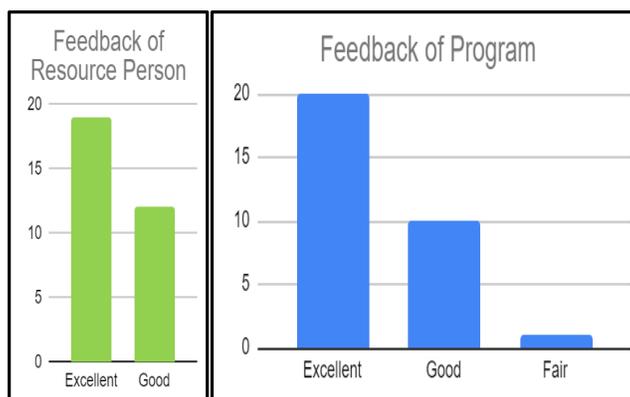
BRAIN GAIN

Attendance & Feedback- Entrepreneurial Life Skill Talk by Alumnus-Alex Joseph-28.5.2021

Sl. No	Timestamp	Name of the Student	Name of Institution	Class of Study	Feedback about the programme	Feedback about the Resource Person	Suggestions
1	5/28/2021 19:08:27	Ajbina MA	UC College	II BA Economics	Good	Excellent	Nil
2	5/28/2021 19:08:32	Akhila Baiju	UC College	II BA Economics	Excellent	Excellent	NIL
3	5/28/2021 19:08:33	Althaf Hussain K	Union Christian College	II BA Economics	Excellent	Good	PPT would be nice
4	5/28/2021 19:08:33	Sreelekha	UC College	II BA Economics	Excellent	Excellent	
5	5/28/2021 19:08:34	Vishnu KA	UC College	II BA Economics	Excellent	Excellent	
6	5/28/2021 19:08:35	Advaith Nair	UC College	II BA Economics	Excellent	Excellent	
7	5/28/2021 19:08:36	Aravind Krishnan	UCC Dept of Economics	II BA Economics	Excellent	Excellent	
8	5/28/2021 19:08:37	Nandhana Krishna CV	UCC	II BA Economics	Excellent	Excellent	
9	5/28/2021 19:08:38	Sandra AS	Union Christian College	II BA Economics	Excellent	Good	
10	5/28/2021 19:08:39	Grisha John	Union Christian College	II BA Economics	Good	Good	inaudible
11	5/28/2021 19:08:43	Akhila Krishnakumar	UC College	II BA Economics	Excellent	Excellent	
12	5/28/2021 19:08:46	Nissi James	Union Christian College	II BA Economics	Good	Good	sample QP should be there
13	5/28/2021 19:08:47	Nivel Joy	Union Christian College	II BA Economics	Excellent	Excellent	
14	5/28/2021 19:08:51	PS Ameensha	Union Christian College	II BA Economics	Good	Good	NIL
15	5/28/2021 19:08:52	Brindamol BK	UCC	II BA Economics	Excellent	Excellent	
16	5/28/2021 19:08:53	Farsana AF	UCC	II BA Economics	Excellent	Excellent	
17	5/28/2021 19:08:58	Juan Mathew John	UC College	II BA Economics	Good	Good	no
18	5/28/2021 19:09:00	Michelle Lillian Mammen	Dept of Economics	II BA Economics	Good	Good	no
19	5/28/2021 19:09:01	Irine Mariam Mani	Union Christian College	II BA Economics	Excellent	Excellent	
20	5/28/2021 19:09:03	Fitha Fathima	Union Christian College	II BA Economics	Fair	Good	speaker no sound
21	5/28/2021 19:09:07	Athulya Manoj AM	UC College	II BA Economics	Excellent	Excellent	
22	5/28/2021 19:09:17	Angel Rose Shajan	Union Christian College	II BA Economics	Excellent	Excellent	
23	5/28/2021 19:09:18	Devika Pradeep	Dept of Economics	II BA Economics	Good	Excellent	
24	5/28/2021 19:09:20	Krishnanunni SK	Dept of Economics	II BA Economics	Excellent	Excellent	



DEPARTMENT OF ECONOMICS							
BRAIN GAIN							
Attendance & Feedback- Entrepreneurial Life Skill Talk by Alumnus-Alex Joseph-28.5.2021							
Sl. No	Timestamp	Name of the Student	Name of Institution	Class of Study	Feedback about the programme	Feedback about the Resource Person	Suggestions
28	5/28/2021 19:09:21	Manju K	Economics	II BA Economics	Excellent	Excellent	
26	5/28/2021 19:09:23	Nandhini Joby	Dept of Economics	II BA Economics	Excellent	Excellent	
27	5/28/2021 19:09:28	Rameesa Mahin	Dept of Economics	II BA Economics	Good	Good	NIL
28	5/28/2021 19:09:37	Amal Krishna	Union Christian College	II BA Economics	Good	Good	
29	5/28/2021 19:09:39	Anaswara Lakshmi	Union Christian College	II BA Economics	Excellent	Excellent	
30	5/28/2021 19:09:40	Dyuthy V	UCC	II BA Economics	Good	Good	
31	5/28/2021 19:09:41	Navami K O	UCC	II BA Economics	Excellent	Excellent	



Bar chart indicating feedback



2021-2022

27. ONLINE WORKSHOP ON NO-CODE WEBSITE DEVELOPMENT (ENTREPRENEURSHIP SKILLS ENHANCEMENT)

PROGRAMME REPORT

Date of the Programme : 10/06/2021
No. of Participants : 58
Resource Person/s : Mr. Dileep M B., Co-Founder, One Team Solutions
Organising Agencies : MCA dept & One Team Solutions

An online workshop on “No-Code Website Development” was organized by MCA department for the students on 10 June 2021 at 11.00 am via Google Meet platform. Mr. Dileep M B, Co-Founder, One Team Solution was the resource person. The workshop focused on helping students understand how to create software using a graphical user interface, instead of writing code to build a professional wordpress website with zero coding, thereby open up a new avenue of entrepreneurship.

Online workshop on
NO-CODE WEBSITE DEVELOPMENT
BUILD A PROFESSIONAL WORDPRESS WEBSITE WITH ZERO CODING

Resource Person
Mr. Dileep M B
 Co Founder
 One Team Solutions

JUNE 10, 2021
 11.00 am

Organized by
 School of Computer Applications
 Union Christian College, Aluva

In association with
ONE TEAM SOLUTIONS

For Details Contact : Ms. Divya P B (9846772945) Ms. Ancy K Paul (9645637637)

Screen shot of webinar presented by Mr. Dileep M B



28. AWARENESS TALK ON PREVENTION OF ANAEMIA (PHYSICAL FITNESS/HEALTH)

PROGRAMME REPORT

Date of the Programme : 13/06/2021

No. of Participants : 73

Resource Person/s : Dr. Indu A (BAMS, Yoga TTC), Ayurveda Consultant

Organising Agencies : NSS, Dept of Women & Child Welfare & ICDS Alangad

The NSS unit of the college 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.

The poster features the following content:

- Logos of Union Christian College, Aluva, Mahatma Gandhi University, and the National Service Scheme (NSS).
- NATIONAL SERVICE SCHEME**
UNIT NO:52
UNION CHRISTIAN COLLEGE,ALUVA
- ANAEMIA CAMPAIGN 2021**
- Awareness Talk on "Prevention of Anaemia"**
- By **Dr.Indu A** (BAMS),Yoga(TTC) Ayurvedic consultant
- A portrait of Dr. Indu A.
- Date and time: **13/06/2021** at **11:00 AM**.
- Logos of the Department of Women and Child Welfare and ICDS Alangad.
- Text: "In association with Department of Women and Child Welfare"

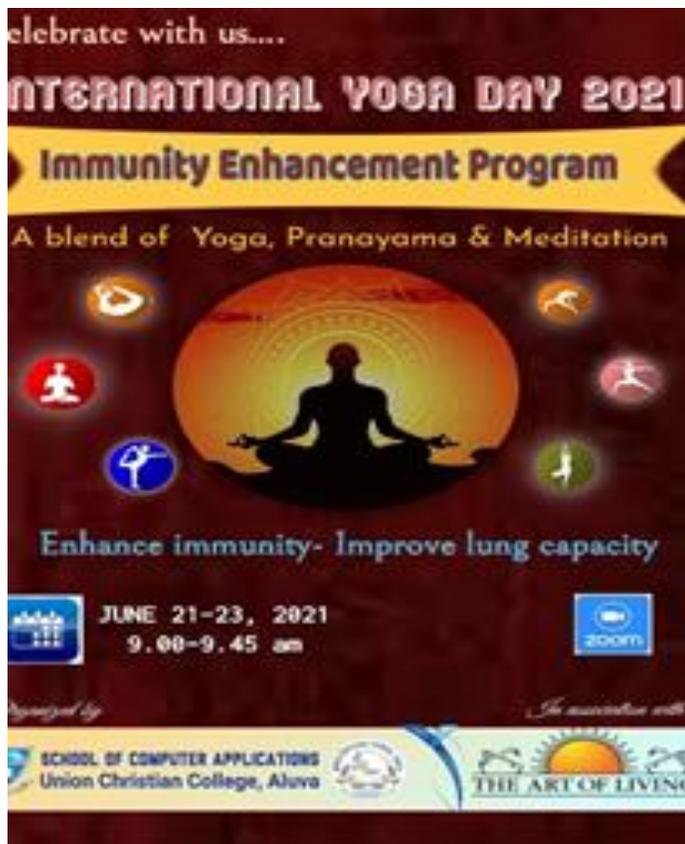


29. YOGA DAY IMMUNITY ENHANCEMENT PROGRAMME

PROGRAMME REPORT

Date of the Programme : 21/06/2021 to 23/06/2021
No. of Participants : 25
Resource Person/s : The Art of Living
Organising Agencies : MCA dept & The Art of Living

The MCA dept of the College arranged a three-day yoga training programme on the occasion of International Yoga Day 2021 to give training to students on yoga postures for immunity enhancement. The training was conducted in association with the Art of Living, Ernakulam unit. 25 students participated actively on all three days and benefitted from the training.



Screenshot of Yoga practice session



30. WEBINAR ON THE YOGIC TECHNIQUES TO DEAL WITH POST-COVID CHALLENGES ON PHYSICAL AND MENTAL HEALTH

PROGRAMME REPORT

Date of the Programme : 21/06/2021

No. of Participants : 115

Resource Person/s : Dr. Rashmi Kalkura K, BAMS (Chief Ayurvedi Consultant and Yoga Therapist, Akshara Ayurvedic Clinic, Udupi)

Organising Agencies : Dept of Physical Education, IQAC & NCC

The dept of Physical Education, in association with college IQAC and NCC units, commemorated the International Day of Yoga 2021 by organising the webinar “The Yogic Techniques to Deal with Post-COVID Challenges on Physical and Mental Health”. Dr. Rachel Reena Philip, Principal, inaugurated the seminar. NCC Officer, Major K. S Narayanan, administered the ‘Integrate and Encourage Yoga through Life’ pledge. The resource person of the day was Dr. Rashmi Kalkura K, BAMS. As part of the International Day of Yoga Celebrations 2021 online competitions were conducted on poster making and documentary making.

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

UNION CHRISTIAN COLLEGE ALUVA
Department of Physical Education
In association with National Cadet Corps and IQAC

International Day of Yoga 2021

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 Raja yoga.

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

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.

June - 21st - Monday | 10 AM

For more information contact: 9495390766

The screenshot shows a Google Meet interface during a webinar. The main window displays a PowerPoint slide with a yellow starburst graphic containing the word "CONGRATULATIONS". The slide is titled "Click to add notes". The bottom of the screen shows the Google Meet control bar with a timer at 1:07:10 / 1:34:43. On the right side, there is a small video window showing the resource person, Dr. Rashmi Kalkura. Below the main window, there is a grid of participant icons, including one for Dr. Rashmi Kalkura.

Screenshot of Webinar in Google Meet



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docs.google.com/spreadsheets/d/1z40ORXvLsLfb68s-qHTdHPHu9-YOFKgFUIJF2dVBdug/edit?resourcekey#gid=86118297

International Day of Yoga 2021-Feedback

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Timestamp	Email Address	Name	Designation	Institution	Was the webinar useful for	How do you evaluate the session?
6/21/2021 11:06:09	sinoj.sandhra@gmail.com	Sandhra Sinoj	Student	Uc college Aluva	Yes	Excellent
6/21/2021 11:06:13	sofia.paul12345@gmail.com	Sofia Chirackal Paul	Student	Union Christian College	Yes	Excellent
6/21/2021 11:06:21	jerinsajjivalasseril@gmail.com	JERIN SAJI	Student	UNION CHRISTIAN COLLEGE	Yes	Excellent
6/21/2021 11:06:22	victoriarobin2002@gmail.com	Irine V Robin	Student	Union Christian college, Aluva	Yes	Excellent
6/21/2021 11:06:25	anurajvr333@gmail.com	ANURAJ VR	Student	UC COLLEGE	Yes	Excellent
6/21/2021 11:06:27	donkj974@gmail.com	DON K J	Student	UNION CHRISTIAN COLLEGE	Yes	Excellent
6/21/2021 11:06:47	hridayasaji2001@gmail.com	Hridya p s	Student	Union Christian College, Aluva	Yes	Excellent
6/21/2021 11:06:50	sananzier43@gmail.com	Sana Nazier	Student	UCC ALUVA	Yes	Satisfactory
6/21/2021 11:06:51	aswaniachu730@gmail.com	ASWANI K. S	Student	UNION CHRISTIAN COLLEGE	Yes	Excellent
6/21/2021 11:06:51	aswathikwdr01@gmail.com	Aswathi K	Student	Union Christian College, Aluva	Yes	Excellent
6/21/2021 11:06:57	nihaala.infinity1020@gmail.com	Nihaala Beema Salam	Student	Union Christian College, Aluva	Yes	Good
6/21/2021 11:07:05	brightlyseb007@gmail.com	Brightly Sebastian	Student	Uc college aluva	Yes	Excellent
6/21/2021 11:07:07	annajoy478@gmail.com	Anna Joy	Student	UC College Aluva	Yes	Excellent
6/21/2021 11:07:11	gayathrireghu@gmail.com	GAYATHRI K REGHU	Student	UNION CHRISTIAN COLLEGE	Yes	Excellent
6/21/2021 11:07:11	sreyamgeorge2001@gmail.com	Sreya M George	Student	Union Christian College Aluva	Yes	Good
6/21/2021 11:07:12	navathrimath02@gmail.com	Gavathi R. Nath	Student	Union Christian College, Aluva	Yes	Good

Form Responses 1



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International Day of Yoga 2021-Feedback

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Timestamp	Email Address	Name	Designation	Institution	Was the webinar useful for	How do you evaluate the session?
6/21/2021 11:09:24	raopallavi23@gmail.com	PALLAVI A RAO	Student	UNION CHRISTIAN COLLEGE	Yes	Excellent
6/21/2021 11:09:31	gayathrireghu@gmail.com	Gayathri K Reghu	Student	UNION CHRISTIAN COLLEGE	Yes	Excellent
6/21/2021 11:09:37	smithusudhan@gmail.com	Smithu MS	Student	Union Christian college Aluva	Yes	Good
6/21/2021 11:09:42	ashlypaul135@gmail.com	Ashly Paul	Student	Union Christian College, Aluva	Yes	Excellent
6/21/2021 11:09:49	vriendachikku07@gmail.com	Vrinda V Nair	Student	Union Christian College Aluva	Yes	Good
6/21/2021 11:09:52	aparnabenny12@gmail.com	Aparna Benny	Student	U C College Aluva	Yes	Excellent
6/21/2021 11:09:55	sniyavs2002@gmail.com	Sniya V.S	Student	Union christian college, Aluva	Yes	Excellent
6/21/2021 11:09:55	elsajothy@gmail.com	Jyothy Joy	Student	UC College Aluva	Yes	Good
6/21/2021 11:10:01	jacobjobugeorge@gmail.com	Jacob George	Student	Union Christian College, Aluva	Yes	Excellent
6/21/2021 11:10:01	minnujamesmails@gmail.com	MINNU JAMES	Student	UNION CHRISTIAN COLLEGE	Yes	Excellent
6/21/2021 11:10:25	malithara1927@gmail.com	THARA BIJU	Student	UNION CHRISTIAN COLLEGE	Yes	Good
6/21/2021 11:10:29	rakhivr03@gmail.com	RAKHI V R	Student	UNION CHRISTIAN COLLEGE	Yes	Excellent
6/21/2021 11:10:37	tjersha4@gmail.com	JERSHA THOMAS	Student	UC College, Aluva	Yes	Excellent
6/21/2021 11:10:46	arunimahoc10@gmail.com	Arunima Remanan	Others	The Choice School	Yes	Excellent
6/21/2021 11:10:55	unnimayashabu26@gmail.com	UNNIMAYA SHABU	Student	UNION CHRISTIAN COLLEGE	Yes	Excellent
6/21/2021 11:10:59	semanonjaihu12@gmail.com	Semanon Jaihu Paul	Student	Union Christian College Aluva	Yes	Excellent

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International Day of Yoga 2021-Feedback

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	A	B	D	E	F	G	H
1	Timestamp	Email Address	Name	Designation	Institution	Was the webinar useful for	How do you evaluate the session?
71	6/21/2021 11:14:14	arulpriya21@yahoo.com	P. Josephine Arul PriyaP	Others		Yes	Exellent
72	6/21/2021 11:14:18	arshasuresh24@gmail.c	ARSHA SURESH	Student	UNION CHRISTIAN COLLE	Yes	Exellent
73	6/21/2021 11:14:21	anjima.rajendrank@gmai	ANJIMA RAJENDRAN	Student	UNION CHRISTIAN COLLE	Yes	Good
74	6/21/2021 11:14:31	angeldenny1000@gmail.	Angel Denny	Student	Union Christian College Alu	Yes	Exellent
75	6/21/2021 11:14:35	anugrahamohan6@gmai	ANUGRAHA. M. WARRI	Student	UNION CHRISTIAN COLLE	Yes	Exellent
76	6/21/2021 11:14:54	midhunambattu123@gm	Midhun. Am	Student	Uc college Aluva	Yes	Exellent
77	6/21/2021 11:15:53	sreyakraj1905@gmail.co	SREYA K RAJ	Student	Union Christian College Alu	Yes	Good
78	6/21/2021 11:16:02	akshayaachu8891@gma	Akshaya krishna	Student	Union Christian college Alu	Yes	Good
79	6/21/2021 11:18:13	sreelakshmid13@gmail.	Sreelakshmi.D	Student	Union Christian College Alu	Yes	Exellent
80	6/21/2021 11:18:16	ggeducation.au@gmail.c	Dr.Gaddeyya Gandipilli	Assistant Professor	Andhra University	Yes	Exellent
81	6/21/2021 11:18:42	chatti0150@gmail.com	Abhinav E K	Student	UC college	Yes	Good
82	6/21/2021 11:19:55	deteenachacko777@gm;	Deteena Chacko	Student	U C College, Aluva	Yes	Exellent
83	6/21/2021 11:19:56	vasudevkrishnanr@gmai	Vasudev krishnan R	Student	Union Christian College, Alu	Yes	Exellent
84	6/21/2021 11:21:08	krishnapriyad22@gmail.	Krishnapriya D Dileep	Student	Union Christian College, Alu	Yes	Exellent
85	6/21/2021 11:21:15	ggeducation.au@gmail.c	Subhashini Kuramana	Research Scholar	Department of Botany	Yes	Exellent
86	6/21/2021 11:22:59	annara3978@gmail.com	Ann Sara Varbhesea	Student	Uc college	Yes	Exellent

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	A	B	D	E	F	G	H
1	Timestamp	Email Address	Name	Designation	Institution	Was the webinar useful for	How do you evaluate the session?
103	6/21/2021 11:35:15	poojamb333@gmail.com	Pooja M B	Student	UC College Aluva	Yes	Good
104	6/21/2021 11:35:51	anaghaaarun@gmail.com	A ANAGHA	Student	Union Christian college, Aluva	Yes	Exellent
105	6/21/2021 11:42:33	resmiasokan2002@gmail.com	RESMI ASOKAN	Student	Union CHRISTIAN college, Aluva	Yes	Exellent
106	6/21/2021 11:43:44	roshnababy124@gmail.com	ROSHNA BABY	Student	Union christian college, Aluva	Yes	Good
107	6/21/2021 12:19:24	aldhanaismail738@gmail.com	Aldhana Ismail	Student		Yes	Good
108	6/21/2021 12:39:42	ashilka095@gmail.com	Ashil k a	Student	Uc college aluva	Yes	Exellent
109	6/21/2021 12:46:39	dr.vidhyasubash@gmail.com	Vidhya Ravindranadan	Assistant Professor	Union Christian college	Yes	Good
110	6/21/2021 12:51:47	meejojosey@gmail.com	Meejo Josey	Student	U.C College, Aluva	Yes	Exellent
111	6/21/2021 13:01:57	7arunpasso@gmail.com	Arun Passo	Others	The Choice School	Yes	Exellent
112	6/21/2021 13:56:33	nehamnair14@gmail.com	Neha M Nair	Student	Union Christian College	Yes	Exellent
113	6/21/2021 14:05:08	anilpoly123@gmail.com	Anil poly	Student	Uc college aluva	Yes	Exellent
114	6/21/2021 15:04:11	aathilafaisalkm@gmail.com	Aathila Faisal k.m	Student	U.c college	Yes	Exellent
115	6/21/2021 15:25:08	jainrosemaria02@gmail.com	Jain Rose Maria Jijo	Student	Union Christian College Aluva	Yes	Exellent
116							
117							
118							

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31. ROLE OF YOUTH AGAINST DRUG ABUSE (HEALTH & HYGIENE)

PROGRAMME REPORT

Date of the Programme : 26/06/2021

No. of Participants : 97

Resource Person/s : A Ananthlal, Inspector of Police, Medical College, Thrissur

Organising Agencies : Dept of Commerce

The department of Commerce organised an awareness lecture on the occasion of Anti Narcotics Day. The session was handled by Sri A Ananthlal, who shared his experiences tackling drug abuse cases and enlightened the students on the gravity of the issue and the precautions to be taken by the youth to stay away from drugs. It was an online session and was attended by 97 students.

CENTENARY WEBINAR SERIES

UNION CHRISTIAN COLLEGE ALUVA

DEPARTMENT OF COMMERCE

ROLE OF YOUTH AGAINST DRUG ABUSE

LIFE DOES NOT REWIND

Resource Person

June 26, 2021, 10 A.M. – 11 A.M

E Certificate will be provided

Shri. A. Ananthlal
Inspector of Police
Medical college ps
Thrissur

<https://youtu.be/Rgf-vm6J5TM>

<https://meet.google.com/gjb-obgq-vik>

HOD :- Ms. Bisha E Y

Organizing committee
Ms. Ancy M, Ms. Preetha K S



Screenshot of Webinar in Google Meet

Weblink to video:

<https://www.youtube.com/watch?v=jLQkzl-cMc0>



32. ANTI NARCOTIC AWARENESS CLASS- NASHA MUKT BHARAT ABHIYAAN

PROGRAMME REPORT

Date of the Programme : 26/06/2021 to 26/07/2021
No. of Participants : 214
Resource Person/s : Mr. Bibin George, Psychiatric Social Worker, Vimukthi De-addiction Centre, Muvattupuzha
Organising Agencies : Anti-narcotic Club, Excise Dept, Govt of kerala, NSS & NCC

As part of Nasha Mukta Bharat Abhiyaan, members of NSS, NCC and Anti-Narcotic Club of the college were given awareness class and training on ill effects of narcotics so as to organise various activities. The session was handled by Mr. Bibin George, Psychiatric Social Worker, Vimukthi De-addiction Centre, Muvattupuzha. 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.

NASHA MUKT BHARAT ABHIYAAN
 Union Christian College, Aluva
 Campaign led by NSS, NCC, Anti-Narcotics Club

Subject: To consider a whole week as "Dry Week" and ensure complete abstaining from drugs.
 Organized by: The Anti-Narcotic Club, Union Christian College, Aluva
 Part of Abhiyaan: The National Anti-Narcotics Campaign, an initiative of the Government of India

MASS MAILING

"കൈകോർക്കും ലഹരികെതിരായ്...
 ലഹരി വിമുക്ത ഏറണാകൂളം"
 To consider a whole week as "Dry week" that ensure complete abstaining from drugs.

#saynotodrugs
 #nashamuktbaratabhiyaan

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

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

Platform

"കൈകോർക്കും ലഹരികെതിരായ്...
 ലഹരി വിമുക്ത ഏറണാകൂളം"

#saynotodrugs
 #nashamuktbaratabhiyaan



33. WEBINAR ON SEX EDUCATION (HEALTH & HYGIENE)

PROGRAMME REPORT

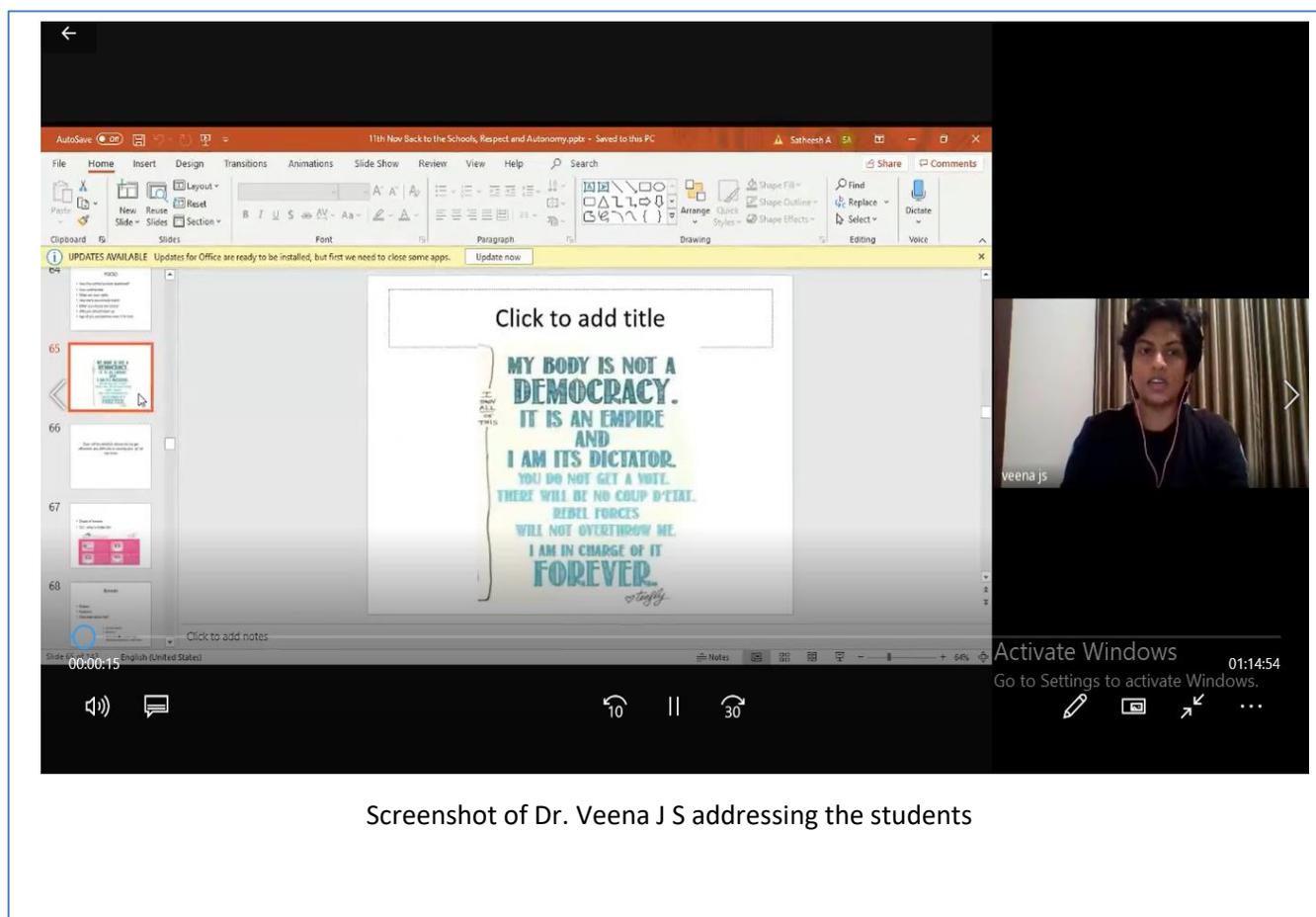
Date of the Programme : 05/09/2021

No. of Participants : 47

Resource Person/s : Dr. Veena J.S., MD, Forensic Medicine

Organising Agencies : KSWDC Women Cell

The KSWDC Women Cell of the college organised a webinar on sex education on 05 September 2021 to educate the students on scientific understanding of sex, biological and social constructs of gender roles, sexuality etc. Following the talk, an open discussion was held where many personal experiences of students were shared.



Screenshot of Dr. Veena J S addressing the students



34. FEMALE DISEASES (HEALTH & HYGIENE)

PROGRAMME REPORT

Date of the Programme : 30/10/2021

No. of Participants : 56

Resource Person/s : Dr. Kavitha P (Assistant Physician, Arya Vaidya Sala, Kottakkal, Ernakulam)

Organising Agencies : Dept of Chemistry & Arya Vaidya Sala, Kottakkal

The department of Chemistry organised a special lecture on female diseases by Dr. Kavitha P, an Ayurveda medical practitioner to educate the students on the health crisis that women face because of lifestyle decisions and ignorance. The lecture was held online via google meet on 30 October 2021 and 56 students attended the session.



The poster features a central portrait of Dr. Kavitha P, an Assistant Physician at Arya Vaidya Sala, Kottakkal, Ernakulam. To her left is a circular inset image showing a hand holding a cotton swab over a bowl of fresh fruits and a small bottle of oil. The background is light green with a vertical green leaf graphic. Logos for Union Christian College, Aluva and Arya Vaidya Sala are present. Text on the poster includes the department name, the webinar title 'FEMALE DISEASES', the speaker's name, her title, and the date and time of the event: 30 October, 2021, 3.00pm. Contact information for Dr. Neethumol Varghese (+91-9744192551) and meeting details (Meeting ID: 985 2421 7231, Passcode: 2021) are also provided.

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



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Sl. No	Email Address	Name	Name of the institution	Designation
1	nelson949@gmail.com	Dr. Nelson Joseph P	Union Christian College, Aluva	Faculty
2	sareensj@gmail.com	Dr. Sareen Sarah John	Union Christian College, Aluva, Kerala	Faculty
3	sambhuthettalikkal@gmail.com	Sambhu. S	Uc college aluva	Student
4	donkj974@gmail.com	DON K J	UNION CHRISTIAN COLLEGE ALUVA	Student
5	aneetaanta2002@gmail.com	Aneeta Varghese	Union Christian College Aluva	Student
6	elnaelias2000@gmail.com	ELNA ELIAS	UCC Aluva	Student
7	kurianpaul2002@gmail.com	Kurian paul	UC college aluva	Student
8	jenssyliya@gmail.com	Jenssy liya Ignatious	Union Christian College Aluva	Student
9	febyjoy2002@gmail.com	FEBY JOY	UNION CHRISTIAN COLLEGE, ALUVA	Student
10	femijoy1999@gmail.com	FEMI JOY	COCHIN UNIVERSITY OF SCIENCE AND TECHNOLOGY	Student
11	rachelsofia84@gmail.com	Sofia Rachel Sunil	UC College, Aluva	Student
12	josephjohnpathickal@gmail.com	Joseph John	UC College	Student
13	noyalkozhukkatta123@gmail.com	Noyal Thomas	Ucc	Student
14	rethuvarkann@gmail.com	Rethuvarna N.K.	Union Christian College Aluva	Student
15	sharminaz.c.s@gmail.com	SHARMINAZ C S	UNION CHRISTIAN COLLEGE, ALUVA	Student
16	arunjoy2014@gmail.com	Arun Joy P	Uc college, Aluva	Student
17	anjuklalu@gmail.com	Anju K L	Union Christian College, Aluva	Student
18	lakshmisayoojyats@gmail.com	Lakshmisayoojya TS	UC College, Aluva	Student
19	bahananalias003@gmail.com	Bahanan Alias	UC college, Aluva	Student
20	mansiyava07@gmail.com	MANSIYA V.A	UNION CHRISTIAN	Student



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			COLLEGE ALUVA	
21	mohammedadhilsm1186@gmail.com	Mohammed Adhil SM	Union Christian collage Aluva	Student
22	shruteegothad@gmail.com	Shrutee Sanjay Gothad	Ves College of Arts, Science and Commerce	Student
23	jjsaluva@gmail.com	Jobin Joseph Shaji	U C College	Student
24	vaishnavi221b@gmail.com	Vaishnavi.M	UCC, aluva	Student
25	abhiramivm25@gmail.com	ABHIRAMI V M	UNION CHRISTIAN COLLEGE ALUVA	Student
26	aparnasreenivasan9999@gmail.com	Aparna S	Union Christian College, Aluva	Student
27	ahasanacs10@gmail.com	AHSANA.C.S	UNION CHRISTIAN COLLEGE,ALUV A	Student
28	annsara3978@gmail.com	Ann Sara Varghese	uc college	Student
29	keerthana26plavada@gmail.com	Keerthana G Nair	Union Christian College, Aluva	Student
30	grigorymathew02@gmail.com	Grigory Mathew	UC collage Aluva	Student
31	bennydivya33@gmail.com	Divya Benny	UC college, Aluva	Student
32	manasakpoulose@gmail.com	Manasa K P	U C College,Aluva	Student
33	ddiyabiju@gmail.com	Diya Biju	Union Christian College,Aluva	Student
34	nehathahass2001@gmail.com	Nehatha hassan	Union Christian college Aluva	Student
35	shahanakhader377@gmail.com	Shahana kader	Uc college, Aluva	Student
36	abhiramipm234@gmail.com	Abhirami PM	UC College, Aluva	Student
37	bincyvjacob91@gmail.com	Bincy Jacob	Union Christian College Aluva	Faculty
38	ciyanilc@gmail.com	Clinicia K A	Union christian college	Student
39	sujithjayan2002@gmail.com	Sujith Jayan	Union Christian College,Aluva	Student
40	geethumolgeethumol63@gmail.com	Geethumol KG	Union Christian college ,Aluva	Student
41	aswathy2000anil@gmail.com	Aswathy Anilkumar	Union Christian college Aluva	Student
42	dayamk2002@gmail.com	Daya M.K	Union Christian College	Student



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43	thafheemkk@gmail.com	Muhammed Thafheem K K	Union Christian College, Aluva	Student
44	amalajames673@gmail.com	Amala P James	Union Christian college, Aluva	Student
45	hitheshr1079@gmail.com	Hithesh r	Union christian college aluva	Student
46	aiswaryapeethambaran2001@gmail.com	Aiswarya Peethambaran	U C College Aluva	Student
47	anand.vb444@gmail.com	Anand vb	Union christian college	Student
48	smithusudhan@gmail.com	Smithu MS	Union Christian college Aluva	Student
49	aishapk3502@gmail.com	Aisha mol pk	Union Christian College Aluva	Student
50	ajinfrancismanavalan@gmail.com	AJIN FRANCIS MANAVALAN	Uc collage aluva	Student
51	binileldho333@gmail.com	Binil P Eldho	UC college aluva	Student
52	diljithambat2001@gmail.com	DILJITH A	Union Christian College Aluva	Student
53	minujose9913@gmail.com	Minu Jose	Union Christian College Aluva	Student
54	12renuroy12@gmail.com	Renu Roy	Union Christian College, Aluva	Student
55	aswaniprakashn@gmail.com	ASWANI PRAKASH	UNION CHRISTIAN COLLEGE ALUVA	Student
56	aparnarejikumar1@gmail.com	Aparna Rejikumar	UC College	Student

Dr. Neethumol Varghese

Programme Co-ordinator



34. FOUR DAY FREE PRE-MARITAL COUNSELING CLASS

PROGRAMME REPORT

Date of the Programme	: 14/12/2021 to 15/12/2021 & 21/12/2021 to 22/12/2021
No. of Participants	: 83
Resource Person/s	: Ms. Sifa Thangal, Ms. Habeeha Hussain, Mr. Able Mathai, Faculty from CCMY
Organising Agencies	: Dept of Psychology, BLISS, CCMY, Dept of Minority Welfare, GoK

The department of Psychology and BLISS, in association with Kerala government department of minority welfare and CCMY, organised four day free pre-marital counseling class for the students belonging to minority sections. The classes helped the students to understand the relevance of communication and other life skills for successful marital relations and robust mental health.

കേരള സർക്കാർ ന്യൂനപക്ഷ ക്ഷേമ വകുപ്പ്
പ്രി മാരിറ്റൽ കൗൺസിലിംഗ് സെന്റർ, ആലുവ

**ചതുർദിന സൗജന്യ
വിവാഹപൂർവ്വ കൗൺസിലിംഗ് ക്ലാസ്**

**2021 ഡിസംബർ 14, 15, 21, 22
യു.സി. കോളേജ്, ആലുവ**

ന്യൂനപക്ഷ യുവ ജനതയ്ക്കായുള്ള പരിശീലന കേന്ദ്രം (CCMY)
ബാങ്ക് ജംഗ്ഷൻ, ആലുവ

സംഘാടനം:
ബ്ലിസ്സ് (കൗൺസിലിംഗ് സെന്റർ), സൈക്കോളജി, ഇക്കണോമിക്സ് & സുവോളജി ഡിപ്പാർട്ട്മെന്റ്സ്, യു.സി. കോളേജ്, ആലുവ



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PRE-MARITAL COUNSELLING PROGRAMME (2020-2021)
Organised by the Dept. of Minority Welfare, Govt. of Kerala

CANDIDATES PARTICIPATION LIST

Sl No	Name of the Candidate	Class	Caste	11/12/2020	12/12/2020	13/12/2020	14/12/2020	15/12/2020	16/12/2020	17/12/2020	18/12/2020	19/12/2020	20/12/2020
1	ANN MARIA	II MA Economics	CHRISTIAN	Present									
2	SHEETHAL ELIZABETH KURIAN	III BA Economics	CHRISTIAN	Present									
3	RICHA TITUS	II MA Economics	CHRISTIAN	Present									
4	AJNA A	II MA Economics	ISLAM	Present									
5	JISHI JAHAL	III BA Economics	ISLAM	Present									
6	DIBANA K N	III BA Economics	ISLAM	Present									
7	SALEEL V S	II MA Economics	ISLAM	Present									
8	ABIN PETER	III BA Economics	CHRISTIAN	Present									
9	GEO SAJI	III BA Economics	CHRISTIAN	Present									
10	JOEL T LAL	III BA Economics	CHRISTIAN	Present									
11	MEENU THOMAS	III BA Economics	CHRISTIAN	Present									
12	ROSS JAISON	III BA Economics	CHRISTIAN	Present									
13	SONA SABU	III BA Economics	CHRISTIAN	Present									
14	THOMAS JOHN	III BA Economics	CHRISTIAN	Present									
15	AASMEEN MANIKA	III BA Economics	ISLAM	Present									
16	AISHA ASLI NAVAS	III BA Economics	ISLAM	Present									
17	AL HAFIS C A	III BA Economics	ISLAM	Present									
18	C S FATHIMAMOL	III BA Economics	ISLAM	Present									
19	MUHAMMED IRFAN	III BA Economics	ISLAM	Present									
20	ABLE ROY	II MA History	CHRISTIAN	Present									
21	DIJOHN JOSE	II MA History	CHRISTIAN	Present									
22	JANCY VARGHESE	II MA History	CHRISTIAN	Present									
23	NEENA SABU	II MA History	CHRISTIAN	Present									
24	AFEENA K S	II MA History	ISLAM	Present									
25	ALEENA SUNNY	III BSc Psychology	CHRISTIAN	Present									

Dr. THARA K. SIMON
Principal
Union Christian College
Aluva-2

PRE-MARITAL COUNSELLING PROGRAMME (2020-2021)
Organised by the Dept. of Minority Welfare, Govt. of Kerala

CANDIDATES PARTICIPATION LIST

Sl No	Name of the Candidate	Class	Caste	04/12/2021		15/12/2021		21/12/2021		22/12/2021	
				FN	AN	FN	AN	FN	AN	FN	AN
26	SARAH MARIA SAROOP	II MSc Psychology	CHRISTIAN	Present	Present	Present	Present	Present	Present	Present	Present
27	SHAINO MARIAM PHILIP	II MSc Psychology	CHRISTIAN	Present	Present	Present	Present	Present	Present	Present	Present
28	SHREYA MARY JOSE	II MSc Psychology	CHRISTIAN	Present	Present	Present	Present	Present	Present	Present	Present
29	AADILA SHIHANA NAVAZ	II MSc Psychology	ISLAM	Present	Present	Present	Present	Present	Present	Present	Present
30	FATHIMA KA	II MSc Psychology	ISLAM	Present	Present	Present	Present	Present	Present	Present	Present
31	HANA SHEREEN	II MSc Psychology	ISLAM	Present	Present	Present	Present	Present	Present	Present	Present
32	NADA SHEREEN	II MSc Psychology	ISLAM	Present	Present	Present	Present	Present	Present	Present	Present
33	HELANA JOSE	II MSc Zoology	CHRISTIAN	Present	Present	Present	Present	Present	Present	Present	Present
34	JINO K JOYCE	II MSc Zoology	CHRISTIAN	Present	Present	Present	Present	Present	Present	Present	Present
35	LIMNA ALENA BABY	II MSc Zoology	CHRISTIAN	Present	Present	Present	Present	Present	Present	Present	Present
36	SANDRA DAVIS	II MSc Zoology	CHRISTIAN	Present	Present	Present	Present	Present	Present	Present	Present
37	AFSIYATH T S	II MSc Zoology	ISLAM	Present	Present	Present	Present	Present	Present	Present	Present
38	JASSEENA JABBAR	II MSc Zoology	ISLAM	Present	Present	Present	Present	Present	Present	Present	Present
39	MUHAMMED HAFIS	II MSc Zoology	ISLAM	Present	Present	Present	Present	Present	Present	Present	Present
40	SANA NAZIER	III BSc Psychology	ISLAM	Present	Present	Present	Present	Present	Present	Present	Present

Mr. Dhanush B Dames
Shema Elizabeth Koor
(Co-ordinators)

Dr. THARA K. SIMON
Principal
Union Christian College
Aluva-2



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CANDIDATES PARTICIPATION LIST													
Sl No	Name of the Candidate	Class	Caste										
✓ 1	AMAL VINCENT M	III BSc Chemistry	CHRISTIAN										
✓ 2	ANN MARIYA MALIEKAL JOBY	III BSc Chemistry	CHRISTIAN										
✓ 3	ANN SARA VARGHESE	III BSc Chemistry	CHRISTIAN										
✓ 4	ANNA PAUL	III BSc Chemistry	CHRISTIAN										
✓ 5	DIYA BIJU	III BSc Chemistry	CHRISTIAN										
✓ 6	DIYA DAVIS	III BSc Chemistry	CHRISTIAN										
✓ 7	GRIGORY MATHEW	III BSc Chemistry	CHRISTIAN										
✓ 8	MARIYA DAVIS	III BSc Chemistry	CHRISTIAN										
✓ 9	MERCY BABU	III BSc Chemistry	CHRISTIAN										
✓ 10	MERIN KATHERIN JOY	III BSc Chemistry	CHRISTIAN										
✓ 11	MERIN MARIA SAJU	III BSc Chemistry	CHRISTIAN										
✓ 12	MIKU JOSE	III BSc Chemistry	CHRISTIAN										
✓ 13	PRIYA SOJAN	III BSc Chemistry	CHRISTIAN										
✓ 14	SERA DEEPU PANIKAR	III BSc Chemistry	CHRISTIAN										
✓ 15	ADILA M I	III BSc Chemistry	ISLAM										
✓ 16	FATHIMA THAHSEEN T M	III BSc Chemistry	ISLAM										
✓ 17	NEHATHA HASSAN	III BSc Chemistry	ISLAM										
✓ 18	QMAR MUKHTAR V F	III BSc Chemistry	ISLAM										
✓ 19	RISWANA V A	III BSc Chemistry	ISLAM										
✓ 20	SHUHAIB K H	III BSc Chemistry	ISLAM										
✓ 21	ALEESHA SEBASTIAN	II MSc Psychology	CHRISTIAN										
✓ 22	CHINNU BOSE	II MSc Psychology	CHRISTIAN										
✓ 23	CHRISTEENA JOE	II MSc Psychology	CHRISTIAN										
✓ 24	ESTHER ANNA JOY	II MSc Psychology	CHRISTIAN										
✓ 25	KEZIAH SARAH THOMAS	II MSc Psychology	CHRISTIAN										

Dr. THARA K SIMON
Principal

PRE-MARITAL COUNSELLING PROGRAMME (2020-2021)													
Organised by the Dept. of Minority Welfare, Govt. of Kerala													
CANDIDATES PARTICIPATION LIST													
Sl No	Name of the Candidate	Class	Caste										
✓ 26	ALEESHA JOY	III BSc Psychology	CHRISTIAN										
✓ 27	ASHLY PAUL	III BSc Psychology	CHRISTIAN										
✓ 28	BINCY BIJU	III BSc Psychology	CHRISTIAN										
✓ 29	JERSHA THOMAS	III BSc Psychology	CHRISTIAN										
✓ 30	JYOTHY JOY	III BSc Psychology	CHRISTIAN										
✓ 31	KEVIN MATHEW CHALAKUZHIL	III BSc Psychology	CHRISTIAN										
✓ 32	MINNU JAMES	III BSc Psychology	CHRISTIAN										
✓ 33	NIKITA MARTHA JACOB	III BSc Psychology	CHRISTIAN										
✓ 34	SANTHI MARIAM SHIBU	III BSc Psychology	CHRISTIAN										
✓ 35	SOFIA CHIRACKAL PAUL	III BSc Psychology	CHRISTIAN										
✓ 36	SREYA M GEORGE	III BSc Psychology	CHRISTIAN										
✓ 37	THARA BIJU	III BSc Psychology	CHRISTIAN										
✓ 38	ASHITHA K NAVAD	III BSc Psychology	ISLAM										
✓ 39	FATHIMA SHAJAHAN	III BSc Psychology	ISLAM										
✓ 40	FATHIMA SIYAD	III BSc Psychology	ISLAM										
✓ 41	NIHAALA BEEMA SALAM	III BSc Psychology	ISLAM										
✓ 42	FATHIMA IRFANA K L	III-BA ECONOMICS	ISLAM										
✓ 43	Thara Nwan												

DR. ANN GEORGE (COORDINATORS)
 DR. MARIKUTTY. P J
 DR. THARA K SIMON
 PRINCIPAL
 Union Christian College, Aluva



35. AWARENESS ON BLOOD DONATION (HEALTH & HYGIENE)

PROGRAMME REPORT

Date of the Programme : 10/01/2022

No. of Participants : 40

Resource Person/s : Mr. Anwar Sadath, MLA & Medical Personnel, Govt Hospital, Aluva

Organising Agencies : NSS, NCC & IMA, Aluva

In connection with the centenary celebrations of the College, an awareness lecture on blood donation was organised along with blood donation camp in collaboration with IMA Aluva on 10 January 2022. The program was inaugurated by Mr. Anwar Sadath, MLA, and he spoke to the NSS & NCC volunteers about the significance of donating blood for saving lives.





36. SELF DEFENSE TRAINING WORKSHOP (PHYSICAL FITNESS)

PROGRAMME REPORT

Date of the Programme : 04/05/2022
No. of Participants : 50
Resource Person/s : Mr. Sifu Mansoor M K, 1st Star Black Sashe Kungfu and Yoga Trainer
Organising Agencies : KSWDC Women Cell

On 4 May 2022, a session on self-defense was organised by the KSWDC Women cell of the college, exclusively for the female students of the college. Mr Sifu Mansoor M K, a taekwondo master and yoga fitness trainer, led the session. Around 50 students from the various departments actively participated in the sessions. The session helped to train them to defend themselves in crucial, unexpected situations in life.





37. ONE DAY NATIONAL WORKSHOP ON 'PEACE ACTIVITIES INTO CLASSROOMS'

PROGRAMME REPORT

Date of the Programme : 07/05/2022
No. of Participants : 91
Resource Person/s : 1. Adv. Binoy Thomas, Dr. Scaria Kalloor, People's Movement for Peace,
 2. Mr. Anilkumar P V, 3. Dr. PV Rajagopal
 4. Mr. Monachan Vadacode, Ekta Parishad,
 5. Dr. Binoy Pichalakkur, Loyola Institute of Peace & IR
 6. Adv. Faseela Ibrahim, Lakshadweep
 7. Dr. Jill Carr harris, International Gandhian Peace Institute, Madurai
Organising Agencies : People's Movement for Peace, & Centre for Peace Studies & Learning

The Centre for Peace Studies and Learning of the College, in association with People's Movement for Peace and other prominent organisations in the field organised a one-day national workshop to train the selected students of the centre as ambassadors of peace building through activities in classrooms. These youngsters were later instructed to engage with fellow students of their classes to conduct peace building activities in classrooms. The workshop was led by prominent experts and was well received.

പീപ്പിൾസ് മൂവ്മെന്റ്
ഫോർ പീസ്-കണ്സൾട്
യു സി കോളേജ്-ആലുവ

2022 മേയ് 07 ശനി

സമാധാന പ്രവർത്തനം പടുത്തിയ പാഠ്യപദ്ധതിയിൽ ശീൽപ്പശാല

രാവിലെ 10 മുതൽ വൈകുന്നേരം 04 വരെ
സ്ഥലം: യു സി കോളേജ്, ആലുവ
ALL ARE WELCOME

സമാധാന പ്രവർത്തനം ക്ലാസ് മുറിയിലേക്ക്

One Day Workshop | 7 May 2022 | 10.00 AM to 4.00 PM

Programme

9.30 Registration
 10.00 Pledge at Gandhimavu, UC College
10.15- 11.00 AM Inaugural Session
 10.15 Welcome Adv. Binoy Thomas | Convener, People's Movement for Peace
 10.25 Presidential Address Dr. Thara K. Simon | Principal, UC College
 10.30 Inauguration and Lighting the Lamp Dr. P V Rajagopal | Founder, Ekta Parishad
 10.35 Concept Note on the Workshop Rev. Thomas John | Manager, UC College
 10.45 Vote of Thanks Dr. Jenee Peter | Director, CPSD, UC College
 10.50 Tea
11.00- 12.15 PM Session 1 | Peace at the Socio-political Level
 Moderator: Anilkumar P V, Ekta Parishad
Panelists
 1. Dr. P V. Rajagopal | Founder, Ekta Parishad
 2. Acharya Sri Dr. Swami Sachindananda Bharathi, Dharma Bharathi Ashrams
 3. Dr. Binoy Pichalakkatt, Director, Loyola Institute of Peace and International Relations
 4. Dr. Scaria Kalloor, Chairman, People's Movement for Peace
 5. Monachan Vadacode, State Chairman, Ekta Parishad
 6. Adv. Faseela Ibrahim, Lakshadweep
 Rapporteurs | Siji C S | Ranjith P S
 12.15-1.15 Open Discussion
1.15 Formation of the State Level Committee for Peace
 Chair: Dr. P.V. Rajagopal | Founder, Ekta Parishad
 1.30 Lunch
2.00-3.00 Session 2 Peace Action in Schools and Higher Education institutions
 Moderator: Dr. Jenee Peter | Department of History, UC College
Panelists
 1. Dr. Jill Carr Harris | Director, International Gandhian Peace Institute, Madurai.
 2. Sr. Caroline | Coordinator of Peace Studies, BEd College, Madambam, Kannur
 3. Syna Soosan Abraham, Department of Psychology | Ranjith PS, CPSD | Anugraha Vinod, CPSD, UC College
 Rapporteurs: Afra | Jeeva Maria
 3.00-3.30 Open Discussion
3.30- 4.00 Valedictory Session
 Chair: Karayil Sukumaran | Secretary, National Youth Project
 Presenting the Resolution: Dr. Jill Carr Harris | Director, IGPI, Madurai.
 Concluding Remarks: Dr. P V Rajagopal | Founder, Ekta Parishad
 Vote of Thanks: Dr. Vidhya Ravindranadan | Department of Psychology, UC College
 National Anthem followed by tea



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SI NO	NAME	Address for	Phone number	SIGNATURE
1	Jenee Peter	CPSD, Union Christian	9447293764	<i>[Signature]</i>
2	Fr.scaria KALLOOR	Kalloorcap@gmail.com	9446914114	<i>[Signature]</i>
3	Shifana M R	M A rafeek	7736267932	<i>[Signature]</i>
4	Siji S	Karunagath house near	07306364834	<i>[Signature]</i>
5	KRISHNA V K	VELIKKAKATHOOT	9633968651	<i>[Signature]</i>
6	Khadeeja Rooshin P M	Pallath house West veliyathunadu West velivathunadu P	9288033344 8590995509	<i>[Signature]</i>
7	Shamna Shaju	Iyrattil(H) Anickadu	7510743364	
8	Sanjana Paul	East P Pallickathodu.	7592827692	
9	Basil V Panayil	Gnc metro footwears	9895934004	<i>[Signature]</i>
10	Abhay Raj	Kakkanattu House	8590842756	
11	Gaurinanda.K.S	P.O Puthur, Thrissur	9496308813	
12	Basil eldhose	Pothanakkadan (H)	9072184061	<i>[Signature]</i>
13	Maryam Mohammed	Al Amal, P.B Aseef	7510306218	<i>[Signature]</i>
14	AFRA NASNIN A. N	Ayath (H),	6235872352	<i>[Signature]</i>
15	Jeeva Maria Mattathil	Mattathil House South	9497609254	<i>[Signature]</i>
16	Minimol George (Sr.	PKM College of	9061283332	
17	DEVIKA BABU	NAMBIATTU Pulikkappallath House.		
18	Ranjith P S	Student Union Christian	8547620664	<i>[Signature]</i>
19	Sreelakshmi N S	Nootattukuzhiyil (H).	6238716026	<i>[Signature]</i>
20	Shameel Enjikkal	Safeenas, kakkathodu	08891193593	<i>[Signature]</i>
21	Antony F Thekkiniyath	St Francis Capuchin	9833470038	
22	Sajeev maniyath	Medam, vadakkumbad.	9447751625	<i>[Signature]</i>
23	Nidhin M J	Whatsapp	8086819033	<i>[Signature]</i>
24	Diyons Thomas	Calvary Ashram	8,28,11,84,500	<i>[Signature]</i>
25	Unaise zain	Mambara h Chirakkara po Puthiyidom 670644	9744652834	<i>[Signature]</i>
26	JYOTHISH KYMAR	Anadickappu colony Rippon post Meppadi Wavanad	7907740299	<i>[Signature]</i>
27	Anilkumar P.Y	Manmeda,	08301870991	<i>[Signature]</i>
28	VINODKUMAR	ACHUTHAM.KOVVA	9961288308	
29	Sathi. V. V	Sathi. V. V,	8547791665	<i>[Signature]</i>
30	Janardhanan Kuruvattil	Sreesharadam, Nr Rly	9495333916	<i>[Signature]</i>
31	Deepak Pujara	St	9846122911	<i>[Signature]</i>
32	Gokulkrishna p.a	Puthenkulangara (h)	9207813759	<i>[Signature]</i>
33	Dr. K V SUJI	Assistant	9539222114	
34	Anu S	Anu S, Assistant	9961631200	
35	keishmanunni.s.k	Student, UCC	9961324747	<i>[Signature]</i>
36	David Prasanth	student, Manigr	99100469599	<i>[Signature]</i>
37	Emmanuel Prasanth	student, Bethlehem	9400469599	<i>[Signature]</i>
38	Ashish Saseendran	student, ekkerala	9446344778	<i>[Signature]</i>
39	Santhosh	Ngaathuthaya	9447841916	<i>[Signature]</i>
40	Paul Mathias Kallil	Mullur - k	622881000	<i>[Signature]</i>
41	Rajagopal. PV	Gandhi Nagar	9993592421	<i>[Signature]</i>
42	Kareyil Pakumery	Payyan Conn	9447482816	<i>[Signature]</i>
43	Prabha Soumi C	KANNUR	8547812615	<i>[Signature]</i>
44	Poomani C	Payyanore	9447543279	<i>[Signature]</i>
45				
46				

(NYP)

ETA PARI SAAD



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	Name	Place	Ph. no.	Sign
47	Rathesh Kumar	Kannur	9947696684	[Signature]
48	Aji	Thiruvananthapuram	9746432597	[Signature]
49	Dimple	Nikathu	7306608131	[Signature]
50	Aniraman	Thiruvananthapuram	8210757960	[Signature]
51	Catherine	Dharwad, Bharali	9445681828	[Signature]
52	Acharya Saji	"	6238488650	[Signature]
53	Deepthi John	"		
54	Aji Kumar	"		
55	Paul	Palakkad	9947908671	[Signature]
56	Walter Paul	Shoranur	9447669957	[Signature]
57	Raja Kumar C.W	Payyannur	9446074037	[Signature]
58				
59	Vinod Kumar CP	Kanjangad	996128898	[Signature]
60	Sunil	Malappuram	9946100344	[Signature]
61	G. Aji Kumar	Dharmapattanam	9605465306	[Signature]
62	Vinod Jabbas	Advocate, Ernakulam	8129283463	[Signature]
63	Jason K. Antony	Idukki	9544008610	[Signature]
64	Antony	Idukki	9961894082	[Signature]
65	Shameer Babu	Kovvur, Chirayinkeezh	9946661085	[Signature]
66	Abdul Shukkur	Calicut	504882222	[Signature]
67	Immanuel Kumar	"	994678117	[Signature]
68	Nishad	NSM, Malappuram	7012959523	[Signature]
69	A. Abdul Rasheed	U.C. College	9446744562	[Signature]
70	Rajeev Mecheru	Kottayam	9746119234	[Signature]
71	Visha	Kannur	9567934822	[Signature]
72	Abdul Karim	"	9847622572	[Signature]
73	Joseph MARTIN	Kochi	907990350	[Signature]
74	Dr. Vidhya Ravindran	U.C.C.	9846980616	[Signature]
75	Apasna Ganesh	Kottamangalam	9447460944	[Signature]
76	Shashi	Aluva	9497320852	[Signature]
77	Nirmal	Aluva	8606183486	[Signature]
78	Faris	Aluva	8204056210	[Signature]
79	Satheesan.KC	PAYYANUR	8589056192	[Signature]
80	Jay Sunil	COMBOLORI	8940266616	[Signature]
81	Shamsuddeen	Malappuram	8989521077	[Signature]
82	P.T John	Wayanad	9650382582	[Signature]
83	Najith	Kozhikode	8281788094	[Signature]
84	Adarsh Roy	Pathanamthitta	9447020790	[Signature]
85	CP John	"	9961406144	[Signature]
86	Udhayakumar	TVM		
87	Mathew's Puthussery	Gandhi Padanakkandam		
88		varakal	8089013012	[Signature]
89	Najith	Kozhikode	7136326491	[Signature]
90	Paul	Palakkad	9447774479	[Signature]
91	J.H. CARR-HARRIS	CALICUT	9074717560	[Signature]
92				



2022-2023

39. CERTIFICATE COURSE ON PLANT BASED COSMETICS (ENTREPRENEURSHIP SKILLS DEVELOPMENT)

PROGRAMME REPORT

Date of the Programme : 16/06/2022 to 19/08/2022

No. of Participants : 13

Resource Person/s : Dr. Anumol Jose, Dr. Reshmi G R, Dr. Priya M P, Faculty, Dept of Botany

Organising Agencies : Dept of Botany

The department of Botany conducted a 30-hours certificate course on plant based cosmetics from 16 June 2022 to 19 August 2022. Thirteen students attended the course and gained entrepreneurial skills on producing cosmetics from plants.

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COURSE OBJECTIVES

- *Provide an overview of the field of natural cosmetics
- *Identify different types cosmetic ingredients and their plant sources, occurrence, properties
- *Production and modification of cosmetic formulations to achieve stable products with prescribed sensory properties.

DEPARTMENT OF BOTANY

Life changing course to start your own beauty business.....

JOIN WITH US

Bring your own produce from nature. Our aim is to show how you can safely produce plant based cosmetics.

Course duration: 30 hrs

Get in touch!

Don't hesitate to contact us if you'd like more information!

Dr. Anilkumar M (HOD, Department of Botany)
Dr. Anumol Jose (Course Coordinator, Ph. No: 992842656)
Dr. Reshmi G R (faculty)
Dr. Priya M P (faculty)

Eligibility: Both PG& UG students.
Certificate will be given only on successful completion of the course

Registration Link: <https://forms.gle/hKmarJ4hyZwNPLA>

Value added course on
PLANT BASED COSMETICS

Hands on training/Practicals/ videos/pdf's/ skilled trainers/ 6 modules

Major products

- *Lip balm
- *Lipstick
- *Lip scrub
- *Face scrub
- *Soaps
- *Moisturizing cream
- *Herbal oils
- *Henna
- *Shampoo
- *Kajal
- *Eye shadow
- *Essential oil





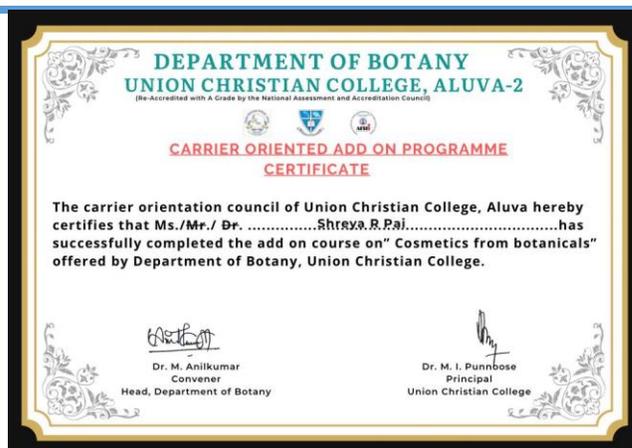
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LIST OF STUDENTS ENROLLED FOR VALUE ADDED COURSES

ACADEMIC YEAR (2022-23)

COURSE NAME: PLANT BASED COSMETICS (2022-23)

Admn No	Student Name
H1196	ANAGHA M B
H1036	ANJANA M B
H1278	APARNA SUNIL
H1343	BEEGUM SAFOORA K M
H1276	DEVIKA S
H1163	GOPIKA S NAMPOOTHIRI
H1193	MEGHA MOHAN
H1303	NIVYA C
H1092	PARVATHY SURESH
H1169	RINNU JOSE
H1394	SREEHARI V S
H1273	SREEKALA T
H1391	VARSHA T C

Sl. No.	NAME	Present	1/12/22	2/12/22	3/12/22	4/12/22	5/12/22	6/12/22	7/12/22	8/12/22	9/12/22	10/12/22	11/12/22	12/12/22
E61	Anagha M.B													
E62	Anjana M.B													
E63	Aparna Sunil													
E64	Beegum Safoora K.M													
E65	Devika S													
E66	Gojika S. Nampothiri													
E67	Megha Mohan													
E68	Nivya C													
E69	Parvathy Suresh													
E70	Rinnu Jose													
E71	Sreehari V.S													
E72	Sreekala T													
E73	Varsha T.C													

[Signature]
Teacher in Charge

[Signature]
Head of the Department

Dr. M. ANILKUMAR, Ph.D
Associate Professor & Head
Department of Botany
Union Christian College
Aluva, Ernakulam-683102, Kerala



40. YOGA FOR HUMANITY: YOGA MASS DRILL AND TRAINING

PROGRAMME REPORT

Date of the Programme : 21/06/2022

No. of Participants : 210

Resource Person/s : Dr. Bindu M, Faculty, Dept of Physical Education & Internationally Certified Yoga Trainer

Organising Agencies : Dept. of Physical Education, NSS, NCC Units,

International Day of Yoga was celebrated at Union Christian College Aluva. Union Christian College Principal Dr. M.I Punnoose inaugurated the Yoga Day Celebrations. Dr. Bindu M, HOD, Department of Physical Education led the Yoga Session. NCC Cadets from St Paul's College Kalamassery, Al Ameen College Edathala, and Government High School Elanthikkara attended the Yoga Session along with the NSS and NCC units of Union Christian College and students of the Physical Education Department. Col Rajeevan, Commanding Officer, 22K Battalion NCC, Maj KS Narayanan, Lt Dino Varghese, Ms. Nino Baby, CTO, and Mr. Krishnan, CTO were present on the occasion.



Inauguration Of International Yoga Day Program



Participants Performing Yoga



41. CORPORATE INTERNSHIP PROGRAMME (ENTREPRENEURIAL SKILL ENHANCEMENT)

PROGRAMME REPORT

Date of the Programme : 26/07/2022 to 27/07/2022
No. of Participants : 97
Resource Person/s : 1. Logic School of Management,
2. Midhun Mitwa
Organising Agencies : Dept. of Commerce, Logic School of Management

The department of Commerce organised a two-day corporate internship program in association with Logic School of Management for final year B.com students on 26 and 27 July 2022. The hands-on entrepreneurship life skill training programme which provided invaluable learning experiences on team building, team management skills to our students, as well as, professional courses like CA, CPA.



Hands-on training in team building



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DEPARTMENT OF COMMERCE FINANCE AND TAXATION

CORPORATE INTERNSHIP PROGRAM

26 & 27 | JULY 2022

TEAM BUILDING
MANAGEMENT ACTIVITIES
CORPORATE TEAM MANAGEMENT SKILLS

PRINCIPAL : DR. M I PUNNOOSE
MANAGER : REV. THOMAS JOHN
HOD DEPT. OF COMMERCE : MS. BISHA EY

IN ASSOCIATION WITH



KOCHI | TRIYANDRUM | KOTTAYAM | CALICUT | MALAPPURAM | THRISSUR | PALAKKAD | UAE

For more information

📞 9895 818 581, 9995 518 581

🌐 www.logiceducation.org

✉ info@logiceducation.org



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CORPORATE INTERNSHIP PROGRAMME BY LOGIC SCHOOL OF MANAGEMENT

ATTENDANCE SHEET				
SL NO	ADM NO	NAME	26-07-22	27-07-22
1	110673	ABHIRAM K D	Abhiram	Abhiram
2	11207	ADAR ANTONY	Adar	Adar
3	11241	ADITH SANTHOSH	Adith	Adith
4	11170	ADITHYAN S NAIR	Adithya	Adithya
5	11269	AKASH PAUL VARGHESE	Akash	Akash
6	11188	AKASH BABU	Akash	Akash
7	11248	AMRIN NAZAR	Amrin	Amrin
8	11188	ANAGHA S	Anagha	Anagha
9	11120	ANANDYARA SURESH	Anandya	Anandya
10	11107	ANETTA MARIYA SAJU	Anetta	Anetta
11	11257	ANNA PAUL	Anna	Anna
12	11248	ANJANA P S	Anjana	Anjana
13	11157	ARUN PABKER	Arun	Arun
14	11298	ATULKRISHNA SUREL	Atul	Atul
15	11184	ASHWIN KAMARATH S	Ashwin	Ashwin
16	11301	ASWIN K K	Aswin	Aswin
17	11184	C S ATHUL	CS	CS
18	11175	DON ROBY	Don	Don
19	11276	EDWIN JOHNY	Edwin	Edwin
20	11250	FMR FLOHO	Fmr	Fmr
21	11128	FATHIMA SAFA H N	Fathima	Fathima
22	11121	GOPKRESHNA D	Gopk	Gopk
23	11132	GOPKRESHNA SABU	Gopk	Gopk
24	11121	INDUJA MENON	Induja	Induja
25	11281	JAIN ROSE MARIA JUD	Jain	Jain
26	11189	K H MUNGESHA	KH	KH
27	11182	K M MOHAMMED IRFAN	KM	KM
28	11131	KARTHIKA RAJEEV	Karthika	Karthika
29	11193	KASYP SUREL	Kasyp	Kasyp
30	11272	KIRAN K S	Kiran	Kiran
31	11180	KISHAN RAVIKUMAR	Kishan	Kishan
32	11178	LEVINA JACOB	Levina	Levina
33	11173	M A AQIB SALAM	Aqib	Aqib
34	11145	MANURANJINI P M	Manu	Manu
35	11170	MARVEL MARTIN	Marvel	Marvel
36	11270	MEENAKSHI M M	Meena	Meena
37	11129	NANDANA JOBY	Nandana	Nandana
38	11274	NEHA M NAIR	Neha	Neha
39	11255	RAJESH V R	Rajesh	Rajesh
40	11130	RANJANA N A	Ranjana	Ranjana



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41	11181	RIN ABRAHAM REGI		
42	11185	RITHIK PRAMASH		
43	11174	SAJAY V M YADRIAN	Sajay	Sajay
44	11187	SOPHY M RAJAN	Sophy	Sophy
45	11186	SREELAKSHMI JAYARAJ	Sreelakshmi	Sreelakshmi
46	11172	SREYA SREERAM MENON	Sreya	Sreya
47	11126	SRUJITH M NAIR	Srujith	Srujith
48	11204	STELLA C T	Stella	Stella
49	11258	UNIMAYA SHREU	Unimaya	Unimaya
50	11127	VISHNU P	Vishnu	Vishnu
51	11128	ABEL ANTONY	Abel	Abel
52	11129	ABHIRAM SASI	Abhiram	Abhiram
53	11190	ABHIRAM SUBASH BOSE	Abhiram	Abhiram
54	11131	ABHIRAM UNNIKRISSHIAN	Abhiram	Abhiram
55	11132	AISWARYA BUJ	Aiswarya	Aiswarya
56	11133	AKHIL JOSHY	Akhil	Akhil
57	11134	ALAN MOHANAN	Alan	Alan
58	11135	ALMIYA ALI	Almiya	Almiya
59	11136	APARNA P REGHU	Aparna	Aparna
60	11137	ARJUN ANIL	Arjun	Arjun
61	11138	ARJUN K UNNI	Arjun	Arjun
62	11139	ASWIN A R	Aswin	Aswin
63	11140	BASIL SHAJU	Basil	Basil
64	11141	DHYA FATHIMA T M	Dhya	Dhya
65	11142	DIA MARIYAM VARGHESE	Dia	Dia
66	11143	FAZAL MOHAMMED K	Fazal	Fazal
67	11144	HARIKRISHNAN M B	Hari	Hari
68	11145	HELNA TREESA	Helna	Helna
69	11146	JANNATH SHIRIN	Jannath	Jannath
70	11147	JOYAL SANTHOSH	Joyal	Joyal
71	11148	KEVIN BENNY	Kevin	Kevin
72	11149	M A SAFWAN	Safwan	Safwan
73	11150	MAYOOGHA V NAIR	Mayoogha	Mayoogha
74	11151	MEGHANA MAHESH	Meghana	Meghana
75	11152	MUHAMMED ANEEZ M M	Muhammed	Muhammed
76	11153	MUHAMMED RAFI M A	Muhammed	Muhammed
77	11154	PARVATHY C D	Parvathy	Parvathy
78	11155	RUSSEL MOHAMMAD G A	Russel	Russel
79	11156	RYAN ANTONY	Ryan	Ryan
80	11157	SEBASTIAN BABU	Sebastian	Sebastian
81	11158	SNEHA CHACKOCHAN	Sneha	Sneha
82	11159	VAISAKH M	Vaisakh	Vaisakh
83	11160	VEENA VINOD	Veena	Veena
84	11161	ADARSH S	Adarsh	Adarsh
85	11162	ANGEL DENNY	Angel	Angel
86	11163	ANJALY M R	Anjaly	Anjaly
87	11164	ARATHI ANIL	Arathi	Arathi



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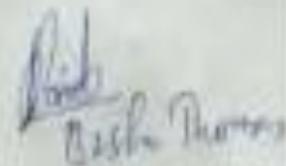
88	11165	ARCHANA SATHEESAN	Archana	Archana
89	11166	ATHERA K G	Athira	Athira
90	11167	C R ABHIRAM	Abhiram	Abhiram
91	11168	DEVIKA ARAVIND	Devika	Devika
92	11169	ELDHOSE BABU	Eldhose	Eldhose
93	11170	MALAVIKA MANOHAR	Malavika	Malavika
94	11171	MOHAMED SHAHR SHAH	Shahr	Shahr
95	11172	PRASHOBH P	Prashobh	Prashobh
96	11173	ROJA M JOY	Roja	Roja
97	11174	YUDHINA SAVI	Yudhina	Yudhina
98				
99				
100				

DATE

26-07-22

27-07-22

SIGNATURE OF HOD


Bisha Thomas

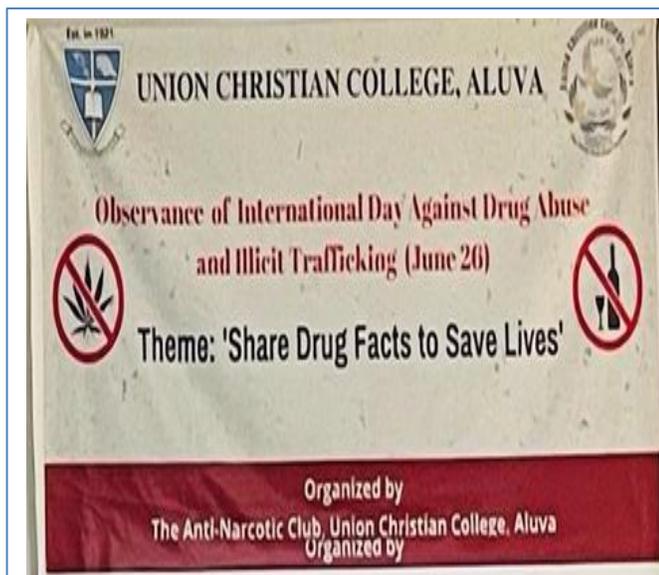


42. ONE DAY AWARENESS PROGRAMME ON DRUG ABUSE (HEALTH & HYGIENE)

PROGRAMME REPORT

Date of the Programme	: 26/06/2022
No. of Participants	: 371
Resource Person/s	: Mr. V T Job, Former District Coordinator, Vimukthi Mission Mr. Shibin Shaji Varghese, Don Bosco Psychological Support Centre Ms. Afra Shahjahan, Counsellor, Nirmal Mukthi Sadan, Ernakulam
Organising Agencies	: Anti-Narcotic Club & JCI Cochin

On the occasion of International Day against Drug abuse and illicit Trafficking, the Anti-Narcotic club of the college, in association with JCI, Cochin, organised awareness sessions for the final year UG students of the college. The awareness sessions were based on the theme 'Share drug facts to save lives', in line with the theme of the International Day Against Drug Abuse. The sessions were held simultaneously at three venues, the VMA Hall (for III BA and III BSM students), the MCA Seminar Hall (for III B.Sc. students) and MBA Conference Hall (for III B. Com. students) from 11.30 am to 12.30 pm.



Dr. Malini R., Staff Coordinator of the Anti-Narcotic Club delivering the Welcome Address



Resource persons addressing the students in batches at various venues



43. CERTIFICATE COURSE ON FLOWER ARRANGEMENT (SELF-EMPLOYMENT SKILLS DEVELOPMENT)

PROGRAMME REPORT

Date of the Programme : 23/07/2022 to 26/09/2022

No. of Participants : 29

Resource Person/s : Dr. Anumol Jose, Dr. Reshmi G R, Faculty, Dept of Botany

Organising Agencies : Dept of Botany

The department of Botany conduct a certificate course on Flower Arrangement in July-September 2022 to help train interested students in a very promising self-employment avenue. Thirty-four students registered for the course and twenty-nine students completed it successfully.





LIST OF STUDENTS ENROLLED FOR VALUE ADDED COURSES

ACADEMIC YEAR (2022-23)

COURSE NAME: FLOWER ARRANGEMENT

Admn No	Student Name
H0253	AARYA C S
H0271	AFRA V A
H0170	AKHINU C
H0242	AKSHAYA O S
H0230	ANAGHA M M
H0080	ANANDHU KRISHNA K S
H0036	ANEENA JOHN
H0246	ANEESHA P B
H0140	ANNA SAJU
G9854	ANUPAMA K A
G9753	APARNA E S
H0081	ASIYA M A
G9706	BRIGHTLY SEBASTIAN
H0185	CHITHRA S
H0177	DEVIKA K A
G9962	ELDHOSE V K
G9960	ELSHA M ELIAS
H0077	FATHIMA O A
H0078	MIZNA M A
H0214	MUHSINA MUHAMMED
H0272	NABEESATHUL MISIRIYA
H0183	NANDANA RAMAKRISHNAN
H0028	NIKHITHA LAL
H0146	P S PRITHVIRAJ
H0281	POORNENDU R ACHARYA
H0107	R KAILAASH
G9961	ROSE ANN MARY PAUL
H0082	SHREYA R PAI
H0003	SREELAKSHMI N S
H0175	SUMAYYA T A
G9833	VISHNUDAS T A

Dr. M. RAMAKRISHNAN
Head of Department & Head
Department of Botany
Union Christian College
Aluva - 686103 Kerala



44. ICAR-CIFT NATIONAL CAMPAIGN ON 'FISH FOR HEALTH & PROSPERITY' (HEALTH/ SELF-EMPLOYMENT SKILL ENHANCEMENT)

PROGRAMME REPORT

Date of the Programme : 08/08/2022
No. of Participants : 31
Resource Person/s : Dr. V Radhakrishnan Nair, Scientist, ICAR-CIFT, Kochi
Organising Agencies : Dept of Biosciences & ICAR-CIFT, Kochi

The Department of Biosciences, Union Christian College, in association with ICAR Central Institute of Fisheries Technology, Kochi organised a campaign on 'Fish for Health and Prosperity' to popularize the consumption of fish for improving the health of citizens. The resource person educated the students on the importance of inclusion of fish in daily diet and he cleared many doubts and stigmas related to the subject. They also discussed the prospects of pisciculture as an income source.

ICAR - CENTRAL INSTITUTE OF FISHERIES TECHNOLOGY
 In association with
 Department of Biosciences
 Union Christian College, Aluva

**National campaign on
"Fish for Health and Prosperity"**

CHIEF PATRON
Dr. TRILOCHAN MOHAPATRA
 Director General, ICAR &
 Secretary, DARE

PATRON
Dr. J.K. JENA
 Deputy Director General (FS), ICAR

SPEAKER

Shri. V. Radhakrishnan Nair
 Scientist
 MFB Division
 ICAR-CIFT

ORGANISER
Dr. LEELA EDWIN
 Director, ICAR-CIFT

PROGRAMME COORDINATORS
Dr. S. Visnuvinayagam
 Senior Scientist, MFB Division
Shri. S. Ezhil Nilavan
 Scientist, MFB Division
Smt. T. Muthulakshmi
 Scientist, MFB Division

Venue
Union Christian College, Aluva
Date: 08.08.2022
Time: 2.30 PM-3.30 PM



Dr. V. Radhakrishnan Nair addressing the



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ICAR-CIFT National Campaign on "fish for health & prosperity"
8th August 2022 - Tribhuvan Hall at 2.30pm

Sl no:	Name of the participants	Department	Signature
1.	Ruja Prem	B.Sc	Ruja
2.	Airna Sijad	"	Airna
3.	Ann Xavier	"	Ann
4.	Neha Benoy	"	Neha
5.	Deneena Elblhose	"	Deneena
6.	Meenakshi S.P	U	Meenakshi
7.	Jennima R.E	"	Jennima
8.	Jane Ann Varghese	"	Jane
9.	Anya F.A	B.Sc	Anya
10.	Reema Been	"	Reema
11.	Shamsiya	U	Shamsiya
12.	Adithya K.R	"	Adithya
13.	Sara George	"	Sara
14.	Rohini Prasad	"	Rohini
15.	Anu Prasad Anitha K.R	"	Anu
16.	Ann Maria	"	Ann
17.	Vinil K.A	"	Vinil
18.	Harna Sheerin	"	Harna
19.	Aslam C.A	"	Aslam
20.	Fathima Sajini	Postgraduate	Fathima
21.	Aparna SA	" (Msc)	Aparna
22.	Jera M.D	"	Jera
23.	Gayathri S.Nasi	"	Gayathri
24.	Angel Thomas	"	Angel
25.	Sajane Mathew	"	Sajane
26.	Ridha Benson	"	Ridha



45. ENTREPRENEURIAL SKILL DEVELOPMENT CLASSES ON GRAFTING & GREEN ART

PROGRAMME REPORT

Date of the Programme : 23/08/2022 & 02/09/2022
No. of Participants : 18 + 73
Resource Person/s : Mr. Anish NV, Employee, Agricultural Research Station, Mannuthy
Organising Agencies : Dept of Botany

The Arteo Botanique Green Art Shop of dept of Botany organised a two-day training programme to familiarize the students with the different styles of dry flower arrangement as well as easy grafting methods, so as to inculcate a love for planting and gardening among the students which can be pursued as a viable path of entrepreneurship by these students. The product made during the session was put on sale in the campus to help students understand its commercial potential.





യു.സി. കോളേജിൽ കരകൗശലമേള

ആലുവ യു.സി. കോളേജിലെ ബോട്ടണി വിഭാഗം വിദ്യാർത്ഥികൾക്കും ഓണോഘോഷത്തോടനുബന്ധിച്ച് കരകൗശല ഉത്പന്നമേള നടത്തി. വിദ്യാർത്ഥികൾക്ക് മൺചട്ടികളിൽ അലങ്കാരപ്പണികൾ നടത്തി അതിൽ നട്ട ചെടികളും സൂര്യം നിർമ്മിച്ച വിവിധ കലാരൂപങ്ങളും കോളേജിലെ ഓണോഘോഷത്തിൽ വിൽപന നടത്തി. കോളേജ് പ്രിൻസിപ്പൽ ഡോ. എം.ഐ. പുന്നൂസ് കോളേജ് മാനേജർ ഫാ. തോമസ് ജോണിനു ആഭ്യവിൽപ്പന നടത്തി ഉദ്ഘാടനം ചെയ്തു. ബോട്ടണി വിഭാഗം മേധാവി ഡോ. അനിൽകുമാർ, അദ്ധ്യക്ഷനായ ഡോ. അനീഷ് എന്നിവർ നേതൃത്വം നൽകി.



Report of the Art Shop in Matrubhoomi Daily.



Mr. Anish explaining the grating method with a Mango sapling

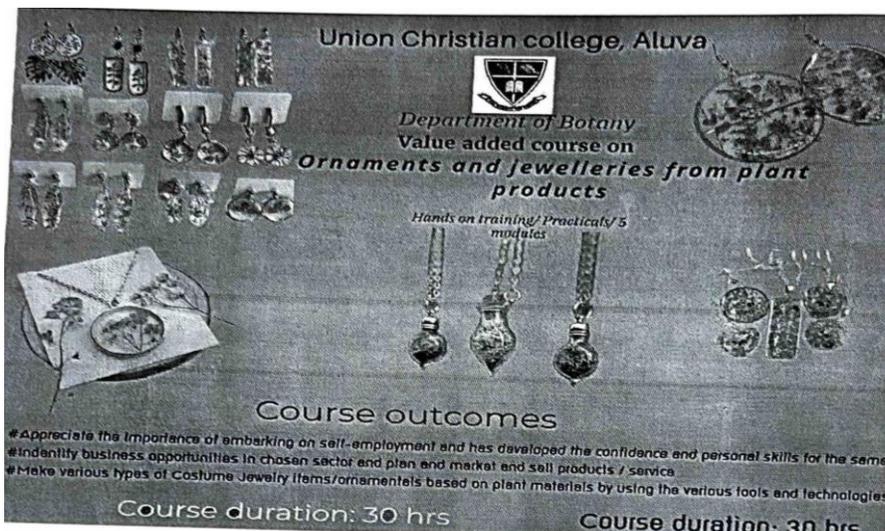


46. CERTIFICATE COURSE ON ORNAMENTS AND JEWELLERY MAKING (ENTREPRENEURSHIP SKILLS DEVELOPMENT)

PROGRAMME REPORT

Date of the Programme : 23/08/2022 to 26/10/2022
No. of Participants : 20
Resource Person/s : Dr. Anumol Jose, Dr. Reshmi G R, Faculty, Dept of Botany
Organising Agencies : Dept of Botany

The department of Botany conducted a 30-hours certificate course on Ornaments and Jewellery Making from plant products. The students learned new techniques of ornament making from plant products through hands-on training, to develop their entrepreneurial skills.





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Sl. No. Roll No	Plant product NAMES	Roll No	Date													
			23/07/22	24/07/22	25/07/22	26/07/22	27/07/22	28/07/22	29/07/22	30/07/22	31/07/22	01/08/22	02/08/22			
B 209	Adilbaya . P	H1129														
B 210	Ahmed Asif . M. M	H1130														
B 211	Ashay A. Kumar	H1131														
B 212	Asuntaipaiya V.B	H0679														
B 213	Binil . K. P	H0826														
B 214	C. Athira	H1130														
B 215	Devika S. Menon	H0917														
B 216	Fathima Nazrin C.N	H1102														
B 217	Fahema Yousuf	H1311														
B 218	Eida Fathima	H0948														
B 219	Gayathri Sunil	H1114														
B 220	Hiraa P. K	H0547														
B 221	Nabila Hassan	H1319														
B 222	Nilzeera M	H0674														
B 224	Abhinami Shaji	H1346														
B 225	Alfitha Salim K	H0924														
B 226	Ajra Nasrin A.N	H0809														
B 227	Aswanya P.S	H1008														
B 228	Albin Joseph	H0791														
B 229	Anamika T.S	H1216														
B 230	Emil M. Joy	H0827														
B 231	Kaisharanuni P.S	H0918														
B 232	Lakshmi . P.S	H1222														
B 233	Miya Taleha	H0695														
B 234	Mufredha Nouhad	H1306														
B 235	Muhsina . M	H0994														
B 236	Shifana K.S	H0725														

Signature
Dr. Anuvool Jose
Teacher in charge

Signature
Dr. M. ANILKUMAR, Ph.D
Associate Professor & Head
Department of Botany
Union Christian College
Aluva, Ernakulam-683102, Kerala



47. CUP OF LIFE: MENSTRUAL CUP DISTRIBUTION & AWARENESS CLASS ON FEMALE HYGIENE

PROGRAMME REPORT

Date of the Programme : 30/08/2022
No. of Participants : 122
Resource Person/s : 1. Mr. Hibi Eden (Member of Parliament),
 2. Dr. M.I. Punnoose (Principal, Union Christian College),
 3. Dr. Asha Baby Mathews (NSS Programme Officer)
Organising Agencies : NSS & College Union

To conscientise the students about issues related to female hygiene an awareness class was conducted by the College Union in association with NSS on 30 August 2022 as part of the distribution of free menstrual cups under the CUP OF LIFE project by Hibi Eden, MP.

World's Largest Menstrual Cup Distribution in KOCHI

Muthoot Finance PRESENTS

CUP of LIFE

An Initiative of HIBI EDEN MP

Inauguration: Dr. M. I. Punnoose
Principal
Union Christian College, Aluva

Time: 11.45 am
Place: T B Nainan Hall

#breakingthetaboo

www.cupoflife.net



Dr. Asha Baby Mathews, NSS Coordinator, addressing the gathering



Dr. MI Punnoose, Principal inaugurating the distribution of Menstrual Cups



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	A	B	C	G	I	K	L
1	Sl.No	Timestamp	Full Name	Department / Class / Other	Address	WhatsApp No	Email ID
2	1	2022/08/04 12:00:50 PM	Parvathy Rajeev		Janaki Mandiram, Kuttipuzi	7594834538	parvatyhr3005@gmail.com
3	2	2022/08/09 10:06:40 AM	Daana Fathima	Second year Bsc computer Science	Kannanchakkaseril (H)	8111966914	fathimadaana14@gmail.com
4	3	2022/08/09 10:09:09 AM	Anamika Joy	Bsm 2nd year	Madassery House, Thabore	9383415041	anamikajoymadassery18@gmail.com
5	4	2022/08/09 10:09:39 AM	Gowri Krishnan R	Second year Computer Science	Thoniparambil house,	8075065409	gowrikrishnan365@gmail.com
6	5	2022/08/09 10:12:33 AM	Sneha Elizabeth mathew	Bsc computer science	Parayamkandathil (H) karik	8921672914	mathewsnehaelizabeth@gmail.com
7	6	2022/08/09 10:19:59 AM	Hari Krishna Priya g naik	Bachelor of sports management	Mailadath parambu chamb	8111967307	ourf2020@gmail.com
8	7	2022/08/09 10:30:29 AM	Dhiya Fathima TM	Bcom model 2	Thalakkat house	9048595397	dhiyaamin505@gmail.com
9	8	2022/08/09 10:32:53 AM	SREENIDHI S R	BSC COMPUTER SCIENCE	SREENARAYANAPURA	7034720759	nidhi.s.radhakrishnan@gmail.com
10	9	2022/08/09 10:36:07 AM	Chinnu Mathew	Bsc computer science	Kaithaveli house Mundamv	9895331939	chinnumathew647@gmail.com
11	10	2022/08/09 10:37:59 AM	Airin joly	Bcom m2	Paraserry(H) kundoor Alar	9961302316	airinjoly6@gmail.com
12	11	2022/08/09 10:40:21 AM	Athira K. G	Bcom finance and taxation	Koimmakadu house	8590484514	athirakg04@gmail.com
13	12	2022/08/09 10:41:51 AM	Dhanu Parvathy K S	Computer science 3rd year	Kaimalangara (H) Devasw	7907237185	dhanuparvatyhs2000@gmail.com
14	13	2022/08/09 10:44:28 AM	GAYATHRI R NATH	BCOM MODEL 2	Koickal house,thuruthimel, t	8078563415	gayathrinath02@gmail.com
15	14	2022/08/09 10:44:53 AM	Sredha manoj	Ba English	Vazhakkuzhakkal (H)	9778225329	sredhamanoj692@gmail.com
16	15	2022/08/09 10:46:00 AM	Athira. Babu. V. B	B. Sc. Computer science / 3rd year	Vayalakkadu (h) uc college	9048139726	athirababu3010@gmail.com
17	16	2022/08/09 10:48:07 AM	Arathi Anil	BCom 3rd M2	Maliyil (H) panaikulam p.o	7012543227	arathi2702@gmail.com
18	17	2022/08/09 10:50:10 AM	Sneha chackochan	Bcom	Chirappurath (Ho)	7025911216	snehachackochan42@gmail.com
19	18	2022/08/09 10:51:51 AM	Fida fathima	Botany	Kapparambil House	9746981404	fidashafi456@gmail.com
20	19	2022/08/09 10:52:16 AM	Aiswarya PS	BSc Botany	Pazhavor house peecharic	8089117152	aiswaryaps835@gmail.com
21	20	2022/08/09 10:53:21 AM	Anugraha Vinod	Physics	Katungal house	9645987920	anugraha2683@gmail.com
22	21	2022/08/09 10:53:23 AM	Gayathri sunil	Bsc botany 2nd year	Palazhimadam	7736799774	
23	22	2022/08/09 10:54:13 AM	Fathima Nazrin C N	Botany	Chettungal house	9778798146	nazrinfathima762@gmail.com
24	23	2022/08/09 10:55:26 AM	Aswinipriya V B	Bsc Botany,2nd year	Vengattuthara (H) Pooyap	8593996504	aswinipriyavb@gmail.com
25	24	2022/08/09 10:57:52 AM	Amitha K R	Bt and Sp	Kainattil house , chelakkara	9947531914	amithakr6@gmail.com
26	25	2022/08/09 10:58:17 AM	Afnitha Salim.K	B.Sc Botany / second year	Kalungal (H), Alangad	7034908940	afnithasalim23@gmail.com
27	26	2022/08/09 11:00:24 AM	Manaal sheeraz	Second year bt &sp	MNRA 137, CUSAT PIPE	9895811253	manaalsheeraz03@gmail.com
28	27	2022/08/09 11:01:03 AM	Febeena yuusuf	Bsc. Botany/ second year	Thottungal house alangad	9778517643	febeenaususuf2002@gmail.com
29	28	2022/08/09 11:01:43 AM	Parvathy v	Computer science	Sthanathuparambu mt link r	8129568250	parvathy2762002@gmail.com

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	A	B	C	G	I	K	L
31	30	2022/08/09 11:06:20 AM	Athira.S. Nair	3rd Year BA English	Sopanam, Erumathala P.O	9072390607	nairathira33@gmail.com
32	31	2022/08/09 11:11:10 AM	Irine Mariam Mari	Economics	Thukalan Kachappillil (H), I	8281663745	irinemariam123@gmail.com
33	32	2022/08/09 11:11:53 AM	Shabna yousaf	Zoology	Varikkodan house muppath	9846403689	zairazana123@gmail.com
34	33	2022/08/09 11:11:58 AM	Lakshmi p s	Bsc botany	Pathiyasseri house	9567145162	lakshmisuresh962@gmail.com
35	34	2022/08/09 11:12:33 AM	Anamika js	Bsc botany	C2 300 RNAS quarters wil	6282675582	anamikashajjs@gmail.com
36	35	2022/08/09 11:12:48 AM	Aparna Harish	B.A History 2nd year	Prarthana (H)	7510267278	aparnamayaharish@gmail.com
37	36	2022/08/09 11:13:57 AM	Kavya Venugopal	2nd BA History	Ayinkkattuparambil (H) Perumbilissery (P.O.)Cherpu, Thrissur		
38	37	2022/08/09 11:14:55 AM	Aparna v u	BA English language and literature	Venguparambil house alang	9778228739	aparnaudayan214@gmail.com
39	38	2022/08/09 11:16:09 AM	Arunasree K A	B A history 2 nd year	Kalathil Eramalloor, po che	9567609411	achuaruna90@gmail.com
40	39	2022/08/09 11:16:32 AM	Jayabala T J	BA History , Second Year	Thevail House .p.o kodung	7736635718	jayabalatj003@gmail.com
41	40	2022/08/09 11:17:11 AM	Anju Rajan	BA History	Skinner hostel	7510337584	anjurajan4747@gmail.com
42	41	2022/08/09 11:17:29 AM	Meera c p	BA HISTORY	Chaliyil(H)po. Kodungallur	9037670068	meeracp2003@gmail.com
43	42	2022/08/09 11:18:39 AM	Akhila Krishnakumar	Economics	Krishnapriya, Kalappattil H	7736950708	akhilaknair0204@gmail.com
44	43	2022/08/09 11:19:16 AM	Varada Nair.V	BA English	Vaishnavam,Chengamanad	8301807324	Varadavipin@gmail.com
45	44	2022/08/09 11:19:39 AM	Aparna J	3rd year BA English	Thadathil house , Rose Gar	7902791520	aparnaj1520@gmail.com
46	45	2022/08/09 11:22:09 AM	Afreena Firoz	B.A English	Ahungaparambil(h) Thaikka	8590179447	afreena8309@gmail.com
47	46	2022/08/09 11:22:22 AM	C Athira	Bsc botany	Mallika nivas pulikottuparar	7510149386	athirachenthamarakshan218@gmail.com
48	47	2022/08/09 11:23:39 AM	Suvarna U	MA Malayalam	Kariyamkode(h),erumeni,ka	7736516496	suvarnau760@gmail.com
49	48	2022/08/09 11:23:49 AM	Devika s menon	Botany department	MYLELIL HOUSE VELI	9847193002	devikasmenon33@gmail.com
50	49	2022/08/09 11:24:23 AM	Jannath Shirin	BCom 3rd year	Kizhakkekollamparambil , j	9544196996	mohammedshajuraseena@gmail.com
51	50	2022/08/09 11:24:33 AM	Jyothilekshmi M	Msc Biotechnology	Puthen parambil karuvatta	6238208924	jyothilekshmm2000@gmail.com
52	51	2022/08/09 11:25:24 AM	Fathima Farida T N	Bsc computer science	Thoppil house, Thoufeeq	7736624477	ffaree.04@gmail.com
53	52	2022/08/09 11:26:18 AM	Mary Sandra	2nd Msc. Zoology	Kalakkassery(H), Kaithara	7994124723	marysandra470@gmail.com
54	53	2022/08/09 11:26:42 AM	GAYATHRI TU	Physics/msc	Thazhissery H,poovathusse	9048847991	gayathritkrishnan@gmail.com
55	54	2022/08/09 11:27:25 AM	Nandini Joby	3rd BA Economics	Puthuvalparambu kanniyam	8590174359	nandinijoby4359@gmail.com
56	55	2022/08/09 11:27:49 AM	Anamika Salim	Msc biotechnology 2 nd sem	Anamika Manzil ,sivanmukl	8075144275	anamika2442910@gmail.com
57	56	2022/08/09 11:28:32 AM	Vyshnavi sumesh	BA Economics	Puthuval parambil house Al	8590283520	vysnnavisumesh285@gmail.com
58	57	2022/08/09 11:29:02 AM	Sreelakshmi	History	Kandengattu (H), Vellapad	9946098833	s4sreelakshmik@gmail.com
59	58	2022/08/09 11:29:41 AM	Ashma Rose Tharian	BA English	Cheerakathil (H)	9400172577	ashmarosetharian@gmail.com



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	A	B	C	G	I	K	L
61	60	2022/08/09 11:33:13 AM	Devika Pradeep	B A Economics	Manthrayil house, East kad	7736715037	ammudevika703@gmail.com
62	61	2022/08/09 11:33:33 AM	Kalya Dileep	Zoology	Anand House, VNRA 57, V	9656885120	kalyadileep02@gmail.com
63	62	2022/08/09 11:33:33 AM	Angelene mathew	Bioscience department, MSc biotech	East hostel, UC College, Al	9483389841	angelene.m13@gmail.com
64	63	2022/08/09 11:33:34 AM	Emilla John	MSc Zoology	Naripparayil house, Anjuk	9446030351	emillajohn381999@gmail.com
65	64	2022/08/09 11:34:40 AM	Akshaya Krishna	3rd Bsc zoology	Elayidath house padmugal k	9048315516	akshayaachu8891@gmail.com
66	65	2022/08/09 11:36:33 AM	Anjaly MP	3rd BA Economics	Manapparambil house Cher	8139847414	anjalymp9@gmail.com
67	66	2022/08/09 11:37:49 AM	Devika Harshal	Bsc.Zoology	Kolpurath (H) Chalikkavatt	8590870471	devikaharshaldevu@gmail.com
68	67	2022/08/09 11:38:58 AM	Angel Rose Shajan	3 rd BA ECONOMICS, ECONOMI	Thundathil (H) Rayonpuran	6238204993	angelrosheshajan1818@gmail.com
69	68	2022/08/09 11:39:55 AM	Anusree Ajay	Msc physics	Nandoth House, orikara .p.	8078755516	nandothanu12@gmail.com
70	69	2022/08/09 11:41:06 AM	Isha Raju	B. A Economics	Kattathara, cheruvype ayya	8589041602	rajuisha56@gmail.com
71	70	2022/08/09 11:42:33 AM	Nahla Hassan	Bsc botany	Thazhathedathu house north	7736654639	nahlahassan193@gmail
72	71	2022/08/09 11:42:39 AM	NAMITHA MANOHARAN	Physics	Karthika ,kaara (p.o) annur	7510986800	namithatt@gmail.com
73	72	2022/08/09 11:44:42 AM	ANAGHANANDA E K	Msc physics 2 nd year	SREELAKAM kariyad sov	8078266118	anaghanandaek@gmail.com
74	73	2022/08/09 11:44:49 AM	Vrinda V Nair	BSc Zoology	Vijayabhavan Kallanikkal (C	8590705116	vrindachikku07@gmail.com
75	74	2022/08/09 11:44:59 AM	Arathi R	Msc zoology	Varickamolath house irama	9605312387	arathiraju178@gmail.com
76	75	2022/08/09 11:45:08 AM	Chinnu Sabu	Msc Physics	Kunnel House, Kandanad E	9995510016	chinnudeepasabu@gmail.com
77	76	2022/08/09 11:45:23 AM	Malavika Ramesh	Physics	Nadukkandi Parambil ,Chor	7994836197	
78	77	2022/08/09 11:45:30 AM	Mariyam Renji	MA English 2020 - 2022	Kunnummel H Marika PO	8594047718	mariyaammarenji@gmail.com
79	78	2022/08/09 11:45:39 AM	Theresa Joshy	English	Puthur House, Thiruvengid	8848425599	theresajoshygyr@gmail.com
80	79	2022/08/09 11:47:36 AM	Anamika T S	B.Com Finance and Taxation Model	Thonnoottukandam (H) We	9846329327	anamikats2019@gmail.com
81	80	2022/08/09 11:47:44 AM	Nazrin K Faizal	Computer science	Kurudamparambil (H) , Ma	8547384237	nazrinkfaizal@gmail.com
82	81	2022/08/09 11:48:01 AM	ANEENA M A	BSc Computer Science	Malottithara House Edavan	8943575492	aneenaappu.08@gmail.com
83	82	2022/08/09 11:48:19 AM	Amalu k	English	Lakshmi nilayam, nethaji ro	7306380148	amalu56k@gmail.com
84	83	2022/08/09 11:48:44 AM	Krishnapriya SS	Bcom	Samudhayaparamb (H) e v	7736747541	krishnapriyass798@gmail.com
85	84	2022/08/09 11:50:09 AM	KARISHMA SURESH	CS second year	Vaniyappilly house thottum	8943495400	karishmasuresh8943@gmail.com
86	85	2022/08/09 11:50:51 AM	Malini M	MA English	Chandraprabha (H), Kudav	9947482216	malinim1711@gmail.com
87	86	2022/08/09 11:51:57 AM	Anamika R	M.A English	Thonnicka Madhom		anamikarajeev484@gmail.com
88	87	2022/08/09 11:56:32 AM	Jewel Anna Anil	Bsc zoology	Cheenkayil house ,Manjelip	9495068943	jewelannaanil@gmail.com
89	88	2022/08/09 11:56:48 AM	Mariya sheona	Bsc.Bt and sp	Panakkal house chemmaya	7736501471	sheonamariya20@gmail.com

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	A	B	C	G	I	K	L
91	90	2022/08/09 11:57:34 AM	BEEMA MOL K M	M.Sc Zoology	KOORAKKADAN (H) , I	7902828306	beema789mol@gmail.com
92	91	2022/08/09 11:58:26 AM	Ananya Rajesh	B.com Finance and Taxation Model	Kaichia (H)	9496750184	ananyaanu9099@gmail.com
93	92	2022/08/09 11:59:03 AM	Suha Fathima	Bcom	Mackanayath house nelliku	7736747628	pachisfathu@gmail.com
94	93	2022/08/09 11:59:19 AM	CHITHRANJALIE	Bioscience	Edakkandiyl house	8848659871	CHITHRANJALIE@GMAIL.COM
95	94	2022/08/09 12:00:12 PM	Roja Joy	BCom M2	Joy Jacob SS KSEB,	9605908210	rojajoyji1@gmail.com
96	95	2022/08/09 12:00:51 PM	Almiya Ali	Commerce	Kottackal house	7736845419	alualmiya11@gmail.com
97	96	2022/08/09 12:01:41 PM	ASWANI PAVITHRAN	2nd MA English literature	Nikathil (H) Manappilly, Ay	9544549248	aswanipavi@gmail.com
98	97	2022/08/09 12:02:14 PM	Vismaya devi.v	B.com M1 2nd year	Rohini house Ernakulam Al	9778479262	vichutty19@gmail.com
99	98	2022/08/09 12:02:17 PM	Anaswara lakshmi TS	Economics deartment third year	Thoppuparambu house Tha	9947898255	anaswaralts762002@gmail.com
100	99	2022/08/09 12:03:48 PM	Dhanalakshmi K T	Bcom M1	Andipillikavu, Madaplathuru	7902399670	dhanuthampi26@gmail.com
101	100	2022/08/09 12:06:14 PM	Ameena Mr	Bcom finance and taxation model 1	Mundakapadath perumpada	8891544413	ameena000123@gmail.com
102	101	2022/08/09 12:06:58 PM	Fathima Nazar	BA English 3rd yr	vellarkodath House	9961674518	fathimanasar@167gma.com
103	102	2022/08/09 12:07:28 PM	PARVATHI RAVEENDRA	Economics department 2nd year	Viruppil house, valayanchir	9745233487	raveendranparvathi@gmail.com
104	103	2022/08/09 12:10:29 PM	Ameena Sherin	Bsc computer science	Chinnampadath House Nad	9847296974	ameenasherincm123@gmail.com
105	104	2022/08/09 12:10:59 PM	Aisha A J	Bsc Zoology	Ashariakathootu house ,ku	7356031161	aishaaj7777@gmail.com
106	105	2022/08/09 12:11:55 PM	Achsah Mary Varghese	Zoology	Bethel Bhavan , Kulakkad,	8330041593	achsahmaryv@gamil.com
107	106	2022/08/09 12:15:18 PM	safiya k Ashraf	Computer science /3rd year	Kuttiparambil(h)kadoopada	7909164812	safiyakashraf94@gmail.com
108	107	2022/08/09 12:15:38 PM	Vandhana Satheesh	Zoology	Jaya Nivas, South Vazhaku	9207256173	vandhanasatheesh1512@gmail.com
109	108	2022/08/09 12:16:33 PM	Elsa Varghese	B A economics	Maniyara(h) kunjithiya p.o	7736800161	elsavarghese818@gmail.com
110	109	2022/08/09 12:18:23 PM	MARY NISIA V V	COMMERCE/ BCOM 2nd YEAR	Vettiyazhikkal house, mund	8590979872	nisiamary@gmail.com
111	110	2022/08/09 12:18:28 PM	Sheena Shibu	Bcom department	Koickal house poikatussery	7559924534	sheenashibu2019@gmail.com
112	111	2022/08/09 12:19:15 PM	Geethu Muralreedharan	Bioscience	Parambathu (H) puthiyador	6238468438	geetumndhar@gmail.com
113	112	2022/08/09 12:19:23 PM	Bhagya G	3rd BA English	Vaisakh House, Pynattur	9188348405	bhagyagangak008@gmail.com
114	113	2022/08/09 12:20:27 PM	Fathima Hisana	Second year BA ENGLISH	Moothedath house Palapras	8921241035	hizanamajeed01@gmail.com
115	114	2022/08/09 12:21:59 PM	Kripa Sobi Thomas	Bcom M1 2nd year	Kizhakkeparambil house, pa	7994446039	kripasobithomas@gmail.com
116	115	2022/08/09 12:23:04 PM	Aleena Mariya	Ba English	Pulickal (h) , elenthikara p.o	7306089448	marियाaleena054@gmail.com
117	116	2022/08/09 12:23:30 PM	Malavika Manohar	Commerce	West hostel, UC college, A	8590697991	malavikamanohar3@gmail.com
118	117	2022/08/09 12:23:34 PM	Maria Fernandez	English literature	Kalladan house kattappana	7306853803	mf0677745@gmail.com
119	118	2022/08/09 12:24:25 PM	Fezin Puthanpurayil	Physics 3rd year	Puthanpurayil House Kunjunnikkara Uliyan	7736841486	fezidmid86@gmail.com



48. YOGA TRAINING FOR STRESS MANAGEMENT

PROGRAMME REPORT

Date of the Programme : 14/10/2022

No. of Participants : 120

Resource Person/s : Mr. Varghese Vazhoor Unnippasseril, Rtd Yoga Master, Bharatiya Vidya Bhavan

Organising Agencies : Dept. of MCA

Aimed at helping the students to help manage stress **The** dept. of MCA organised a training programme on Yoga for the 1st semester MCA students (2022 admn) on October 14, 2022. 120 students participated. Mr.Varghese Vazhoor Unnippasseril, Retd Yoga Master, Bharatiya Vidya Bhavan led the session.

 **UNION CHRISTIAN COLLEGE, ALUVA**
Celebrating 100 years

THE SCHOOL OF COMPUTER APPLICATIONS

INDUCTION PROGRAMME
14th October, 2022 - Friday

9.30 am : Training on YOGA

 **Resource Person**
Mr. Varghese Vazhoor Unnippasseril
Retd Yoga Master,
Bharathiya Vidya Bhavan

12.00 pm : Mentor Group Interaction
Interaction of Faculty mentors with assigned groups of 20 students

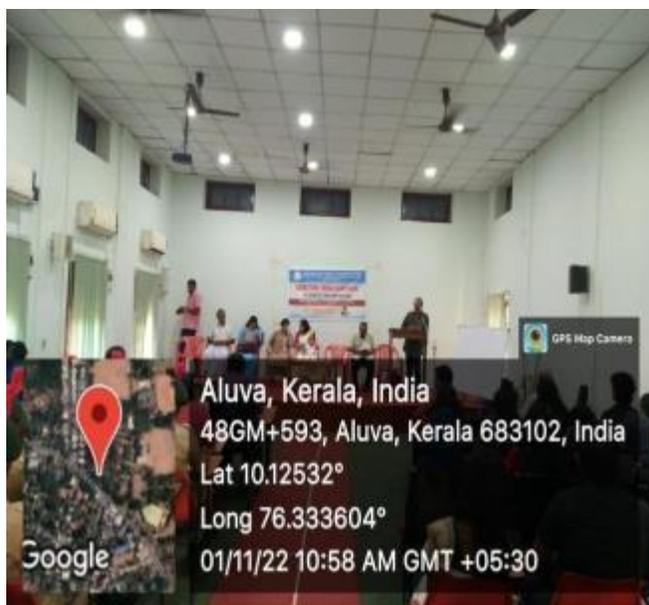


49. AWARENESS CLASS ON DRUG ABUSE & ILLICIT TRAFFICKING (HEALTH & HYGIENE)

PROGRAMME REPORT

Date of the Programme : 01/11/2022
No. of Participants : 83
Resource Person/s : INOHRP
Organising Agencies : NSS, NCC & INOHRP

In association with the Ernakulam district Committee of INOHRP, the NSS & NCC units joined hands in the 'Drug Free India Campaign' which was on 01 November 2022 with a very informative talk. An anti-drug pledge was also taken by the volunteers on the same day.



The resource persons from INORHP addressing the students & later Pledge being read out in the presence of the Principal and Programme Officers



50. RAANTHAL- ART OUT OF WASTE (SELF-EMPLOYMENT SKILL TRAINING)

PROGRAMME REPORT

Date of the Programme : 07/11/2022 to 12/11/2022
No. of Participants : 20
Resource Person/s : Ms. Sheenu Varghese, Faculty, Dept of English
Organising Agencies : Dept of English

Raanthal – Light a Smile, is a Department of English initiative to promote entrepreneurial solutions for eco-friendly products in order to fund student emergencies. Students learned techniques to make and sell crafts such as green gifts, tote bags, embroidered artefacts, paintings, terracotta jewelry, and masks, out of rags. On the occasion of the centenary celebration of the college, Raanthal volunteers joined Centennial Vista and showcased centenary special products like cloth bags, canvas paintings along with other upgraded products. The extensive support of the UCian alumni and well-wishers helped the students raise close to Rs. 30,000, which will form a student emergency fund.



Newspaper report of the Raanthal stall in the Centennial Vista Exhibition



51. CERTIFICATE COURSE ON BASICS OF FITNESS

PROGRAMME REPORT

Date of the Programme : 06/01/2023 to 17/03/2023

No. of Participants : 30

Resource Person/s : Dr. Bindu M & Dr. Jayadeep V K, Faculty, dept of Physical Education

Organising Agencies : Dept of Physical Education

The department of Physical Education conducted a certificate course on Basics of Fitness to introduce the fundamental of health and physical fitness and to provide awareness about the scientific basis and benefits of physical activity. 30 students attended the course. The course mostly comprise of practical sessions in the gym.





52. TRAINING SESSION ON PHYSICAL HYGIENE OF BEDRIDDEN PATIENTS

PROGRAMME REPORT

Date of the Programme : 14/01/2023

No. of Participants : 12

Resource Person/s : Ms. Bini Manoj, Nurse, Govt Hospital, Aluva

Organising Agencies : One Touch Pain and Palliative Care Unit

The One Touch Pain & Palliative Care Unit of the college arranged a training session for the volunteers of the unit on how to help maintain physical hygiene of bedridden patients. The volunteers were trained by Ms. Bini Manoj, practicing nurse of Govt hospital, Aluva.





53. SEMINAR ON “HEALTH THROUGH AYURVEDA & POST-COVID EFFECTS ON YOUTH”

PROGRAMME REPORT

Date of the Programme : 31/01/2023

No. of Participants : 60

Resource Person/s : Dr. P G Unnikrishnan & Dr. Sreeram P Unnikrishnan, Kottakkal Hospital

Organising Agencies : National Service Scheme & Kottakkal Arya Vaidya Sala Ayurveda Hospital

The NSS unit of the College, Aluva, in association with Kottakkal Ayurvedha Hospital, conducted a seminar for the volunteers on the topic: "Health through Ayurveda & Post COVID effects on Youth". The classes were led by Dr. P. G. Unnikrishnan & Dr. Sreeram P Unnikrishnan.

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



54. PATHWAY-SOCIAL LIFE WELLNESS PROGRAMME 2022-23

PROGRAMME REPORT

Date of the Programme : 30/01/2023 to 01/02/2023

No. of Participants : 30

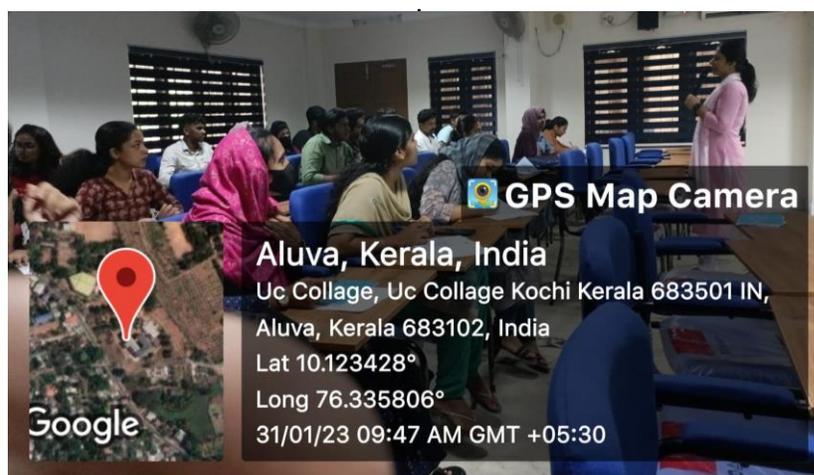
Resource Person/s : Ms. Saheera Thangal, Adv. T.K. Kunjumon & Ms. Ambika Devi

Organising Agencies : Dept of Psychology, BLISS & Dept of Minority Welfare, GoK

The dept of Psychology in association with BLISS counselling centre and the dept of minority welfare, government of Kerala organised a three day training programme for minority students on social life wellness. The class was intended to empower the students to overcome the social stigmas and inconveniences faced by minorities.



Group photo of the resource persons and participants



Resource person addressing the participants



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Government of Kerala
Department of Minority Welfare
COACHING CENTRE FOR MINORITY YOUTH, ALUVA
in association with

Dept. of Psychology and BLISS (Counselling Centre),
Union Christian College, Aluva
conducting
Three Day Training Programme
for Minority students (Christian & Muslim)

**PATHWAY - SOCIAL LIFE
WELLNESS PROGRAMME**
2022-23

Date:
2023 January 30, 31, February 1

Time:
9.30 am - 4 pm

Venue:
Union Christian College, Aluva

Register your names at Dept. of Psychology
on or before **18 Jan. 2023**

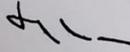
Free Registration


Government of Kerala

DIRECTORATE OF MINORITY WELFARE
VIKAS BHAVAN, THIRUVANANTHAPURAM

Certificate of Participation

This is to certify that Mr /Miss SAHIDA BEEGUM V.K, I M.Sc. PSYCHOLOGY
has participated in the Three days Pathway - Social Life Wellness Programme 2022-23 conducted for
providing Marital counselling and Guidance to Minority Youth, by the Directorate of Minority Welfare,
Government of Kerala on 30/01/23, 31/01/23 & 01/02/23
at UNION CHRISTIAN COLLEGE, ALUVA in association with
CCMY, ALUVA


Sri. A.M. Jafar
Director, Directorate of Minority Welfare
Govt. of Kerala


Course Co-ordinator
Dr. M. I. Punnoose
In-charge





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DIRECTORATE OF MINORITY WELFARE

Government of Kerala

Pathway- Social Life Wellness Programme 2022-23

Attendance register

Name of the Institution : UNION CHRISTIAN COLLEGE Name of the CCMY : Aluva
District: Ernakulam ALUVA

Sl No.	Name and Address	Male/ Female	Religion	Signature					
				Date		Date		Date	
				FN	AN	FN	AN	FN	AN
21.	Shantha NB Narendrabakavil (H)	Female	Muslim	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]
22.	Shababun PV	Female	Muslim	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]
23.	Raja M. Joy	Female	Christian	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]
24.	Aspitha K. Siju	Female	Christian	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]
25.	Fareeda Jomail	Female	Muslim	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]
26.	ABEEZ K. A	Male	Muslim	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]
27.	ASIF BH	MALE	MUSLIM	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]
28.	Basil M. Biju	MALE	Christian	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]
29.	Sahida Beegum V.K	Female	Muslim	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]
30.	Mubeena P.B	Female	Muslim	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]

DR. MARIKUTTY P.J. [Signature]
NAME AND SIGNATURE OF THE CO-ORDINATOR:

MOB NUMBER: 9497369039

Dr. M. I. Punnoose
Principal in Charge
U. C. College Aluva

DIRECTORATE OF MINORITY WELFARE

Government of Kerala

Pathway- Social Life Wellness Programme 2022-23

Attendance register

Name of the Institution : UNION CHRISTIAN COLLEGE Name of the CCMY : Aluva
District: Ernakulam ALUVA

Sl No.	Name and Address	Male/ Female	Religion	Signature					
				Date 30.1.2023		Date 31.1.2023		Date 01.2.2023	
				FN	AN	FN	AN	FN	AN
11.	Manna Sara Varghese MSc Psychology, UCC College	Female	Christian	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]
12.	Nina Xavier 1 st MA Economics	Female	Christian	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]
13.	Joseph James James B.com MA, UCC College	Male	Christian	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]
14.	Albert Antony BSc ECA, UCC College	Male	Christian	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]
15.	David Shaly B.com MA, UCC College	Male	Christian	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]
16.	Sharon Mary Lincoln MEd. Psychology	Female	Christian	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]
17.	Binna Eldhose MSc Psychology	Female	Christian	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]
18.	Fathima Nouman NA MSc Psychology	Female	Muslim	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]
19.	Jannath Chirin B.com MA, UCC College	Female	Muslim	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]
20.	Ashwin George B.com MA, UCC College	Male	Christian	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]	[Signature]

DR. MARIKUTTY P.J. [Signature]
NAME AND SIGNATURE OF THE CO-ORDINATOR:

MOB NUMBER: 9497369039

Dr. M. I. Punnoose
Principal in Charge
U. C. College Aluva



55. AWARENESS CLASS ON FEMALE HYGIENE

PROGRAMME REPORT

Date of the Programme : 15/02/2023
No. of Participants : 112
Resource Person/s : Ms. Jesna PJ, Sales Promoter, C&A Healthcare
Organising Agencies : College Union & C&A Healthcare

An awareness class on female hygiene was conducted by the College Union in association with C&A Healthcare on 15th February 2023 as an orientation program at college OCL classroom. The program was open to all the students in the college and 112 students participated in the program from different departments. The resource person was Ms. Jesna P. J., Sales Promoter of C & A Healthcare. The class covered different topics such as changes during menstruation, personal hygiene etc.



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Parudeesa College Union		
Awareness Class on Female Hygiene		
Date: 15 February 2023		
Sl.No.	Name	Dept.
1	Anamika Salim	Msc Biotechnology 2nd Sem
2	Angelene Mathew	Msc Biotechnology
3	Athira. Babu. V. B	B. Sc. Computer science / 3rd y
4	Fida Fathima	Botany
5	Anamika Joy	BSM 2nd year
6	Amitha K R	Bt and Sp
7	Krishnapriya M K	BSc Chemistry
8	Arya C S	Bsc chemistry
9	Gayathri Shaji	Bsc Chemistry
10	Hari Krishna Priya G Naik	Bachelor of Sports Management
11	Dhiya Fathima TM	Bcom model 2
12	Vismaya Devi V	B.com M1 2nd year
13	K P Parvathy	Commerce
14	Fazeela Ismail	B.com Finance and Taxation M1
15	Amrin Nazar	Commerce
16	Sredha Manoj	Ba English
17	Ameena Sherin	Bsc computer science
18	Daana Fathima	Second year Bsc computer Scie
19	Parvathy V	Computer science
20	Fathima Farida T N	Bsc computer science
21	Irine Mariam Mani	Economics
22	Akhila Krishnakumar	Economics
23	Ardra. E. J	2nd year Economics
24	Hari Chandana	2nd BA Economics
25	Athira K. G	Bcom finance and taxation
26	Athira.S. Nair	3rd Year BA English
27	Aparna V U	BA English language and litera
28	Mariyam Renji	MA English 2020 - 2022
29	ASWANI PAVITHRAN	2nd MA English literature
30	Devinandana V	English
31	Stephia Stephen	MSc Psychology
32	Hadiya fathima	English
33	Anaswara M Nair	Bsc Psychology
34	Ruksana. C. A	Zoology
35	Rameesa Mahin	3rd BA ECONOMICS
36	Sandra Manoj	Bsc Maths
37	Khadeeja Rooshin P M	Chemistry/2nd yr
38	Krishnapriya Rajan	III bsc mathematics
39	Sreelakshmi Sreekumar	BA Malayalam 3 rd year

[Signature]



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40	Hennah ks	2 MA Malayalam	
41	Anchana pradeep AK	BA English literature	
42	Irfana TS	Bsc physics (3rd year)	
43	Shamsiya A. A	Bioscience	
44	Merin V B	Bioscience	
45	Jennath Raheem	2nd yr Chemistry	
46	Nandhana.A.S	Bsc chemistry	
47	AISHWARYA P	Mathematics	
48	Al Jaseena K S	English	
49	Isra mi	Bioscience	
50	Ayana Anto	Zoology	
51	Nikhitha shibu	BA. Malayalam	
52	Alga Mariya T T	Bsc Mathematics 3 rd yr	
53	Nandana M R	English	
54	Anjana v	Bsm	
55	Aisha Japhar	Ma English	
56	Sabna pk	English (MA)	
57	Sneha Baburaj	MSc Bioinformatics	
58	Aazmin k s	Bsc psychology	
59	Kochuthressia james	MA History	
60	Namitha M R	Zoology	
61	Ashna K. A	Malayalam	
62	Arathy V R	MA History	
63	Dhilsha K A	Computer science	
64	Fazeela Shiyas	BA Malayalam	
65	Rose Ann Mary Paul	Bsc Botany 3rd year	
66	Hitha K H	Bsc Chemistry	
67	Akshara K R	2nd MA Economics	
68	SAFNA VN	2 MA Economics	
69	Harsha Jaison	Msc Botany	
70	Joviya P Joy	Bsc Computer science	
71	Ancena byju	Msc botany	
72	Mishma Rose Maju	Chemistry	
73	Dona Eldho	Botany	
74	VEERAJA R KUMAR	Bsc Mathematics	
75	Ann Mariya Jomon	MA English	
76	Amrutha A Omanakuttan	Msc mathematics	
77	Indhu k	Mathematics	
78	Anie Dixon	BSM 2nd year	
79	K.S.Devika	B.A.English	
80	P softiya cypriyan feriah	BSM	
81	JYOTHIKA A S	MATHEMATICS	
82	Gauthami.S.Nair	English	
83	Neha Gireesh	2nd year BA English	
84	Gaurinanda.K.S	2nd B.A.Economics	
85	Arya K R	MSc Botany	

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86	Jayakrishna Jayalal	Mathematics	
87	Riya Joy	B. Sc psychology.3rd yr	
88	Meenu Benny	3rd BA History	
89	Anjali jayanthilal	Economics department	
90	Sara George	B. Sc BT&SP	
91	Suhaila M H	MSc Mathematics	
92	Ashna Jalal	Bsc zoology	
93	Gopika S Nampoothiri	MSc botany	
94	RINNU JOSE	I M.Sc. BOTANY	
95	SURYADEVI M.MADHU	MA ENGLISH	
96	Sreelakshmi Rajan	BSC Zoology	
97	Sumayya fazil	Bcom	
98	Jain Rose Maria Jijo	B.com Finance and Taxation Model 1	
99	Adhiya Rajesh V	Zoology	
100	Karthika Rajeev	Bcom	
101	Sreejaya p.c	Bioscience/MSc biotechnology	
102	DENIYA Biju	Bcom model 2	
103	Brindamol BK	BA ECONOMICS 3rd year	
104	Aswathi. P. D	BSC psychology	
105	Helna Treesa	Commerce	
106	Anupriya S	II BA ECONOMICS	
107	Aparna p Reghu	Commerce	
108	Asiya hanan k s	2 BA economics	
109	Jinu cv	Economics 2 year	
110	Sara Seebi	B.Sc BT&SP	
111	Roshni Tomy	BSc Computer Science	
112	Devika. K. A	Botany	

*Div
Staff in Charge
College Union*



56. TWO -DAY TRAINING ON DEVELOPING STRATEGIC COMPETENCIES TO MEET CHALLENGES OF FUTURE (ENTREPRENEURSHIP SKILL ENHANCEMENT)

PROGRAMME REPORT

Date of the Programme : 16/02/2023 & 17/02/2023

No. of Participants : 97

Resource Person/s : Mr. Nishad Kareem, Career Consultant & Motivation Speaker

Organising Agencies : Dept. of Commerce

The department of Commerce arranged a two-day training programme on professional grooming for entrepreneurial life skill enhancement on 16 & 17 February 2023 by noted trainer and youtuber Mr. Nishad Kareem. The training was attended by final year B.Com students.

Est. in 1921
Union Christian College
 Aluva
 Department of Commerce

Organises
 Two Days Training Programme on
 Professional Grooming

Topic : Developing
 Strategic Competencies
 to meet the Challenges of
 Future.

Resource Person
Nishad Kareem (Trainer & Coach)
 Vice President HR, Nest Digital Pvt. Cochin

16-17
 on FEB
 2023

TIME : 1.30 PM to 3.30 PM
 VENUE : TB Ninan Hall

Head of the Department
 Ms. Bisha Thomas

Programme Co-ordinator
 Ms. Rugma Suresh

Principal
 Dr. M I Punnoose



Mr. Nishad Kareem addressing the students and receiving memento from Ms. Bisha Thomas, HoD



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DEVELOPING STRATEGIC COMPETENCIES TO MEET CHALLENGES IN FUTURE

ATTENDANCE SHEET

SL NO	ADM NO	NAME	16-02-23	17-02-23
1	G10673	ABHIRAM K B	Abhiram	Abhiram
2	11207	ABIAH ANTONY	Abiah	Abiah
3	11247	ADITH SANTHOSH	Adith	Adith
4	11178	ADITHYA S NAIR	Adithya	Adithya
5	11289	AKASH PAUL VARGHESE	Akash	Akash
6	11185	AKASH SABU	Akash	Akash
7	11246	AMRIN NAZAR	Amrin	Amrin
8	11188	ANAGHA S	Anagha	Anagha
9	11120	ANASWARA SURESH	Anaswara	Anaswara
10	11183	ANEETTA MARIYA SAJU	Aneetta	Aneetta
11	11257	ANKA PAUL	Anka	Anka
12	11248	ANJANA P S	Anjana	Anjana
13	11157	ARUN PANKER	Arun	Arun
14	11286	ARUNKRISHNA SUNIL	Arunkrishna	Arunkrishna
15	11184	ASHWIN AMARNATH S	Ashwin	Ashwin
16	11301	ASWIN K K	Aswin	Aswin
17	11164	C S ATHUL	C S Athul	C S Athul
18	11179	DON ROBY	Don Roby	Don Roby
19	11278	EDWIN JOHNY	Edwin	Edwin
20	11253	EMIL ELDHO	Emil	Emil
21	11128	FATHIMA SAFA N N	Fathima	Fathima
22	11121	GOPIKRISHNA G	Gopikrishna	Gopikrishna
23	11132	GOPIKRISHNA SABU	Gopikrishna	Gopikrishna
24	11131	INDUJA MENON	Induja	Induja
25	11281	JAIN ROSE MARIA JUD	Jain	Jain
26	11189	K H MUHSINSHA	K H Muhsinsha	K H Muhsinsha
27	11182	K M MOHAMMED IRFAN	K M Mohammed Irfan	K M Mohammed Irfan
28	11191	KARTHIKA RAJEEV	Karthika	Karthika
29	11190	KASYAP SUNIL	Kasyap	Kasyap
30	11272	KIRAN K S	Kiran	Kiran
31	11180	KISHAN RAVIKUMAR	Kishan	Kishan
32	11178	LEVINA JACOB	Levina	Levina
33	11173	M A ADHIL SALAM	M A Adhil Salam	M A Adhil Salam
34	11145	MANIRANJINI P M	Maniranjini	Maniranjini
35	11175	MARVEL MARTIN	Marvel	Marvel
36	11270	MEENAKSHI M M	Meenakshi	Meenakshi
37	11129	NANDANA JOBY	Nandana	Nandana
38	11274	NEHA M NAIR	Neha	Neha
39	11256	RAKHI V R	Rakhi	Rakhi
40	11130	RANJANA N A	Ranjana	Ranjana



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41	11181	REN KIRAN SUREESH	Ren Kiran	Ren Kiran
42	11182	ROHAN PRADOSH	Rohan Pradosh	Rohan Pradosh
43	11174	SANJAY SUDHAKRISHNAN	Sanjay Sudhakar	Sanjay Sudhakar
44	11181	JOSEPH M JOSEPH	Joseph M Joseph	Joseph M Joseph
45	11186	SPREELAKSHMI JAYARAJ	Spreelakshmi Jayaraj	Spreelakshmi Jayaraj
46	11172	ORIELYA SREERAGHAN MENON	Orielya Sreeragh	Orielya Sreeragh
47	11128	SRUJIT M SAH	Srujit M Sah	Srujit M Sah
48	11284	STELLA C T	Stella C T	Stella C T
49	11298	LEHANNYK SHRESI	Lehannyk Shresi	Lehannyk Shresi
50	11121	YESHUL F	Yeshul F	Yeshul F
51	11128	ABEEL RATHOBY	Abeel Rathoby	Abeel Rathoby
52	11129	ABIRUTH DAS	Abiruth Das	Abiruth Das
53	11130	ADIRAN SUDASH DEEBI	Adiran Sudash Deebi	Adiran Sudash Deebi
54	11131	ADIRAN SUDASH DEEBI	Adiran Sudash Deebi	Adiran Sudash Deebi
55	11132	ADIRANYA DEJU	Adiranya Deju	Adiranya Deju
56	11133	ARAB JESSEY	Arab Jesse	Arab Jesse
57	11134	ALAN MOHAMMED	Alan Mohammed	Alan Mohammed
58	11135	ALMIA ALI	Almia Ali	Almia Ali
59	11136	AFRINA P PREETHU	Afrina P Preethu	Afrina P Preethu
60	11137	ARJUN ANIL	Arjun Anil	Arjun Anil
61	11138	ARJUN K UNN	Arjun K Unn	Arjun K Unn
62	11138	ASWIN A R	Aswin A R	Aswin A R
63	11140	BARIL SHAFI	Baril Shafi	Baril Shafi
64	11141	CHRYA PRITHIMA T M	Chrya Prithima T M	Chrya Prithima T M
65	11142	CHA SRIKANYAM SURESH	Cha Srikantham Suresh	Cha Srikantham Suresh
66	11143	FADAL MOHAMMED K	Fadal Mohammed K	Fadal Mohammed K
67	11144	IMRANSHAHAN M E	Imran Shahan M E	Imran Shahan M E
68	11145	HELM TREESA	Helma Treesa	Helma Treesa
69	11146	JANATH SHERIN	Janath Sherin	Janath Sherin
70	11147	JOYAL SANTOSH	Joyal Santosh	Joyal Santosh
71	11148	KEVIN BENNY	Kevin Benny	Kevin Benny
72	11149	MA SAIYAN	Ma Saiyan	Ma Saiyan
73	11150	MAYOOGHA V NAIR	Mayoogha V Nair	Mayoogha V Nair
74	11151	MEGHANA MAHESH	Meghana Mahesh	Meghana Mahesh
75	11152	MUHAMMED ANOZ M M	Muhammed Anoz M M	Muhammed Anoz M M
76	11153	MUHAMMED RAFI HA	Muhammed Rafi Ha	Muhammed Rafi Ha
77	11154	PANATHY C D	Panathy C D	Panathy C D
78	11155	RUSSEL MOHAMMAD C A	Russel Mohammad C A	Russel Mohammad C A
79	11156	RYAN ANTONY	Ryan Antony	Ryan Antony
80	11157	SEBASTIAN BABU	Sebastian Babu	Sebastian Babu
81	11158	SNEHA CHAKRACHAN	Sneha Chakrachan	Sneha Chakrachan
82	11159	VADAN M	Vadan M	Vadan M
83	11160	VEENA VINOD	Veena Vinod	Veena Vinod
84	11161	ADARSH S	Adarsh S	Adarsh S
85	11162	ANGEL DENNY	Angel Denny	Angel Denny
86	11163	ARUPY M R	Arupy M R	Arupy M R
87	11164	ARATH ANIL	Arath Anil	Arath Anil



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88	11165	ARCHANA SATHEESAN	<i>[Signature]</i>	
89	11166	ATHIRA K G	<i>[Signature]</i>	
90	11167	C R ASHRAM	<i>[Signature]</i>	
91	11168	DEVKA ARAVIND	<i>[Signature]</i>	
92	11169	ELCHOSE BABU	<i>[Signature]</i>	
93	11170	MALAYKA MANOHAR	<i>[Signature]</i>	
94	11171	MOHAMED SHAHR SHAH	<i>[Signature]</i>	
95	11172	PRASHOBN P	<i>[Signature]</i>	
96	11173	ROJA M JOY	<i>[Signature]</i>	
97	11174	YUJHNA SAI	<i>[Signature]</i>	
98				
99				
100				

DATE
16-02-23
17-02-23

SIGNATURE OF HOD

[Signature]
Bishu Manu



57. FILM MAKING WORKSHOP (SELF EMPLOYMENT SKILL ENHANCEMENT)

PROGRAMME REPORT

Date of the Programme : 21/02/2023
No. of Participants : 45
Resource Person/s : Mr. Babu Pallassery (Mollywood Film Scriptwriter)
Organising Agencies : Film Club, College Union & Elements of Cinema-Film Academy

A film making workshop was conducted by the College Union in association with college Film Club-Cinema Paradiso and Elements of Cinema-Film Academy. The program was conducted on 21st February 2023. The resource person was famous film director and script writer Mr. Babu Pallassery. A two session about film making was conducted followed by question answer session. Students utilized this session to clarify their doubts. 55 students who were interested in the topic attended the session.

For more details visit the official instagram page of the Film Club of the College-

<https://www.instagram.com/filmclub.ucc/> or

<http://www.instagram.com/p/Co2QGuHvILI/?igshid=ODk2MDjKZDc2Zg==>





58. SELF DEFENSE CLASS (PHYSICAL FITNESS)

PROGRAMME REPORT

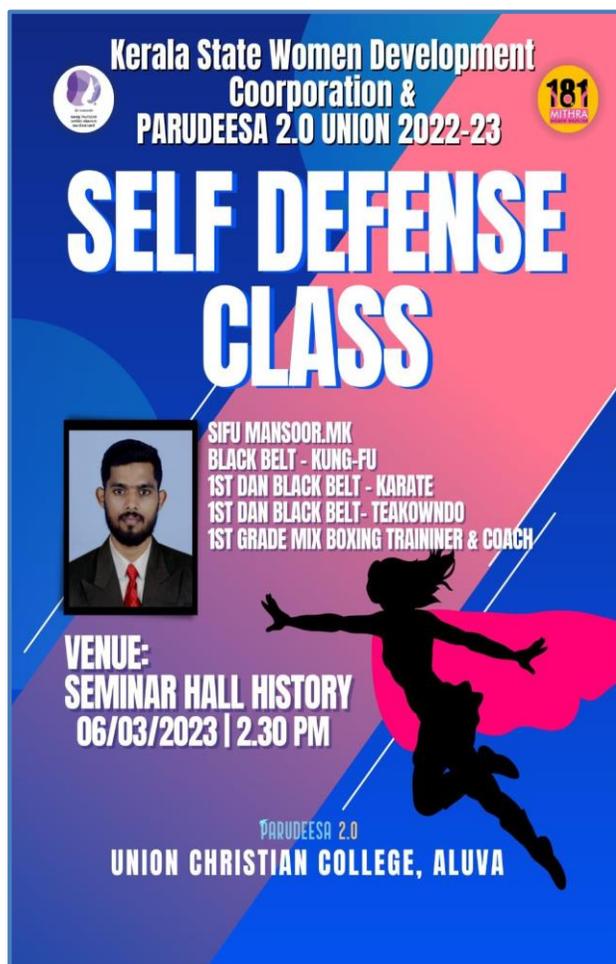
Date of the Programme : 6/03/2023

No. of Participants : 40

Resource Person/s : Mr. Sifu Mansoor M. K., black belt-kung fu, 1st dan black belt- karate, 1st dan black belt- taekwondo, 1st grade mix boxing trainer and coach

Organising Agencies : College Union, Women Cell

Aimed at improving physical fitness, Parudeesa 2.0 College Union, in association with Women Cell organised the Self Defense Class on the occasion of Women’s Day celebration, on 6th March 2023. The class was attended by 40 students. The class included live demonstration and practice session.





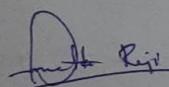
SELF DEFENSE CLASS
6 MARCH 2023

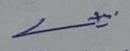
Sl.No.	Name of Student	Class
1.	SNEHA ELIZABETH MATHEW	III BSc COMP. SCIENCE
2.	AIRIN JOLY	II BCOM M-II
3.	ANUGRAHA VINOD	I BSc PHYSICS
4.	AFNITHA SALIM K.	2 nd BSc Physics
5.	ATHIRA S. NAIR	3 rd BA ENGLISH
6.	APARNA HARISH	2 DA HISTORY
7.	ANJU RAJAN	2 DA HISTORY
8.	AFREENA FIROZ	BA ENGLISH
9.	DEVIKA PRADEEP	III BA ECONOMICS
10.	ANJALY MP	III BA "
11.	NAHLA HASSAN	BOTANY
12.	NAZRIN K. FAIZAL	CS
13.	ANANYA RAJESH	2 BCOM
14.	PARVATHY RAVEENDRAN	2 ECONOMICS
15.	VANDHANA SATHYESH	ZOOLOGY
16.	FEZIN PUTHANPURAYIL	3 PHYSICS PHYSICS
17.	GODMY BETSY VARGHESE	BA BSc MATHS
18.	GODMY DEVASIA	3 PSYCHOLOGY
19.	HANNA NIYAS	2 nd BA English
20.	SARIKA SREEKUMAR	MATHS (3 rd yr)
21.	FATHIMA MEHJABIN	BSc PSYCHOLOGY
22.	GAYATHRI K. NAIR	CHEMISTRY
23.	SREYA BABU	BSc EECM
24.	SUMAYYA KN	MATHS
25.	MARY ANN FRANK	PSYCHOLOGY (2 Msc)

64



26. ALKA ANN ANN JULIUS	- BSc PSYCHOLOGY
27. AMALA BABY	- Biotechnology
28. Lekhana M	- DSc Chemistry
29. Swathy Raj	- MSc Zoology
30. Devikrishna B	- II BSc Chemistry
31. Anugreha Grace Francis	- I MSc Psychology
32. Anitta John C	- "
33. Beema Beevi	- BSc BT+SP
34. Irene Cherian	- Psychology
35. KRISHNENDU KG	- "
36. ANN XAVIER	- BT + SP
37. ARYA TA	- "
38. Jyothilakshmi MG	- Zoology (3 rd yr)
39. Annie Thomas	- Psychology
40. Aneena MA	- CS


Anesha Reji
Student Coordinator


Geethika G
Staff Advisor - Union

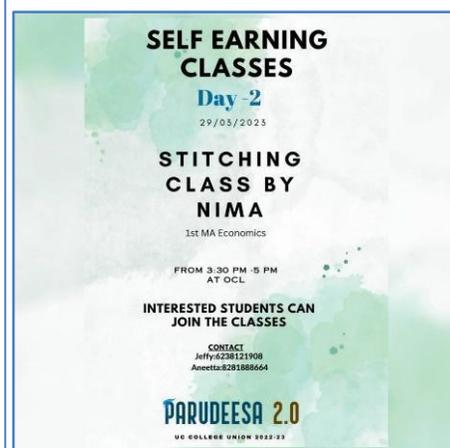


59. SELF EMPLOYMENT TRAINING WORKSHOP

PROGRAMME REPORT

Date of the Programme : 24/03/2023 & 29/03/2023
No. of Participants : 32
Resource Person/s : 1. Ms. Patricia Vismaya (III BA Economics),
2. Ms. Nima (I MA Economics)
Organising Agencies : College Union

A two-day self-employment training workshop was organised by the College Union to help students understand the possibilities of practicing 'earn while you learn'. The resource persons are students of the college who are already successfully running businesses in two sectors.



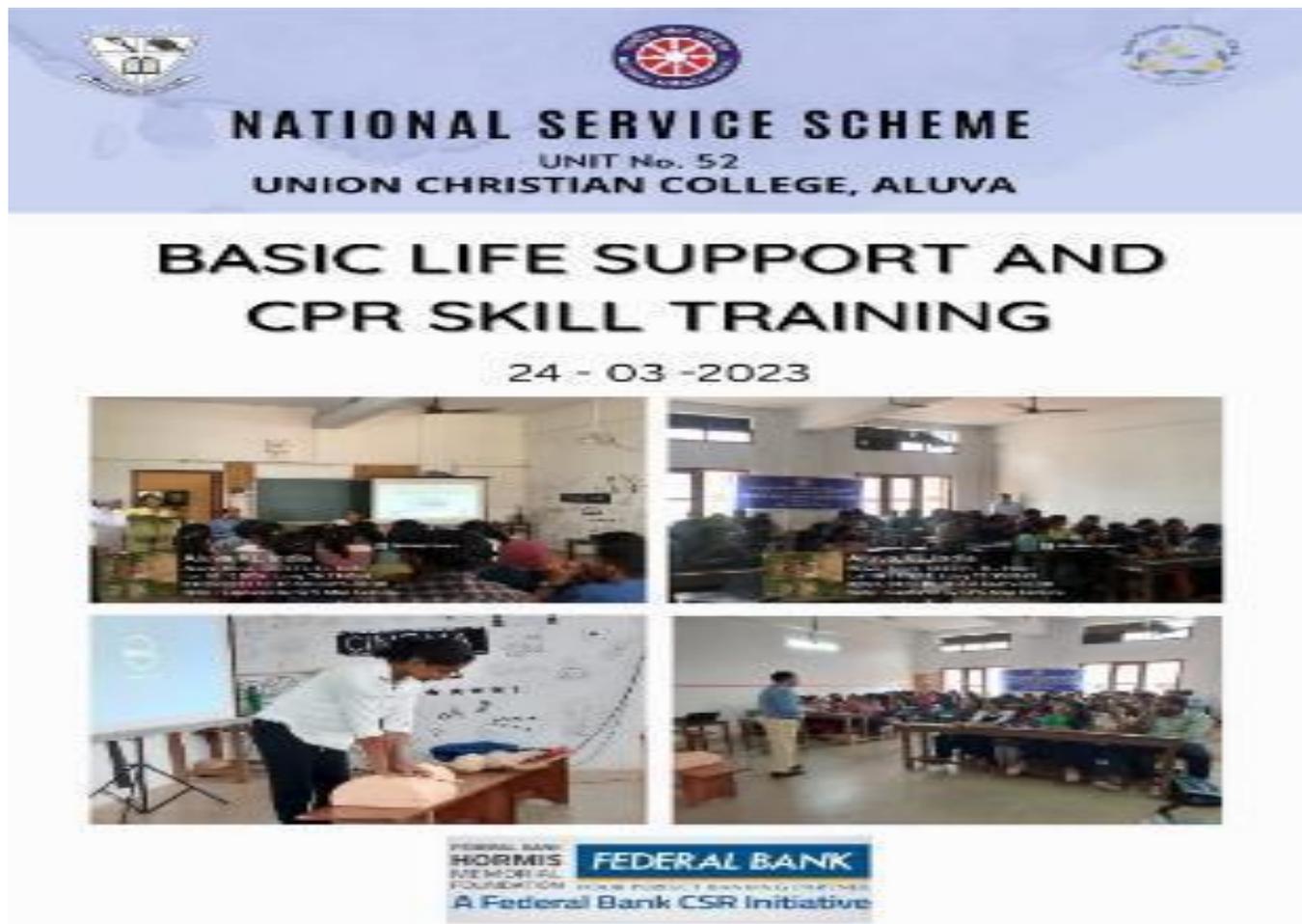


60. BASIC LIFE SUPPORT & CPR SKILL TRAINING (PHYSICAL FITNESS/HEALTH)

PROGRAMME REPORT

Date of the Programme : 24/03/20233
No. of Participants : 41
Resource Person/s : Mr. Bestin Manuel, American Heart Association Certified Trainer
Organising Agencies : National Service Scheme & Federal Bank

The National Service Scheme unit of the college, in association with Federal Bank conducted a one-day training session on Basic life support and CPR. The session was led by Mr. Bestin Manuel, the American Heart Association certified Trainer. Along with the lecture, the participants were given hands on training on the correct methods of delivering CPR.





61. ONE DAY TRAINING ON DISASTER MANAGEMENT SKILLS

PROGRAMME REPORT

Date of the Programme : 27/03/2023

No. of Participants : 236

Resource Person/s : Fire & Rescue Services, District Hospital, Aluva
& Saji Valassery Swimming Club

Organising Agencies : Disaster Management Club & Ernakulam District Disaster Management Authority

As part of the inauguration of the Disaster Management Club, the College organised a one-day training on disaster management skills on 27 March 2023, in association with Ernakulam District Disaster Management Authority. Mr. N S K Umesh IAS, District Collector, Ernakulam inaugurated the training. This was followed by sessions on 'Fire and Safety' by the Fire and Rescue Services, 'First Aid and Basic Life Support Skills' by District Hospital, Aluva and 'Survival Swimming Awareness' by Saji Valassery Swimming Club, Aluva.





District Collector inaugurating the training programme, in the presence of Principal, Manager & Staff Coordinators



Fire & Rescue team giving a live demonstration



Aluva, Kerala, India
48GM+8CW, Aluva, Kerala 683101, India
Lat 10.125933°
Long 76.333793°
27/03/23 11:40 AM GMT +05:30

GPS Map Camera



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#. No	Name	Admission No.	Class	Signature
1	PAVITHRA PRADEEP		PHYSICS - I st	<i>[Signature]</i>
2	Anny Meyamma Benny	H2064	ECONOMICS I st	<i>[Signature]</i>
3	Elizabeth Soji	H1765	ECONOMICS I st	<i>[Signature]</i>
4	Justira Johnson		ECONOMICS I st	<i>[Signature]</i>
5	Lakshmi Varada Sivaji	H1981	History I st	<i>[Signature]</i>
6	Lakshmi Sajan	11590	BS. BT & SP	<i>[Signature]</i>
7	Surekudty M.R	H1495	BSc Chemistry	<i>[Signature]</i>
8	Revathy V.S	H1734	BA Malayalam	<i>[Signature]</i>
9	Hana Tahan Hassan	H1830	BA English	<i>[Signature]</i>
10	Nidhishol V.K	H1562	CHEMISTRY - I	<i>[Signature]</i>
11	Anjina P.S	H1816	I st BA English	<i>[Signature]</i>
12	Smrithy K.S	H1607	I st BA Economics	<i>[Signature]</i>
13	Seetha Lakshmy M.T	H1735	I st BA Economics	<i>[Signature]</i>
14	Vaishnavi Krishna	H2129	I st BSc Maths	<i>[Signature]</i>
15	Aiswarya S	H1725	I st BSc Maths	<i>[Signature]</i>
16	Vinitha Velayudhan	H1750	I st BSc Chemistry	<i>[Signature]</i>
17	VISMAYA DEVI - V	11424	I st B. Com. MI	<i>[Signature]</i>
18	Parvathi Raveerchan	H0703	II nd BA Economics	<i>[Signature]</i>
19	Afiya P.A	11458	II nd BSc Standup	<i>[Signature]</i>
20	Deviya Biji	11443	II nd B. Com. MI	<i>[Signature]</i>
21	Lakshmi ps	H1222	II nd BSc Botany	<i>[Signature]</i>
22	sneha manmadhan	11436	II nd B. Com. MI	<i>[Signature]</i>
23	Devika S. menon	H0917	II nd BSc Botany	<i>[Signature]</i>
24	Ananika P.B	H0126	II nd B. Com. MI	<i>[Signature]</i>
25	Sisira Sasi	H0	II nd BSc Zoology	<i>[Signature]</i>
26	Siruya Anu	11952	II nd B. Com	<i>[Signature]</i>
27	Seemayi Anil	11367	II nd B. Com	<i>[Signature]</i>
28	Adhiya Rajesh V.	H1237	II nd BSc Zoology	<i>[Signature]</i>
29	Anjana OR	H0536	II nd BSc Maths	<i>[Signature]</i>
30	Malavika P.H	H0914	II nd BSc Zoology	<i>[Signature]</i>
31	Solami Alungal	H0913	II nd BSc Psychology	<i>[Signature]</i>
32	Jislin Rose Thekkan	H0912	II nd BSc Psychology	<i>[Signature]</i>
33	Abhinaya Krishna	H0872	II nd BA Economics	<i>[Signature]</i>
34	Alja Kisho	H0760	II nd BA Economics	<i>[Signature]</i>

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S. no.	Name	Adm No.	Class	Signature
35	Jeevin siji	099738	I st BSc physics	<i>[Signature]</i>
36	Bhadra Rajesh	H0771	II BSc Maths	<i>[Signature]</i>
37	Anandhakrishna K	4409	I st BSc E & Com	<i>[Signature]</i>
38	Nethin Salim	H1811	I st BSc Physics	<i>[Signature]</i>
39	Anagha K.S	1	I st BSc Chemistry	<i>[Signature]</i>
40	Anelle Rose George	H2129	I st BSc Maths	<i>[Signature]</i>
41	Gopika Anil	H2146	I st BA English	<i>[Signature]</i>
42	Kurialkose PP	H1626	I st BA English	<i>[Signature]</i>
43	Mithun P		I st B. Com	<i>[Signature]</i>
44	Anandhakrishnan S		I st BSc E & Com	<i>[Signature]</i>
45	Julian Joseph		I st BA Economics	<i>[Signature]</i>
46	JES JOBY		I st BA History	<i>[Signature]</i>
47	Hari Krishnan K.A		I st BSc Chemistry	<i>[Signature]</i>
48	Karthick Jayadevan		I st BSc Economics	<i>[Signature]</i>
49	Allen Jude	H1964	I st BA Economics	<i>[Signature]</i>
50	Lean Deepu John	V	I st BSc physics	<i>[Signature]</i>
51	Silvia Rose John		II nd B. Com	<i>[Signature]</i>
52	Parvathi S		II nd B. Com	<i>[Signature]</i>
53	Prasanna S		II nd B. Com	<i>[Signature]</i>
54	Abhinav Sudheer		II nd B. Com	<i>[Signature]</i>
55	A.R. Rajat		II nd B. Com	<i>[Signature]</i>
56	A. Nardana		II nd B. Com	<i>[Signature]</i>
57	NAIRDIL M.R	H0423	II nd B. Com	<i>[Signature]</i>
58	Nakul S	69703	II nd B. Com	<i>[Signature]</i>
59	SANJAYANARAYANAN K.V	H1121	II nd B. Com	<i>[Signature]</i>
60	Flora Dinesh	H0344	II nd B. Com	<i>[Signature]</i>
61	Albin K Salim	H1140	II nd B. Com	<i>[Signature]</i>
62	Abil muhammed	H055	II nd B. Com	<i>[Signature]</i>
63	Cyril Rajin	H0340	II nd B. Com	<i>[Signature]</i>
64	AHMED ASIF M.Y			<i>[Signature]</i>
65	Muhammed Nhal M.K	H1963	II nd B. Com	<i>[Signature]</i>
66	Harian Muhammed Meshuk	H1954	II nd B. Com	<i>[Signature]</i>
67	Ayisha P. Viswan	H1814	II nd B. Com	<i>[Signature]</i>
68	Adhal V.C	H2023	II nd B. Com	<i>[Signature]</i>



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S.No.	Name	Adno.	Class	Signature
69	Abhishek Biju	H1820	I st BSM	[Signature]
70	Amal V.S	H2125	I st BSM	[Signature]
71	Aswin S	H1897	I st BSM	[Signature]
72	Alekh P.T	H1887	I st BSM	[Signature]
73	C. Nithin Chandran	H2037	I st BSM	[Signature]
74	Thanson Thaddeus	H0934	II nd BSM	[Signature]
75	Abhinav C	H0576	II nd BSM	[Signature]
76	Dheeraj Jose	H0666	II nd BSM	[Signature]
77	S.Gokulkrishnan	H0756	II nd BSM	[Signature]
78	Neelima S.S	H1313	II nd BSM	[Signature]
79	Anamika Joy	H1096	II nd BSM	[Signature]
80	Ananya Sajay	H10579	II nd BSM	[Signature]
81	Yohan Eric Minothy	H0841	II nd BSM	[Signature]
82	Anie Dixon	H0674	II nd BSM	[Signature]
83	Vishnu Babu	A503	I st BSM	[Signature]
84	Eldhe Tommy	A489	I st BSM	[Signature]
85	Vishnu Kuresh	A504	"	[Signature]
86	Muhammed Ishaq	H2114	"	[Signature]
87	Yadhu Krishna	A565	"	[Signature]
88	Akash Gangam	A470	"	[Signature]
89	Akshay Anil	A472	"	[Signature]
90	Akash Joby	A471	"	[Signature]
91	Sheba Raju	A502	"	[Signature]
92	Sham Deniz Stanley	A501	"	[Signature]
93	Melmona Shelin A	H0551	II nd BSc Psychology	[Signature]
94	Feba Benny	H0611	"	[Signature]
95	Aleena H.E	H0540	II nd BSc Psych	[Signature]
96	Jancy James Puthan	H0613	II nd BSc Psychology	[Signature]
97	Anjali Raju	H0824	II nd BSc Psych	[Signature]
98	Anju Raju	H0823	"	[Signature]
99	Anjali P.S	H2009	I st BA Malayalam	[Signature]
100	Darsana Rajan	H2171	I st BA Malayalam	[Signature]
101	Vaishnavi A.J	H2070	I st BA Malayalam	[Signature]
102	Nandhana P.R	H1955	I st BA Malayalam	[Signature]

S.No.	Name	Adno.	Class	Signature
103	Aneesha N.S	H1971	I st BA Malayalam	[Signature]
104	Meenakshi T.S	H1777	I st BA Malayalam	[Signature]
105	Anjana Tomy	H1513	I st BA Economics	[Signature]
106	Alomi Shaji	H2122	I st BA Malayalam	[Signature]
107	Shellen Shreejaya Philip	H1841	I st BA English	[Signature]
108	Hima Anush	H1621	I st BA English	[Signature]
109	Jama Jiji	H1772	I st BA English	[Signature]
110	Fathima V.B	H1227	2 nd BSc Maths	[Signature]
111	Meenakshi K.S	H1220	2 nd BSc Maths	[Signature]
112	Aleena V.P	H0600	"	[Signature]
113	Rinshitha K.S	H0904	2 nd BSc Maths	[Signature]
114	Min Ann Sajy	H010903	2 nd BSc Maths	[Signature]
115	Anagha V.S	H0677	"	[Signature]
116	Achshay Jose	H1126	"	[Signature]
117	Noona Nizar	H1033	"	[Signature]
118	Dona Geeraghese	H0966	BA History	[Signature]
119	Nanabini P	H0800	BA History	[Signature]
120	Idoni Krishna M.G	H0898	BSc Physics	[Signature]
121	Prithvi Bader K.M	H1230	BSc Physics	[Signature]
122	Sandya S.Nair	H011214	BSc Physics	[Signature]
123	Anjitha Pravind	H0897	"	[Signature]
124	Swathy S.Nair	H0780	BSc Physics	[Signature]
125	Lakshmi Priya	H0895	"	[Signature]
126	Rahmath K.S	H0692	"	[Signature]
127	Vinaya Dilha Mal.Sund	H0831	"	[Signature]
128	Vinaya K.Vasu	H1372	"	[Signature]
129	Shani Kishna A.S	H1960	BA Malayalam	[Signature]
130	Fathima Sabina K.S	"	"	[Signature]
131	Shilpa Santha	"	"	[Signature]
132	Gang Rajan	H0355	BSc Maths	[Signature]
133	Sandhya Krishna K.E	"	II nd BSc Maths	[Signature]
134	Neeraja Rajish	H0730	II nd BSc Maths	[Signature]
135	Nandana P.A	H2081	I st BSc Economics	[Signature]
136	Sumayya Anuja Bithaenge	H0163	I st BSc Economics	[Signature]



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S.No	Name	Ad.no	Class	Signature
137	Aisha K A	H1848	B.A Economics	
138	Varghese Thumack	Faculty	Bio-science	
139	Ameen	H11734	1 st BSM	
140	Kasimath	H10008	1 st BSM	
141	Mithil Var	H1417	1 st BSM	
142	Ann Grace Stephen	H0778	2 nd Maths	
143	Nasila M.N	H1218	2 nd Maths	
144	Chandana A.A	H1470	B.A Economics	
145	Delra Riji	H1685	"	
146	Amina Muhsina	H1776	"	
147	Agnes Theresia Pety	H1485	"	
148	Dona Vincent	H1564	"	
149	Sharon Shafa	H	"	
150	Amrath Abdal Rasheed	H	"	
151	Aswin K. Alji	H	"	
152	UMRUL MUKTAR	H	"	
153	Arath Hussain	H1581	"	
159	Muhammad Athi M.V.H.836	"	"	
160	Muhammed Nayif.W.H.	"	"	
161	Ashin Krishna Mia	H1601	"	
162	Alan M. Kasha	H1509	"	
163	Naveen M.V	H1922	"	
164	Athira S	H1506	"	
165	Alan Joz	"	"	
166	Hanna Nubini	H1809	"	
167	Ashya M Ashraf	H2169	"	
168	Paavathy Sasikumar	H1714	"	
169	Abi Manya Abby Paul	H1554	"	
170	Aswathy PP	H1760	"	
171	Aliya	H1853	"	
172	Niha	H2186	"	
173	Aibna Talal	H1308	B.Sc Zoology	
174	Hadhya I.	H115	"	

S.No	Name	Ad.no	Class	Signature
175	Adithya PP	H0885	B.Sc Zoology	
176	Sasathy	H2198	"	
177	Rohitha	H0916	"	
178	Diya	H0942	"	
179	Niha	H0858	"	
180	Amranya	H0584	BSM	
181	Jomon J	H1243	B.Sc Physics	
182	Aja	H0990	"	
183	Anjan K.M	H1212	"	
184	Harikrishnan	H1423	BA Economics	
185	Mahin Fatima K.A	H	B.Sc Zoology	
186	Ansha P.S	H0635	B.Sc Mathematics	
187	Jackie K.D	H1149	3A English	
188	Anya VP	H1546	B.A Malayalam	
189	Rahma mal-PP	H2145	B.A Malayalam	
190	Alekhanda S.Mohan	H0849	B.A Malayalam	
191	Adheema Gopika Ts	H1598	B.A Malayalam	
192	Ansila K.S	H1972	B.A Malayalam	
193	Anurima h.M	H2000	B.A Malayalam	
194	Gopakumar GJ	H1504	B.A Malayalam	
195	Agnesa Qasim N	H0894	B.A Malayalam	
196	ADITHYA CHENGAPPIL	H	B.A ECONOMICS	
197	ARCHANA	H1571	BA MALAYALAM	
198	ANJANUJA MV	H1443	BA ECONOMICS	
199	ARADRA M	H1453	BA English	
200	ANAMIKA.BK	H1449	BA English	
201	Krishna-A	H14	BA Economics	
202	Bisal Jibha	H1501	BSM	
203	ALBIN ANTONY	H2055	BA Malayalam	
204	ARUN SURESH	H1482	BA Malayalam	
205	NIDHIN A	H1965	BA Malayalam	
206	Abel Varghese Sibi	H0557	B.Sc Zoology	
207	Aradhya K	H1917	B.A Malayalam	
208	Ananthakrishnan H	H2019	B.A Malayalam	



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209	Vipin Allex	H1631	BA Malayalam	Vipin
210	Subisha	H2135	BA Malayalam	Subisha
211	Fousija P.A	H1933	BA Malayalam	Fousija
212	Nandana Aji	H2021	BA Malayalam	Nandana
213	SANDRAMOL T.S	H2082	BA Malayalam	Sandramol
214	NANDANNAJI	H1440	BA Malayalam	Nandanaji
215	Akash Joby John	A471	BSM	Akash
216	Vishnu Babu	A503	BSM	Vishnu
217	Shreya Biju	A502	BSM I st	Shreya
218	Abhishek Biju	H1820	BSM I st	Abhishek
219	Vyatak M	H1810	BA Malayalam	Vyatak
220	ALVIN T.S	H170	BA Malayalam	Alvin
221	Naveen Adarsh	H0929	BSM	Naveen
222	Nishant Babu	H0881	"	Nishant
224	Anash Rajan	H1926	BA Malayalam	Anash
225	Anna Shaji	H1577	BA Economics - I	Anna
226	Andra Jayakumar	H1537	BA Eco 2 nd yr	Andra
227	Afiya Shihier	H1736	" 3 rd yr	Afiya
228	Ahith Dasil	H2647	" 3 rd yr	Ahith
229	Vivek Kumar	H1852	" 2 nd yr	VIVEK
230	Nandana T.V	H1507	" 3 rd yr	Nandana
231	PRAFENA PAUL	H1701	" 3 rd yr	Prafena
232	Amastocun George	H1677	" 3 rd yr	Amastocun
233	Krishnendu E.R	H1731	" 3 rd yr	Krishnendu
234	Vismaya Prakash	H2026	" 3 rd yr	Vismaya
235	Abhishek N.D	H1753	BA Malayalam	Abhishek
236	PARKATHI M.V	H2008	BA Malayalam	Parkathi



62. BHOOMIKA: SELF DEFENSE WORKSHOP (PHYSICAL FITNESS)

PROGRAMME REPORT

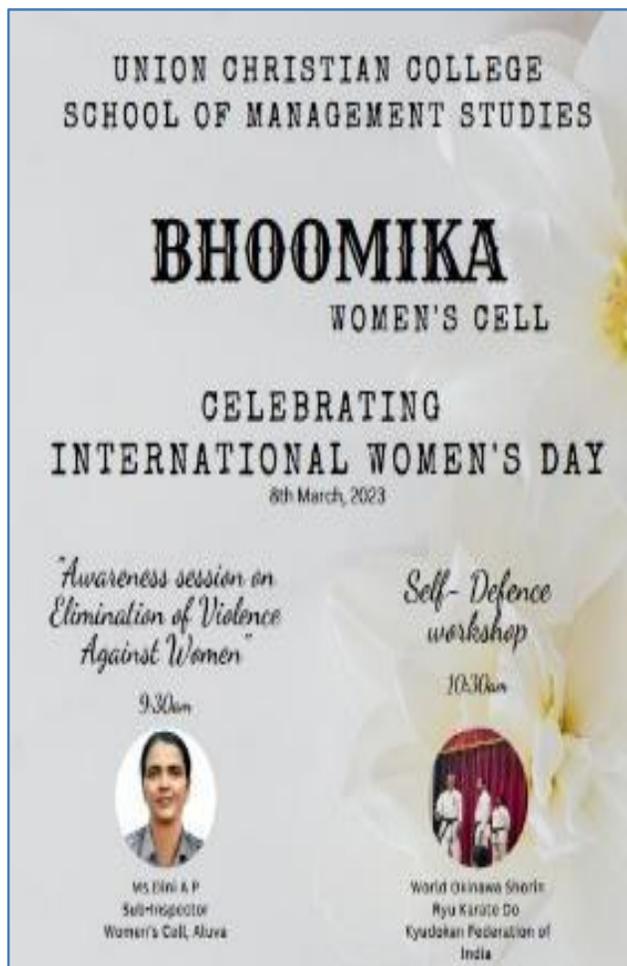
Date of the Programme : 08/03/2023

No. of Participants : 60

Resource Person/s : 1. Ms.Dini A P (Sub Inspector, Women Cell, Aluva)
2. Trainers from Karate Do Kyudokan

Organising Agencies : Dept. of MBA, Women Cell of Aluva Police & Karate Do Kyadokan Federation

The department of MBA celebrated International Women's Day 2023 by organising a women empowerment training programme in association with the Women Cell of Aluva Police & Karate Do Kyudokan Federation of India. The programme included a lecture and a hands-on demonstration and training of self-defense techniques from Karate.



Ms. Dini AP, Sub Inspector of Police addressing the students



Trainers from Karate Do Kyodokan Federation being presented with memento by Director of Dept of MBA



63. AWARENESS TALK ON THE BASICS OF SWIMMING (PHYSICAL FITNESS)

PROGRAMME REPORT

Date of the Programme : 12/04/2023

No. of Participants : 23

Resource Person/s : Mr. Saji Valassery, Swimming Instructor, Valassery River Swimming Club

Organising Agencies : Jalatharanga-Swimming Club

The inauguration of the Jalatharanga-Swimming Club of the college was conducted with an awareness talk on the basics of swimming. The talk highlighted the importance of water safety and the benefits of swimming. The resource person educated the participants about water safety measures, introduced swimming strokes and techniques, and addressed the concerns or fears related to swimming in a fun-filled manner making the session really interesting.



Mr. Saji Valassery inaugurating the session, in the presence of Principal, Staff Coordinators & Student Coordinators of the Club

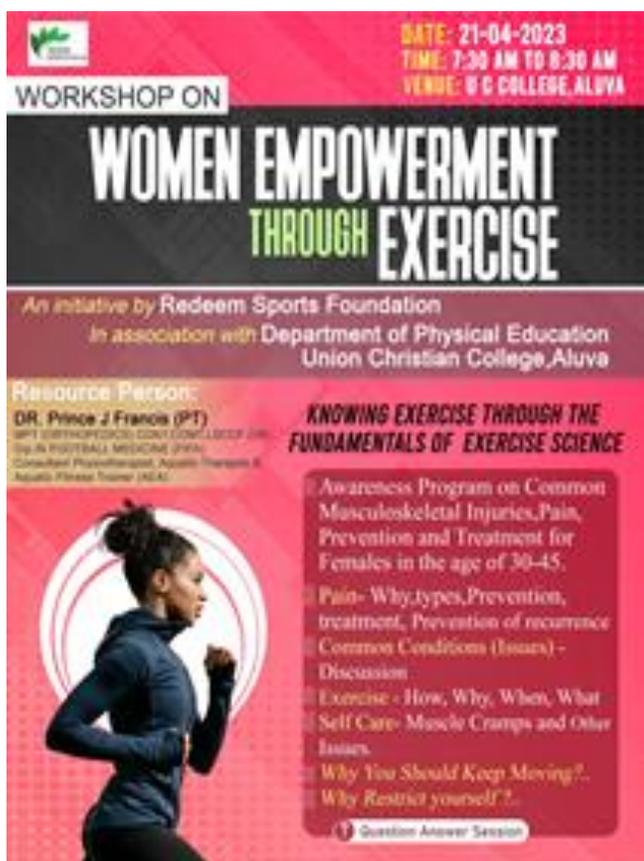


64. WORKSHOP ON WOMEN EMPOWERMENT THROUGH EXERCISE

PROGRAMME REPORT

Date of the Programme : 21/04/2023
No. of Participants : 38
Resource Person/s : Dr. Prince J. Francis, Consultant Physiotherapist & Aquatic Fitness Trainer
Organising Agencies : Department of Physical Education

The dept of Physical Education organised a one-day workshop on “women empowerment through exercise. The session was arranged in association with Redeem Sports Foundation. The resource person explained about the common musculoskeletal injuries and the exercise routines to help overcome the pain. The students found it very informative.



Dr. prince J being introduced to the audience by Dr. Bindu M.

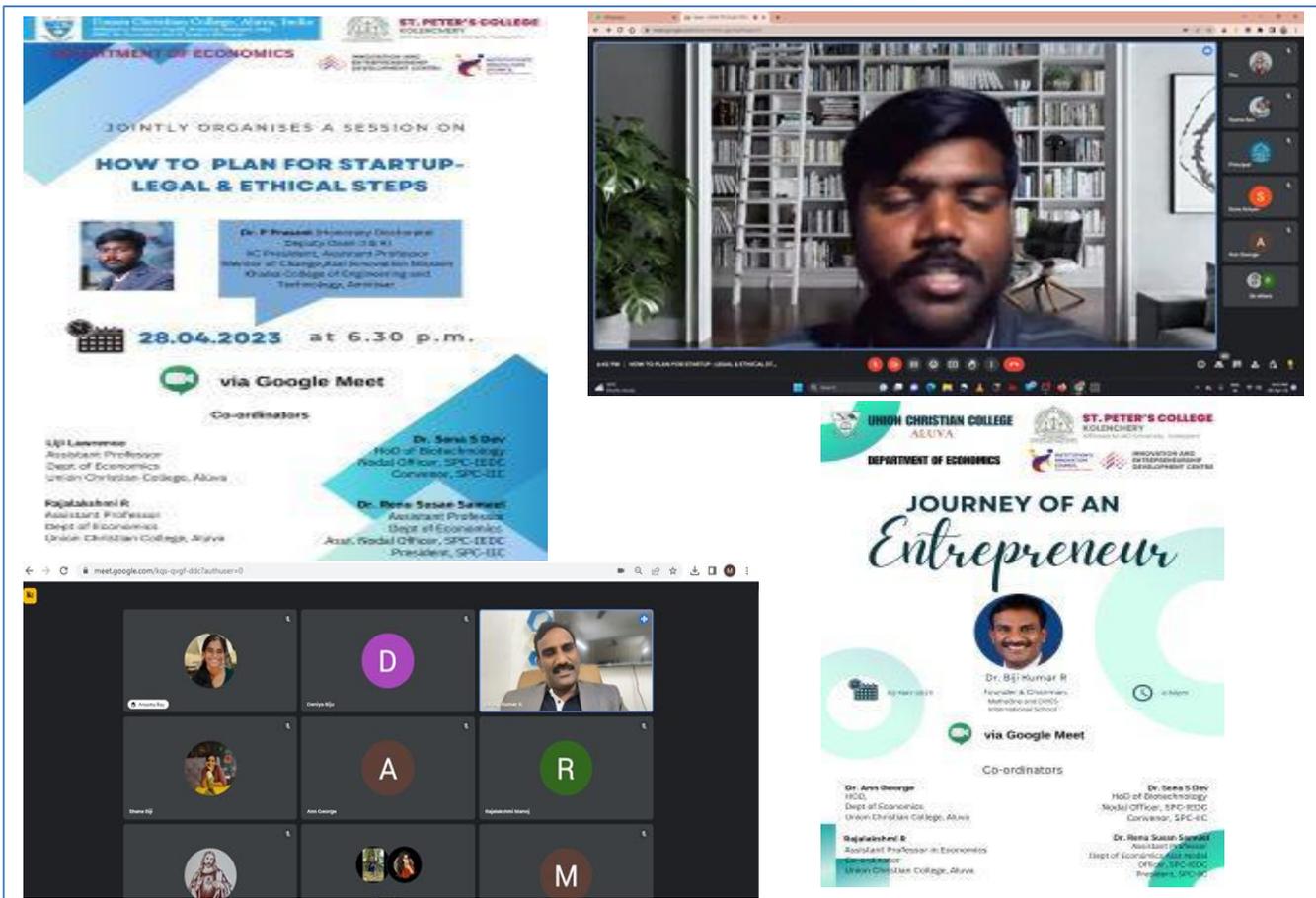


65. YOUNG ENTREPRENEURSHIP- CERTIFICATE COURSE ON ENTREPRENEURSHIP SKILLS DEVELOPMENT

PROGRAMME REPORT

Date of the Programme	: 28/04/2023 to 31/05/2023
No. of Participants	: 40
Resource Person/s	: 1. Dr. P. Prasant, Deputy (I&A), Mentor of Change, Atal Innovation Mission, Khalsa College of Engineering, Amritsar 2. Dr. Biji Kumar R, Founder Chairman, MathsOne & DiYes international School 3. Ms. Vismaya Patricia, Alumna, Baker & Cake Artist 4. Smt. Priya Girish and Smt. Deepa Surendrakumar, Zita Collections 5. Ms. Amala Merin, Kids wear Manufacturer and wholesaler
Organising Agencies	: Dept of Economics & IEDC, St. Peter's College, Kolenchery

The dept of Economics, in association with IEDC, St. Peter's College, offered a certificate course on Entrepreneurship which included five sessions by professionals who introduced new entrepreneurial avenues to the participants.





UNION CHRISTIAN COLLEGE, ALUVA

Affiliated to Mahatma Gandhi University, Kottayam, India

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SSR
5th CYCLE
2023

UNION CHRISTIAN COLLEGE ALUVA
DEPARTMENT OF ECONOMICS

ST. PETER'S COLLEGE KOLENCHERY
INNOVATION AND ENTREPRENEURSHIP DEVELOPMENT CENTRE

MEET the ENTREPRENEURS




PRIYA GIRISH **DEEPA SURENDRAKUMAR**
CEO & MANAGERS,
ZITA COLLECTIONS

14th May 2023
Via Google Meet
10:00am

Co-ordinators

Dr. Ann George
HOD,
Dept of Economics,
Union Christian College, Aluva

Dr. Renu Susan Suresh
Assistant Professor in Economics
Coordinator,
Union Christian College, Aluva

Dr. Renu S Devi
HOD of Biotechnology
Model Officer, SPC-EDC
Convener, SPC-EC

Dr. Renu Susan Suresh
Assistant Professor
Dept of Economics, Aluva
Model Officer, SPC-EDC
President, SPC-EC

UNION CHRISTIAN COLLEGE ALUVA
DEPARTMENT OF ECONOMICS

ST. PETER'S COLLEGE KOLENCHERY
INNOVATION AND ENTREPRENEURSHIP DEVELOPMENT CENTRE

STORY OF A CAKE by A BUDDING ENTREPRENEUR



PATRICIA VISMAYA
SMEC
ECONOMICS

10th May 2023
10:00am

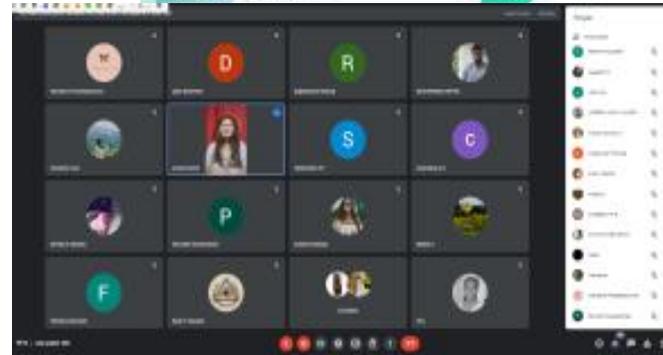
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Model Officer, SPC-EDC
President, SPC-EC




Amala Merin
Kidswear manufacturer & wholesaler
Name: kidz republic
PG in Mass communication and journalism

30.05.23
Via: 
7.00 pm