

ST. CYRIL'S COLLEGE  
ADOOR  
ESTD. 1981



ST. CYRIL'S COLLEGE, ADOOR

Criterion 3

3.4.1

Extension activities



St. Cyril's College, Adoor  
Cyril's Mount, Vadakkadathukavu P.O.  
691529, Adoor, Kerala

Ph: 04734 210043

Department Of Commerce

Report on Extention Activity "Let's go Digital"

|                         |                      |
|-------------------------|----------------------|
| DATE OF EVENT           | January 19,2024      |
| TITLE OF THE EVENT      | "Let's go Digital"   |
| NAME OF RESOURCE PERSON | Students of s3 B.Com |
| NO.OF PARTICIPANTS      | 40                   |
| VENUE                   | NSS HSS Adoor        |

The extention activity "Let's Go Digital" 2023\_24 was conducted in NSS HSS Adoor on January 19,



2024. A banking awareness quiz and demonstration on online shopping was conducted.

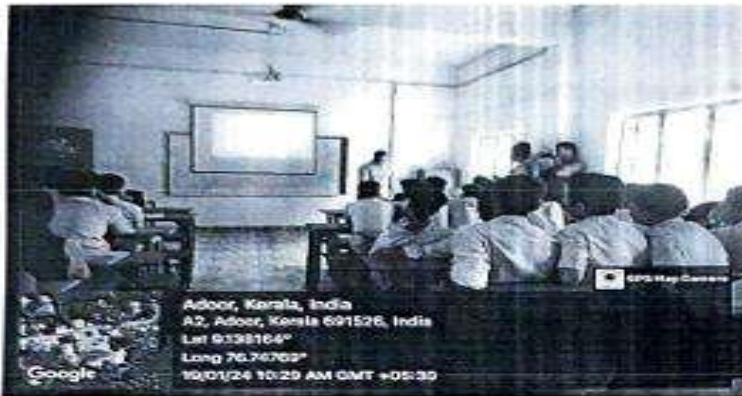
The students of SecondB.Com carried on the activities very enthusiastically right from the day the schedule was charted. All the students of the class contributed to the activity by providing questions for the quiz. 9 students represented the class. They planned, prepared and executed the programme very well. A big thanks to the students for making the idea work. A big thanks to the Head of the Department and faculty of the Department for the support and co-operation.



Session 1



Students of S3 Beom



*Prakash*  
PRINCIPAL  
ST. CYRILS COLLEGE  
ADOOR





# DEPARTMENT OF ECONOMICS

## St. Cyril's College, Adoor

Cyril's Mount, Vadakkadathukavu P.O. 691526, Adoor, Kerala

*cyrilianeconomics@gmail.com*

26/03/2024

### Report of Extension Activity2023-24

Department of Economics has conducted an extension activity in association with Department of Physics, Marthoma College, Thiruvalla on Energy conservation practice. Faculty members gave training to our students for manufacturing LED bulbs with less cost . Department conducted awareness programme about energy conservation to the nearby community and made distribution of LED bulbs free to the poor families in the same panchayath. Faculty members and students from Marthoma College Thiruvalla came with us to distribute the bulbs. Energy conservation is crucial for protecting the environment, preserving finite resources, reducing costs, enhancing energy security, minimizing pollution, fostering innovation, and promoting social equity. By adopting energy-efficient practices and technologies, individuals, businesses, and governments can contribute to a more sustainable and prosperous future.

We made a campaign on energy conservation explaining the use of LED bulbs instead of filament bulbs. LED bulbs are highly energy-efficient, consuming significantly less electricity than traditional incandescent bulbs and even CFLs. They convert a higher percentage of electrical energy into light, resulting in lower energy bills and reduced carbon emissions.

LED bulbs have an exceptionally long lifespan compared to incandescent and CFL bulbs. They can last up to 25 times longer, which means less frequent replacement and lower maintenance costs over time.

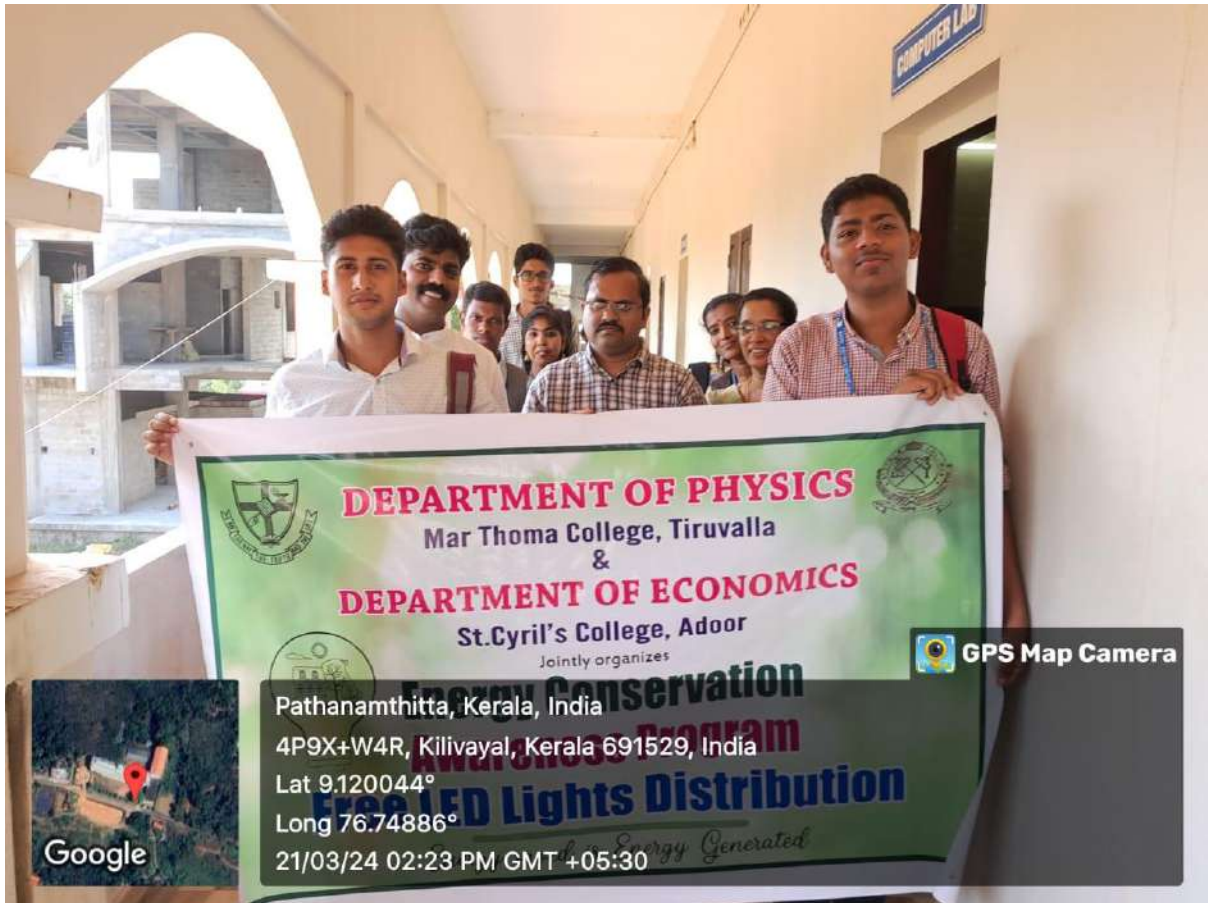
LED products are also more affordable than incandescent bulbs over their life cycle, because their power requirements are lower and the bulbs themselves can last more than 10 years, and compared to incandescent bulbs they are replacing, which often last up to a year or so.

LED bulbs contain no toxic materials such as mercury, unlike CFLs, which require careful disposal due to their mercury content. LED bulbs are also more energy-efficient, resulting in reduced greenhouse gas emissions and environmental impact over their lifespan. Energy conservation is the need of the hour. Energy conservation reduces the need for the energy services and can result in increased environmental quality, national security, financial security and higher savings. It also lowers energy costs by preventing future resource depletion.

With the cooperation of students of Second Year B.A Economics, we went to the village area of Kilivayal and visited some houses for the purpose. We gave awareness for using LED bulbs because of its energy saving capacity. The economic advantage of LED bulbs is that it can reduce electricity bill amount. The use of LED bulbs reduces the use of non renewable energy sources like electricity. LED bulbs reduce energy cost and the use of non renewable energy.

We distributed LED bulbs to 12 households on 21/03/2024. These bulbs are energy saving and creates economic advantage. The households welcomed the activity very much and supported it. Students actively participated to conduct this programme to make it a success. We will continue the programme in the coming years.

HOD



Google

GPS Map Camera

Pathanamthitta, Kerala, India  
4P9X+W4R, Kilivayal, Kerala 691529, India  
Lat 9.120044°  
Long 76.74886°  
21/03/24 02:23 PM GMT +05:30



Google

GPS Map Camera

Pathanamthitta, Kerala, India  
4QF2+F92, Kilivayal, Kerala 691554, India  
Lat 9.123881°  
Long 76.749821°  
21/03/24 02:46 PM GMT +05:30





## Extension Activity 2023-24

P G Department of English

Date 25/03/2024

As part of the Extension Activity 'Catch them Young', the department organized a story -telling session and language games for the high school students of Padmasree Central School, Enathu. The aim of the programme was to instill imagination and creativity in the students and enhance their skills in English language. The programme was organized in a way that would benefit both the school and the students of the department. Four students of I MA - Kesiya Sara Biju ,Suryagayathri S J K, Ansu Cherian and Chandana V K prepared power point slides of stories and games and presented it before the students.



The session was inaugurated by Ms Soja George, the Principal of Padmasree Central School and she welcomed the gathering.



There was a formal talk on the importance of reading and literature examining the growth and importance of popular literature by Ms Mariam John, coordinator of the extension programme.

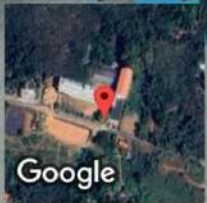


Next, the story telling session was led by the I M A students- Kesiya Sara Biju and Suryagayathri S J K. Kesiya narrated *The Old Man and the Sea* by Earnest Hemingway through a power point presentation.



Then a session of language games named *Litzomania* and *Triviazilla* was led by Ansu and Chandana of I MA respectively. The students were mesmerized through spell- bee, jumbled words, picture words. The students were keen to answer and enjoyed the games.





Pathanamthitta, Kerala, India  
4P9X+W4R, Kilivayal, Kerala 691529, India  
Lat 9.120038°  
Long 76.748898°  
25/03/24 11:42 AM GMT +05:30

GPS Map Camera



Pathanamthitta, Kerala, India  
4P9X+W4R, Kilivayal, Kerala 691529, India  
Lat 9.120038°  
Long 76.748898°  
25/03/24 11:44 AM GMT +05:30

GPS Map Camera

Suryagayathri of I MA presented *The Christmas Carol* by Charles Dickens giving the students the summary and themes of the story.





The school chairperson P S Ramachandran and school Manager G Rohini were also present for the event. The department donated 11 books to the school library. Ms Mariam John handed over the books to the Principal of the school.



Ramakrishna of VII standard and Anamika Baiju of IX standard gave their feedbacks for the programme.



The students cooperated and were lively throughout the sessions. Our students of I MA made the most of the programme as they got an opportunity to understand the nuances of teaching and interacting with school students.

*Prithvi*  
PRINCIPAL  
ST. CYRILS COLLEGE  
ADOOR





# Department of Mathematics and Computer Science

St. Cyril's College, Adoor

Vadakkedathukavu P.O., Kilivayal, Adoor, Pathanamthitta

Email: [cyrilsmathscomputerdept@gmail.com](mailto:cyrilsmathscomputerdept@gmail.com)

## Report on International Disability Day Celebrations

**Date of Programme: 05-12-2023**

**Venue: Deepti Special School, Manakala, Adoor**

**Number of participants: 12**

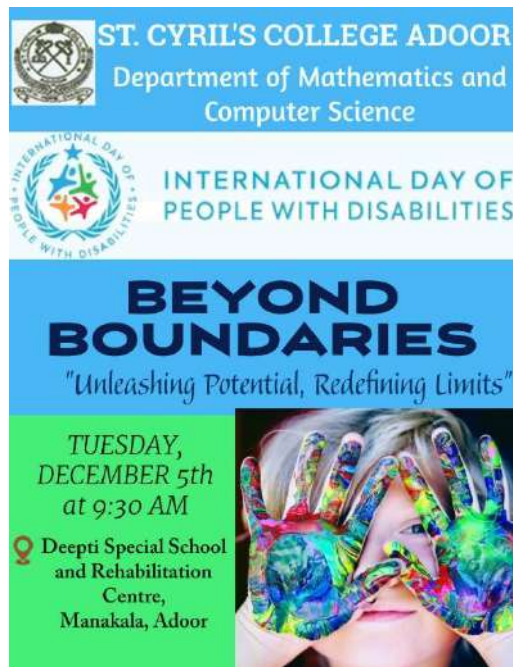
On 5th December 2023, the Department of Mathematics and Computer Applications conducted an extension activities named *"Beyond Boundaries: Unleashing Potential, Redefining Limits"*, at Deepti Special School, Manakala, Adoor, to commemorate the International Day of Disabilities. The event aimed to promote awareness, inclusion, and support for individuals with disabilities while fostering a spirit of compassion and collaboration among students and faculty.

Dr. Susan Mathew, who was the founder and principal of Deepti Special School welcomed our teachers and students for the event. Mr. Shibu Thomas, PRO of the school felicitated the celebration activities.

Fun and inclusive games were organized to engage the students of Deepti Special School, emphasizing teamwork and enjoyment. Activities such as musical chairs, simple puzzles, and art-based games were held, which brought smiles and joy to the participants. A creative session was conducted where students were encouraged to explore their artistic talents through painting, drawing, and making simple crafts. These activities focused on enhancing motor skills and self-expression.



The event provided an opportunity for our department's students to learn about the challenges faced by individuals with disabilities and the importance of creating an inclusive society. The interactive sessions strengthened the bond between the institution and the community, fostering a sense of social responsibility. Mrs. Jitti Annie Abraham, staff coordinator conveys the vote of thanks and the students distributed gifts as a token of their love.



*Fig : Poster of the Events*

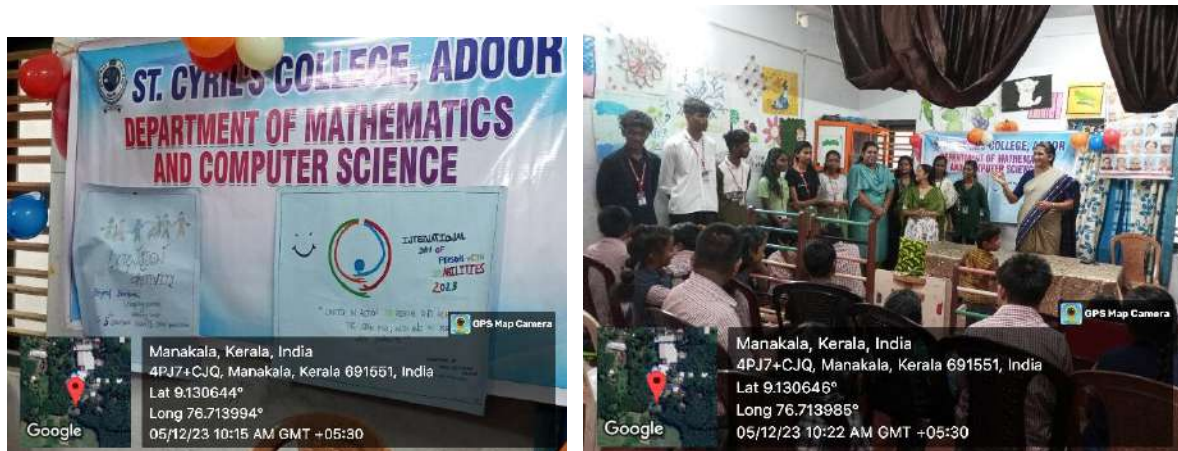




Fig: Photos taken during the event

*9/19/21*

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## Report on Extension Activity by the PG Department of Physics:

### Candela 2023-24

The PG Department of Physics conducted an extension activity titled **Candela**, aimed at fostering scientific awareness and curiosity among school students. This initiative serves as a platform for PG students to engage with younger learners and inspire them with the wonders of physics. This year, the extension activity was conducted at **GHSS Vadakkedathukavu**, targeting 8th-grade students. The classes were held for two hours from **10:30 AM** on 28/02/2024. The sessions were taught by the postgraduate students of the department, who shared their knowledge and passion for physics in an interactive manner. The students of GHSS Vadakkedathukavu exhibited great enthusiasm throughout the classes. They were eager to learn and actively participated in the activities and discussions, demonstrating a keen interest in understanding the scientific concepts presented. The main objective of the programme, to create a strong scientific awareness, was successfully achieved through this session.



The positive response from the students highlights the importance of such outreach activities in igniting a passion for science at the school level. The department looks forward to continuing this initiative and expanding its reach in the coming years.

*Rajesh*  
PRINCIPAL  
ST. CYRILS COLLEGE  
ADOOR



## Report of the Activities Conducted Under “Beyond the Campus: Green Initiatives” on 05 June 2023 at Government Vocational Higher Secondary School, Vadakkadathucavu

To keep up with the spirit of World Environment Day celebrated world over on 5 June 2024 through multifarious activities, the Department of English visited Government Vocational Higher Secondary School, Vadakkadathucavu to spread the message of keeping the environment green and free of pollution. Two teachers and 10 students gifted saplings which were joyfully received by the Principal of the school. The green initiatives team spoke to the students of Tenth Std about the significance of protecting the Environment. They were also introduced to the concept of Environment Literature, the path breaking work of Greta Thunberg and also the basic ideas shared by Rachel Carson and Cheryll Glotfelty. A visit was paid to the School for Differently Abled adjacent to the Government school and saplings were distributed. The teachers in charge happily received them.





*9/1/2024*  
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ST. CYRIL'S COLLEGE  
ADOOR  
ESTD. 1981



**ST. CYRIL'S COLLEGE, ADOOR**

**Criterion 3**

**3.4.3**

**Extension activities by NSS/NCC**





# ST CYRIL'S COLLEGE ADOOR

BLOOD CENTRE GENERAL HOSPITAL  
PATHANAMTHITTA  
GOVT OF KERALA

9K BATTALION ARMY WING  
COY NO:05 NCC KOTTARAKKARA

## BLOOD DONATION CAMP



26/10/2023  
09:30 AM

VENUE: COLLEGE SEMINAR HALL

A DROP OF OUR BLOOD,  
THE HOPE OF LIFE FOR OTHERS



# Program Notice & Brochure

## BLOOD DONATION CAMP

### INAUGURAL SESSION

DATE: 26/10/2023

Welcome: **Capt. Dr. Baiju P Jose**  
(ANOMC COLLEGE ADOOR)

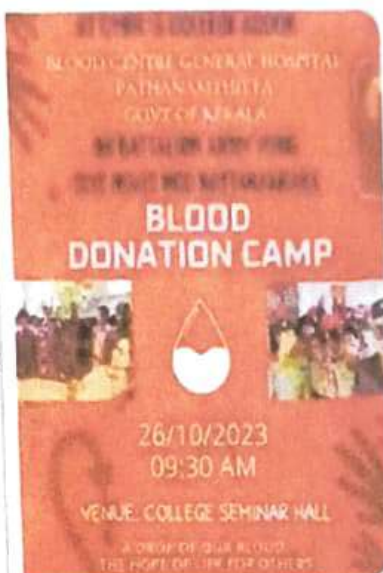
Presidential address: **Dr Smitha Kochummen**  
(HOD Dep of Biomed)

Inauguration: **Lt col Vinod Kumar K S**  
(AO #8 De NCC Kottarakkott)

Facilitation: **1. Dr Prety Zachariah George**  
(District Blood Officer - Blood Centre Puthanambitral)

**2. Sajin Philip**  
(Staff Secretary)

Vote of thanks: **SM Antony Aji**



## Photographs of the Event





അടൂർ.സെന്റ് സിറീൾസ് കോളേജിലെ എൻസിസി ആർമി വിഭാഗിന്റെ ആഭിമുഖ്യത്തിൽ പത്തനംതിട്ട ജില്ലാ ആശുപത്രിയിലെ ബുഡ് ബാങ്കുമായി ചേർന്ന് രക്തദാന ക്യാമ്പും ബോധവൽക്കരണവും സംഘടിപ്പിച്ചു.

9 കേരള ബറ്റാലിയൻ NCC കൊട്ടാരക്കര യുടെ കീഴിലെ സീനിയർ സബ് യൂണിറ്റുകളായ എസ്. ജി കോളേജ് കൊട്ടാരക്കര,എസ് എൻ കോളേജ് പുനലൂർ, ടി. കെ. എം കോളേജ് കൊല്ലം, ടി. സിറീൽസ് കോളേജ് അടൂർ എന്നിവിടങ്ങളിലെ 126 കേന്ദ്രങ്ങൾ പങ്കെടുത്തു. അതിൽനിന്നും തിരഞ്ഞെടുക്കപ്പെട്ട 48കേന്ദ്രങ്ങൾ

രക്തം ദാനം ചെയ്തു.

ഡോ സ്മിതാ കൊച്ചുമ്മിന്റെ അധ്യക്ഷതയിൽ 9 കേരളാ ബറ്റാലിയൻ എ ഒ ലഫ്റ്റന്റ് കേണൽ കെ എസ് വിനോദ് കുമാർ ഉദ്ഘാടനം ചെയ്തു.

ക്യാപ്റ്റൻ ഡോ ബൈജു പി ജോസ്, ഡോ പ്രദീപ സുരേഷ് ജോർജ്ജ്, പ്രൊഫ സജിൻ ഫിലിപ്പ്, സുബേദർ മേജർ ആന്റണി അജി, ബറ്റാലിയൻ ഹവിൽദാർ മേജർ സി.രതീഷ് എന്നിവർ നേതൃത്വം നൽകി.



*Handwritten signature in green ink.*

PRINCIPAL  
ST. CYRILS COLLEGE  
ADOOR

അടൂർ:സെന്റ് സിറിൽസ് കോളേജിലെ എൻസിസി ആർമി വിങ്ങിന്റെ ആഭിമുഖ്യത്തിൽ പത്തനംതിട്ട ജില്ലാ ആശുപത്രിയിലെ ബുഡ് ബാങ്കുമായി ചേർന്ന് രക്തദാന ക്യാമ്പും ബോധവൽക്കരണവും സംഘടിപ്പിച്ചു.

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രക്തം ദാനം ചെയ്തു.

ഡോ സ്മിതാ കൊച്ചുമ്മന്റെ അധ്യക്ഷതയിൽ 9 കേരളാ ബറ്റാലിയൻ എ ഒ ലഫ്റ്റൻ കേണൽ കെ എസ് വിനോദ് കുമാർ ഉദ്ഘാടനം ചെയ്തു.

ക്യാപ്റ്റൻ ഡോ ബൈജു പി ജോസ്,ഡോ പ്രദീപ സക്കറിയ ജോർജ്,പ്രൊഫ സജിൻ ഫിലിപ്പ്, സുബേദർ മേജർ ആന്റണി അജി, ബറ്റാലിയൻ ഹവിൽദാർ മേജർ സി.രതീഷ് എന്നിവർ നേതൃത്വം നൽകി.



*[Handwritten signature]*  
PRINCIPAL  
ST. CYRILS COLLEGE  
ADOOR



KSACS



KSBTC



NACO



# Kerala State AIDS Control Society / Kerala State Blood Transfusion Council

Red Cross Road, Thiruvananthapuram 695035 Phone : 0471-2304882, Fax: 0471-2305183,

E-mail: keralasacs@gmail.com, www.ksacs.kerala.gov.in

## CERTIFICATE

This is to certify that Coy No. 5. 9(k) Bn. NCC  
has successfully organized a Voluntary Blood Donation Camp with the support of Blood Centre  
General Hospital Mannanthol 26.10.23 at St. Cyril's College - Adoor  
During the camp 126 (48 donors) donors have donated blood. We express our sincere  
appreciation and gratitude to the organization.



Medical Officer  
Blood Centre

*[Handwritten Signature]*  
*[Handwritten Signature]*

Medical Officer, Jc.  
Blood Bank  
General Hospital  
Pannamthitta

**BLOOD DONATION CAMP( 26-10-23) ,St.CYRILS'S COLLEGE ADOOR, 9(K) Bn NCC  
COY 05:NCC KOTTARAKARA**

| SL NO | CADET NO         | NAME OF CADET    | NAME OF COLLEGE  |
|-------|------------------|------------------|------------------|
| 1     | KL/21/SDA/119995 | SHEBIN ROY       | SC COLLEGE ADOOR |
| 2     | KL/21/SDA/119996 | ARJUN SANTHOSH   | SC COLLEGE ADOOR |
| 3     | KL/21/SDA/119997 | ARUN KUMAR A     | SC COLLEGE ADOOR |
| 4     | KL/21/SDA/120012 | ALBIN REJI       | SC COLLEGE ADOOR |
| 5     | KL/21/SDA/120013 | VARUN RAJ        | SC COLLEGE ADOOR |
| 6     | KL/21/SDA/120023 | GANESH S         | SC COLLEGE ADOOR |
| 7     | KL/21/SWA/120002 | ADITHYA. A.S     | SC COLLEGE ADOOR |
| 8     | KL/21/SWA/120003 | ASWATHY V AJAYAN | SC COLLEGE ADOOR |
| 9     | KL/21/SWA/120005 | SNEHA S SABU     | SC COLLEGE ADOOR |
| 10    | KL/21/SWA/120005 | SNEHA S SABU     | SC COLLEGE ADOOR |
| 11    | KL/21/SWA/120006 | SNEHA SUNNY      | SC COLLEGE ADOOR |
| 12    | KL/21/SWA/120007 | REVATHY . S      | SC COLLEGE ADOOR |
| 13    | KL/21/SWA/120008 | ADHYA KUNJUMON   | SC COLLEGE ADOOR |
| 14    | KL/21/SWA/120010 | ANJU . S         | SC COLLEGE ADOOR |
| 15    | KL/21/SWA/120011 | SNEHA.D.R        | SC COLLEGE ADOOR |
| 16    | KL/21/SWA/120014 | JOBI JOHNSON     | SC COLLEGE ADOOR |
| 17    | KL/21/SWA/120015 | REMA KRISHNAN R  | SC COLLEGE ADOOR |
| 18    | KL/21/SWA/120016 | SIYANA S         | SC COLLEGE ADOOR |
| 19    | KL/21/SWA/120017 | BINHA BIJU       | SC COLLEGE ADOOR |
| 20    | KL/21/SWA/120018 | SRUTHI GOPAN     | SC COLLEGE ADOOR |
| 21    | KL/21/SWA/120019 | SHAHINA SHABEER  | SC COLLEGE ADOOR |
| 22    | KL/21/SWA/120020 | MERIN G RAJU     | SC COLLEGE ADOOR |
| 23    | KL/21/SWA/120021 | JIBITHA BABU     | SC COLLEGE ADOOR |
| 24    | KL/21/SWA/120022 | ASWATHY A        | SC COLLEGE ADOOR |
| 25    | KL/21/SWA/119939 | ARCHA S RAJESH   | SC COLLEGE ADOOR |
| 26    | KL/22/SDA/119956 | Bibin Mathew     | SC COLLEGE ADOOR |
| 27    | KL/22/SDA/119967 | Akhilesh.U       | SC COLLEGE ADOOR |
| 28    | KL/22/SDA/119968 | Midhun.M         | SC COLLEGE ADOOR |
| 29    | KL/22/SDA/119973 | Abdulkahadar     | SC COLLEGE ADOOR |
| 30    | KL/22/SDA/119974 | Linto Mathew     | SC COLLEGE ADOOR |
| 31    | KL/22/SDA/119975 | Ambady.S         | SC COLLEGE ADOOR |
| 32    | KL/22/SDA/119976 | GovindKrishnan.U | SC COLLEGE ADOOR |
| 33    | KL/22/SDA/119981 | Abhishek.A.Jose  | SC COLLEGE ADOOR |
| 34    | KL/22/SDA/119983 | Umesh.U          | SC COLLEGE ADOOR |
| 35    | KL/22/SDA/119984 | Jerin Jacob      | SC COLLEGE ADOOR |
| 36    | KL/22/SDA/119986 | Ajin.J           | SC COLLEGE ADOOR |
| 37    | KL/22/SDA/119987 | StephinPappachan | SC COLLEGE ADOOR |
| 38    | KL/22/SDA/119988 | Hareendran.R     | SC COLLEGE ADOOR |
| 39    | KL/22/SDA/119990 | Karun.Kshaji     | SC COLLEGE ADOOR |
| 40    | KL/22/SDA/119991 | Martin Baby      | SC COLLEGE ADOOR |
| 41    | KL/22/SDA/119992 | Subin.R          | SC COLLEGE ADOOR |
| 42    | KL/22/SWA/120004 | Krishna Priya    | SC COLLEGE ADOOR |
| 43    | KL/22/SWA/120026 | Gouri U          | SC COLLEGE ADOOR |
| 44    | KL/22/SWA/120027 | Abhirami.A       | SC COLLEGE ADOOR |



|    |                  |                       |                  |
|----|------------------|-----------------------|------------------|
| 45 | KL/22/SWA/120028 | Archana V             |                  |
| 46 | KL/22/SWA/120029 | Krishna N             | SC COLLEGE ADOOR |
| 47 | KL/22/SWA/120030 | NivyaUmmachan         | SC COLLEGE ADOOR |
| 48 | KL/22/SWA/120031 | Suchithra S           | SC COLLEGE ADOOR |
| 49 | KL/22/SWA/120032 | Ashly S               | SC COLLEGE ADOOR |
| 50 | KL/22/SWA/120033 | Sanjana A S           | SC COLLEGE ADOOR |
| 51 | KL/22/SWA/120034 | Sandhya S             | SC COLLEGE ADOOR |
| 52 | KL/22/SWA/120035 | Athira R              | SC COLLEGE ADOOR |
| 53 | KL/22/SWA/120036 | Merin K Saji          | SC COLLEGE ADOOR |
| 54 | KL/22/SWA/120037 | Midhuna S Pillai      | SC COLLEGE ADOOR |
| 55 | KL/22/SWA/120039 | Sreeja S              | SC COLLEGE ADOOR |
| 56 | KL/22/SWA/120040 | Soorya SL             | SC COLLEGE ADOOR |
| 57 | KL/22/SWA/120041 | Surya B               | SC COLLEGE ADOOR |
| 58 | KL/22/SWA/120042 | Vijitha SV            | SC COLLEGE ADOOR |
| 59 | KL/22/SWA/120043 | Christy Mariam Mathew | SC COLLEGE ADOOR |
| 60 | KL/22/SWA/120044 | KarthikaUnni          | SC COLLEGE ADOOR |
| 61 | KL/22/SWA/120045 | Merin Elsa Johnson    | SC COLLEGE ADOOR |
| 62 | KL/22/SWA/120047 | VrindaVenu            | SC COLLEGE ADOOR |
| 63 | KL/22/SWA/120048 | Sneha John            | SC COLLEGE ADOOR |
| 64 | KL/22/SWA/120049 | Abhirami s            | SC COLLEGE ADOOR |
| 65 | KL/22/SWA/120051 | Veena KS              | SC COLLEGE ADOOR |
| 66 | KL/22/SWA/120052 | Beena M               | SC COLLEGE ADOOR |
| 67 | KL/22/SWA/120054 | Anuja S               | SC COLLEGE ADOOR |
| 68 | KL/22/SWA/120055 | Akhila M              | SC COLLEGE ADOOR |
| 69 | KL/22/SWA/120056 | Devika R Nair         | SC COLLEGE ADOOR |
| 70 | KL/22/SWA/119971 | Ganga M               | SC COLLEGE ADOOR |
| 71 | KL/22/SWA/120038 | PrasiyaNazeer         | SC COLLEGE ADOOR |
| 72 | KL/22/SWA/119970 | Arya A                | SC COLLEGE ADOOR |
| 73 | KL/23/SDA/119949 | GAUTHAM S KRISHNAN    | SC COLLEGE ADOOR |
| 74 | KL/23/SDA/119950 | ASWIN S KUMAR         | SC COLLEGE ADOOR |
| 75 | KL/23/SDA/119951 | ABHISHEK H PILLAI     | SC COLLEGE ADOOR |
| 76 | KL/23/SDA/119952 | ALEN JOSE             | SC COLLEGE ADOOR |
| 77 | KL/23/SDA/119953 | EAI DEN MATHEW        | SC COLLEGE ADOOR |
| 78 | KL/23/SDA/119954 | PRANAV R              | SC COLLEGE ADOOR |
| 79 | KL/23/SDA/119955 | SOORAJ P              | SC COLLEGE ADOOR |
| 80 | KL/23/SDA/119957 | AKSHAY R              | SC COLLEGE ADOOR |
| 81 | KL/23/SDA/119958 | AMITH S KUMAR         | SC COLLEGE ADOOR |
| 82 | KL/23/SDA/119959 | SARATH. S             | SC COLLEGE ADOOR |
| 83 | KL/23/SDA/119960 | SAJAN SAJI            | SC COLLEGE ADOOR |
| 84 | KL/23/SDA/119961 | BIJITH.B              | SC COLLEGE ADOOR |
| 85 | KL/23/SDA/119962 | MRIDUL KRISHNA.J      | SC COLLEGE ADOOR |
| 86 | KL/23/SDA/119963 | AFZAL S               | SC COLLEGE ADOOR |
| 87 | KL/23/SDA/119964 | ABHINAND SHARMA       | SC COLLEGE ADOOR |
| 88 | KL/23/SDA/119965 | ANANDHURAJ R          | SC COLLEGE ADOOR |
| 89 | KL/23/SDA/119966 | SHAMBHU SV            | SC COLLEGE ADOOR |
| 90 | KL/23/SDA/119969 | SUJITH.J              | SC COLLEGE ADOOR |
| 91 | KL/23/SDA/119972 | JISHNU SAJI           | SC COLLEGE ADOOR |
| 92 | KL/23/SWA/119977 | VAISHNAVI BALAN       | SC COLLEGE ADOOR |





|     |                  |                      |                        |
|-----|------------------|----------------------|------------------------|
| 93  | KL/23/SWA/119978 | NANDHANA R           | SC COLLEGE ADOOR       |
| 94  | KL/23/SWA/119979 | BHYRAVI KRISHNAN     | SC COLLEGE ADOOR       |
| 95  | KL/23/SWA/119980 | KRISHNAPRIYA A       | SC COLLEGE ADOOR       |
| 96  | KL/23/SWA/119982 | SURABHI KRISHNA GS   | SC COLLEGE ADOOR       |
| 97  | KL/23/SWA/119985 | HARIPRIYA.A          | SC COLLEGE ADOOR       |
| 98  | KL/23/SWA/119989 | JENY RAJ             | SC COLLEGE ADOOR       |
| 99  | KL/23/SWA/119993 | BISMI.B              | SC COLLEGE ADOOR       |
| 100 | KL/23/SWA/119994 | JISHA SHIBU          | SC COLLEGE ADOOR       |
| 101 | KL/23/SWA/119998 | ANJALI LAL.A         | SC COLLEGE ADOOR       |
| 102 | KL/23/SWA/119999 | LEKSHMI R PILLAI     | SC COLLEGE ADOOR       |
| 103 | KL/23/SWA/120001 | SREELAKSHMI. G       | SC COLLEGE ADOOR       |
| 104 | KL/23/SWA/120009 | HARITHA S            | SC COLLEGE ADOOR       |
| 105 | KL/23/SWA/120024 | DEEPTHI.B            | SC COLLEGE ADOOR       |
| 106 | KL/23/SWA/120025 | AARIJA S             | SC COLLEGE ADOOR       |
| 107 | KL/23/SWA/120046 | ATHULYA S DEV        | SC COLLEGE ADOOR       |
| 108 | KL/23/SWA/120050 | ALFINA S R           | SC COLLEGE ADOOR       |
| 109 | KL/23/SWA/120053 | DEVIKA               | SC COLLEGE ADOOR       |
| 110 |                  | Soorya Panicker      | SG COLLEGE KOTTARAKARA |
| 111 |                  | Adithyaraj R         | SG COLLEGE KOTTARAKARA |
| 112 |                  | Madhav A S           | SG COLLEGE KOTTARAKARA |
| 113 |                  | Abhijith Anil        | SG COLLEGE KOTTARAKARA |
| 114 |                  | Adithyan U R         | SG COLLEGE KOTTARAKARA |
| 115 |                  | Rajith R             | SG COLLEGE KOTTARAKARA |
| 116 |                  | Rakesh R             | SG COLLEGE KOTTARAKARA |
| 117 |                  | Alen Alex            | SG COLLEGE KOTTARAKARA |
| 118 |                  | Sreejith A G         | SG COLLEGE KOTTARAKARA |
| 119 |                  | Adithya Sreekumar    | SG COLLEGE KOTTARAKARA |
| 120 |                  | Muhammad Hassan      | SG COLLEGE KOTTARAKARA |
| 121 |                  | Hiran Krishnan A     | SG COLLEGE KOTTARAKARA |
| 122 |                  | Harinath S           | SG COLLEGE KOTTARAKARA |
| 123 |                  | Ajmin Fayaz          | SN COLLEGE PUNALUR     |
| 124 |                  | Sidharth Sudhir Babu | TKM COLLEGE KARICOD    |
| 125 |                  | Irfan Kamarudheen    | TKM COLLEGE KARICOD    |
| 126 |                  | Farhan Muhammas S    | TKM COLLEGE KARICOD    |

### LIST OF BLOOD DONOR'S

|    |                  |                  |                  |
|----|------------------|------------------|------------------|
| 1  | KL/21/SDA/119995 | SHEBIN ROY       | SC COLLEGE ADOOR |
| 2  | KL/21/SDA/119996 | ARJUN SANTHOSH   | SC COLLEGE ADOOR |
| 3  | KL/21/SDA/119997 | ARUN KUMAR A     | SC COLLEGE ADOOR |
| 4  | KL/21/SDA/120012 | ALBIN REJI       | SC COLLEGE ADOOR |
| 5  | KL/21/SDA/120013 | VARUN RAJ        | SC COLLEGE ADOOR |
| 6  | KL/21/SDA/120023 | GANESH S         | SC COLLEGE ADOOR |
| 7  | KL/22/SDA/119956 | Bibin Mathew     | SC COLLEGE ADOOR |
| 8  | KL/22/SDA/119967 | Akhilesh.U       | SC COLLEGE ADOOR |
| 9  | KL/22/SDA/119968 | Midhun.M         | SC COLLEGE ADOOR |
| 10 | KL/22/SDA/119973 | Abdulkahadar     | SC COLLEGE ADOOR |
| 11 | KL/22/SDA/119974 | Linto Mathew     | SC COLLEGE ADOOR |
| 12 | KL/22/SDA/119975 | Ambady.S         | SC COLLEGE ADOOR |
| 13 | KL/22/SDA/119976 | GovindKrishnan.U | SC COLLEGE ADOOR |
| 14 | KL/22/SDA/119981 | Abhishek A. Jose | SC COLLEGE ADOOR |



|    |                  |                      |                        |
|----|------------------|----------------------|------------------------|
| 15 | KL/22/SDA/119983 | Umesh.U              |                        |
| 16 | KL/22/SDA/119984 | Jerin Jacob          | SC COLLEGE ADOOR       |
| 17 | KL/22/SDA/119906 | Soorya Panicker      | SC COLLEGE ADOOR       |
| 18 |                  | Adithyaraj R         | SG COLLEGE KOTTARAKARA |
| 19 |                  | Madhav A S           | SG COLLEGE KOTTARAKARA |
| 20 |                  | Abhijith Anil        | SG COLLEGE KOTTARAKARA |
| 21 |                  | Adithyan U R         | SG COLLEGE KOTTARAKARA |
| 22 |                  | Rajith R             | SG COLLEGE KOTTARAKARA |
| 23 |                  | Rakesh R             | SG COLLEGE KOTTARAKARA |
| 24 |                  | Alen Alex            | SG COLLEGE KOTTARAKARA |
| 25 |                  | Sreejith A G         | SG COLLEGE KOTTARAKARA |
| 26 |                  | Adithya Sreekumar    | SG COLLEGE KOTTARAKARA |
| 27 |                  | Muhammad Hassan      | SG COLLEGE KOTTARAKARA |
| 28 |                  | Hiran Krishnan A     | SG COLLEGE KOTTARAKARA |
| 29 |                  | Harinath S           | SG COLLEGE KOTTARAKARA |
| 30 | KL/21/SDA/120194 | Ajmin Fayaz          | SN COLLEGE PUNALUR     |
| 31 |                  | Sidharth Sudhir Babu | TKM COLLEGE KARICOD    |
| 32 | KL/22/SDA/120435 | Irfan Kamarudheen    | TKM COLLEGE KARICOD    |
| 33 | KL/22/SDA/120432 | Farhan Muhammas S    | TKM COLLEGE KARICOD    |
| 34 | KL/22/SWA/120004 | Krishna Priya        | SC COLLEGE ADOOR       |
| 35 | KL/22/SWA/120026 | Gouri U              | SC COLLEGE ADOOR       |
| 36 | KL/22/SWA/120027 | Abhirami A           | SC COLLEGE ADOOR       |
| 37 | KL/22/SWA/120028 | Archana V            | SC COLLEGE ADOOR       |
| 38 | KL/22/SWA/120029 | Krishna N            | SC COLLEGE ADOOR       |
| 39 | KL/22/SWA/120030 | NivyaUmmachan        | SC COLLEGE ADOOR       |
| 40 | KL/22/SWA/120031 | Suchithra S          | SC COLLEGE ADOOR       |
| 41 | KL/22/SWA/120032 | Ashly S              | SC COLLEGE ADOOR       |
| 42 | KL/22/SWA/120033 | Sanjana A S          | SC COLLEGE ADOOR       |
| 43 | KL/22/SWA/120034 | Sandhya S            | SC COLLEGE ADOOR       |
| 44 | KL/22/SWA/120035 | Athira R             | SC COLLEGE ADOOR       |
| 45 | KL/22/SWA/120044 | AARIJA S             | SC COLLEGE ADOOR       |
| 46 | KL/22/SWA/120044 | KarthikaUnni         | SC COLLEGE ADOOR       |
| 47 | KL/23/SWA/119977 | VAISHNAVI BALAN      | SC COLLEGE ADOOR       |
| 48 | KL/23/SWA/119978 | NANDHANA R           | SC COLLEGE ADOOR       |

Signature of ANO *[Signature]* 04/11/2023

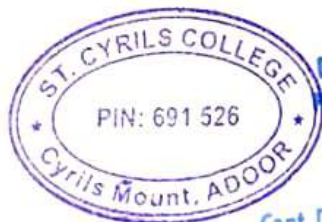
Signature of Head Institution *[Signature]*

For Principal

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ADOOR

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**Capt. Dr. BAIJU P JOSE**  
Associate Professor & Head  
Department of Physical Education  
PH. 444623, St. Cyril's College, Adoor  
Pathanamthitta - 691526

**Capt. Dr. BAIJU P JOSE**  
Associate NCC Officer - SD Army  
NCC/07110167, COY No. 05, 9 (K) Bn  
St. Cyril's College, Adoor  
Pathanamthitta - 691526



## Report of NSS Regular Activities 2023-2024

### World Environment Day 05/06/2023



St. Cyril's College celebrated Environmental Day with a dedicated program aimed at raising awareness about environmental conservation and promoting sustainable practices. The event featured a tree planting ceremony, speeches, and active participation from both college staff and students. Prof. Mini Mathew, the Principal of St. Cyril's College, led the tree planting initiative by planting a sapling on the college grounds. Prof. Mini Mathew delivered an inspiring speech

about the importance of environmental conservation and the role each individual can play in protecting the environment. Ms. Mariamma Tharakan expressed support for the college's environmental initiatives and highlighted community efforts in conservation. Dr. Nisha Mathew and Dr. John Major Thomas discussed the NSS's ongoing environmental projects and the significance of participating in such initiatives. NSS Volunteers actively participated in the event by assisting with the tree planting, organizing the ceremony, and engaging in post-event discussions about environmental practices. Successfully planted 20 saplings on the college campus, which will contribute to the enhancement of the campus environment and support local biodiversity. It was recommended to organize regular events focused on various aspects of environmental conservation and to implement follow-up activities to monitor the growth of planted saplings and maintain ongoing environmental awareness.



A handwritten signature in green ink, appearing to read "John Major Thomas".

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**World Environment Day 20/06/2023**

NSS volunteers participated in rain walk and clean forest drive.





The NSS volunteers participated in a Rain Walk, engaging in an environmentally conscious activity aimed at raising awareness about the importance of rainwater conservation and the impact of climate change. The walk served as both a symbolic gesture and a practical exercise in appreciating and protecting natural water resources. Following the Rain Walk, the volunteers took part in a Clean Forest Drive. This initiative focused on cleaning up forest areas to remove litter and waste, thereby promoting forest conservation and enhancing the health of natural ecosystems. The drive involved collecting and properly disposing of waste materials, and the volunteers worked to restore the natural beauty of the forest environment. Both activities were designed to encourage environmental stewardship and active participation in ecological conservation efforts. The Rain Walk highlighted the significance of rain and water conservation, while the Clean Forest Drive contributed directly to the upkeep and preservation of forest areas. The efforts of the NSS volunteers were recognized as crucial contributions to both environmental awareness and the practical upkeep of natural spaces. Their participation in these activities demonstrated a commitment to sustainable practices and community service.



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## **Independence Day Celebration on 15/08/2023 at St. Cyril's College**

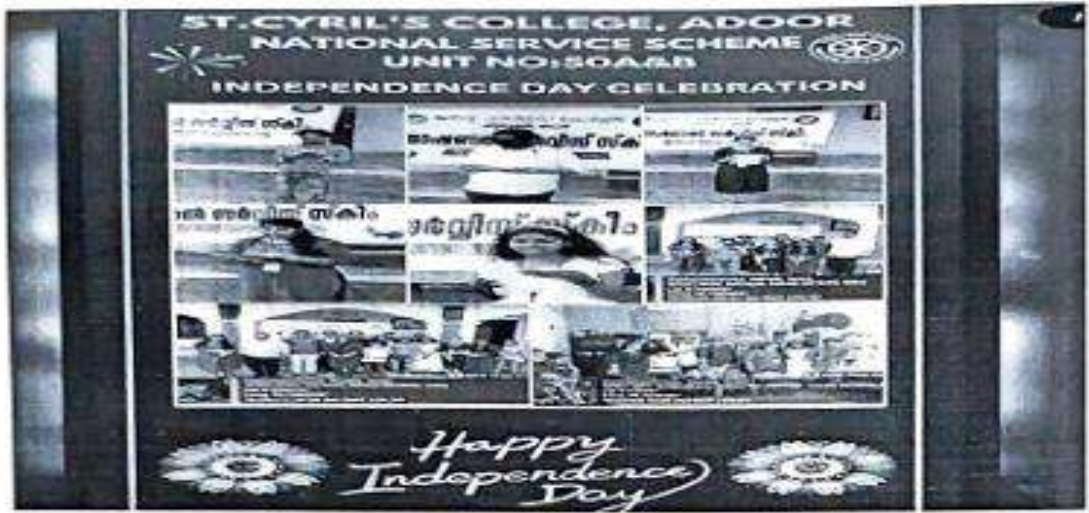
The Independence Day celebration at St. Cyril's College began with the flag hoisting ceremony, marking the commencement of the day's events.

Principal Dr. Susan Alexander delivered a poignant Independence Day message, reflecting on the significance of the day and inspiring students to contribute positively to the nation. NSS Program Officer Monishalal M. also shared her thoughts, emphasizing the role of youth in nation-building and the importance of civic responsibility.

The celebration featured a series of patriotic songs performed by NSS volunteers, which stirred a sense of national pride among attendees. The college organized a tree planting activity, contributing to environmental conservation and creating green spaces.

A visit was made to a nearby Anganwadi, where sweets and flags were distributed to the children, spreading joy and celebrating the spirit of Independence Day.

The event combined patriotic fervor with community service, making it a day of both celebration and giving back.



*P. J. J.*  
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## CAMPUS CLEANING



### Swachh Bharat Campus Cleaning Initiative at St. Cyril's College

In line with the Swachh Bharat mission, St. Cyril's College organized a comprehensive campus cleaning drive, emphasizing the importance of maintaining a clean and green environment.

The entire college premise was thoroughly cleaned by students, who participated enthusiastically in the initiative. This effort aimed to enhance the cleanliness and hygiene of the campus. Students were provided with gloves and masks to ensure their safety and maintain hygiene while handling waste. Waste collected during the cleaning drive was carefully categorized into biodegradable and plastic waste. This segregation was crucial for proper disposal and recycling, reflecting the college's commitment to environmental sustainability. After the completion of the cleaning drive, students were given refreshments as a token of

appreciation for their hard work and dedication. The initiative not only contributed to a cleaner campus but also reinforced the values of environmental responsibility and teamwork among students.



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### Extension activity at Deepthi School

On Sports Day at Deepthi School for Autistic and Disabled students, NSS volunteers from St. Cyril's College played a crucial role in supporting and assisting the participants.

Approximately 15 NSS volunteers from St. Cyril's College actively participated in the event, helping the students throughout the day. Their support was instrumental in ensuring that the sports activities ran smoothly and that all students had a positive experience. The volunteers assisted the students with various activities, helping them navigate the sports events, encouraging their participation, and ensuring their safety and comfort throughout the day. In appreciation of their dedicated service, the volunteers were awarded certificates by Deepthi School. This recognition highlighted the impact of their contribution and the value of their support to the students.

The collaboration between the NSS volunteers and Deepthi School underscored the spirit of community service and inclusivity, making a significant difference in the lives of the students on their special day.

### Three-day residential leadership camp for NSS volunteers



A three-day residential leadership camp for NSS volunteers was organized by Kerala University, providing valuable training and development opportunities for student leaders.

Details of the Event:

The camp was held over three days and focused on enhancing leadership skills, team-building, and effective community service practices among NSS volunteers. Immanuel M.M. represented St. Cyril's College at the camp, engaging in various activities and sessions designed to build leadership capabilities and foster personal growth. At the conclusion of the camp, participants, including Immanuel M.M., were awarded certificates in recognition of their active participation and completion of the camp. This certification acknowledged their commitment to leadership and community service. The leadership camp provided a platform for volunteers to gain new skills, connect with peers, and enhance their ability to lead and contribute to their communities effectively.

*Palish*

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## **31/01/2024 - Anti Drug Campaign 'Reconnecting Youth'**

Inauguration of Anti-Drug Campaign: "Reconnect Youth"

Date & Time: January 31, 2024, 10:00 AM

Venue: College Auditorium, St. Cyril's College

The event commenced with the NSS song, setting a motivational tone for the inauguration. Dr. John Major Thomas, NSS Program Officer of the college, extended a warm welcome to all attendees, setting the stage for the day's proceedings. Prof. Mini Mathew, Principal of St. Cyril's College, delivered the presidential address, emphasizing the importance of anti-drug awareness and the role of youth in combating drug abuse. The campaign was officially inaugurated by Mrs. Rajasree C.R., Secretary & Sub-Judge, District Legal Service Authority, Pathanamthitta, who performed the ceremonial lighting of the lamp. Mrs. Rajasree C.R. also delivered the inaugural speech, highlighting the significance of the anti-drug campaign and the need for community involvement. Mr. Salim V.A., Deputy Excise Commissioner, Pathanamthitta, gave the main speech, addressing the issues related to drug abuse and the efforts needed to address them effectively. Sri. Anilkumar C.A., District Manager of Vimukthi Mission, Pathanamthitta, offered his felicitations, acknowledging the collaborative efforts in the anti-drug initiative. An informative anti-drug class was conducted by Adv. Jose Kaliyil, District Coordinator of Vimukthi Mission, Pathanamthitta, providing valuable insights and preventive measures against drug abuse. The event concluded with a vote of thanks delivered by Immanuel M.M., an NSS student representative, who expressed gratitude to all the speakers, participants, and organizers for their contributions. The inauguration of the "Reconnect Youth" anti-drug campaign marked an important step in raising awareness and promoting a drug-free community through collaborative efforts and impactful discussion.


**St. Cyril's College, Adoor**  
**National Service Scheme**  
**Unit No: 50 A&B**

കമ്മ്യൂണിറ്റി കളിപ്പന്ത മത്സരം,  
 ഹോസ്റ്റൽ അടിസ്ഥാന പദ്ധതികൾ,  
 സാമൂഹിക സേവന പദ്ധതികൾ  
 -യുവത്വം സംരക്ഷണ പദ്ധതികൾ

**"RECONNECTING YOUTHS"**  
 യുവത്വം സംരക്ഷണ പദ്ധതികൾ

**Date: 31/01/2024**  
**Venue: College Auditorium**  
**Time: 10.00 Am**




  
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**20/02/2024,21/02/2024,22/02/2024**

### **Campus Cleaning - Swatch bharath**

The campus cleaning drive, conducted over three days from February 20 to February 22, 2024, was part of the Swachh Bharat Abhiyan initiative aimed at promoting cleanliness and sanitation on the college campus. The event was spearheaded by the NSS (National Service Scheme) volunteers of St. Cyril's College

The drive was aimed to raise awareness among students about the importance of maintaining a clean and hygienic environment and to encourage participation and teamwork among students to contribute to a cleaner campus. Successful segregation of recyclable materials from general waste was done throughout the cleaning process. The campus showed significant improvement in cleanliness, with visible reductions in litter and debris. The event helped in increasing awareness among students about the importance of maintaining cleanliness. The drive fostered a sense of community and teamwork among students and staff.









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## 01/03/2024 Free eye camp

On 01/03/2024, NSS unit 50 A & B of our college organized a free eye camp in collaboration with Karunya Eye Hospital, Adoor. This initiative aimed to provide essential eye care services to the local community, particularly focusing on those with limited access to healthcare. The official meeting started with a prayer song by NSS Volunteers. The College Principal Prof. Mini Mathew presided over the meeting. The Erathu Grama Panchayat President Sri. Santhosh Chathanupuzha has officially Inaugurated the event. The event began with registration by the NSS Volunteers and initial screenings, followed by comprehensive eye examinations. Participants received free prescriptions and medications. The camp attracted a significant turnout, including residents from nearby areas, college students, parents and staff.







കേരള വിദ്യാഭ്യാസ വകുപ്പ്  
കേരള വിദ്യാഭ്യാസ വകുപ്പ്  
കേരള വിദ്യാഭ്യാസ വകുപ്പ്

**അവലോകനം**

1. വിദ്യാഭ്യാസ വകുപ്പിന്റെ നയം  
2. വിദ്യാഭ്യാസ വകുപ്പിന്റെ നയം  
3. വിദ്യാഭ്യാസ വകുപ്പിന്റെ നയം  
4. വിദ്യാഭ്യാസ വകുപ്പിന്റെ നയം  
5. വിദ്യാഭ്യാസ വകുപ്പിന്റെ നയം

*Pal, P. H.*

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21/03/2024: Venalil oru kaithangu: Distribution of water

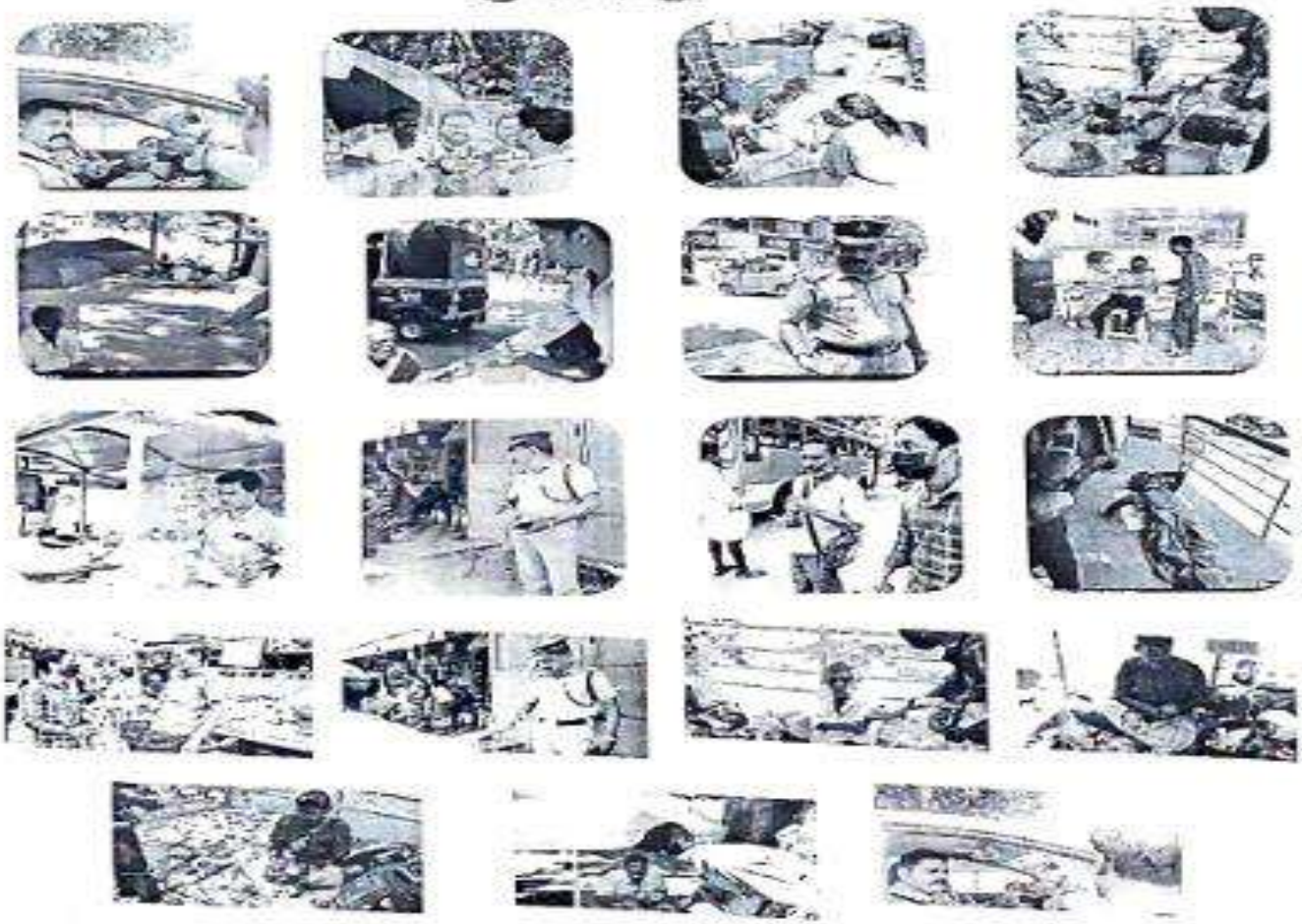
NSS Volunteers of Adoor St Cyril's College distributed bottled water to the villagers ,police officers,pedestrians,laborers and street vendors. The community appreciated the efforts of NSS volunteers in providing relief during the summer season.It was a huge success. It demonstrated the volunteers' commitment to serving the community and promoting social responsibility.



**ST.CYRIL'S COLLEGE, ADOOR  
NATIONAL SERVICE SCHEME  
UNIT NO:50A&B**



**വേനലിനൊരു കൈത്താങ്ങ്**



*Principals*  
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**26/03/2024 Awareness Campaign -World TB Day**

As a part of World Tuberculosis Day on 24th March, 2022, NSS Volunteers of St Cyril's College has conducted an awareness campaign on 26/03/2024 in the adopted village. The volunteers explained about the disease, prevention, its diagnosis, and treatment.

**സെന്റ്. സിറീൽസ് കോളേജ്, അടുർ നാഷണൽ സർവീസ് സ്കീം യൂണിറ്റ് നമ്പർ :50A&B**

**24 March TB Day**

"ക്ഷയരോഗം (ടി ബി) തടയാവുന്നതും ചികിത്സിക്കാവുന്നതും സുഖപ്പെടുത്താവുന്നതുമായ രോഗമാണ്."

"ടിബി അവസാനിപ്പിക്കാൻ ഒന്നിക്കുക."

"ശ്വാസകോശ ക്ഷയരോഗമുള്ള ഒരാൾക്ക് ഉചിതമായ ചികിത്സ ലഭിച്ചില്ലെങ്കിൽ മറ്റുള്ളവർക്ക് അണുബാധയുടെ ഉറവിടമാണ്."

**ക്ഷയരോഗം തടയാനുള്ള വഴികൾ**

- "തൃക്കുമ്പോഴും ചുരയിക്കുമ്പോഴും വായും മൂക്കും മൂടുക"
- "നിലത്തു തുപ്പരുത്"
- "വൃകതി ശുചിത്വം"
- "പുകവലി ഒഴിവാക്കുക"

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**ക്ഷയരോഗം നമ്മളെ ക്ഷയിപ്പിക്കാതെ നോക്കാം**

പോഷാകാഹാരക്കുറവും പ്രതിരോധശേഷിക്കുറവുമാണ് ക്ഷയരോഗം വരാനുള്ള കാരണം

മോക ക്ഷയരോഗനിരം | മാർച്ച് 24

**സെന്റ്. സിറീൽസ് കോളേജ്, അടുർ നാഷണൽ സർവീസ് സ്കീം യൂണിറ്റ് നമ്പർ :50A&B**



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