

ST. CYRIL'S COLLEGE
ADOOR
ESTD. 1981



ST. CYRIL'S COLLEGE, ADOOR

Criterion 3

3.4.1

Extension activities

Report of "Catch Them Young" Extension held on 05 June 2022 at Anganawadi No 25.

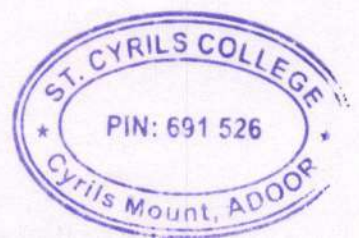
The teachers of PG Department of English along with the students visited Anganawadi No 25 on 05 June 2022 to create environmental consciousness in the little ones. These kids should learn to protect their mother earth as she is on the verges of destruction. It was also to initiate in them an urge to protect their environment. Megha B S of second year BA English introduced the book *Our House is on Fire* by Greta Thunberg. They were introduced to the initiatives of the little girl Greta Thunberg and the book with illustrations were explained. The children were enthused by the pictures in the book. The book was given to the teacher in charge. It was a great experience.



SP

[Handwritten Signature]

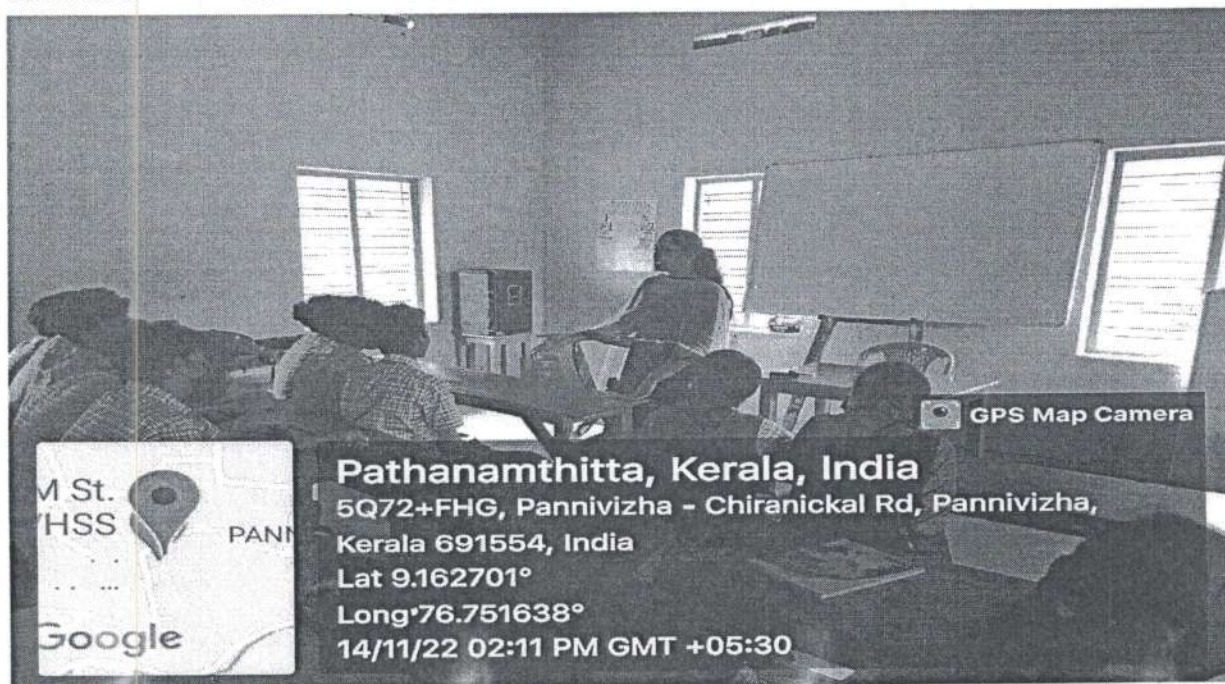
PRINCIPAL
ST. CYRIL'S COLLEGE



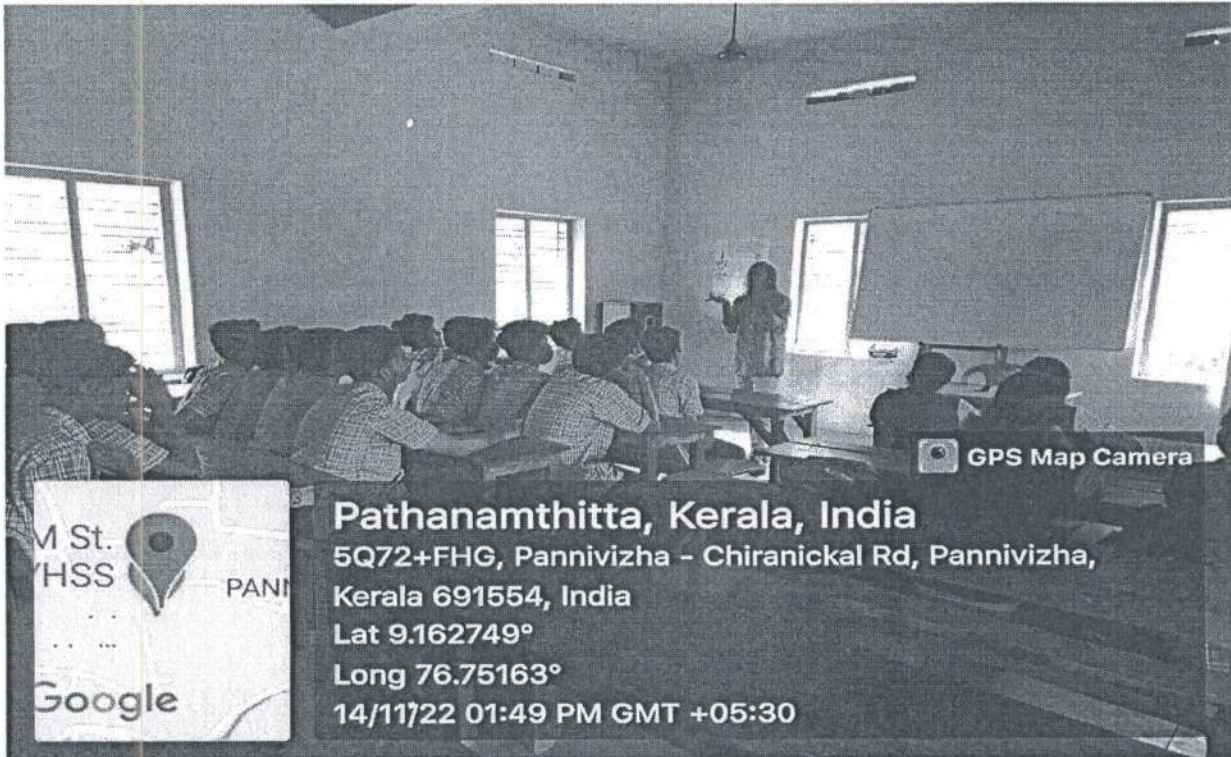
EXTENSION ACTIVITY BY PG DEPARTMENT OF PHYSICS

“CANDELA 2022-23”

In order to spread awareness about scientific knowledge and to generate scientific interest among the school students the Department of Physics, St.Cyrils College had put forward an extension programme “Candela”. The proposed idea of the programme was to take classes for school students in which basic concepts and recent advancements in the scientific world is explained to the students. In the Academic year 2022-23 Candela was conducted in Dr.C.T.Eapen St.Thomas VHSS, Pannivizha a nearby School 14-11-2022. Classes were conducted by M.Sc students. The students from the grades plus one and plus two were the beneficiaries. The classes were very interactive and the school students were very enthusiastic to attend the classes. After the classes on collecting the verbal feedback from the authorities it was found that the classes were very useful and it was said that students were looking forward for such classes in future too.



[Handwritten Signature]
PRINCIPAL



GPS Map Camera



Pathanamthitta, Kerala, India
5Q72+FHG, Pannivizha - Chiranickal Rd, Pannivizha,
Kerala 691554, India
Lat 9.162749°
Long 76.75163°
14/11/22 01:49 PM GMT +05:30



GPS Map Camera



Pathanamthitta, Kerala, India
5Q72+FHG, Pannivizha - Chiranickal Rd, Pannivizha,
Kerala 691554, India
Lat 9.162524°
Long 76.751519°
14/11/22 01:51 PM GMT +05:30



[Handwritten Signature]
PRINCIPAL

Report of the Extension Activity *Catch Them Young* conducted at LP School
Inchakkadu on 10 March 2023

LP School Inchakkadu is a small and beautiful school with around 250 students studying from Pre-Kg to Std V. It was a heartening experience for the final year PG students and their class teacher when on March 10, 2023, they went to the LP school with the extension activity *Catch them Young*. The main objective was to initiate the little ones to the world of reading through books. The programme started at 11:30. The Headmistress in the presence of the teachers accorded the resource persons a warm welcome. Dr Nisha Mathew initiated the class by interacting with the students and giving them a briefing on English language and the necessity of reading books. Santra Merin Jose introduced the book *Charlotte's Web* and Induja P Pani took them to a wonderland through the story *Alice in Wonderland*. Both of them were able to kindle curiosity in the little ones who were around 80 in number. They interacted with the kids asking them questions on the stories introduced. The response was overwhelming and they were rewarded with chocolates. As English Language Teaching forms a part of the MA final year syllabus, the experience was worthy and initiated them into the field of teaching. Before leaving the books titled *Charlotte's Web*, *Alice in Wonderland* and *Jungle Tales* were donated so that they could read and enjoy the stories. The programme came to an end by 12:50 and the little ones were reluctant to leave their new teachers.



A handwritten signature in green ink, appearing to be "Induja P Pani", written over a horizontal line.

PRINCIPAL
ST. CYRILS COLLEGE
ADOOR

A handwritten signature in green ink, appearing to be "SP", written over a horizontal line.



[Handwritten signature in green ink]

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

24/03/2023

Report of Extension Activity 2022-23

Department of Economics has conducted an extension activity on Energy conservation practice. We made a campaign on energy conservation explaining the use of LED bulbs instead of filament bulbs. LED lights use an impressive 80 percent less energy and last 25 times longer as well than their incandescent counterparts. The evolution of LEDs as a source of white light has progressed dramatically in the last two decades, especially in terms of efficacy, measured in output lumens/input watts. The increase in efficacy has been achieved primarily through advances in LED chip technology, and is helping to drive LED adoption.

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.

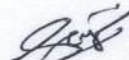
LED bulbs are also less prone to cracks and fractures and less susceptible to damage from external temperatures making it more robust and durable than traditional bulbs. Moreover, LEDs lose power incrementally, which allows for easier replacements

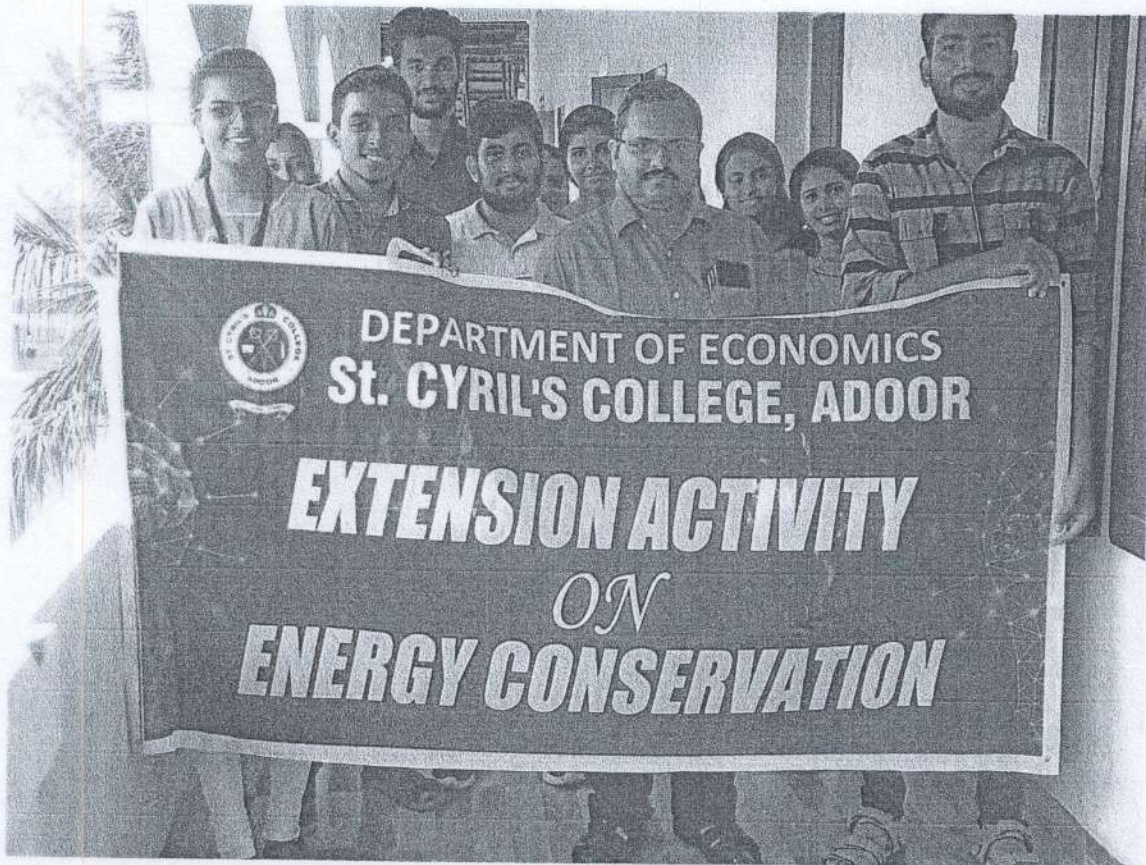
Energy conservation is the need of the hour. Energy conservation reduces the need for the energy services and can result in increased environmental quality, national security, financial security and higher savings. It also lowers energy costs by preventing future resource depletion.

With the cooperation of students of 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.

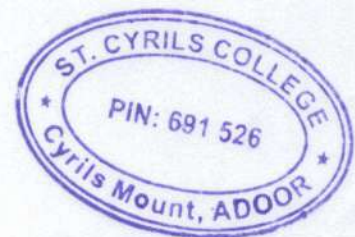
We distributed LED bulbs to 14 households on 24/03/2023. These bulbs are energy saving and creates economic advantage. The households welcomed the activity very much and supported it. Students actively participated to conduct this programme to make it a success. We will continue the programme in the coming years.


HOD





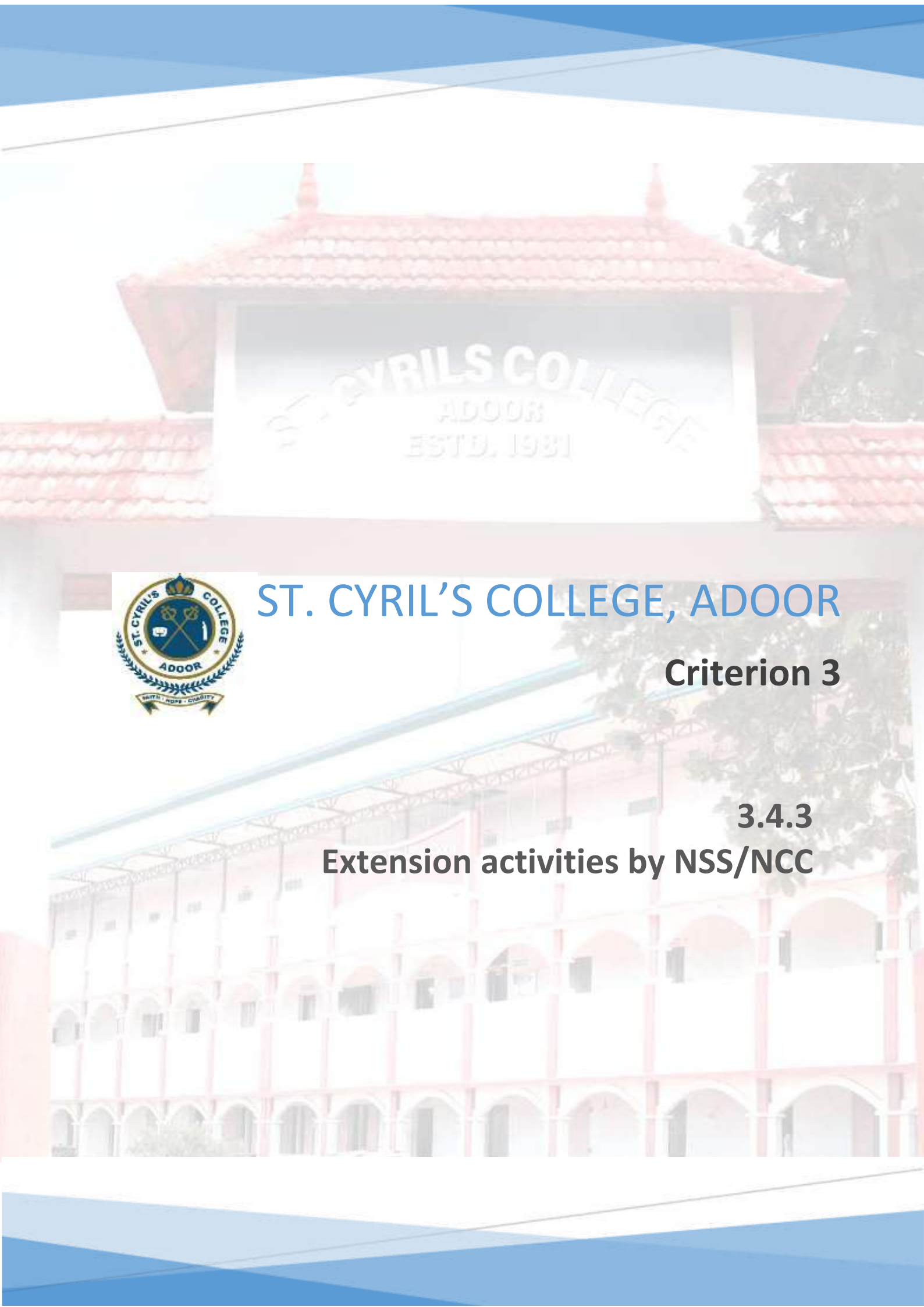
PRINCIPAL
ST. CYRIL'S COLLEGE





Handwritten signature in green ink.





ST. CYRIL'S COLLEGE, ADOOR

Criterion 3

3.4.3

Extension activities by NSS/NCC



Report of the Activities Undertaken by NSS Unit 50 A & B of St Cyril's College, Adoor from May 2022 to March 2023

25 May 2022 Campus Cleaning and Preparation for Reopening

NSS Unit 50 A&B of St Cyril's College, Adoor has always been in the forefront framing strategies for the betterment of the college. After two months of vacation, college is to reopen on June 2, 2022. It is the responsibility and obligation of every NSS volunteer to prepare the college for welcoming the students. On May 25, 2022, the volunteers of NSS gathered together to clean the campus, make it free of grass and rubbish. Added to it, they also replanted the empty flower pots. The campus was given a new life and freshness by the volunteers.



[Handwritten signature in green ink]

PRINCIPAL
ST. CYRILS COLLEGE
ADOOR



Principle

PRINCIPAL
ST. CYRILS COLLEGE
ADOOR

01 June 2022

The NSS Unit of St Cyril's College, Adoor celebrated Global Parents Day on June 1, 2022. Volunteers expressed their gratitude to their parents by giving them gifts and doing little things that would make them happy. Since it was reopening day and college being their second home, the volunteers greeted their teachers whom they regard as their second parents. Prof Mini Mathew, the Principal of the college joined the celebration by cutting a cake and giving a piece each to the volunteers. The volunteers distributed the cake to the teachers and gifted them flowers and cards prepared bringing a cheer on their faces.



PRINCIPAL
ST. CYRILS COLLEGE
ADOOR





4P3X+9PQ, Enathu, Kerala 691526, India

Latitude
9.1040814°

Longitude
76.7493429°

Local 09:53:22 AM
GMT 05:25:21 AM

Altitude 0 meters
Wednesday, 01-06-2022



4P3X+W4R, Kilivayal, Kerala 691529, India

Latitude
9.120123302499346°

Longitude
76.74877734649998°

Local 09:43:20 AM
GMT 04:11:20 AM

Altitude -63.57 meters
Wednesday, 01-06-2022

Princed


PRINCIPAL
ST. CYRILS COLLEGE
ADOOR



June 5 - 10, 2022

NSS Unit 50 A&B of St Cyril's College, Adoor celebrated World Environment Day as a week-long programme. On June 5th volunteers and programme officers planted trees in their respective houses. The programme was elaborate on June 6th with multiple trees including Neem, Devadaru, Gooseberry, Mango, Fig, and Ramputtan were planted in the college premises. The inauguration was done by Prof Mini Mathew, Principal of the college by planting a Neem tree. The other trees were planted by the Heads of Departments under the monitoring of NSS volunteers and officers. The next big step was a visit to the Anganavadi near the college with flowering plants and pots. The volunteers were delighted to gift flowering plants to the little ones of the Anganavadi. They received it from the volunteers with cheerful faces. The volunteers also maintained their social commitment by distributing trees in the neighbourhood. They also went for a nature walk.

The students were given a seed ball training in association with Nila Foundation on 7th June 2021. The seed balls were made and dispersed by the volunteers on 8th, 9th and 10th.


PRINCIPAL
ST. CYRILS COLLEGE
ADOOR





Ashtu

PRINCIPAL
ST. CYRILS COLLEGE





Handwritten signature in green ink.





[Handwritten signature]

PRINCIPAL





Principal

PRINCIPAL
ST. CYRILS COLLEGE

17 June 2022

The NSS Unit of St Cyril's College, Adoor is noted for the services it renders the society. The college is located in the midst of luscious greenery. Such a beautiful premise is rare. Adding to the beauty of Cyril's is its Mini Forest. The NSS unit 50 A&B of the college decided to maintain and add a few more trees to the existing ones. A few trees received were planted inside the Mini forest.




PRINCIPAL
ST. CYRILS COLLEGE
ADOOR




PRINCIPAL
ST. CYRILS COLLEGE
ADOOR



Reading Day June 20, 2022

The NSS Unit 50 A&B of St Cyril's College celebrated Reading Day by conducting a Reading competition for the school children of its adopted village Ward 6. Out of the 5 students who participated, three emerged victorious. Neethu and Nathan Jibu won the first prize of Rs 500 which will be divided equally between the two. The third prize of Rs 150 was won by Bibin.


St.Cyril's College Adoor
NSS UNIT 50 A & B

വായനാ ദിന മത്സരം
20th June 2022
"വായിച്ചു വളരുക, ചിന്തിച്ചു വിഭവകം നേടുക"

TIME: 6PM-7PM

വായനാ ദിനത്തോടനുബന്ധിച്ച് NSS യൂണിറ്റ് 50 A & B അദ്ധ്യക്ഷാമന്ത്രിയുടെ വിദ്യാർത്ഥികൾക്കായി വായനാ മത്സരം സംഘടിപ്പിക്കുന്നു..

St. Cyril's College Adoor NSS Unit 50 A & B



[Handwritten Signature]
PRINCIPAL
ST. CYRILS COLLEGE
ADOOR



Prakash

**PRINCIPAL
ST. CYRILS COLLEGE
ADOOR**



International Yoga Day

21 June 2022

The NSS Unit 50 A&B of St Cyril's College, Adoor celebrated International Yoga Day on 21 June 2022 by organizing a yoga class for the volunteers. The inaugural session began at 10:30 a.m. Demonstration along with a beautiful description was given by Adoor Deepa S who is a Yogacharya and Psycho Counsellor. Basic yogasanas for memory retention, lung volume and concentration were taught.



Deepa S

Blood Donation Camp

24 June 2022

A Blood Donation Camp was organised by the NSS Unit 50 A&B of St Cyril's College in association with Red is Blood Kerala (RIBK) and Blood Transfusion Services of General Hospital Pathanamthitta. The camp began at 10:30 a.m. with an inaugural address by the Principal of the college Ms Mini Mathew. It was followed by an awareness talk by Dr Pretty, Medical Officer of General Hospital Transfusion Services, Pathanamthitta. There were 12 members including doctors, nurses, assistants and all of them supported by RIBK volunteers. It was heartening to see the students willingly participating in the camp. A medical check up was provided to the students before granting permission to donate blood. All precautions were taken and a bottle of frooti, biscuits and Vadas were given to boost their energy. Faculty members were represented by Dr O C Promod who donated blood enthusiastically. At the end of the camp, a total number of 31 donors donated blood and the camp was a huge success. The medical team left the college with their hearts full. RIBK volunteers too thanked the NSS unit and the Management for the support rendered.



Mini Mathew
PRINCIPAL



Pathanamthitta, Kerala, India
 4P9X+V9, Kilivayal, Kerala 601526, India
 Lat 9.119934°
 Long 76.748677°
 24/06/22 10:27 AM

Google



Pathanamthitta, Kerala, India
 4P9X+W4R, Kilivayal, Kerala 691526, India
 Lat 9.120081°
 Long 76.748951°
 24/06/22 01:29 PM

Google

St. Cyril's College Adoor
 NSS UNIT 50 A & B
 organizing
BLOOD DONATION CAMP
 (In association with)
RED IS BLOOD KERALA

Date: 24th, 2022
 Time: 10am - 4pm

#BE A HERO





3rd Cross Road, Thiruvananthapuram, Kerala-695 035
 Email: keralasacs@gmail.com, ksrtc.kerala@gmail.com
 www.ksacs.kerala.gov.in | www.ksrtc.kerala.gov.in

Certificate

This is to certify that _____
 has voluntarily donated blood on _____
 at the Blood Bank, _____
 Total number of voluntary donors = 21

Medical Officer
 BLOOD CENTRE

[Handwritten Signature]

PRINCIPAL



Three Day Residential Training on Palliative Care

27 July – 29 July 2022

Shifas Jan S, NSS volunteer of the Department of Commerce attended the three day residential training on palliative care organized by National Service Scheme, University of Kerala and Department of Student Services, University of Kerala from July 27-July 29, 2022 at the Kerala University Student Centre, Thiruvananthapuram. It was enriching experience for the volunteer. SHifas Jan would be sharing his experiences with his fellow volunteers in order to equip them for palliative services in the community.



[Handwritten signature]
PRINCIPAL



July 6 2022, July 14 2022

The NSS Unit 50 A&B of St Cyrils's College has always been committed to the society as a result of which a new initiative of giving pothichor to the nearby Government Hospital was undertaken on July 6, 2022. NSS volunteers brought an extra packet of lunch along with theirs and these were collected by the volunteer secretaries along with other volunteers and were taken to the hospital. There is a storage placed in the foyer of the hospital in front of which was a long queue. The bystanders and others in need were delighted to get a packet and the greatest return was the smile that appeared on their faces.



[Handwritten Signature]
PRINCIPAL
ST. CYRILS COLLEGE



12 August 2022

Independence Day was celebrated by distributing flags in the neighbourhood. NSS PO Dr Nisha Mathew was attending the PO's Training at University of Calicut and also participated in the celebrations conducted in the University.

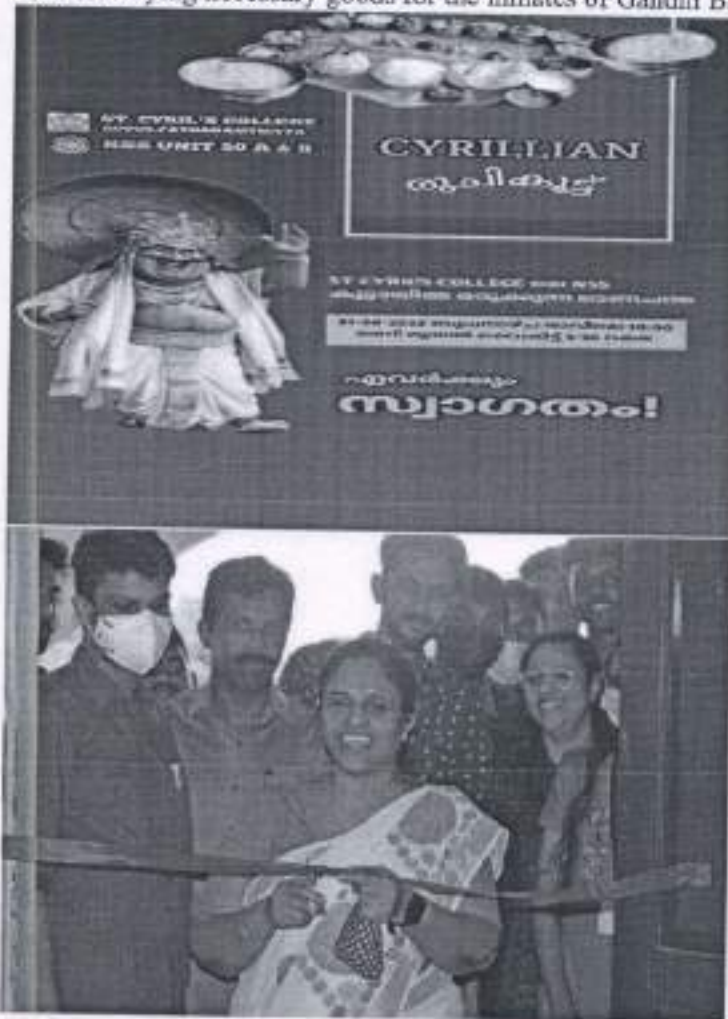


PRINCIPAL
ST. CYRILS COLLEGE
ADOOR



31 August 2022 ONAM STALL 2022

An Onam stall was set up by the NSS volunteers on 31 August 2022 to generate fund for buying essential supplies for the inmates of Gandhi Bhavan Adoor. The volunteers made various savouries, pickles and squashes at home and these home made products were sold at reasonable prices to the staff and students of the college. Everything was packed on 30th August 2022. The stall was inaugurated on 31 August 2022 by the Principal of the college Prof Mini Mathew. The first sale was done by Dr Mini Samuel of the Department of Hindi. The volunteers were able to see all the products and raise an amount of Rs 10000 which was used for buying necessary goods for the inmates of Gandhi Bhavan.



Mini Mathew

PRINCIPAL
ST. CYRILS COLLEGE
ADOOR





Abdel
PRINCIPAL



06 September 2022 Onakkodi

To celebrate Onam in all its fullness, the NSS volunteers of St Cyril's College decided to buy Onakkodi for the people who have been of great help to them. For that they bought new pairs of dress for the security of the college Mr Omanakuttan, part time help Smt Ajitha and the Asha Worker of ward 6 and gifted it to them on September 6 2022. It was a great feeling to see their smiles.



Ashith



October 1, International Day of the Aged

October 1 is celebrated as the International Day for the Aged and it was great feeling for the NSS Volunteers to visit the aged inmates of Mahatma Janaseva Kendram. As part of Palliative Care and help, an onam stall was opened to raise an amount to help the inmates of Jana Seva Kendram. After raising the amount, the volunteers contacted a voluntary helper of Mahatma Janaseva Kendram to find out their needs. From her, it could be understood that they needed essential supplies as most of the inmates were aged and down with illness. They had medical equipment and medicines could only be purchased with prescription. They were badly in need of food items. Thus, it was decided to buy the food items and it included Rava 100 kg, Pachari 1 sack, Uzhunnu 7.5 kg, Sugar 50 kg, Close Up paste 15 nos, Lux soap 15 nos and Dr Wash soap 15 nos. Some of the volunteers also brought used cloths that are neat, and they were also given. The volunteers spent time with the inmates talking to them and asking about their comforts. Two of the inmates also sang songs making the atmosphere very jovial. It was a heartening experience. They also gave handcrafted wax candles as return gifts for the Principal. It was a heartening feeling to have visited them on October 1st itself.



Handwritten signature in green ink.





Handwritten signature in green ink.

PRINCIPAL
ST. CYRILS COLLEGE
ADOOR



06 October 2022 Writing Competitions

Anti-narcotic awareness and actions against drug abuse have become the need of the hour with reports of narcotic activities and violence have risen. It's a great attempt on the part of the University of Kerala and the Government of Kerala to have developed a scheme which addresses the issue of narcotic use among students. As an initial step, the NSS Unit 50 A&B of St Cyril's College, Adoor along with the Anti-narcotic Cell of the college conducted a Painting Competition and Story/Poem Writing Competition on 06 October 2022. Around 10 students participated in the competition. The topic given was Drug Abuse: Say No to Drugs.



English

PRINCIPAL
ST. CYRILS COLLEGE
ADOOR



October 11, 2022 Gender Awareness Campaign

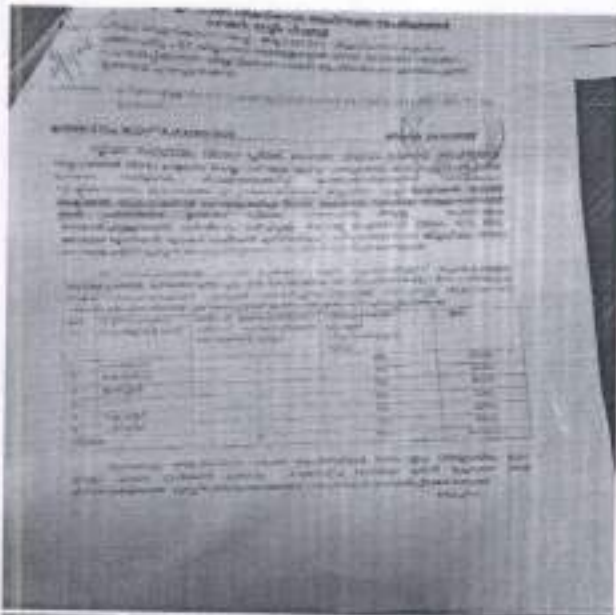
A Gender Awareness Campaign was conducted for the students of the college on October 11, 2022 in association with Women and Child Department and ICDS Parakkode to create awareness among the students regarding dowry system, heavy expenses for conducting weddings and child marriage. The campaign was carried out with the help of the NSS Unit of the college. In the meeting where Prof Mini Mathew, Principal of the college was the President, Dr Mini Samuel welcomed the gathering. Prof Anitha Thomas, Former Principal of the college inaugurated the campaign and Dr Susan Alexander, Staff Secretary felicitated the occasion. A detailed and interesting awareness class was lead by Adv Muhammad Ansari, District Court Pathanamthitta. He grabbed the attention of the students by sharing his experience as a lawyer and also narrated a few incidents he had witnessed related to dowry problems. It was an interactive session where students also raised doubts on legal points and laws to be remembered. Dr Nisha Mathew, NSS Programme Officer proposed the vote of thanks.



Adel



PRINCIPAL
ST. CYRILS COLLEGE
ADOOR



Principa
PRINCIPAL



18 October 2022 Awareness Class on Anti-Drug

A seminar on Anti-Alcohol/Drug Abuse Awareness was conducted on 18 October 2022. The class was lead by Shri Binu Varghese, Preventive Officer, Excise Narcotics Special Squad, Pathanamthitta. Using a power point presentation containing multiple pictures, videos and information regarding the consequences of the use of narcotic substances,



Binu Varghese



PRINCIPAL
ST. CYRILS COLLEGE
ADOOR

Nov 14 2022 Children's Day

The NSS Unit 50 A&B of the college celebrated Children's Day in a beautiful way by bringing a smile on the little ones of the Anganavadi near to the college. The volunteers good at painting painted cartoons and pictures on the walls of the Anganavadi making the little ones happy. They also distributed chocolates. Besides cartoons they also painted letters of the English Alphabet for them. It was a heartening experience for all.



[Handwritten signature in green ink]

PRINCIPAL
ST. CYRILS COLLEGE
ADOOR





[Handwritten Signature]
PRINCIPAL
ST. CYRILS COLLEGE
ADOOR

NOV 18, 2022 Pothichor

The NSS Volunteers regularly distribute Pothichor at the Government Hospital Adoor. Around 50 packets are served to the needy everytime. It is satisfying to see the people take away the packets with a smile on their faces. It is ensured that the packets are taken to the hospital on all Thursdays.



Principle

PRINCIPAL
ST. CYRILS COLLEGE
ADOOR



01 November 2023 Say No to Drugs

As part of Say No to Drugs Campaign brought under the name Bodhapoomima, a cloth banner was raised in order to gather signatures of teachers and students as a mark of protest against Drug Abuse. Prof Mini Mathew inaugurated the signature gathering ceremony and it was followed by the NSS Programme Officers and the students of the college. It was done to create awareness among the students about the rampant use of drugs in campuses and a call to end it.



The NSS volunteers of the college also participated in the human chain that was formed at Adoor in order to declare its solidarity with the Say No to Drugs Campaign. The volunteers along with the NSS PO Dr John Major Thomas and the Coordinator of the Anti-Narcotic Cell of the college participated with all enthusiasm and spirit.



PRINCIPAL
ST. CYRILS COLLEGE
ADOOR



[Handwritten signature in green ink]

PRINCIPAL
ST. CYRILS COLLEGE
ADOOR



15 December 2022 Pothichor

Pothichor was distributed by the NSS volunteers to the nearby Government Hospital. It's a routine and it is ensured that food packets are distributed every week if not at least twice a month. Volunteers consider it an obligation to collect food packets and distribute it.



[Handwritten signature]

PRINCIPAL
ST. CYRILS COLLEGE
ADOOR



Orientation Programme for First Year Volunteers

17 December 2022

A Orientation Programme was arranged for the first year NSS volunteers to create an awareness in them about the functioning of NSS. Shri John Eapen, Best NSS PO 2022 and Assistant Professor of Marthoma College, Ayur was the Resource Person. In the function which was inaugurated by Prof Mini Mathew, Principal of the College, Shri John Eapen spoke at length about the duties of a volunteer, how a volunteer should be. He shared his experiences and also gave a detailed idea regarding the programmes and projects to be undertaken by volunteers. It was a highly interactive session and the volunteers gained a lot of information and became highly spirited after the talk.





PRINCIPAL

ST. CYRIL'S COLLEGE



4P9X+W4R, Kilivayal, Kerala 691529, India

Latitude

9.1200458°

Local 11:31:18 AM

GMT 06:01:18 AM

Longitude

76.7489233°

Altitude 0 meters

Saturday, 12.17.2022

GPS Map
Camera Lite

PRINCIPAL
ST. CYRILS COLLEGE
ADOOR



6 Jan 2023 A Shelf for the Little Ones

During one of the visits to the Anganavadi, the volunteers asked if they required something. All that the teacher said was a shelf which they did not have. It would be of great help if they could have one so that they could keep the books and bags of the kids. The volunteers were determined to help and with the money obtained through Birthday Challenge they bought a shelf through Pepperfry and it could be delivered on January 6, 2023.



[Handwritten signature]
PRINCIPAL
ST. CYRIL'S COLLEGE

10 Jan 2023 Painting the Desks of the College

The NSS Volunteers of the college helped the college to maintain its assets by painting the desks in the examination wing which were full of scribbles. They painted the desks and saved a lot of money for the college. It also created in them the sensibility to avoid such misdeeds and take care of the assets of the college.



PRINCIPAL
ST. CYRILS COLLEGE
ADOOR

A Place for Plastic

January 11 2023

The NSS volunteers under the leadership of the volunteer Ashik S of English made a temporary place to dump the plastic waste and bottles that gets littered in the campus. It is a great effort on the part of the volunteers as it has created an awareness among the students the necessity of keeping the campus free of plastic bottles. These bottles were taken away by scrap pickers.





PRINCIPAL
ST. CYRILS COLLEGE
ADDOOR

National Youth Day

January 12, 2023

National Youth Day was celebrated in association with Kerala State Youth Welfare Board. District Youth Programme Officer Smt Beena S B welcomed the gathering. Presidential Address was rendered by Sri Bibin Abraham, District Coordinator. The inauguration was conducted by Sri Nooranad Mohan, Writer and Publisher of Unma Publications. Dr Susan Alexander, Principal and Dr Nisha Mathew, NSS Programme Officer felicitated the occasion. Dr Runcy Wilson was the Resource Person of the day and spoke on *Youth and Reformed Kerala*. Youth Coordinator Sri Afsal B proposed the vote of thanks. The volunteers enjoyed the talk and made it interactive.




PRINCIPAL
ST. CYRILS COLLEGE



കേരള സംസ്ഥാന യുവജനക്ഷേമ ബോർഡ്
ജില്ലാ യുവജനക്ഷേത്രം, പത്തനംതിട്ട

ദേശീയയുവജന ദിനാചരണം

2023 ജനുവരി 12 വ്യാഴാഴ്ച രാവിലെ 10.30ന്

ജില്ലാതല സെമിനാർ

സ്ഥലം : സെന്റ് സിറിൽസ് കോളേജ്, അടൂർ

ഉദ്ഘാടനം : ശ്രീ. നൂനാട് മോഹൻ പ്രസാധകൻ/ഉണ പബ്ലിക്കേഷൻസ്

PRINCIPAL
ST. CYRILS COLLEGE
ADOOR



23 Feb 2023

The NSS volunteers regularly provide packed food at Government hospital Adoor. On Feb 23, 2023 around fifty food packets were distributed.



[Handwritten signature in green ink]

PRINCIPAL
ST. CYRILS COLLEGE
ADOOR

8 March 2023

March 8, celebrated as International Women's Day was unique for the NSS volunteers of Cyril's. It was the day of the launch of a product that they had made – Hibiscus Squash. It is extremely healthy and good for various issues faced by women. The squash was made from the hibiscus planted in the campus. They also collected hibiscus from the locality. Hygienically prepared squash was bottled and the first sale was by Dr Susan Alexander, the Principal of the college. One bottle was gifted to the Ashaworker of the ward Ms Mini Johnson so that she could give it publicity. A bottle was given to the ANganawadi teachers who made fresh glasses for the little ones. The others were purchased by the teachers of the college. The amount collected will be used for charity. Dr Prsanth P, Assistant Professor of Mannam NSS Ayurveda Medical College Pandalam appreciated the NSS volunteers of Cyril's through a video: <https://www.youtube.com/watch?v=5hUEWLx3WXw>




PRINCIPAL
ST. CYRILS COLLEGE
ADOOOR



Abh

PRINCIPAL
ST. CYRIL'S COLLEGE



21 March 2023 Anganawadi Painting Letters

The NSS volunteers of St Cyril's made the life of the little ones of the anganawadi more colourful by painting letters on the walls for them. Hearing about the activities of NSS, youtuber Gireesh expressed his interest in featuring them on his youtube channel. He was present during the painting and videotaped the entire activity and it was uploaded in his youtube channel: <https://fb.watch/jrmxNWTU25/?mibextid=DcJ9fc>



[Handwritten signature in green ink]



PRINCIPAL
ST. CYRILS COLLEGE
ADOOR