



# ST. CYRIL'S COLLEGE ,ADOOR

Criteria 7

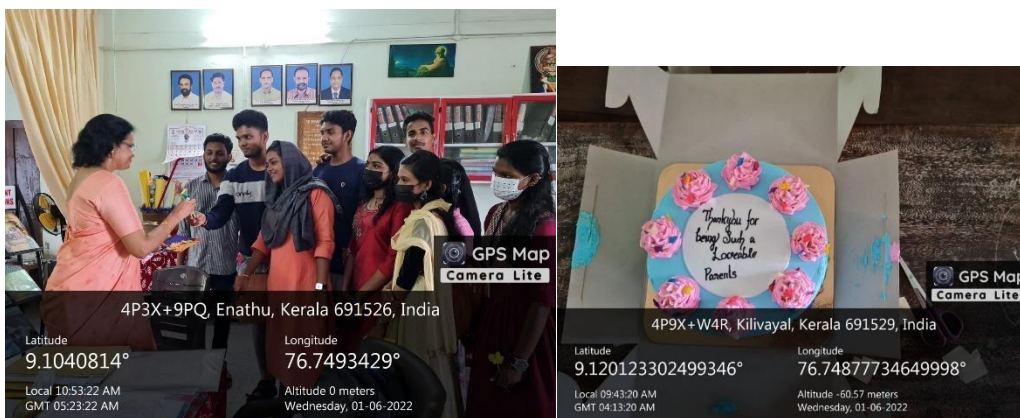
**7.1.9 & 7.1.11**

**Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties and responsibilities of citizens**

**Institution celebrates / organizes national and international commemorative days, events and festivals**

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.



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 5<sup>th</sup> volunteers and programme officers planted trees in their respective houses. The programme was elaborate on June 6<sup>th</sup> with multiple trees including Neew, 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 7<sup>th</sup> June 2021. The seed balls were made and dispersed by the volunteers on 8<sup>th</sup>, 9<sup>th</sup> and 10<sup>th</sup>.







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.



## 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**

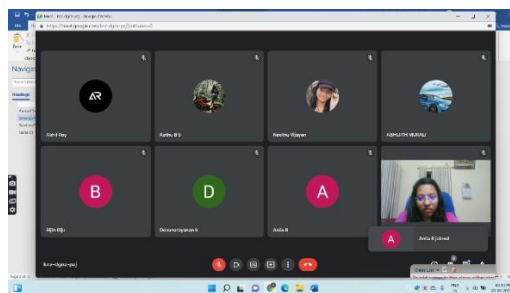
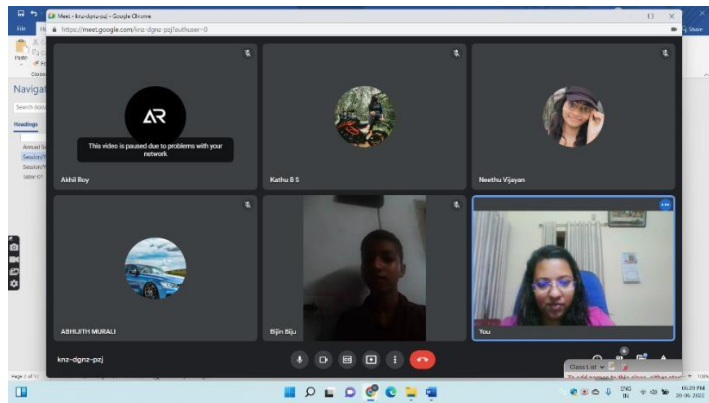
"വായിച്ചു വളരുക, ചിന്തിച്ചു വിവേകം നേടുക"

TIME:6PM-7PM



**വായന ദിനത്തോടനുബന്ധിച്ച്**  
NSS യൂണിറ്റ് :50 A & B  
ദത്തുഗ്രാമത്തിലെ  
വിദ്യാർത്ഥികൾക്കായി  
വായനമത്സരം സംഘടിപ്പിക്കുന്നു..

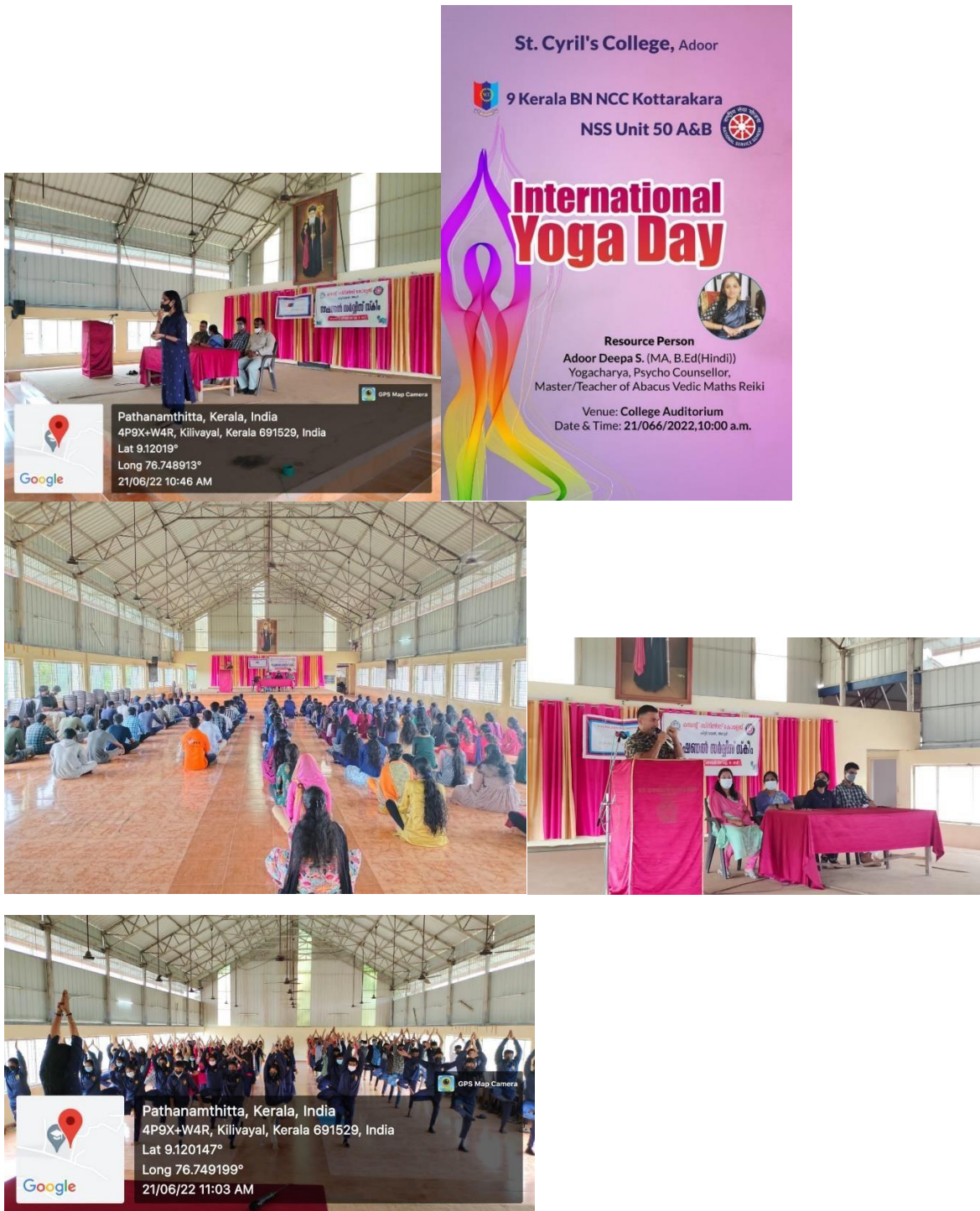
ഈ വായനവാദം Cyrilian NSS നോടൊപ്പം



# 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.





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.



### 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 1<sup>st</sup> itself.



Adoor, Kerala, India  
K.I.P. Quarters Nellimoottilpadi, 4PXM+HH3, Kannamkode, Adoor, Kerala 691523, India  
Lat 9.149128°  
Long 76.734104°  
01/10/22 10:31 AM



Adoor, Kerala, India  
4PXM+JCP, SH37, near Indian Oil Petrol Pump, Adoor, Kerala 691523, India  
Lat 9.149092°  
Long 76.733884°  
01/10/22 10:21 AM



Adoor, Kerala, India  
4PXM+JCP, SH37, near Indian Oil Petrol Pump, Adoor, Kerala 691523, India  
Lat 9.149119°  
Long 76.733767°  
01/10/22 10:10 AM



Adoor, Kerala, India  
K.I.P. Quarters Nellimoottilpadi, 4PXM+HH3, Kannamkode, Adoor, Kerala 691523, India  
Lat 9.1491°  
Long 76.734094°  
01/10/22 10:36 AM

## 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.





## 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.

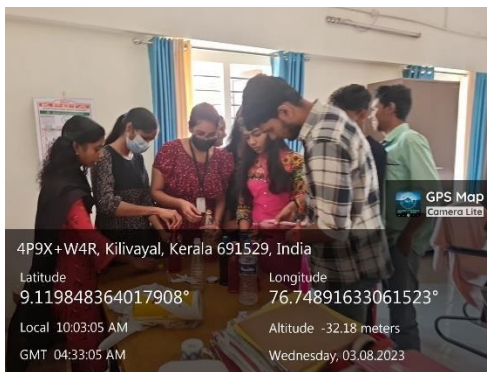




8 March 2023 - International Women's Day

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>





## Constitutional Day celebration

**25<sup>th</sup> November, 2022**

Constitutional Day Celebration and inauguration of Forum for Democracy and Social Justice ' organized by Departments of Political Science and History, St. Cyril's College, Adoor in association with the Institute of Parliamentary Affairs, Govt. of Kerala was conducted on 25<sup>th</sup> November, 2022 at the College Seminar Hall. The program commenced on 11 am with prayer sung by FDSJ choir. Dr. Siji Rachel George (HoD, Department of Political Science & coordinator, FDSJ) welcomed the gathering. The meeting was presided over by the Principal, Ms. Mini Mathew (Associate Professor & HoD), department of History) and inaugurated by the Ms. Mariamma Tharakan (Ward Member, Erathu Grama Panchayathu). It was followed by the key note address and Constitutional Day Talk from Dr. Kesav Mohan, (Academic Chairman & Director school of management Studies , Sree Narayana Institute of Technology, Adoor) The meeting was felicitated by Dr. O C Promod (Assistant Professor, Department of History) and Mr. Shibu G ( FDSJ Non Teaching Staff Representative ) . Then Kumari Sumna M sunil ( FDSJ Member , D1 English)took the

Constitutional Day Pledge ( The Preamble of Indian Constitution). The meeting came to an end at 1pm with Vote of thanks by Kumari Amina Fajad (FDSJ Student Coordinator ).







Pathanamthitta, Kerala, India  
4P9X+W4R, Kilivayal, Kerala 691529, India  
Lat 9.120045°  
Long 76.748904°  
25/11/22 11:27 AM GMT +05:30



Pathanamthitta, Kerala, India  
4P9X+W4R, Kilivayal, Kerala 691529, India  
Lat 9.120045°  
Long 76.748904°  
25/11/22 11:05 AM GMT +05:30

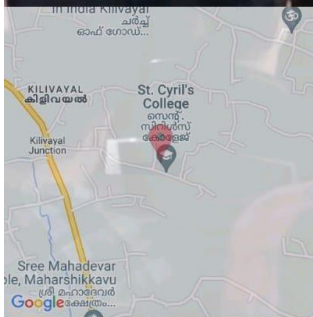


### **Election Awareness Class**

7<sup>th</sup> December, 2022

Forum for Democracy and Social Justice of St. Cyril's College Adoor under the leadership of Departments of political science & History conducted an Election awareness class in association with the Institute of Parliamentary Affairs, Govt. of Kerala was conducted on 7<sup>th</sup> December 2022 at the College Seminar Hall. The program commenced on 2.00pm with prayer sung by FDSJ choir. Dr. Siji Rachel George (HoD, Department of Political Science & coordinator, FDSJ) welcomed the gathering. The meeting was presided over by the Principal, Ms. Mini Mathew (Associate Professor & HoD, Department of History) Mr. Shaji (Deputy Thahaseeldhar) had a talk on importance of election in the democratic state. He had shared some valuable information regarding the importance of election process in India. After the fruitful session, Dr. O C Promod, Assistant Professor, Department of History & Mr. Shaji, sr. Clerk delivered felicitations. Dr. O C Promod Assistant Professor, Dept. Of History Proposed Vote of thanks. The meeting came to an end at 4pm with the recitals of national anthem.





4P9X+W4R, Kilivayal, Kerala 691529, India

Pathanamthitta

Kerala

India

2022-12-07(Wed) 02:56(pm)

28°C

82°F



**Human Rights Day celebration**


**12<sup>th</sup> December, 2022**

**Forum for Democracy and Social Justice of St. Cyril,s College Adoor under the leader ship of departments of political science and Economics conducted a seminar on Human rights** in association with the Institute of Parliamentary Affairs, Govt. of Kerala was conducted on 12<sup>th</sup> December 2022 at the College Seminar Hall. The program commenced on 1.30pm with prayer sung by FDSJ choir. Dr. Siji Rachel George (HoD, Department of Political Science & coordinator, FDSJ) welcomed the gathering. The meeting was presided over by the Principal, Ms. Mini Mathew (Associate Professor & HoD, Department of History) . Human Rights Activist & Global Advisor for Democratic governance of UNDP, Mr. John Samuel had a talk on Human rights Day. He had shared some valuable information regarding the importance of human rights. After the fruitful session , Mr Sajin Philip

,Assistant Professor, Department of Economics delivered felicitation . Kumari . Unnimaya B S !st year student of dept. of English & FDSJ member took the phuman rights day pledge. Ms Elizabeth George , Assistant Professor , Dept. Of Economics Proposed Vote of thanks . The meeting came to an end at 4 pm with the recitals of national anthem.





  
PRINCIPAL  
ST. CYRILS COLLEGE  
ADOOR