



KURIAKOSE ELIAS COLLEGE MANNANAM

Affiliated to Mahatma Gandhi University, Kottayam
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Criterion - VII

7.1: Institutional Values and Social Responsibilities

7.1.4.

Communal and Socio-economic Inclusiveness



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Dr. Ison V Vanchipurackal
PRINCIPAL
KURIAKOSE ELIAS COLLEGE
MANNANAM, KERALA - 686 561





Kuriakose Elias College in Mannanam, Kottayam, Kerala, draws profound inspiration from its namesake, Saint Kuriakose Elias Chavara, a visionary social reformer, educationist, and poet who catalysed a renaissance in 19th-century Kerala. His groundbreaking Pallikkoodam movement, which established schools within church premises, was instrumental in democratizing education, making it accessible to all, regardless of caste or creed. Saint Chavara's pioneering efforts laid the foundation for a society rooted in inclusiveness and equal opportunity.

Embracing this legacy, Kuriakose Elias College stands as a beacon of socioeconomic inclusiveness. The institution is committed to fostering an environment where students from diverse backgrounds—irrespective of caste, religion, or region—study and thrive without discrimination. This commitment is reflected in the college's vibrant cultural landscape, where various activities and commemorative events are designed to celebrate and respect diverse traditions, promoting social harmony and a sense of unity among its members.

The college's inclusive ethos is further supported by numerous initiatives from the National Service Scheme (NSS), the Master of Social Work (MSW) program, and various departments. These programs work to integrate students, teachers, and local communities from varied backgrounds, creating a unified platform for collaboration and mutual understanding.

Additionally, Kuriakose Elias College emphasizes the development of ethical, cultural, and spiritual values through moral education, orientation programs, and awareness classes. The institution also organizes motivational lectures by eminent personalities to foster personality development and instil national values of social and communal harmony. To support the physical development of students, the college boasts robust infrastructure for a wide range of sports activities, ensuring a well-rounded educational experience.

In essence, Kuriakose Elias College remains dedicated to the principles of inclusiveness and social equity, reflecting the enduring legacy of its patron and striving to create a nurturing and harmonious academic community.

Dr. Ison V Vanchipurackal

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Report of Activities Addressing Communal & Socio- Economic Inclusiveness 2018-2023



**Activities Addressing Communal, Socioeconomic Inclusiveness 2022-2023**

Sl. No	Title of the Programme	Date	Organizing Dept./Cell/Club	Page No.
1.	Food Collection	Every Thursday	CSM	04
2.	National Reading Day and Community Library Launch	20/06/2022	Department of Social Work (MSW)	06
3.	Anti Child Labour Day	17/06/2022	Department of Social Work (MSW)	08
4.	Abhaya bhavan Visit	06/09/2022	NSS Unit	10
5.	Grocery kit Distribution	06/09/2022	NSS Unit	11
6.	Walk for Freedom	15/10/2022	Department of Social Work (MSW)	13
7.	National Poverty Eradication Day: Food Collection Drive	20/10/2022	NSS Unit	15
8.	National Pollution Prevention Day	02/12/2022	NSS Unit	16
9.	World Disability Day Seminar	19/12/2022	Department of Social Work (MSW)	18
10.	Visit to Abrobhavan, Athirampuzha	21/02/2023	Department of Commerce (SF)	20
11.	Computer Literacy Survey and Awareness Campaign	04/03/2023	Department of Computer Applications	22


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Food Distribution by CSM-JY

Every Thursday, the Catholic Student Movement - JY (CSM-JY) at Kuriakose Elias College, Mannanam, undertakes a commendable initiative that underscores the institution's commitment to communal and socioeconomic inclusiveness. This initiative involves collecting food packets and monetary donations from the college's staff and students. The collected resources are then utilized to prepare and distribute nutritious meals to the impoverished patients and their families at Kottayam Medical College.

This weekly activity serves several significant purposes:

1. **Community Support and Compassion:** By reaching out to those in need, particularly the underserved patients and their companions at Kottayam Medical College, CSM-JY demonstrates a profound sense of empathy and social responsibility. The effort helps alleviate the burden of food insecurity for individuals who are undergoing medical treatments or are there for extended periods.
2. **Promoting Inclusiveness:** The involvement of students and staff from various backgrounds in this initiative reflects the college's dedication to fostering an inclusive environment. It encourages participants from different socio-economic strata and cultural backgrounds to come together for a common cause, thus enhancing mutual understanding and solidarity.
3. **Educational and Moral Development:** Through active participation in this outreach program, students are not only contributing to a social cause but also gaining valuable lessons in civic responsibility, empathy, and the importance of social justice. The experience enriches their personal development and reinforces the college's ethos of nurturing responsible and compassionate citizens.
4. **Strengthening Community Bonds:** The weekly food distribution helps bridge gaps between the college community and the local population. It establishes a tangible connection between the institution and the wider community, promoting a sense of shared purpose and collective action.





In essence, the CSM-JY’s food distribution initiative is a powerful testament to Kuriakose Elias College’s commitment to communal and socioeconomic inclusiveness. It exemplifies how educational institutions can leverage their resources and collective goodwill to make a meaningful impact on society, thereby honouring the legacy of Saint Kuriakose Elias Chavara’s vision of service and social equity.

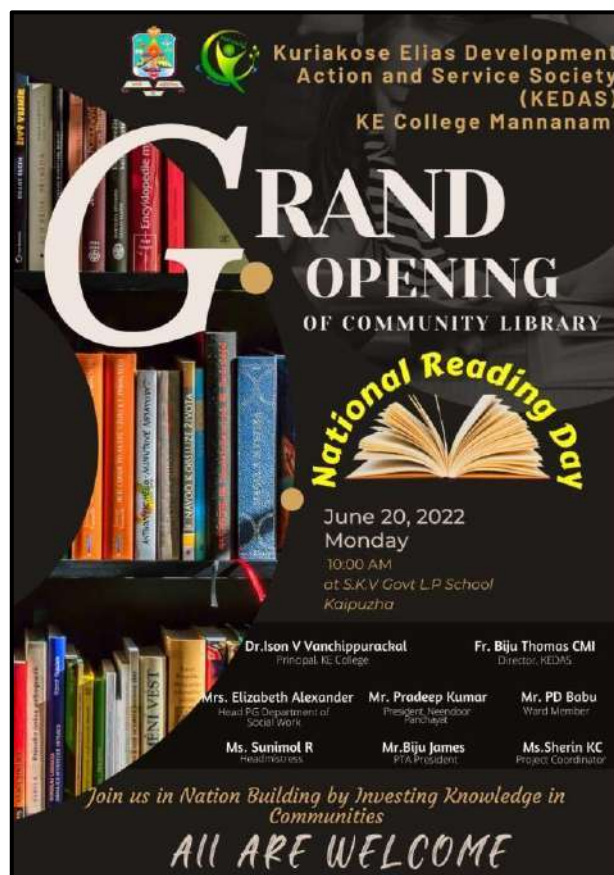




National Reading Day and Community Library Launch

On June 20, 2022, Kuriakose Elias College, Mannanam, in collaboration with the Master of Social Work (MSW) Department and the Kerala Educational Development Association (KEDAS), celebrated National Reading Day with a significant initiative that honours the legacy of P. N. Panicker, the father of the Library Movement. This event marked the launch of a community library at SKV GLPS, Kaippuzha, fulfilling Panicker’s visionary goal of establishing "One Library at One Village." The event involved active participation from students, faculty, and community members, promoting a collaborative spirit.

This library aims to provide free access to a wide range of books and learning resources for the local community, especially benefiting students and residents who previously had limited access to such facilities. By setting up this facility in a village school, the college is addressing educational disparities and providing equitable access to learning resources. This initiative reflects the institution’s commitment to reducing educational inequalities and fostering a culture of reading and intellectual growth in underserved communities.







Anti Child Labour Day

As part of the World Day Against Child Labor, Kuriakose Elias College, Mannanam, Kottayam, in collaboration with the P.G. Department of Social Work, and the Department of Psychology (SF), organized a comprehensive awareness program focused on child labour and protection laws. This event was held at St. Margaret U.P. School, Kaippuzha, on June 17, 2022.

The initiative aimed to foster communal and socio-economic inclusiveness by addressing critical issues surrounding child labour and child protection. The program was designed to engage the local community and educate students on the Child Labor (Prohibition and Regulation) Amendment Act, 2016, and the POCSO Act.

The event began at 2:00 pm with an opening address by Ms. Reni Mol, who welcomed the attendees and highlighted the importance of the day. The sessions were led by TSW Megha George and TSW Kavya Suresh, who provided insightful presentations on the relevant laws and their implications. Their engaging discussions helped clarify complex legal terms and fostered a better understanding of the measures in place to protect children.

To enhance the educational impact and make the information more accessible, the students from the Department of Psychology performed a dynamic flash mob and street play. These performances were designed to capture the attention of younger students and effectively convey the messages about child labour and child protection laws through interactive and creative means.

The program was attended by 82 students from St. Margaret U.P. School, who actively participated in the discussions and raised pertinent questions about child labour and legal protections. This interactive session not only educated the students but also encouraged them to become advocates for child rights in their own communities.

The event concluded with a vote of thanks by a faculty representative at 4:00 pm, acknowledging the efforts of all involved and reinforcing the commitment to combating child labour. The successful execution of this program exemplifies Kuriakose Elias College's dedication to promoting communal awareness and socio-economic inclusiveness through educational outreach and collaborative initiatives.





ANTI CHILD LABOUR DAY

KURIAKOSE ELIAS DEVELOPMENT ACTION & SERVICE SOCIETY (KEDAS)
KE COLLEGE MANNANAM

IN ASSOCIATION WITH
 P G DEPARTMENT OF SOCIAL WORK &
 DEPARTMENT OF PSYCHOLOGY (SF)

CHILD LABOUR (PROHIBITION AND REGULATION) AMENDMENT ACT, 2016
POCSO ACT

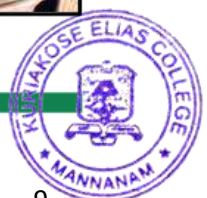
Resource Persons


 TSW Megha George


 TSW Kavya Suresh

Street Play & Flashmob by B.Sc Psychology (SF) Students

Date : 17/06/2022
 Time : 02.00pm.
 Venue: St. Margaret UP School, Kaippuzha





Abhaya Bhavan Visit

On 6th September 2022, the NSS Unit of KE College participated in a significant community and socioeconomic inclusion activity as part of the college’s Palliative Care Programme. The unit visited Abhaya Bhavan, a shelter home for elderly women located in Arppookkara. This visit was designed to bring joy and companionship to the residents through a variety of engaging activities.

The volunteers organized several games and cultural programs, creating a lively and interactive environment. They also distributed Onakkody and sweets, which were warmly received by the residents. This gesture of sharing traditional treats helped foster a sense of community and inclusion.

During the visit, there were heartfelt exchanges between the volunteers and the residents. Some of the elderly women shared cherished memories from their childhood and joined in singing old melodies, creating a nostalgic and bonding experience.

The visit was skilfully coordinated and led by Ms. Neethu Jose, Ms. Chinchu Rani Vincent, and Mr. George Sebastian. Their leadership ensured that the event was both meaningful and impactful, highlighting the NSS Unit's commitment to community service and socioeconomic inclusion.

**KURIAKOSE ELIAS COLLEGE
MANNANAM**

NSS Unit No. 20

**അഭയ സ്പർശം
ഓണാഘോഷം**

**"അമ്മയ്ക്ക് ഒരു
ഓണസമ്മാനം"**

അഭയ ഭവൻ 6th September 2022
ആർപ്പൂക്കര 10am

PRINCIPAL **PROGRAM OFFICERS**
Dr. Ison V Vanchipurackal Neethu Jose
Chinchu Rani Vincent
George Sebastian Thayil





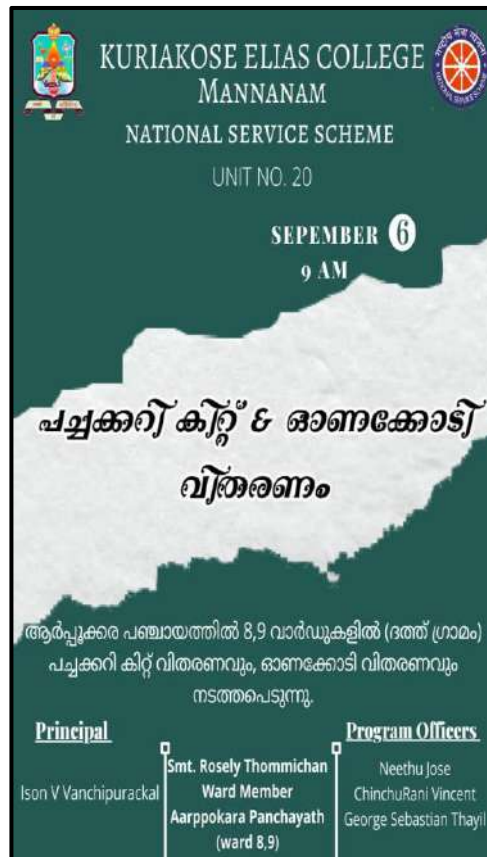
Grocery Kit Distribution

On September 6, 2022, the NSS Unit of Kuriakose Elias College, Mannanam, undertook a significant communal and socioeconomic inclusion initiative by organizing a grocery kit distribution program. Recognizing the rising costs of vegetables and other essential groceries, the volunteers aimed to support Below Poverty Line (BPL) families within the adopted wards of Arppookkara Panchayath.

The program was inaugurated by Smt. Rosily Thomichan, a ward member of the adopted area, who commended the effort and expressed her appreciation for the college's commitment to community welfare. Each grocery kit included essential items designed to alleviate some of the financial burdens faced by these families.

In addition to the grocery kits, Onakkody was distributed to the security and cleaning staff of the college. This gesture was intended to recognize their hard work and dedication, fostering a sense of appreciation and inclusion within the college community.

The initiative not only provided practical support to those in need but also strengthened the bonds between the college and the surrounding community. It exemplified the NSS Unit's dedication to socioeconomic inclusion and its ongoing efforts to address local needs.





Distribution of vegetable kits to adopted village of Aarpookkara panchayath(Ward 8,9) & Distribution of Onakodi





Walk For Freedom

On October 15, 2022, Kuriakose Elias College, Mannanam, participated in a significant global initiative, Walk for Freedom, aimed at raising awareness about human trafficking. This event, organized by A21, an international NGO dedicated to combating modern-day slavery, is the world's largest simultaneous awareness event, occurring in 500 locations across 50 countries. To date, Walk for Freedom has reached over 250 million people in 72 countries, engaging thousands of events and tens of thousands of participants.

In Ettumanoor, the Walk for Freedom was a collaborative effort involving various local institutions and community members. The event brought together Kuriakose Elias Development Action & Service Society (KEDAS), the Social Work Departments of both Ettumanoorappan College and KE College, AHT Clubs from both colleges, the NSS Units of Ettumanoorappan College (Unit No. 75) and KE College Mannanam (Unit No. 20), as well as the Government Higher Secondary School and Government Vocational Higher Secondary School of Ettumanoor.

The program started with the welcome speech delivered by Adv.Reni K Jacob (Legal consultant IJM), he also introduced the chief guest of the programme Sri Sudheesh Kumar S (Sub Judge/Secretary, District Legal Services Authority, Kottayam). The Walk for Freedom pledge was led by Sri Sudheesh Kumar S. The flag of ceremony was done jointly by Shri.Hemant Kumar (Principal, Ettumanoorappan College) and Fr Biju Thomas Thekkekkutt CMI (Director, KEDAS) Ms. Sherin KC (Project coordinator,KEDAS) proposed vote of thanks.

The program was attended by around 200 participants, including notable figures such as Ms. Elizabeth Alexander, Head of the PG Department of Social Work at KE College Mannanam, Mrs. Sara, Head of the Department of Social Work at Ettumanoorappan College, and faculty members Ms. Manisha Sunder and Mr. Shinto from Ettumanoorappan College.

This event not only highlighted the global issue of human trafficking but also demonstrated the power of community collaboration in promoting social justice and awareness.







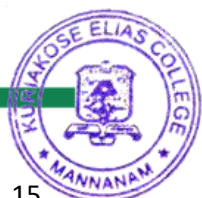
National Poverty Eradication Day: Food Collection Drive

In observance of National Poverty Eradication Day on October 20, 2022, Kuriakose Elias College, Mannanam, organized a meaningful communal and socioeconomic inclusion activity. To address food insecurity and support those in need, the NSS Unit mobilized volunteers to lead a food donation drive within the college community.

Students were encouraged to contribute food packets, and for those who could not provide food, small monetary donations were collected from both students and teachers. These funds were used to purchase additional meals from the college canteen, ensuring a diverse and ample supply of food.

The collected food packets and meals were then distributed to patients and their bystanders at the nearby Medical College. This effort aimed to provide comfort and support to individuals facing challenging circumstances, highlighting the college’s commitment to community welfare and social responsibility.

This initiative not only contributed to alleviating immediate needs but also fostered a sense of empathy and solidarity within the college community. The program exemplified Kuriakose Elias College’s dedication to communal support and socioeconomic inclusion, reinforcing the importance of collective action in addressing poverty and supporting those in need.





National Pollution Prevention Day

In recognition of National Pollution Prevention Day on December 2nd, 2022, Kuriakose Elias College, Mannanam, undertook a proactive communal and socioeconomic inclusion initiative spearheaded by the NSS Unit. The day was dedicated to raising awareness about environmental conservation and reducing pollution to safeguard our natural resources.

The NSS Unit organized a clean-up drive targeting the Mannanam - Chaathunnippara link road and the college premises. Volunteers meticulously collected plastic waste and other litter from these areas, demonstrating a tangible commitment to environmental stewardship. This effort aimed to highlight the importance of reducing pollution and encouraged the community to adopt more sustainable practices.

By engaging in this clean-up activity, the NSS Unit not only contributed to a cleaner and healthier environment but also sought to inspire others to take action against pollution. The initiative served as a powerful reminder of the collective responsibility we share in protecting our natural surroundings and promoting ecological well-being.

Through this activity, Kuriakose Elias College reinforced its dedication to both community involvement and environmental conservation, fostering a culture of awareness and respect for nature among students and local residents.



**KURIAKOSE
ELIAS
COLLEGE**
Mannanam P.O., Kottayam, Pin-686564



NSS UNIT NO.20

NATIONAL POLLUTION PREVENTION DAY

DECEMBER 2

SRAMADHANAM





World Disability Day Seminar

On December 19, 2022, Kuriakose Elias College, Mannanam, hosted a significant seminar in celebration of World Disability Day, organized by the Self-Financing wing of Psychology at Fabian Hall. The event was dedicated to promoting the rights and well-being of persons with disabilities and raising awareness about their situation across all facets of political, social, economic, and cultural life.

The seminar was designed to highlight the critical issues faced by individuals with disabilities and to advocate for their inclusion and rights in every level of society and development. World Disability Day serves as a crucial platform for educating the public and fostering a more inclusive environment by addressing the various challenges and barriers that persons with disabilities encounter.

The session was led by Dr. Tessy Grace, a distinguished clinical psychologist and Counsellor at IIT Palakkad. Dr. Grace's expertise provided valuable insights into the psychological and social dimensions of disability. Her engaging and interactive presentation facilitated a deeper understanding of the needs and rights of individuals with disabilities, fostering empathy and advocacy among attendees.

The seminar featured a highly interactive format, with students actively participating and responding to queries with enthusiasm.

The seminar successfully contributed to raising awareness and advocating for the rights of individuals with disabilities. By addressing both the challenges and the achievements in disability rights, the program underscored the importance of societal inclusion and the need for continued advocacy.

The event aligned with the college's mission of promoting communal and socioeconomic inclusiveness. It provided a platform for students and faculty to engage with and support the broader goals of disability rights and inclusion, reinforcing the college's role in fostering a more equitable and supportive community.







KURIAKOSE ELIAS COLLEGE MANNANAM
DEPARTMENT OF PSYCHOLOGY S.F.

On observance of
**WORLD
DISABILITY DAY**

**Early Intervention in
Management of
Developmental Disabilities**



**Dr. Tessy Grace Mathews,
Clinical Psychologist
IIT-PKD**



Seminar On
19th December 2022
At Fabion Hall
Time: 10 am

PRINCIPAL: SONY WIND-ELURAKAL
HOD: ANS-R-BAJUN
FACULTY COORDINATOR: GABA VJI
STUDENT COORDINATOR: GANGALAKS-M



GPS Map Centre

Mannanam, Kerala, India
JGV9+PQF, Mannanam, Kerala 686561, India
Lat 8.644537°
Long 76.519314°
19/12/22 12:14 PM GMT +05:30

Google





Visit to Abrobhavan, Athirampuzha

On February 1, 2023, the Department of Commerce (SF) at Kuriakose Elias College, Mannanam, organized a heartfelt communal and socioeconomic inclusion activity by spending a day with the residents of Abro Bhavan, an old age home in Athirampuzha. This initiative was coordinated by the department's teachers and involved a meaningful engagement with the elderly residents.

The visit was led by the Head of the Department, Dr. George Joseph Nadackal, accompanied by both faculty members and students. They dedicated their time to connecting with the blessed mothers residing at Abro Bhavan, sharing stories, laughter, and moments of reflection. The Principal, Ison V. Vanchipurackal, and the Bursar, Rev. Fr. Biju Thomas CMI, also participated in the visit, spending valuable moments with the residents and adding a personal touch to the day's activities.

Throughout the visit, students and teachers engaged deeply with the residents, listening to their stories, which were often both uplifting and poignant. The interactions were marked by shared laughter and, at times, heartfelt emotions, creating a rich and empathetic exchange between generations.

Following these personal interactions, a hearty meal was shared, further strengthening the bonds formed during the day. The students organized and performed various cultural programs, which were enthusiastically enjoyed by the residents. The performances not only entertained but also fostered a sense of community and joy among everyone present.

This activity exemplified the college's commitment to communal and socioeconomic inclusion by bridging generational gaps and fostering mutual respect and understanding. It highlighted the value of engaging with and supporting our elderly community members, ensuring they feel valued and cherished.





KURIAKOSE ELIAS COLLEGE
MANNANAM, KOTTAYAM
 DEPARTMENT OF COMMERCE (SF)
 IN ASSOCIATION WITH
 IQAC

Our Day with Blessed Moms
old age home visit

Date: 21 Feb 2023
Venue: Abro Bhavan, Athirampuzha

<i>Organising Committee</i>	<i>Faculty Coordinators</i>
<i>Prof (Dr) Ison V Vanchiparaackal</i> <i>(Principal)</i>	<i>Geethika Suresh</i> <i>Jaimol Varghese</i>
<i>Rev Dr Xavier CS CMI (Vice Principal)</i>	<i>Student Coordinators</i>
<i>Rev Fr Biju Thomas CMI</i> <i>(Bursar Cum Director)</i>	<i>Adithya Anup</i> <i>Santhra Savio</i>
<i>Dr Sandhya C (IQAC Coordinator)</i>	





Computer Literacy Survey and Awareness Campaign

On March 4, 2023, the Department of Computer Applications at Kuriakose Elias College, Mannanam, conducted an impactful community engagement initiative aimed at enhancing computer literacy and digital awareness among local residents. The survey was a key part of the department's mission to empower the neighbourhood by improving their understanding of computer technology.

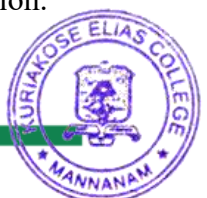
A team of four students led the survey, which involved visiting approximately 20 households in the vicinity of the college. The primary objective was to assess the current level of computer literacy within the community and to offer guidance where needed. During their interactions, the students posed questions to gauge the residents' knowledge about computers and provided practical advice to those with limited understanding.

The initiative was supervised by faculty member Ms. Ann Maria Jose, who guided the students throughout the survey process. The effort was well-received, as it not only gathered valuable data on the community's computer proficiency but also offered direct support to individuals needing assistance.

The primary objectives of the survey conducted by the Department of Computer Applications were to enhance basic computer knowledge among local residents, improve digital equity, and create greater social opportunities through technology. The initiative aimed to increase online safety awareness and familiarize community members with e-payment systems. By achieving these goals, the survey sought to empower individuals with essential digital skills, thereby promoting their inclusion in the digital landscape.

As a result of the survey, community members gained the ability to identify fundamental computer concepts and functions, and to effectively use various software applications for specific tasks. This increased proficiency not only helped bridge gaps in computer literacy but also equipped residents with the tools needed to navigate the digital world more confidently and securely.

The successful completion of this survey highlighted the Department of Computer Applications' commitment to fostering digital literacy and promoting socioeconomic inclusion.





It served as a vital step in ensuring that local residents are better equipped to participate in the digital age, ultimately contributing to their overall empowerment and integration into the increasingly technology-driven world.



**Activities Addressing Communal, Socioeconomic Inclusiveness 2021-2022**

Sl. No	Title of the Programme	Date	Organizing Dept./Cell/Club	Page No.
1.	Food Distribution by CSM-JY	Every Thursday	CSM-JY	25
2.	Palliative Care- 'Ammathattil Oru Onakkalam'	03/09/2021	NSS Unit	27
3.	Welfare of Cancer Patients' Day	22/09/2021	NSS Unit	29
4.	Gandhi Jayanthi (School Campus Cleaning)	02/10/2021	NSS Unit	32
5.	Flood Relief Activities	21/10/2021	NSS Unit	35
6.	International Day of People with Disabilities	04/12/2021	Department of Social Work (MSW)	37
7.	International Migrants' Day	18/12/2021	Department of Social Work (MSW)	38
8.	Christmas Celebration at Community	22/12/2021	Department of Social Work (MSW)	41
9.	Pratheeksha'- Special NSS Camp	26/12/2021 to 01/01/2022	NSS Unit	42
10.	Awareness Class on Digital Banking to MGNREGA Workers	27/02/2022	Department of Social Work (MSW)	44
11.	Library Setting at St. Joseph's U.P School, Mannanam	30/03/2022	NSS Unit	45
12.	Vincent de Paul society of Mannanam makes a visit to Adopted family	12/04/2022	Vincent de Paul society	47


Dr. Ison V Vanchipurackal

PRINCIPAL
KURIAKOSE ELIAS COLLEGE
MANNANAM, KERALA-686 561





Food Distribution by CSM-JY

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6. **Promoting Inclusiveness:** The involvement of students and staff from various backgrounds in this initiative reflects the college's dedication to fostering an inclusive environment. It encourages participants from different socio-economic strata and cultural backgrounds to come together for a common cause, thus enhancing mutual understanding and solidarity.
7. **Educational and Moral Development:** Through active participation in this outreach program, students are not only contributing to a social cause but also gaining valuable lessons in civic responsibility, empathy, and the importance of social justice. The experience enriches their personal development and reinforces the college's ethos of nurturing responsible and compassionate citizens.
8. **Strengthening Community Bonds:** The weekly food distribution helps bridge gaps between the college community and the local population. It establishes a tangible connection between the institution and the wider community, promoting a sense of shared purpose and collective action.





In essence, the CSM-JY’s food distribution initiative is a powerful testament to Kuriakose Elias College’s commitment to communal and socioeconomic inclusiveness. It exemplifies how educational institutions can leverage their resources and collective goodwill to make a meaningful impact on society, thereby honouring the legacy of Saint Kuriakose Elias Chavara’s vision of service and social equity.





Palliative Care- ‘Ammathattil Oru Onakkalam’

The COVID-19 pandemic brought significant restrictions on social gatherings, profoundly affecting the student community and beyond. While various online discussions addressed the psychological impact on students, the challenges faced by residents of orphanages, asylums, and old age homes were often overlooked. Before the pandemic, these facilities benefited from regular visits and interactions with well-wishers. However, the closure of these institutions during the pandemic exacerbated the isolation and mental distress experienced by their residents.

In response to this situation, a dedicated group of 15 volunteers from Kuriakose Elias College, along with Programme Officers and the Principal, visited Abhaya Bhavan, an old age home for abandoned mothers in Arppookara Panchayath, on September 3, 2021. This visit was made possible after securing permission from the facility’s authorities and was conducted in strict adherence to COVID-19 protocols to ensure the safety of both residents and participants.

The volunteers organized a series of cultural programs designed to bring joy and alleviate some of the residents' isolation. In addition, the team distributed ‘Onakodi’ worth Rs. 3,000 to each resident, a gesture made possible through generous contributions from philanthropists. The presence of the volunteers and the cultural activities brought visible happiness to the mothers, who actively participated in the singing and celebrations.

This visit not only provided much-needed emotional support to the residents but also highlighted the college's commitment to communal and socioeconomic inclusion during challenging times. It demonstrated an empathetic approach to addressing the needs of the marginalized and underscored the importance of maintaining connections and support for vulnerable populations, even in the midst of a global crisis.





Kuriakose Elias College, Mannanam
NSS Unit - 20

ON SEPTEMBER 5, 2021

അമ്മത്തട്ടിൽ ഒരു ഓണക്കാലം

Visit to
**GREAT JUBILEE MEMORIAL
BL. ALPHONSA CENTRE
ABHAYABHAVAN**
Arpookara P.O, Kottayam

ഓണക്കാഴ്ചി വിതരണവും
കലാപരിപാടികളും

Organising Committee

Rev. Dr Xavier CS CMI
Principal

Ms. Neethu Jose
Ms. Chinchu Rani Vincent
Mr. Shamal T M
Programme Officers

Follow us on :

NSS KE College nsskecollege





Welfare of Cancer Patients' Day

On September 22, 2021, the NSS Unit of Kuriakose Elias College, Mannanam, organized a meaningful hair donation camp in collaboration with the Sargakshetra Women's Forum, Changanacherry. This initiative aimed to support cancer patients by providing them with wigs made from donated hair, thus enhancing their quality of life during treatment.

The camp saw the voluntary participation of four students and one teacher, who generously donated their hair to this noble cause. Program Officers Mr. Neethu Jose and Ms. Chinchu Rani Vincent played a pivotal role in leading the camp and ensuring its smooth execution.

Representatives from the Sargakshetra Women's Forum were present to collect the donated hair, which will be used to create wigs for individuals undergoing chemotherapy. The initiative highlighted the college's commitment to community service and socioeconomic inclusion, showcasing the students' and faculty's dedication to supporting those in need.

Although many students expressed interest in participating, some were unable to donate their hair due to not meeting the length requirements. This demonstrated a high level of awareness and willingness to contribute to the cause, reflecting the broader spirit of community engagement fostered by the NSS Unit.

The hair donation camp not only provided practical support to cancer patients but also served as an educational experience, promoting empathy and social responsibility among students. It underscored the importance of collective action in addressing health-related challenges and supporting vulnerable populations within the community.



KURIAKOSE ELIAS COLLEGE
NATIONAL SERVICE SCHEME

ON
SEPTEMBER 22
**HAIR
DONATION
CAMP**



WORLD ROSE DAY

WELFARE OF CANCER PATIENTS
#together we care

NB. Minimum required length
Boys - 15 inch
Girls - 16 inch
Students from outside the college can also donate.

Those who are interested please contact :
Ms. Neetha Jose - +91 94008 15511
Ms. Chiruba Rani Vincent - +91 90863 77671
Mr. Shanoof T.M - +91 97478 20013
(NSS Programme Officers)

CONTACT BEFORE 6PM ON 19TH SEPTEMBER 2021

KURIAKOSE ELIAS COLLEGE
NATIONAL SERVICE SCHEME

In association with
Sargakshetra Women's Forum

WORLD ROSE DAY

Welfare of Cancer Patients Day

On
September 22, 2021
@ 11pm

Hair Donation Camp
Lobby of love

Venue : Christopher Hall
#together we care

ORGANISING COMMITTEE

Principal
Rev. Dr. Xavier C.S.CMI

Programme Officers
Ms. Neetha Jose
Ms. Chiruba Rani Vincent
Mr. Shanoof T.M







Gandhi Jayanthi (School Campus Cleaning)

In alignment with the Shramadhaan activity on October 2, 2021, the NSS Unit of Kuriakose Elias College, Mannanam, undertook a significant communal service project in partnership with the Y's Men International Club, Mannanam. This initiative focused on cleaning and revitalizing the campus of Sree Narayana Vilasam Lower Primary School, Mannanam, in preparation for the school's reopening after a year and a half of online classes due to the COVID-19 pandemic.

With the government's directive to resume physical schooling, there was an urgent need to clean and sanitize the school facilities. Our dedicated volunteers, along with members of the Y's Men International Club, carried out a comprehensive cleaning of the classrooms, school grounds, and the immediate vicinity of the school premises. They also undertook a beautification project by planting flowering plants, enhancing the school environment for the returning students.

The Shramadhaan activity was inaugurated by Smt. Ambili Pradeep, a member of Ward 19, Athirampuzha Panchayath, who praised the collaborative effort and the community spirit demonstrated. The program was guided by Programme Officers Ms. Neethu Jose, Ms. Chinchu Rani Vincent, and Mr. Shamal T.M, alongside the support and leadership of the school management.

This initiative not only contributed to the physical improvement of the school environment but also highlighted the importance of community involvement and social responsibility. By preparing the school for its reopening, the activity reinforced the college's commitment to supporting local educational institutions and promoting communal well-being, ensuring a safe and welcoming space for students to return to their classrooms.



KE

**KURIAKOSE
ELIAS
COLLEGE**

Mannanam P.O, Kottayam, Pin-686556



**NATIONAL SERVICE SCHEME, UNIT NO.20
IN ASSOCIATION WITH
Y'S MEN INTERNATIONAL, MANNANAM**

കരുതൽ
കുഞ്ഞുപൈതങ്ങൾക്കായി
ശ്രീനാരായണവിലാസം ലോവർ പ്രൈമറി സ്കൂൾ
ശ്രമദാനം
02 ഒക്ടോബർ 2021
രാവിലെ 8.00 മുതൽ



ഉദ്ഘാടനം : ശ്രീമതി. അമ്പിളി പ്രദീപ്
മെമ്പർ, വാർഡ് 19
അതിരമ്പുഴ പഞ്ചായത്ത്

Organising Committee

Fr.Dr. Xavier CS CMI
Principal In Charge
K.E.College, Mannanam
NSS Programme Officers
Mrs.Neethu Jose
Mrs.Chinchu Rani Vincent
Mr.Shamal T M

Mr. Sajeev
Manager
SNDP School

Y's Men International

Mr.Vincent Alex
President
Mr.Sallm Gopal
Secretary
Mr.Sanjeev N
Treasurer







Flood Relief Activities

In response to the devastating floods that struck Kerala in 2021, particularly affecting the Koottikkal Panchayat in Mundakkayam, Kuriakose Elias College, Mannanam, mobilized a significant communal and socioeconomic inclusion effort. The natural calamity severely impacted the lives and livelihoods of many residents, necessitating urgent support and assistance.

Recognizing the dire need for aid, the NSS Unit organized a fund collection campaign, successfully raising approximately Rs. 14,000. With these funds, the college purchased kitchen utensils, which were assembled into twenty comprehensive kits, each designed to support a family in need. This initiative aimed to provide essential household items to those who had lost much due to the flood.

On October 21, 2021, volunteer leaders and program officers—Ms. Neethu Jose, Ms. Chinchu Rani Vincent, and Mr. Shamal T.M—visited the affected areas to oversee the distribution of these kits. They collaborated with volunteers from Jesus Youth, who were actively involved in sorting and organizing relief materials at St. George Orthodox Church, Koottikkal. This collaboration underscored the collective community effort to support flood-affected families and highlighted the importance of partnership in disaster relief. The visit not only facilitated the distribution of vital resources but also allowed the volunteers to connect directly with the affected community, offering support and solidarity during a challenging time. This activity exemplified Kuriakose Elias College's commitment to social responsibility and communal care, reinforcing the value of active engagement and assistance in the face of natural disasters.





KURIAKOSE ELIAS COLLEGE
NATIONAL SERVICE SCHEME
 UNIT NO 20

HEED TO NEED!
 Even your smallest help will go a long way.

DONATION NEEDED
 BEFORE 10PM ON
 OCTOBER 21, 2021
 GOOGLE PAY :+919747820013
 (MR. SHAMAL T M)

ORGANISING COMMITTEE:
 PRINCIPAL
 REV. DR. XAVIER CS CMI

PROGRAMME OFFICERS
 MS. NEETHU JOSE
 MS. CHINCHU RANI VINCENT
 MR. SHAMAL T M





International Day of People with Disabilities

On December 4, 2021, the PG Department of Social Work at Kuriakose Elias College, Mannanam, in collaboration with ASHWEM, organized a visit to Sathirthya Special School in Villooni to celebrate the International Day of Persons with Disabilities. The event, coordinated by TSW students Theresa Jose Maliakal and Bokang Maseli, commenced at 2:00 PM with a welcome speech by TSW trainee Anagha Anu.

The school's director, Sr. Vincy, provided an insightful address on the significance of special schools and the challenges they face. TSW student Vineetha's presentation of handmade cards to the five special students was a heartfelt gesture, warmly received by the children. A lively fun session involving all participants followed, where Anjali, a student from the school, won a prize.

The event concluded with a vote of thanks by TSW student Maria John. This initiative highlighted Kuriakose Elias College's commitment to communal and socioeconomic inclusiveness by fostering understanding, support, and engagement with the special needs community, reinforcing the college's dedication to creating an inclusive and empathetic environment.





International Migrants' Day

In observance of International Migrants' Day on December 18, 2021, first-year MSW students from Kuriakose Elias College, Mannanam, collaborated with KISMAT, ASHWEM, and KEDAS to organize a meaningful outreach activity. This initiative was designed to raise awareness and provide support to migrant labourers in Kottayam.


The event featured a mime performance conducted by the students to address critical issues such as drug addiction, personal hygiene, and COVID-19 safety measures. The mime was specifically tailored to communicate these important messages effectively to the migrant labor community, offering both educational content and engagement in an accessible format.

In addition to the performance, TSW students Stella Anna Binoy and Amala Jose, who served as student coordinators, distributed masks to the migrant workers. This gesture was part of a broader effort to enhance awareness of COVID-19 safety measures and promote personal health and hygiene among the labourers.

The program concluded with a vote of thanks delivered by PSW Sherin KC, the KEDAS Project Coordinator, who expressed gratitude to all participants and collaborators for their contributions. This activity underscored Kuriakose Elias College's commitment to communal and socioeconomic inclusion by actively supporting and educating migrant workers, fostering a more informed and health-conscious community.







PG DEPARTMENT OF SOCIAL WORK
KE COLLEGE MANNANAM
 in associate with
ASWEM, KEDAS & KISMAT

MIGRANT VOICE
INTERNATIONAL MIGRANTS DAY CELEBRATION

TSW, Stella Anna Binoy (Student coordinator) TSW, Amala Jose (Student coordinator)
 Ms.Elizabeth Alexander (Head, PG Department of Social Work) PSW, Lakshmi T S (ASWEM Faculty incharge)
 PSW, Sherin K C (KEDAS Project Coordinator)





Christmas Celebration at Community

On December 22, 2021, Kuriakose Elias College, Mannanam, conducted multiple Christmas celebrations to promote communal and socioeconomic inclusion:

1. **Kuryattkundu Colony:** The event featured decorations and cleaning by trainees and children's club members. Inaugurated by Ward Member Sinu John, it included a children's magazine release, seed distribution, and cultural programs with community participation. Cake was served, and the event concluded with a vote of thanks by TSW Arya Mahesh Kumar.
2. **Kallumkalparambu Colony:** The celebration, named "PHOENIX," was inaugurated by Sri. V. K. Pradeep, Ward 8 member. It included the launch of children's and youth clubs, community performances, and games, with gifts distributed to winners.
3. **Ambika Vilasam Harijan Colony:** Initiated by Ward Member Mr. P.D. Babu, the event featured seed distribution, a children's magazine release, and cultural performances. Games were organized for children and community members.
4. **Ambedkar Colony:** The event began with seed distribution by Ward Member Mr. Sinu John, including cultural performances by children and community games.
5. **Mission Parambu Colony:** Inaugurated by Mrs. Maria Gorethi, the event featured the launch of a youth club, seed distribution, cultural programs, and competitions for children. TSW Harsha delivered the vote of thanks.
6. **Vikas Nagar:** The celebration, led by Ward Member Ms. Rajamma Thankachan, included games and cultural performances by community members. TSW Vyshna Narayanan gave the vote of thanks.
7. **Rajeev Gandhi Colony:** Inaugurated by Ward Member Maya Baiju, the program included seed distribution, a children's magazine release, and cultural activities, with games for all attendees.





These celebrations underscored the college's commitment to inclusivity and community engagement through festive and supportive activities.





Pratheeksha'- Special NSS Camp

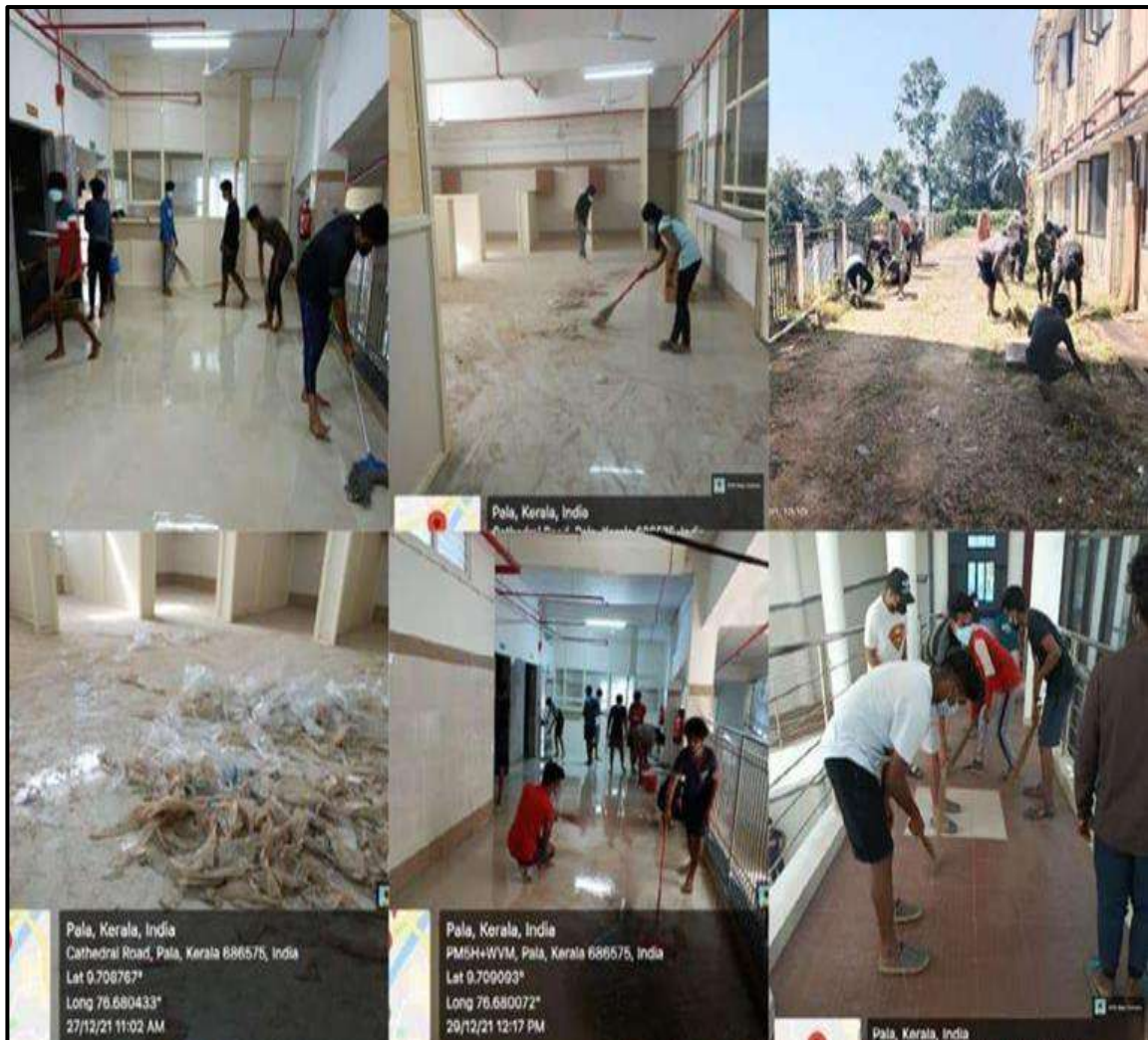
In response to directives from the NSS Directorate, Kuriakose Elias College, Mannanam, conducted a 7-day residential camp from December 26, 2021, to January 1, 2022. Due to security protocols related to the visit of the Vice President of India to Mannanam, the camp was relocated to Pala Municipality.

Accommodation was arranged for 73 male volunteers at St. Thomas U.P. School, Pala, and for 77 female volunteers at St. Antony's L.P. School, Mutholy. The primary focus of the camp was the cleaning and preparation of a newly constructed hospital building that had remained unused for three years. Volunteers concentrated on the floors designated for the Oncology and Dialysis units.

The timely completion of this task was crucial, as it facilitated the opening of these essential units, providing much-needed medical support to financially disadvantaged patients from Kottayam and Idukki districts. The successful completion of the project significantly contributed to enhancing healthcare accessibility in the region.

Our efforts received commendations from Sri. Mani C. Kaappen, MLA of Pala, and Sri. Jose K. Mani, Former MP, who acknowledged our work on their Facebook pages. This initiative exemplifies the college's commitment to communal and socioeconomic inclusion by directly supporting the healthcare needs of underserved communities.





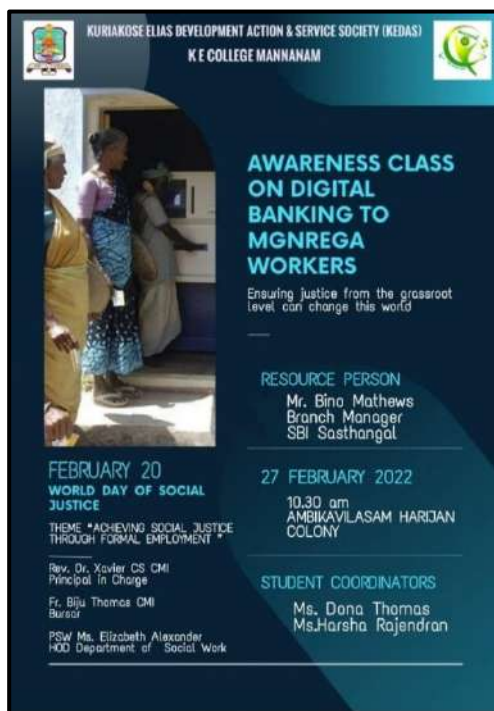


Awareness Class on Digital Banking to MGNREGA Workers

In observance of World Day of Social Justice, Kuriakose Elias College, Mannanam, organized an impactful awareness session on digital banking for the MGNREGA workers of Ambikavilasam Harijan Colony on February 27, 2022. This initiative was aimed at enhancing financial literacy and digital inclusion among the workers, who are often marginalized in the financial ecosystem.

The session was conducted by Mr. Bino Mathew, Branch Manager of SBI Sasthanganal, who provided comprehensive insights into digital banking tools and practices. Mr. Mathew covered key topics such as online banking, mobile banking apps, and secure transaction practices, which are essential for modern financial management.

This program was part of the college's broader commitment to communal and socioeconomic inclusion, addressing the digital divide and empowering marginalized communities with essential skills. By equipping MGNREGA workers with knowledge about digital banking, the college aimed to improve their financial independence and integration into the digital economy, ensuring they have access to convenient and secure banking services.



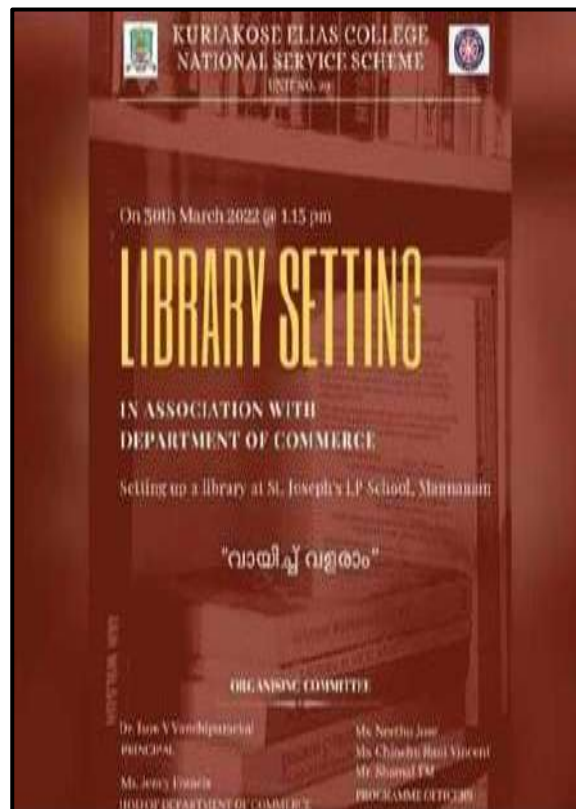


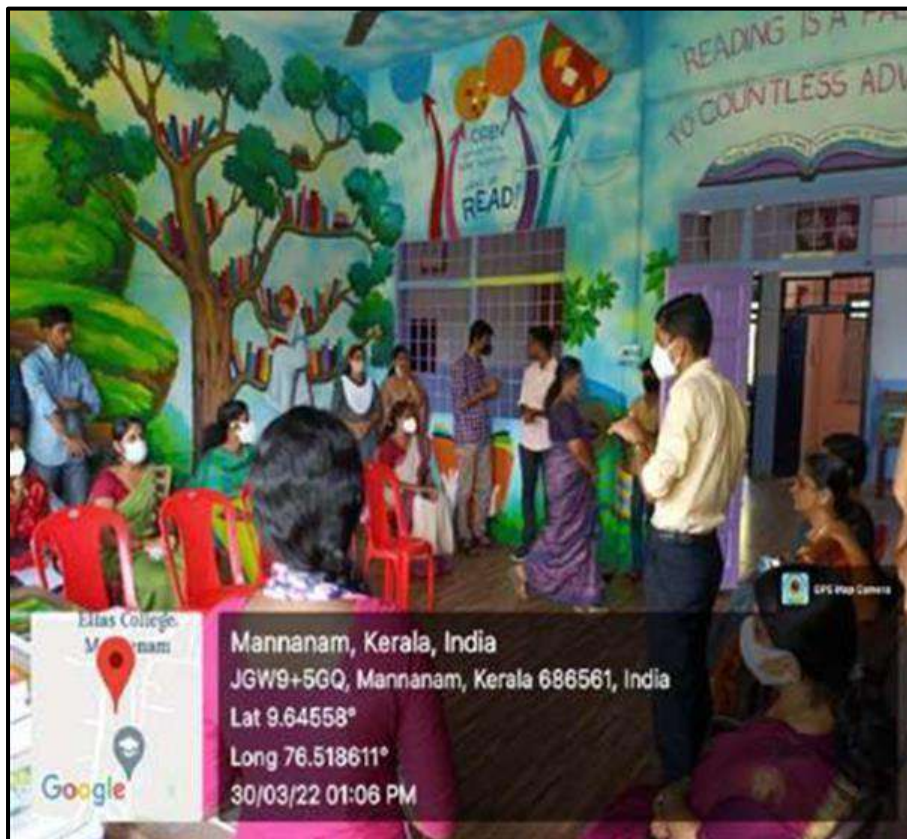
Library Setting at St. Joseph’s U.P School, Mannanam

Recognizing the lack of a library at St. Joseph’s U.P. School, located near Kuriakose Elias College, Mannanam, our program officers, supported by dedicated volunteers and in collaboration with the Department of Commerce, spearheaded a book collection drive. This initiative aimed to address the educational resource gap at the school.

The drive successfully gathered a significant number of used books and included the purchase of approximately 500 new books. On March 30, 2022, these books were formally handed over to the school management in a ceremony presided over by our Principal, Dr. Ison V. Vanchipurackal.

The event was attended by 20 volunteers and key leaders, reflecting our commitment to communal and socioeconomic inclusion. Smt. Bindhu Xavier, Head Mistress of St. Joseph’s U.P. School, expressed her profound gratitude for the support extended, which will greatly benefit the students by enhancing their access to educational materials. This project underscores our dedication to improving educational opportunities and fostering community support for local institutions.







Vincent de Paul society of Mannanam makes a visit to Adopted family

A key outreach initiative of the Vincent de Paul Society at Kuriakose Elias College, Mannanam, involves providing financial assistance to a economically disadvantaged family in Villoonni, a village near Mannanam. The society has adopted a family, offering consistent support to improve their quality of life.

On April 12, 2022, the Vincent de Paul Society’s unit, comprising both students and teachers, visited the adopted family. This annual visit is more than just a charitable gesture; it serves as an educational experience for the students, offering them a direct glimpse into the challenges faced by less fortunate members of society. The visit facilitates a deeper understanding of socioeconomic issues and fosters empathy and social responsibility among the students.

Following the visit, the participants—both students and teachers—shared their reflections and experiences. These discussions not only highlighted the impact of their support but also inspired the students to think creatively about further outreach efforts. The experience reinforced the importance of community engagement and motivated the students to explore additional ways to assist those in need, embodying the values of communal support and socioeconomic inclusion that are central to the society’s mission.



**Activities Addressing Communal, Socioeconomic Inclusiveness 2020-2021**

Sl. No	Title of the Programme	Date	Organizing Dept./Cell/Club	Page No.
1.	Hand Sanitizer Preparation	02/06/2020 to 03/06/2020	Department of Chemistry	49
2.	World Population Day	11/07/2020	Department of Social Work (MSW)	51
3.	Programme on 'Art of Bee keeping- Apiculture	29/08/2020	Department of Botany	53
4.	Karuthalai Nadinoppam-Supply of face mask among adults	24/09/2020	NSS Unit	55
5.	Webinar on "Healthy Lifestyle"	07/08/2020	Department of Social Work (MSW)	56
6.	Women's Equality Day	26/08/2020	Department of Social Work (MSW)	58
7.	Karuthalai Nadinoppam-Supply of face mask among adults	12/11/2020	NSS Unit	55
8.	ChavaraKadavu Cleaning Phase V	24/09/2020	NSS Unit	60
9.	Distribution of Sanitary Napkin	12/11/2020	NSS Unit	61
10.	Energy Conservation Awareness Programme in Schools	09/02/2021 to 10/02/2021	Department of Physics with Applied Electronics	62
11.	Biopesticide preparation and distribution	03/03/2021	Department of Botany	63
12.	Go Organic Campaign and Seed Distribution	24/03/2021	Department of Commerce (Aided)	65


Dr. Ison V Vanchipurackal

PRINCIPAL
KURIAKOSE ELIAS COLLEGE
MANNANAM, KERALA - 685 561





Training For Sanitizer Preparation and Its Distribution

In response to the COVID-19 pandemic, the Department of Chemistry at Kuriakose Elias College, Mannanam, took proactive measures to support the community by preparing hand sanitizers in our laboratory, adhering strictly to WHO guidelines. Recognizing the critical need for sanitization, we distributed these hand sanitizers to local shops and auto drivers at Mannanam Junction to enhance their safety.

The initiative garnered attention from local authorities, leading to a request from the Gandhi Nagar Police Station for bulk quantities to meet their requirements. In response, the Department organized a training program on June 2, 2020, providing hands-on instruction and consultancy support on hand sanitizer preparation to the Kudumbashree unit in Ward 8 of Arpookara Panchayat. This effort was warmly acknowledged by Smt. Rosely Tomichen, Vice President of Arpookara Panchayat, who expressed her gratitude for the department's support.

Further extending this initiative, Dr. Jollyamma Mathew, Head of the Department, coordinated a similar training session for teachers and students of K.E. English Medium School, Mannanam, on June 3, 2020. The program aimed to empower more individuals with the skills to produce hand sanitizers, thereby contributing to the community's overall health and safety during the pandemic.

This series of activities reflects our commitment to communal and socioeconomic inclusion by addressing immediate public health needs and providing essential training to enhance local self-reliance during the pandemic.







World Population Day

World Population Day, celebrated on July 11 each year, aims to raise awareness about critical population issues such as family planning, gender equality, poverty alleviation, maternal health, and human rights. The day was proposed by Dr. K.C. Zachariah when the global population reached five billion during his tenure as a demographer at the World Bank. This year's theme focused on the increased needs for sexual and reproductive health services for women and girls, highlighting vulnerabilities exacerbated by the COVID-19 pandemic.

In alignment with this theme and as part of their academic assignments, the second group of July from the Department of Social Work at Kuriakose Elias College, Mannanam, organized an impactful observance of World Population Day. Under the guidance of Mrs. Elizabeth Alexander, Head of the Department, Social Work, along with faculty members Mrs. Simple Mathew and Mr. Akhil Sadasivan, and team members Ms. Ashin Davis (Team Leader), Mr. Christy Varghese, Ms. Catherine, Ms. Devi, and Ms. Berlin Paul, the event was conducted in collaboration with KEDAS and ASWEM.

On July 11, 2020, the team facilitated a significant initiative by featuring a message from Dr. Kavitha Rangaswami, Assistant Professor, Department of Social Work at PSG College of Arts and Science, Tamil Nadu. This message, addressing the day's theme and its relevance in the context of the pandemic, was shared on YouTube, reaching a broad audience and contributing valuable insights into the discussion on population and health issues.

The observance was a testament to the department's commitment to communal and socioeconomic inclusion, ensuring that critical information and support reach diverse communities, especially during challenging times.






PG DEPARTMENT OF SOCIAL WORK
KE COLLEGE MANNANAM

In association with
KEDAS and ASWEM

Message on
World Population Day
July 11 2020

AWARENESS CLASS

Theme
Raise awareness of women's and girls' needs for sexual and reproductive health and vulnerabilities during the pandemic.



Resource person:
Dr Kavitha Rangaswami
Assistant Professor
Department of Social Work
PSG College of Arts and
Science, Tamil Nadu

Mrs. Elizabeth Alexander (HOD)
Mrs. Simple Renju (ASWEM incharge)
Mr. Akhil Sadhashivan (KEDAS Incharge: 9745409079)
Ashin Davis (Student Coordinator)





Programme on ‘Art of Bee keeping- Apiculture

An Agri Entrepreneur skill development Programme on ‘Art of Bee keeping- Apiculture’ was organised by the Department of Botany in association with the Internal Quality assurance cell of Kuriakose Elias College, Mannanam on July 29, 2020. This webinar was organised in recognition of the importance of honey bees for sustainable agriculture and entrepreneurship development, especially among the graduate students.

Dr. Mathews. T. Thelly (HOD and IQAC coordinator) welcomed the resource person and participants to the webinar. Dr. Brigit Paul (Principal, K. E college Mannanam) delivered the inaugural address. Fr. Dr. Xavier C.S CMI (Vice Principal, K. E college Mannanam) felicitated the gathering. The resource person Dr. Sajan jose K (Managing Director, Regal Bees Garden, Kanjar, Moolamattom) provided knowledge on bees, its lifecycle, disease management and honey extraction.


He highlighted the fact that, bee keeping, apart from creating a self-employment opportunity which generates good income, encourages the maintenance of biodiversity. The unemployed youth can start this as a business with minimal funds and proper utilization of natural resources. In addition to honey, the bee hive provides other useful products of economic value, such as propolis, bee venom, royal jelly, bees wax etc. Thus, bee keeping is a technology that generates income from multiple channels. The talk was followed by an active interactive session.

A total of 140 participants attended the programme. Ms. Theja Joseph (Assistant Professor, Botany Department) proposed the vote of thanks. The webinar helped to update the skill and knowledge of the participants, especially students, in the field of agriculture with development of entrepreneurship among them.

The programme is a prime example of how the college seeks to empower local communities by providing practical knowledge and skills. By focusing on beekeeping—a sustainable and low-cost entrepreneurial activity—the college helps community members, particularly unemployed youth and graduates, gain valuable skills that can lead to self-employment and economic independence.







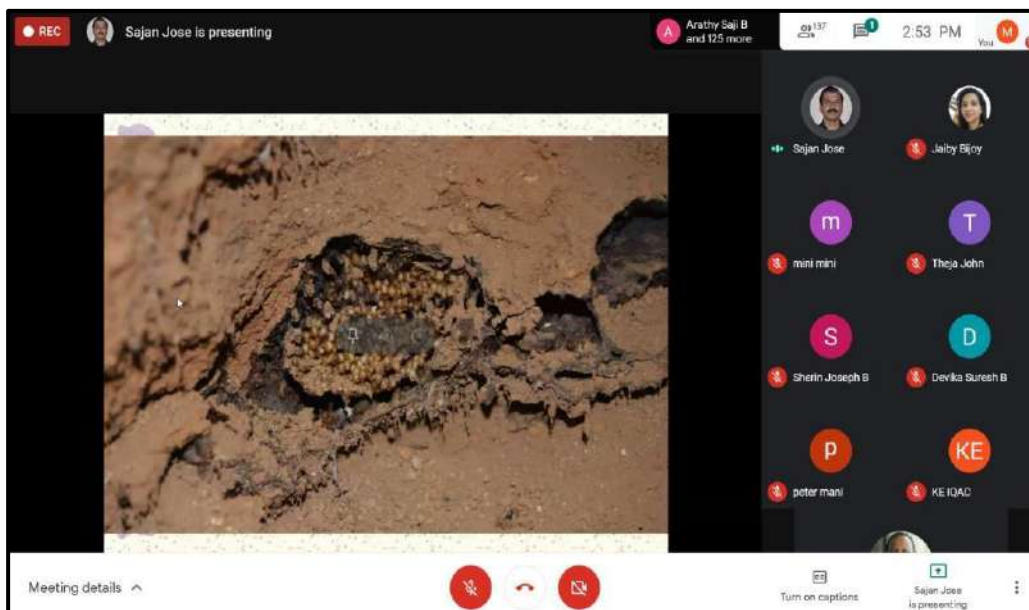
DEPARTMENT OF BOTANY
in association with
INTERNAL QUALITY ASSURANCE CELL
K E COLLEGE MANNANAM

organize

Agri Entrepreneur Skill Development
Webinar Series
Art of Beekeeping
APICULTURE

29th July 2020 **Resource person:** Google meet
Wednesday Dr. Sajan Jose K @
Regal Bee Gardens 2.00pm

Dr. Brijit Paul Principal	Fr. Dr. Xavier C S Vice Principal	Dr. Mathews T Thelly HOD & IQAC Coordinator
Mrs. Theja Joseph Convener	Mrs. Midhila Baby Organizing Secretary	





‘Karuthalai Nadinoppam’ - Mask Distribution

In connection with the NSS Day celebration, our Volunteers distributed masks to the poor households of our adopted village of Arpookkara Panchayat as part of Covid prevention activities. The first phase of Mask distribution programme was inaugurated by Rev. Fr. Joby Joseph Mukalel CMI (Administrator, K.E College) by handing over masks to Smt. Rosily Tomichan (Member, ward 8, Arpookkara Panchayat). The Volunteer leaders under the leadership of programme officers distributed masks to the households of nearby colonies of Ward 8 and Ward 9 of Arpookkara Panchayath.

Realising the need for the mask for children a second phase of mask distribution was organised on November 12, 2020.

KURIAKOSE ELIAS COLLEGE, MANNANAM
NSS UNIT NO. 20
SEPTEMBER 24 - NSS DAY CELEBRATION 2020

**കരുതലായി
നാടിനൊപ്പം**

Programmes..

1. Welcome Speech - Maria Rose TJ
2. Flag Off & Message - Dr. Brigit Paul
3. Felicitation - Rev. Dr. Xavier Cheeramthara CMI
4. Inauguration of Mask Distribution -
Rev. Fr. Joby Joseph Mukalel CMI
Giving To,
Mrs. Rosley Tomichan
{ Arpookkara Panchayath Vice President }
5. Vote Of Thanks - Albin Prakash
6. NSS Anthem

Live On #nsskecollege Instagram Page





Webinar on Healthy Lifestyle

On August 7, 2020, Kuriakose Elias College, Mannanam, organized a significant webinar on “Healthy Lifestyle” in collaboration with SANJEEVANI - Life Beyond Cancer, a non-profit public trust dedicated to comprehensive cancer care. The webinar aimed to educate the community on maintaining a healthy lifestyle to prevent cancer and other lifestyle-related diseases.


The session, held via Zoom at 2:30 PM, was led by Miss Sumki Begum, Program Coordinator at SANJEEVANI. The webinar addressed key topics such as cancer prevention, early diagnosis methods, and associated risk factors. It served as a platform to raise awareness about healthy living practices and their crucial role in reducing the incidence of cancer.

Miss Arpitha Chakraborty welcomed the participants, and the event was honored by the presence of Dr. Brijit Paul, Principal of Kuriakose Elias College. A total of 85 participants attended the session, and e-certificates were issued to those who completed the webinar successfully.

The event was organized by a dedicated team, led by Miss Ishana Aisha and including Miss Mariya John as the report writer, along with Miss Krishnapriya B., Fr. Jose Kurian, and Mr. Milen George Lalu. Faculty members Mrs. Elizabeth Alexander (HOD), Mrs. Simple Mathew (ASWEM Coordinator), and Mr. Akhil Sadasivan (KEDAS In-Charge) provided valuable support and guidance.

This webinar not only aimed to enhance the health awareness of the college community but also contributed to the broader goal of socioeconomic inclusion by addressing a critical public health issue. By educating individuals on cancer prevention and healthy living, the college supports communal well-being and promotes a healthier, more informed society.





HEALTHY LIFESTYLE

DIET FITNESS

WEBINAR ON HEALTHY LIFESTYLE


WHEN AND WHERE

August -7-2020, 2:30 PM


ON ZOOM

MEETING ID: 895 0026 5644
PASSCODE: 642601

RESOURCE PERSON:



**MISS. SUMKI BEGUM,
PROGRAM COORDINATOR,
SANJEEVANI LIFE BEYOND CANCER**



REGISTER TODAY

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E-CERTIFICATES AVAILABLE
FREE REGISTRATION


THIS WEBINAR IS BROUGHT TO YOU BY:

SANJEEVANI LIFE BEYOND CANCER AND K.E COLLEGE, MANNANAM

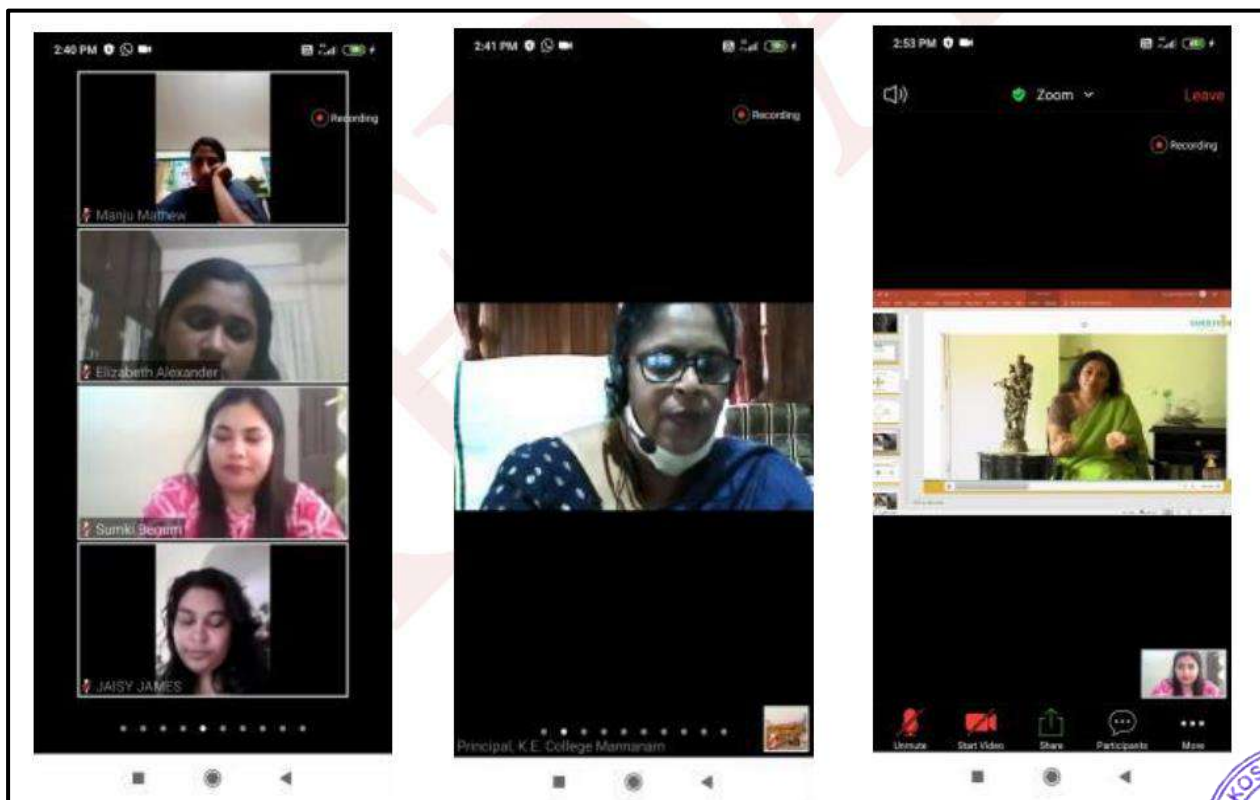
COORDINATORS :

MRS.ELIZABETH ALEXANDER (HOD)
MRS.SIMPLE RENJU (ASWEM IN-CHARGE)
MR.AKHIL SADHASHIVAN(KEDAS IN-CHARGE)
MR.MILEN GEORGE LALU(STUDENT CO-ORDINATOR)

Department of Social Work,
Kuriakose Elias College,
Mannanam
website:www.ke_college.ac.in



IN ASSOCIATION WITH KEDAS AND ASWEM

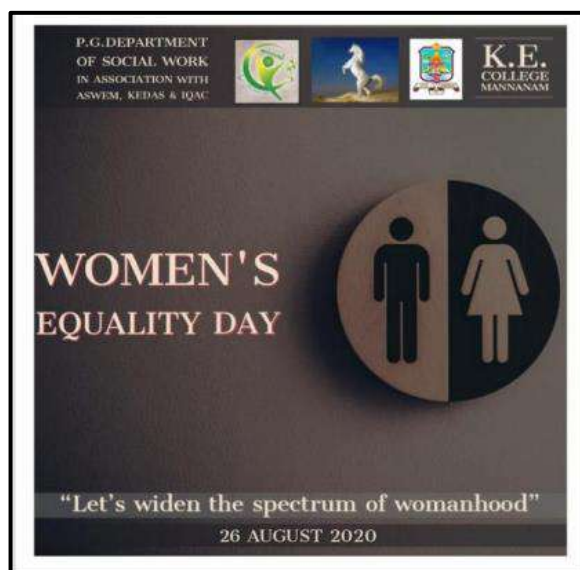




Women's Equality Day

Women's Equality Day was celebrated on 26th August 2020, with a theme of widening the spectrum of womanhood. The selected theme was different to the context of Women's Equality Day as it encompasses the right of trans- women to be recognized and treated as women and we used this day to remember the struggles they are facing in their day-to-day life. When we all talks about the rights, freedom and equality of women deliberately or not we consider the community of transwomen as different and they were still struggling to shape an identity. This situation should be changed and a broader perspective should be taken while dealing with gender expression. This day observation was considered as a small step to incorporate them to the category of women and a stage should come were an individual who identifies herself as women should be treated as a woman, irrespective of her bodily features.

As an initial step we provided with some simple measures that can be followed in our working or living environment. It has been presented as an open list so as to add more points of what others can do regarding this, because sometimes a little initiative will result in big change. This day observation was a kind of experiment and we shortlisted some documentaries and films that portrayed the hardships faced by them and the links were provided via social media platforms. The selected movies were, ADMITTED, ONLY HUMAN, THE PEARL OF AFRICA, THE DANISH GIRL, and TRANSAMERICA.





KE COLLEGE, MANNANAM

P.O. DEPARTMENT OF SOCIOLOGY

@Capax Infiniti



FEUGO!
one is not born a woman, but becomes one

WE CAN UTILISE THE WOMEN EQUALITY DAY TO REMEMBER THE STRUGGLE OF TRANSWOMEN TO BE RECOGNISED AS 'REAL WOMEN'.

YOU MAY BE THINKING WHAT CAN "I" DO FOR THIS AND THE ANSWER IS THAT SIMPLE, THE CHANGE STARTS FROM "YOU".

1. TAKE CARE OF YOUR TRANSWOMEN BUDDY RATHER THAN BULLYING HER.
2. MAKE SURE YOU INVITE HER TO YOUR FRIEND CIRCLE.
3. ASK YOUR LIBRARY TO CARRY BOOKS THAT DEAL POSITIVELY WITH TRANS PEOPLE
4. CHANGE THE POLICY OF AN ORGANIZATION ABOUT TRANSGENDERS YOU BELONG TO
5. TRY TO UNDERSTAND FROM THEIR POINT OF YOU
6. DONATE MONEY TO AN ORGANIZATION PROVIDING DIRECT SERVICES FOR TRANSGENDER PEOPLE.
7. SUPPORT TRANS THEMED MOVIES AND THEN GO SEE THEM.

THERE ARE MANY MORE YOU CAN DO. TELL US WHAT WE CAN DO OTHER THAN THIS. ALL THESE NEEDS A LITTLE INITIATIVE FROM US BUT IT MAY HELP THEM TO REACH A 'BIG CHANGE'.

SO WE ARE OVER TO THE FIRST STEP. LETS WATCH THESE MOVIES AND TRY TO KNOW THE HARDSHIPS FACED BY THEM AND JUST IMAGINE IF IT WERE YOU. WRITE A REVIEW OF ANY MOVIE OR DOCUMENTARY FROM TRANSWOMEN CATEGORY AND SEND IT TO OUR INSTAGRAM.






'Chavara Kadavu' Cleaning- Phase V

Chavara Kadavu which is a small part of "Pennaar Thodu River", was the landing site of the St. Kuriakose Elias Chavara. Our NSS volunteers were the active part of the Chavara Kadavu Renovation Programme as part of our extension activity and cleaned up the debris in four phases. The fifth phase of cleaning was on September 24, 2020 and our volunteers cleaned the water weeds and dirt from the river. The program officers, Fr. Dr. Xavier Cheeramthara CMI, Ms. Neethu Jose, Ms. Chinchu Rani Vincent and Mr. Shamal T. M led the cleaning activities.





Distribution of Sanitary Napkin

Our volunteers distributed SANITARY NAPKINS to the households of Ward 8 of Arppookkara Panchayath, the adopted village of our unit. The sanitary napkins for distribution were sponsored by ROTARY CLUB of Kottayam Southern. In the presence of Principal Dr. Brigit Paul, members of the Rotary Club handed over napkins to Program Officer Ms. Neethu Jose. As part of this initiative, volunteers were able to pass on the need of using sanitary napkins as a hygienic practice. The program officers, Fr. Dr. Xavier C. S, Ms. Neethu Jose, Ms. Chinchu Rani Vincent and Mr. Shamal T. M led the distribution.

KURIAKOSE ELIAS COLLEGE, MANNANAM
NSS UNIT NO. 20
In Association with
Rotary Club
Kottayam Southern

Distribution of 500 Sanitary Napkins

12th November 2020, 3.00 PM

Principal
Dr. Brigit Paul

NSS Programme Officers
Rev. Dr. Xavier Cheeramthara
(Vice Principal)
Neethu Jose
Chinchu Rani Vincent
Shamal TM

Rotary Club Programme Coordinator
Rty. Ann Emily George
Amal Sherin TJ

In the presence of
Rtn. Sunny C Varghese (President)
Rtn. George Andrews (Secretary)





Energy Conservation Awareness Program at Schools

As the part of campus outreach programme, the Department of Physics with Applied Electronics KEC, successfully conducted a Energy Conservation Awareness program to the nearby schools. A team of faculty members including Mr. Anish Kumar PS, Ms. Sruthi S, Ms. Sunu Ann Thomas and Ms. Soniya N.V under the guidance of HOD, Ms. Deepthi S Nair visited around 20 schools on 9th and 10th February 2021 to give an awareness of how to effectively use the electronic and electrical equipment and reduce the electricity bill. They also handed over an energy conservation awareness notice to the school teachers.





Biopesticide Preparation and Distribution

On 23rd March 2021, students of the botany department took the initiative to prepare and distribute tobacco decoction in the neighbourhood of the college, as a practical application of their curriculum. The prepared decoction was bottled in 100 used plastic bottles. This social outreach program was inaugurated by Principal Dr. Brigit Paul. Vice Principal Fr Xavier C.S CMI felicitated the gathering. Student Representative Ms. Divya Binoy explained the importance of diverting to nature-friendly agricultural practices and the students pledged to popularise the use of biodegradable, eco-friendly fertilizers and pesticides. The decoction was distributed along with an instruction manual to 50 households around the college campus.





സസ്യ ശാസ്ത്ര വിഭാഗം കെ ഇ കോളേജ് ,മാന്നാനം

പുകയിലക്ഷായം

- ദൈവകീടനീയന്ത്രണത്തിനുപയോഗിക്കുന്ന ഒരു ലായനിയാണ് പുകയിലക്ഷായം.
- പുകയിലയും സോപ്പുമാണ് ഇതിലെ പ്രധാന ചേരുവകൾ.
- ഒരു കിലോഗ്രാം പുകയില (തണ്ടും ഇലയും)കൊത്തിയതിൽ 10 ലിറ്റർ വെള്ളത്തിൽ ഒരു ദിവസം കുതിർത്ത് വെയ്ക്കണം. ഇത് അരിച്ചെടുത്ത് 240 ഗ്രാം ബാർ സോപ്പ് ചികിയിട്ട് ലയിപ്പിച്ചെടുത്താണ് പുകയില ക്ഷായം നിർമ്മിക്കുന്നത്. വിര്യം കൂടിയ പുകയിലകഷായമുണ്ടാക്കാൻ പുകയില അരിഞ്ഞിട്ട് ലായനി അരമണിക്കൂർ തിളപ്പിച്ചാൽ മതിയാകും. പുകയിലയുടെ സത്ത് ചെടികളിൽ നന്നായി ഒട്ടിപ്പിടിയിടാൻ വേണ്ടിയാണ് ബാർ സോപ്പ് ഉപയോഗിക്കുന്നത്. പച്ചക്കറികളിൽ ഉപയോഗിക്കുമ്പോൾ സോപ്പിന്റെ അളവ് ഇരട്ടിയാക്കുന്നത് എളുപ്പം ചെടിയിൽ പറ്റിയിരിക്കാൻ സഹായിക്കും.
- ഒരു കിലോഗ്രാം പുകയില 10 ലിറ്റർ വെള്ളത്തിൽ ലയിപ്പിച്ച് ഉണ്ടാക്കുമ്പോൾ കിടബാധയുടെ തീവ്രതയനുസരിച്ച് 5 ഇരട്ടി വെള്ളം ചേർത്ത് ഉപയോഗിക്കാം.
- നല്ല വെയിലുള്ളപ്പോഴാണ് പുകയില ക്ഷായവും സത്തും ചെടികളിൽ തളിയ്ക്കേണ്ടത്. നിക്കോട്ടിൻറെ വിഷവിര്യം നന്നായി പ്രകടമാവാൻ വെയിൽ ആവശ്യമാണ്
- ഏഫിഡുകൾ, മുഞ്ഞ, മിലി, മുട്ട, തണ്ടുതുരപ്പൻ പുഴു, ഇലപ്പേൻ തുടങ്ങിയ കീടങ്ങളെ പുകയില ക്ഷായം ഉപയോഗിച്ച് നിയന്ത്രിക്കാം.





Social Responsibility Initiative-Go Organic Campaign& Seed Distribution

With the objectives of creating a sustainable society, a “Go Organic Campaign” for pesticide free vegetables is organized by the students of the Department of Commerce under the auspices of Commerce Association. The programme was conducted on 24th March 2021. Around 50 students actively participated in the conduct of the programme and distributed vegetable seeds among the neighbouring community whereby the college is located. The students distributed around 200 seed packets in the village Mannanam and covered around 200 families in the village. Efforts were also made to create awareness among the people regarding the use of organic vegetables and the students also prompted them to cultivate the vegetable plants at home and highlighted the benefits of organic, local, seasonal and fair food on people and the planet. They explained the harmful effects of pesticides and the advantages of organic vegetables among the villagers.

K.E COLLEGE MANNANAM
POST GRADUATE DEPARTMENT OF COMMERCE

Go Organic Campaign & Seed Distribution @Mannanam Village

A Social Responsibility Initiative

Organising Committee
Ms. Jency Francis
Ms. Dhya Joseph
Ms. Neethu Jose
Mr. George J Puthumana
Mr. Prajod Sunny

Student Coordinators
Mr. Arosal Peter
&
Ms. Anju Salim George (Association Secretary)

Dr. Brigit Paul
Principal

Fr. Dr. Xavier Cheeranthara CM
Vice Principal

Ms. Jency Francis
Head of the Department

Dr. Mathews T. Thelly
IQAC Co-ordinator

An IQAC initiative...





**Activities Addressing Communal, Socioeconomic Inclusiveness 2019-2020**

Sl. No	Title of the Programme	Date	Organizing Dept./Cell/Club	Page No.
1.	Mini Camp	23/08/2019 to 25/08/2019	NSS Unit	68
2.	Seven Day Camp SUVARNAM 2019	06/09/2019 to 12/09/2019	NSS Unit	70
3.	Cloth Collection	September 2019	NSS Unit	73
4.	Rice Bucket Challenge	September 2019	NSS Unit	74
5.	Chavarakkattu	01/10/2019	NSS Unit	75
6.	Kareemadam Government School 'Sramadhanam'	23/11/2019	NSS Unit	77
7.	Setting Up of Library at Kareemadam School	December 2019	NSS Unit	79
8.	Revival of Chavarakkadavu	October 2019 – January 2020	NSS Unit	81
9.	DREAMS	March 2020	Department of Psychology	83

Dr. Ison V Vanchipurackal
PRINCIPAL
 KURIAKOSE ELIAS COLLEGE
 MANNANAM, KERALA - 686 561





Mini Camp

The NSS unit organised the annual orientation Mini Camp from 23rd to 25th August 2019. The IQAC Co-ordinator of the College Dr. Mathews T. Thelly presided over the inaugural function. Dr. Antony Thomas, Principal inaugurated the Mini Camp. Vice Principal, Rev. Fr. Joby Joseph, Mukalel and former NSS Programme Officer Ms. Sijimol C.G felicitated the gathering. The activities in the Mini camp included ice breaking session by senior volunteers, orientation sessions and cleaning programme. Orientation classes were handled by Ms. Jitha Jose (N.S. S Programme Officer, (AKMHSS Poyya), Ms. Angel Thomas (Clinical psychologist) and Mr. Rony George (Asst. Professor Dept of English). On 24th August volunteers undertook the cleaning of Vaarimuttam view point, a scenic spot near our college in collaboration with the NSS unit of St. Ephrem's H.S.S, Mannanam.







Seven Day Camp SUVARNAM 2019

The Seven Day camp of the year 2019-20 was organized from September 6- September 12 2019. The camp named Suvarnam 2019 was held at St.Ephrem's H.S.S Mannanam. Sri.Justin Joseph, President Arppookkara Panchayath inaugurated the camp. The inaugural function was presided over by Dr.Antony Thomas, Principal K.E College Mannanam, Dr.A Jose (Member Syndicate, M.G University, Rev.Fr.Scaria Ethirettu C.M.I (Manager, K.E College) Rev.Fr.Thomas Choolaparambil C.M.I (Principal, St.Epherms H.S School) , Smt.Rosili Tomichan (Ward Member Arppokkara Panchayath) and Dr. Feby Jose(Staff Secretary) addressed the gathering.

Major Activities during the camp

a. Chaazhikaadan Road Cleaning

During the camp our volunteers cleaned the sides of Sri.Babu Chaazhikaadan Road, the link road between Aarppookkara -Pulikkauttusserry Road and Medical College Road. They also planted medicinal plants and ornamental plants on the sides of the road.

b. Cleanliness Awareness Campaign and Survey

Our students got divided into various groups and conducted a cleanliness awareness programme and survey in the adopted village and the nearby areas of Medical College. The results of survey were discussed by the students and survey report was prepared.

c. Vaarimuttam Beautification

Our volunteers undertook the cleaning of Vaarimuttam Lane as part of our Vaarimuttam beautification project. On one side of the road preparations were made for installation of benches and on the other side of the road ornamental plants were planted.

The valedictory meeting of the camp was inaugurated by the College Administrator Rev.Dr. O.C.Joseph Ozhukayil C.M.I. The meeting was presided over by IQAC Coordinator Dr.Mathews T Thellyil, Programme Officer Dr. Brigit Paul and students representatives evaluated the camp.









Cloth Collection

NSS volunteers of the College took leadership in collecting used clothes and distributing it among the needy inhabitants of Aasraya Charitable Society in the month of September 2019.

Another cloth collection initiative was undertaken by NSS volunteers was for the inhabitants of Mariyasadanam. Both the charitable organisations are located in the vicinity of Govt. Medical College, Kottayam.





Rice Bucket Challenge

In alignment with the spirit of communal support and socio-economic inclusion, Kuriakose Elias College, Mannanam, organized a "Rice Bucket Challenge" inspired by the "Pidiary" concept advocated by Saint Chavara. This initiative was aimed at addressing food security and supporting local communities in need. The Rice Bucket Challenge was carried out as a collaborative effort involving both faculty and students. Volunteer leaders from the college took charge of the collection drive, reaching out to teachers and students to contribute rice donations. This grassroots approach ensured broad participation from the college community, fostering a collective sense of responsibility and solidarity.

The collected rice, representing a substantial contribution from various members of the college, was systematically gathered and prepared for distribution. The culmination of this initiative was the transfer of the collected rice to the Navajeevan Trust, Arpookkara. This organization is dedicated to supporting underprivileged communities and providing essential resources to those in need.

By organizing this event, Kuriakose Elias College not only paid homage to the philanthropic values promoted by Saint Chavara but also reinforced its commitment to communal welfare and socio-economic inclusion. The Rice Bucket Challenge exemplified how educational institutions can leverage their resources and community spirit to make a meaningful impact on local social issues, addressing food insecurity and supporting charitable causes.

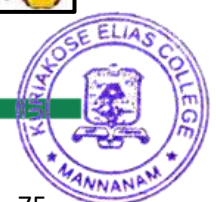




Chavarakkattu

Another innovative green initiative adopted by the K E College NSS unit was the development of Vaarimuttam view point, a wetland surrounded area in the Mannanam -Medical College Road near the College campus. This is a calm and serene place where the public can spend their leisure time enjoying the morning and evening weather. This stretch of road was cleaned and beautified by NSS volunteers by planting ornamental plants and fruit trees during the camp. Three garden benches were also positioned on the roadside under the shade trees which were sponsored by M/S State Bank of India, Mannanam, M/S Josco Jewellers, Kottayam and Rotary Club International, Kottayam Southern.

The spot was handed over to the panchayath on 1st October by Navajeevan Trust Chairman Sri. P.U. Thomas. Sri. Justin Thottil (President, Arppokkara Panchayath) Smt. Rosily Tomichan (Vice President, Arppookkara Panchayath), Dr.Antony Thomas(Principal),Rev. Fr. Joby Joseph Mukalel(Vice Principal), Rev.Fr. James Mullasserry (Principal, K.E School Mannanam), Rotary club members, teachers of our college and volunteers were present. Cloth bags were also distributed to the students and teachers on that occasion.







Kareemadam Government School ‘Sramadhanam’

One of the saddest events Kerala witnessed during the year 2019 was the death of a school girl at Wayanadu due to snake bite inside her own classroom. Following this, on 23rd November 2019, Malayala Manorama published a letter of the school leader of Kareemadam Government Welfare U.P School near Kumarakom, Kottayam in which the girl lamented about their unclean school premises filled with thick weeds and the fear of having snakes there. Pursuant to this news report, NSS Volunteers of K.E College Mannanam decided to take up the challenge of immediate cleaning of their school compound. On 15th December 2019, 28 NSS Volunteers along with the NSS Programme officers reached the school, ferried by boat from Kumarakom and the school premises were cleaned with great support from the students, school authorities, PTA members and local body members, which was a wonderful experience for the entire team.







Setting Up of Library at Kareemadom School

In a concerted effort to enhance educational resources and support communal development, the NSS Unit of Kuriakose Elias College, Mannanam undertook a significant initiative to establish a library at Government U.P. School, Kareemadom. Recognizing the vital role a library plays in fostering a learning environment, this project aimed to enrich the educational experience for students at the school.

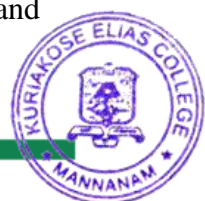
The journey towards setting up the library began in December 2019 when the NSS Unit, alongside volunteers, undertook a thorough cleaning of the school premises. This preparatory work laid the foundation for the library project, demonstrating the unit's commitment to improving the school's infrastructure and learning facilities.

To bring this vision to fruition, the NSS Unit actively sourced books from various publishers and generous individuals. The Department of Social Work at K.E. College Mannanam, along with several dedicated teachers, played a pivotal role in supporting the book procurement process. Their collective efforts resulted in the donation of approximately 400 books, significantly enriching the library's collection.

In addition to the book donations, the NSS Unit further supported the school's educational needs by subscribing to *The Hindu* newspaper for a year. This subscription ensures that students have access to current events and global news, broadening their knowledge and fostering an informed perspective.

This initiative reflects Kuriakose Elias College's commitment to communal and socio-economic inclusion by addressing educational disparities and supporting local schools. The establishment of the library not only provides students at Government U.P. School, Kareemadom with valuable learning resources but also highlights the college's dedication to enhancing educational opportunities and fostering a culture of giving and communal support.

Through this project, the college has demonstrated its proactive approach to community service and its role in promoting socio-economic development. By improving access to educational resources, the NSS Unit has contributed to the empowerment of students and the betterment of the community, aligning with the college's broader mission of social responsibility and inclusion.







Revival of Chavarakkadavu

One of the most distinctive milestones achieved by NSS Unit of K E College, in collaboration with the NSS unit of St. Joseph’s Training College Mannanam, during the year 2019 was the revival of Old Mannanam Palli Jetty which was discarded and was deteriorating in the recent past and the reintroduction of boat service there. The so-called Palli Jetty situated at Pennarathodu is a place of great historical interest and importance. It is here that St.Kuriakose Elias Chavara arrived in the year 1831 with an aim to build an Aashram at Mannanam, using waterways, one of the popular modes of transport in those times. The tedious task of cleaning and renovation of ‘Palli Jetty’ was initiated under the leadership of NSS programme officers of both the institutions, on 12th October 2019.

To start with, cleaning of Pennarathodu, which was clogged and stagnant with waterweeds, was undertaken by the NSS Volunteers and neighbourhood community on fourth Saturdays, of every month, from October 2019 to December 2019. By January 2020 the venture was successfully completed with the Jetty ready for boat service. As a tribute to Saint Kuriakose Elias, on 3rd January 2020, on his feast day, the Palli jetty was formally inaugurated and renamed as “Chavara Kadavu” and about 70 people, including NSS Volunteers and Programme Officers, took part in a delightful journey from Chavara Kadavu to Alphonsa Bhavan, Kudamaloor in 5 boats (vallam).







DREAMS

In a meaningful collaboration between the Department of Psychology at Kuriakose Elias College, Mannanam, and the Let Us Dream Organization, a comprehensive community service program known as DREAMS (Desire, Readiness, Empowerment, Action, and Mastery for Success) was initiated to promote the holistic development of underserved youth. Let Us Dream is a community-focused voluntary service organization dedicated to fostering youth development through diverse programs led by local community leaders.

The DREAMS program is a strategic initiative aimed at guiding underserved teenagers towards academic success, professional excellence, and overall life achievement. The program is structured as a three-year intervention that focuses on personal, interpersonal, and leadership skills development. This initiative is designed to equip students with essential psycho-social skills necessary for their growth and success.

The collaboration between the Department of Psychology and Let Us Dream has resulted in the active involvement of both students and faculty members in the implementation of the DREAMS program. Together, they have organized a series of impactful events and workshops tailored for primary school students from various schools within the Athirampuzha and Arpookara Panchayaths.

These activities have included workshops, seminars, and interactive sessions that address crucial areas such as academic support, personal development, and leadership skills. By engaging with young students in these underserved communities, the program not only provides them with valuable skills but also instills confidence and ambition, paving the way for future success.

The DREAMS program reflects Kuriakose Elias College's commitment to communal and socio-economic inclusiveness by addressing educational disparities and providing support to those in need. Through this initiative, the college demonstrates its dedication to fostering the development of underserved youth, thereby contributing to their academic and personal growth.





Research Findings

Two scientific researches were already done in 2012 and 2014 at the University of Louisiana, Monroe, USA by Dr. Lijo Thomas. Both qualitative and quantitative analysis reports showed that there were significant improvements in the Self-Esteem, Self-Mastery, Motivation and Locus of Control, Life Orientation and Engagement, Academic Achievements, Personal and Interpersonal Behavior of the participants.



Need of Volunteers

DREAMS, a community based voluntary initiative, offers an excellent opportunity to give back to your own community by helping our younger generation in their process of development and success. It's a great platform for sharing your expertise and success values to the next generation.



FOR MORE INFORMATION

Rev. Dr. Lijo Thomas (Director)
DREAMS
Let Us Dream, Inc.
302 Ingleside Dr., Monroe, LA 71203
Phone: 318 614 0444

www.letusdream.org/dreams



DREAMS

A SUCCESS INTERVENTION MODEL FOR THE YOUTH



Success belongs to those who work hard to reach their DREAMS

www.letusdream.org/dreams

DREAMS

DREAMS is an intervention model designed for the holistic development and success of the students. The core theories behind this model are the theories on motivation, goal setting, future orientation, social cognition, self-esteem and self-determination.

The initial stage of the model is termed Desire which leads to identifying the passion/s inborn in the young person, namely, the tangible reason for one's goals in life. Then Readiness, which helps to internalize these deep extrinsic drives toward the intrinsic motivational dynamics. This stage prompts the person to work harder on the specific steps and set aside possible distractions to accomplish the goal.

After firmly setting the goals, the young person needs to prepare and Empower oneself to approach the goal which is the third stage in the success ladder. The holistic preparation and development operates through the a) Personal, b) Social,

c) Leadership aspects of the participant. The next rung on the ladder of success is Action, which encourages the initial attempts. Once they act persistently by burning an extra percent of their effort, they get into a level of excellence or Mastery which is the final step towards Success. Once a goal is achieved, there springs up another higher one. The cycle thus keeps evolving. Thus we aim at the holistic development of children by specifically focusing on their psycho-social and leadership aspects to form a group of socially responsible, mature and successful teens in three years.



www.letusdream.org/dreams

Plan of action:

The DREAMS program is implemented mainly through a five-day summer camp, quarterly one-day follow-up programs, and monthly DREAMS Club meetings. These include life skills training, motivational sessions with activities and skits, community service projects, concerts, workshops that address a wide variety of topics, and interactions with successful persons who persevered through hardships in their childhood to reach their goals. Group games and tailor-made songs based on the themes are also used as instructional materials.

This three-year course of DREAMS is designed in such a way that it encompasses the holistic development of a student/teenager. The initial year of the program concentrates on the *personal* (Self-Concept, Attitude, Values, and Skills) development. The second year focuses on the *interpersonal* aspects (Family-Friends-Peers, Team work, and Morality-based social commitment). And in the final year the participants receive training in building their *leadership skills* such as *Decision making, Effective Communication, Time and energy management, Perseverance and value leadership* and so on.



Evaluation

The outcome evaluation will be done both qualitatively and quantitatively throughout the year longitudinally. Participants' personal, interpersonal, leadership, academic and behavioral improvements are evaluated mainly through reports of the mentors, teachers and parents. Systematic analysis of the Data is done to gain accurate values.

www.letusdream.org/dreams

Objectives

- To help teenagers learn and practice psychosocial and interpersonal skills through a supportive community of peers, senior mentors, and trainers
- To help teenagers set their life, academic, and professional goals
- To identify one's own talents in order to develop their potential to the fullest



www.letusdream.org/dreams



**Activities Addressing Communal, Socioeconomic Inclusiveness 2018-2019**

Sl. No	Title of the Programme	Date	Organizing Dept./Cell/Club	Page No.
1.	Wellness Wednesday – Food Collection Programme	Every Wednesday	CSM-JY	86
2.	Flood Relief Activities	19/08/2018 to 21/08/2018	NSS Unit	88
3.	Cleaning Program at Kallara	24/08/2018	NSS Unit	92
4.	Flood Relief Camp	25/08/2018	NCC Army Wing	93
5.	Psychosocial Interventions during Flood	August 2018	Department of Psychology	94
6.	Onam Celebration at St. Thomas Asylum in Kaipuzha	07/09/2018	Department of Social Work (MSW)	96
7.	DREAMS	01/04/2019 to 05/04/2019	Department of Psychology	97
8.	Summer Camp	28/05/2019 & 29/05/2019	Department of Social Work (MSW)	99


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MANNANAM, KERALA - 685 561





Wellness Wednesday – Food Collection Programme

Every Wednesday, the Catholic Student Movement - JY (CSM-JY) at Kuriakose Elias College, Mannanam, undertakes a commendable initiative that underscores the institution's commitment to communal and socioeconomic inclusiveness. This initiative involves collecting food packets and monetary donations from the college's staff and students. The collected resources are then utilized to prepare and distribute nutritious meals to the impoverished patients and their families at Kottayam Medical College.

This weekly activity serves several significant purposes:

1. **Community Support and Compassion:** By reaching out to those in need, particularly the underserved patients and their companions at Kottayam Medical College, CSM-JY demonstrates a profound sense of empathy and social responsibility. The effort helps alleviate the burden of food insecurity for individuals who are undergoing medical treatments or are there for extended periods.
2. **Promoting Inclusiveness:** The involvement of students and staff from various backgrounds in this initiative reflects the college's dedication to fostering an inclusive environment. It encourages participants from different socio-economic strata and cultural backgrounds to come together for a common cause, thus enhancing mutual understanding and solidarity.
3. **Educational and Moral Development:** Through active participation in this outreach program, students are not only contributing to a social cause but also gaining valuable lessons in civic responsibility, empathy, and the importance of social justice. The experience enriches their personal development and reinforces the college's ethos of nurturing responsible and compassionate citizens.
4. **Strengthening Community Bonds:** The weekly food distribution helps bridge gaps between the college community and the local population. It establishes a tangible connection between the institution and the wider community, promoting a sense of shared purpose and collective action.





In essence, the CSM-JY's food distribution initiative is a powerful testament to Kuriakose Elias College's commitment to communal and socioeconomic inclusiveness. It exemplifies how educational institutions can leverage their resources and collective goodwill to make a meaningful impact on society, thereby honouring the legacy of Saint Kuriakose Elias Chavara's vision of service and social equity.





Flood Relief Work by NSS Unit

In response to the devastating floods of August 2018, the NSS Unit of Kuriakose Elias College, Mannanam, undertook a comprehensive flood relief operation to support affected communities. This initiative exemplified the college's commitment to communal and socioeconomic inclusion by providing crucial assistance to those in need.

Collection and distribution of Relief Items

Opened a collection centre in the college on 19-08-2018 Sunday, which collected items like cloths, food, mats, sanitary items etc and were sorted and packed by volunteers for distribution at various camps. Items were delivered by volunteers at the remote and isolated locations like Pallichira Camp, Kumarakom where people were struggling without essential items.

At the end of Day 1, the relief material collection centre could supply materials to the following camps in Kottayam, Ernakulam and Aleppey Districts. 21 volunteers were present.

1. Govt. School, Vadavathur
2. Mannanam Pilgrim Centre
3. A.V.H.S.S, Kurichy, Muvattupuzha
4. Govt. School, Vadakkekara, Changanasserry
5. Panachiparakkuzhi Camp
6. Kumaramkunnu Church Camp
7. Chingavanam Cimmes H.S.S
8. P.J.M.U.P School, Aymanam
9. S.N.D.P Sankranthy
10. Nattakom Govt. College Camp
11. Devivilasm, Kumaranallor
12. Karipputhattu Govt.H.S





13. Manaleppally moozhikkulam War.

Towards the end of Day 2 the relief material collection centre provided supplies in the form of food grocery, garments and toiletries the following camps in Kottayam, Alleppey and Idukki. 17 students were present.

1. S M V H S S, Kallara
2. Infant Jesus L.P School Camp, Manthruthy
3. Mannanam Pilgrim Centre
4. Thruvalla and Alleppey Camps
5. Camp at Parel Palli, Changanssery
6. Garments to various Camps at Idukki District
7. Kothanallur School Camp
8. Camp near Pallichira Palam, Kumarakom
9. M.G. University Camp
10. Achinakom Church Camp
11. Mariyapuram Camp
12. Paruthumpara Camp
13. Rugmini Auditorium Camp, Vechoor
14. Kaduthuruthy Camp

Third Day closed the camp and supplied food and materials to the following camps in Kottayam, Alleppey and Pathanamthitta. 15 volunteers were present.

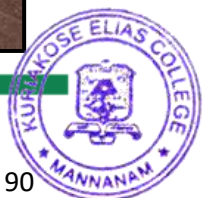
1. Thonnankuzhi Camp, Arpukara
2. Aranmula Camp
3. Idukki
4. Paruthumpara Camp





Distribution of Grocery kits

With the cash contribution received in the collection centre distributed 150 kits worth Rs. 31160 to the houses in Maniyaparamu, Arpookara and 120 kits worth Rs. 15218 to Flood affected houses at Chengalam, Thiruvarpu.







Cleaning Program at Kallara

As per the direction received from the NSS Regional Directorate, NSS Unit of KE College Mannanam executed the massive cleaning drive in Kallara Grama Panchayat on 24th August 2018. Understanding that the cleaning drive was a herculean task, the teaching and non-teaching staff, alumni, NCC, MSW department of KE College extended their support for it.





Flood Relief Camp

The NCC Army Wing cadets from Kuriakose Elias College, Mannanam, actively participated in flood relief efforts following severe flooding in the region. The cadets served at flood relief camps in Thrikkodithanam and Changanacherry on 25th August, where they distributed essential supplies and supported camp operations. Their work was crucial in ensuring that relief was delivered efficiently to those in need. In addition to camp duties, the cadets assisted in cleaning flood-damaged homes in Kallara Gramapanchayath. This involved debris removal and sanitation to restore liveable conditions for affected families. Their efforts demonstrated strong communal solidarity and socioeconomic inclusion, reflecting the college's commitment to social responsibility and community service during crises.





Psychosocial Interventions during Flood

During the heavy flood calamity that ruined Kerala heavily in the month of August 2018 affected all the walks of human life. Hundreds of people were killed and thousands of people became houseless. The staff and students of Psychology department actively involved in flood relief programme. Staff and students served many days and nights many shelters and relief camps. Food, medicine and clothes were collected and served in various relief camps in kottayam and Alapuzha districts. The department collaborated with Janasabha in all the works

Mental Health support programme

Staff, students and alumni members jointly extended counseling services in various camps for many days in Kottayam and Alapuzha districts.

Mental Health Survey

In order to support the mentally affected people due to flood M.Sc. students conducted a survey in association with Janasabha Mannanam. They visited houses and collected information.

Group dynamics for children

Group dynamics sessions were conducted by the students for the children in various relief camps. It boosted the self esteem and self confidence of the children in various camps.





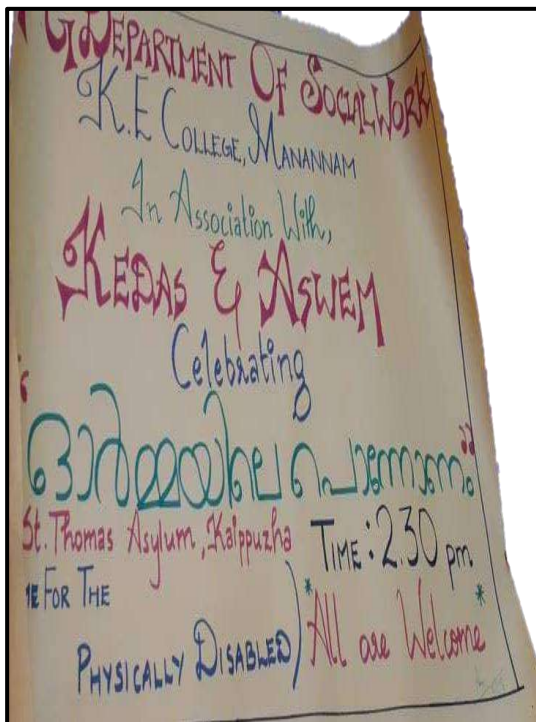


Onam Celebration at St. Thomas Asylum in Kaipuzha

On September 7, 2019, the Department of Social Work and KEDAS at Kuriakose Elias College, Mannanam, organized an Onam celebration at St. Thomas Asylum in Kaipuzha. The event aimed to bring festive cheer and communal inclusion to the 60 residents of the asylum, reflecting the college's commitment to social responsibility and socioeconomic inclusion.

The celebration featured a welcoming address by Rev. Fr. Joseph Ozhukayil C.M.I., who highlighted the significance of Onam and emphasized the importance of communal support and inclusiveness. A variety of entertainment programs were arranged, including traditional Onam games, cultural performances, and interactive sessions designed to uplift the spirits of the residents and foster a sense of joy and community.

This initiative served as a meaningful outreach effort, providing the asylum residents with a sense of belonging and celebration. It demonstrated the college's dedication to extending support and care to marginalized groups, thereby enhancing communal harmony and socioeconomic development through inclusive and compassionate activities.





DREAMS

DREAMS, standing for desire, readiness, empowerment, mastery and success- is a non-governmental program run by community leaders and college volunteers. It aims at the personality development of young students in their initial years of teenage, focuses on the psychological, social aspects of the individuals.

A group of 60 students were selected to this programme, students were from nearby schools of upper primary school, the selection was made by the teachers of respective schools, where the children should come from lower economical background with no opportunity of other systems of education (only government) Preferably children with low marks and motivation were asked to be selected to include in this programme

Aiming on psychosocial development a five-day camp was organized, which was held from April 1st to 5th 2019. This camp aimed to focus on the holistic development. A group 22 self-volunteered students from the Department of Psychology were trained under the faculty in charge Ms. Chinchu Rani Vincent of Psychology Department.

There were five different themes on each day, based on which students conducted talking sessions, games, songs and skits. Themes for five-day camp included-Self-concept: self-esteem, Attitudes and emotions, Dreams and purpose in your life, Values to reach your goal and Empowerment

The program included many community volunteers (nearby the locality) to support the student volunteers from Department of Psychology. After conducting the five days camp and follow ups, significant changes were witnessed in many students.






Research Findings
Two scientific researches were already done in 2012 and 2014 at the University of Louisiana, Monroe, USA by Dr. Lijo Thomas. Both qualitative and quantitative analysis reports showed that there were significant improvements in the Self-Esteem, Self-Mastery, Motivation and Locus of Control, Life Orientation and Engagement, Academic Achievements, Personal and Interpersonal Behavior of the participants.



www.letusdream.org/dreams



Need of Volunteers
DREAMS, a community based voluntary initiative, offers an excellent opportunity to give back to your own community by helping our younger generation in their process of development and success. It's a great platform for sharing your expertise and success values to the next generation.



FOR MORE INFORMATION
Rev. Dr. Lijo Thomas (Director)
DREAMS
Let Us Dream, Inc.
302 Ingleside Dr., Monroe, LA 71263
Phone: 318 614 0444
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DREAMS
A SUCCESS INTERVENTION MODEL FOR THE YOUTH




Success belongs to those who work hard to reach their DREAMS

www.letusdream.org/dreams

DREAMS
DREAMS is an intervention model designed for the holistic development and success of the students. The core theories behind this model are the theories on motivation, goal setting, future orientation, social cognition, self-esteem and self-determination.

The initial stage of the model is termed Desire which leads to identifying the passion / s inborn in the young person, namely, the tangible reason for one's goals in life. Then Readiness, which helps to internalize these deep extrinsic drives toward the intrinsic motivational dynamics. This stage prompts the person to work harder on the specific steps and set aside possible distractions to accomplish the goal.

After firmly setting the goals, the young person needs to prepare and Empower oneself to approach the goal which is the third stage in the success ladder. The holistic preparation and development operates through the a) Personal, b) Social, c) Leadership aspects of the participant. The next rung on the ladder of success is Action, which encourages the initial attempts. Once they act persistently by burning an extra percent of their effort, they get into a level of excellence or Mastery which is the final step towards Success. Once a goal is achieved, there springs up another higher one. The cycle thus keeps evolving. Thus we aim at the holistic development of children by specifically focusing on their psycho-social and leadership aspects to form a group of socially responsible, mature and successful teens in three years.



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Plan of action:
The DREAMS program is implemented mainly through a five-day summer camp, quarterly one-day follow-up programs, and monthly DREAMS Club meetings. These include life skills training, motivational sessions with activities and skits, community service projects, concerts, workshops that address a wide variety of topics, and interactions with successful persons who persevered through hardships in their childhood to reach their goals. Group games and tailor-made songs based on the themes are also used as instructional materials.

This three-year course of DREAMS is designed in such a way that it encompasses the holistic development of a student/teenager. The initial year of the program concentrates on the **personal** (Self-Concept, Attitude, Values, and Skills) development. The second year focuses on the **interpersonal aspects** (Family-Friends-Peers, Team work, and Morality-based social commitment). And in the final year the participants receive training in building their **leadership skills** such as Decision making, Effective Communication, Time and energy management, Perseverance and value leadership and so on.



Evaluation
The outcome evaluation will be done both qualitatively and quantitatively throughout the year longitudinally. Participants' personal, interpersonal, leadership, academic and behavioral improvements are evaluated mainly through reports of the mentors, teachers and parents. Systematic analysis of the Data is done to gain accurate values.

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Objectives

- To help teenagers learn and practice psychosocial and interpersonal skills through a supportive community of peers, senior mentors, and trainers
- To help teenagers set their life, academic, and professional goals
- To identify one's own talents in order to develop their potential to the fullest



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Summer Camp

Kuriakose Elias development and Action Service Society conducted a two-day summer camp on 28th and 29th May, 2019 at Kaipuzha S. K. V. LP School.

The camp started with the inaugural session. Mr. Akhil Sadhasivan (Project Officer- KEDAS) welcomed the gathering. The camp was inaugurated by Ms. Vimala Kuttiyamma (President, Neendor Panchayath). Ms. Simple Mathew delivered the Key note address. Ms. Rosamma Mathew (Ward Member, Neendoor Panchayath) felicitated the gathering. Mr. Shibin Kurian (Student Coordinator, KEDAS) proposed the Vote of thanks

The theme of the summer camp was Primary Education. The activities were mainly focussed on educational, athletic, or cultural development. It gave an opportunity for children to learn new skills in a safe and nurturing environment. The camp also provided an excellent platform for all kids to explore and express their creativity.

The camp was concluded with a valedictory function which was inaugurated by Ms. Jessy John (HOD, Social Work Department, KE Collee, Mannanam). 75 Kalikuttam members participated in the camp. The camp merged learning with fun, and provided the students a platform to acquire knowledge through empirical evidence.

By organizing and executing the camp, the college empowered local youth and provided them with a platform to explore their potential. The camp not only focused on academic skills but also on athletic and cultural development, which contributes to the holistic growth of the children.

The camp provided a free and enriching experience for 75 children, potentially including those from lower socioeconomic backgrounds. By offering such opportunities, Kuriakose Elias College contributes to reducing educational and social disparities within the community.





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