



KURIAKOSE ELIAS COLLEGE MANNANAM

Affiliated to Mahatma Gandhi University, Kottayam
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Criterion – VII

Institutional Values and Best Practices

7.2.1 Best Practice 2

Chavara Institutional Reach at Homes

CHIR@H



INSTITUTIONAL VALUES AND BEST PRACTICES

Best Practice 2

CHAVARA INSTITUTIONAL REACH AT HOMES

CHIR@H

Chir@h envisions the ideals of the **St. Kuriakose Elias Chavara**, the great reformer who revolutionised education system in Kerala. The practices under **Chir@h** aims to enlighten the homes of people by providing holistic education to their wards and creating in them a sense of empathy and care towards fellow human being. This initiative of the HEI is accomplished through diverse activities.

| PRACTICES |
|---|
| K.E. Blood Donor's Club |
| K.E Counselling Cell & Social Empowerment |
| Empathy and Care |



K.E. BLOOD DONORS' CLUB

The K.E. College Blood Donors' Club was founded with the primary goal of providing blood for transfusions to patients in urgent need. By donating blood, we contribute to the continuity of life and bring hope and relief to the families of those facing critical medical situations. Our college's strategic location near the Medical College Hospital in Kottayam District, as well as several esteemed specialty and super-specialty hospitals, positions our Blood Donors Club as a crucial resource in emergencies.

Our implementation strategy involves acting as an intermediary between donors and patients. Hospitals or other parties in need officially contact the college office and we then mobilize appropriate donors to provide the necessary blood. In 2023, an automated web page was developed to enhance the efficiency of the club's operations. The web page allows students to register and log in by providing their details, ensuring quick identification of the required blood group. Additionally, the club regularly observes Blood Donor Day to raise awareness about the vital need for safe blood and blood products and to express our gratitude to the voluntary, unpaid blood donors whose life-saving contributions make a significant impact.

Lifesaving Hand on World Blood Donor Day

In a remarkable display of community spirit and medical charity, *Chir@h* along with the NCC Cadets and blood donors' forum marked World Blood Donor Day on June 14th, 2018, by organizing a blood donation drive at Matha Hospital, Thellakom. This noble initiative aimed to support the Blood Bank of Matha Hospital, ensuring that critical blood supplies are available for patients in need.

The participation of the forum members and NCC cadets in this cause underscores the significance of youth involvement in humanitarian efforts and their role in fostering a culture of altruism and public service. The staff at Matha Hospital expressed their gratitude towards the cadets, acknowledging the vital role that such donations play in the hospital's ability to provide timely and effective care to patients. Their initiative not only helped to replenish the blood bank but also inspired others to participate in lifesaving acts of kindness.





Commemoration of Blood Donors' Day

Blood Donation Camp: A Vital Contribution to Saving Lives

On August 1, 2019, the NSS Unit of the College, in collaboration with the Blood Bank of Government Medical College, Kottayam, organized a successful blood donation camp named "RED DROP." The camp was inaugurated by Dr. Antony Thomas, the Principal of the College. Dr. Chitra James, Director of the Blood Transfusion Department at Government Medical College, Kottayam, delivered an enlightening talk to the students about the critical need for blood donation.

The camp was thoughtfully arranged to accommodate eight students donating blood simultaneously. Held on the college campus, it encouraged increased participation from female students who might have been hesitant otherwise.





Awareness Programme on Blood Donation



Blood Donation by Students of K.E





Blood Donation by Staff of the K. E

Awards and Recognition

K.E College Mannanam was recognised for its contribution towards blood donation to poor patients by Kottayam Medical College Blood Transfusion Medicine Department. This was in honour of regular blood donation led by Blood Donors’ Club and N.S.S volunteers and



Award receiving by K.E Blood Donors Club

students of K.E College. The award was presented by Medical College Principal Dr. Jose Joseph, on National Voluntary Blood Donation Day on October 1st2019. The award was received by N.S. S programme officer Ms. Neethu Jose.





കോട്ടയം, ഡെലിക്കൽ കോളേജ് ട്രാൻസ്ഫ്യൂഷൻ ഡെപിസിൻ വിഭാഗത്തിന്റെ ആഭിമുഖ്യത്തിൽ ഡെലിക്കൽ കോളേജിൽ ഭാരതീയ സന്നദ്ധ രക്ത ദാന ദിനാചരണത്തിന്റെ ഭാഗമായി രക്തദാന ചോരമ്പു മികച്ച സേവനം കഴ്ചവച്ച മാനാനം, കെഇ കോളേജിലെ അസിസ്റ്റന്റ് പ്രിൻസിപ്പൽ എൻ.എസ്.എസ്. പ്രൊഫ്. ഓ.വി.സുധാകര തിരു. ജോസഫ്, ഡെലിക്കൽ കോളേജ് പ്രിൻസിപ്പൽ ഡോ. ജോസ് ജോസഫ് പുരസ്കാരം സമ്മാനിക്കുന്നു.

രക്തദാനം: മാനാനം കെഇ കോളേജിന് ബഹുമതി

★ മാനാനം കോട്ടയം മെഡിക്കൽ കോളേജിലെ പാവപ്പെട്ട രോഗികൾക്ക് ഏറ്റവും കൂടുതൽ രക്തദാനം നിർവഹിച്ചുകൊടുത്തതും എന്ന ബഹുമതിക്ക് മാനാനം കെഇ കോളേജ് അർഹമായി. മെഡിക്കൽ കോളേജിൽ നടന്ന ചടങ്ങിൽ പ്രിൻസിപ്പൽ ഡോ. ജോസ് ജോസഫ് അവാർഡും പ്രശസ്തിപത്രവും കൈമാറി. ഡോ. ആർ.പി. രഞ്ജിത്ത്, ഡോ. ശങ്കർ എസ്., ഡോ.എം.എസ്. സുമ, ഡോ.വി.എൻ. കല തുടങ്ങിയവർ സന്നിഹിതരായിരുന്നു.

നാഷണൽ സർവീസ് സ്കീമിന്റെ ആഭിമുഖ്യത്തിൽ മെഡിക്കൽ കോളേജ് ആശുപത്രിയുടെ സഹകരണത്തോടെ നടത്തിയ ബ്ലഡ് ഡോണേഷൻ ക്യാമ്പാണ് കോളേജിനെ അവാർഡിന് അർഹമാക്കിയത്.

Wed, 02 October 2019
<https://epaper.deepika.c>



Certificate of Appreciation

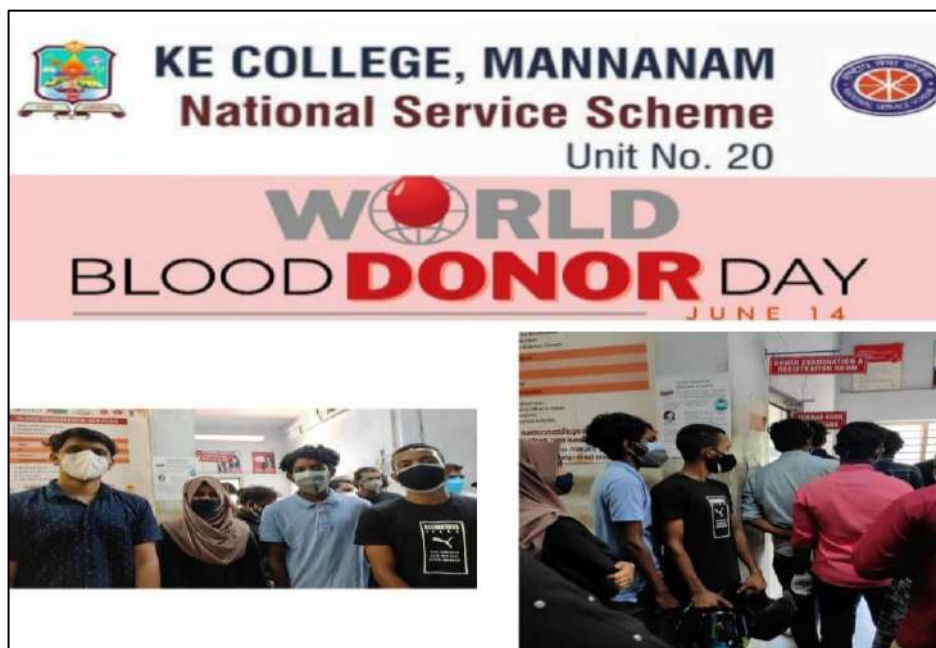
Blood donation awards play a significant role in recognizing and encouraging the selfless act of donating blood. The certificate of appreciation from the Medical College located near the institution honours the donors who contributed to ensuring a stable and safe blood supply.





Blood Donation During COVID-19: A Beacon of Hope

Even during the challenging times of the pandemic, the K.E. Blood Donors Club remained actively committed to blood donation efforts. This year, nearly 50 dedicated volunteers contributed by donating blood, exemplifying their unwavering support and dedication to this vital cause





Blood Donation Day: Commemoration of Life-Saving Contributions

On 14th June 2021, the World Blood Donor Day, the NCC Cadets in association with the *Blood Donors' Club* conducted a Blood Donors' Camp in the campus. The event was intended to raise awareness of the need for safe blood to the needy people. 65 people from within and outside the campus participated in the campaign. Government Medical College Hospital Kottayam and Matha Hospital Thellakom were the recipient hospitals.



Commemoration of Blood Donor Day

Awards and Recognition

The patients of Medical College, Kottayam, who were in need of blood was much affected because of the shortage of blood donors during this pandemic period. Realizing the situation, the NSS volunteers of the college along with the blood donors' club offered a helping hand to address the situation. Even at the time of increasing COVID cases, 12 volunteers voluntarily donated blood on the occasion of Voluntary Blood Donor's Day. Recognizing the efforts put by our N.S. S. unit under the aegis of Kerala State Blood Transfusion Council and Medical College. Our college was selected as the best institution at the district level for contributing the large number of donors to the Medical College, Kottayam.





K.E. Blood Donors Forum receiving District Level Award.

K. E College, Mannanam was recognised for its contribution towards blood donation to poor patients. The college has bagged the district level award instituted by the Kerala State Blood Transfusion Council for donating more units of blood even during the pandemic.





District Level Award for Donating More Units of Blood

Blood Donation Camps: Lifelines of Generosity and Vitality

The Blood Donors' Forum of the HEI, has always been a frontrunner in the noble cause of blood donation. In collaboration with Medical College, Kottayam and Caritas Hospital, our forum regularly organizes blood donation camps and encourages students and faculty to donate blood to those in need.

Blood Donation Camps

During the 2022-23 year, under the auspices of the N.S.S. Unit, the forum successfully organized two major blood donation camps.

Blood Donation Camp: I

Date: June 16, 2022

Number of Units Collected: 80

Collaborators: Medical College Kottayam

March 28 Blood Donation Camp: I

Date: March 28, 2023

Number of Units Collected: 80





Collaborators: Medical College Kottayam

In total, these camps resulted in the donation of 160 units of blood. Besides, our college community continues to support daily donations, ensuring a steady supply of blood to those in critical need.



Blood Donation Camp

Medical Charity

The forum of the institution remains committed to the cause of blood donation and medical charity. Our efforts not only save lives, but also instil a sense of social responsibility and compassion among our students and faculty. By continuing to organize blood donation camps

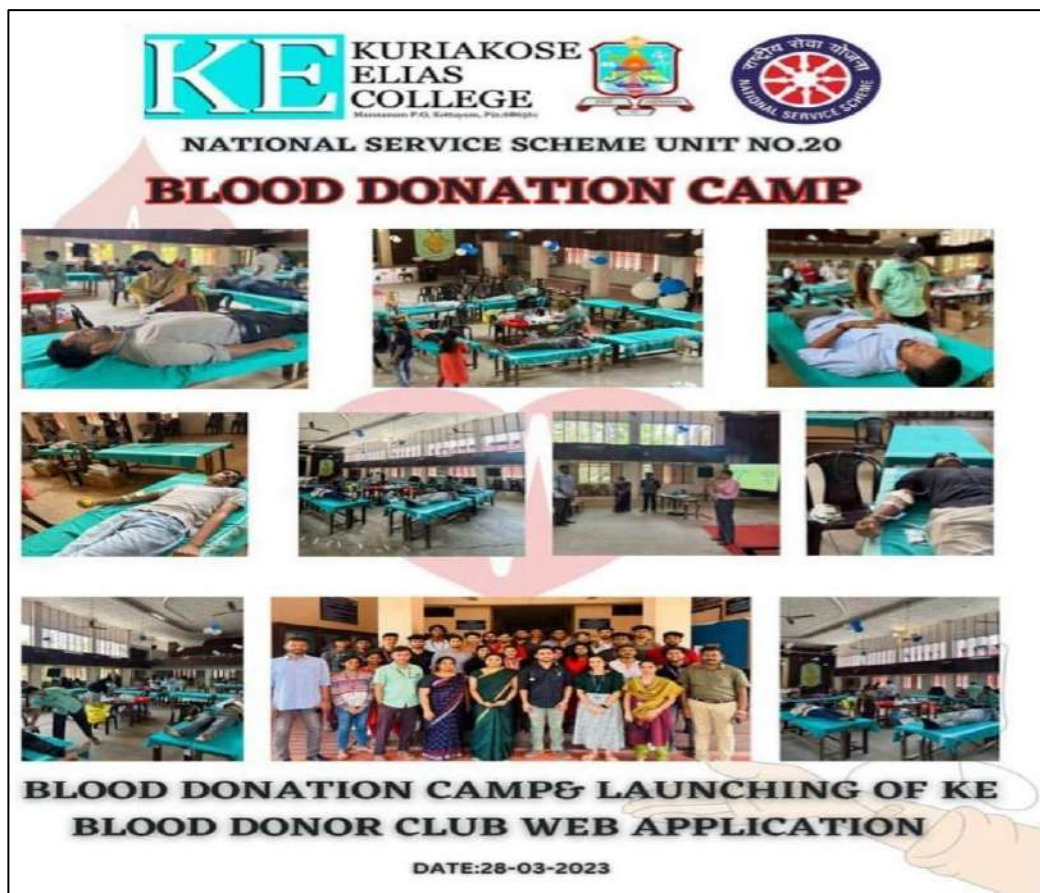




and extending medical aid, we strive to make a positive impact on our community and uphold the values of altruistic service and philanthropism.

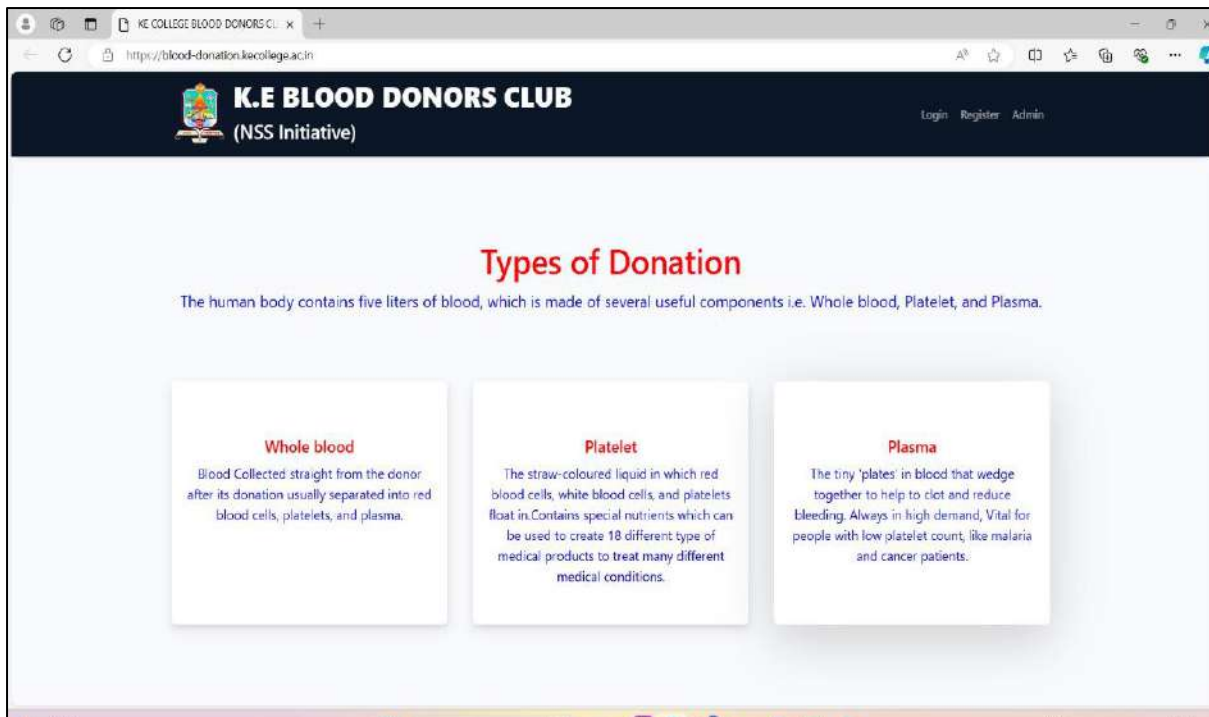
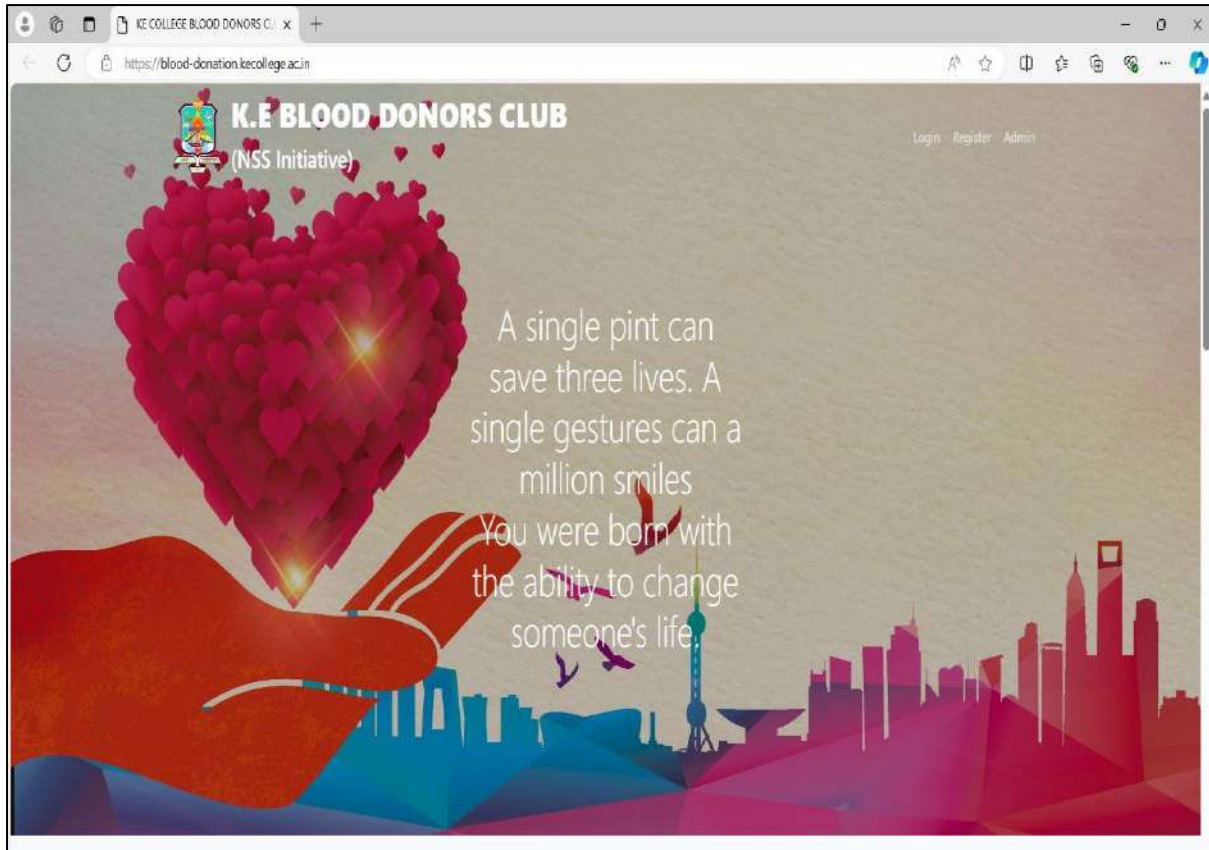
Blood Donor Club Automated Web Page

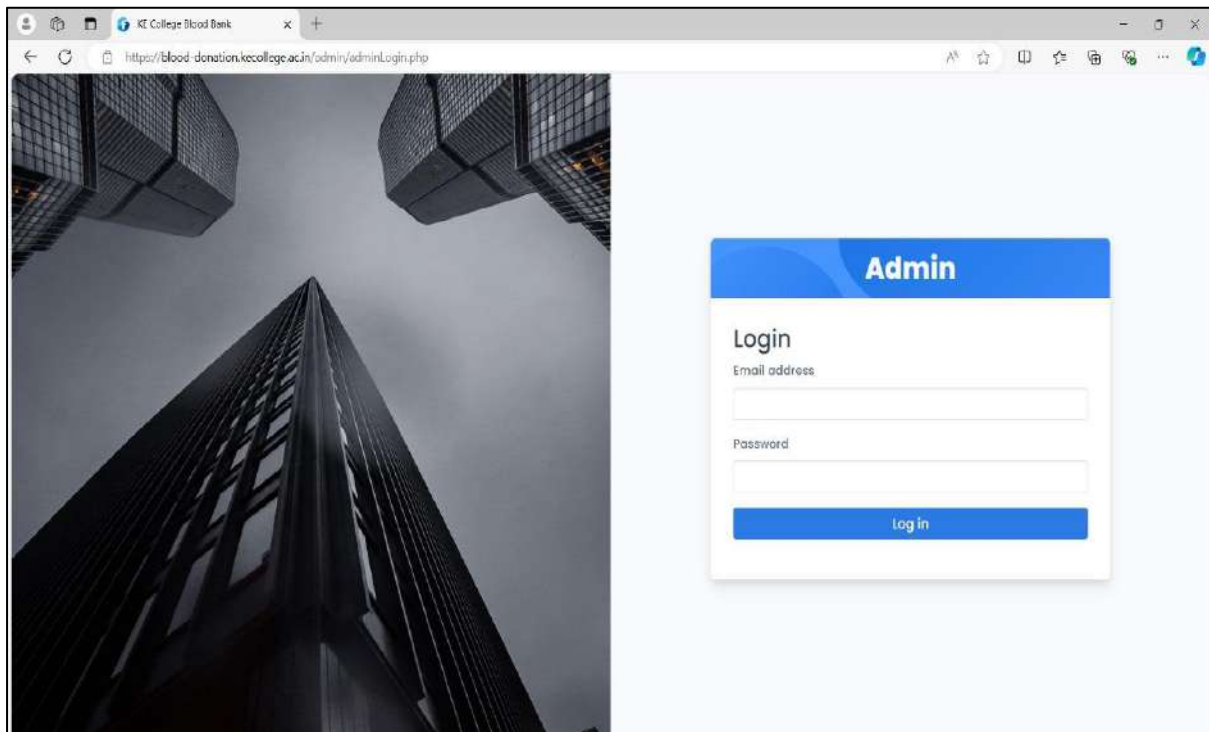
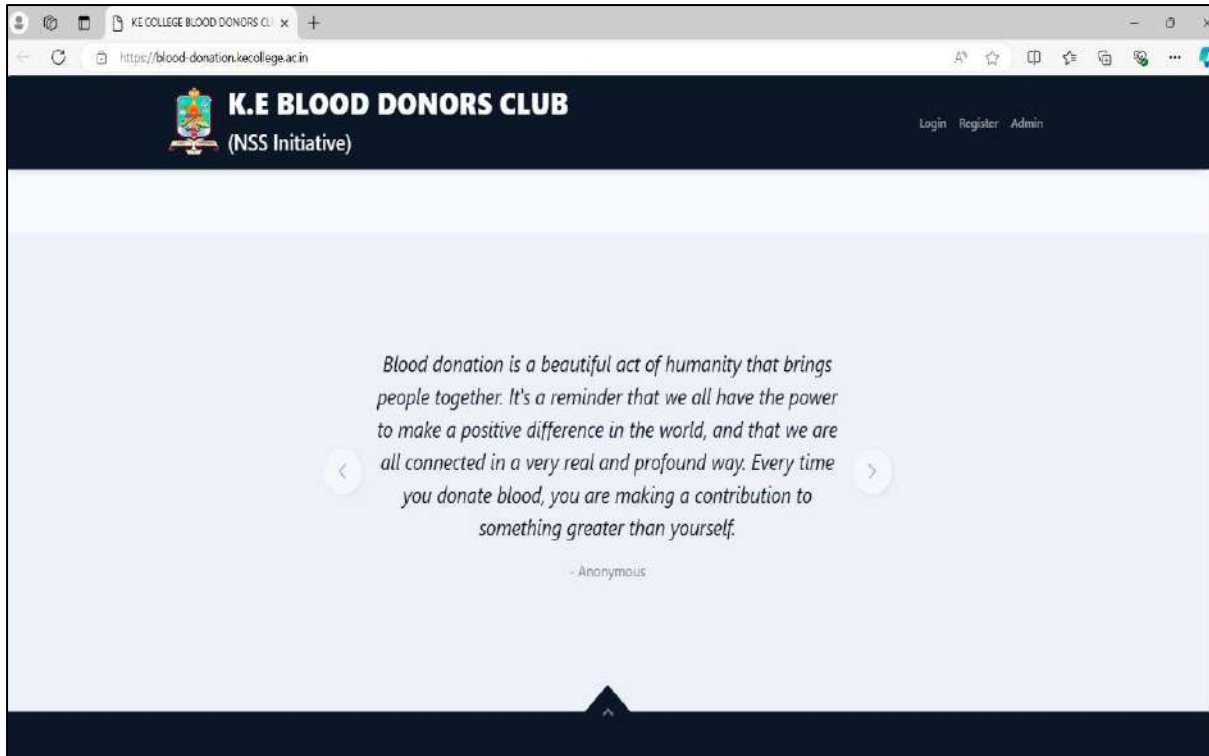
A blood donation web page was launched in 2023 to streamline the club's operations. The app enables students to easily register and log in by submitting their details, facilitating swift identification of the needed blood group.



The URL of blood donor's web page : <https://blood-donation.kecollege.ac.in/>









K.E College

Register

Already User? [Log in](#)

Name: Gender: Blood Group:

Date of Birth: Phone number: Email address:

Password: Confirm Password: Department:

Course: Admission Year:

[Register](#)

K.E College

Login

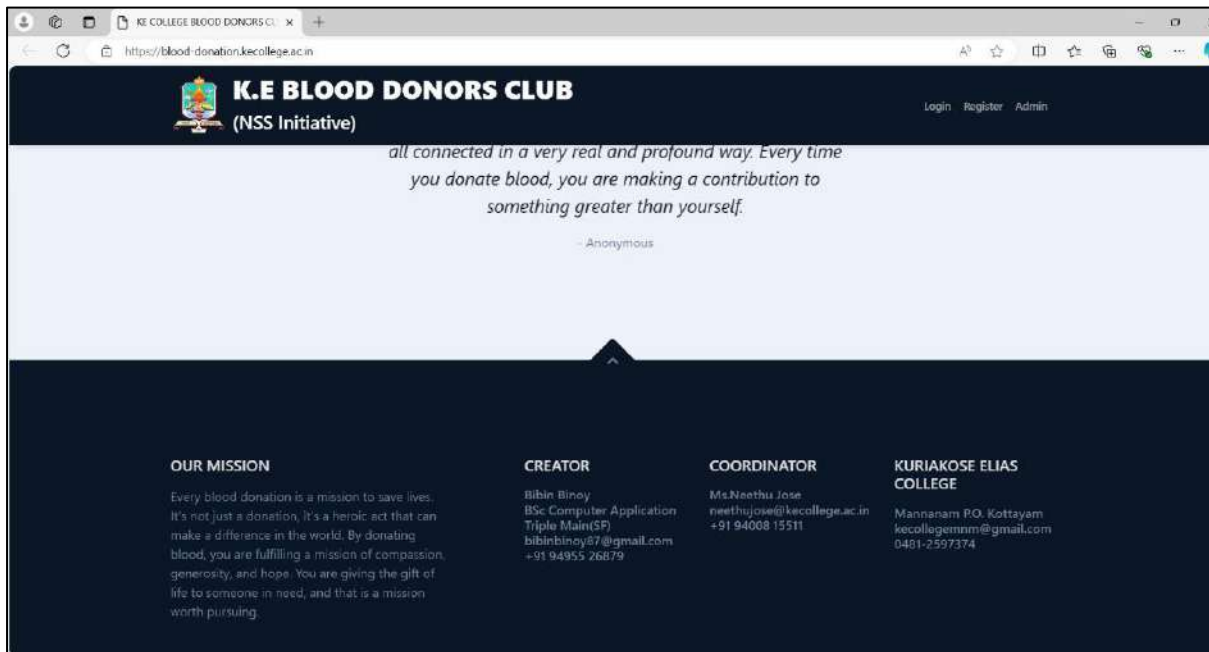
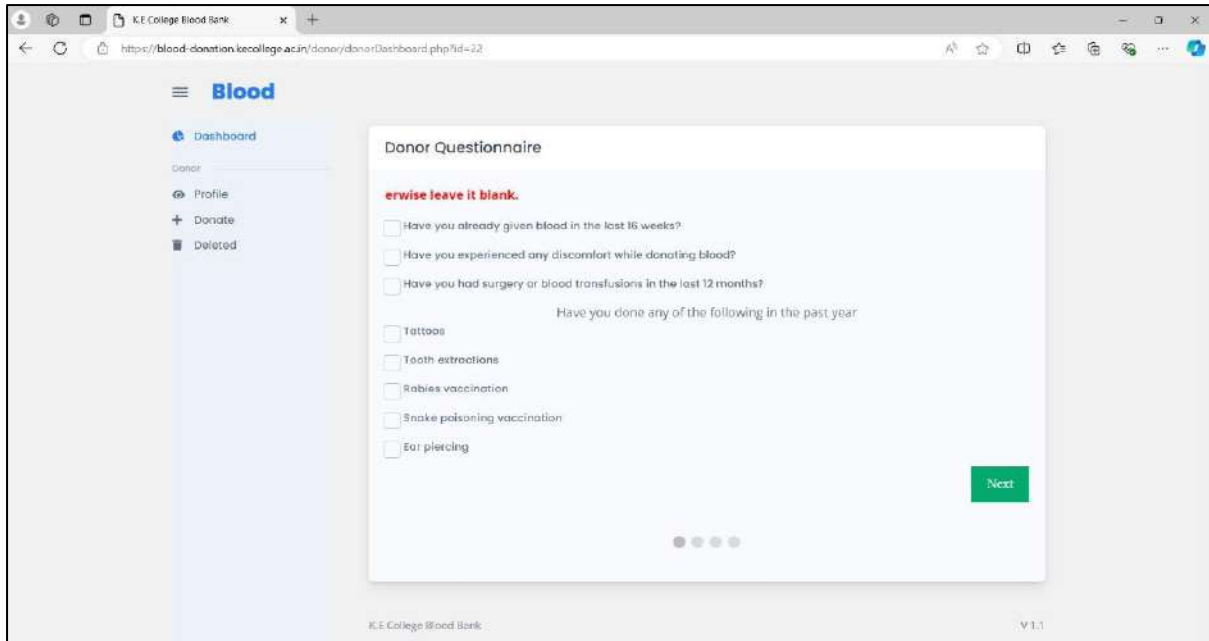
New User? [Create account](#)

Email address:

Password:

[Log in](#)





Blood Donation Web Page of K.E

Letter of Gratitude

By acknowledging those who donate frequently, the Caritas Hospital, Thellakom emphasizes the need for a steady and continuous blood supply, which can only be maintained through regular contributions.





28/08/2024

LETTER OF APPRECIATION

To acknowledge the outstanding support given by the National Service Scheme Unit of Kuriakose Elias College, Mannanam in the area of voluntary blood donation during the past five years. We appreciate the students for demonstrating such a genuine commitment to the community and helping our blood bank to assure a safe and adequate blood supply.


Fr. Jinu Kavil
Joint Director Administration
Caritas Hospital



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T: +91 481-279 00 25-29
E-mail: mail@caritashospital.org | www.caritashospital.org

SPREADING THE RADIANCE OF GOOD HEALTH AND HAPPINESS

Overall, a well-executed blood donors' forum of the HEI can significantly contribute to increasing both the quantity and quality of blood donations, ultimately helping to save lives and support the healthcare system. By coming together to organize and participate in blood donation camps, we not only address immediate medical needs but also foster a culture of generosity and community spirit.





K.E COUNSELLING CELL

Counselling Cell of the HEI, along with the department of Psychology, offered one on one counselling sessions to students to cope up with personal issues, anxiety and other emotional challenges. Regular workshops and seminars are conducted by the cell for both students and parents for promoting mental health awareness. For the smooth functioning of the cell, regular appointments of faculty coordinators of various departments and professional counsellors from various reputed institutions are conducted.

Our counselling services extend beyond the campus, as we actively assist neighbourhood villagers seeking mental health support. We also provide psychological assistance to teachers from nearby schools, who are dealing with students facing behavioural disorders, learning disabilities and poor academic performance.

The postgraduate students of Psychology are also integral to our counselling efforts. During the recent floods, they made significant contributions by visiting affected families and offering much-needed support. The department has successfully assisted numerous individuals dealing with family issues and marital discord.

Activities of the Counselling cell

Counselling Service in an educational institution aims to offer a diverse range of support options, leveraging unconventional therapies to address students' needs in innovative and holistic ways. To attain the aim, the cell along with department of Psychology, organizes various activities every year.

Suicide Prevention Day

As per the statistics of WHO, close to 800000 people die of suicide every year. Furthermore, for each suicide, there are more than 20 suicide attempts. Suicides and suicide attempts have a ripple effect that impacts on families, friends, colleagues, communities and societies. The fact is that suicides can be prevented. Much has been done to prevent suicide at individual, community and national level. With this view, WHO announced September 10 as Suicide Prevention Day. The Day is observed annually on September 10th and it aims to raise awareness about suicide prevention and to promote mental health support.





The Department of Psychology, in association with K.E. Counselling Cell, conducted an awareness program about suicide prevention in the academic year 2018- 2019. There was a signing program tagged “#LIVE NOT LEAVE”, where the meaning of life and awareness about how to prevent suicide were imparted.

World suicide prevention day was inaugurated by Fr. Joby Joseph, Vice Principal of the college. This was followed by an awareness class about suicide prevention. More than 800 people participated in the signing camp.





Commemorating suicide prevention day

Webinar On Safety and Security Among Youth

On September 2, 2020, the counseling cell and the NSS Unit of K.E. College jointly organized a webinar on "Safety and Security Among Youth." The session was led by Dr. Angel Thomas, a Clinical Psychologist and Assistant Professor in the Department of Psychology at Kristujyothi College, Changanacherry. Dr. Brigit Paul, Principal of K.E. College, inaugurated the event, which was coordinated by the Program Officers.

The webinar highlighted the varying safety and security concerns faced by different groups, particularly women and LGBTQ+ individuals, who often encounter unique challenges such as harassment, violence, and discrimination. The discussions explored how societal norms and gender roles contribute to these issues, while also emphasizing the importance of fostering a safe and inclusive environment for all genders.





NATIONAL SERVICE SCHEME
&
COUNSELLING CELL
K.E. COLLEGE MANNANAM

Google Meet

WEBINAR

SAFETY AND SECURITY AMONG YOUTH

RESOURCE PERSON
DR. ANGEL THOMAS
Clinical Psychologist and Assistant Professor,
Kristu Jyoti College Chethipuzha

02-09-2020, 3.30 PM

Meeting URL: <https://meet.google.com/fpa-sznn-ccd>

DR. BRIGIT PAUL
PRINCIPAL

REV. DR. XAVIER CHEERAMTHARA CMI
VICE PRINCIPAL

Webinar on “Parenting: An Art and Challenge During the Time of Pandemic”

On 28th May 2021, a webinar was organised by Counselling Cell of KE College. Dr Prajeesh Palanthara, Director & Psychologist, TRUST Centre for Mindful Living, Ernakulum & Manjeri led the class and was presided over by the college principal Dr. Brigit Paul.

As parents act as a strong pillar of our college and since they are the most stressed group during this pandemic, as they have to deal with their job, students’ education, anxiety etc., counselling cell focused on a webinar for the parent group. The topic was of much relevance and most of the parents participated in the webinar. The programme was highly appreciated by the parents. The webinar was over by 9: 00 pm with an interactive session between parents and the resource person.





K.E COLLEGE MANNANAM
POST GRADUATE DEPARTMENT OF PSYCHOLOGY
IN ASSOCIATION WITH COUNSELLING CELL, K.E COLLEGE



പ്രതീക്ഷ
"CREATING HOPE THROUGH ACTION"



Mr. M.S.SUNI
CLINICAL PSYCHOLOGIST
MES Medical College Perinthalmanna

SUICIDE PREVENTION DAY
September 10 2021

LET US MEET TOGETHER @2:30pm VIA GOOGLE MEET

PRINCIPAL
Rev. Fr. Dr. Xavier Cheeramthara CMI

| | | |
|--|---|--|
| STUDENT COORDINATORS Liyamol John Shilpa Biju | Department Coordinators Rev Fr Johnson Joseph (HOD) Asst. Prof Jeslin Maria Mammen Asst Prof Chinchu Rani Vincent | COUNSELLING CELL COORDINATORS Ms. Gincy Lukose.v Ms. Divya Joseph |
|--|---|--|

9188172616

Programme Link: https://www.youtube.com/live/XYnwi2DXTOc?si=E8kAUjj_rUXFbawm

Mental Health Support and Survey Programme

To support individuals affected mentally by the floods, *Chir@halong* with M.Sc. students from the Psychology Department, conducted a survey in collaboration with Jana Sabha, Mannanam. The students visited homes to gather information on the psychological impact of the disaster, assessing the mental health needs of the affected population. Staff, students and the alumni members jointly extended counselling services in various camps for many days, in Kottayam and Alapuzha districts.





Mental health survey and counselling

Group Dynamics for Children

Students from the Psychology Department conducted group dynamics sessions for children in various relief camps. These sessions were designed to enhance the children's self-esteem and self-confidence during a challenging time. By engaging in group activities and discussions, the children were able to build resilience and find a sense of normalcy amid the turmoil.





Dynamics sessions for children in flood relief camps

Coordinators of Counselling Cell

Counselling Cell Coordinators of the educational institutions play a crucial role in the organization. To facilitate the activities of the cell every year, we have dedicated office bearers. Fr.Johnson Joseph, Ms.Jesline Maria Mammen &Ms.Chinchu Rani Vincet (Dept.Psychology),Ms.Neethu Jose&Ms.Divya Joseph (Dept.ofCommerce) ,Ms.Gincy Lukose V (Dept.of Economics), Chinchu Rose George (Dept. of English) and Ms.Elizabeth Alexander (MSW) were served as the coordinators of the cell during 2018-2023.

Professional Counsellors

Sr. Ruby Thomas, Provincial Counsellor and Superior of the Community and Youth of DSHJ, has served as our counsellor for several years.

The Government College appointed Ms. Thejas Elsa George, as our part time counsellor from ‘Jeevani- College Mental Health Awareness Program’ in the year 2003.





Government Order for the Appointment of Jeevani Counselor

"ഭരണഭാഷ മാത്രഭാഷ"

കോട്ടയം ഗവൺമെന്റ് കോളേജ് പ്രിൻസിപ്പാളിൻറെ നടപടിക്രമം

ഗവൺമെന്റ് കോളേജ് കോട്ടയം - "ജീവനി -കോളേജ് മെന്റൽ ഹെൽത്ത് അവയർനെസ്സ് പ്രോഗ്രാം " വിവിധ കോളേജുകളിലെ കൗൺസിലിംഗ് സെൻററിലേയ്ക്ക്, സൈക്കോളജി അപ്രൻറിസിനെ നിയമിച്ച് ഉത്തരവാകുന്നു.

ഉത്തരവ് നമ്പർ:A2/653/2023/GCKTM തീയതി:01.08.2023
പരാമർശം:-1. 30 .05 .2023 -ലെ പി3/1374/2021/കോ.വി.വ പരിപത്രം
2. 12 .07 2023 -ലെ ഇതേ നമ്പർ പത്രപ്രസംഗം

ഉത്തരവ്

മേൽസൂചന (1) പ്രകാരം വിദ്യാർത്ഥികളിൽ ഉണ്ടാകുന്ന മാനസികസംഘർഷങ്ങൾ ലഘൂകരിക്കുന്നതിനും അവരുടെ ജീവിതപ്രശ്നങ്ങൾ നേരിടുന്നതിനുമായുള്ള മാർഗനിർദ്ദേശങ്ങൾ നൽകുന്നതിനുമായി, കോളേജ് വിദ്യാഭ്യാസ വകുപ്പ് ആവിഷ്കരിച്ച "ജീവനി - കോളേജ് മെന്റൽ ഹെൽത്ത് അവയർനെസ്സ് പ്രോഗ്രാം" സെൻററിലെ തുടർ നടത്തിപ്പിലേയ്ക്ക് 2023 -24 സാമ്പത്തിക വർഷം വിവിധ കോളേജുകളിലേയ്ക്ക് സൈക്കോളജി അപ്രൻറിസിനെ നിയമിക്കുവാൻ നിർദ്ദേശിച്ചിരുന്നു .

സൂചന (1) പരിപത്രപ്രകാരം കോളേജുകളിലേയ്ക്ക് തിരഞ്ഞെടുക്കപ്പെട്ട സൈക്കോളജി കൗൺസിലർമാരുടെ വിശദവിവരങ്ങൾ ചുവടെ ചേർത്തിരിക്കുന്നു . പ്രതിമാസം ₹17600/- (പതിനേഴായിരത്തി അറുനൂറ് രൂപ മാത്രം) രൂപ നിരക്കിൽ 2202-03-103-51(P) എന്ന ശീർഷകത്തിൽ നടപ്പ് സാമ്പത്തിക വർഷം വകയിരുത്തിയിരിക്കുന്ന തുകയിൽ നിന്ന് വേതനം അനുവദിക്കുന്ന തും സേവനകാലാവധി 2024 മാർച്ച് 31 വരെ ആയിരിക്കുന്നതുമാണ് .ഒരു ജീവനി കൗൺസിലർക്കു ഒന്നിലധികം കോളേജുകളുടെ ചാർജ് ഉണ്ടായിരിക്കുകയും ആയതിൽ ഒരു കോളേജ് പോം സ്റ്റേഷനായി നിശ്ചയിച്ചിട്ടുള്ളതുമായിരിക്കും.

അധിക ചുമതലയുള്ള കോളേജുകളിൽ ഒരു മാസത്തിൽ പരമാവധി 10 ദിവസമെങ്കിലും കൗൺസിലർമാർ ഹാജരാകേണ്ടതാണ് .പോം സ്റ്റേഷൻ കോളേജിന്റെ ,8 K m മുതൽ 20 K m വരെയുള്ള യാത്രയ്ക്ക് ,യാത്രാബത്തയായി ദിവസം 100 / രൂപ നിരക്കിലും 20 K m നു മുകളിലുള്ള യാത്രയ്ക്ക് ദിവസം 200 / രൂപ നിരക്കിലും അനുവദിക്കുന്നതാണ് .

വിവിധ കോളേജുകളിലെ "ജീവനി -കോളേജ് മെന്റൽ ഹെൽത്ത് അവയർനെസ്സ്" സെൻററിലേയ്ക്ക് സൈക്കോളജി അപ്രൻറിസായി താഴെപ്പറയുന്ന ഉദ്യോഗാർത്ഥികളെ 01 .08 .2023 പുരോഗമനം പ്രാബല്യത്തിൽ നിയമിച്ച് ഉത്തരവാകുന്നു

| ക്രമ നമ്പർ | പേര് | പോം കോളേജ് | ചുമതലയുള്ള കോളേജുകൾ |
|------------|----------------------|-------------------------------------|---|
| 1 | മിസ് ചിത്ര പ്രകാശ് | ദേവമാതാ കോളേജ് ,കറവിലങ്ങാട് | 1.ദേവമാതാ കോളേജ്- കറവിലങ്ങാട്, 2.സെൻറ് സ്റ്റീഫൻസ് കോളേജ് -ഉഴവൂർ |
| 2 | മിസ് അൻസാ മേരി സഖറിയ | അസ്സംഷൻ കോളേജ്- ചങ്ങനാശേരി | 1.അസ്സംഷൻ കോളേജ്- ചങ്ങനാശേരി, 2.എൻ എസ് എസ് ഹിന്ദു കോളേജ്-ചങ്ങനാശേരി |
| 3 | മിസ് തേജസ് എൽസ ജോർജ് | സി എം എസ് കോളേജ്- കോട്ടയം | 1.സി എം എസ് കോളേജ് -കോട്ടയം, 2. കെ ഇ കോളേജ്-മാന്നാനം 3.സെന്റ് ജോസഫ്സ് കോളേജ്- മാന്നാനം |
| 4 | മിസ് സുല. ആർ | എസ് വി ആർ എൻ എസ് എസ് കോളേജ്- വാഴൂർ, | 1.എസ് വി ആർ എൻ എസ് എസ് കോളേജ്- വാഴൂർ, 2.കെ ജി കോളേജ് - പാമ്പാടി , 3. സെന്റ് മേരീസ് കോളേജ്-മണർകാട് |





| | | | |
|---|------------------------|----------------------------|--|
| 5 | മിസ് എവിലിൻ എൽസ കര്യൻ | എസ് ബി കോളേജ്-ചങ്ങനാശേരി | 1.എസ് ബി കോളേജ്-ചങ്ങനാശേരി, 2.പി ആർ ഡി എസ് കോളേജ്-അമരാപുരം, 3.എൻ എസ് എസ് ട്രെയിനിംഗ് കോളേജ് - ചങ്ങനാശേരി |
| 6 | മിസ് ജുവാന റെച്ചൽ ബോബി | ബി സി എം കോളേജ്-കോട്ടയം. | 1.ബി സി എം കോളേജ്-കോട്ടയം 2.ബി കെ കോളേജ്- അമലഗിരി |
| 7 | ശ്രീ ജോൺ സെബാസ്റ്റ്യൻ | സെന്റ് തോമസ് കോളേജ് - പാലാ | 1.സെന്റ് തോമസ് കോളേജ് ,പാലാ 2.സെന്റ് തോമസ് ട്രെയിനിംഗ് കോളേജ്,പാലാ, 3.സെന്റ് ജോസഫ്സ് കോളേജ്, മുലമറ്റം |
| 8 | ശ്രീ ജയകൃഷ്ണൻ കെ | ഗവണ്മെന്റ് കോളേജ്-കോട്ടയം | 1.ഗവണ്മെന്റ് കോളേജ്,കോട്ടയം. 2.ബസേലിയൻ കോളേജ്,കോട്ടയം |

Approval Valid

Digitally Approved By
ഡോ. പ്രഗാഷ് ആർ
Date: 2023
Reason: Approved

Sd/-
ഡോ. പ്രഗാഷ് ആർ
പ്രിൻസിപ്പാൾ (ഇൻ ചാർജ്)
0481 2363116
gckottayam@gmail.com

പകർപ്പ്:

- 1.കോളേജ് വിദ്യാഭ്യാസ ഡയറക്ടർ
2. ബന്ധപ്പെട്ട സൈക്കോളജി അപ്രൻറിസിന്
- 3.ബന്ധപ്പെട്ട കോളേജ് പ്രിൻസിപ്പൽമാർക്ക്
- 5.കത്തൽ ഫയൽ
6. നടപ്പു ഫയൽ





Counselling Room

The counselling room of the college is a dedicated space, designed to provide a safe, confidential and comfortable environment for counselling sessions.





Counselling and Therapy room

K.E.Counseling cell is integral to help students to achieve academic success, maintain emotional well-being and prepare for future challenges, both in their personal lives and in their careers. By addressing a range of academic, emotional, social and career-related issues, providing essential support that can help students to navigate the challenges of their educational journey.





SOCIAL EMPOWERMENT

Social empowerment of students focuses on enhancing their ability to participate effectively in their communities and society through their holistic education. By integrating the provisions of food, clothing, medical aid, family adoption and educational support to the students of K.E college and needy people of the nearby community *Chir@h* effectively build a path towards a better future.

Free lunch

Chir@h offers free lunch to the deserving students of the college. This scheme was launched with an objective that there will not be any student in the college, who suffers from hunger, thereby making a hunger free campus. Food vouchers distributed can be redeemed by the students at the college canteen at their convenience. During the academic year 2018-19, two students benefitted out of this scheme.

Helping Hand to Students in Need

Chir@h has provided financial assistance to poor students of the college. An amount of Rs.400 will be provided to deserving students each semester. The assistance will be given for the purchase of essential study materials like text books, note books, records etc. During the academic year 2018-19, Rs.25912 was given for the purchase of study materials. A total of sixtyone students benefitted out of this scheme.

The HEI in a heartwarming act of solidarity and support, has provided a helping hand to a 2nd year Zoology student facing housing challenges, by donating Rs. 5000 towards the construction of his house. This generous contribution exemplifies the core values of compassion and community spirit that the institution upholds.

Through their generosity and compassion, *Chir@h* and the students have shown that true education goes beyond academic achievements. It encompasses the development of character and the willingness to support one another in times of need. This initiative not only provided immediate relief, but also strengthened the bonds of friendship and cooperation within the student body, paving the way for a more inclusive and supportive community.

Financial Assistance Scheme

Due to the Covid lock down scenario, the students were not present in the college and hence the annually collected amount of money was given to a non-





teaching staff (part time) of the College, who was in dire need of financial assistance.

During 2020-21, an amount Rs. 8500 was utilized for the charity activities under the aegis of Chir@h.

- **Food Assistance:** A total of Rs. 4,500 was spent on food, benefiting a total of three students.
- **Medical Treatment Aid:** Rs. 2,000 was allocated to assist one family with medical expenses.
- **Education Support:** Rs. 2,000 was provided for educational support to one student.

Christmas Gift

Chir@h is also distributing grocery kits to the financially disadvantaged students of the college during the Christmas time. As part of the Christmas celebrations, the unit has provided gift kits to ten poor students of the college. The kit included 5 Kg rice and other provisions. An amount of Rs.5258 was spent for the purpose

During the Academic Year 2021-2022, the *Chir@h* in association with Vincent De Paul Society allocated funds across various support categories to aid our students in need.

- **Food Assistance:** A total of Rs.1430 was spent on providing food to our students.
- **Medical Treatment Aid:** The initiative provided Rs.1000 in medical treatment aid to one family in need.
- **Education Support:** Significant support was provided for educational purposes. A total of Rs.5820 was spent on twelve students.

This expenditure reflects the Society's commitment to supporting families and addressing their critical needs throughout the year.

During the academic year 2022-2023, the HEI has undertaken several impactful initiatives:

Medical Assistance: Provided medical aid to students with chronic illnesses.

Supplied a hearing aid worth Rs. 20,000 to a student with hearing impairment.

Supported a previous student with Rs. 10,500 for surgery.

Assisted an elderly person outside the campus with Rs. 2,500 for treatment.



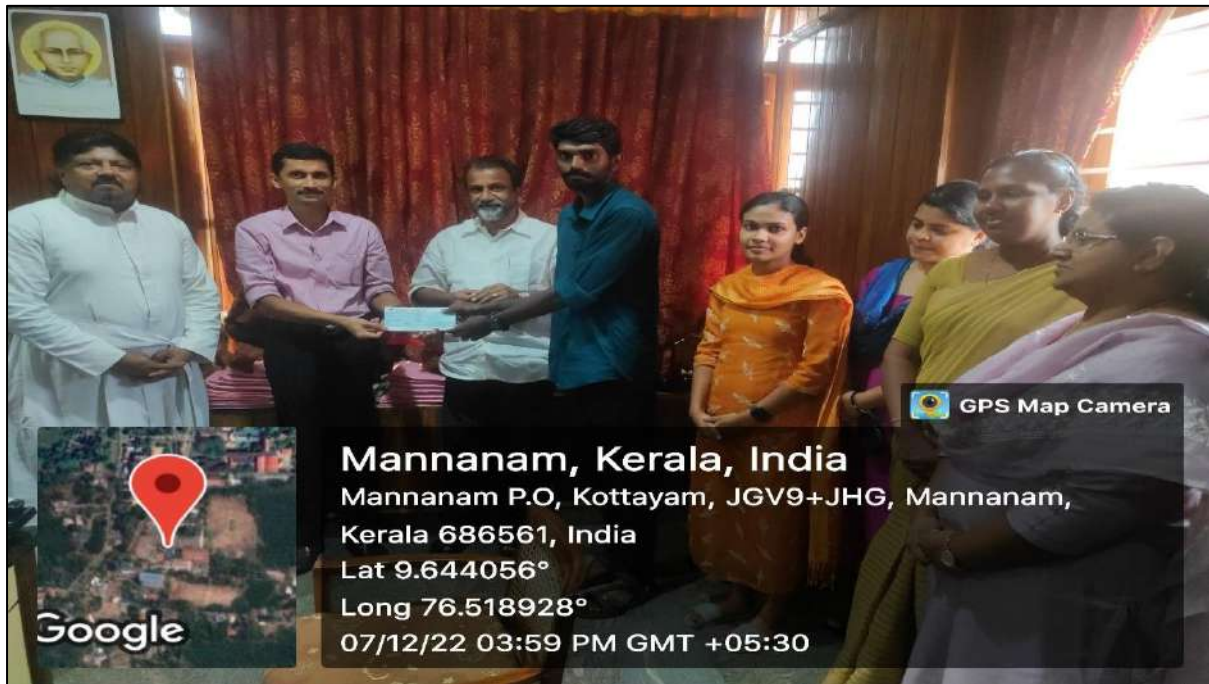


Educational Support: Spent Rs. 3,550 on educational purposes, ensuring that students from economically backward classes have access to necessary learning facilities.

Food and Nutritional Aid:Allocated Rs. 6,000 to provide food for an adopted student, ensuring their nutritional needs are met.

Family Support:Extended a helping hand to an adopted family with Rs. 5,000, assisting them in their day-to-day needs.

The HEI, Mannanam, exemplifies the spirit of charity and community service. By addressing the educational, medical and basic needs of the economically disadvantaged, the society not only uplifts individuals, but also strengthens the community as a whole. The ongoing support from the college's teacher-student fraternity and other associated bodies ensures that the society can continue its vital work, providing hope and assistance to those who need it the most.



Helping Hand to Cancer Patients

Every Wednesday, *Chir@h*, under the dedicated leadership of a College staff member and Catholic Students Movement, our college community comes together to support cancer patients and their bystanders at Medical College Kottayam, through a compassionate food collection drive. This initiative aims to provide much-needed nourishment to those facing the challenges of cancer treatment, many of whom struggle with financial hardships





Food for poor and cancer patients

Food Collection Service

Chir@h, in association with students of Jesus Youth, have embarked on a noble initiative aimed at providing support to the underprivileged and sick people, along with their bystanders, at Kottayam Medical College. This initiative conducted, in collaboration with the Navajeevan Charitable Society, exemplifies the spirit of compassion and community service. The students and staff of the college contribute food packets, every Wednesday which are then distributed to the needy.

The primary objectives of this food collection service are to provide nutritious meals to the poor, the sick individuals and their bystanders at Kottayam Medical College, to foster a sense of social responsibility and community service among the students and staff of KE College.

Prior to the collection day, the Jesus Youth team spreads awareness among the students and staff about the upcoming food collection. This is done through posters, announcements, and social media. The collected food packets are gathered, sorted, and packaged by the Jesus Youth volunteers. This ensures that the food is safe and hygienically packed for distribution. Once the food packets are collected and sorted, they are transported to Kottayam Medical College with the help of the Navajeevan Charitable Society and distributed. The initiative has witnessed significant participation from the college community, resulting in more





than 100 food packets been collected and distributed each week. This persistent effort ensures that several individuals receive nutritious meals, that provide them succour during their difficult times.

The collaboration with the Navajeevan Charitable Society has been instrumental in the success of this initiative. The society's experience in charitable activities and their established network within Kottayam Medical College facilitate smooth and efficient distribution of the food packets. This partnership enhances the overall impact of the service.



Food Collection Service

Rice Bucket Challenge

In our heartwarming initiative, the students and teachers of K.E came together for the Rice Bucket Challenge, drawing inspiration from the "Pidiary" concept propagated by Saint Kuriakose Elias Chavara.

Following in the footsteps of this noble tradition, the volunteer leaders of the college organized a rice collection drive, rallying support from students, faculty, and staff. Over the course of the campaign, generous contributions poured in, with each participant donating rice as a symbol his/her commitment to helping the needy.





The rice collected through this initiative was handed over to Navajeevan Trust, Arpookkara, an organization dedicated to the welfare and upliftment of underprivileged communities. The Trust works tirelessly to provide food, shelter, and education to those who need it the most and the contribution from the college will go a long way in supporting their mission.



Rice Bucket Challenge

Family Adoption Scheme

Adopting a family by providing materials and support is a compassionate approach to assist those in need. Under the aegis of **Chir@h**, Rs. 28500 was collected from different philanthropists including the staff of the college during the year 2018-19. Two families were adopted using this fund and **Chir@h** continues to provide financial and mental support to these families utilizing this fund. Volunteers of **Chir@h** used to spend days with the families, providing them care and relief and thereby fulfilling the social commitment of the organization.





Adopted family visit

Volunteers of *Chir@h* visited the adopted family on 04 March, 2021 spending some quality time with them which gave ample insights to the students regarding the marginalized section of the society.







A visit to the adopted family was made on April 12th 2022. The visit itself creates an ample insight to the students about the weaker sections of the society. After the visit the team of Chir@h shared their experience. The students shared the view that the visit to the adopted family was a very pleasant experience for them and had motivated them to work and think more ways to reach out to the needy people of the society.



Volunteers of Chir@h visiting the adopted family.





Care And Concern for All

One of the main outreach activities of the Chir@h is the family adoption from the nearby village at Mannanam. Every month, an amount of money is distributed to them to purchase their basic provisions. Also the entire team of K E College, Mannanam visits the family and spends the whole day there, that helps in creating an ample insight for our students about the existential problems and sufferings the weaker sections of the society. This year we visited the adopted family on 6 February, 2020. The sick members of the family were given nursing care during the visit by the members. After the visit, students and teachers shared their experiences and also it really motivated our students to work and plan out more ways and strategies to reach out to the needy people and fulfil their social commitment. In addition to supporting people who are living in our crisis and transitional accommodation facilities, we assist many homeless individuals and families. Our students also conduct outreach activities in the wider community by offering food, blankets, other material and financial assistance, as well as referrals to our services.



Adopted family visit





Disability Services and Visit to the adopted family

We deliver personalised, strength-based support services for people living with disability and enabling them to live life to the fullest and on their own terms.



Family support extended a helping hand to an adopted family with Rs. 5,000, assisting them in their day-to-day needs during the year 2022-23 also.

Hello English

Department of English of the HEI organized a training programme titled ***Hello English*** in association with St Joseph's UP School, Mannanam. Sri Jojan Joseph, Headmaster of the school inaugurated it on 05-09-2018 at 03.00 pm. Fr Joby Joseph, Vice Principal & Coordinator and Ms Chinchu Rose George, Asst. Coordinator were also present during the inaugural function. English language, primarily spoken English, has been a hard nut to crack for the students as well as teachers of government or aided schools. However, the scenario has started showing signs of change in the primary classes in Kerala with the introduction of the revised curriculum and textbooks. Our students master-planned the programme focusing on the integral development of these poor village children. It was a one-week training programme from 3 to 4 pm. The confidence level of English usage among the UP-School learners had gone up considerably. Some of the children had started creative writing in English in the form of stories, poems and other forms. The programme had motivated the students and gave them tremendous confidence to carry out the teaching-learning process better in their classrooms. Proficiency in





English is still a distant dream for most of the students in the school. However, Our Third Year BA Literature students strived hard to make this teaching-learning activity joyful and pleasant experience to the learners. Hence it is observed that most of the UP-school students were competent users of their mother tongue.

The Language Enrichment and Talent Search (LETS)

The Language Enrichment and Talent Search (LETS) program was held on 2nd February 2019 at the New Seminar Hall of the institution. This one-day event aimed at enhancing the language abilities and communication skills of school students, providing them with valuable training that would support their academic careers, leadership development, and personal growth. The program also addressed ongoing environmental issues, fostering a sense of responsibility among the students. It was a paperless training initiative, underscoring the importance of sustainable practices.

The LETS program was academically significant as it focused on improving the language skills and communication abilities of school children from grades VII to XII. The program was designed to prepare these students for future academic challenges by offering leadership training, group discussion opportunities, and skill development sessions. Socially, the program brought together students from different schools, creating a platform for collaboration and mutual learning. Environmentally, the program's paperless approach highlighted the importance of reducing waste and adopting eco-friendly practices.

The event was sponsored by the CMI Educational Institutions and the College Management of Kuriakose Elias College. A total amount of approximately ₹88,400, including registration fees, was granted for the successful execution of the program. The program saw active participation from 275 school students from various schools within and around the Kottayam district. Additionally, 80 students from the Department of English at K E College also participated in the event. Faculty members from the Department of English, as well as parents and teachers of the school children, were present, contributing to the program's success.

The event was a collaborative effort involving both external and internal entities. Externally, the program was organized in collaboration with the CMI Educational Institutions, which included various schools. Internally, the Music and Dance Club of K E College played a key role, especially in organizing cultural activities and the Spot-Choreography competition, which was one of the highlights of the event.





LETS was officially inaugurated by Fr Joshy Chereramkuzhiyil CMI, Principal of KCMT, Chethipuzha, with Dr Antony Thomas, Principal of K E College, presiding over the meeting. Dr Sujarani Mathew, Head of the Department of English, delivered an inspiring felicitation address.

The program included two main input sessions. The first session focused on language skills and was conducted by Mr Ajith P C, Assistant Professor on contract at St Thomas College, Palai. The second session was dedicated to enhancing communication skills and was delivered by Mrs. Mariya, Assistant Professor on contract, Department of English, St Thomas College, Palai. Both sessions were well-received and provided valuable insights to the participants.







Language Enrichment and Talent Search Programme

The primary aim of provisioning to the needy is to address and alleviate the immediate and long-term challenges faced by the students of our college and individuals of nearing communities who lack access to basic necessities. This includes providing food, clothing, shelter, medical aid, education, and other essential resources. The overarching goal is to improve their quality of life, promote dignity, and empower them towards self-sufficiency.





EMPATHY AND CARE

The staff and students of K.E College focused on enhancing the well-being, dignity and quality of life of the residents at charity homes. Under the auspicious of Chir@h, the HEI upholds outreach charity programs aim that to assist underserved communities, through various form of support, including educational, medical, financial, and social services. The institution acts as a helping hand to the society through various programme.

Visit to Abrobhavan Old Age Home

On August 15th, 2018, students of K.E, in association with the Department of Psychology, made a heartwarming visit to Abrobhavan Old Age Home in Athirampuzha. This visit was part of an ongoing effort to show care and empathy towards the elderly, providing them with much-needed companionship and joy.

During their visit, the students performed a cultural program that included singing, dancing, and other entertainment activities. The vibrant performances brought smiles to the faces of the residents, creating an atmosphere of celebration and warmth. Beyond the performances, the students took the time to interact personally with the inmates, listening to their stories and sharing their experiences.



Abrobhavan Old Age Home Visit





In addition to the first-year students' visit, post-graduate students also extended their support by visiting various old age homes, where they offered counselling services.

These sessions aimed to address the emotional and psychological needs of the elderly, providing them with professional support and guidance.

Visit to ABHAYA Special School:

On March 15, 2019, our students and teachers visited ABHAYA Special School in Neendoor, as part of our ongoing commitment to social welfare. This visit was a deeply moving experience for everyone involved. The interaction with the students and staff at ABHAYA provided invaluable insights into the challenges faced by those in special care.

The visit was more than just an educational outing; it was a poignant reminder of our shared humanity and the impact of compassionate engagement. Spending two meaningful hours at the school, our students learned about the importance of empathy and the ways in which they can contribute to improving the lives of others. Inspired by this experience, our group is committed to supporting the school further and exploring ways to contribute to its ongoing needs.





Visit to ABHAYA Special School

Kaithiri

A charity-oriented programme, Kaithiri was conducted on 31st August 2019. The visit was conducted by the Department of English, in association with **Chir@h**to Mercy Home Changanassery, an institution for rehabilitating specially-abled people from the age of 4 to 65. This institution is run under the supervision of the Sisters of Destitute. The programme enabled us to treat the inmates like our own family and to spend our valuable time with them. The whole class of 36 students, their class teacher Fr. Joby Joseph Mukalel, and two faculty members were invited to the institute by the Mother Superior. Students were enthusiastic and were happily involved throughout the programme.

The students performed various programs like singing, dancing and games for the inmates. The inmates enjoyed the programme performed by the students. A token of love was given to all the residents at Mercy Home. The goodbyes were hard and we left the institute with a mixture of feelings and emotions. The visit encouraged us to do more for the needy and the helpless ones. The experience was very memorable.



Old Age Home





Kanivu

A charity-oriented programme, Kanivu was conducted by 1st year students of English Department in association with *Chir@h*on 31st July 2019. The visit was to Satirthya Special School, Villooni, Kottayam.

The whole class of 36 students, along with our class teacher Fr. Joby Joseph and two faculty members of the department took part in the programme. The student coordinator of the programme organized various activities and engaged with the children. The students conducted many programmes including several competitions and games to make the day memorable. The children showcased their talents through performances, including music and dance. This segment highlighted the diverse abilities and creative expressions of the students.

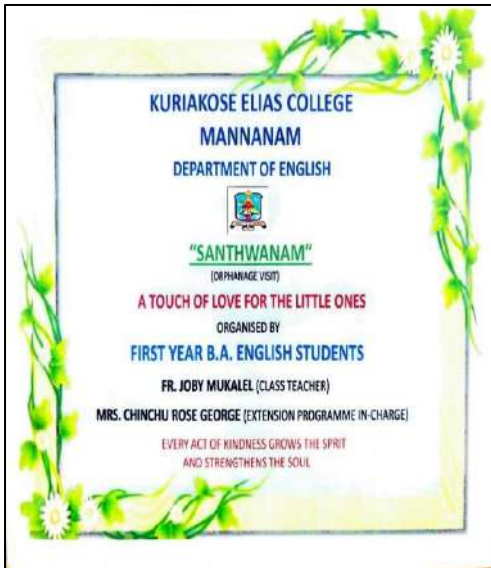
The visit reinforced the value of community involvement and the positive impact of fostering inclusive environments. It not only broadened their perspective on the challenges and strengths of specially-abled children, but also encouraged a sense of responsibility and compassion towards all members of society. The interaction with the children and staff was mutually enriching and highlighted the importance of inclusive education.





Santhwanam Charitable Trust Visit

The first-year BA English students in association with Chir@hvisited Santhwanam Charitable Trust, on 31st July 2019. It is an organization for distressed women and children. The visit aimed to provide the students with an opportunity to learn about the trust’s charitable activities, engage with its beneficiaries, and develop a greater awareness of social issues.



The visit began with a warm welcome from the trust’s staff. The director of the trust provided an overview of the organization’s mission, goals and the various programs they run to support the community. Students participated in hands-on activities, such as organizing and preparing care packages or assisting with other daily tasks. Engaging with beneficiaries

and participating in volunteer activities helped students develop a greater sense of empathy and social responsibility. Around 36 students and 3 faculty members took part in the programme.

The visit to Santhwanam Charitable Trust was a valuable and enlightening experience for us students. It offered insights into the trust’s charitable work and fostered a sense of empathy and community involvement among us. They discussed what they learned, how it impacted their views on social responsibility and the importance of support.



Smarana





The first-year BA English students in association with Chir@h, visited Abhayabhavan, Arpookara on 31st July 2019. The visit aimed to foster empathy, enhance social awareness, and offer students a practical experience interacting with the elderly. This visit was part of our community outreach program designed to promote empathy, social awareness and active engagement with the elderly community. Mother Superior, who oversees the old age home, warmly welcomed the students.



The class of 36 students, our class teacher Fr. Joby Joseph and other department teachers took part in the programme. Students were divided into small groups and engaged in one-on-one conversations with the elderly residents. These interactions allowed students to learn about the personal histories, experiences, and perspectives of the residents. The students organized a small cultural program, including recitations of poetry and short stories and sang songs for the elders.

The elderly residents expressed their gratitude and appreciation for the students' company and the activities organized. Many residents felt a renewed sense of joy and engagement during the visit. Students reported that the visit was a deeply moving and eye-opening experience. The experience also highlighted the value of personal interactions and the positive impact of providing emotional support. The interaction not only benefited the residents but also left a lasting impact on the students, promoting a sense of social responsibility and empathy.

Visit to Old Age Homes and Shelter Homes and Prison visit





With a clear vision of advocating for the poor and marginalized, the Catholic Student Movement members embarked on a series of visits to various old age homes, orphanages, and shelter home and prisons. These visits were part of an ongoing effort to engage with vulnerable populations and provide support through awareness and life skills training programs. The initiative was rooted in the belief that hands-on experiences and direct interactions are crucial for fostering empathy and understanding among students, while also addressing the immediate needs of the communities they serve.

In a dedicated effort to spread messages of love, positivity and humanity, the Catholic Student Movement students and teachers visited sub jail Kottaym. Collaborating closely with the prison authorities, they organized a one-day visit designed to uplift and engage the inmates. This program included motivational talk and group activities aimed at fostering a sense of hope and self-worth among the prisoners. The initiative was underpinned by the belief that everyone, regardless of their circumstances, deserves compassion and the opportunity for personal growth.





Old age home visit

Visit to Cancer Patients Home

In connection with the World Cancer Day, students visited the home of a cancer patient from very poor financial background. We spent some time with them and handed over a grocery kit worth Rs.1000 and Rs.1500 in cash for medicines out of the income generated from the sale of tapioca and elephant yam planted by our volunteers.

On the same day theNSS organized a hair donation camp, in association with Sargakshetra, Changanacherry. and Women's Forum The representatives of the Women's Forum collected the hair which was used for the purpose of making wigs for cancer patients. A large number of students cooperated earnestly for this noble cause.






Hair Donation Camp

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. Neethu Jose - +91 94008 15511
Ms. Chinchu Rani Vincent - +91 80863 77671
Mr. Shamal 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
@ 2pm

Hair Donation Camp
Acts of Love

Venue : Christopher Hall

#together we care

ORGANISING COMMITTEE

Principal
Rev. Dr. Xavier G S CMI

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



Onam Celebration with the Abhaya Bhavan family





അമ്മത്തട്ടിൽ ഒരു ഓണക്കാലം

The Covid-19 and its stringent protocol of social distancing reduced every type of social gatherings in the society. We all are aware about its psychological impact on the student community. Several online discussions were arranged on this preface, but at the same time we forgot about the lives in orphanages, asylums and also old age homes. Before the pandemic, there were so many well-wishers who visited these types of homes and spent some time with them but in the fear of pandemic, the doors were closed. The lives inside these homes were thrown away to much more depression. In this scenario, a small group of 15 volunteers and the principal visited Abhaya Bhavan, an old age home for abandoned mothers in Arppookara Panchayat on 03 September, 2021. After getting permission from the authorities, we gathered in their compound and arranged some cultural programmes for them. We gifted all mothers with 'Onakodi' worth Rs. 3000 amount of fund provided to us by some philanthropists. All mothers were very happy, which could be read from their faces and they also joined the celebration by singing songs with the students. All the programmes were conducted strictly under Covid protocol.

Kuriakose Elias College, Mannanam
NSS Unit - 20

ON SEPTEMBER 3, 2021

അമ്മത്തട്ടിൽ ഒരു ഓണക്കാലം

ഓണക്കാലം വിതരണവും കലാപരിപാടികളും

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

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

Onam Celebration with the Abhaya Bhavan family





Sevagram Special School Visit

In December 2022, a team of department of Economics in association with Chir@h embarked a visit to Sevagram Special School, situated at Ettumanoor Gramapanchayath, ward -2 a dedicated institution that provides care, education, and support for mentally challenged individuals. This visit was organized as part of our ongoing commitment to social responsibility and community engagement, with the goal of bringing joy, support, and companionship to the students at the school.

During our visit, the team conducted interactive sessions with the students, involving games, music, and simple, fun-filled activities that were designed to engage them and promote a sense of inclusion. As part of our support, we donated essential resources, including educational materials, art supplies, and personal care items. These contributions were made to aid the school in its daily operations and to enhance the learning environment for the students. The visit to Sevagram Special School was an eye-opening and deeply moving experience for our team. The students, despite their challenges, exhibited incredible enthusiasm and joy in participating in the activities.





Sevagram Special School Visit



Assissi Bhavan Visit-January14

The palliative care unit of our N.S.S visited the Assissi Bhavan, Arpookara run by Karunya sisters. It's a shelter home of mentally retarded persons who were forbidden by their relatives. Our volunteers supplied some necessities and groceries to them. They





spent some time with the inmates We offered all our support to the sisters who are in charge of that home which is under construction.

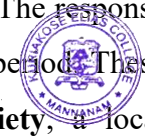


Cloth Collection Drive

With compassion and a sense of duty, Chir@h in association with NSS of the college took the lead in gathering used clothes, which were then distributed to the needy residents of local charitable organizations.

Supporting Aswarya Charitable Society

In the first initiative, the volunteers organized a comprehensive cloth collection drive on campus, encouraging students, faculty, and staff to donate gently used clothing. The response was overwhelming, with a significant amount of clothing collected in a short period. These clothes were carefully sorted and delivered to **Aswarya Charitable Society**, a local





organization dedicated to providing care and shelter to those in need. The residents of Aswarya, who face various challenges, welcomed the donations with gratitude, and the gesture significantly uplifted their spirits.

Extending Help to Mariyasadanam

Building on the success of the first drive, the NSS volunteers launched another cloth collection campaign, this time for the residents of **Mariyasadanam**, another charitable organization situated near the Govt. Medical College, Kottayam. The volunteers' dedication and outreach efforts resulted in a substantial collection of clothes, which were then distributed to the inhabitants of Mariyasadanam. This initiative provided much-needed relief and comfort to the residents, reinforcing the volunteers' commitment to serving the community.



Mariyasadanam visit by the students & teachers

The reach out care home activities of the K.E. College under the aegis of Chir@h lead to a more positive, nurturing environment that benefits residents, staff, families, and the broader community. This approach not only improves the quality of life for those in care but also strengthens the care home as a whole, ensuring its ongoing success and impact.





FLOOD AND COVID PANDEMIC RELIEF EFFORTS OF THE INSTITUTION

By understanding the emotional and practical aspects of the situation, students effectively harness empathy to meet critical needs during emergencies. In response to the devastating floods the institution along with NSS unit of the College organized a comprehensive flood relief initiative, demonstrating remarkable community service and dedication. The following major activities were undertaken by the unit to support those affected by the floods:

Chir@h has associated with KEDAS for the Flood Relief Camp held at Kuttanad. The unit members visited the flood affected areas of Kuttanad and provided them with basic things needed for their daily life. An amount of Rs.3000 was spent for that purpose.



Collection and Distribution of Relief Items

On August 19th, 2018, in association with the NSS unit Chir@h set up a collection centre at the college, transforming the campus into a hub of humanitarian activity. Volunteers worked tirelessly to collect essential items such as clothes, food, mats, and sanitary items. These donations were carefully sorted, packed, and prepared for distribution to ensure they reached those in dire need.

The relief items were delivered by dedicated volunteers to remote and isolated locations severely impacted by the floods, including Pallichira Camp and Kumarakom. In these areas, people were struggling without basic necessities, and the timely delivery of relief items provided much-needed support and comfort.





Distribution of flood relief items

Extensive Flood Relief Efforts

In a commendable display of solidarity and service, the NSS unit of K.E College under the aegis of Chir@h organized a comprehensive flood relief initiative during the Onam vacation. Their efforts spanned several days, during which they provided vital support to numerous relief camps across Kottayam, Ernakulam, Alleppey, and Idukki districts. The following details outline the significant activities and contributions made by the unit

Day 1: Collection and Distribution of Relief Items

On August 19th, 2018, the NSS unit established a collection center at the college, which immediately began gathering essential items such as clothes, food, mats, and sanitary items. These were sorted and packed by 21 volunteers, along with programme officers Dr. Brigit Paul and Ms. Neethu Jose. The relief materials were distributed to the following camps:

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 Clemiss H.S.S
8. P.J.M.U.P School, Aymanam
9. S.N.D.P Sankranthy





10. Nattakom Govt. College Camp
11. Devivilasom School, Kumaranallor
12. Karipputhattu Govt. H.S
13. Manaleppally Moozhikkulam Ward

Day 2: Continued Distribution Efforts

The following day, the centre provided additional supplies, including food, grocery items, garments, and toiletries, to further camps. 17 students and programme officers were present, delivering to:

1. S.M.V.H.S.S, Kallara
2. Infant Jesus L.P School Camp, Manthruthy
3. Mannanam Pilgrim Centre
4. Thiruvalla and Aleppey Camps
5. Camp at Parel Church, Changanassery
6. Various Camps in Idukki District
7. Kothanallur School Camp
8. Camp near Pallichira Bridge, Kumarakom
9. M.G. University Camp
10. Achinakom Church Camp
11. Mariyapuram Camp
12. Paruthumpara Camp
13. Rugmini Auditorium Camp, Vechoor
14. Kadathuruthy Camp

Day 3: Final Day of Distribution

On August 21st, the relief camp concluded its activities, with 15 volunteers and programme officers distributing the last of the supplies to:

1. Thonnankuzhi Camp, Arpookara
2. Aranmula Camp
3. Various Camp Centres at Idukki
4. Paruthumpara Camp

Distribution of Grocery Kits





With the cash contributions received at the collection center, the NSS unit assembled and distributed 150 grocery kits worth Rs. 31,160 to households in Maniyaparampu, Arpookara, and 120 kits worth Rs. 15,218 to flood-affected houses in Chengalam and Thiruvarpu panchayats. Each kit contained essential items such as sugar, peas, dhal, and rice. Volunteers, led by programme officers, packed and distributed the kits, ensuring they reached those in greatest need.

The extensive flood relief work undertaken by institution unit highlights the power of community action and the importance of compassionate response during crises. Their dedication and coordinated efforts provided crucial support to flood victims, showcasing the values of empathy, service, and solidarity. The initiative not only delivered immediate relief but also fostered a spirit of unity and resilience within the community.



Collection and Distribution of Relief Items





Distribution of Grocery Kits



Food Collection Centre at K.E College





Distribution of grocery items in neighbouring villages





Flood Relief Efforts for Koottikkal Panchayat, Mundakkayam

In the wake of the devastating floods that struck Kerala once again hereafter many regions were left grappling with the aftermath. Among the hardest-hit areas was Koottikkal Panchayat in Mundakkayam, where countless lives were upended the entire livelihoods were swept away in the deluge.

Moved by the heart-wrenching plight of the affected families, our team felt an urgent need to extend a helping hand. With a shared sense of responsibility and compassion, Chir@h organized a fund collection drive which resonated deeply within our community. Through the collective generosity of many we successfully raised ₹14,000.

Determined to make a meaningful impact, Chir@h used the funds to purchase essential kitchen utensils, creating twenty kits for twenty families, who had lost nearly everything in the flood. Each kit represented not just material aid, but a gesture of solidarity and hope, offering a small step towards rebuilding their lives.





Flood Relief Efforts for Koottikkal Panchayat, Mundakkayam

Mask Distribution: 'Karuthalainadinoppam'

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 on 24 Sept. 2020. The first phase of Mask distribution programme was inaugurated by Rev. Fr. Joby Joseph MukalelCMI, Administrator, K.E College, by handing over masks to Smt. Rosily Tomichan, Member, Ward 8, ArpookkaraPanchayat. 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 Panchayat. Realising the need for the mask for children, a second phase of mask distribution was organized on November 12, 2020.





Distribution of masks

RTPCR Test Campaign

KE College NSS Unit conducted RTPCR test camp with the help of Athirampuzha Health Centre and District Hospital, Kottayam on the concept of ‘KaruthalaayiNaadinoppam’ as part of Covid prevention activities. Nearly 90 teachers and students participated in the camp held on 22nd March 2020 at the college. The volunteers were able to become part of the Covid defence activities through this test camp.





RT-PCR Test Campaign at K.E.

In both floods and pandemics, relief activities of the HEI often resulted in stabilized communities and improved health outcomes. However, challenges such as coordination, equity, and sustainability need to be continuously addressed to enhance the effectiveness of relief activities and prepare better for future crises.

The practices under Chir@h aim to illuminate homes by providing holistic education to children and nurturing a profound sense of empathy and care towards others. This mission is operationalized through diverse initiatives including a blood donation club, a counselling cell and various social empowerment activities.



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