



DEVASWOM BOARD COLLEGE
THALAYOLAPARAMBU
(Affiliated to Mahatma Gandhi University, Kottayam)

CRITERION I
CURRICULAR ASPECTS

Submitted to
The National Assessment and Accreditation Council
(NAAC)
February 2024



Midayikunnu P.O.Thalayolaparambu, Kottayam, Kerala - 686605

1.3 CURRICULUM ENRICHMENT

1.3.1: *Institution integrates crosscutting issues relevant to Professional Ethics, Gender, Human Values, Environment and Sustainability in transacting the Curriculum.*

1.3.1 HUMAN VALUE RELATED PROGRAMMES

Year 2021-22

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ACTIVITIES OF NCC

ACTIVITIES OF NSS

DEPARTMENTAL ACTIVITIES

1. ACTIVITY OF NCC

Hiroshima Day Observance, 06TH August 2021

NCC, D. B. College organised an online talk, “Talk From Tokyo”, on 6-Aug-2021 in connection with Hiroshima day observance. ANO Lt. Dr. Hari Narayanan introduced the resource person Ms. Nasee Melethil to the audience. Ms Nasee briefly talked about the background of atomic bombing and why Hiroshima was chosen as a target. Then she shared photos of Hiroshima and monuments of nuclear bombing. She talked about Shigeru's lunchbox, Shin's tricycle, The Children's Peace Monument, Sadako Sasaki, aftermath of nuclear attack, Japanese hope and will for recovery and how oleander flowers symbolise Japanese optimism. She talked about a war survivor who worked with her and shared photos. This talk was followed by an interactive session between the resource person and the cadets.

Resource Person

Ms. Nasee Melethil

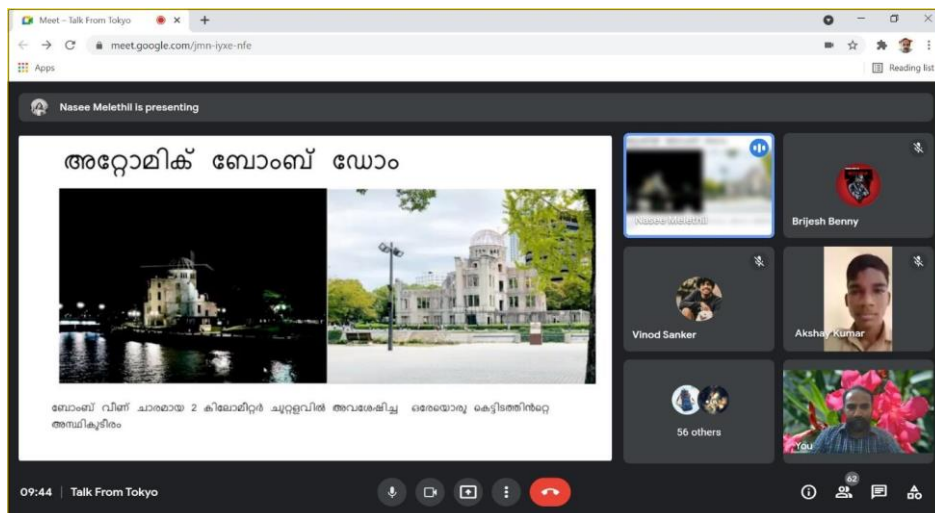
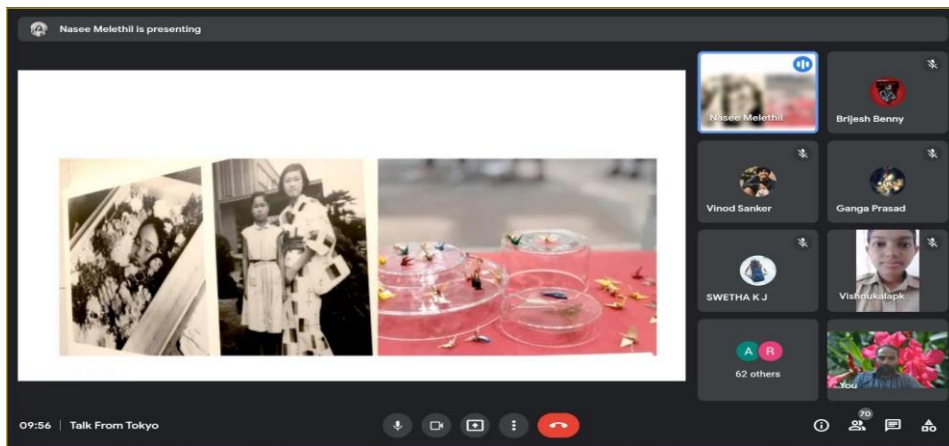
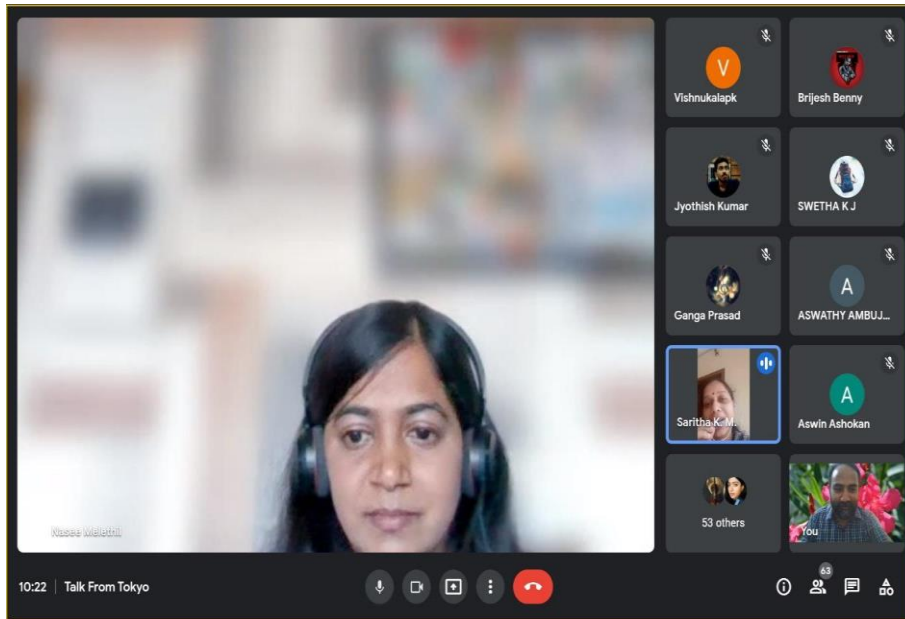
Senior Manager

Rakuten Inc.

Education: B.Tech (from Govt. Engineering College), MBA (from university of Illinois, USA)

She is also active in the media and often major newspapers publish her articles.





Independence Day Celebration, Aug 15 2021

DB college NCC unit celebrated the 75th Independence Day.



Gandhi jayanti, 2nd October 2021

DB college NCC unit celebrated the day as service day on behalf of the birthday of the 'Father of our nation' Mahatma Gandhi. The unit cleaned up the Gandhi statue and it's surroundings near the Vaikom Satyagraha Memorial hall.



January 14

As part of the National Youth Day, a webinar was conducted on the topic 'Lahariyum Yuvajanangalum'. SUO Brijesh Benny welcomed the audience and ANO Lt. Dr. Harinarayanan G presided over the seminar. Republic Day, Celebration, January 26 2022

DB college NCC unit celebrates the Republic day.

2. ACTIVITIES OF NSS

World tobacco day

31 st May

NSS DBCT unit had conducted a poster awareness for saying no to tobacco

All NSS unit members kept the poster as their WhatsApp status



Anaemia prevention

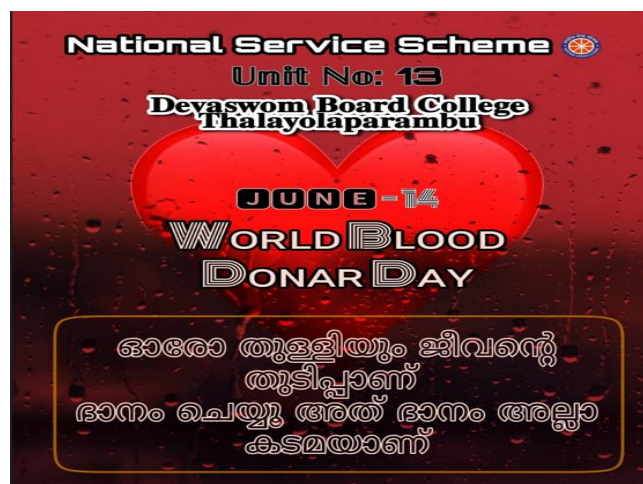
Date 12 06 2021

NSS joined with VIVA (The abbreviation of Vilarchayil Ninum Valarchayilekku in Malayalam) the anaemia prevention project This project is jointly organized by the departments of Health and Family Welfare and Women and Child Development of Government of Kerala. The campaign aims anaemia screening, treatment and awareness among girls and women aged 15 to 59 years. Classes had focussed on anaemia, good food practices and lifestyle modifications to be done.



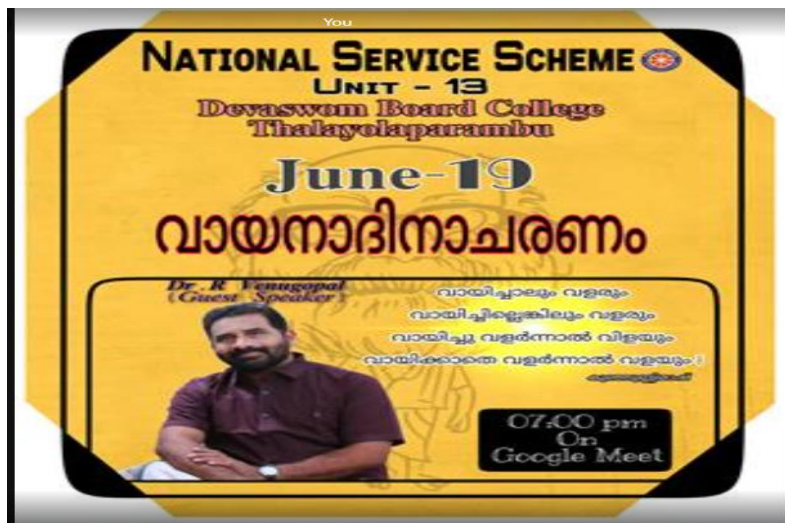
June 14 World Blood Donor Day posters rally

All volunteers did a posters rally on June 14 World Blood Donor Day to promote blood donation among youngsters



‘ Vayana dinaom “ July 19th 2021 (online)

NSS celebrated 19th June as ‘ Vayana dinaom ‘ as part of National Reading Day in India to honour the Keralite teacher, P.N. Panicker. This celebration of reading did not begin until 1996. However, it has grown into a large-scale movement over the years, with many participants rejoicing, learning, imbibing, and celebrating the habit of reading. So, we arranged an online class by Dr R Venugopal eminent teacher and vlogger on the same day through an online platform



June 21 2021yoga Day

NSS Volunteers celebrated Yoga Day as part of international; yoga day. The talker was Yoga master Bibin Raju . He explained to the students about the importance of yoga. He tutors the students that the International Day of Yoga has been celebrated across the world annually on June 21 since 2015, following its inception in the United Nations General Assembly in 2014. He Proudly teaches that Yoga is a physical, mental and spiritual practice which originated in ancient India. He demonstrated asanas to students and ask them to follow a strict practice in daily life




Amritha yoga and Meditation.

June 27 2021

D B C T NSS unit associated with Ayudh, the youth wing of Amritanandamayi Math to organize a stress management package mainly for first year students during the time of pandemic. Which included

1. Physical fitness exercises like yoga
- 2 Memory boosting exercise
- 3 Stress Meditation
- 4 Counselling
- And 5 . Webinars on topics related to young community


**Devaswom Board College
Thalayolaparambu**

National Service Scheme 

Unit - 13

*In Association With
Youth Wing*

**MATA
AMRITANANDAMAYI
MADAM**




**Organising a
stress
management
package**

Day 1
AMRUTHA YOGA
AND MEDITATION
BY
T.G SASI


National doctors' day 21

NSS volunteers observed doctor's day on 21st July by making a poster and shared in all WhatsApp groups in college

**DEVASOM BOARD COLLEGE
THALAYOLAPARAMB**

National Service Scheme Unit 13 

**July 1
National Doctors Day**



*Dr. Bidhan Chandra Roy
01/07/1882 - 01/07/1962*

Webinar on "Vlog making and it's digital marketing"

Date 24 July Saturday

NSS Unit, D B college Thalayolaparambu conducted a a webinar on "Vlog making and it's digital marketing "and the Resource Person was Sri Vijay krishna, Digital marketing Strategist, UI/UX LEAD , Info park Cochi

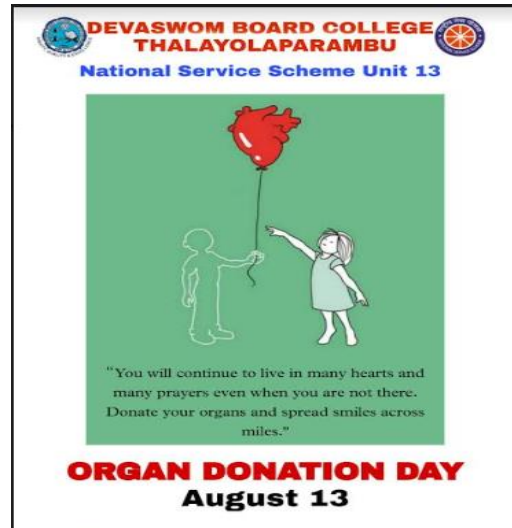
He lectured the students about how to make a vlog. According to him there are just five steps for a vlog making which includes Plan ahead. Pick what type of vlogger you're going to be and determine your niche. Gather your gear, Present and record, and after editing share your way to success.

According to the talker there 5 main strategies of digital marketing Which includes: content marketing. email marketing. search engine marketing (SEM), search engine optimization (SEO), pay-per-click advertising (PPC), social media marketing. and Affiliate marketing.



Organ Donation day August 13 2021

The program Officer Dr Sandhya V Satheesh address the students about governments Mritasanjeevani scheme that has been started by the government to make matters related to organ donation transparent



August 15 2021 Independence Day

Talk on role of student organization in nation Building.

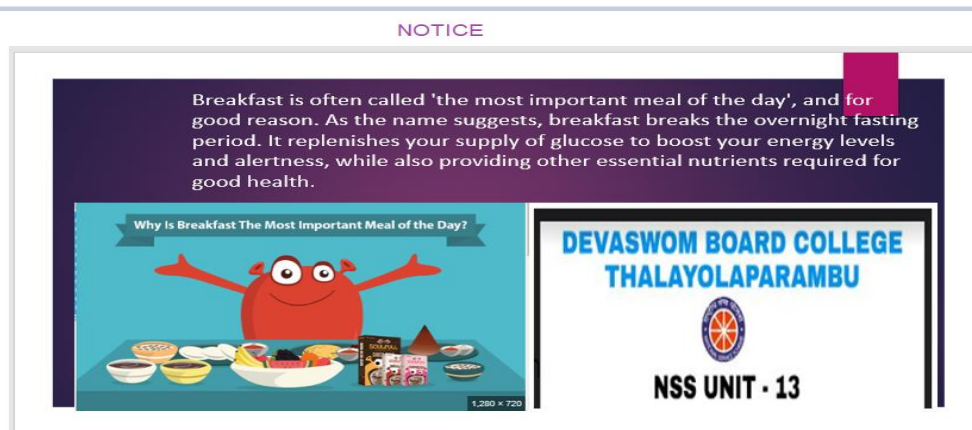
Volunteers joined for a webinar and the call was addressed by captain Riju Krishnan Indian Army and deliver a passionate talk on why he selected Indian army. He also interacts with students and told them that as the future of a nation, play a very vital role in nation building. Every individual countryman can play its role in nation building by doing his duties in right manner. One should be sincere about his duties not only for self but also in the prospects of the nation. As we all know that our life is very short and we have a lot to do for our society, our nation and for the whole world. Mainly two duties are there which we have to play sincerely. One is to do the maximum efforts in the shortest possible duration without taking stress and secondly is whatever we may be in the society; we have to do our work with sincere efforts.

National Nutrition Week (NNW)

September 1-7

NSS volunteers circulated posters to convey the importance of nutrition and good food. National Nutrition Week (NNW) is observed from September 1-7 every year to educate the populace about the significance of nutrition. Adequate nutrition is the cornerstone that determines the overall well-being of a person, as it supports individuals in maintaining health status and average growth and development. As most of the youngsters have a habit of skipping breakfast the

volunteers spread the importance of break fast by circulating a notice in all WhatsApp groups which says



World suicide prevention day

September 10 2021

Volunteers observed World Suicide Prevention Day on September 10 and conducted a webinar with an intension to promote worldwide action to prevent suicides. The talker Gifty Vinod made awareness to students that suicide is a major preventable cause of premature death.



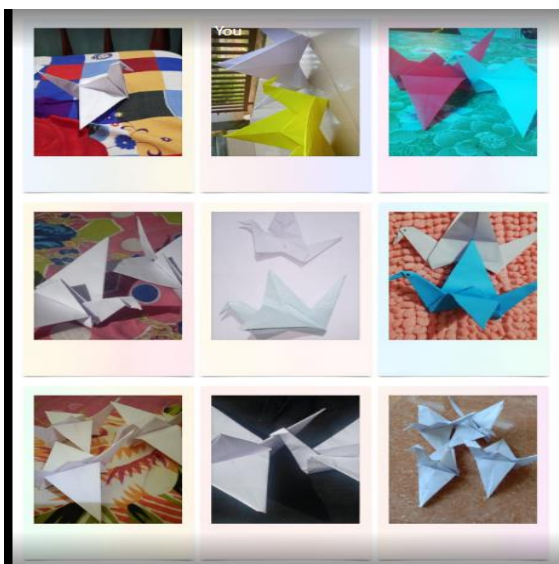
September 16 World ozone day

Students observed world ozone day by doing a status rally in WhatsApp



September 21 International Peace Day

Students celebrated International Peace Day by making paper dove with different colour papers and thereafter making a album on this .Volunteers decided to make birds after having a discussion on why dove become the symbol of peace They shared that different countries and cultures have their own symbols of peace but a few are used commonly across the world like the dove and olive leaf.



Poster of doves made by Students on international peace day

September 25 NSS day celebrations

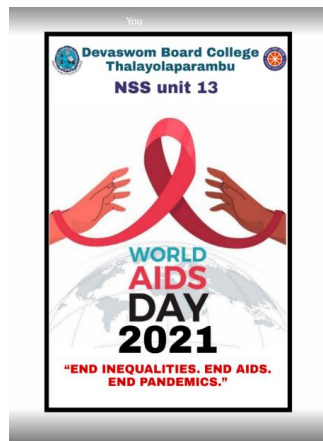
Volunteers cheerfully celebrated NSS day and the chief guest was Surath Teacher NSS program coordinator of GVHSS kumarokom . Teacher had adressed the students by saying NSS is an extension dimension to the higher education system to orient the student youth to community service while they are studying in educational institutions.



Q321`

World Aids Day December 1 2021

NSS volunteers observed world Aids day on on 1 December as the world commemorates World AIDS Day. People around the world unite to show support for people living with and affected by HIV and to remember those who lost their lives to AIDS. The volunteers shared the views that inequalities which perpetuate the AIDS pandemic are not inevitable; we can tackle them



Kaduthuruthy gramapanchayath public library cleaning and restoration

December 2 2021

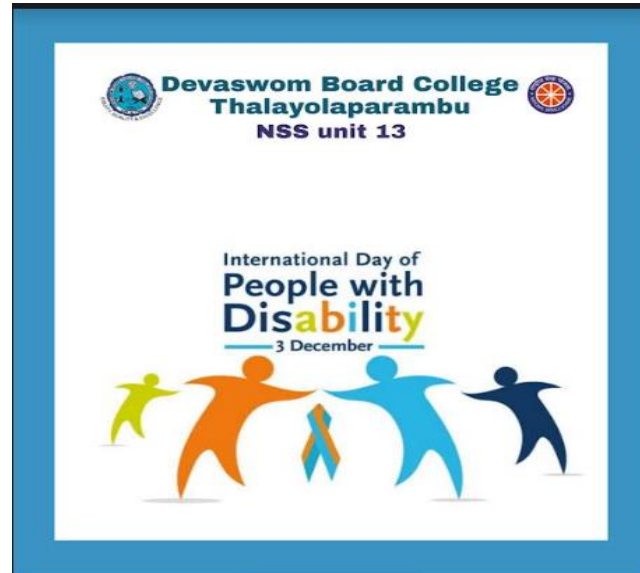
After the covid 10 pandemic the library was completely closed and all books under destruction. Our Volunteers went for cleaning and restoration of the library



International day of people with disability

December 3 2021

Volunteers observed International Day of People with disability on December 3 2021. Volunteers celebrated the day as it is about promoting the rights and well-being of persons with disabilities at every level of society and development, and to raise awareness of the situation of persons with disabilities in all aspects of political, social, economic, and cultural life



Formation and discussion OF NSS DB College with Vaikom DYSP on Punarjjani Kerala police

December 9 2021

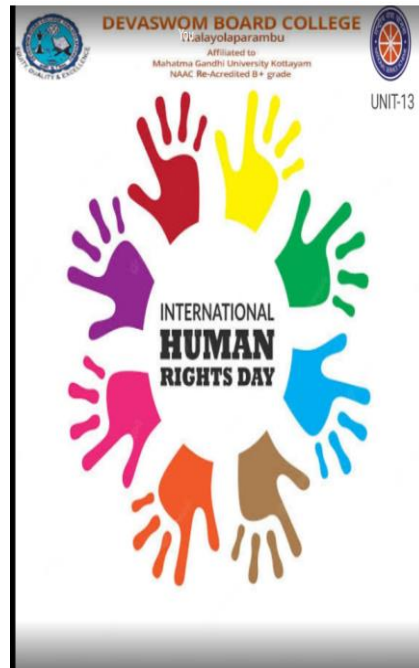
NSS volunteer Ashiq Anil and Program officer Dr Sandhya V Satheesh was called upon by Viakom DySP Sri Thomas for a discussion of what role can NSS do in the antidrug campaign of Vaikom Police called Punnarjaani .He categorically address the meeting by saying that drug abuse is a cultural plague that has claimed countless lives across the world and it is a problem that is continuously rising. The misguided and frustrated youth and adults have become prey to this habit. As responsible and concerned citizens, Vaikom police is organising a Punarjani, a campaign against drug abuse After that women police officer vidya visited college many times to meet students on this

International Human Rights Day

December 10 2021

Students observed in Human Rights day on 10 December to create awareness and mobilize political will to promote respect for the rights and freedoms

enshrined in the Universal Declaration of Human Rights adopted by the United Nations General Assembly in 1948. They shared their thought on how women rights are protected in Kerala



Special camp for NSS Volunteers (offline / Online mode)

December 23 to December 29



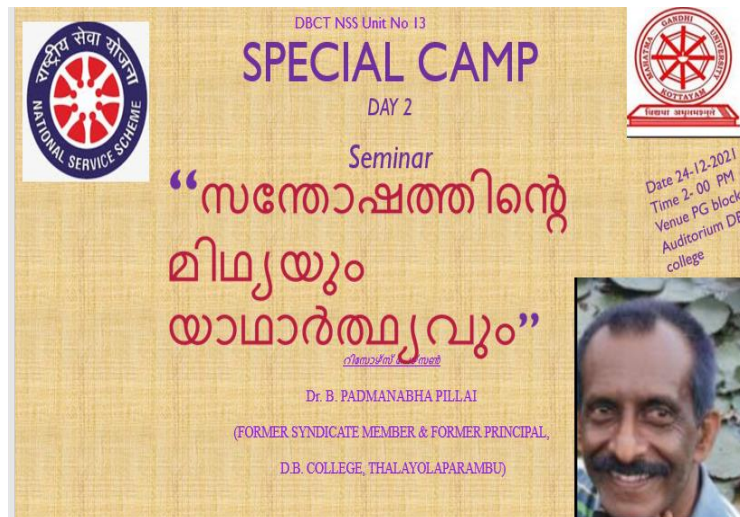
First Day December 23 (offline)

Volunteers assembled by 4 30 P.M. for the Inauguration of the Camp. Principal Dr. Anitha presided the event. Srimati Shaji mol Honourable President

Thalayolaparambu grama panchayat was the chief guest at the event. The inauguration ceremony was started by NSS Song.. She could win the audience by sharing some reminiscence from her college days. She could well interact with students about their role as an NSS volunteer in the panchayat. After the inaugural ceremony the volunteers stayed back for a general body meeting.



NSS receiving salutes from NCC





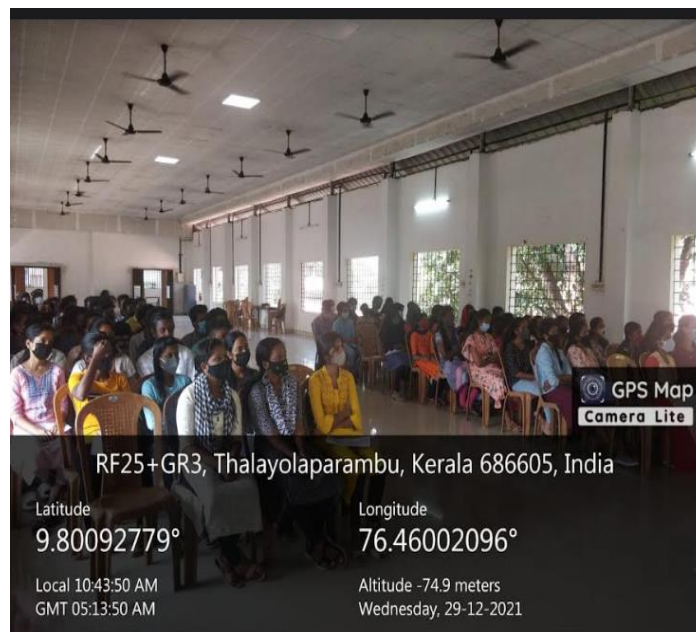
Students talking to the older people in a shop near Thalayolaprambu market



Poster for “how to grow Leadership skills ” by Dr Remalakshmi Poduval



Post from the valedictory, Sri Thomas , DYSP Viacom





From NSS camp

National youth day

January 12 2022

With association of Kerala state Yuvajana kshema board or Kerala State Youth Welfare Board we celebrated national youth day on January 12 . Kerala State Youth Welfare Board is an autonomous body incorporated under the auspice of Government of Kerala to coordinate the youth welfare and development activities targeting the youth.





January 13 Malayala Manorama



നവകേരളം യുവകേരളം സുഖമുണ്ട് മിറ്റ

ഉപന്യാസ മതസംരംഭനങ്ങളുടെ വിഷയങ്ങൾ

1. ജീവനുള്ളതല്ലാത്ത ശവകുടം സാധ്യതകൾ
2. ജോലിയിൽ തടസ്സം നിലനിൽക്കുമ്പോൾ
3. ജോലിയിൽ വിജയം നേടുന്നതിന്റെ സാധ്യതകൾ
4. വെർച്വൽ ലഭ്യമാറ്റങ്ങൾ
5. സ്മാർട്ട്ഫോൺ
6. പരമ്പരാഗത പ്രവർത്തനങ്ങളും നവീന പ്രവർത്തനങ്ങളും
7. ജോലിയിൽ കഴിയുന്നവർ
8. ഉന്നത വിദ്യാഭ്യാസ മേഖലയിലെ തിരക്കടം സാധ്യതകൾ
9. ക്യാമ്പസ് മാനേജ്മെന്റ്
10. വിദ്യാർത്ഥികൾക്കുള്ള സാഹായ്യം
11. പഠനവിഷയം തിരഞ്ഞെടുക്കുന്നതിനുള്ള വിദ്യാർത്ഥികളുടെ സാമഗ്ര്യം
12. ഉന്നത വിദ്യാഭ്യാസ മേഖലയിൽ പ്രവർത്തനങ്ങൾ കോഴ്സുകൾക്കുള്ള മുൻകരുതലും
13. മതസംരംഭനങ്ങളുടെ പഠനത്തിന്റെ സ്വീകാര്യത
14. ഉന്നത വിദ്യാഭ്യാസത്തിന്റെ പ്രാധാന്യം
15. വ്യവസായിക മേഖലയിൽ ഉന്നത വിദ്യാഭ്യാസത്തിന്റെ സാധ്യതകൾ
16. ഉന്നത വിദ്യാഭ്യാസ മേഖലയിൽ ഉന്നത വിദ്യാഭ്യാസത്തിന്റെ സാധ്യതകൾ
17. സാങ്കേതിക വിദ്യകളും ഉന്നത വിദ്യാഭ്യാസവും
18. ജീവനുള്ളതല്ലാത്ത ശവകുടം ക്യാമ്പസ്

ഒരു വിദ്യാഭ്യാസ മേഖലയിലെ നയരൂപീകരണവുമായി ബന്ധപ്പെട്ട് മുഖ്യമന്ത്രി ശ്രീ പിണറായി വിജയൻ വിദ്യാർത്ഥികളുമായി സംവദിക്കുന്ന ചടങ്ങിൽ ഉപന്യാസ സർവ്വകലാശാലയിൽ നടക്കുന്ന യുവകേരളം നവകേരളം സുഖമുണ്ട് മിറ്റൽ പങ്കെടുക്കാൻ ആഗ്രഹിക്കുന്ന വിദ്യാർത്ഥികൾ ചുവടെ ചേർത്തിരിക്കുന്ന ഏതെങ്കിലും വിഷയത്തിൽ 20-01-2021 ഹിന്ദിയിൽ കവിയാത്ത ഫലപ്രസംഗം എഴുതി nssdbct2020@gmail.com എന്ന റിലാസത്തിൽ 20-01-2021 5 മണിക്ക് മുൻപ് സമർപ്പിക്കുക.

March 3 2022 JANAMAITRI SURAKSHA PROJECT KOTTAYAM

The Janamaithri Suraksha Project is a community policing initiative of Government of Kerala, which aims to give opportunities for the general public to join hands with Police to fight crime as well as to improve the security of the neighborhood . On 09-03-2008 the Project firstly implemented in Vaikom Police Station. The Project providing various help to the deserved persons in various sectors of society with the assistances and active involvement of Community Police. The Vaikom Dy Sp Sri Thomas called up on the students to join in the e-pledge program. All NSS volunteers participated in the “ Yes to life , No to drugs “ e- pledge and collected certificate .

School cleaning before opening of School Midayikunnu L P School

March 23 2022

NSS volunteers voluntarily done a cleaning activity in Midayikummu L P School for felicitating a reopening after covid. The school was closed and unclean for

long. By strictly following covid protocols students assembled in school for cleaning activity.



Student cleaning the School

School cleaning before opening of School Karrepadom LP school

March 24 2022

By Knowing about our efforts in cleaning Midayikunnu L P school, the then p[principal of Karreppadom LP school contacted our volunteers for help Even though it was 23 Kilometres away and was under strict covid restrictions we went there and done a cleaning



Team Kerala /Youth force training

March 25 2022

Participants 18

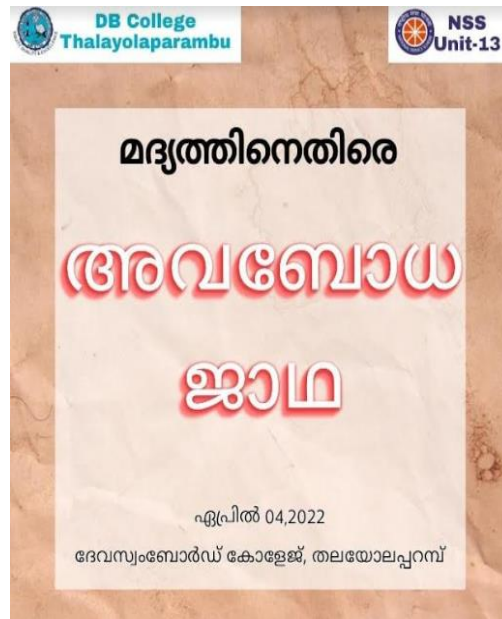
Our volunteers take part in Team Kerala by Kerala State Youth Welfare Board, Team Kerala has been formed with the objective of making Kerala its own Voluntary Service Force by uniting the youth who have become helpless in natural calamities or any tragedy As part of its goal to prepare a team of volunteers who could engage in urgently important activities such as disaster management, relief work, waste disposal, palliative care, and awareness work. \



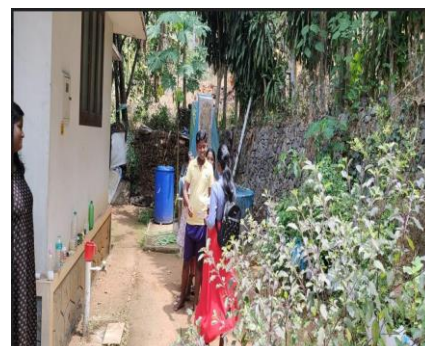
Inauguration of the program

April 4 Madhyathinethire avabhodha jatha

Student interact and communicate with local people about the hazards of Drinking alcohol



Student meeting a vendor on road



Student talking to local people

Election awareness SVEEP,

April 2 2022

Systematic Voters' Education and Electoral Participation program, better known as SVEEP, is the flagship program of the Election Commission of India for voter education, spreading voter awareness and promoting voter literacy in India. NSS volunteers of DB college conducted a walkathon to educate the voters of Thalayolaprambu grama panchayet electors about the importance of casting their votes and equipping them with basic knowledge related to the electoral process.

The volunteers walked a long 12 kilometres from college to modayikunnu , Vettikattu Mukku , Keezhoor and Thalayolaprambu market and the remote areas in and around college

In between volunteers talked to old voters and motivate and instruct them the importance of election





Rally is flagging off by Principal DR R Anitha

3.ACTIVITIES OF DEPARTMENT OF MALAYALAM

Ramayana day: 3-8-21 to 5-8-21

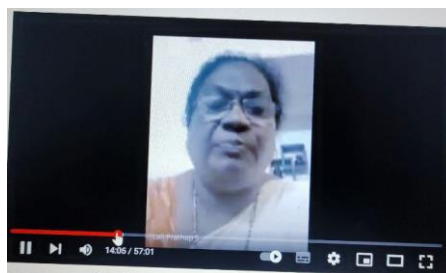
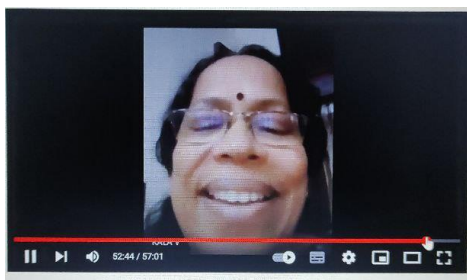
No. of students participated: 36

DB College Malayalam Department celebrated Ramayana from 3-8-21 to 5-8-21. Even during the lockdown, it was done beautifully through the online medium.

"Ramayana Nirav" was celebrated for three days. On the first day 3-8- 21 Mrs. PR Lalithamma (Ret: Prof. Pampa College) gave a lecture on "Ramayana Subha Paryavasaiiyaya Katha". On the second day, Dr.Lalimol (Retd.Prof., Malayalam Department, DB College, Thalayolaparam) explained the qualities of Dashapushpam and their importance. The live presentation of Dasapushpam through video was impressive. On the third day, Ramayana Parayanam and Ramayana Prashothari competitions were held and concluded the three-day programme.

You tube links: <https://youtu.be/MwIWtWK6pxU>

<https://youtu.be/khbmVSpM78>



Pictures of Ramayana day