



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 2022-23

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DEPARTMENTAL ACTIVITIES

1.ACTIVITIES OF NCC

On June 17, 2022, DB College NCC unit kicked off the 2022-2023 academic year with a **Debate** on “*whether politicians should be required to have educational qualifications*”. The event, led by SUO Sabarinadh and presided over by Lt. Dr. Harinarayan G, commenced at 4 pm and marked a successful start to the y

On June 21, 2022, the NCC unit celebrated **International Yoga Day** in the college PG hall at 9 am, guided by Lt. Dr. Harinarayan G. Around 51 cadets participated with great enthusiasm. Dr. Rajith, from the Department of Physical Education, provided an introduction to Yoga Day, and the session included warm-up exercises and simple asanas, emphasizing their importance. Dr. Rajith encouraged regular practice for a healthy body and mind. Cadet Anagha Sundarlal expressed gratitude in the vote of thanks, concluding the event positively.

The NCC unit was conducted a seminar on 27/6/2022 . the subject was "Drugs and Brain" led by NCC ANO Lt. Dr. Harinarayan G. The program was attended by numerous students and NCC cadets, addressing the crucial topic of drugs and their impact on the brain



Audience of the Seminar

"Charity begins at Home But Should not end There"

On 7/7/2022, DB college NCC unit handovered the dresses that were collected for the poor and the needy ones to the ICM Computer cloth bank in presence of NCC unit ANO Lt.Dr Harinarayan G.



NCC cadets and ANO handig over the used clothes

Army Attachment Camp: Five cadets, Amal P.S, Jibin Biju, CSM Ain Binoy, Sergeant Aswin K Ashokan, and A.CQMS Jithinlal S.H, participated in the Army attachment camp from July 15 to July 29 at 22RAJ RIF Bengaluru.

Pre TSC Camp Selections JUO Jothish K Jayan and A.CSM Ganga Prasad were selected for the Pre TSC camp 1, scheduled from August 10 to August 19-2022 in Calicut.

Hiroshima Day Celebration On **8-08-2022**, DB College NCC unit observed Hiroshima Day, commemorating the atomic bombing on August 6, 1945. Cadets created 400 Sadako birds, symbolizing a plea for peace and an end to nuclear wars.

Independence Day Celebration On the 76th Independence Day, DB College NCC unit held its first official parade on **15-08-2022**. College Principal Dr. R Anitha unfurled the tricolor flag, delivered a message, and shared insights into Indian freedom fighters. The day included a contingent parade, Guard of Honour, former cadets' experiences, tug of war, and concluded at 3:30 pm.

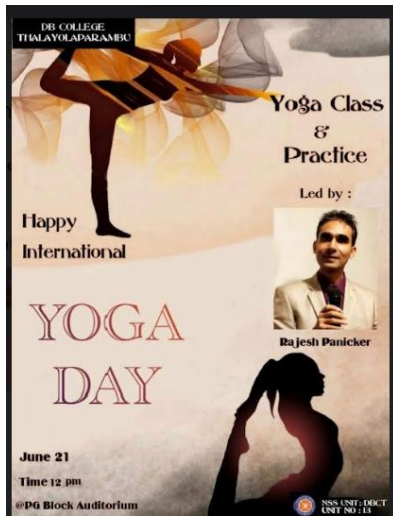
Republic Day Celebration DB College Unit celebrated the 74th Republic Day on **26-01-2023**. NCC ANO Lt. Dr. Hari Narayanan G hoisted the flag, delivered the Republic Day message, and organized a contingent parade. Sweets were distributed, and a total of 82 cadets from different years participated in the celebration.

2. ACTIVITIES OF NSS

21 June 2022- International Day of Yoga

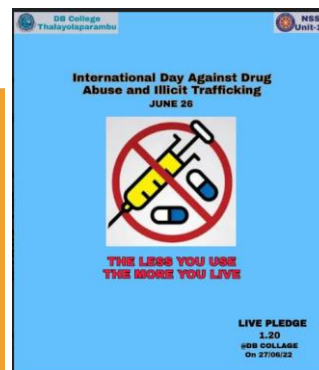
The theme for International Day of Yoga 2022 was “Yoga for humanity”. To mitigate and spread the yoga day theme DBCT NSS unit called upon Rajesh Panicker, Yoga master and Phycologist. Students assembled in the PG block auditorium He demonstrated various postures to the audience The demonstration gives practitioners a visual impression of the postures or key actions. The speaker communicated with the students that when used effectively, the

demonstration is an invaluable tool to assist pupils to progress in their practice. Students raised many questions to the yoga teacher. Students practice some of the posters. The restorative practice and amazing lecture and demonstration made them so relaxed and well nourished.



26 June - International Day against Drug Abuse and Illicit Trafficking

The theme for International Day against Drug Abuse and Illicit Trafficking 2022 was “Addressing drug challenges in health and humanitarian crises”. As part of making awareness on the drug abuse students distributed posters mentioning the hazards of drug abuse and they assembled in the garden in front of Nalukettu at college ground to take a live pledge that they will abstain from any practice of drugs. The volunteer secretary Parvati Baiju administered the pledge and make others to follow

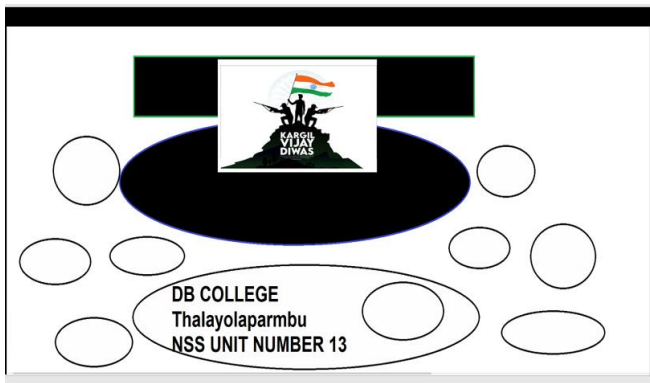




Students taking Oath

26 July - Kargil Vijay Diwas Celebration

Kargil Vijay Diwas, celebrated on 26 July, commemorates India's triumph over Pakistan in the Kargil War of 1999. This significant day marks the successful removal of Pakistani Forces from their occupied positions on the mountain tops of Northern Kargil District in Ladakh. In observance of Kargil Vijay Diwas, volunteers dedicatedly distributed posters to honour the bravery and sacrifices made during the war.



Poster distributed by students on Kargil Vijay Divas

International Friendship Day

On July 30, volunteers spread friendship vibes by circulating posters among friends to celebrate International Friendship Day. NSS volunteers gathered in the atrium, exchanging warm hugs and love with their friends. Program Officer Dr. Sandhya V Satheesh addressed the function.



Independence Day Celebrations - "Azadi ka Amrit Mahotsav"

On August 15, 2022, marking India's 75th Independence Day, NSS volunteers collected and distributed national flags around the college premises. The theme for the festivities, "Azadi ka Amrit Mahotsav," emphasizes "Nation First, Always First." The local public warmly welcomed NSS volunteers, offering tea and snacks in appreciation.

During the celebration, Lt. Dr. Hari Narayanan, the NCC officer, received the flag from NSS volunteers in a guard of honor. Addressing the volunteers, he emphasized the proud moment as the nation celebrates the 'Azadi ka Amrit Mahotsav,' marking the 76th year of Independence, instilling a sense of patriotic fervor in the volunteers.



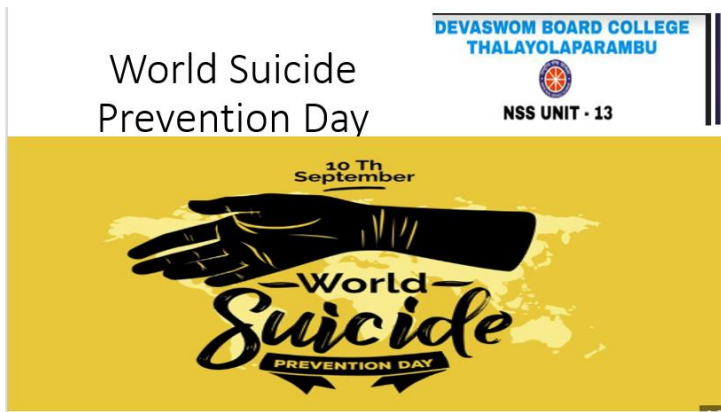
August 15 celebrations



NSS volunteers visiting nearby homes to hand over the Flags

World Suicide Prevention Day

On September 10, World Suicide Prevention Day, NSS volunteers organized a walkathon from the college to spread awareness with the theme "Creating Hope Through Action." The aim is to remind everyone that there's an alternative to suicide and inspire confidence and hope in all of us. The walkathon carried the message of Suicide Prevention Day to promote understanding and support for those in need.



Poster for the event



24th September NSS day

Volunteers attended “Yuvabheri “ the NNS day celebrations at Thripunithura government college . Our volunteers could receive much appreciation from the crowd for their enchanting performance at the cultural events



DB college NSS Volunteers performance

Inauguration of yuvabheri

പ്രിയമുള്ളവരേ,
നാം ഒരു സെപ്റ്റംബർ 24. രാത്രിയോട് 10 മണി മുതൽ യുവ ദേശീയ യൂണിവേഴ്സിറ്റി നമ്മുടെ നാഷണൽ സർട്ടിഫിക്കറ്റ് സ്റ്റുഡിസിന്. NSS ദിനാഘോഷങ്ങളുടെ യൂണിവേഴ്സിറ്റി തല ഉദ്ഘാടനം. നിങ്ങളെ സ്വീകരിക്കാൻ തയ്യാറാണെന്നും ഗവൺമെന്റിന് കോളേജിലെ NSS യൂണിറ്റ് നമ്പർ 55 ഒരുങ്ങിക്കഴിഞ്ഞു. മഹാത്മാ ഗാന്ധി യൂണിവേഴ്സിറ്റിയുടെ ബഹുമാനപ്പെട്ട വൈസ് ചാൻസലർ
Dr. സാബു തോമസ് ഉദ്ഘാടനം ചെയ്യുന്ന ആഘോഷത്തിൽ സ്വീകരിക്കാൻ തയ്യാറാണെന്നും ശ്രീ. വിഷ്ണു ഉമ്മിടുകുന്ന് മുഖേനയിൽ ആയി എത്തുന്നു. നമ്മുടെ പ്രിയപ്പെട്ട NSS പ്രോഗ്രാം കോർഡിനേറ്റർ Dr. ശിവദാസൻ സാർ അധ്യക്ഷത വഹിക്കുന്ന ചടങ്ങിൽ ഷട്ടേറിലെ പ്രമുഖർ പങ്കെടുക്കുന്നു. പാട്ടും ഡാൻസും വയലിൻ പഠിക്കുന്നവരായി ഒരു നല്ല ആഘോഷം തന്നെ ഇവിടെ ഒരുക്കിയിട്ടുണ്ട്. കൂടാതെ, പങ്കെടുക്കുന്നവർക്ക് കൈ നിയമ സമ്മാനം നേടാൻ സ്പോർട്ട് കമ്പ്യൂം ഒരുക്കിയിരിക്കുന്നു.
ഇനി വേണ്ടത് ഒരേയൊരു കാര്യം. നിങ്ങളുടെ സാന്നിധ്യം. ഇത് എല്ലാം കോളേജിൽ നിന്നുമുള്ള NSS വാളങ്ങളെയുടനീളം പ്രോഗ്രാം ഓഫീസർ മാറ്റിയടയും ഒരു സംഗമമാക്കി മാറ്റും. എല്ലാവരും ഇത് ഒരു നേരിട്ടുള്ള ക്ഷണമായി കണ്ട്. ഈ പ്രോഗ്രാമിൽ എത്തി യുവ ദേശീ എന്ന ഈ ആഘോഷം ഒരു ഉത്സവമാക്കി മാറ്റണമെന്ന് അഭ്യർത്ഥിക്കുന്നു.
സന്ദേശപൂർവ്വം
അനീത S
Dr. ബിജു ഗോപാൽ

Notice of the Yuvabheri



poster for the Yuvabheri

Volunteer secretary training

On 24 September, Volunteer Secretaries Hareendralal, Aditya M S, Abhiram Sunil and ParvathyBiju had registered for the camp at Newman, Thodupuzha on 24 and 25 th September 2022



Volunteers performing Mime at Newman Thodupuzha



Our Volunteers along with other volunteers from other colleges performing Flash mob at Newman Thodupuzha



“Gandhi Jayanthi” - International Day of Non-violence

On October 2nd, volunteers took initiative to clean the waiting shed near the college, a facility frequently used by the local public. The cleanup aimed to enhance the cleanliness and usability of the space for the benefit of the community.



NSS Volunteers cleaning Bus stop



Electoral Literacy Club Campaign:

On October 7th, the Electoral Literacy Club organized a campaign to promote the linking of Aadhaar with voters' IDs. As part of the initiative, a help desk was set up to guide and assist the local public through the Aadhaar-voter ID linking process. The campaign aimed to raise awareness and facilitate a smooth connection between Aadhaar and voters' IDs, offering valuable assistance to the community.

In collaboration with politics department NSS volunteers formed Literacy club and a campaign on Aadhar-voters id linking and also established a help desk to assist local public in linking Adar and voters id at college . The event was inaugurated by Kottayam district panchayat vice

president Sri Sarath Peruva . The presidential address was delivered by Dr R Anitha Principal



Photos of the event



Report in newspapers

World Post Day Celebration

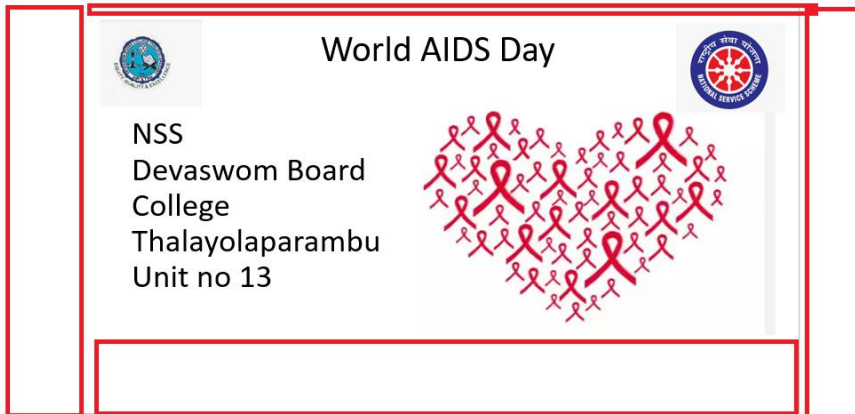
World Post Day is commemorated annually on October 9, marking the establishment of the Universal Postal Union in 1874 in Bern, Switzerland. The theme for World Post Day 2022 was 'Post for Planet,' emphasizing the postal system's role as the world's largest logistics network.

NSS volunteers marked the day by expressing their observance through a letter written to Principal Dr. R Anitha.



1st December 2022 World AIDS Day

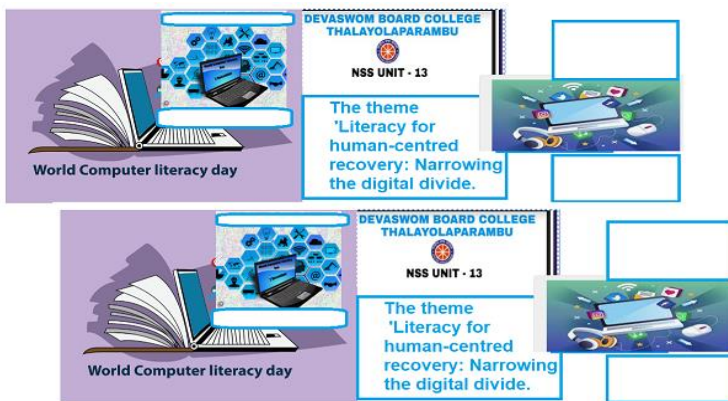
The theme of AIDS Day 2022 was "Equalize." It implies that everyone should unite in fighting the inequalities that stop people from getting the life-saving health care and support they need. Volunteers observed the day by distributing the notice



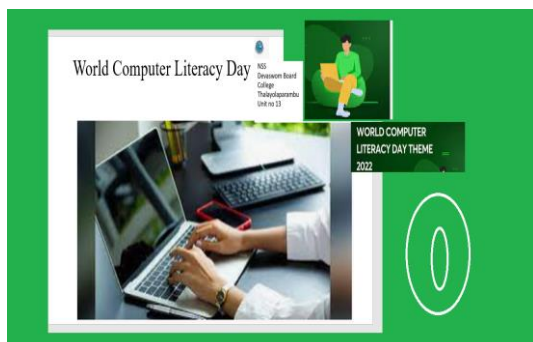
Posters

2nd December 2022 World Computer Literacy Day

World Computer Literacy Day is celebrated annually on December 2 to address the digital divide that affects millions across the world and make computers more accessible to everyone. Volunteers observed World Computer Literacy Day by educating the local vendors near college to use computers. They give fundamental education to the local tea shop vendors they meet every day near college how to open a lap top and how to search entertainment content for their leisure.



Status posters volunteers shared through WhatsApp





Volunteers educating local vendors

Nzhan marunnu eniiloode samoothavum a one-day workshop and antidrug campaign

D B COLLEGE THALAYOLAPARAMBU	
07/12/2022	
"ഞാൻ മാറുന്നു എന്നിലൂടെ ഈ സമൂഹവും"	
Inauguration	: ശ്രീ.എം. എൻ. ശിവപ്രസാദ് (Deputy Excise Commissioner, Kottayam.)
Session I	: Personality Development ശ്രീ. ജോണി കോച്ചർ (District Co-ordinator, Child line)
Session II	: Anti Drugs ശ്രീ. വിജയ് വർഗ്ഗീസ് (District Co-ordinator, പൊതുവിൽ വിഷയം)
Session III	: Cyber Crimes ശ്രീ. ജോൺ ജോർജ്ജ് Asst. Sub Inspector of Police

ഡി.ബി.കോളേജ് ഓഫ് സോഷ്യൽ സർവ്വീസസ്
മഹാത്മാ ഗാന്ധി സർവ്വകലാശാല
&
NSS DB COLLEGE
ഏകദിന ശിൽപ്പശാല
ഞാൻ മാറുന്നു എന്നിലൂടെ സമൂഹവും
07.12.2022
10 Am Venue Mini Auditorium
DB College



Posters of the programme



Photos of the programme

Sannidhanam duty by NSS volunteers at Shabarimala temple

NSS volunteers are deployed at sannidhanam , Shabarimala Sre Ayyappa temple to serve the pilgrims overnight for three days

November 17 മുതൽ ആരംഭിക്കുന്ന ശബരിമല ഫെസ്റ്റിവലിൽ ecofriendly environment സേവനങ്ങൾക്കു വേണ്ടി ഇത്തവണയും NSS ന്റെ സേവനങ്ങൾ ആവശ്യപ്പെട്ടുണ്ട്. നവംബർ 17 മുതൽ മൂന്ന് ദിവസം വീതം (10 വോളന്റീർസ് ഉള്ള ഗ്രൂപ്പുകൾ) തുടർച്ചയായി ക്രമീകരിച്ചു കൊണ്ട് 31 ഗ്രൂപ്പുകൾ ആണ് വേണ്ടത്. ഇതിലേക്ക് സേവനം ചെയ്യാൻ താല്പര്യം ഉള്ള കോളേജുകൾ 10 പേരുള്ള NSS വോളന്റീർസ് ന്റെ ഡീറ്റെയിൽസ് (name.college. phone number)സംസ്ഥാന NSS ഓഫീസിലേക്ക് അയച്ചുതരുക.സേവനങ്ങൾക്കു പോകുന്നവർക്കു TA, accomodation, food, uniform എന്നിവ നൽകുന്നതാണ്.

ഒരു ടീമിനു മൂന്ന് ദിവസം ആണ് ഡ്യൂട്ടി. ഒരു ടീമിൽ 10 വോളന്റീർസ്. നവംബർ 17 മുതൽ ജനുവരി 19 വരെ 31 ടീമുകൾ.

Mail id.. keralansscell@gmail.com
 Contact Numbers.. 9895096786,9746940810.

Dr. അനീസർ, ആർ. എൻ
 സ്റ്റേറ്റ് NSS ഓഫീസർ.

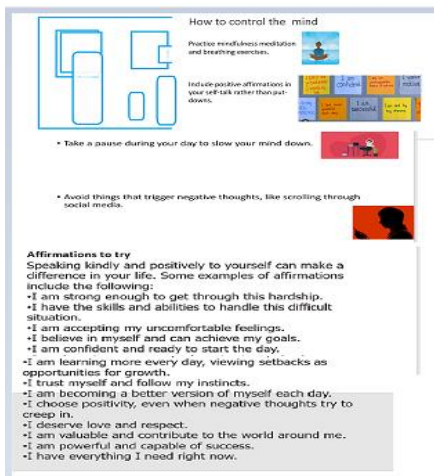
Notice for the Shbharimala duty from NSS State officer



Our volunteers

National Youth Day 2023

The theme of National Youth Day 2022 was “It's all in the mind.” This theme indicates that the root of any person's issues are mainly their own thoughts. Vivekananda was an ardent follower of the Indian mystic, Ramakrishna, and believed it is important to control the mind. NSS volunteers done two activities as part of youth day. They cleaned the road premisses of Kottayam Ernakulam national highway.



Notice distributed by NSS volunteer about how to control your mind





Road cleaning activities on national highway premises

Minicamp (two-day stay camp and orientation program for NSS volunteers)

Day 1

Our camp start with a general orientation class delivered by Fr Eldose K Joy, Program officer, St Kuriakose College Kurumpampady. Students have lunch after the 1 PM orientation and engage in a cleaning activity at 2 PM. Dr. Remalakshi Poduval addresses them for an ice-breaking session at 3 PM. In the evening, students participate in cultural activities. The event is officially inaugurated by Dr. EN Sivadas, NSS program coordinator at 6 PM, with a special orientation for volunteers. At 8:30 PM, students showcase cultural activities like mime, mono-act, and dance before going to sleep



Memento given to Dr EN Sivadas by NSS Unit number 13 Brochure

Day 2

Students gathered for an NSS assembly with a clap, followed by volunteers reading a Thought of the Day. After that, they cleaned the garden and had lunch by 1 PM. Post-lunch, they conducted a campus survey on biodiversity and sustainable development. By 4 PM, students bid farewell to their friends.

On Republic Day (26th January), volunteers visited nearby households to share the significance of the day. Later in the day, they held a Republic Day quiz in the PG block auditorium. Four winners received cash awards from the principal, Dr. R. Anitha, at her chamber.



Volunteers decided to visit nearby houses as part of the republic day



NSS quiz on Republic day



Elimination Round



Prize money was distributed for the winners

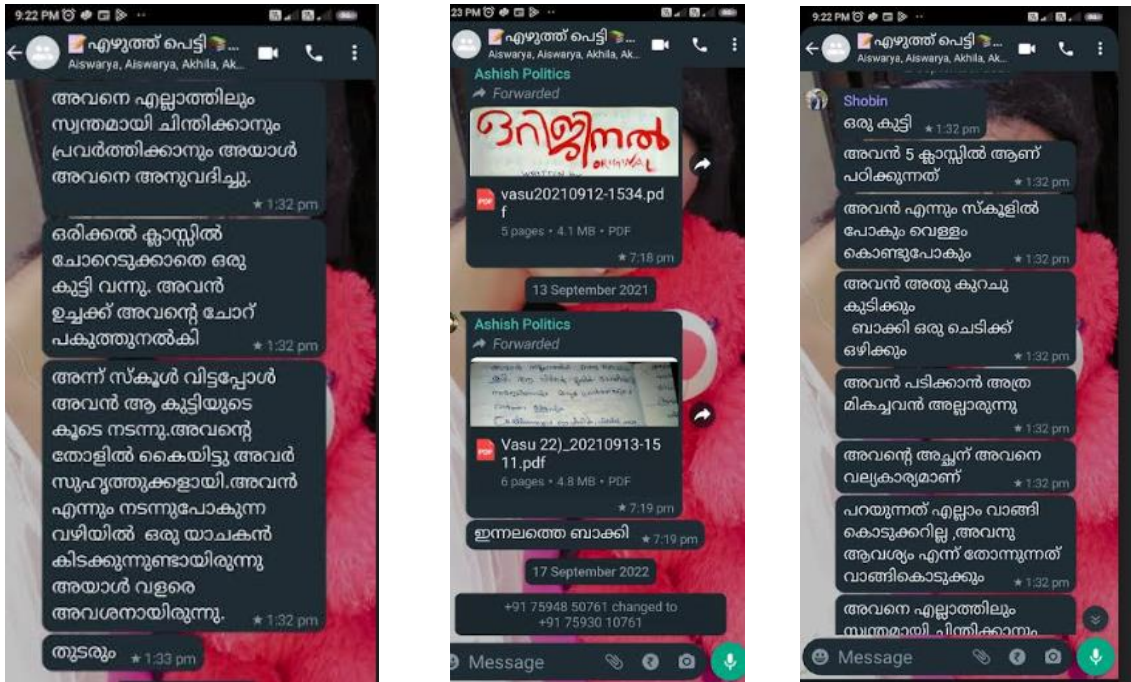
International Mother Language Day

UNESCO declared February 21 as International Mother Language Day in 1999, and it has been celebrated worldwide since 2000. The theme for 2022 was "Using technology for multilingual learning: Challenges and Opportunities." Volunteers marked the day by giving a talk on the evolution of languages in Malayalam. A fun twist was added - participants using languages other than Malayalam were automatically eliminated from the competition. This led to some amusing moments as volunteers struggled to find words for everyday items like switches, fans, plugs, etc. Volunteer secretary Abhiram successfully spoke without using any English words, making it an entertaining experience.

World Poetry Day

World Poetry Day, held annually on March 21, celebrates the cherished cultural and linguistic expression of poetry. The theme for National Poetry Day 2022 is the environment.

NSS volunteers initiated a WhatsApp group called "എഴുത്തുപെട്ടി" to motivate and inspire students to create new writings about nature, the environment, and climate change by sharing poems and short quotes in the group.



Sample of poems in “Ezhuthu petti”

Antidrug Walkathon

On April 4th students done a walkathon from College to Thalayolaprambu to spread the message of say no to drugs

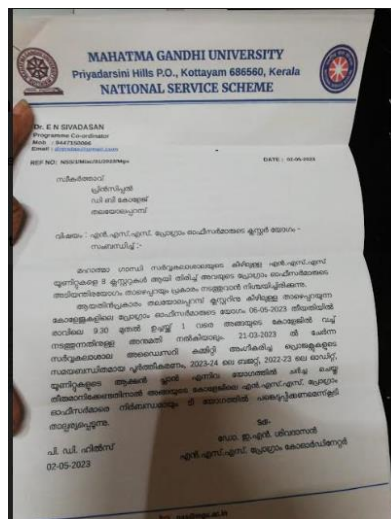




Walkathon from college to Thalayolaprambu

MG University cluster meeting held at DB college

An MG University cluster meeting was held at the college auditorium, with program officers from 14 colleges in attendance. Newly appointed program officers from DB College, Rajith T S, and Dr. Sumitra also participated in the meeting, which was chaired by Dr. E N Sivadas, MG University NSS coordinator.



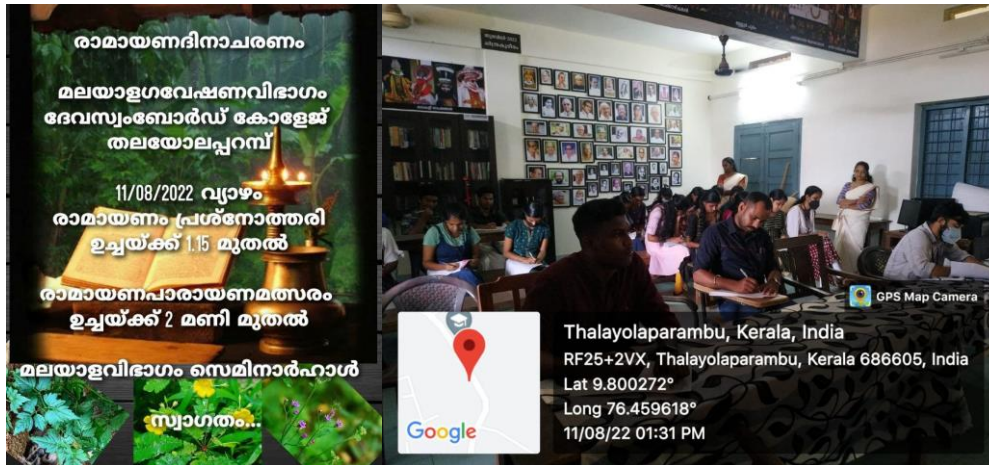
Order for the cluster meeting

3. DEPARTMENTAL ACTIVITIES

Activities of Department of Malayalam

Ramayanam Day

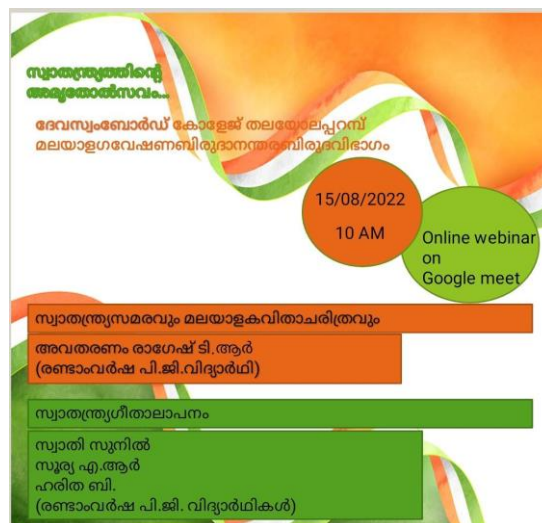
Malayalam Department organized Ramayana Day on **11/08/2022**. Adhyatma Ramayana Parayana Competition and Ramayana quiz were conducted for the students.



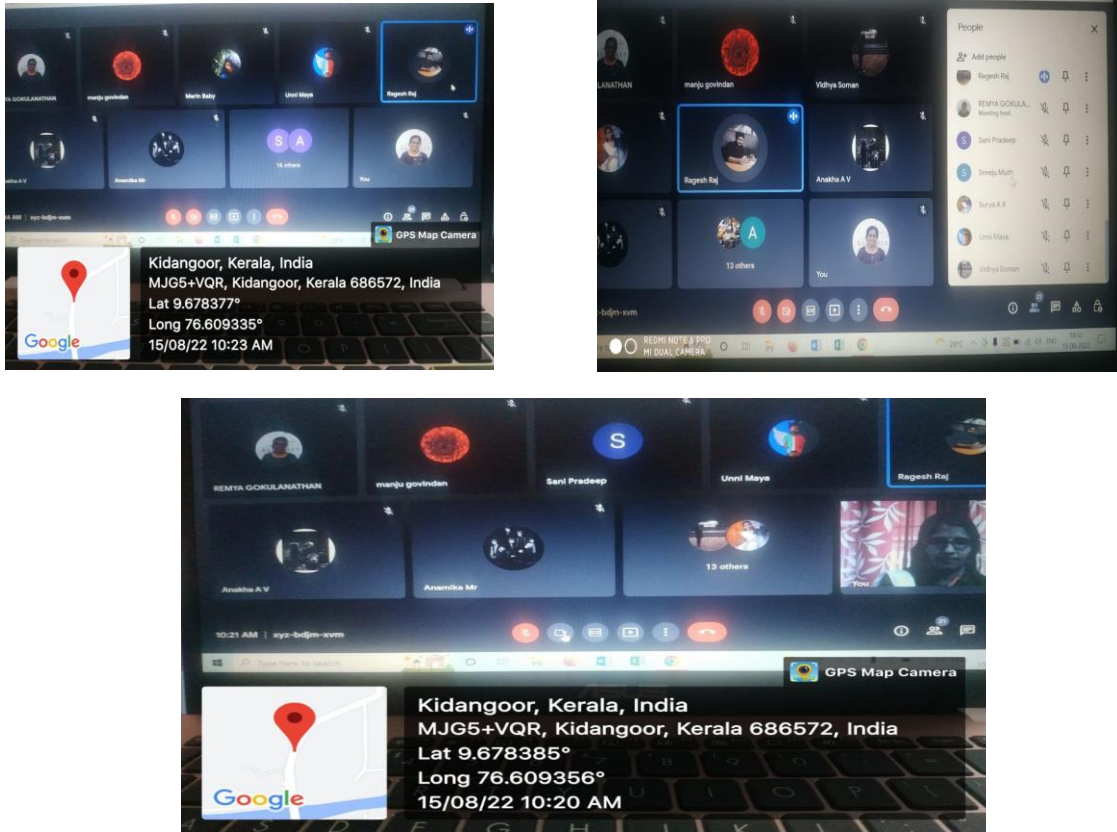
Photos of the celebration

Independence day Celebration

The Malayalam Department celebrated the country's 75th Independence Day on **15/08/2022**. with enthusiasm. Ragesh T.R. gave a talk on the subject” Freedom Struggle and History of Malayalam Poetry”. Second Year P.G. Students Swati Sunil and Surya. A.R. , Haritha B. sang freedom songs. The event was organized at Google Meet.



Brochure



Google meet photos of the Programme

Seminar on Duravastha and chandaala bhikshuki : Mlayalam paradigms of the renaissance imagination

Eminent scholar and Cultural leader Sunil P. Ilayidam, Professor, Sree Sankaraacharya University of Sanskrit, Kladu took a Seminar on the topic Duravastha and chandaala bhikshuki: Mlayalam paradigms of the renaissance imagination on 14/03/2023. He congratulated and gave prizes to Rank holder and JRF holder of this Year.



