



HENRY BAKER COLLEGE

MELUKAVU, KOTTAYAM

Founded 1981

Accredited by NAAC With 'A' Grade An ISO 9001 : 2015 Certified Institution

A Christian Minority Educational Institution run by C.S.I East Kerala Diocese
Affiliated to Mahatma Gandhi University, Kottayam

STUDENT SUPPORT AND PROGRESSION

Criterion 5

5.1.2 Capacity building and skills enhancement initiatives taken by the institution includes the following 1. Soft skills, 2. Language and communication skills, 3. Life skills (yoga, physical fitness, health and hygiene) ICT/Computing skills

Programmes on development of Life Skills

Submitted to



THE NATIONAL ASSESSMENT AND ACCREDITATION COUNCIL

LIFE SKILLS

WEBINAR ON 'Covid and Gastro Problems' & 'COVID Stress Relieving Workouts' in association with Lakeshore Hospital Kochi

Henry Baker College has been conducting webinars on topics related to Covid 19 with a focus on people who may be at the risk of exposure to COVID 19. As per predictions made, the third wave of covid-19 is expected to hit India between the months of August and October 2021 and will hugely impact children. This has triggered enormous panic across the country. So a Live Webinar in association with VPS LAKESHORE HOSPITAL, KOCHI was conducted on 5th June 2021 through Zoom Application.

The first session was based on the topic 'Covid and Gastro Problems' by Dr. Roy J Mukkada MD (Gen. Med), DNI, Gastro, MNAMS, FASGE, FRCP (UK) Director of GI Endoscopy, Sr. Consultant and Head of Medical Gastroenterology, VPS Lakeshore Kochi. He clarified the doubts of students and teachers related to covid. The second session was based on 'COVID Stress Relieving Workouts' taken by Dr. Biny Elizabeth, (PT) BPT MIAP Physiotherapist, Lakeshore Hospital Kochi. She gave an idea regarding the physical activities and relaxation techniques that help to remain calm and continue to protect health during covid time. 180 students participated in the programme.

HENRY BAKER COLLEGE, MELUKAVU
in association with
VPS LAKESHORE HOSPITAL, KOCHI
cordially invites you to a **LIVE Webinar**

05th June 2021
(Saturday)
2.00 pm

TOPIC 1 COVID AND GASTRO PROBLEMS

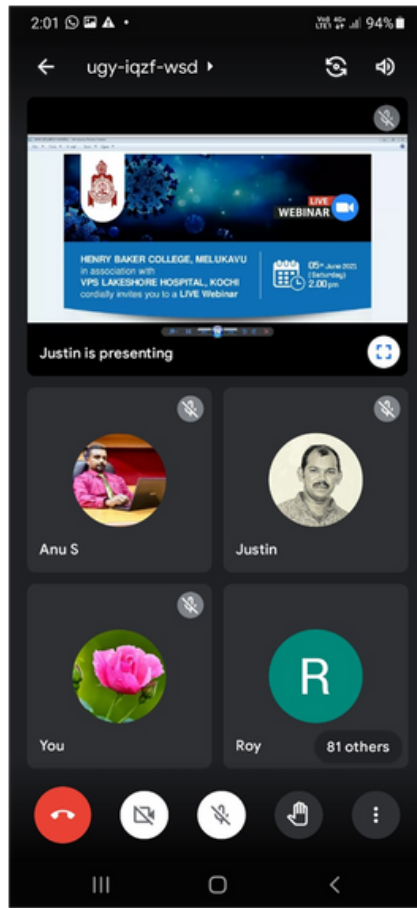
Dr. Roy J Mukkada
MD (Gen. Med), DNB (Gastro), MNAMS,
FASGE, FRCP (UK)
Director of GI Endoscopy, Sr. Consultant and
Head of Medical Gastroenterology,
VPS Lakeshore, Kochi

TOPIC 2 COVID-STRESS RELIEVING WORKOUTS

Dr. Biny Elizabeth
(PT) BPT MIAP
Physiotherapist
VPS Lakeshore, Kochi

1800 313 8775

vps | lakeshore
Global Lifecare



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Webinar on Anemia Awareness- 15.06.2021

Objective: To create awareness about low hemoglobin levels among women and children and to provide anemia patients with a nutritional diet plan.

On June 15 2021, the NSS Unit of Henry Baker College organized an “Anemia Awareness Campaign” in association with Women and Child Development Department, Government of Kerala at 2.30 pm via Google Meet. The prime objective of the programme was to create awareness about low hemoglobin levels among women and children. It also aims to identify anemia patients and provide them with a nutritional diet plan. The campaign has been included in the Chief Minister’s 10-point programme to combat anemia among children. The welcome note was delivered by Smt. Jayasree A, CDPO, ICDS Erattupetta. The Programme was inaugurated by the Principal of the college, Dr. G S Gireesh Kumar. The awareness session was led by Sri.Balachandran C P, Health Inspector, Thidanadu. He pointed out that according to the statistics of the National Family Health Survey, approximately 50 per cent of women suffer from anaemia due to their poor food habits and lifestyle. He also detailed some of the main causes of anemia such as the deficiency of iron, vitamin B12, lactation, excessive blood loss; and, worm infestation in the intestines and stomach and provided healthy diet plans. Smt. Jyothi S Kumar, Supervisor, ICDS Erattupetta proposed the vote of thanks. Ninety one students participated in the programme.



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The Women & Child Development Department
Government of Kerala
In Association with
NATIONAL SERVICE SCHEME
Unit-54
Organises a webinar on

ANEMIA AWARENESS

CAMPAIGN 12



15
June
2021
2.00 pm

Welcome Note
Smt. Jayasree. A
(CDPO, I.C.D.S Erattupetta)

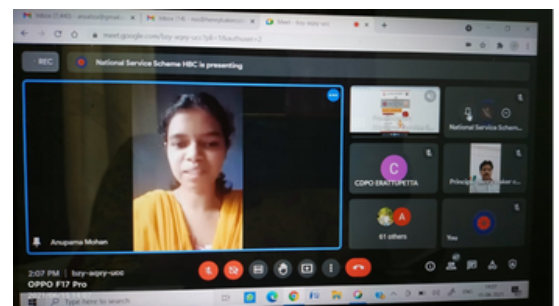
Inauguration
Dr. Gireesh Kumar G.S
(Principal)

Resource Person
Balachandran C.P
(Health Inspector, Thidanadu)

Moderator
Anupama Mohan
(NSS Block Co-ordinator)

Vote of Thanks
Jyothi S Kumar
(Supervisor, ICDS Erattupetta)

I.C.D.S Erattupetta

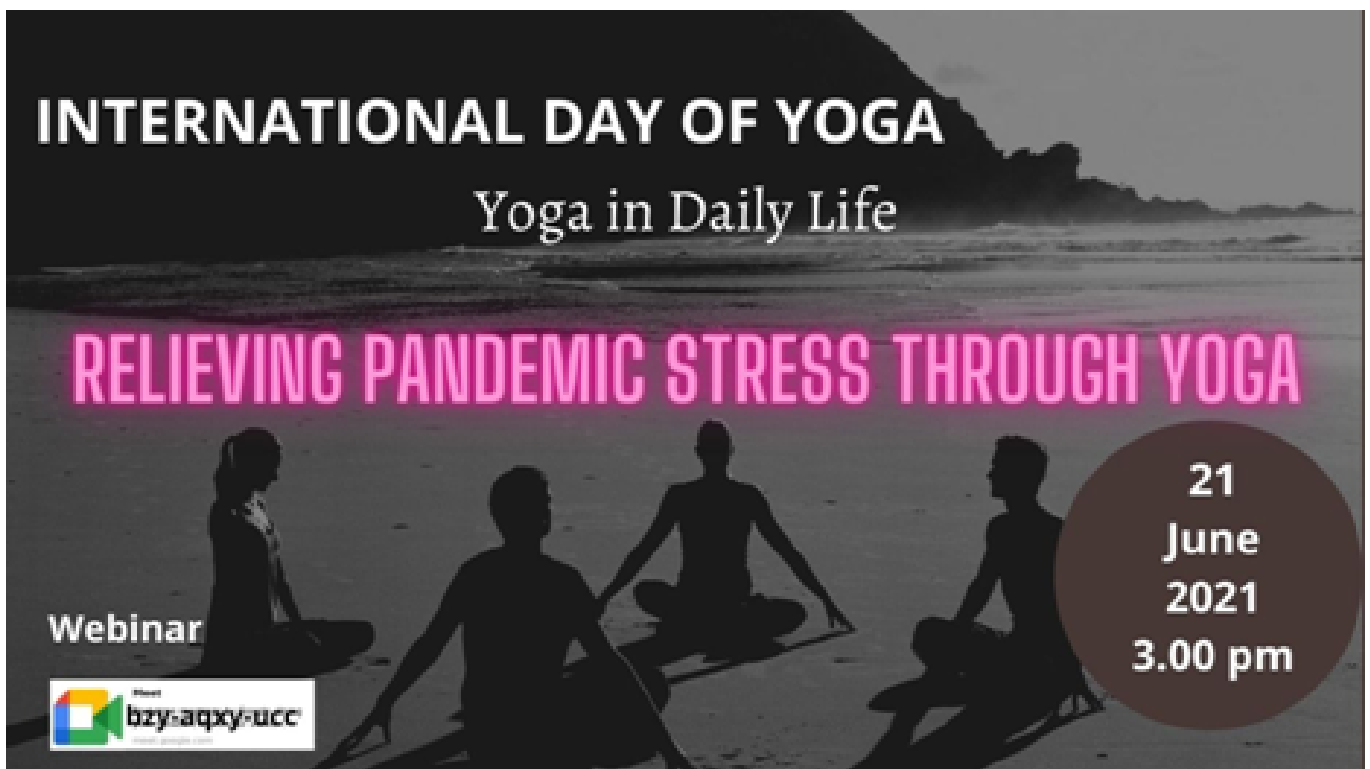



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International Day of Yoga: Webinar on “Yoga in Daily Life” 21.06. 2021

Objective: To make students aware of physical and mental diseases and its solutions through practicing yoga.



National Service Scheme (Unit No. 54) of our college commemorated the International Day of Yoga by organizing a webinar on “Yoga in Daily Life” on 21.6.2021. IQAC Coordinator, Dr. Santo Jose welcomed the gathering. The programme was inaugurated by the Principal of our college Dr. Gireesh Kumar G S. Yoga instructor Ms. Sreeja Sree was the resource person. She pointed out the importance of practicing Yoga in our daily life as it caters a healthy mind in a healthy body. It obliterates the worries and anxieties of our mind. She highlighted that Yoga purifies our body, mind, thoughts, breath and emotions and takes us to an elevated state of living. It rejuvenates us and enables us to live harmoniously with others and our own selves. She also stressed on the value of meditation which provides calmness to our body, mind and spirit. Her lecture was followed by a dynamic discussion. Some of the students clarified their doubts regarding different Yoga Asana. On behalf of our college, NSS Programme Officer Sri.Justin Jose expressed gratitude to the resource person and participants. 98 students attended the programme.




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INTERNATIONAL DAY OF YOGA

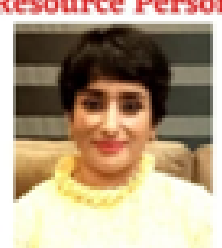
Webinar **"Yoga in Daily Life"**

Inauguration  **Resource Person**



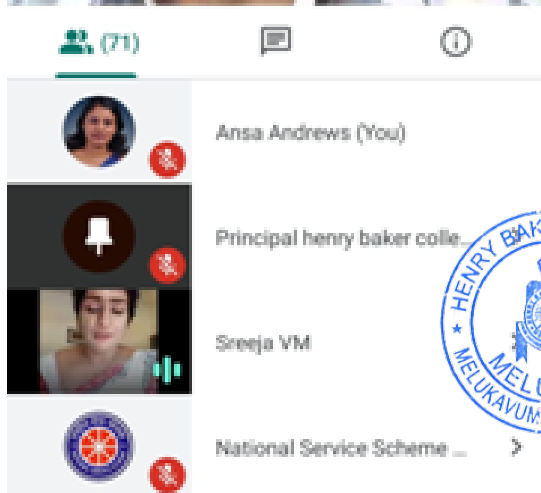
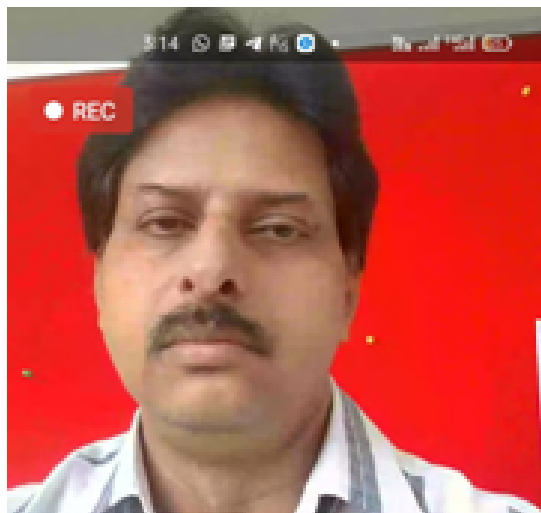
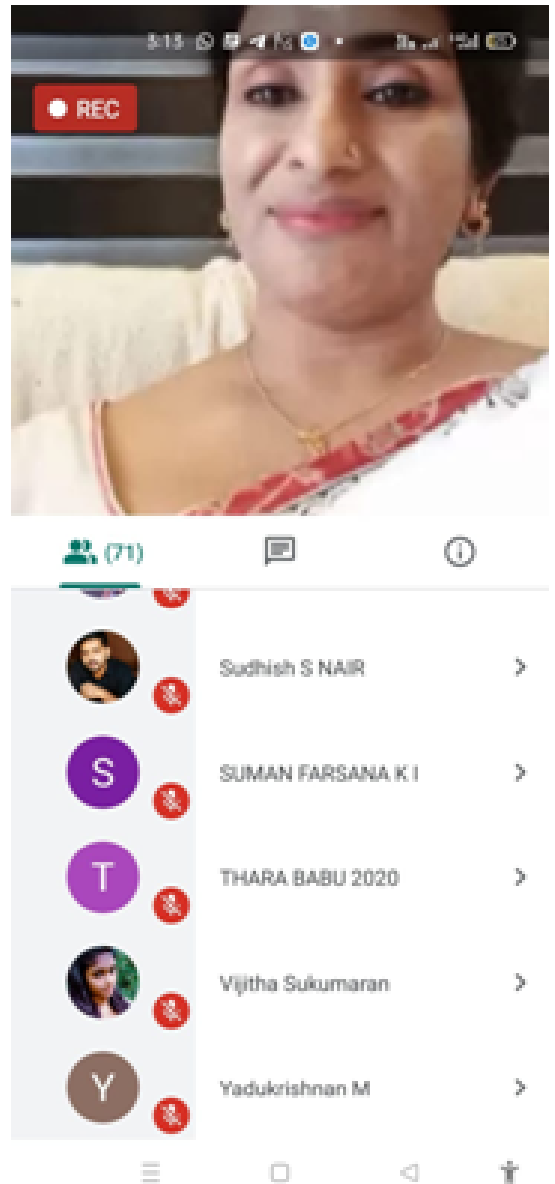
Dr. Gireesh Kumar G.S.
Principal

at 3.00 PM
on Monday,
21 June 2021



Ms. Sreeja Sree
Yoga Instructor

Organized by,
Internal Quality Assurance Cell (IQAC)
 in association with
National Service Scheme (NSS)
HENRY BAKER COLLEGE, MELUKAVU



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Webinar on Anti Drug Abuse and Illicit Trafficking on 22 July 2021

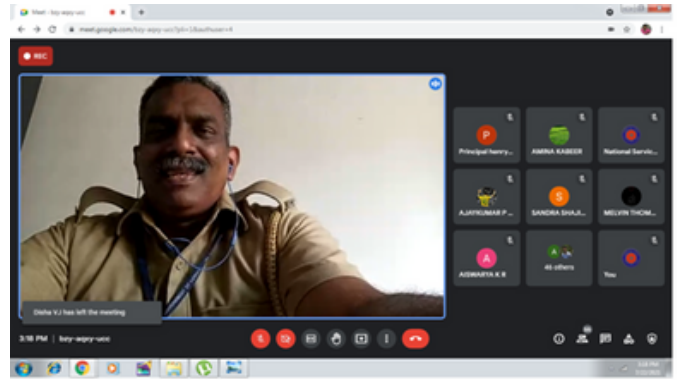
Objective: To create awareness about issues related to drug abuse.

The NSS unit of Henry Baker College, Melukavu conducted a webinar on “Anti Drug Abuse and Illicit Trafficking” on 22 July 2021 at 3.00 pm. NSS programme officer Smt. Ansa Andrews welcomed the gathering. Principal Dr.G.S. Gireesh Kumar, in his address sensitized the students on the mental and physical health problems associated with the usage of drugs. Students being tomorrows responsible citizens of our society must refrain themselves from using drugs. Sri. Binoy E. V., Chief Excise Officer, Kottayam Division encouraged the participants to strengthen the goal of achieving a world free of drug abuse, by their wholehearted cooperation. He elaborated on the adverse consequences of the illicit trafficking. He recommended proper counselling, treatment and rehabilitation for drug-dependent persons to recover from the addiction. The discussion was very fruitful. Sri. Bibin Raj, NSS Volunteer proposed vote of thanks. 89 students participated in the webinar.

Outcome: The programme sensitized the students on the negative consequences of drug abuse and prepared them to act decisively in refusing offers to use drugs.




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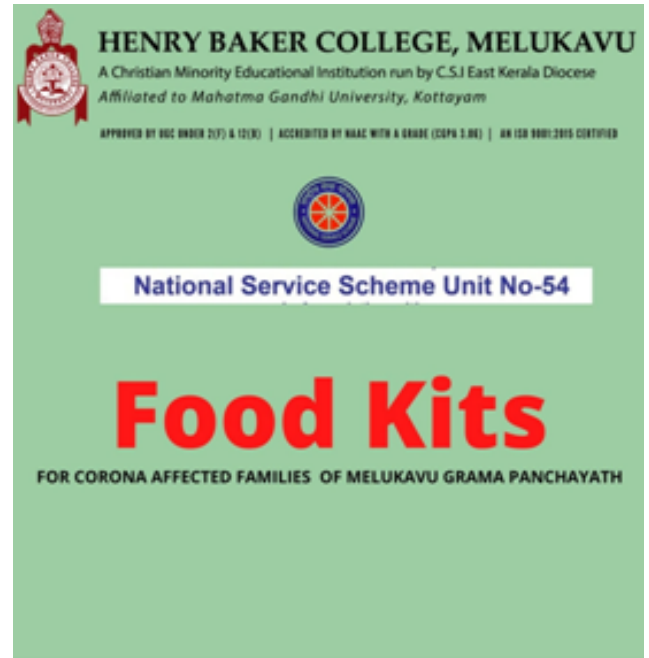


Corona Relief Ration kits to Corona Patients 18.08.2021

The NSS Unit of Henry Baker College, Melukavu extended its corona relief activities by distributing ration kits to twenty five corona affected families in Melukavu Grama Panchayath. The 4 NSS Volunteers raised Rs. 10,000/- from the teaching and non teaching staff for the provisional kits worth Rs. 400/- per kit. The kits were handed over to the Ward members of ward no 12 & 13 of Melukavu Panchayath on 18th August 2021. The ward members distributed the kits to the deserving families.



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Commemorating The World Mental Health Day- 10.10.2021

Objective: To disseminate awareness and reduce the stigma associated with mental health problems.

NSS Unit of Henry Baker College observed World Mental Health Day on 10.10.2021, by providing awareness message through posters to the students regarding the importance of mental health education. The World Federation for Mental Health (WFMH) has declared this year's theme to be 'Mental Health in an Unequal World.' The theme brings to light the increasing inequalities prevailing in the society. The prime aim of the programme was to spread awareness and reduce the stigma associated with mental illness.




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Report of the Webinar “Voyage to Beautiful Life” conducted on 26.10.2021

Objective of the Programme:

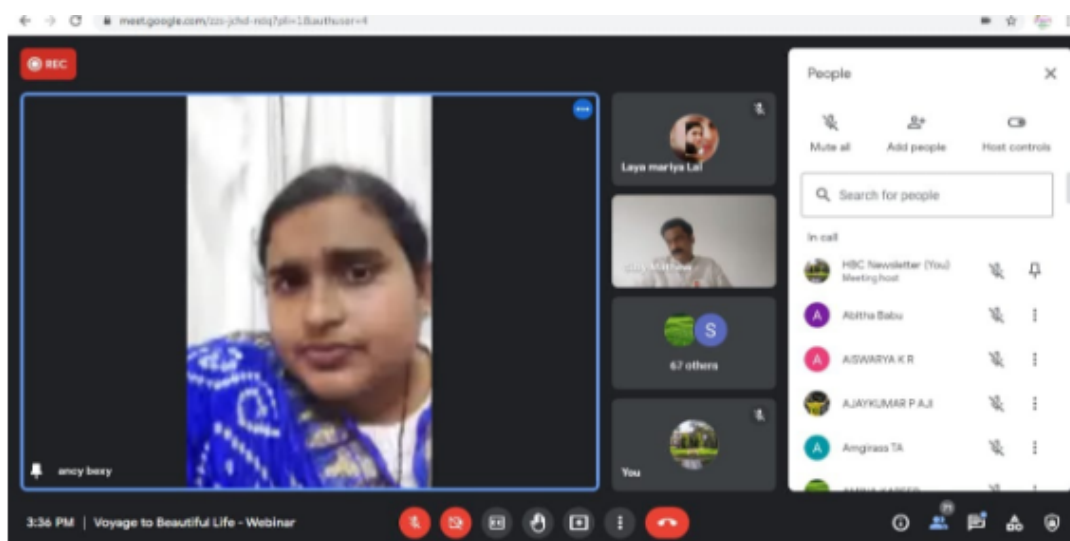
To address the common mental health issues of the student community.

To nurture the aspirations of the students by improving their self confidence.

The Mentoring and Counselling Cell of Henry Baker College, Melukavu in association with Lions Club of Aruvithura organised a webinar on the topic "Voyage to Beautiful Life" on 26.10.2021 at 2.30 pm. The resource person was the eminent Consultant Psychologist Smt. Ancy R. She is currently working at Women and Children Home, Kottayam and Government Mahila Mandiram, Poojapura. Dr. Ansa Andrews, Mentoring Cell Co-ordinator welcomed the gathering. It was followed by the Inaugural address of the Principal, Dr. Gireesh Kumar G S. In his speech he highlighted the significance of mentoring and counselling in the educational institutions since it helps the students to navigate their difficult life situations and makes them aware about their goals. The guest speaker Smt. Ancy R enlightened the students that our life is a journey filled with hardships, happiness, success and failure, which ultimately lead us to a destination.

Right guidance at the right time in a student’s life helps him to complete his voyage successfully. The journey might not be perfect but we can make it beautiful by our will power, determination and self confidence. She pointed out that the mentoring and counselling helps the students to cope up with their socio-psychological and personal problems at every stage of his life. She encouraged the students to build positive relationships with the peers, family and community around them. The interactive session was very fruitful as some of the students opened up their problems. 73 students participated in the programme. The programme was concluded by the vote of thanks proposed by Dr. Jincy Devasia, Counselling Cell Coordinator.

Outcome of the Programme: The resource person addressed the problems disclosed by some students and suggested appropriate remedial measures.



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MENTORING CELL AND COUNSELLING CELL
 In Association with
Lions Club of Aruvithura
 Organises a Webinar on

VOYAGE TO BEAUTIFUL LIFE

26 OCTOBER 2021, 2.30 pm

Inauguration

Ancy R.
 Consultant Psychologist at Women and Children Home Kattayam
 Consultant Psychologist at Govt. Mahila Mandiram Pasappara

Dr. Gireesh Kumar G.S
 Principal

Google Meet
<https://meet.google.com/zzs-jchd-ndq>
 Google Meet joining info
 Dial: +91 201 911 8022 PWA: 151 156 9174

Dr. Ansa Andrews
 Mentoring Cell Co-ordinator

Dr. Jincy Devasia
 Counselling Cell Co-ordinator

Smt. Jyana James
 Joint Co-ordinator
 Mentoring Cell

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MENTORING CELL AND COUNSELLING CELL
 In Association with
Lions Club of Aruvithura
 Organises a Webinar on

VOYAGE TO BEAUTIFUL LIFE

26 OCTOBER 2021, 2.30 pm

Inauguration

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Commemorating World AIDS Day- 01.12.2021

Objective:

1. To unite in the fight against HIV/AIDS
2. To extend our support for HIV positive patients

The NSS unit of Henry Baker College, Melukavu took initiative to commemorate World AIDS day on 1st December 2021. The NSS volunteers made badges with red ribbon, the universally recognized symbol of HIV awareness and distributed it among the students and teachers. The entire staff and students of the college pinned red ribbon, to extend their support to the people living with HIV all over the world. The theme of World AIDS Day 2021 is “End inequalities. End AIDS. 45 students participated in the programme

Outcome: It helped to increase HIV awareness



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NATIONAL SERVICE SCHEME

Unit No -054



End Inequalities. End AIDS

1 DECEMBER 2021



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Blood Donation Campaign – Awareness Programme and Blood Donation Camp



Blood Donation Drive 2021: An awareness programme and Blood Donation camp was organised by the NSS unit & Leo Club of Henry Baker College Melukavu in association with Lions Club of Aruvithura on December 16 2022. The inauguration and awareness class started at 10.am in the A. C. auditorium. The prime aim of the program was to sensitize the students the need of donating blood to the needy in emergency situations and to motivate them to donate blood without fear.

Ln. Siby Mathew Plathottam, District coordinator proposed the welcome note. The programme was inaugurated by Sri. Mani C Kappen MLA. In his inaugural speech he encouraged everyone gathered there to donate blood to save lives. He stated that each one of us has the duty to fulfill the mission of helping others and blood donation is one of the noble and selfless acts of helping others in need. Principal Dr. G. S Gireesh Kumar presided over the programme. The awareness class was lead by Sri. Shibu Thekkemattom, the General Convenor of Pala Blood Forum. He provided general awareness regarding blood donation. He reminded that every second there may be a patient waiting for a blood transfusion to survive. He encouraged that the students in good health, who have never donated blood, should begin to do so. He stated that a single unit of blood can benefit several patients. During the programme, the Lions Club of Aruvithura, honoured the Principal Dr. G S Gireesh Kumar and NSS Programme Officers Sri. Justin Jose and Dr. Ansa Andrews, by presenting them ponnada. Dr. Ansa Andrews proposed the vote of thanks. 80 students participated in the programme.



The Blood Donation camp was started at 9.00 am. A team of nursing staff and a medical officer provided medical assistance to the donors. Thirty five units of blood were collected from the students and staff of our college. The NSS Unit arranged soft drinks and snacks for the donors to reenergize them.



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"Sparsham" on 27.12.2021.

National Service Scheme Units of Henry Baker College, Melukavu in association with Excise Department, Government of Kerala organised an Anti Drug Awareness Campaign "Sparsham" on 27.12.2021. The NSS volunteers prepared anti drug awareness posters and visited few houses of Ward no. 13 of Melukavu Grampanchayath to disseminate anti drug awareness messages. Along with the 'Grahasandarshanam', the unit organised a rally from the college to Melukavumattom. Eighty students participated in the rally. After the rally a public function was conducted at 3.30 pm. Sri. Jose Kurian, Station House Officer, Melukavumattom inaugurated the function and delivered the key note address. This was followed by a flash mob organised by NSS volunteers at Melukavumattom. 56 students participated



NATIONAL SERVICE SCHEME
HENRY BAKER COLLEGE, MELUKAVU, UNIT NO: 54

വിമുക്തി

നാഷണൽ സർവ്വീസ് സ്കീം, ഗവൺമെന്റ് ഓഫ് കേരള,
കേരള എക്സൈസ് വകുപ്പും സംയുക്തമായി സംഘടിപ്പിക്കുന്ന

സ്പർശം 2021
ലഹരി വിരുദ്ധ ക്യാമ്പയിൻ

2021 ഡിസംബർ 27 തിങ്കൾ 4.00 പി.എം.



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Vaccination Drive – 07.01.2022

On 7th January 2022, a vaccination drive was organised by the NSS unit of Henry Baker college, Melukavu. The aim of the programme was to identify those students of our college, below the age of 18 who has not yet vaccinated against Covid 19 and to vaccinate such students. As per the guidance of the Medical Officers of Community Health Centre Edamaruku, the NSS volunteers collected the data of the students and informed the officials. 9 students got vaccinated

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Vaccination Drive

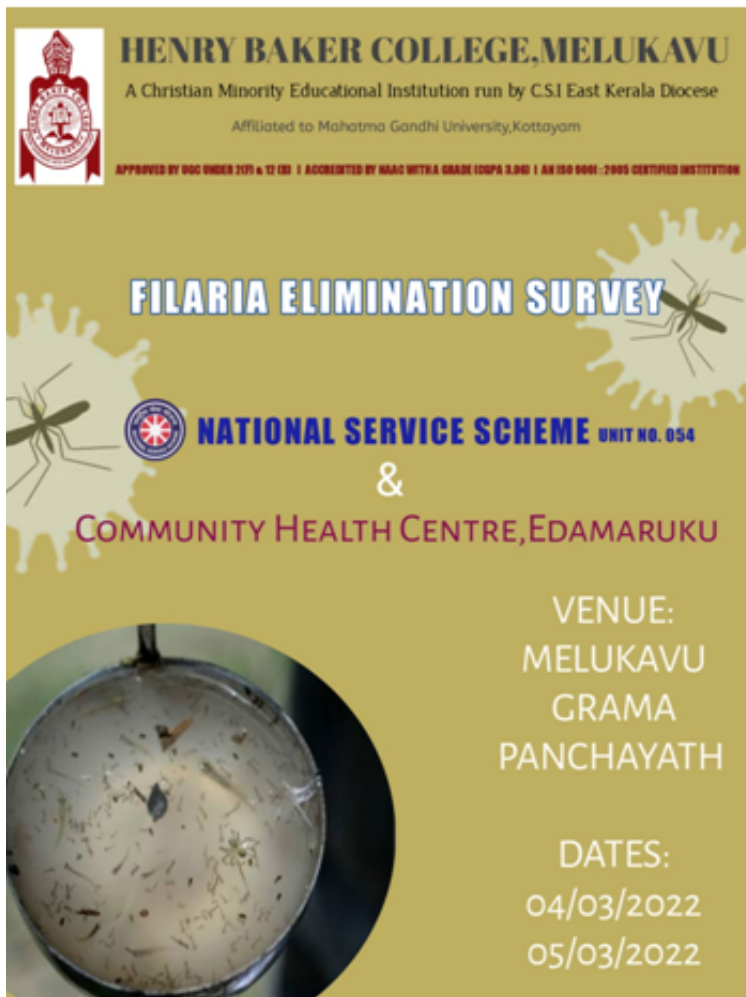
NATIONAL SERVICE SCHEME
UNIT NO. 054
in association with
COMMUNITY HEALTH CENTRE, EDAMARUKU
VENUE:
HRDT CENTRE, MELUKAVUMATTOM
Date :07/01/2022



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Filaria Elimination Survey- 04.03.2022

On the 4th and 5th of March 2022, a Two Day Filaria Elimination Survey was conducted under the initiation of Community Health Centre, Edamaruku and the NSS volunteers of Henry Baker College Melukavumattom. The programme started with a brief awareness class by the Medical officer of Community Health Centre, Edamaruku. After the class, the volunteers split up into many groups and visited different areas of Melukavu Panchayath. Each group was accompanied by health workers. Volunteers made a survey and insisted the local communities to empty the vessels that could be a breeding place for thousands of infective mosquitoes. Importance of personal hygiene and safe disposal of all types of household wastes were stressed by the volunteers. They encouraged the children in the families to have an extra eye on matters like these and gave them charge of clearing water holding vessels, wastes etc. The Filaria Elimination programme and survey was a new experience to our NSS volunteers and also to the local community. 20 students participated




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FILARIA ELIMINATION SURVEY

NATIONAL SERVICE SCHEME UNIT NO. 054
&
COMMUNITY HEALTH CENTRE, EDAMARUKU

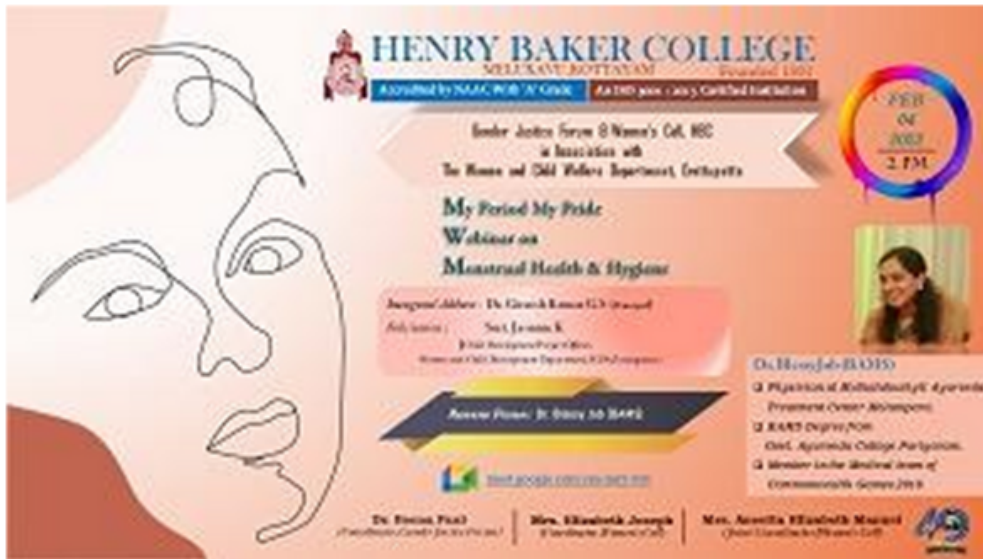
VENUE:
MELUKAVU
GRAMA
PANCHAYATH

DATES:
04/03/2022
05/03/2022



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Webinar on Menstrual Health and Hygiene-My Period,My Pride



Gender Justice Forum & Women's Cell in association with The Women and Child Welfare Department, Erattupetta organised a webinar on Menstrual Health and Hygiene-My Period,My Pride on 4/2/2022. The programme aimed at providing menstrual literacy by helping girls to access their future with confidence and body-positive attitude. Dr.Blessy Job BAMS was the resource person. Dr.Blessy put a spotlight on the necessity of menstrual health and hygiene. The session was quite informative as the resource person shared some useful resources based on the topic. Her talk highlighted the crucial things women need to keep in mind while on a period. She also talked about the myths and taboos on menstruation and the need to overcome those restrictions through menstrual literacy. She presented a short guide on menstrual products, which one to use and which ones are recommended by the Health departments. The programme started with a silent prayer. Smt.Aneetta Elizabeth Manuel, Joint Coordinator, Women's Cell delivered the welcome speech. Principal Dr.Gireesh Kumar G.S inaugurated the programme. In the inaugural address the principal pointed out the importance of educating youngsters so as to remove the shame associated with menstruation. Smt.Jasmine K ,CDPO, Women and Child Welfare Department offered felicitations. She said that both men and women should engage in the discussion about puberty and menstraul cycle. She also highlighted the significance of menstrual hygiene in our daily life. Ms.Ashly Mathew of III B.A English proposed the vote of thanks. The webinar lasted for approximately 1-1.5 hours-The session was lively and fruitful. The participants had lots of queries and the resource person provided ample explanations and suggestions that cleared their doubts. 90 students participaed



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Voluntary Blood Donation – 08.03.2022

On 8th of March 2022, the NSS unit volunteers of Henry Baker College, Melukavumattom were informed about an urgent requirement of blood in Chazhikadu Hospital, Thodupuzha. The Blood Donation Drive and awareness organized in 16 December 2021 had inspired our NSS volunteers to donate their blood in emergency situations. Seven such motivated volunteers enthusiastically donated their blood at Chazhikadu hospital. Our NSS unit members are still in touch with other organisations that work for the same and we will be informed about any further requirement of blood in the future. 4 students donated blood



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Anti- Narcotics Awareness Seminar- 11.05.2022

Objective: To raise awareness on the ill- effects of drug consumption.



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ANTI-NARCOTIC CELL & NATIONAL SERVICE SCHEME

HENRY BAKER COLLEGE, MELUKAVU

UNIT NO. 054

In Association with

JANAMAITHRI POLICE STATION, MELUKAVU

Organizes a Seminar on



സൗഹൃദമാണ് ലഹരി

കൊണ്ടിരിക്കുക. അറിവാണ് നല്ല മരുന്നിന് തുല്യം.

11 May 2022, 10.30 am, Venue: Seminar Hall HBC

• നാഗരതലം കേരളം ലഹരിമുക്ത നഗരംകേരളം •

Presidential Address- Dr. Gireesh Kumar G.S (Principal)

Inauguration- Sri. Sajeew Cherian (C I Melukavu PS)

Resource Person- Sri. Ajaykumar M N

(Senior CPO & Janamaithri Beat Officer Melukavu PS)

NSS unit and Anti Narcotics Cell, Henry Baker College Melukavu in association with the Janamaithri Police Station Melukavumattom organised a one day Anti- Drug Awareness seminar - " Sauhrudamaanu Lahari" on 11th May 2022, at the Seminar Hall. The main goal of this anti narcotic awareness program is to enhance the students awareness on the ill- effects of drug consumption. Dr.Ansa Andrews, NSS programme officer welcomed the gathering. Principal of our college, Dr. Gireesh Kumar G S, in his presidential address inspired the students to act against drug usage. Sri Sajeew Cherian, C. I of Melukavu Police Station inaugurated the programme. The resource person of the seminar was Sri. Ajaykumar M. N, Senior C.P.O and Janamaithri Melukavu Police Station. Sri. Ajaykumar emphasized the need of a coordinated effort from the part of the student community to prevent use and distribution of the drugs. By the end of the programme our students took pledge to spread awareness against the use of alcohol, tobacco and drugs. Volunteers decided to keep an extra eye on their own friend's circle and act immediately if they come across any case of drug abuse. NSS Volunteer Secretary, Sri. Amgirass T. proposed the vote of thanks. 65 students participated in the programme.



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