



# 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

## Criterion-5

### STUDENT SUPPORT AND PROGRESSION

5.1.3 - Capacity building and skills enhancement initiatives taken by the institution include the following: Soft Skills, Language and Communication Skills, Life Skills (Yoga, physical fitness, health and hygiene) ICT/Computing Skills

### III. LIFE SKILLS

Submitted to



THE NATIONAL ASSESSMENT AND ACCREDITATION COUNCIL

## 1. Arogyamela- 06/06/2022

The NSS Unit of Henry Baker College, Melukavu actively participated in “Arogyamela” organized by the Health Department and Erattupetta Block Panchayat. As part of this programme, our students attended the rally and raised health awareness slogans. They attended the inaugural function and health awareness classes. The programme was inaugurated by Sri. Mani C. Kappen, MLA. The classes were conducted by eminent doctors who provided awareness on the prevention of various diseases. The Mela provided information about the several health and family welfare programmes being carried out by the Government and various systems of medicines. Our students got the opportunity to showcase their talents in the cultural programmes. 61 students participated in the programme.



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## National Service Scheme

Unit No. 54

Health Department

&

Erattupetta Block Panchayat

## AROGYAMELA

RALLY

CULTURAL PROGRAMMES

Date: 06.06.2022

Venue: Melukavumattom  
H.R.D.T. Centre





Awareness Rally



Inauguration by Sri. Mani C. Kappen, MLA.

Arogya Mela, Melukavanna H. M. (NSS)  
 HEDTC, 6-June 2022. 51

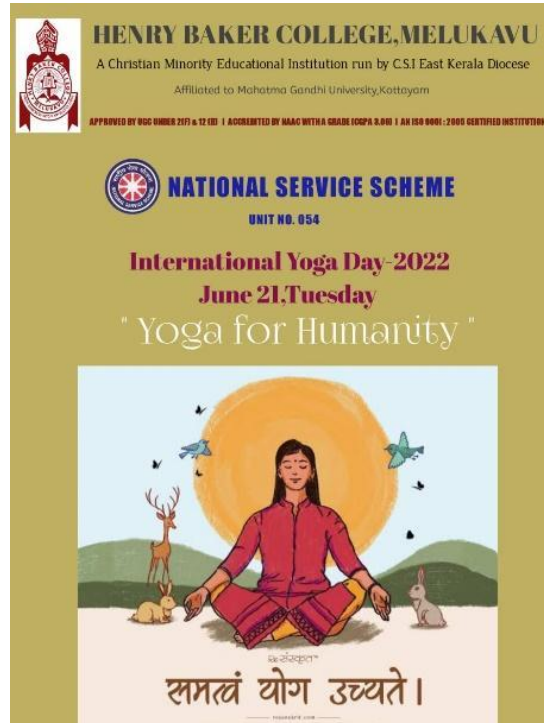
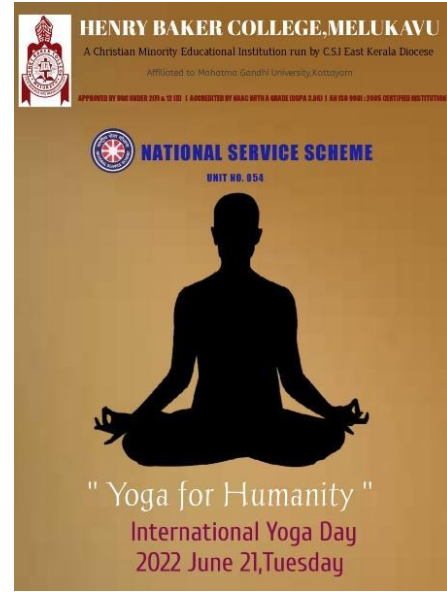
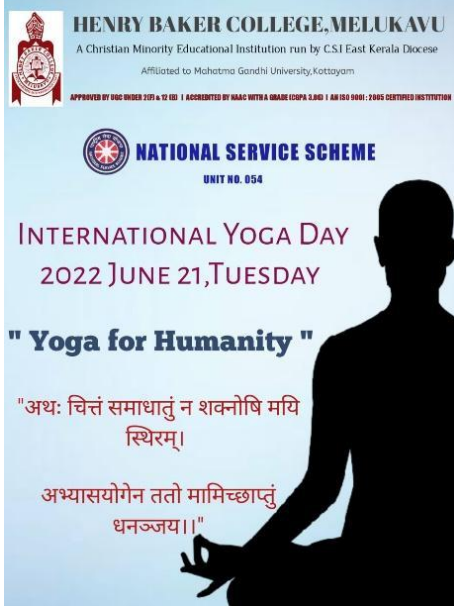
Association with CHC, Edmavala & Melukavanna Grama Panch. -

No	Name	Class	Signature
1.	Abhijith. V. Anil	B.com. Corporation Ind	
2.	Ajaykumar. A.S.	"	
3.	Abhisam. Prakash	"	
4.	Albin James	"	
5.	Vivek. P. Biju	"	
6.	Jacob Mani	"	
7.	Alexain Job	"	
8.	Sandeep Sabu	"	
9.	Ajjun Babes	"	
10.	Balabaskar P.S.	"	
11.	Siva Prasad.	"	
12.	Nancy K. Machiel.	"	
13.	Shenu Machiel.	"	
14.	Aschana K.S	B.com cooperation III <sup>rd</sup> year	
15.	Annala P Aji	"	
16.	Anandhu Sunil	"	
17.	Geethu Vinod	"	
18.	Mehin Thomas	"	
19.	Suryadas P B	"	
20.	Anand Thomey	"	
21.	Anomal Balan	"	
22.	Jimu K C	"	
23.	Martin Benny	"	
24.	Karthika S Nair	"	
25.	Jimu Jose	"	
26.	Anyanandha	"	
27.	Aswin Babusoj	"	
28.	Aksha Joseph	"	
29.	Abhisami Anil	B.com SF III <sup>rd</sup> yr	
30.	Akhila Shaji	"	
31.	Maudhula Tony	"	
32.	Aswin	"	

Sl No.	Name	Class	Signature
33.	Anandhu I.c.r	"	Anandhu
34	Abuthahis	"	Abuthahis
35	Safna Khader	"	Safna
36	Noora Nouhad	"	Noora
37	Arijun Manoj	"	Arijun
38	Althaf Mujib	"	Althaf
39	Payas Anas	"	Payas
40	shelina shaji	"	shelina
41	Abhijith	"	Abhijith
	Adhil	"	Adhil
42	Jyothika M.O.T. Aneesb	BA History	Jyothika
43	Meerakshi V.M	BA English	Meerakshi
44	Nisymol James	BA English	Nisymol
45	Jisymol Jame.	BA English	Jisymol
46	Koithika Devi	BA English	Koithika
47	Priya <del>Priya</del>	BA English.	Priya
48	Danya Rajeshwaran	"	Danya
49	Chandrayya Rajeev	B.A History	Chandrayya
50	Nikitha Vinu	B.A English	Nikitha
51	Albin Sajeev	)	Albin
52	Anjana K.A	)	Anjana
53	Aslam	)	Aslam
54	Ameera V.M	B.A History	Ameera
55	Ashkan Noorulhan.	B.S.C Physics	Ashkan
56	Naseem v.s	B.sc physics	Naseem
57	Kiran Rajeev	B.A History	Kiran
58	Namitha Subesh	B.A History	Namitha
59	Haleema Bevi KM	BSC Physics	Haleema
60	Darsana Sanuj	"	Darsana
61	Sumayya P.N	"	Sumayya

## 2. International Yoga Day- Poster Circulation- 21.06. 2022

The National Service Scheme of our college commemorated the International Day of Yoga by circulating posters on the importance of practicing yoga in daily life on 21.06.2022. The posters made by the students were circulated on various online media with the intention of embracing the great science of yoga with all its beauty. Posters were also displayed on the notice board.



### 3. Flood Relief Activities: Moonilavu Flood Relief Camp- 05/08/2022

The NSS unit raised funds for the flood relief activities from the students and teachers and supplied food materials and other necessary items like dress materials, candle packets, sheets, floor mats, and blankets to the relief camps. As the incessant rain continued, Moonilavu Gram Panchayat opened a flood relief camp at St. Paul's Higher Secondary School, Valiyakumaramangalam. Several families in the nearby places shifted to the relief camp. On 5.08.2022, the dedicated volunteers of NSS visited the camp and handed over relief materials to the refugees. Moonilavu Panchayat President Sri. Joshi Joshua, Ward Members Smt. Reena Renold and Smt. Maya Alex were present. The HBC NSS extends our gratitude to the Principal Dr. Gireesh Kumar G. S, staff and students for their kind contributions. 6 students participated in the programme.

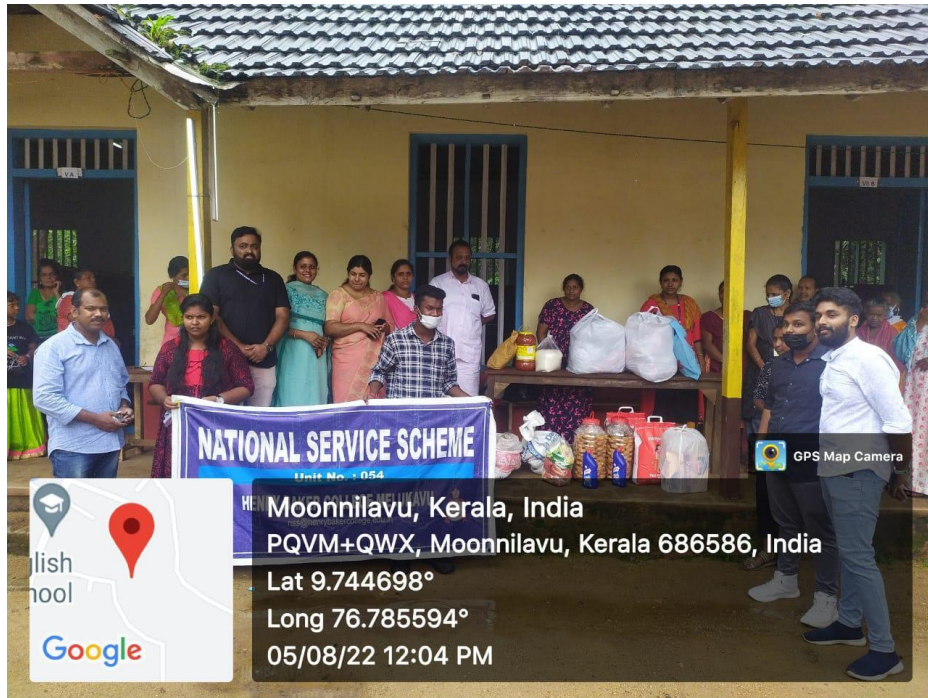


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അതിജീവിക്കാം ഭരമിച്ച്  
**DISASTER RESPONSE TEAM**

**NSS Programme Officers**  
Dr Ansa Andrews 9497326505  
Dr Jibin Mathew 7012505685

**NATIONAL SERVICE SCHEME**  
NSS UNIT NO. 054



Handing over relief materials at flood relief camp, St. Paul's Higher Secondary School, Valiyakumaramangalam





Distribution of relief materials at flood relief camp, St. Paul's Higher Secondary School, Valiyakumaramangalam

NSS - FLOOD RELIEF ACTIVITY

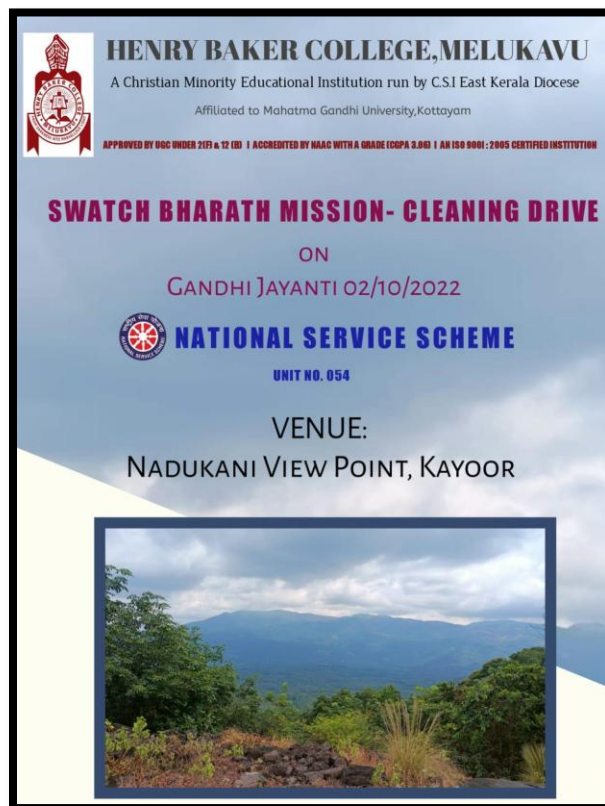
Date: 8/8/22.

Venue: Moonilavu  
(Govt. Ayurvedic Hospital)

Name	Class	Signature
1 Guruprasad Rajeev	B.A History	Guruprasad Rajeev
2 Abhilash A. D. V.	"	Abhilash A. D. V.
3 Adarsh Kumar	"	Adarsh Kumar
4 Athul Binay	"	Athul Binay
5 Syam Mahanar	2nd B.com (Self)	Syam Mahanar
6 Akash P.R	grad B.com (self)	Akash P.R
7 Jithin V.V	"	Jithin V.V
8 Navreen Sunny	"	Navreen Sunny
9 Subin L. Michael	B.com Co-operation	Subin L. Michael
10 Srivapeasad NT	"	Srivapeasad NT
11 Arjun Babu	"	Arjun Babu
12 Jacob Mani	"	Jacob Mani
13 Ajaan Kumar	"	Ajaan Kumar
14 Abhiram	"	Abhiram
15 Vidhan	"	Vidhan
16 Balu	"	Balu
17 Meenakshi V.M	II <sup>nd</sup> BA English	Meenakshi V.M
18 Daliya Rajeshwar	"	Daliya Rajeshwar

#### 4. Swatch Bharath Mission- Cleaning Drive: Gandhi Jayanti Day- 02.10.2022-

The NSS Unit of Henry Baker College commemorated Gandhi Jayanti with the spirit of community service. With the aim of creating a plastic-free environment, our NSS volunteers cleaned Kayyur Nadukani, an emerging tourist destination near our college on 02.10.2022. The necessity to clean an enchanting place like Nadukani, which is frequently visited by a large number of people was essential. The instructions on the collection of waste and its segregation were given to the volunteers and the cleanup commenced at 8.00 am. The NSS volunteers wholeheartedly took the challenge and successfully completed it. Plastic wastes and other wastes were collected, segregated and handed over to the Harithakarmasena. The programme helped to create awareness among the students towards the importance of sanitation and cleanliness. 24 students participated in the programme.





NSS- GANDHI JAYANTI CELEBRATIONS (OCT 2)  
 CLEANING NADUKANI VIEW POINT, KAYOOR 57  
 DRIVE

Time: 9.30 am

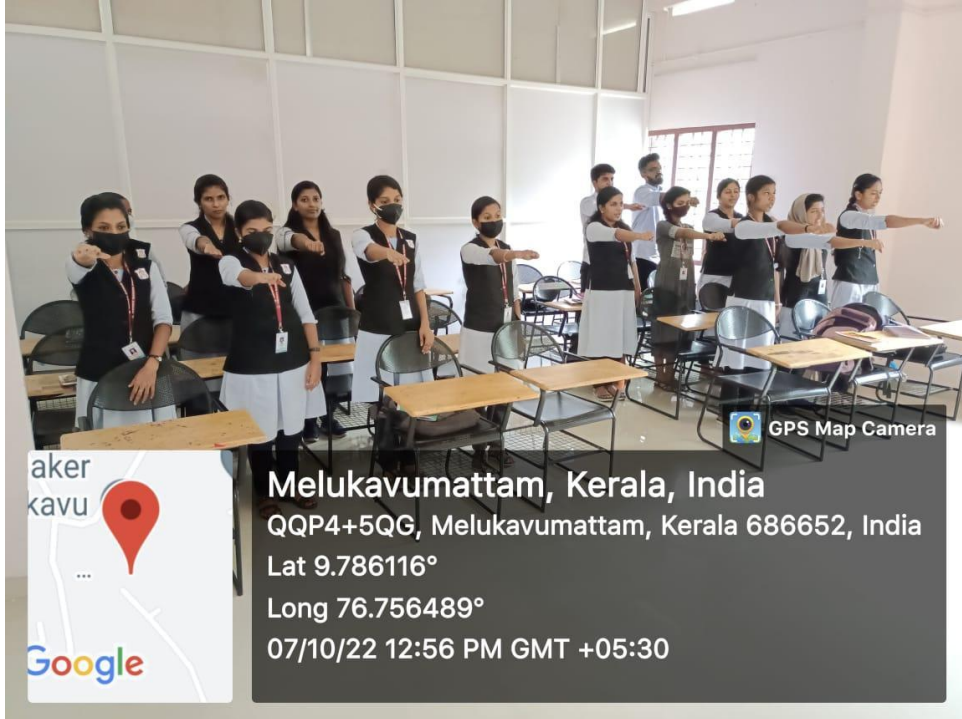
Date: 02-10-2022

1. Dahiya Rajeshwaran	B.A English II	
2. Meenakshi V.M	"	
3. Aksha mol K.B	"	
4. Nikitha Vinu	"	
5. Rasil Asif	B.Com	
6. Abhishek Abraham	"	
7. Iththisham	B.cds self	
8. Iththisham	B.A History II <sup>nd</sup>	
9. Amalsha T.P	"	
10. Koran Raju	"	
11. Gurupriya Rijiweev	" III <sup>rd</sup>	
12. Gopikrishnan	"	
13. Abhijith Biju.	"	
14. Sona Sona	"	
15. Josmi Sam	"	
16. Subin C Michle	" B.com Co.opareation	
17. Shiva prasad	" "	
18. Azmin Ajithas	"	
19. Nazim	"	
20. Mahin Rafeek	"	
21. Shabana p.s	B.A English	
22. Asmin Ajinas.	B.A English	
23. George c. mathew	B.A English III <sup>rd</sup> years	
24. Bibin Tony	II	

## 5. Anti-Drug Awareness Campaign- Pledge- 07.10.2022

As a part of the anti-drug awareness campaigning of NSS, a pledge against drug abuse was taken on 07. 10.2022. Principal Dr. G.S. Gireesh Kumar administered the oath and students, teachers and non-teaching staff recited it. All of them pledged not to use, sell or incite others to use intoxicants and to fulfill their duty to the country and people by participating in anti-drug activities.

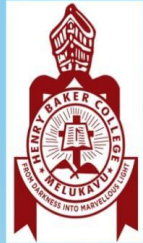




Pledge against drug abuse

## 6. Awareness Class on Rabies and Contagious Diseases-26.10.2022

The NSS unit of Henry Baker College, in association with Community health Centre, Edamaruku organised an awareness class on “Rabies and Contagious Diseases” on 26.10.2022. Dr. Jibin Mathew, NSS Programme Officer welcomed the gathering. Dr.Sainudeen E. M., Medical Officer at Community Health Center, Edamaruku was the resource person. The doctor highlighted three important factors: how to prevent rabies, how to detect the early symptoms, and its initial treatment. He assured that rabies vaccines are highly effective and safe. The first dose of the four-dose course should be administered as soon as possible after exposure. Additional doses should be administered on days 3, 7, and 14 after the first vaccination. He elaborated on the impact of rabies and other contagious diseases on humans and animals. Dr. Ansa Andrews, NSS Programme Officer proposed the vote of thanks. 112 students participated in the programme.



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**NATIONAL SERVICE SCHEME** UNIT NO. 054

in association with

**Community Health Centre, Edamaruku**

Organises an Awareness class on

**Rabies and Contagious Diseases**

PRESIDENTIAL ADDRESS

DR. GIREESH KUMAR G. S.

GUEST SPEAKER

DR. SAINUDEEN E.M, MEDICAL OFFICER

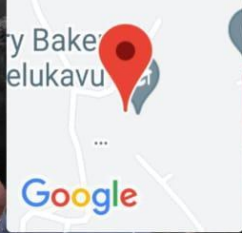
**NSS Programme Officers**

Dr. Ansa Andrews

Dr. Jibin Mathew

DATE: 26.10.22

TIME: 12 PM



Melukavumattam, Kerala, India  
QQP4+5QG, Melukavumattam, Kerala 686652, India  
Lat 9.786699°  
Long 76.756106°  
26/10/22 12:16 PM

GPS Map Camera



NSS - Community Health Centre, Edamaraaku

Awareness Class - Rabies & Contagious Diseases.

20.10.22

Time: 12:00 pm

S.N.	Name	Class	Signature
1	Angel Thomas	B.com cooperation	Angel
2	Asya Binu	"	Asya
3	Jinu Jose	"	Jinu
4	Geopika Vinod	"	Geopika
5	Ishara S/A	"	Ishara
6	Sajana	"	Sajana
7	Pravara Shaji	"	Pravara
8	Arattu Antony	"	Arattu
9	Shincy Mathew	"	Shincy
10	Abhaya Omanakuttan	"	Abhaya
11	Archana k Biju	"	Archana
12	P. Gousi	"	P. Gousi
13	Krishnapriya Gopi	"	Krishnapriya
14	FIROZ THAHA	B.A English	Firoz
15	Georgi KRISHNA	"	Georgi
16	Alecita Arda	"	Alecita
17	Adhaya Michael	"	Adhaya
18	Hiba Fathima	"	Hiba
19	Sacha Justin	"	Sacha
20	Gayathri Premkumar	"	Gayathri
21	Annamayi Kurian	"	Annamayi
22	Abiyas Ibrahim	"	Abiyas
23	Imran Dhanulla	"	Imran
24	Jeene John	B.com Finance	Jeene
25	Sabin Shahal	"	Sabin
26	Jimmy J. Adhathikal	B.A. English	Jimmy
27	Dirse Joseph	"	Dirse
28	Risana Arif	B.com f & T	Risana
29	Grace Levanaya	"	Grace
30	Sadfiya Sakheer	"	Sadfiya
31	Sneha Treasa Sabu	"	Sneha
32	Sneha. S. Satheesh	"	Sneha

33	Nithil K. Mohan	Bcom cooperation	<del>Alka</del>
34	Arunal Balan	"	<del>Arund</del>
35	Anand Johny	"	<del>Arund</del>
36	Martin Scary	"	<del>Arund</del>
37	JINU K.C	"	<del>Arund</del>
38	Jomirimal Johny	Bsc physics	<del>Arund</del>
39	Aryananda Sreedharan	Bcom cooperation	<del>Arund</del>
40	Mameena Mathan	"	<del>Arund</del>
41	Anna Mathews	"	<del>Arund</del>
42	Anaswara Biju	"	<del>Arund</del>
43	Aswatha Brumos	"	<del>Arund</del>
44	Aswathy K. Suresh	"	<del>Arund</del>
45	Deventra Moran	"	<del>Arund</del>
46	Geetha Vimal	"	<del>Arund</del>
47	Melvin Thomas	"	<del>Arund</del>
48	Sujadas P.B	"	<del>Arund</del>
49	Subram Senthosh	"	<del>Arund</del>
50	Aswin Babunaji	"	<del>Arund</del>
51	Karthika S. Nair	"	<del>Arund</del>
52	Chamala P Aji	"	<del>Arund</del>
53	Aschana K S	"	<del>Arund</del>
54	Ananthu Suvil	"	<del>Arund</del>
55	Aradhya V.H	"	<del>Arund</del>
56	Dyamaal K.S	"	<del>Arund</del>
57	Prasanna	"	<del>Arund</del>
58	Bhitha Balan	"	<del>Arund</del>
59	Albin T George	Bvoc Hospitality and Tourism management	<del>Arund</del>
60	Ajmal Khan	"	<del>Arund</del>
61	Jimmy Sebastian	Bcom Co-operation	<del>Arund</del>
62	Arund Suresh	"	<del>Arund</del>
63	Arund Jony	B.voc Tourism & Hospitality	<del>Arund</del>
64	Arund V.V	"	<del>Arund</del>

38

65	Maharaj Fadhima	B.A History	Maharaj
66	Jasna Johnson	B.A History	Jasna
67	Neha Fadhima	B.A History	Neha
68	Jharna Babu	B.Com Co-operative	Jharna
69	Archana Sreedhevan	"	Archana
70	Sabitba Thomas	B.A History	Sabitba
72	Mestlin Anna Thomas	B.A History	Mestlin
73	Sneha Justin	B.A English	Sneha
74	Bisni Mes	"	Bisni
75	Gayathri Premkumar	"	Gayathri
76	Annamayi Kuriyan	"	Annamayi
77	Hiba Fadhima	"	Hiba
78	Adhitya Michael	"	Adhitya
79	Bijitha Balan	B.Com	Bijitha
80	Divya Balak	"	Divya
81	Rashi Arif	" II	Rashi
82	Mahin Rabeek	B.A History II	Mahin
83	Hazi Nazim	B.Com Co-operative II	Nazim
84	Riyas Sakeer	B.Com II	Riyas
85	Abishan Mathan	B.Com Self	Abishan
86	Indhisham	"	Indhisham

## 7. World Aids Day 01.12.2022

World AIDS Day was commemorated by NSS unit on 1<sup>st</sup> December 2022. NSS volunteers made and distributed Red Ribbons, which symbolizes awareness and support for people living with HIV, to the students, teachers and non-teaching staff of the college. This helped to promote the disease awareness and to express solidarity for people living with HIV. The theme of world

aids day 2022 was “equalize.” It is an exhortation for all of us to work against the prevailing inequalities and help to end AIDS.



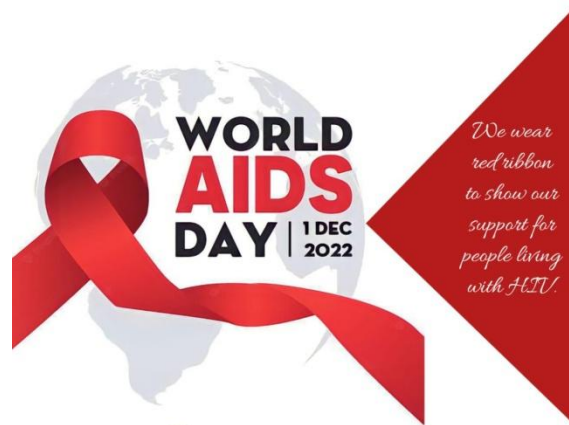
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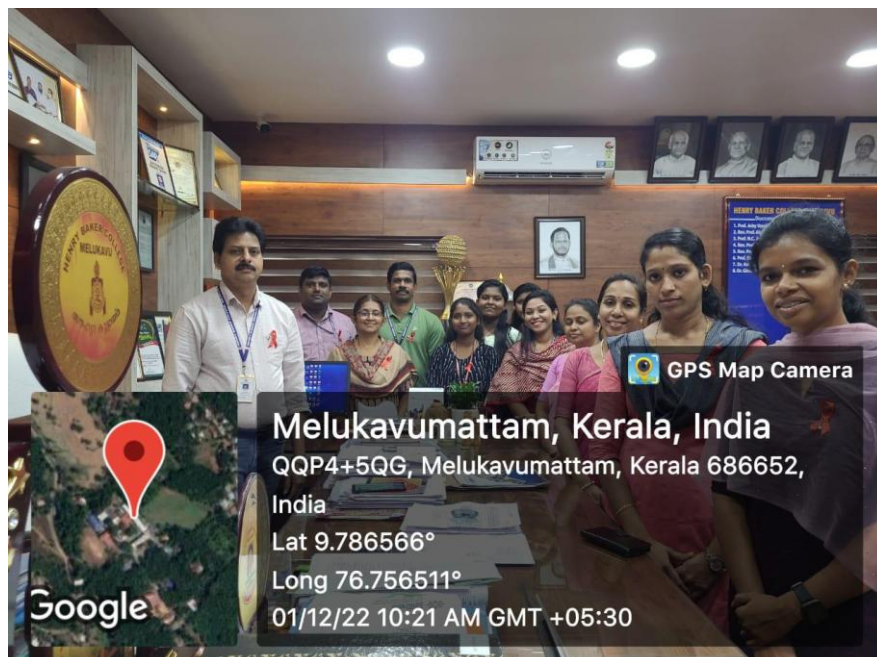
Affiliated to Mahatma Gandhi University, Kottayam


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# 'Equalize'



 **NATIONAL SERVICE SCHEME**  
UNIT NO. 054



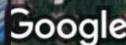
 GPS Map Camera

Melukavumattam, Kerala, India  
QQP4+5QG, Melukavumattam, Kerala 686652,  
India

Lat 9.786566°

Long 76.756511°

01/12/22 10:21 AM GMT +05:30

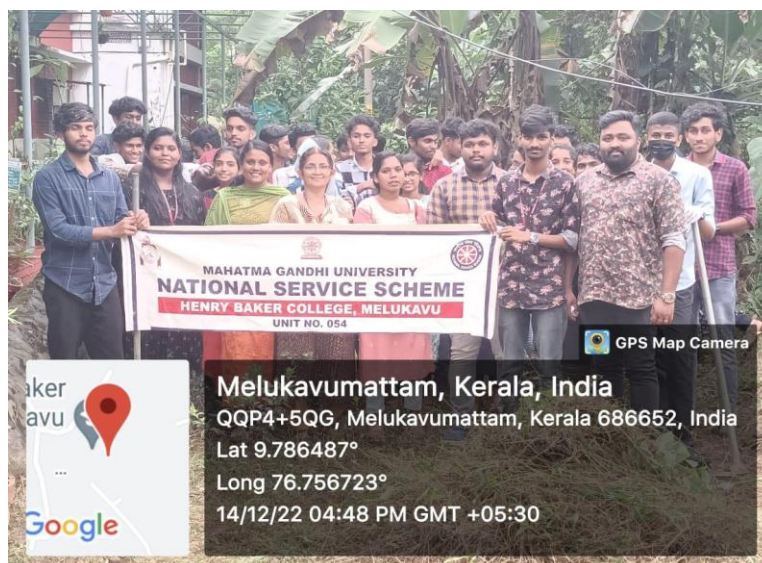
 Google

### List of Participants

Sl. No.	Name of the students	Class
1	Merlin Anna Thomas	IBA History
2	Sabitha Thomas	IBA History
3	Amrutha Mohan	IBA History
4	Noufal Zakkeer	I B.Com
5	Sujith Kumar KS	I B.Com
6	Archana K Biju	I B.Com
7	Pravitha Sabu	IBA History
8	Nandhu Venugopal	I B.Com
9	P. gouri	I B.Com
10	Shincy Mathew	I B.Com
11	Ann Mariya James	I BA History
12	Sneha Justin	I BA English
13	Alan Wilson	History
14	Deraj Manu	I B.Com
15	Hameed A Salam	I B.Com
16	Anitta Antony	I B.Com
17	Karthika K Rajan	I BA History
18	Adithyan V suresh	I BA History
19	Shibin Benny	I B.Com
20	Tinu Thomas	I B.Com
21	Jerin Johnson	I B.Com
22	Sulfiya Latheef	I BA History
23	Risana KS	I BA History
24	Saljo V James	I BA History
25	Anju T G	I BA History
26	Hiba Fathima	I BA English
27	Adhalya Micheal	I BA English
28	Praveena Shaji	I B.Com
29	Sajinamol KS	I B.Com
30	Irshana SA	I B.Com
31	Athulya Omanakuttan	I B.Com
32	Tevin Tomy	I B.Com
33	Mehrin Fathima	I BA History
34	Josna Johnson	I BA History
35	Alby Sebastian	I BA History

## 8. Cleaning Drive: Campus Cleaning- 14/12/2022

NSS unit of Henry Baker College in association with Nehru Yuva Kendra Kottayam organized a Campus Cleaning under Service and Empowerment through Voluntary Action-SEVA at Henry Baker College on 14/12/2022 at 4.00 pm. The program was inaugurated by Dr. Beena Paul, Principal-in Charge. The first thing done was to clean the waste bins that were already placed at various spots in the college campus. Then the volunteers cleaned the herbal garden and its premises. Overgrown grasses in the garden were cut and the weeds were removed. The main objective of the programme was to sensitize the students on the significance of cleanliness and maintaining cleanliness in the campus. 47 NSS volunteers along with the NSS Programme Officers, Dr. Ansa Andrews and Dr. Jibin Mathew participated in the programme.





Campus Cleaning

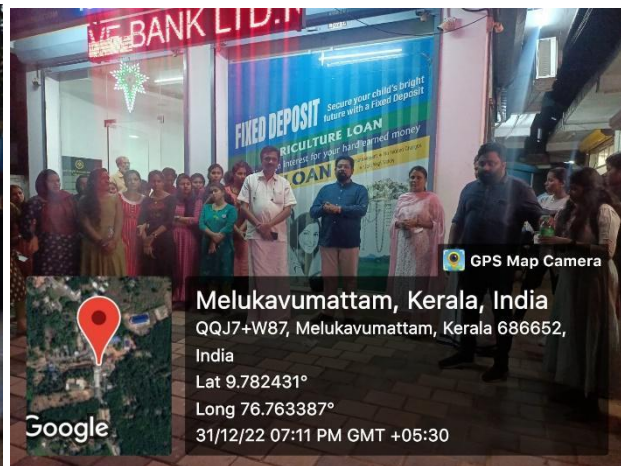
#### List of Participants

Sl. No.	Name of the students	Class
1	Merlin Anna Thomas	IBA History
2	Sabitha Thomas	IBA History
3	Amrutha Mohan	IBA History
4	Noufal Zakkeer	I B.Com
5	Sujith Kumar KS	I B.Com
6	Archana K Biju	I B.Com
7	Pravitha Sabu	IBA History
8	Nandhu Venugopal	I B.Com
9	P. gouri	I B.Com
10	Shincy Mathew	I B.Com
11	Ann Mariya James	I BA History
12	Sneha Justin	I BA English
13	Alan Wilson	History

14	Deraj Manu	I B.Com
15	Hameed A Salam	I B.Com
16	Anitta Antony	I B.Com
17	Karthika K Rajan	I BA History
18	Adithyan V suresh	I BA History
19	Shibin Benny	I B.Com
20	Tinu Thomas	I B.Com
21	Jerin Johnson	I B.Com
22	Sulfiya Latheef	I BA History
23	Risana KS	I BA History
24	Saljo V James	I BA History
25	Anju T G	I BA History
26	Hiba Fathima	I BA English
27	Adhalya Micheal	I BA English
28	Praveena Shaji	I B.Com
29	Sajinamol KS	I B.Com
30	Irshana SA	I B.Com
31	Athulya Omanakuttan	I B.Com
32	Tevin Tomy	I B.Com
33	Mehrin Fathima	I BA History
34	Josna Johnson	I BA History
35	Alby Sebastian	I BA History
36	Sangeeth Sivan K	I BA History
37	Diyamol	I BA History
38	Althaf KK	I BA History
39	Shifana Gasni	I BA History
40	Jolsana Johnson	I BA History
41	Binsad KS	I BA History
42	Sumimol O S	I BA History
43	Albiya Manuel	I BA History
44	Ashley Sebastian	I BA History
45	Alan Sunny	I BA History
46	Ajith TS	I B.Com
47	Surya Mohanan	I B.Com

## 9. Anti- Drug Awareness Rally and Street Play 31.12.2022

NSS Unit of Henry Baker College organized an **Anti- Drug Awareness Rally and Public Meeting** on 31/12/2022 from M.D.C.M.S.H.S Erumapramattom to Melukavumattom town. Students raised slogans against drug abuse. Rev. P. C. Mathewkutty, College Management Representative was the chief guest of the programme. Sri. Anurag Pandikattu, Member Ward No.5, Smt. Dency Biju, Ward No.12 and several other Panchayat Members were present. The students performed a **“Street Play.”** The street play on the ill effects of drug abuse was a creative and effective way to raise awareness about the dangers of drug abuse. The play depicted how drug abuse can affect the individuals, families and communities and the strategies for prevention and treatment.



NSS- Seven Day Camp Way 6  
Anti-Drugs Awareness Programme  
Street Play.

40

Date: 31/12/22 Venue: Melukavumattom Time: 6.00 pm



	Name	Class	Signature
1	Sajena mol K.S	B.com Co-operation.	
2.	Praveena shaji	"	
3.	Ajith P.S	"	
4.	Maxin Manoj	"	
5	J. Jeno John	B.com self.	
6	Sarang K.G.	B.Voc	
7	Shiyas Ibrahim.	BA. English	
8	Hiba fathima	"	

### 10. Blood Donation Camp and Eye Test Camp-11.01.2023

The NSS unit of Henry Baker College in association with the Lions Club of Aruvithura organized a Blood Donation Camp and Free Eye Test Camp in our campus on 11.01.2023. The prime objective of the camp was to sensitize the students the need of donating blood to the needy in emergency situations and to provide awareness of the necessity of safe transfusion of blood. Ln. Siby Mathew Plathottam, District Coordinator of Lions Club proposed the welcome note. The camp was inaugurated by Sri. Mani. C Kappen, M.L.A and rich with the presence of the Melukavu Panchayat President Sri. Thomas C. Vadakkal. Principal of our college, Dr. Gireesh Kumar G.S, Panchayat Member Sri. Anurag Pandikkattu, Panchayat Member Smt. Dency Biju and Ln. Shibu Thekkemattom were present. In the inaugural speech, Sri. Mani C. Kappen, encouraged the students to donate blood voluntarily, as blood is a vital component of human life. 37 students donated blood. Along with the blood donation camp, a free eye check-up camp was also conducted by the medical experts of Little Flower Hospital, Angamaly which was extremely beneficial for several people in and around Kottayam district. 158 people registered for the eye checkup. They were examined and treated by experienced medical care professionals. Medicines and spectacles were also provided to the needy. Cataract surgeries of two patients were



performed and the hospital met the expense of their surgeries and medicines without leaving any burden on their shoulders.

**HENRY BAKER COLLEGE, MELUKAVU**  
**NSS UNIT NO.054**  
**In Association with**  
**LIONS CLUB INTERNATIONAL DISTRICT 318 B (ARUVITHURA)**  
**MELUKAVU GRAMA PANCHAYATH**  
**&**  
**LITTLE FLOWER EYE HOSPITAL ANGAMALY**



**Inauguration : Sri. Mani C Kappen, MLA**  
**Time : 9.30am Date: 11.01.2023**  
**Venue : Henry Baker College, Melukavu**  
**Inaugural function and Awareness class : AC Conference Hall**  
**Blood Donation Camp : Seminar Hall**  
**Eye Test Camp : Auditorium**

**EYE TEST CAMP &  
FREE CATARACT SURGERY  
BLOOD DONATION CAMP**









Kottayam, Kerala, India  
QQQ3+FP2, Kerala 686652, India  
Lat 9.787592°  
Long 76.75386°  
11/01/23 10:41 AM GMT +05:30

# NSS Blood Donation Camp 11/1/2023

12 Venue: Semmar Hall

Name	Class	Signature
1 Jacob Mani	II B.Com. Co-operation	Jacob
2 Ajaykumar A.S.	" " "	Ajaykumar
3. Ramul Rajeev	I <sup>st</sup> History	Ramul
4 Muralhara Tomy	III Bcom Computer	Muralhara
5 Arun Sax	III Bcom Computa	Arun
6. Indrajith km		Indrajith
7. Sajath CB	II <sup>nd</sup> M.com	Sajath
8. Vinod Vinod	I <sup>st</sup> B.com Co-operation	Vinod
9. Kevin Tomy	" "	Kevin
10 yagho Rinald	I <sup>nd</sup> BA English	Yagho
11. Anoop V M	II <sup>nd</sup> B.A Ameev	Anoop
12 Binoy Binoy	II B.A History	Binoy
13. Anagha Sebastian	I <sup>nd</sup> BA English	Anagha
14 Seelija Mambur	I <sup>nd</sup> BA History	Seelija
15. Anika Shary	I <sup>st</sup> M. Com	Anika
16 Shikha Radan	II <sup>nd</sup> B.A History	Shikha
17 Asna Prasad	" "	Asna
18 Sangeetha siven k	I. B.A. History	Sangeetha
19 Shiyaz Ibrahim	I <sup>st</sup> B.A English	Shiyaz
20 Jomon & Joseph	HBC Office	Jomon
21 melvin Thomas	III <sup>rd</sup> Bcom Co-operation	Melvin
22 Ananth Sund	" "	Ananth
23 Aswin Baburaj	" "	Aswin
24 Abhijith Vijayan	I <sup>st</sup> MA History	Abhijith
25 Suryadas P.B	III <sup>a</sup> Bcom Cooperation	Suryadas
26 dustin Joseph	I. M.A History	Dustin
27 Abishan	II Bcom c.A	Abishan
28 Alan samy	I <sup>st</sup> BA History	Alan
29 Ditto Joshy	I <sup>st</sup> M.Com	Ditto
30 Saju Bina	I <sup>st</sup> M.com	Saju
31 Anun Manoj	B. Com. s.s.I. s.s.I.	Anun

32. Fays Anes	3 <sup>rd</sup> Brom (computer)	<i>[Signature]</i>
33. Abhijith Biju	II B.A. History	<i>[Signature]</i>
34. SILBI MOI M	office	<i>[Signature]</i>
35. ALTHAF V.A	II B.com self	<i>[Signature]</i>
36. Sabin C. Michael	B.com Cooperation II	<i>[Signature]</i>
37. Jivan Jose	B.COM cooperation III	<i>[Signature]</i>

**NATIONAL SERVICE SCHEME**

Date: 11-11-23 **EYE TEST CAMP, AWARENESS CLASS**  
 +  
**FREE CATARACT SURGERY** Time: 9:30 am

Sl No.	Name	Address	Signature
1	Ashok Samuel	mangalashay kollipally	<i>[Signature]</i>
2	Thomas	pannalaat moolukomattan	<i>[Signature]</i>
3	Rosamma Thomas	Anmeekal mannalour	Rosamma
4	Nancy Jacob	Chamaparaul	<i>[Signature]</i>
5	Joseph	Alappatto	<i>[Signature]</i>
6	Tharakan	Therakam kushyil	<i>[Signature]</i>
7	Omarabuttan	mampuram thebbal	<i>[Signature]</i>
8	Thomas	Prababattu	<i>[Signature]</i>
9	Artha	Valanattil	<i>[Signature]</i>
10	Thomas Joseph	melakunnath	<i>[Signature]</i>
11	Grace Jijo	vaalyankal konipadu	Grace
12	Mrs. Reena Jijo	Valiyankal. Konipadu	Reena
13	Susama	mundaplaackal	Susama
14	Salome George	pat. koparaul	<i>[Signature]</i>
15	Paulus	kashimulicil	<i>[Signature]</i>
16	Jason	kanjareththal	<i>[Signature]</i>
17	Linu	kavanthuchal	<i>[Signature]</i>
18	elsamma Joseph	meedhipara kunnel	<i>[Signature]</i>
19	Labha	musel. neliyam	Labha
20	Job k George	kolasheri	<i>[Signature]</i>
21	N. S. John	Nerumpalackal	<i>[Signature]</i>
22	Referson	kolassal	<i>[Signature]</i>
23	Thomas	machannal dlepali	<i>[Signature]</i>
24	CJ Samuel	challekal	<i>[Signature]</i>
25	Rosamma susman	Valiyaplaackal	Rosamma
26	Salome Thomas	Purapilacattu	<i>[Signature]</i>
27	Lucy koshi	kattayarakal chali	Lucy
28	Lilana Thomas	mistonplackal	<i>[Signature]</i>
29	Lusama	mampuram	<i>[Signature]</i>
30	Paul V. Abraham	Theraparambil	<i>[Signature]</i>
31	San George Samuel	Anmeekal	<i>[Signature]</i>
32	Amal Shony	Valanparambil	<i>[Signature]</i>

70

Sl No	Name	Address	Signature
32	Alain	kakakal	
34	Alice Jose	marathakurki	
35	Jomon K Joseph	kochuvilal	
36	Selby mal m	kanda thal	
37	Sarama John	kochuvellal	
38	Bishu V. J.	Tenchu, HBC College	
39	Jobin	pirakattu	
40	Abin	kumarakunnal	
41	namini	muthanikal	
42	Devu	Theruvakal	
43	Vasanthapuzha S.	kanjiravilal	
44	Josna	Attukuelal	
45	Karthika	Kalattal	
46	Jomimal Johny	Chommeschiyal	
47	Amal Jacob	vekkalampuzha	
48	Anna Bejith	Chinakattu	
49	John Thomas	mylakkal	
50	Vandana scottish	vattappalilal	
51	stemena thasni	thelakkattu	
52	snice mal George	analiyarakkal	
53	seru thorge	Perumbakattu	
54	Shaily James	karattupundashari	
55	Shaily Thomas	Sillakal	
56	Klose naniul	Aruparambil	
57	Albert Joseph	muthanasoched	
58	Levy Baby	chakkal	
59	Sabitha	Pullonparambil	
60	neelo Ana Thomas	Thyparambul	
61	Anmalya	Puthampuzhakal	
62	Angie	tharankunnu	
63	Ranjana C.P.	Cheruthparambil	
64	Julian Joseph	Asimolilal	

Sl No	Name	Address	Signature
65	Ajith	Vasanthavilasan	Ajith
66	Jorge Vargies	panthymabral	Jorge
67	Susanna Stephen	"	Susanna
68	Shalva	manyanbromthal	Shalva
69	mithila	Chalappathur	Mithila
70	Pabin Thomas	pu-thuparambil	Pabin
71	Indrajith	Abhibar	Indrajith
72	Siby PC	pu-thubulan	Siby
73	Amitha mohanan	kalluvettical	Amitha
74	Poornima Sabu	Karottukunnel	Poornima
75	Dr. Kunchan	Kalyankalam	Dr. Kunchan
76	Thankappan	Kochuparambil	Thankappan
77	Stanly	muathil chira	Stanly
78	Annamma	Irachenthal	Annamma
79	Peruma	Kalyal	Peruma
80	Dency	panaval	Dency
81	Mitha John	mundattil	Mitha
82	Chaju C	pinnewkudal	Chaju
83	Ajith Nair	Edathunkal	Ajith
84	Sreejaya Vijay	Vayantheyal	Sreejaya
85	Binil	Kaithamachalappil	Binil
86	Mini somas	Peeushanal	Mini
87	Binsab	Kollaparambil	Binsab
88	Jasamma	manjulaakari	Jasamma
89	Saraya	"	Saraya
90	Tevin	Karomalayal	Tevin
91	Nimal Vinod	pu-thuparambil	Nimal
92	Anjana Ajith	mannur	Anjana
93	P. Nani	Parayal	P. Nani
94	Acharya	Kalakkalil	Acharya
95	Ashwlya	kumbuzhavattil	Ashwlya
96	Shrasi	Neupad	Shrasi

S/NO	Name	Address	Signature
91	Trayathi	Kuluthumkal	Crayathal
92	Sreha	Jumunpurath	<del>Shilpa</del>
93	Krishnapriya	Kalayathal	Krishnapriya
94	Sume	Olavakkal	<del>Suma</del>
95	Zicy George	Thevankushyamb	Z
96	Usha Suresh	Puliyambkal	USKA
97	Sujith Kumar	Kalakkal	Sujith
98	Aju Wilson	Kallungal	Aju
99	Sadhya Sakthi	Thaliparambil	Sadhya
100	Diji	Kalappettai	<del>Diji</del>
101	Almasajoo	Alumbakkal	<del>Almasajoo</del>
102	Sahana Suresh	Mulantharam	Sahana
103	Johns	Chavund	Johns
104	Jovan Thomas	Malayatti	Jovan
105	Tina Thomas	Punkuthi	Tina
106	Baby Akharam	Valiyamangalam	Baby
107	Jibin Mathew	Thannur	Jibin
108	George Lopez	Kuppayambkal	George
109	Rithamma George	"	Rithamma
110	Merin	Chelaparambil	Merin
111	Dalys	Kandathilparambil	Dalys
112	Jijo	Mundatharam	Jijo
113	Anaha	Vallamparambil	Anaha
114	Bru malvanyas	Thalathil	Bru
115	Seaba	Kottayam	Seaba
116	Merin	Vilanguparayi	Merin
117	Althab	Kochuvettai	Althab
118	Sabharan	Burnel	Sabharan
119	Shifa	Vettriyampalakkal	Shifa
120	Ashika	Valiyattil	Ashika
121	Adarsh Anish	Ambakattu	Adarsh
122	Madho	"	Madho

Sl.No	Name	Address	Signature
123	Abi C	Chelvanparambil	[Signature]
124	Sebin	Kunthiparambil	[Signature]
125	Sumallya	Plamattil	[Signature]
126	Khalim	Kannamparambil	[Signature]
127	Ajith T.S	Thottumabai	[Signature]
128	Arun	Pulikal	[Signature]
129	Birketo	Varikamalekal	[Signature]
130	Rajon Joseph	Kuluthumbal	[Signature]
131	Anandhu Suril	Thiparambil	[Signature]
132	Sureys Das	Puthamparambil	[Signature]
133	Sneha	Kanjakkattu	[Signature]
134	Neethu	Mepathem	[Signature]
135	Ashakar	Kaduplakkal	[Signature]
136	Sangeeth	Kampattil	[Signature]
137	Star	Vadakkal mulsarjanal	[Signature]
138	Jony Divasa	Ampattu	[Signature]
139	nerakshi em	Vadakkal kurnal	[Signature]
140	Sby mathew	plathattur	[Signature]
141	ka-thiles Dai	Tharikka mottithal	[Signature]
142	Nicy	Pulikal	[Signature]
143	Jicy	"	[Signature]
144	Yugin Richard Vincent	Thunduparambil	[Signature]
145	Liyas Jhansan	Puthyaparambil	[Signature]
146	Ajgur Babu	Champuzhal	[Signature]
147	Graami	Odamopally CH	[Signature]
148	Ajgur Bobu	Kulliyamthorup	[Signature]
149	manjusha	Kattapulikal	[Signature]
150	Wanya	Karammeekal	[Signature]
151	Sarisha	Atapalakkal	[Signature]
152	Jay a	Puthamparambil	[Signature]
153	Kapilka	Vadakkal mulsarjanal	[Signature]
154	Wishat	Anthrapalakkal	[Signature]

155	Anita	Vadakkal v. til	[Signature]
156	Jino	Parekkal	[Signature]
157	maico	muthamattal	[Signature]
158	Amalsha	Thottuparambil	[Signature]

## 11. Free Haemoglobin Checkup for Girls 20/3/2023

Henry Baker College in association with CHC Edamaruk organised an awareness talk on health and hygiene on 20/3/2023. A free haemoglobin check up was also arranged along with that. It was exclusively for the girl students and women faculty of the institution. The programme started at 10.15 am with the introductory remarks of the Principal. Dr. Beena Paul, Convenor, Gender Justice Forum welcomed the gathering. Dr. Sarala A.C Medical Officer, CHC Edamaruk gave a talk on Anaemia and its after effects. Her talk emphasized the need for blood check up and maintaining a healthy life. She also provided valuable insights on how to maintain normal HB level. Mrs. Elizabeth Joseph, Coordinator, Women's Cell proposed the vote of thanks. After the formal function there was a spot registration in which the names and addresses of girl students were registered. The students from various departments were asked to queue up for the check up. Then nursing staff under the leadership of Dr. Sarala examined the HB level of the girls and explained whether they are healthy or not. A total of 12 students were identified as having low HB level and they were advised to take certain food items that increase the HB level. They were also referred to the health centre or other medical centres for further need. Thus an effective follow up was done for the anaemic persons. The free HB check up camp was a huge success.

**HENRY BAKER COLLEGE MELUKAVU**  
Approved by UGC under 2(f) & 12(B) | Accredited by NAAC with A Grade  
An ISO 9001:2015 Certified Institution | Affiliated to Mahatma Gandhi University Kottayam

**HENRY BAKER COLLEGE MELUKAVU**  
In Association With  
**COMMUNITY HEALTH CENTRE EDAMARUKU**

**വിവ കേരളം**  
"From Anemia to Growth"  
(An initiative of the Government of Kerala)

**FREE HAEMOGLOBIN CHECK-UP FOR GIRLS**

**INAUGURATION**  
Dr. Gireesh Kumar G. S.  
Principal


**RESOURCE PERSON**  
Dr. Sarala A. C.  
Medical Officer  
CHC Edamaruku

**20-03-2023**  
**MONDAY**  
**SEMINAR HALL** | **10:00 AM**

കേരള സർക്കാർ ആരോഗ്യ കുടുംബ ക്ഷേമ വകുപ്പ്  
ബഹുതല ആരോഗ്യ പദ്ധതി

Program Coordinated by Women's Cell and Gender Justice Forum



 **GPS Map Camera**



Google

**Melukavumattam, Kerala, India**  
QQP4+5QG, Melukavumattam, Kerala 686652, India  
Lat 9.786158°  
Long 76.756545°  
20/03/23 10:38 AM GMT +05:30





### Hemoglobin Test Results

rbc melukavu Viva Keralam 20/03/23

SL.NO	NAME AND ADDRESS	CASTE	DOB	PH.NO	HB	REMARKS
1.	Alaka .M.M Masigambra meethal kannathara P.O ellur	OBC	26/2/2001	8590281147	13.3	
2.	Anju. Raju konippattu (H) Mankulam .p.o Mankulam	OBC	14/3/2004	8590437872	12.3	
3.	Sona Sony. Naduvakattu Thundiylil(H) vazhakulam PO Muvattupuzha	DEC	27/4/2004	7025886414	10.8	
4.	Shifna . Noufal Vayalanga Hethett) vathelanga Huche avvil Erattupetta kottayam		2/2/2009	9747010006	13.3	

HBC Melukavu

Viva Keralam

20/03/23

SL. NO	NAME AND ADDRESS	CASTE	DOB	PH.NO	HB	REMARKS
5.	Shebina . Basheer Puthenpazambil (H) Nadakkal P.O Erattupetta	OBC	29/5/2003	9961603528	15.7	
6.	Axya. Surendran chittadichalil (H) Neelooz p.o Kottayam	OBC	24/1/2003	6238175371	14.3	
7.	Shahina . Shahul Pulickachalil. (H) Erattupetta P.O Kottayam	OBC	25/3/2004	6238382486	13.5	
8.	Shalumol . Sasi cheethalakuzhigil (H) 4 <sup>th</sup> mile P.O Idakki	Sc	22/2/2004	8590497872	12.8	

HBC Melukavu

Viva Keralam

20/03/23

SL. NO	NAME AND ADDRESS	CASTE	DOB	PH.NO	HB	REMARKS
9.	Neenu Johnny Pallipazambil (H) kalayanthani P.O kalayanthani	OEC	19/10/2002	8590350484	8.3	
10.	Amaltha . Mohanan Kalluvettrckal (H) Edavetty P.O Edavetty	OBC	18/12/2003	7306091287	10.1	
11.	Albia . Manuvel Thekkel (H) Anthinad P.O Anthinad	OEC	17/7/2002	7012598409	12.3	
12.	Karthika K Rajan kootapackal (H) kosangalhy P.O Talamali	St	20/4/2004	9744598361	11.2	

HBC Melukavu		Viva Keralam		20/03/23		
SL.NO	NAME AND ADDRESS	CASTE	DOB	PH.NO	HB	REMARKS
13.	Shafeena Basheer Maruthanal pazambil (H) Nadackal P.O Aniyiluppu	OBC	20/8/1998	9947951856	12.6	
14.	Anjali Saji Chizattayolipazayil (H) Moornilavu P.O Kottayam	OBC	21/10/2003	9847184262	10.3	
15.	Krishnapriya . Gopi kalayatholil (H) Thodanal P.O Thodanal	Sc	15/3/2005	6238348079	10.8	
16.	Sneha . Michael kayyanigil (H) konippadu P.O Chalamattam	General	<del>18/12/2003</del> 18/12/2003	9656776316	12.1	

HBC Melukavu		Viva Keralam		20/03/23		
SL.NO	NAME AND ADDRESS	CASTE	DOB	PH.NO	HB	REMARKS
17.	Ashlin A.R Ammencheriyil (H) Velathussey P.O Kottayam.	OEC	25/11/2003	9656244605	13.1	
18.	Thara . Babu kodiyanichira (H) Teekoy P.O varakupara.	OBC	8/4/2002	8590616345	13.7	
19.	Hiba . Fathima . M Mattaackadu (H) Erattupetta P.O Erattupetta	OBC	13/6/2002	9847271596	14.3	
20.	Krishnapriya . Ajimon Mittatharickal (H) Vengalloor P.O Thodupuzha	OBC	28/6/2003	9778154631	12.5	

SL. NO	NAME AND ADDRESS	CASTE	DOB	PH.NO	HB	REMARKS
21	Mazia . Varghese Kodipazambil (H) Kalaketty P.O Manjookulam Kottayam	General	31/12/2001	9745479487	11.6	
22.	Anagha . Sebastian Vallompazambil (H) Mukkudi P.O Mukkudi Idukki	OEC	15/12/2002	9847227643	14.5	
23.	Somini mol . Johny Chemmenchugil (H) Calvary Mount P.O Double cutting Idukki.	OEC	04/07/2002	9947371285	14.3	
24.	Liya . Johnson Puthiyapazambil (H) Chelachuvadu P.O Chelachuvadu	SE	6/6/2003	9778725650	13.3	

SL. NO	NAME AND ADDRESS	CASTE	DOB	PH.NO	HB	REMARKS
25.	Dalija . Rajeshwaran Kandathil pazambil (H) Moonnilav P.O Moonnilav	SC	31/5/2004	9048376557	12.6	
26.	Aksamol . K.B Konuthottaithil (H) Konipadu P.O Konipadu	OEC	3/4/2004	9656494556	13.1	
27.	Nissyamol . James Palickal (H) Ellumpuzam P.O Ellumpuzam	SE	24/3/2004	9961343663	10.4	
28.	Paxiyamol . Aaby Thachathumada Killumkal (H) Irumapuzam P.O Irumapuzam	SE	11/8/2003	9744522181	14.1	

HBC Melukavu

Viva Keralam

20/03/23

SL. NO	NAME AND ADDRESS	CASTE	DOB	PH.NO	HB	REMARKS
29	Shilpa Sivan slamplasseryil (H) Mamala kkandam	ST	14-8-2002	9745187391	10.5	
30	Haleema Begevi K.M Konampazambal (H) Madukkal P.O Erattupetta		14-6-2003	9447795458	11.7	
31	Dhaskhana Sanoj chaduvilapputhanveedu (H) kattappana	OBC	10-4-2003	7306253554	15.5	
32	linu mol Janstin konnakkal (H) Monnilava	ST	14-9-2003	8281228595	14.2	
33	Sumayya P.N plamoottil (H) plamoottil (H)	OBC	14-11-2003	9074519511	12.7	

HBC Melukavu

Viva Keralam

20/03/23

SL. NO	NAME AND ADDRESS	CASTE	DOB	PH.NO	HB	REMARKS
34	Meerabeena Mathew kullikattavil (H) Piousmount		3-1-2001	9544435852	12	
35	Ashmitha Issac Nadakkathinkal (H) Melukavu	ST	21-12-2001	8078290874	12.1	
36	Anitha stanly kaboottumundukazh (H) Melukavu	ST	10-6-2001	8590329901	13.2	
37	Akhila Sajeerui Chelappuzh (H) kuzumanna	S.C	6-12-2002	9656948911	16.2	

SL.NO	NAME AND ADDRESS	CASTE	DOB	PH.NO	HB	REMARKS
38	Adhlya Michael Vattakkallamkhal (H) Moonnilavu	ST	1-1-2002	8111867251 95	13.5	
39	Madiya Joseph Puthukkulam (H) Melukavattom	DEC	15-6-2004	9567071069	13.2	
40	Hiba Fathima Pallithazha (H) Zattapetta	OBC	1-11-2004	9497014902	14.2	
41	Angiel Thomas keediplackal (H) konnattadi Po Mangan- ppada	ST	27-6-2002	8590806956	12.8	

SL.NO	NAME AND ADDRESS	CASTE	DOB	PH.NO	HB	REMARKS
42	Adhana k. Biju kattikkal (H) Thalameda Pro	SC	19-4-2005	9562184739	14.1	
43	Dabana k S konnackal (H) kavam kandam	OBC	23-5-2003	8157821263	13.2	
44	Jisna Johnson Athukuzhivil (H) Thopp- ppala Idakke	DEC	9-1-2003	8075639543	11.4	
45	Sneha Justin kunnumpurathu (H) Poornath	DEC	13-4-2002	91887030304	11.7	

HBC Melukavu

Viva Keralam

20/03/23

SL. NO	NAME AND ADDRESS	CASTE	DOB	PH.NO	HB	REMARKS
468	Aswathy V.S Vettiyapabathu (H) Marady	OBC	20-4-2004	9961454939	11.4	
47	Nandhana C. Rajesh Chavale (H) Thidanadu kottayam	OBC	20-6-2003	9961919887	12.8	
48	Sajeena mol ks hunniveedu (H) Edattupetta	OBC	9-6-2004	9744277503	10.1	
49	Pdaveena Shaji Thoppil (H) Allappada	<del>OBC</del> SC	5-3-2004	9495849860	12.5	

HBC Melukavu

Viva Keralam

20/03/23

SL. NO	NAME AND ADDRESS	CASTE	DOB	PH.NO	HB	REMARKS
50	Siji Muthula Tomy Chuttettu (H) Kollappilli		11-10-2002	9747571802	14.1	
51	Abhisami Anitha Vattakkallinkal (H) Edattupetta	OBC	29-7-2002	9048620631	12.7	
52	Grace levanya Pattanveetil (H) Akumali	OBC	24-5-2004	9562018894	14	
53	Salfy Sakkieeb Thhipadampil (H) Edattupetta	OBC	8-7-2005	9747121316	15.1	

Viva Keralam

20/03/23

SL.NO	NAME AND ADDRESS	CASTE	DOB	PH.NO	HB	REMARKS
54	Bedsia P. Jono Panavellil Thekkethil (H) Chennithala South P.O.	Christians	13-12-2002	7510520065	12.4	
55	Jobosna Johnson Pacdikkal (H) Melukavu	ST	23-12-2004	9747418992	12.8	
56	Angu T. G cheenkallal (H) Allappada	OBC	23-7-2004	7034218291	10.5	
57	Ashly Sebastian Pacdikkal (H) Melukavu	ST	1-4-2004	9362624192	12.4	

HBC Melukavu

Viva Keralam

20/03/23

SL.NO	NAME AND ADDRESS	CASTE	DOB	PH.NO	HB	REMARKS
58	Namitha Suresh Eduyakkunel (H) udat udumbannor P.O.	Genadal	3-3-2003	9495158788	14	
59	Arns Mariya Joshy Thengumpallil (H) Velligamatt	Genadal	16-5-2003	7012727438	13.9	
60	Athida Thankappan Pinaravakkudi (H) kuttampuzha	ST	23-12-2002	8921815654	10	
61	chroja . C Pinaravakkudi (H) kuttampuzha	ST	24-9-2000	9207689652 8921890105	12.7	
62	Suna George Pebumbakkattu (H) Velligamattom	OBC	15-6-2000	7025424886	11.9	

HBC Melukavu

Viva Keralam

20/03/23

SL.NO	NAME AND ADDRESS	CASTE	DOB	PH.NO	HB	REMARKS
63	Aminee Ashraf kuzhivelil (H) Naddikal	OBC	01-10-2003	7306259718	13.6	
64	Fatthima yakoob Thyparambil (H) Ettappetta	OBC	26-5-2002	9995674449	7.9	
65	Emil Thebesa Joy	OEC	21-07-2003	8590319203	7.1	
66	Bincy Binoy Pulikatthotti (H) Cheenikkuzh	OEC	26-8-2003	9847799540	9.4	
67	Shefna mol MS Moosattukandathil (H) Ettappetta	OBC	13-6-2002	8943004108	17.9	

HBC Melukavu

Viva Keralam

20/03/23

SL.NO	NAME AND ADDRESS	CASTE	DOB	PH.NO	HB	REMARKS
68	Kanya mol K.S. Kanjiramattom (H) Mavadi	SC	28-7-2002	9400144176	16.3	
69	Diya Benny Maleparambil (H) Rampapadam		20-11-2002	6288532012	12.3	
70	Disha V.J Vaippil, Vengalloor P.O. Thodupuzha, Idakkal	OBC	10-05-1972	9961845861	12.7	
71	<del>Shabath</del> Elizabeth Joseph Manjaryattu (H) Kanjiramattom.	RCSC	25/01/1988	9496352375	11.8	

20/03/23

SL.NO	NAME AND ADDRESS	CASTE	DOB	PH.NO	HB	REMARKS
72	Rajanoma Mohandhas kannethu.1 (H) konippada		1-1-1959	8606545600	11.7	

HBC Melukavu Viva Keralam 20/03/23

SL.NO	NAME AND ADDRESS	CASTE	DOB	PH.NO	HB	REMARKS
73	Aswathi Sunil, poovathikul (H), vellathoodhal, (PO) kuthupada	B	28-1-2004	7025157549	14.1	
74	Mubeena M, Moolayil (H), ThaliParomba kammara.	O	5-12-2001	9539061382	11.3	
75	Kezzeiya biju, poovanParombi kuvapalli PO kuvapalli	ST	29/3/2003	7510764789	13.5	
76	Rafhana unni, viziKkharayil (H) Koovapally	O	4/11/2003	8606564894	10.9	
77	Ruksana P.V, Pammuthil (H) Nadakkal PO Erattupetta.	O	12/1/2003	9605107759	13.4	
78	Mamsina o.m, oolanji (H) Ezbacherry PO Pala	O	7/2/2003	9946325829	10.5	
79	Faisna K. Nazari, kannuParombi (H) Erattupetta PO Elappumkal.	O	13/11/2001	9847182988	12.7	
80	Meehin V.T, villanguParayil (H) Chumbalam PO Nedumkandam	O	24/9/2003	9061336519	11.1	

SL.NO	NAME AND ADDRESS	CASTE	DOB	PH.NO	HB	REMARKS
81	Umaratha janes, Ottapalakkal (CH) Mustam P.O Mustam	O	26/5/2009	9567374484	12.3	
82	Meelin Anna thomay, Thaiparambillop Konpad P.O Konpad	ST	20/10/2004	9744423055	14.4	
83	neba fathima, vellapallyil (CH) Thalamad P.O Kottayam	O	26/12/2003	9074845925	12.5	
84	Sumina Jos, Olanichal (CH) marayland P.O marayland. Kottayam	O	26/1/2004	9544729984	12.5	
85	Alleg Sebastian, Azeekal (CH) melukhar varattam P.O melukharvarattam.	ST	11/4/2004	9446861597	11.2	
86	Akhila shaji, Ambayyil (CH) Kollapar ly P.O, Kadamaal P.O Kottayam	O	12/8/2003	8590366676	13.2	
87	Tintumal kuroiachen, Paipattu (CH) Chovoor P.O Chovoor, Kottayam	ST	27/4/1997	9544335038	13.3	
88	Sheha Faisa Sabu, Plakkutthil (CH) vellayankudi P.O vellayankudi	O	11/4/2004	8078055215	14.7	
89	Sheha S.sathesh, Charuvilapattanam (CH) manakala P.O thazathuman.	O	23/9/2004	9539479504	13.1	

SL.NO	NAME AND ADDRESS	CASTE	DOB	PH.NO	HB	REMARKS
90	Linumal vargus, thadatti (CH) Parayanviduthy P.O Parayanviduthy	O	22-11-2003	8157846267	14.4	
91	Devika MS, mundakkal (CH) Thambullakkad P.O Kottayam	O	16/5/2003	9074554048	13.8	
92	Anu Siby, Chakkalakkal (CH) kudayattur P.O kudayattur	O	7/3/2003	9562687847	12.3	
93	Rajamal P.M, Pandalial (CH) Ezattupetta P.O Ezattupetta	O	26/11/2002	9995043844	12.8	
94	Anjali Bijy, Nediyakkal (CH) kalan P.O Thodupuzha	O	12/2/2002	7025583182	10.1	
95	Juliya Joseph, Kuroiyankkal (CH) chovoor P.O mankonb	O	14/2/2003	9744391817	12.9	
96	Gurupriya, Naluvilaparakkal (CH) Poojara Thekkara P.O Poojara	O	27/5/2002	8590579700	13.8	
97	Rajamal C.P, Chirithiparambali (CH) vellipadaram P.O Kozhikode	SE	2/1/2001	7736244247	14.2	
98	reshma R, kallijikkal (CH) kurathil P.O Mannar	O	7/8/2001	8921645076	12.5	

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Viva Keralam

20/03/23

SL. NO	NAME AND ADDRESS	CASTE	DOB	PH.NO	HB	REMARKS
99	Anmarajya kuroiyam, Churuvil (CH) moonnilavu P.O Kakakkhadu.	O	9/10/2003	9744148745	14.4	
100	Alicetta Anju, Karumasthy (CH) Nayathode P.O Chethikode	O	14/5/2004	7510281351	14.1	
101	Elsa marooya V.S, Vattakkavumbhal (CH) Anthinad Kottayam	O	11/11/2003	8129550766	12.9	
102	Arya Anu, Thukkurmel (CH) Adur Kham P.O Adukkam	O	9/10/2002	9544088801	12.4	
103	Annu Mathews, Vattakaraiyil (CH) Melukkavumattam P.O Kottayam	O	27/11/2003	9495530495	14.0	
104	Anju Marcelin Raj, Vadakkiveetil (CH) Erumappamattam P.O Kottayam	ST	18/2/2003	9207085832	13.1	
105	Denika Rajinor, Viththamickal (CH) Vegallur P.O Thodupuzha.	O	31/12/2001	996142377	13.1	
106	Krishna soti, Bolariyil (CH) East kuloor P.O East kuloor	O	3/15/2002	9947902595	15.1	
107	Sandra Joy, Vattatharayil (CH) Kadamad. Kottayam	O	21/1/2001	8606003925	13.6	

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20/03/23

SL. NO	NAME AND ADDRESS	CASTE	DOB	PH.NO	HB	REMARKS
108	Jyothisha suri, Manipalli (CH) Ela Panchal, Pothalathukkadavu.	O	8/5/2003	8590226873	15.1	
109	Anmarajya Lal, Melalathu (CH) Chermunnar P.O Chermunnar	O	7/11/2002	9544576153	13.2	
110	Roshana S.M, Anthoath Podikkal (CH) Peerjers P.O Panachipuzha.	O	17/3/2005	9605850110	13.0	
111	Anitha Antony, Vadakkiveetil (CH) Mamad P.O Mamad. Kottayam	O	25/5/2005	9589832508	13.6	
112	Shiney Mathew, Niappal (CH) Meehal P.O Meehal	ST	14/10/2004	9061252242	14.3	
113	P. Gouri, Parayil (CH) Moolakkadu P.O Peeringassey	O	6/2/2005	9497846361	14.3	
114	Athulya amanakuttan, kumpariba, veedu, Manady P.O Athuvassery.	SC	14/7/2004	7012386525	13.1	
115	Nayana biju, Kavungummattathil (CH), Koolumpidy Kottayam	O	1/9/2003	9207128377	11.2	
116	Anjana Stanley, Vilampalackal (CH) Meluhava Kottayam	ST	24/3/2003	9747298453	12.3	

SL. NO	NAME AND ADDRESS	CASTE	DOB	PH.NO	HB	REMARKS
117	Anji Samthah, Kariyashankal (H) Ezattupetta Kothayam	O	7/1/2002	9981312443	12.1	
118	Unju S.K, thannikkamattam (H) chellamkovil	O	29/2/2002	7558800617	11.3	
119	Mariya Jahan, Kurugattuppannikk- al P.O Puthedu.	ST	4/10/2002	7510503924	13.3	
120	FEBIN Noushad, Kollamparaambil (H) Ezattupetta P.O Ezattupetta	O	7/3/2003	9526681523	14.7	
121	Jissyrist James, Pulichal (H) Elumpuram P.O ELUMPURAM	ST	24/3/2004	9961343663	12.8	
122	Sherni Paul, Koothumundoor (H) Erumapuramattom P.O Erumapuram.	ST	4/9/1997	8075692230	16.5	
123	Beena Paul, Nachayi, vengalloor P.O Thodupuzha, Idukki	O	24/5/1970	9495383178	13.5	

**HENRY BAKER COLLEGE, MELUKAVU**  
In Association With  
**COMMUNITY HEALTH CENTRE EDAMARUKU**  
**VIVA KERALAM**

Free Haemoglobin Check-up For Girls  
20/03/2023

SL. NO	NAME AND ADDRESS	CASTE	DOB	PH.NO	HB	REMARKS
124	Anaswara Biju, Chundattu (H) Cidumbanoor	OBC	23/04/2002	7025965043	12.2	
125	Aswathy .K. Suresh, Karimundayil (H) Cidumbanoor	OBC	07/08/2002	8590927432	14.5	
126	Josmi Sam, Vazhipurackal (H) Melukav	ST	28/07/2003	8129205326	10.2	
127	Fasna T.F, Thalappalli (H) Thevarupara	OBC	01/11/2003	9744987049	13.6	
128	Deleena Kuttichan, Thengasakurad, Kalathukadavu.	General	18/11/2002	8606396387	14.2	
129	Asna Prasad, Ettickal (H) Kallappally.	"	20/10/2003	9778747405	10.6	
130	Sona Suresh, Mannoor (H) Arakkulam	"	15/0/2004	8590535348	14.1	

HBC Melukavu

Viva Keralam

20/03/23

SL. NO	NAME AND ADDRESS	CASTE	DOB	PH.NO	HB	REMARKS
131	Athira N., Nellitharath (H) Udumbanoor	SC	15/07/2003	8590815072	13.8	
132	Suchithra Sby, Ollekal (H) Melukavumattom	OBC	18/06/2003	8304089253	10.9	
133	Asmi Ismail, Kalluthelkkthil (H) Erattupetta.	"	20/07/2002	9207324885	9.7	
134	Angel Biby, Chamakkalagil (H) Vallappara	General	22/06/2002	6282236399	10.3	
135	Swetha Thon, Mundattel (H) Kulamav	OEC	29/05/2003	8675748843	12.1	
136	Apasna Babu, Kottappurath (H) Puthambusha.	SC	26/02/2001	9846313590	12.3	
137	Shemeema Thasmi, Thelakkattu (H) Erattupetta	OBC	04/06/2001	8590283172	13.6	
138	Biji Elizabeth Sunny, Nediyathu Thelkkathil Chennithala.	General	11/09/2001	8606253897	5.4	

HBC Melukavu

Viva Keralam

20/03/23

SL. NO	NAME AND ADDRESS	CASTE	DOB	PH.NO	HB	REMARKS
139	Gopika Vinod, Vadakkemadaathil (H) Athinaad - gopikavinod27@gmail.com	General	27/05/2004	8547296209	12.9	
140	Srinjya Mohanan- Mannarukunnath Thelolanadu - srinjomohanan0@gmail.com	"	27/10/2004	6282378858	11.2	
141	Anjana Ajith - Mannar (H) Kalaithukadavu - ajithanjanal05@gmail.com	"	10/10/2004	8921532691	9.8	
142	Divya M.V - Malayil (H) Anthinad - mvdviva90@gmail.com	OBC	13/04/2003	8848563930	13.7	
143	Nancy.k. Michael, Kalleperackel, Melukavumattom nancykmichael113@gmail.com	ST	13/09/2003	6238909549	9.2	
144	Gayathri Premkumar, Kulathunkal Adakkom - gayathripremkumar741@gmail.com	OBC	15/08/2004	9496568632	9.9	
145	Gouri Krishna, Odampally (H) Kochi. - Krishnagouri313@gmail.com	OBC	04/08/2004	9809866808	11.5	

HBC Melukavu

Viva Keralam

20/03/23

SL.NO	NAME AND ADDRESS	CASTE	DOB	PH.NO	HB	REMARKS
146	Anjitha P., Bhavanikkunne (H) Aalmbra, Malappuram	SC	13/08/2000	7994071387	12.1	
147	Shikha Giasna, Vettiyampalackal Erattupetta	OBC	23/12/2004	6035107752	12.5	
148	Josna Johnson, Peedikayil (H) Melukavu	ST	23/12/2004	9747418935	9.8	
149	Noona Noushad, Koolyattu (H) Erattupetta	OBC	12/03/2003	9961275352	14.6	
150	Safna Khudhas, Elavunkal (H) Erattupetta	OBC	13/06/2000	6238174095	12.8	
151	Ahleya Noushad, Yakkiriyil Adukkam	OBC	25/07/2004	7907071734	10.3	
152	Risana Aziz, Koorumulamthada thel, Erattupetta	OBC	31/05/2005	9995884149	12.3	
153	Anusree Babu, Mattathil (H) Chennad	OBC	25/08/2003	6238127526	13.3	


Viva Keralam

20/03/23

SL.NO	NAME AND ADDRESS	CASTE	DOB	PH.NO	HB	REMARKS
154	Asiyi Yoosuf, Karadathil (H) Erattupetta - asiyayoosuf90@gmail.com	OBC	5/02/2000	9995926718	12.9	
155	Anjana Hasi, Ambalil (H) Porjas - arjanahasi757@gmail.com	General	2/07/2001	8590868521	13.5	
156	Sandha Shaji, Koottakkallumakal Melukavumattom - sandhashaji787@gmail.com	"	15/12/2001	9156817966	9.3	
157	Suman Farsana, Kattamulayil (H) Erattupetta - sumanfarsana@gmail.com	OBC	12/1/2000	7902297148	12.	
158	Asna k. Ajas (Bogner) Kollamparambil (H) Erattupetta - asnakajas@gmail.com	OBC	21/12/2000	8594036506	9.2	
159	Febamol Ishiappan, Kiriuparambil Perumthotty - febamol2000@gmail.com	OEC	4/07/2000	9656684355	12.4	
160	Kaithika Devi T.A Thannickamattathil (H) Muttom - kaithikadevi@gmail.com	SC	7/04/2004	7025735005	10	


SL. NO	NAME AND ADDRESS	CASTE	DOB	PH.NO	HB	REMARKS
161	Fathima Latheef, Perakathusseri gpi (H) Erattupetta - aayfathalatheef5@gmail.com	OBC	19/01/2003	9605529195	11.2	
162	Karthika S Nair, Parakkunnel (H) Ambasa nisappel, Bharananganam - karthukarthika720@gmail.com	General	26/09/2003	81221620113	10	
163	Divyamol K's, Memalamanpurath Moonilav - divyamo kurji487@gmail.com	OBC	07/04/2003	9526933148	14.3	
164	Bijitha Balan, Mannathuparambil Moomilav - bijithabalans@gmail.com	ST	23/08/2003	9605569781	13	
165	Anju Anu - Parthen colony (H) Thalayelaparambil - anjuanu708@gmail.com	SC	1/11/2003	9645154183	13.3	
166	Ameena Aameena Ashraf Thangamparambil, Erattupetta - ameenaashraf906@gmail.com	OBC	1/10/2001	9744986705	11.5	
167	Ammu Bijith - Ulnakkattu (H) Moolarnattom - ammu bijith693@gmail.com	General	19/11/2003	9400201473	12	

HBC Melukavu		Viva Keralam			20/03/23	
SL. NO	NAME AND ADDRESS	CASTE	DOB	PH.NO	HB	REMARKS
168	Medjo Merlin Stephen, Punnackal Melukavumattom	ST	1/06/1991	9961351656	12.8	
169	Maria Susan Mathew Velickakattu Mundakkayam - susan.mathew363@gmail.com	General	15/05/1996	8075747938	11.5	



COMMUNITY HEALTH CENTRE  
DATE.....  
EDAMARUKU PIN:88552  
KOTTAYAM

S. S. P. M. A. R. C.  
MEDICAL OFFICER I/C  
C.H.C EDAMARUKU



HENRY BAKER COLLEGE  
MELUKAVU

PRINCIPAL  
HENRY BAKER COLLEGE  
MELUKAVU

Outcome-All the girl students were aware of their HB level.

Awareness was created on healthy life style and self care.

12 students with low HB level were referred to the Health centre where they can avail free medicines and tonics to increase HB.

As part of the VIVA Keralam project, in association with CHC Edamarukku, 169 girl students of Henry Baker College, Melukavu underwent Haemoglobin test. Haemoglobin level of 12 students were below 10. As per the directions from CHC Edamarukku, they were directed for further check up.

Following students with low HB were sent for further consultation:


1. Siji Elizabeth Sunny- 5.4
2. Fathima Yakkob – 7.9
3. Bincy Binoy-9.4
4. Asmi Ismail-9.7
5. Anjana Ajith-9.8

6. Nancy K. Michael-9.2
7. Gayathri Premkumar -9.9
8. Josna Johnson-9.8
9. Sandra Shaji-9.3
10. Asna. K. Ajas-9.2
11. Neenu Johny- 8.3
12. Emil Theresa Joy- 7.1


Out of the 169 girls 71.60 per cent (121) showed standard hemoglobin count, that is above 12. Thirty per cent (36) showed negligible reduction in hemoglobin count, that is between 10 and 12, and 7.1% (12) showed inadequate hemoglobin count. These students were directed to take medical supplements as directed by the physician to improve the hemoglobin count.

### **12. Women's Self Defence Classes - 08.03.2023.**

As part of commemorating International Women's day, the NSS unit of Henry Baker college organized Self Defence classes for girl students. The inauguration ceremony of the same was held on 8/3/2023 at 1.30 pm in the Seminar hall. Principal Dr. G.S Gireesh Kumar inaugurated the programme. The classes were taken by Ms. Meenakshi V M and Ms. Aksamol K B of II B. A. English. Meenakshi V. M is our volunteer secretary and Aksamol K. B. was one of our active volunteers. Both are Karate masters also. The prime objective of the programme was to empower the girl students by equipping some defence skills and life skills. These classes helped the students to instill self- confidence and enabled them to defend against any physical assault. It is equally important for the students to learn to resist physical violence along with polishing their academic caliber. 30 students attended the programme. After the inaugural day, self defence classes were conducted for three days for interested students.




**HOW TO DEFEND YOURSELF ?**



**TRAINERS**  
 Meenakshi V. M. ( II BA English )  
 Aksamol K. B. ( II BA English )

---

 **08 - 03 - 2023**  
**01: 30 PM**

  
**SEMINAR HALL**


**CO-ORDINATORS**  
 Dr. Ansa Andrews | Dr. Jibin Mathew  
 NSS Program Officers

**HAPPY INTERNATIONAL WOMEN'S DAY**

**NATIONAL SERVICE SCHEME Organises**

**WOMEN'S SELF DEFENCE CLASSES**

**INAUGURATION**



**Dr. Gireesh Kumar G. S.**  
 Principal

**EMPOWERED RESISTANT COURAGEOUS**

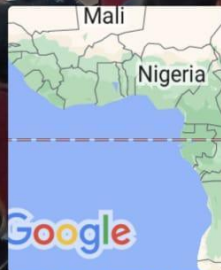
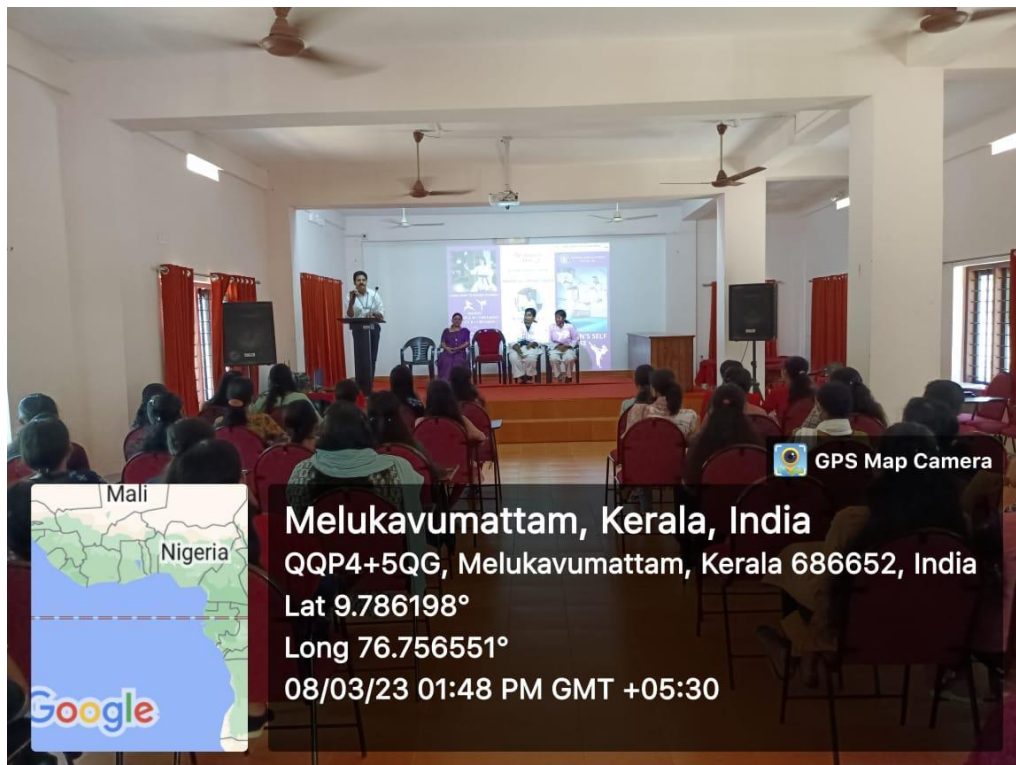


**HENRY BAKER COLLEGE MELUKAVU**  
Approved by UGC under 2(B) & 2(BE) Accredited by NAAC with A Grade  
 An ISO 9001:2015 Certified Institution | Affiliated to Mahatma Gandhi University Kottayam


**NATIONAL SERVICE SCHEME**  
 UNIT NO. 054

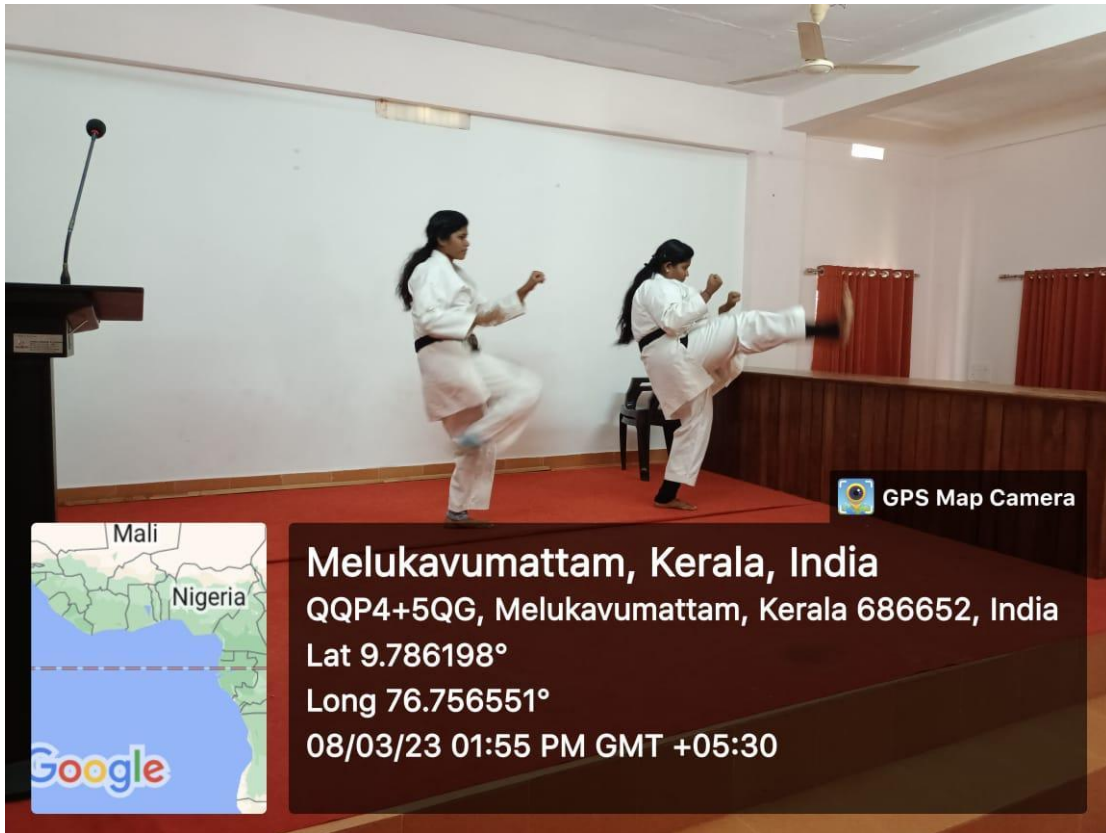


**WOMEN'S SELF DEFENCE CLASSES**

**Melukavumattam, Kerala, India**  
 QQP4+5QG, Melukavumattam, Kerala 686652, India  
 Lat 9.786198°  
 Long 76.756551°  
 08/03/23 01:48 PM GMT +05:30

 GPS Map Camera



## List of Participants

Sl. No.	Name of the students	Class
1	Merin VT	IIBA History
2	Karthika Vipin	IIBA History
3	Linumol Varghese	IIBA History
4	Athira N	IIBA History
5	Bincy Binoy	IIBA History
6	LinuMol Justin	IIBA History
7	Pravitha Sabu	IIBA History
8	Seeliya Mamachan	IIBA History
9	P. Gouri	I B.Com
10	Shincy Mathew	I B.Com
11	Ann Mariya James	I BA History
12	Sneha Justin	I BA English
13	Alan Wilson	History
14	Deraj Manu	I B.Com
15	Hameed A Salam	I B.Com
16	Anitta Antony	I B.Com
17	Karthika K Rajan	I BA History
18	Adithyan V suresh	I BA History
19	Shibin Benny	I B.Com
20	Tinu Thomas	I B.Com
21	Jerin Johnson	I B.Com
22	Sulfiya Latheef	I BA History
23	Risana KS	I BA History
24	Saljo V James	I BA History
25	Anju T G	I BA History
26	Hiba Fathima	I BA English
27	Adhalya Micheal	I BA English
28	Praveena Shaji	I B.Com
29	Sajinamol KS	I B.Com
30	Irshana SA	I B.Com



  
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HENRY BAKER COLLEGE  
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