



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-7

INSTITUTIONAL VALUES AND BEST PRACTICES

7.2- Best Practices

Any Relevant Information

Submitted to



THE NATIONAL ASSESSMENT AND ACCREDITATION COUNCIL

7.2 Best Practices: Any Other Information

Best Practice 1: Initiatives for Psychosomatic Wellbeing

1.

Programme: Arogyamela (Health Conclave)

Date: 06-06-2022

Organised by: NSS Unit of Henry Baker College in association with Health Department and Erattupetta Block Panchayat

The NSS Unit of Henry Baker College, Melukavu actively participated in “Arogyamela” (Health Conclave) 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



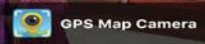
RALLY
CULTURAL PROGRAMMES

Date: 06.06.2022

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



Melukavumattam, Kerala, India
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2.

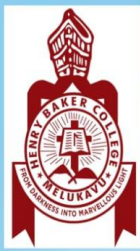
Programme: Awareness Class on Rabies and Contagious Diseases

Date: 26.10.2022

Organised by: NSS Unit of Henry Baker College

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





3.

Programme: International Yoga Day- Poster Circulation

Date: 21-06-2022

Organized by: NSS Unit, Henry Baker College

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.



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NATIONAL SERVICE SCHEME

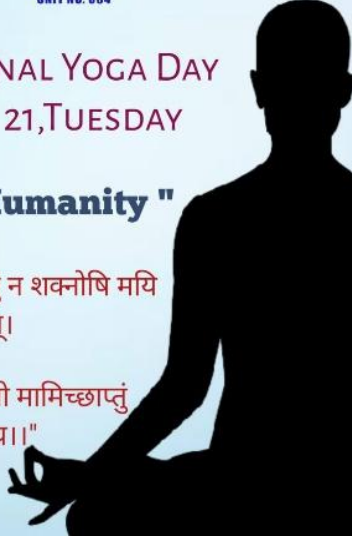
UNIT NO. 054

INTERNATIONAL YOGA DAY
2022 JUNE 21, TUESDAY

" Yoga for Humanity "

"अथ: चित्तं समाधातुं न शक्नोषि मयि
स्थिरम्।

अभ्यासयोगेन ततो मामिच्छाप्तुं
धनञ्जय।।"



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NATIONAL SERVICE SCHEME

UNIT NO. 054



" Yoga for Humanity "
International Yoga Day
2022 June 21, Tuesday



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NATIONAL SERVICE SCHEME

UNIT NO. 054

International Yoga Day-2022

June 21, Tuesday

"Yoga for Humanity"



4.

Programme: Maternal and Child health Poster Designing as part of World Population Day

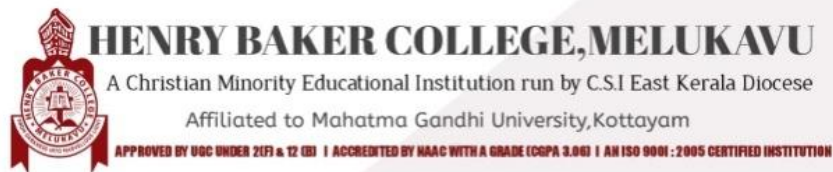
Date: 11-07-2022

Organized by: NSS Unit, Henry Baker College

World Population Day was celebrated by organizing a Poster Designing competition on 11/07/2022 at the Seminar Hall. The topic given was "Maternal and Child health." Ten Students participated in the competition. The prize winning posters exhibited on the notice

board were eye catching. They attracted the attention of the students and teachers and our unit received special appreciation. 6 students participated in the competition. The following are the winners.

- I Prize- Riyamol Rojan, I M.A. History
- II Prize- Devapriya, III B. A. English
- III Prize-Anju Das, I M. A. History



NATIONAL SERVICE SCHEME

UNIT NO. 054

ORGANISES A POSTER MAKING COMPETITION ON THE TOPIC

" Maternal and Child Health "

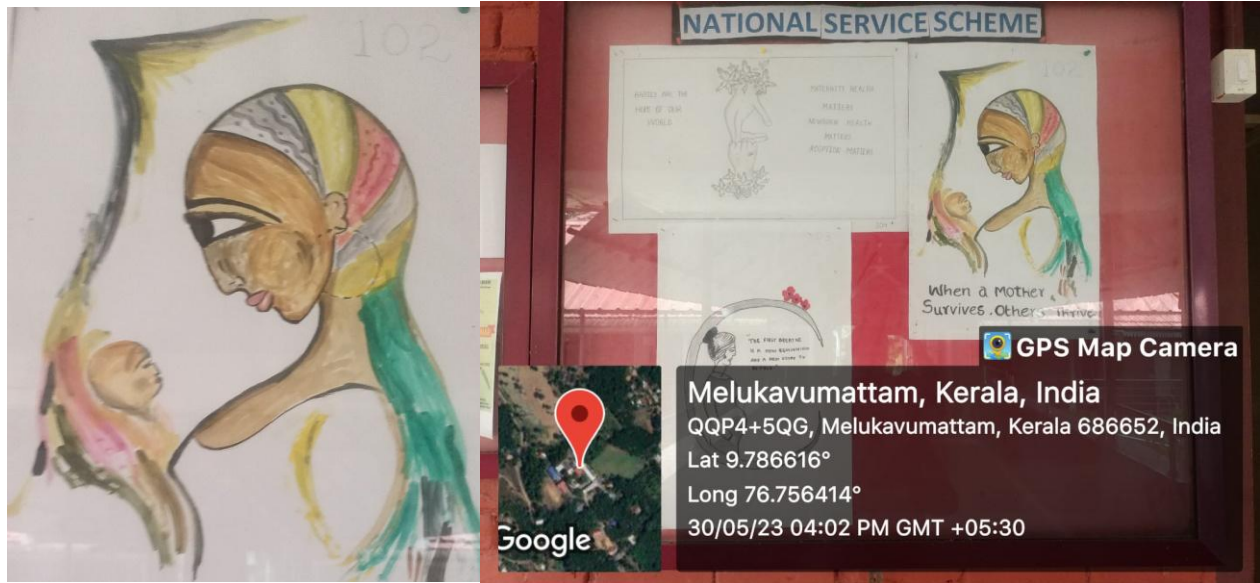


July 11, 2022

"A world of 8 billion: Towards a resilient future for all - Harnessing opportunities and ensuring rights and choices for all"

VENUE: SEMINAR HALL

TIME: 1.30 PM



5.

Programme: World AIDS Day

Date: 01.12.2022

Organized by: NSS Unit, Henry Baker College

World AIDS Day was commemorated by NSS unit on 1 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.



HENRY BAKER COLLEGE, MELUKAVU

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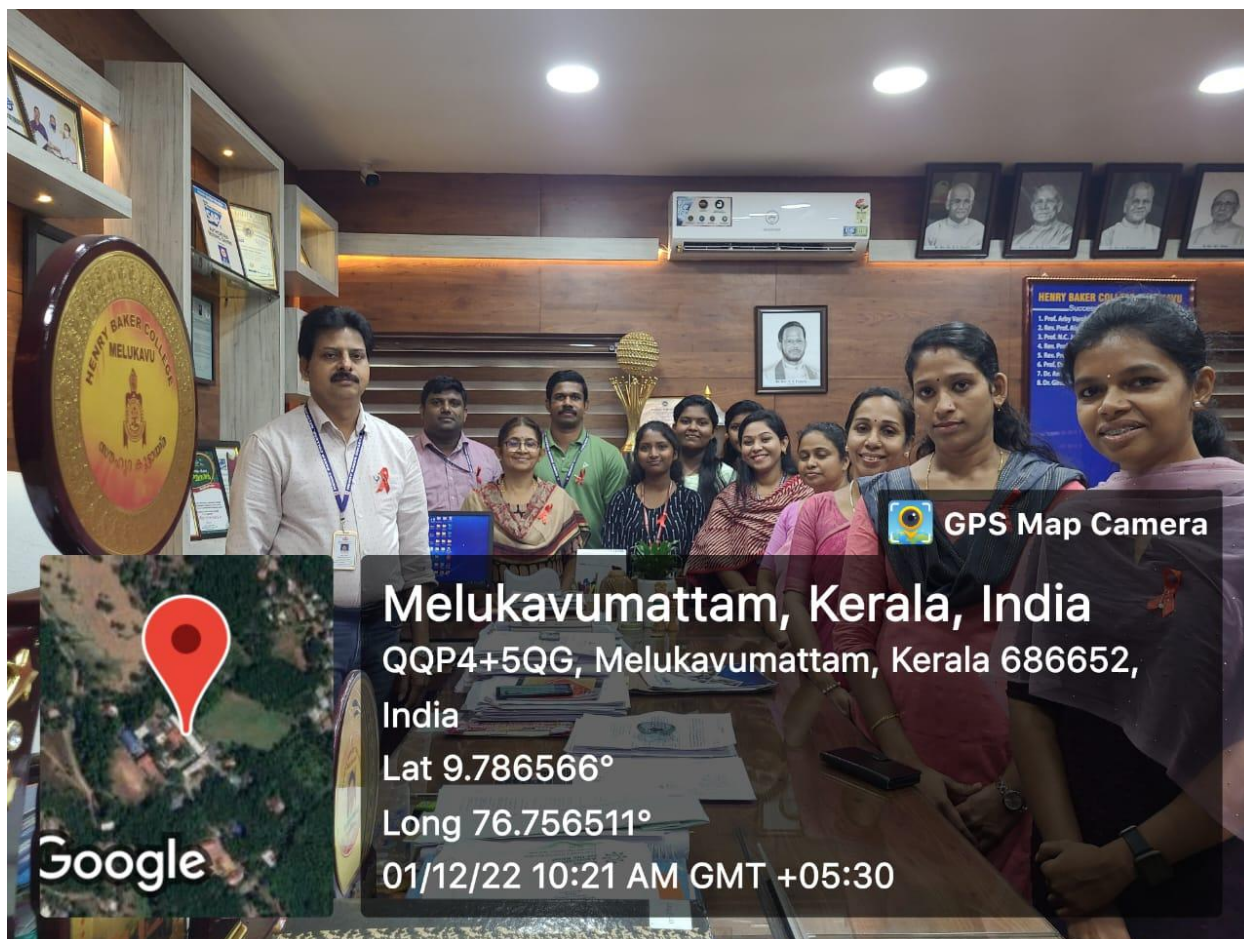
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'Equalize'



NATIONAL SERVICE SCHEME
UNIT NO. 054



6.

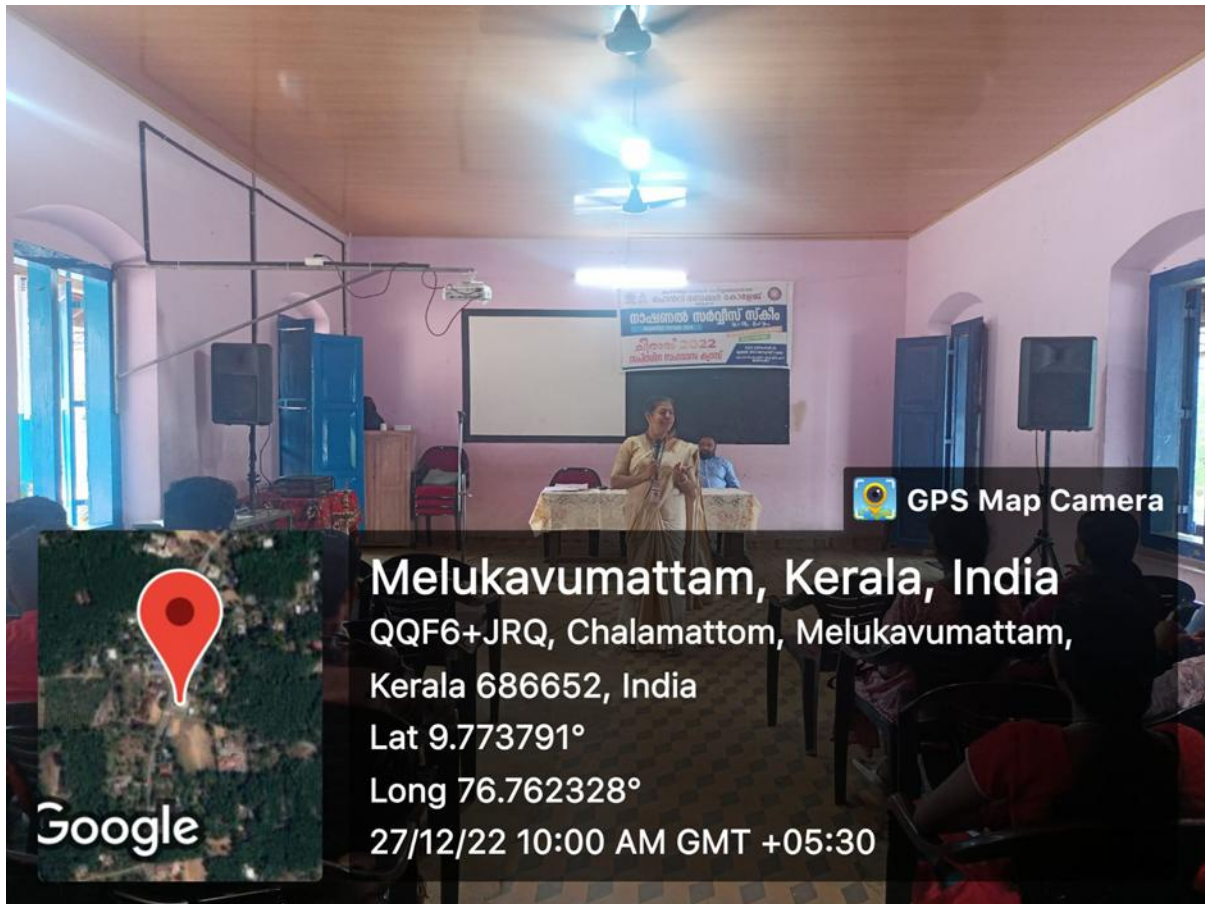
Programme: Health Awareness Class and Health Survey

Date: 27-12-2022 to 30-12-2022

Organised by: NSS Unit of Henry Baker College in association with Community Health Centre, Edamaruku and Melukavu Grama Panchayat

On the second day of the Seventh Day Camp a **Health Awareness** class was taken by Smt. Laly C. G, Head Nurse, Community Health Centre Edamaruku. The prime objective of the camp was to conduct a **Health Survey** in Ward No. 12 of Melukavu Grama panchayat, in association with Community Health Centre, Edamaruku and Melukavu Grama Panchayat. Smt. Laly G. G talked in detail about the objectives the health survey and enlightened the students on how to gather information from the people. The students were divided into groups. They visited

houses in the forenoon sessions of the camp and collected information based on the questionnaire. Panchayat members, Health workers and HarithakarmaSena members assisted the students throughout the survey. The survey was conducted from 27.12.2022 to 30.12.2022.





7. Programme: Blood Donation Camp and Eye Test Camp

Date: 11-01-2023

Organised by: NSS Unit of Henry Baker College in association with Lions Club of Aruvithura

The NSS unit of Henry Baker College in association with 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 the vital component of the human life. Transfusing or donating blood or its components to the needy person can be considered as a humanitarian deed. Dr. Gireesh Kumar G. S congratulated the NSS unit for taking initiative to organize Blood Donation Camp and Eye Test Camp. 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 the 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

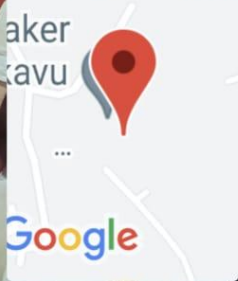
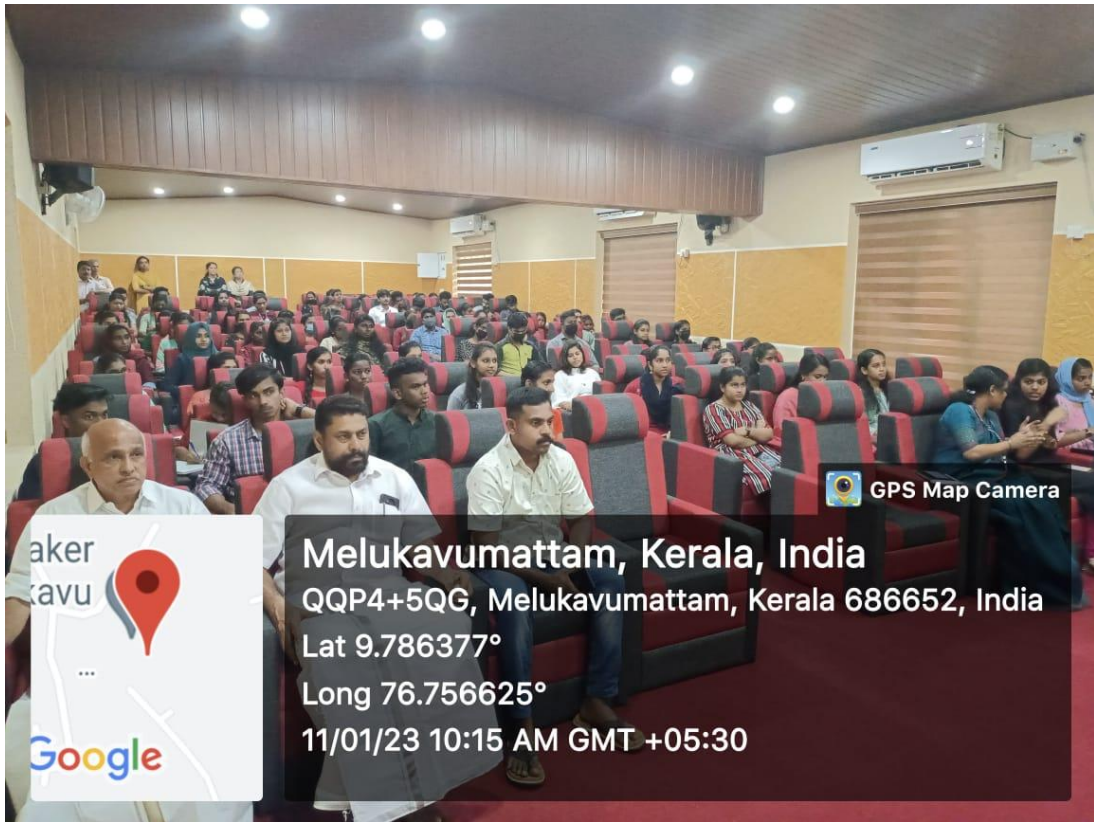


Inauguration : Sri. Mani C Kappen, MLA
Time : 9.30am Date: 11.01.2023
Venue : Henry Baker College, Melukavu
Inaugural function
and Awareness class : AC Conference Hall
Blood Donation Camp : Seminar Hall
Eye Test Camp : Auditorium

EYE TEST CAMP &
FREE CATARACT SURGERY
BLOOD DONATION CAMP

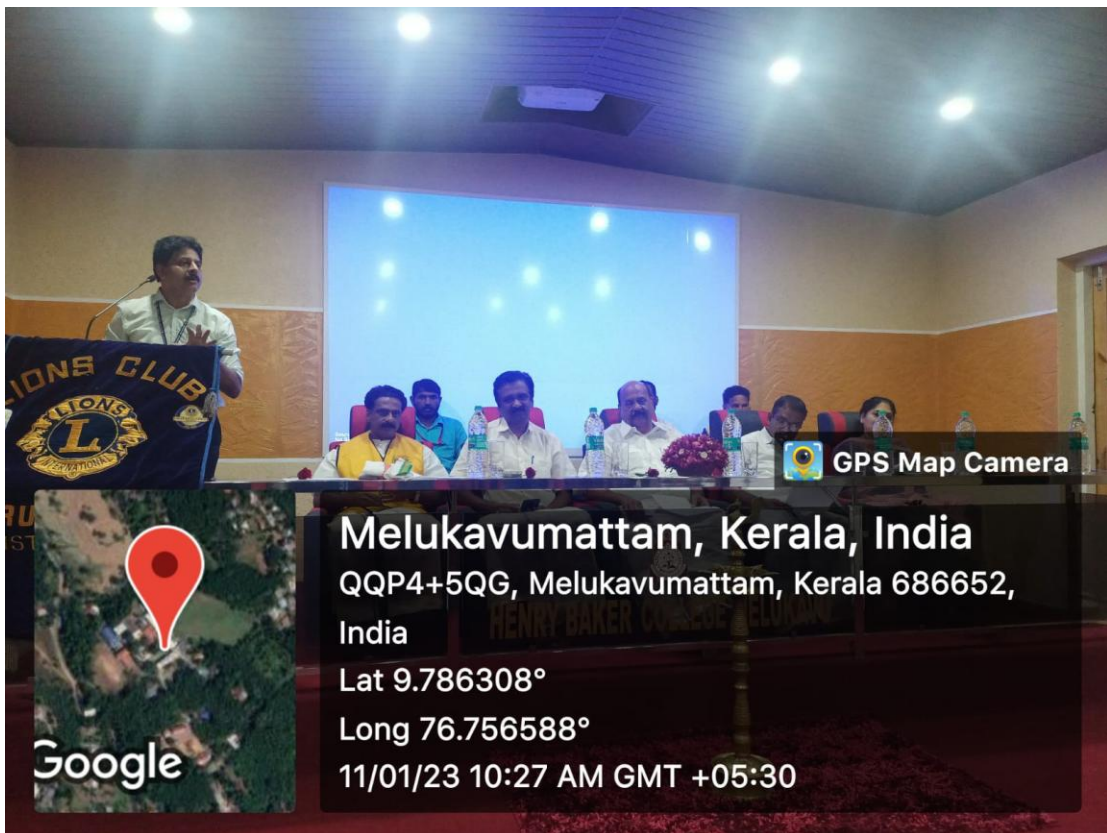






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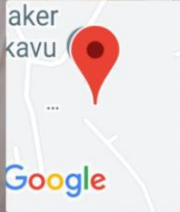


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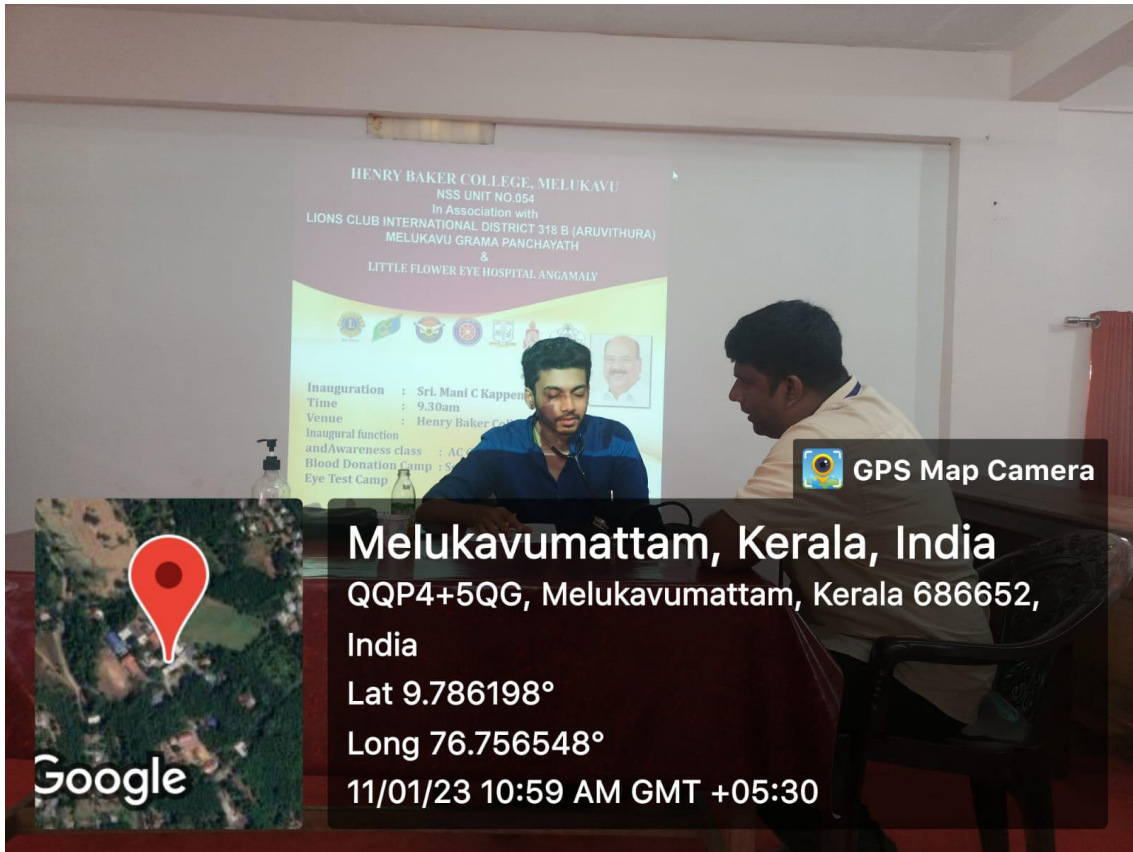
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8. Programme: Anti- Drug Awareness Campaign
Organised by: NSS Unit, Henry Baker College, Melukavu

Date: 6.10.2022

Anti-Drug awareness program was organised by NSS in association with Anti- Narcotic Cell and Yodhavu on 06.10.2022 at 10.00 am in the auditorium. Sri. Justin Jose, coordinator of Yodhavu, welcomed the gathering. Chief Minister of Kerala, Sri. Pinarayi Vijayan launched the 'No to Drug' campaign online at 9.30 am. The inaugural function and his address was screened in the auditorium. C. M. asserted, "The objective is to make Kerala a drug-free state. We have to win this fight anyway. Many would think that it is impossible. But, we will make it happen." He stated that several anti-drug campaigns are already in place in the state and these would be further fortified under the new campaign. Sri. Bejoy Jose, C. P. O. of Melukavu Police Station inaugurated the Anti- Drug awareness campaigning of our college. Principal of the college, Dr. Gireesh Kumar G.S presided over the function. Sri. Bejoy Jose stated that many youngsters are making their lives vulnerable by getting addicted to drugs. So it is our responsibility to make aware our youth on the menace of drug abuse. The Principal sensitized the students on the negative consequences of drug abuse and encouraged them to act decisively in refusing offers to use drugs. The programme was concluded by 12.30 p.m. NSS programme officer Dr. Ansa Andrews proposed the vote of thanks. 94 students participated in the programme.



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**കലാലയങ്ങൾ
ലഹരിവിരുദ്ധ
പ്രചാരണത്തിലേക്ക്**

ഒക്ടോബർ 6 @ 10.00 am
2022

Inauguration
Sri. Bejoy Jose
(CPO Melukavu PS)

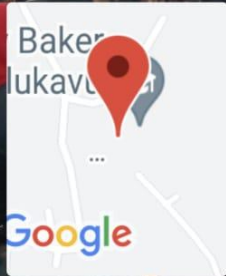
NO TO DRUGS



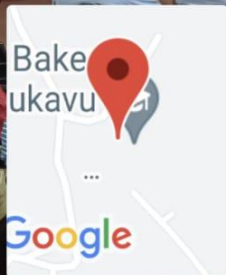
വിമുക്തി



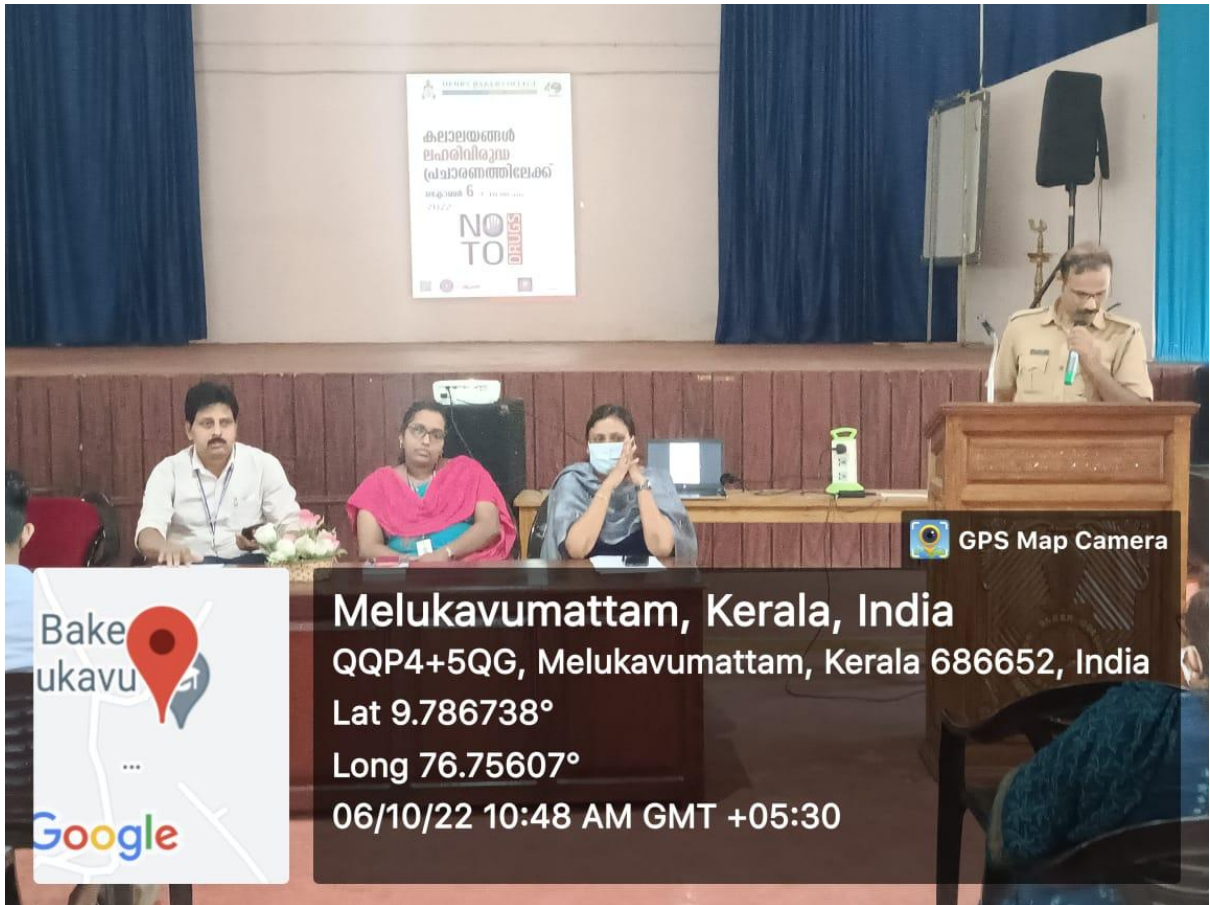
ANC
HBC



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9. Programme: Anti-Drug Awareness Campaign

Organised by: NSS Unit, Henry Baker College, Melukavu

Date: 7.10.2022

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.

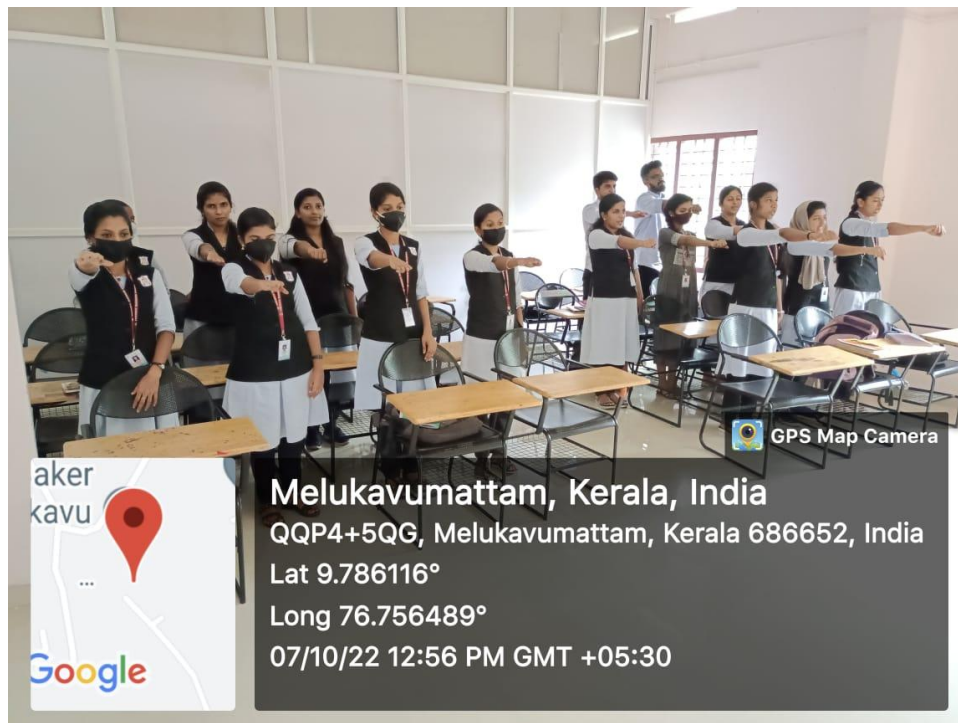
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MELUKAVU, KOTTAYAM Founded 1981
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NATIONAL SERVICE SCHEME
Unit No. 54

Anti- Drug Awareness Campaign

PLEDGE **SAY TO DRUGS NO**

Date: 07.10.2022





10. Programme: Anti-Drug Awareness Quiz Competition

Organised by: NSS Unit, Henry Baker College, Melukavu

Date: 10.10.2022

'Laharivimukta Keralam' was a project implemented by the Government of Kerala and Kerala Excise Department in association with State National Service Scheme with an objective of eliminate the use of drugs and to raise awareness among students against the use of alcohol, drugs and other intoxicants. As part of the campaign and as per the instructions from State NSS and M G University NSS, the NSS Unit of Henry Baker College organized an anti-drug awareness quiz competition on 10.10.2022 at 1.30 pm in the Seminar Hall and the Department of History. Anita Stanley(I M. Com) and Krishna Sali(I M. Com) bagged first and second positions respectively. They got an opportunity to participate in the district level quiz competition "Bodhyam 2022" organized by Kerala Excise Department and State National Service Scheme , held at CMS College Kottayam. 119 students participated in the programme.



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NATIONAL SERVICE SCHEME



UNIT NO. 054

ലഹരി വിമുക്ത കേരളം

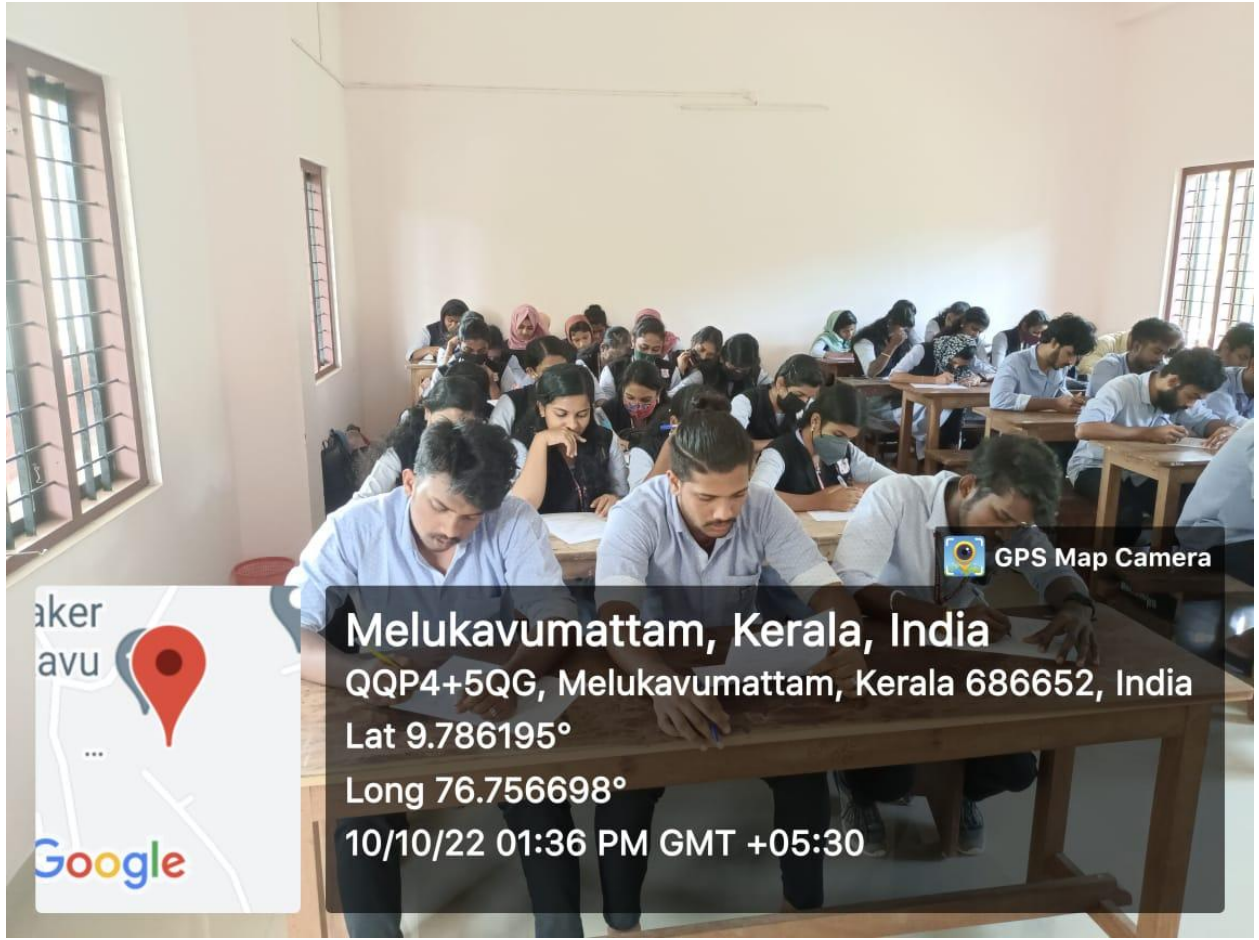
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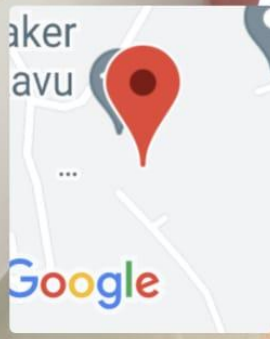
Date: 10/10/2022

Time: 1:30 PM

Venue: Seminar Hall



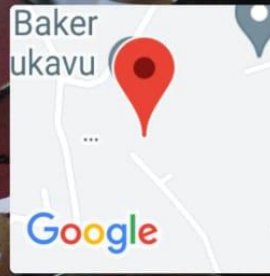
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11. Programme: Anti-Drug Awareness Quiz Competition

Organised by: NSS Unit, Henry Baker College, Melukavu

Date: 28.10. 2022

Anti-Drug Awareness program was conducted at Henry Baker College, Melukavu under the auspices of Anti-Narcotic Cell, National Service Scheme and Yodhav in association with Lions Club of Aruvithara on 28/10/2022 in the AC Conference Hall at 2.00 pm. College

Principal Dr. Gireesh Kumar G. S. presided over the programme. Sri.M.N Sivaprasad, Deputy Excise Commissioner, Kottayam was the resource person. He warned the students that the use of drugs affects a person's brain and behavioural patterns. It also leads to several health problems, such as depression, anxiety, paranoia, mood swings, hallucinations, memory loss, etc. He insisted that schools and colleges should be more vigilant and safeguard their students from the use of drugs. He highlighted the importance of conducting extensive and regular awareness programmes on drug abuse and its ill effects. Principal Dr. G. S. Gireesh Kumar, Bursar of the college, Rev. Biju Joseph, Melukavu Gramapanchayat Arogya Standing Committee Chairman, Sri. Anurag Pandikkattu, Lions District Secretary Ln. Siby Mathew Plathottam, PTA Representative Rev. Roy Thomas, Anti- Narcotic Cell Coordinator Dr. Jincy Devasia, Yodhavu Coordinator Sri. Justin Jose, NSS Programme Officers Dr. Ansa Andrews and Dr. Jibin Mathew addressed the gathering. The programme was concluded by 4.00 pm. 49 students participated in the programme.

The poster is for an Anti-Drugs Awareness Programme. At the top, it features the Henry Baker College logo with accreditation details (NMAC, A Grade, 2013) and a 40th anniversary emblem. Below this, it identifies the event as a National Service Scheme and Anti Narcotic Cell initiative, organized by the college. The main title is 'ANTI- DRUGS AWARENESS PROGRAMME'. The resource person is Sri. M.N Sivaprasad, Deputy Excise Commissioner, Kottayam, with a circular portrait. The event is scheduled for 28 October 2022 at 2.00 pm in the A/C Conference Hall. A 'NO TO DRUGS' logo is prominently displayed. At the bottom, there is a QR code and logos for the organizing institutions: Yodhavu, ANS, ANS, YODHAVU, ANC, and HBC.

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NATIONAL SERVICE SCHEME
&
Anti Narcotic Cell
Organizes

ANTI- DRUGS AWARENESS PROGRAMME

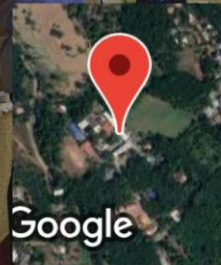
Resource Person

Sri. M.N Sivaprasad
Deputy Excise Commissioner, Kottayam

28 October 2022
2.00 pm
Venue: A/C Conference Hall

NO TO DRUGS

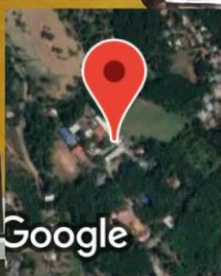
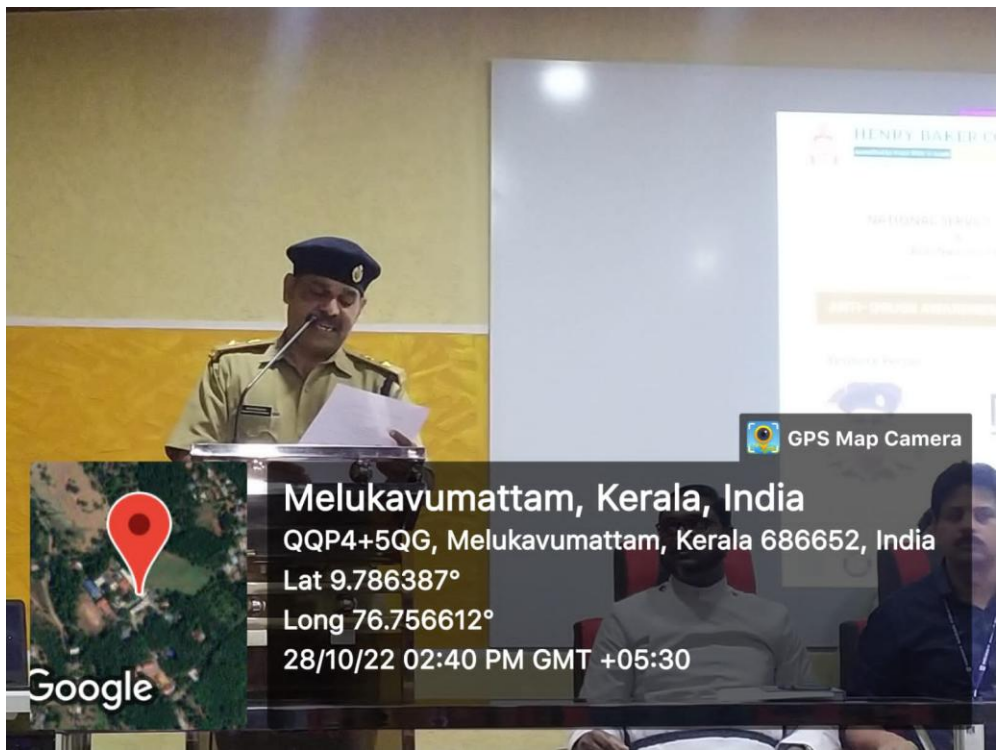
YODHAVU
ANC
HBC



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GPS Map Camera

Google



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Google



**12. Programme: Anti- Drug Awareness Proclamation Rally and Public Meeting
Organised by: NSS Unit, Henry Baker College, Melukavu**

Date: 28.10. 2022

As part of the Anti- Drug Awareness campaign, an Anti- Drug Awareness Proclamation Rally and Public Meeting was organised by NSS, Anti- Narcotic Cell and Yodhavu of Henry Baker College in association with Melukavu Gram Panchayat on 28.10.2022, at 10.00 am. The rally started from the college with placards and slogans against drug abuse. They joined with Panchayat Members, Members of Lion's Club of Aruvithura and Kudumbasree members at the Melukavu Panchayat Office. Thereafter a Public Meeting was conducted at Melukavumattom. The programme was inaugurated by Melukavu Panchayat President Sri. Thomas C. Vadakkal. Principal Dr. G. S Gireesh Kumar, Ward Members Sri. Anurag Pandikkattu, Sri. T. J. Benjamin, Smt. Dency Biju and Lions' Club Secretary Ln. Siby Mathew, Plathottam addressed the gathering.



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NSS-ANTI-NARCOTIC CELL-YODHAVU

in association with

MELUKAVU GRAM PANCHAYAT

organises

Anti- Drug Awareness Campaign

RALLY

PUBLIC MEETING

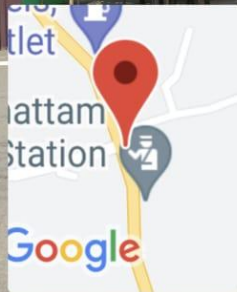
Venue: Melukavumattom

Date: 28.10.2022

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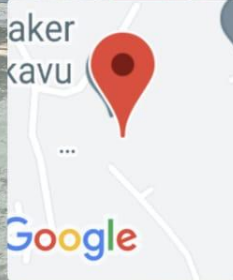
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13. Programme: Anti- Drug Human Chain, Light a Lamp Campaign, Pledge and Symbolic Burning of Narcotic Substance
Organised by: NSS Unit & Anti-Narcotic Cell, Henry Baker College, Melukavu

Date: 01.11.2022

College students across the state formed the anti-drugs human chain on November 1, 2022, to mark the end of the first phase of the state government's campus level 'No to drugs' campaign. Our students also participated in the Human Chain at 3.00 pm in the college campus. Before forming the Human Chain, a meeting was organised in the auditorium at 2.30 pm. Sri. Bejoy Jose, C. P.O and Sri. Shihab C.P.O of Melukavu Police Station were the chief guests. "Light a lamp" campaign was also organised to curb the menace of drug abuse. Everyone lit a candle and took an oath against drug abuse. The human chain was formed at three o'clock in the evening. After forming the Human Chain, the Principal, teachers and students symbolically burned the narcotic substances. The programme was organised by National Service Scheme, in association with Anti- Narcotic Cell and Yodhavu.





**HENRY BAKER COLLEGE
MELUKAVU**



ANTI-NARCOTIC CELL - NSS - YODHAVU

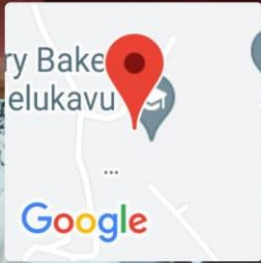
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**NO
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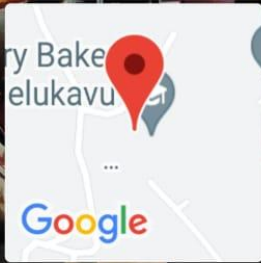
**ലഹരികളുടെ
വിദ്വേഷിച്ചുങ്ങൾ**

2022 നവംബർ 1 ചൊവ്വ





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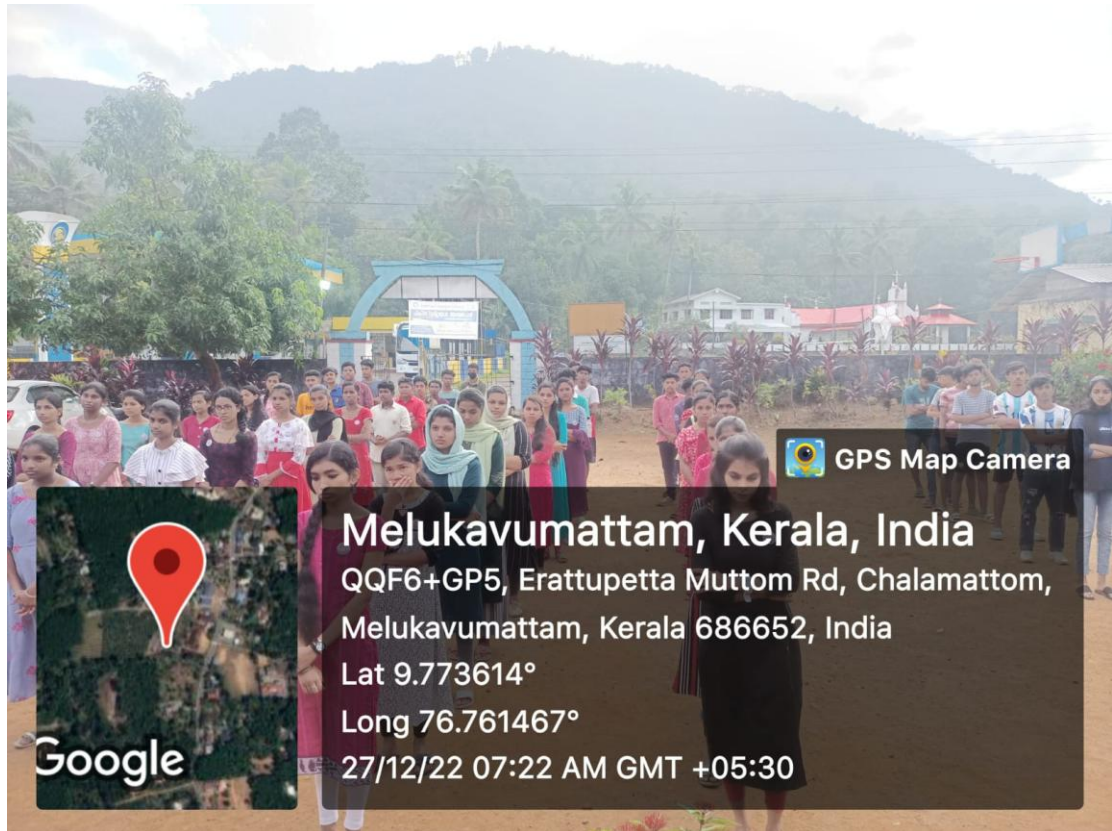


14. Programme: Anti- Drug Awareness Campaign

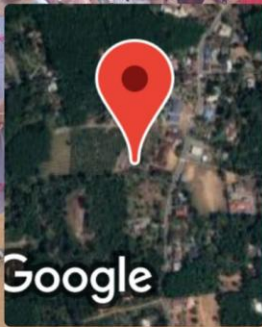
Organised by: NSS Unit, Henry Baker College, Melukavu

Date: 27.12.2022 to 29.12.2022

Another objective of the camp was **Anti- Drug Awareness Campaigning** in Ward No. 12 & 5 of Melukavu Grama panchayat. As part of “Say No to Drug Campaign”- students distributed **Anti- Drug Awareness Notices** in Ward No. 12 and 5 from 27.12.2022 to 29.12.2022 and raised awareness on the ill- effects of drug use. They engaged in conversations about the dangers of drug abuse, the consequences of drug addiction, and encouraged the people to talk to their family members and loved ones about the topic.



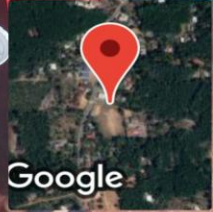
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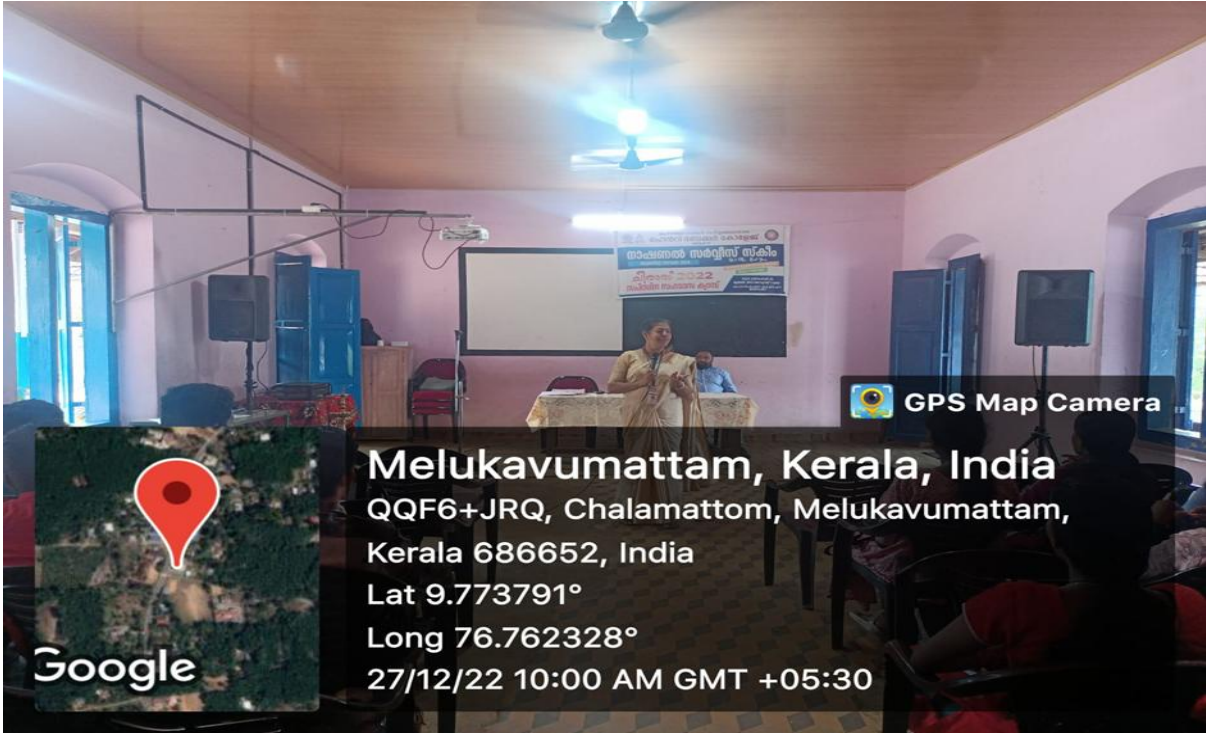
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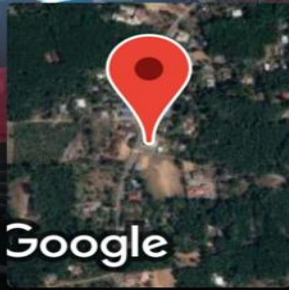
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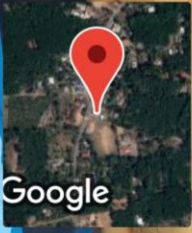
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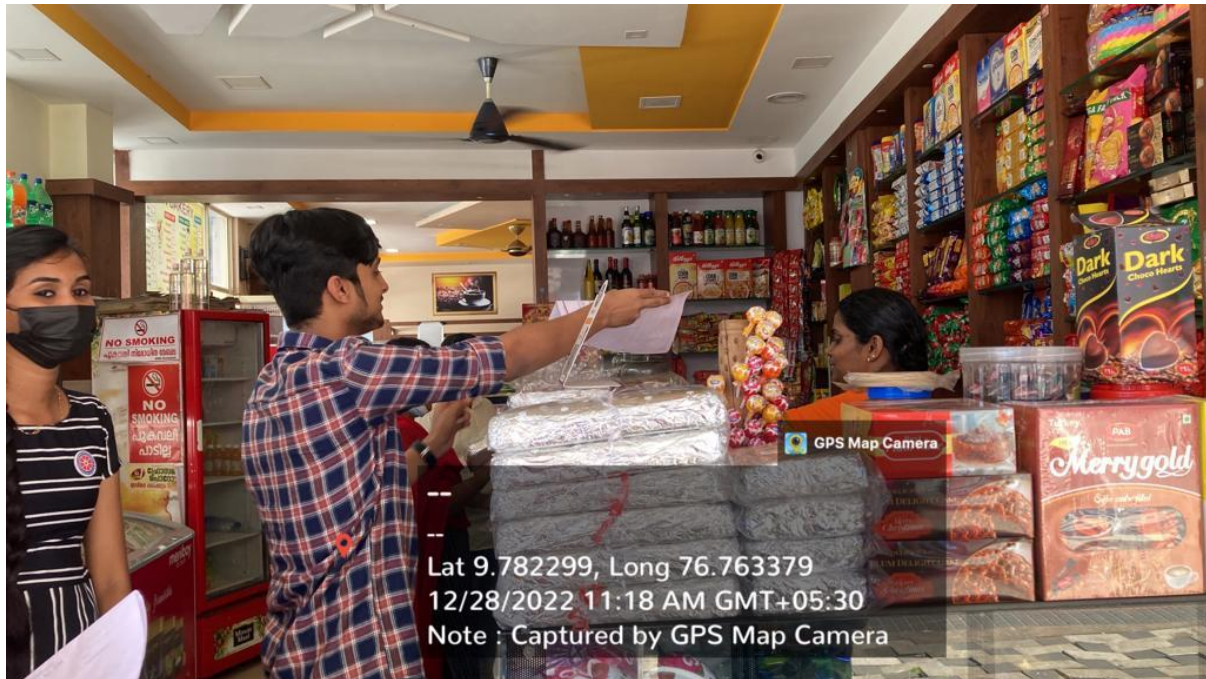
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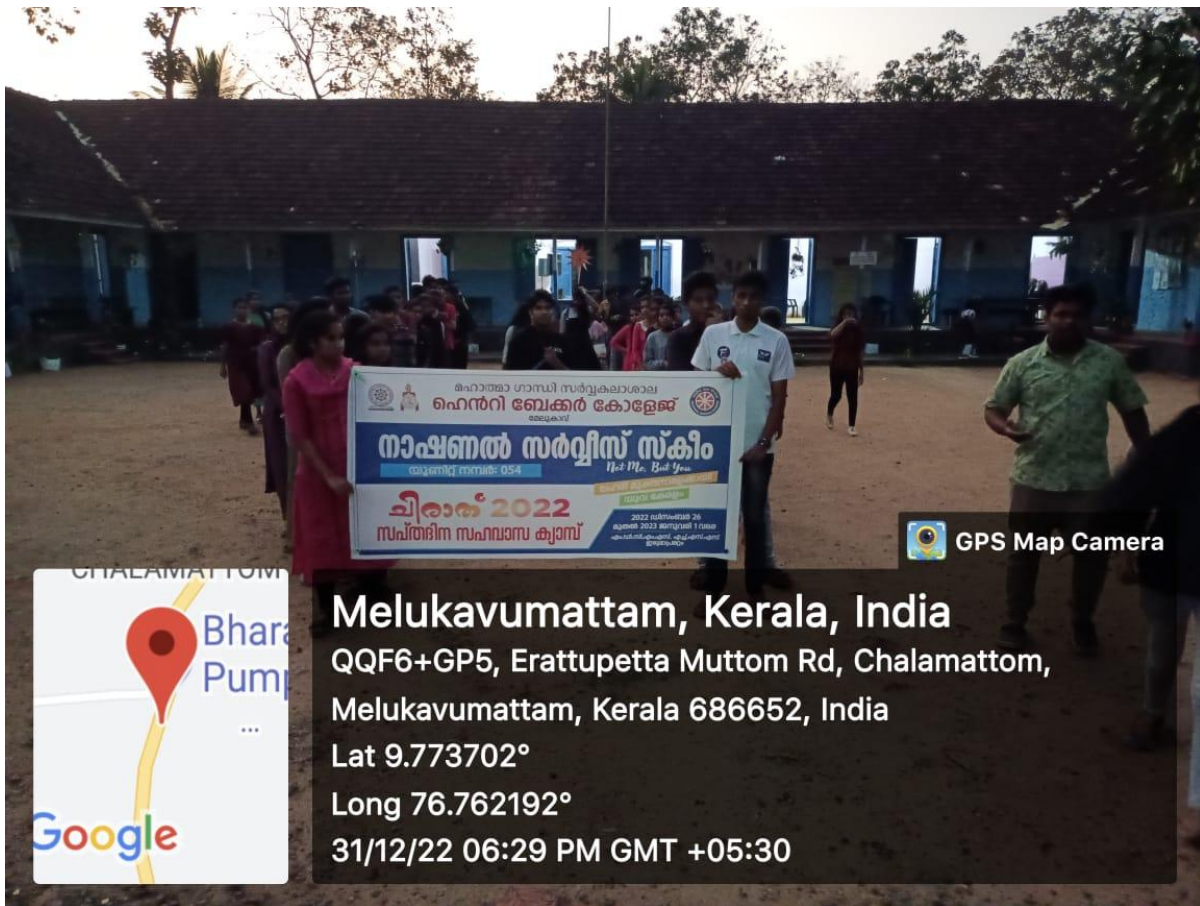
15. Programme: Anti-Drug Awareness Rally and Public Meeting

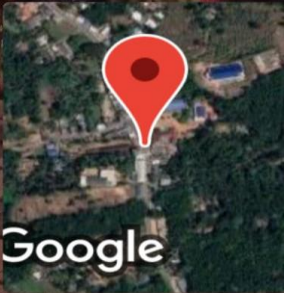
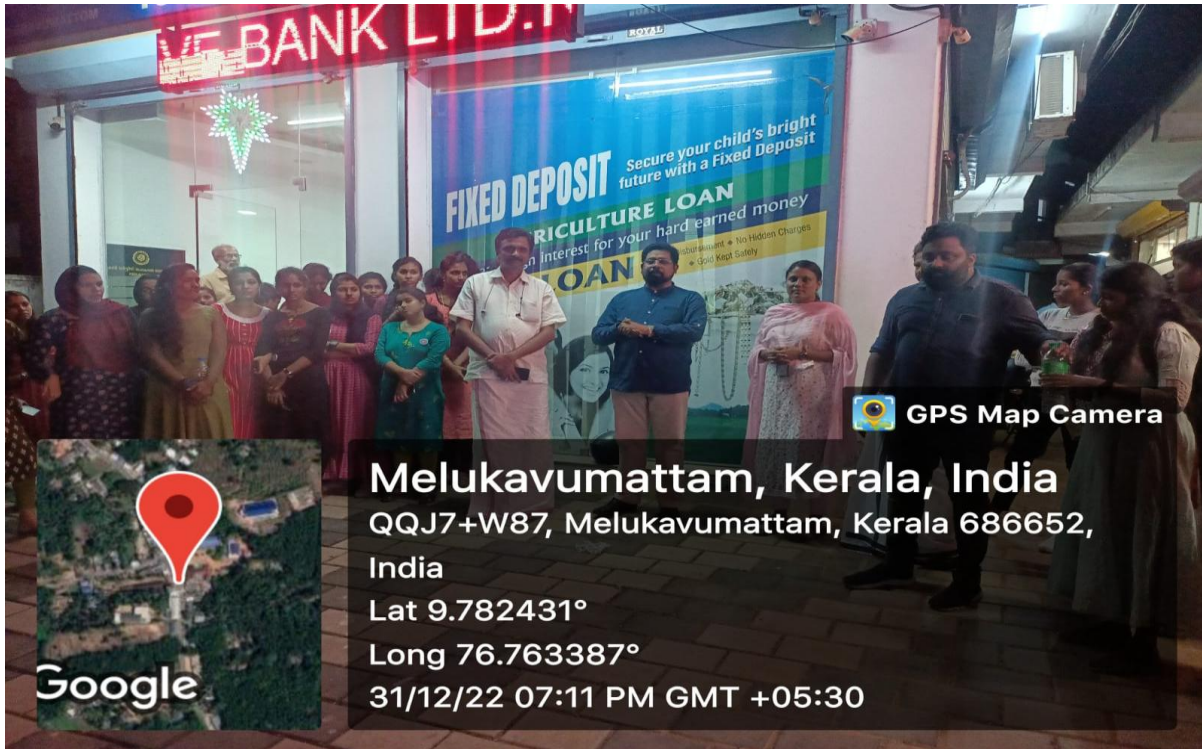
Organised by: NSS Unit, Henry Baker College, Melukavu

Date: 30.12.2022

In the evening of 30-12-2022 “Anti- Drug Awareness Rally and Public Meeting” was organized by the NSS Unit. The Rally started at 5.30 p.m 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. AnuragPandikattu, Member Ward No.5, Smt. DencyBiju, 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.





Melukavumattam, Kerala, India

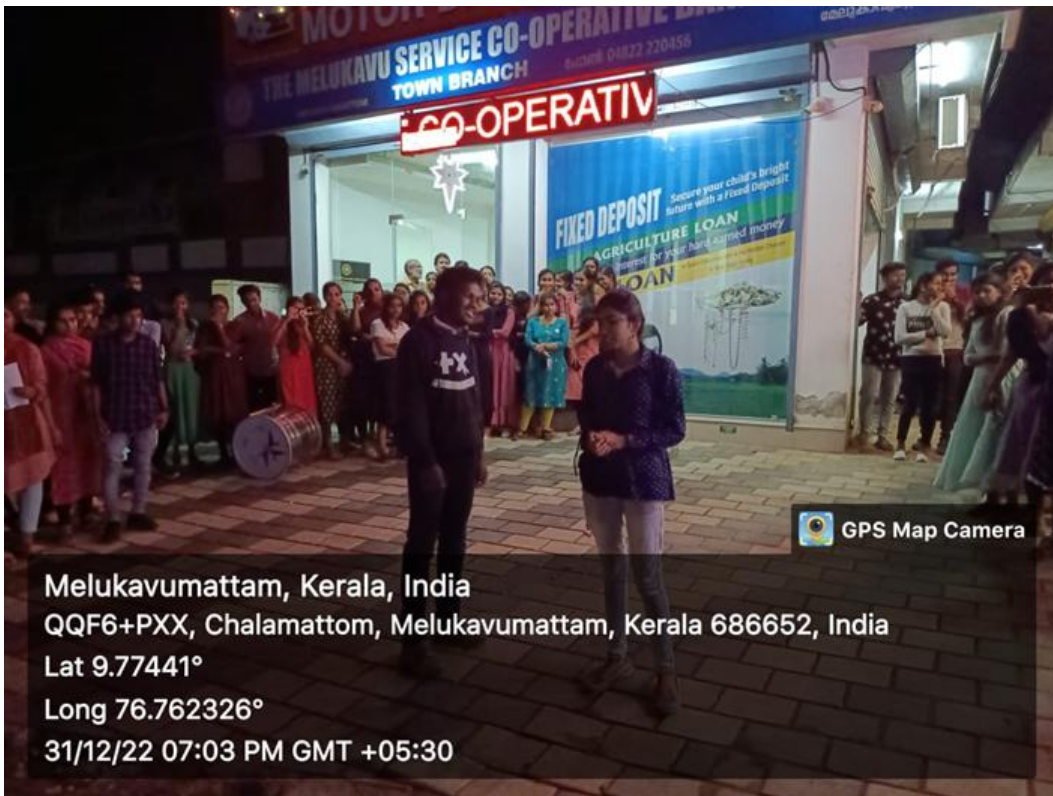
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16. Programme: Anti-Drug Awareness Programme

Organised by: Youth Red Cross, Henry Baker College, Melukavu

Date: 21.12.2022

Objective

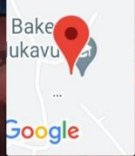
To inaugurate the activities of Youth Red Cross with a purpose to alleviate human suffering wherever it may be found, to protect life and health and to ensure respect for the human being.

Activities of the Youth Red Cross for the academic year 2022-23 was started with the Youth Red Cross Thaluk level inauguration in association with Indian Red Cross Society, Kottayam on 21 December 2022. In the meeting Dr. Beena Paul, YRC Director of the college, welcomed the gathering. The meeting was presided over by the Principal Dr. Gireesh Kumar G.S and inaugurated by Smt. Nirmala Jimmy, President, District Panchayth, Kottayam. She talked about the need to extend support to the poor and needy and it is the best thing a youth can do. College should be the centres of such activities, she said. After the inaugural address Sri. Sabu K. Kurian, YRC District Director, pledged the YRC pledge and the Anti- Drug pledge was recited to the students by Sri. Justin Jose, YRC Co- director. Sri.K.S Sumesh, Vice-chairman, Indian Red

Cross society, Kottayam Branch and Mr. Hariprasad G, Tresurer, Indian Red Cross Society, Meenachilthaluk delivered the felicitation speeches. HibaFathima, IBA English proposed vote of thanks in the meeting. The meeting ended at 12.00pm. Entire students of the college attended the meeting.

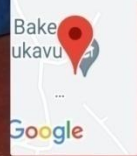
Outcome

The programme was insightful and inspiring. Many students came forward to join YRC after the meeting.



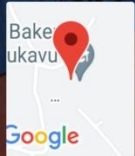
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Inauguration



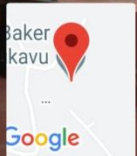
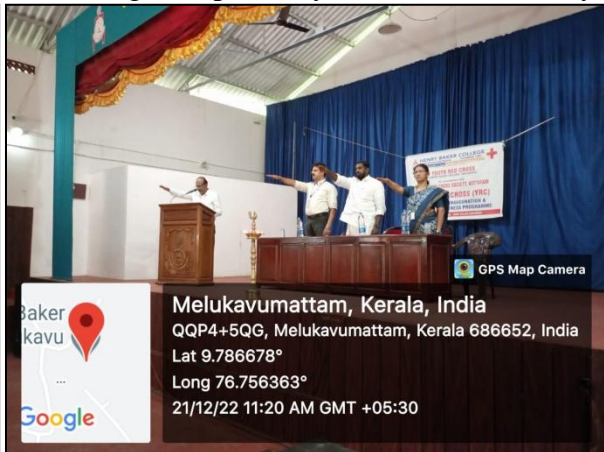
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Inaugural speech by Smt.Nirmala Jimmy






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PresidentilAdress by Dr.Gireeshkumar GS



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Taking YRC Pledge

 <p>HENRY BAKER COLLEGE MELUKAVU, KOTTAYAM Founded 1981 Accredited by NAAC With 'A' Grade AS 9801981 : 2015 Certified Institution A Christian Minority Educational Institution run by C.S.I East Kerala Diocese Affiliated to Mahatma Gandhi University, Kottayam</p> <p>INDIAN RED CROSS SOCIETY, KOTTAYAM</p>  <p>In Association with YOUTH RED CROSS HENRY BAKER COLLEGE, MELUKAVU</p> <p>YOUTH RED CROSS (YRC) THALUK LEVEL INAUGURATION & ANTI DRUG AWARENESS PROGRAMME</p> <p>21 December 2022, 10.00 am Venue: College Auditorium</p>	<p>Programme</p> <p>Silent prayer-</p> <p>Welcome-</p> <p>Presidential Address-</p> <p>Inaugural Address-</p> <p>YRC Pledge -</p> <p>Anti-drug Pledge-</p> <p>Felicitation-</p> <p>Felicitation-</p> <p>Vote of Thanks-</p>	<p>HENRY BAKER COLLEGE MELUKAVU, KOTTAYAM Founded 1981 Accredited by NAAC With 'A' Grade AS 9801981 : 2015 Certified Institution</p> <p>INDIAN RED CROSS SOCIETY, KOTTAYAM</p>  <p>In Association with YOUTH RED CROSS HENRY BAKER COLLEGE, MELUKAVU YOUTH RED CROSS (YRC) THALUK LEVEL INAUGURATION & ANTI DRUG AWARENESS PROGRAMME</p> <p>21 December 2022, 10.00 am Venue: College Auditorium</p> <p>Dr. Beena Paul, Director, YRC</p> <p>Dr. Gireeshkumar G.S, Principal</p> <p>Mrs. Nirmala Jimmy, President , District Panchayat</p> <p>Sabu. K.Kurian, YRC District Co ordinator</p> <p>Justin Jose, YRC Co-director</p> <p>Sri.K. S. Sumesh, Vice Chairman, Indian Red Cross Society, Kottayam District Branch</p> <p>Mr. Hariprasad G. Indian Red Cross Society, Treasurer Meenachil Taluk</p> <p>Hiba Fathima, I BA English</p>
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17. Programme: Writing Competitions held as part of the Anti-Narcotic Drive

Organised by: Dept of English, Henry Baker College, Melukavu

Date: 31.10.2022

Objective: To create awareness among the students about the potential dangers of drugs and to instill the commitment to a life avoiding narcotics

Outcome: Students were made aware of the dangers of drugs through their own introspection and analysis



HENRY BAKER COLLEGE

MELUKAVU, KOTTAYAM

Founded 1981

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Affiliated to Mahatma Gandhi University, Kottayam

*Department of English
and
Noopuradhwani*

Anti Narcotic Drive

*English Essay Writing
English Short Story Writing
English Versification*

31/10/2022 1.20.p.m Seminar Hall

The department of English in association with The Cultural Club conducted writing competitions as part of the Anti-Narcotic Drive, on 31 October 2022 at 1.20p. m. at the Seminar Hall. The

following topics were assigned for the competitions:

Essay Writing: The Role of Students in the Eradication of Drugs

Short Story Writing: And What I then Heard Gave Me a Chill

Poetry Writing: Trans

The following students won prizes in the competitions:

Essay Writing: I Prize – Annie Summer Andrews, II M. A. History

II Prize – Hiba Fathima, I B. A. English
Short Story Writing: I Prize – Thejus Somasunder, III B. Voc.
II Prize – Lejo George, III B. A. English
Poetry Writing: I Prize – Safna A. S. III B. A. English
II Prize – Sharafudhin P. U, III B. A. English
Teacher in Charge: Ms. Dona Sebastian





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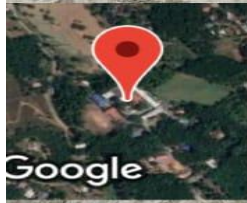


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Best Practice 2: Women Empowerment through Enhancing Gender Equity

1.

Programme: Malala Day Observance

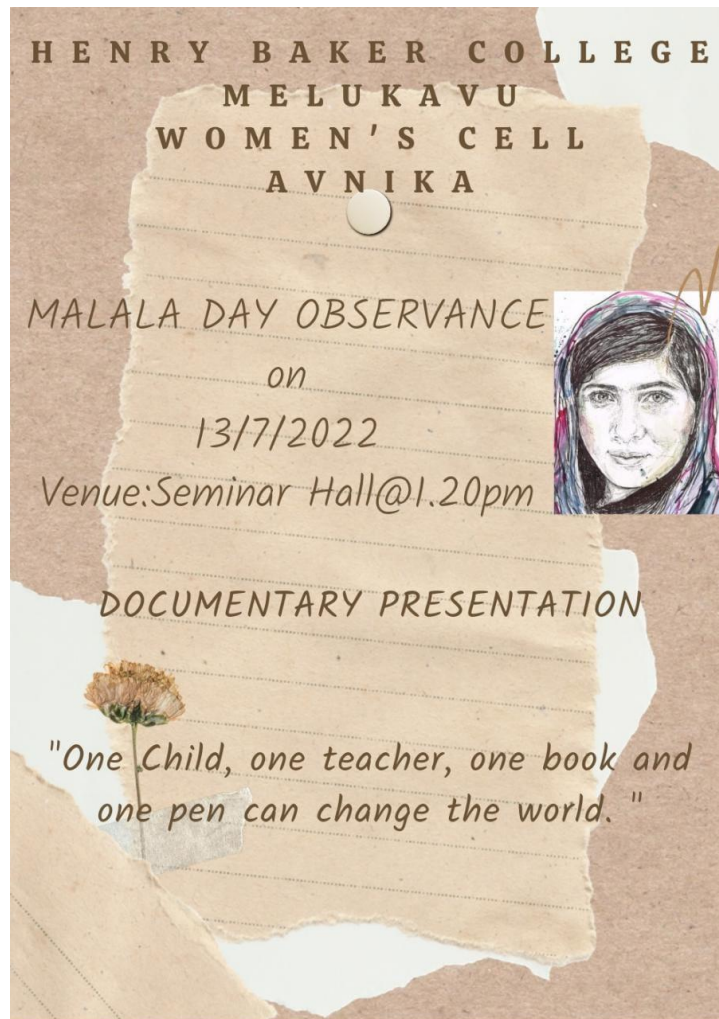
Date: 03-07-2022

Organized by: Women's Cell, Henry Baker College

Objective-To honour the young Nobel laureate Malala Yousafzai and her contributions that promoted women and girl education.

Avnika commemorated Malala Day, the birthday of Malala Yousafzai, renowned Pakistani female education activist and 2014 Nobel Peace Prize Laureate on 13/7/2022. A documentary presentation was arranged in order to honour the young activist. Mrs. Elizabeth Joseph, Coordinator, Women's Cell welcomed the gathering. Dr. G.S. Gireesh Kumar delivered the inaugural address. He focused on the fact that women should be well aware and conscious of their rights and duties and clearly understand the threats and issues surrounding them. Outcome-Students, especially girls were aware of the importance of being educated.

Students felt optimistic after hearing the inspirational speech of Malala Yousafzai.





2.

Programme: International Girl Child Day Celebration

Date: 12- 10-2022

Organized by: Women's Cell, Henry Baker College

Objectives-To increase the observational skills,awareness and concern towards women related issues.

To bring out the creative expression,artistic skills and also to gauge their awareness quotient.

As part of the International Girl Child Day Celebrations women's cell organised a pencil drawing competition on 12 October 2022.Principal,Dr.G.S Gireesh Kumar delivered the inaugural address and handed over the drawing papers to the students. The programme started at around 1.30 pm. Principal Dr.Gireesh Kumar G.S inaugurated the function andMrs.Elizabeth Joseph,Coordinator,women's Cell welcomed the gathering. The competition was held in order to develop the creative minds of the students.10 students participated in the event.The themes given


were Women Safety and Empowerment, Atrocities against Women etc. It was a successful event. The participants actively participated and wondrously showcased their creative talents.. Kumari Daliya Rajeshwaran (II BA English), Kumari Maneesha T.M (II BA History) and Sujith Kumar (I B.Com Co-operation) secured the first, second and third prize respectively. Outcome- The event highlighted the artistic splendor of the students.

HENRY BAKER COLLEGE MELUKAVU
WOMEN'S CELL, AVNIKA

**PENCIL
DRAWING
COMPETITION**

On 12/10/2022,
Wednesday
@1.30pm
Venue: Seminar Hall

**INTERNATIONAL
DAY OF THE
GIRL
CHILD**



Let her career be driven by passion
rather than gender.

The poster features a girl in a green and yellow sari riding a yellow pencil rocket with red fins. Above her are various colorful icons representing different professions and interests like a pilot, musician, scientist, and artist.





3.

Programme: Talk Show-Atrocities against Women-Solutions

Date: 01-12-2022

Organized by: Women's Cell, in association with the Women and Child Welfare Department

Objectives-To hone the skills of students to be out-spoken individuals and to express themselves on bigger platforms.

Women's Cell in association with the Women and Child Welfare Department, Erattupetta

organised a Talk show on the prevention of atrocities against women on 1/12/2022. The event began around 10.30am where students from various departments and faculty members gathered as audience. Principal Dr. Greesh Kumar G.S inaugurated the event. Dr Beena Paul, Convenor, Gender Justice Forum welcomed the gathering. Mrs. Savitha Sasi, ICDS Supervisor delivered the Keynote address.

There were a total of 20 participants, from different departments. The participants were already given the topic. The students raised their voice in solidarity to end violence against women and girls. It emphasized the need for action to liberate women from factors that hinder their progress, dignity and empowerment. It was a hot discussion. Ms. Anjana Aby of History Department acted as the moderator. Based on the premise that everyone is equal, the moderator highlighted the need to switch from the stereotypical notions of womanhood. She focused on various aspects of inequality faced by women. The students shared their personal experiences and pointed out the necessity of creating an inclusive world through the removal of gender bias and inequality. They spoke poignantly about the gender discriminations and persisting challenges faced by women in our society. Unseen, Unheard violence and abuses against women must be stopped. The talk show was concluded sensitizing all the young minds who are destined to make gender equality a reality. It urged the need for eradicating the gender disparities and setting up an inclusive world without any discriminations. It was a highly stimulating talk with different views and opinions on their respective motions. The speakers were full of energy and enthusiasm which kept the audience enthralled till the end.

The show emphasized the need to protest against all sorts of abuses against women. The event aimed at exposing students to debating skills. It also aimed at providing a platform where our students can come forward and speak fearlessly. Participation Certificates were awarded to all. It was a wonderfully coordinated event. Mrs. Celina Joseph, Counsellor proposed the vote of thanks.

Hearty Welcome

Mrs. Savitha Sasi, ICDS
Supervisor

Mrs. Ayrene Mathew,
Mrs. Celin Joseph, School
Counsellors



Moderator- Ms. Anjana Aby,
Asst. Professor on Contract,
Dept. of History

On 1/12/2022, Thursday

@10.30 am

Venue-Seminar Hall



HENRY BAKER COLLEGE

MELUKAVU, KOTTAYAM

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

Gender Justice Forum & Women's Cell
In association with
The Women and Child Welfare
Department, Erattupetta

Talk Show
Theme: Atrocities against women..
Solutions..



DISCUSSION IS ALWAYS BETTER THAN
ARGUMENT..

BECAUSE

ARGUMENT IS TO FIND OUT WHO IS
RIGHT!!

DISCUSSION IS TO FIND OUT WHAT IS
RIGHT!!

COORDINATORS:
DR. BEENA PAUL
MRS. ELIZABETH JOSEPH
MRS. ANEETTA ELIZABETH MANUEL





Outcome-The programme instilled a thinking mind among the students
Students were aware of the gender disparities and atrocities against women.

4.

Programme: Talk Show on Human Rights Violations against Women

Date: 09-12-2022

Organized by: Dept. of History, Henry Baker College

Objective

The goal of the talk show was to raise awareness among students about how women suffer and are exploited in our society. In this situation, there is an urgent need to educate the next generation about the rights guaranteed by our constitution and how to safeguard and advocate for them.

Celebrating International Human Rights Day, Post Graduate Department of History, Henry Baker College, organized a Talk Show on the topic “ Human Rights Violations Against Women” on 9th December 2022, at the college seminar hall.

Dr Beena Paul, Head of the Department of History, gave the welcome address. As a

person with strong feminist perspective, she enthusiastically supported the cause and motivated the girl students to be strong and ambitious.

Dr. Girish Kumar G S, principal of Henry Baker College, delivered the presidential address. He, too emphasised the need of understanding and being aware of our rights

Ms. Lakshmi S, Assistant Professor was the moderator of the talk show, who handled the session very actively. About 15 students participated in the show. Each one gave their viewpoints about how violations and violence happen to women. They were having strong opinions about the happenings to women in Indian society. They also proposed several measures to empower women. Even the audience too had their opinions and participated actively in the talk show.

As a token of appreciation for their efforts, Paul Mathew, Assistant Professor, Department of English, handed each participant a modest gift. The show came to end by 3.30 pm with the concluding remarks by the moderator.

Outcome

As a new experience, students without hesitation came forward to express their views on human rights violations as well as how women rights are violated. They could identify many issues related to women and suggestions were proposed to overcome the problem.





Midhila (MA Student)



Sangeeth Sivan(BA Student)

5.

Programme: VIVA KERALAM-Free Haemoglobin Check-up for Girls

Date: 20-02-2023

Organized by: Henry Baker College in association with Community Health Centre, Edamaruk

Objective-To check out the HB level and provide special health service to the needy.

To provide awareness to girl students on various health issues related to Anaemia.

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

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HENRY BAKER COLLEGE MELUKAVU
In Association With
COMMUNITY HEALTH CENTRE EDAMARUKU



വിവ

കേരളം

വിളർച്ചയിൽ നിന്ന് വളർച്ചയിലേക്ക്
"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
ദേശീയ ആരോഗ്യ ദാതൃം

Program Coordinated by Women's Cell and Gender Justice Forum



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

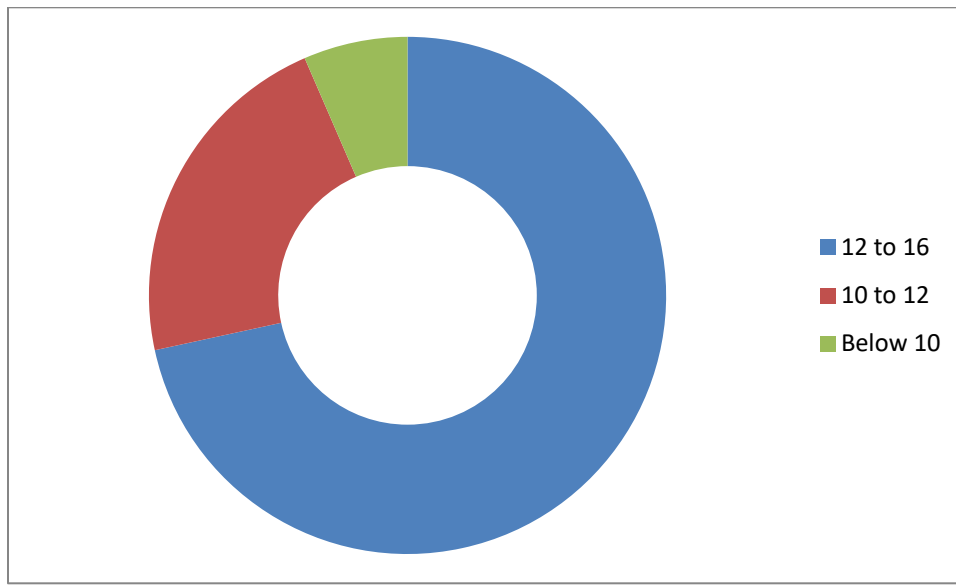
Awareness was created on healthy life style and self care.

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 12. 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. GayathriPremkumar -9.9
8. Josna Johnson-9.8
9. Sandra Shaji-9.3
10. Asna. K. Ajas-9.2
11. NeenuJohny- 8.3
12. Emil Theresa Joy- 7.1




6.

Programme: International Women's Day: Self Defence Classes for Girl


Students Date: 08-03-2023

Organized by: NSS Unit, Henry Baker College

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



Happy Women's Day

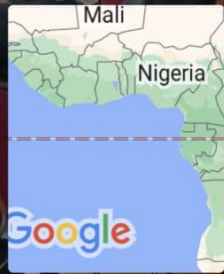
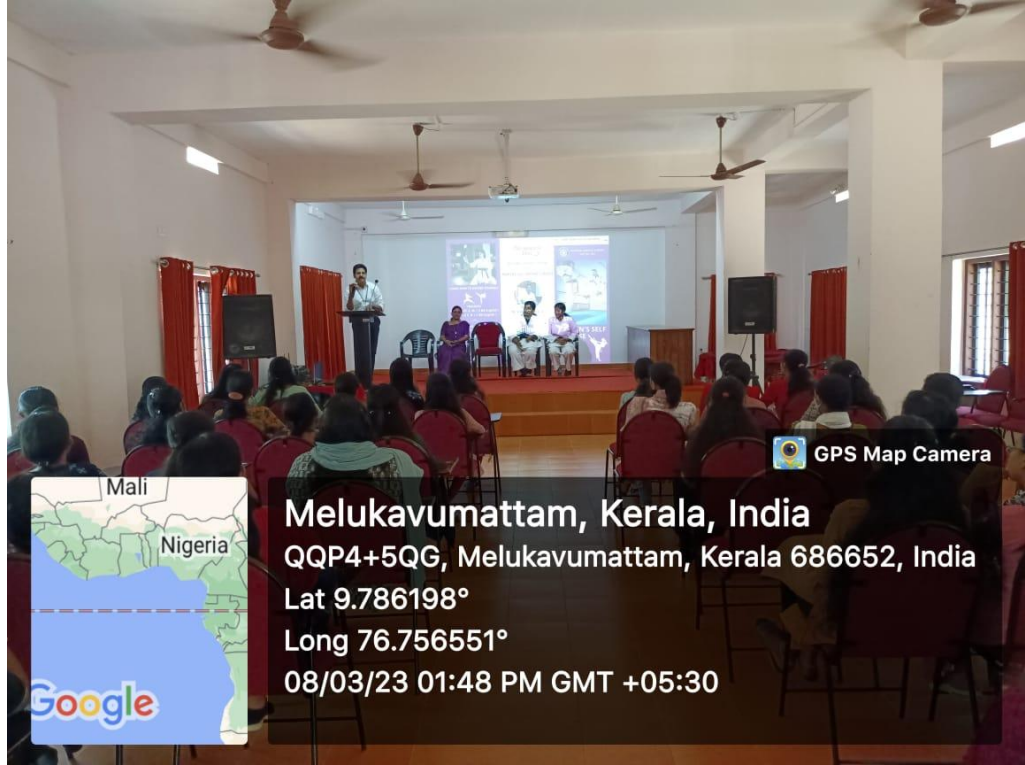
HENRY BAKER COLLEGE MELUKAVU
Approved by UGC under 2(F) & 2(10) | Accredited by NAAC with A Grade
An ISO 9001:2015 Certified Institution | Affiliated to Mahatma Gandhi University, Kottayam

NATIONAL SERVICE SCHEME
UNIT NO. 054

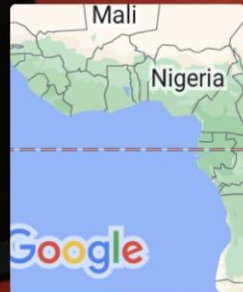
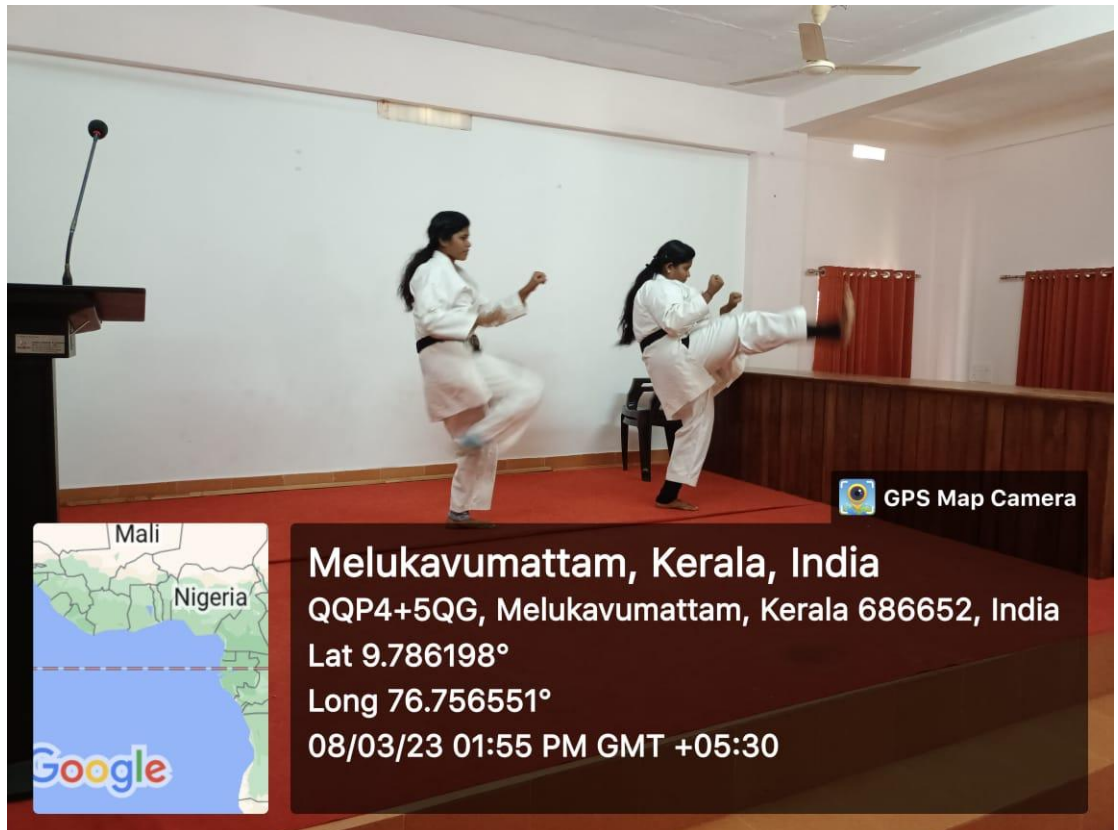


WOMEN'S SELF DEFENCE CLASSES

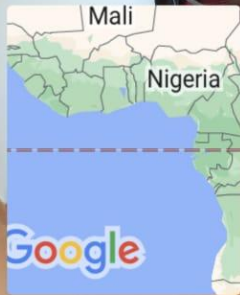
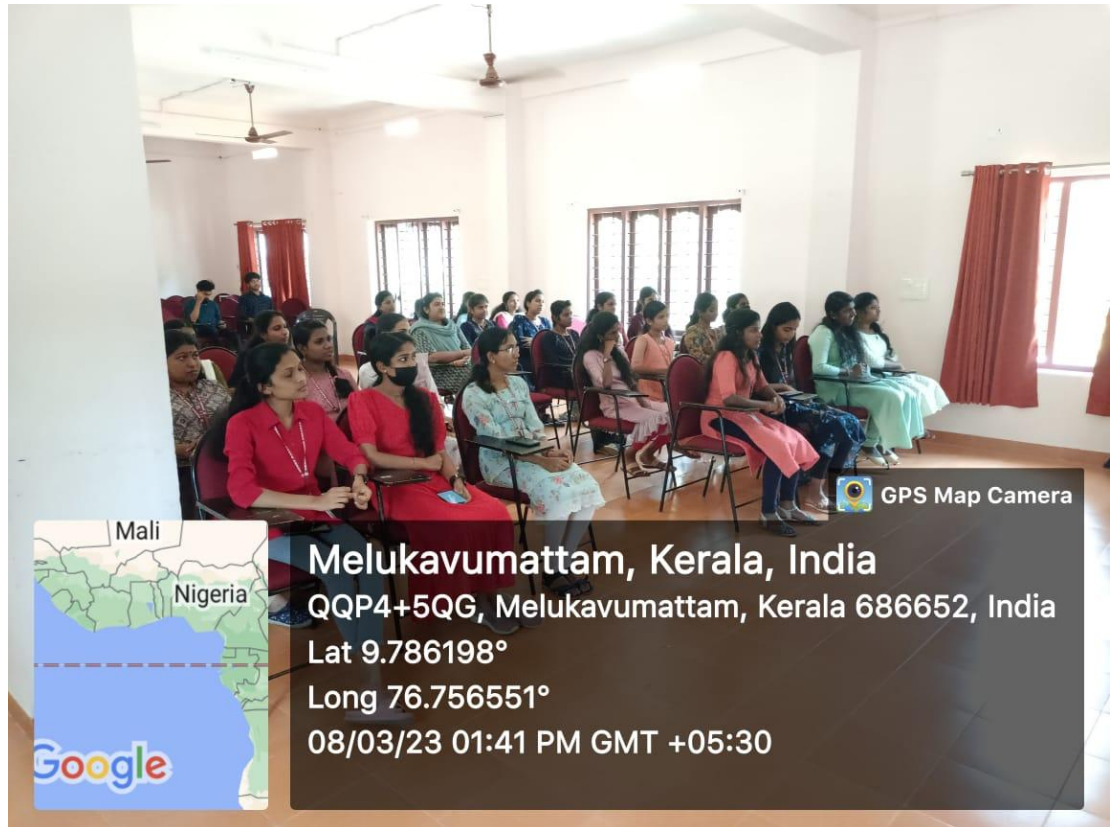




Melukavumattam, Kerala, India
QQP4+5QG, Melukavumattam, Kerala 686652, India
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Long 76.756551°
08/03/23 01:48 PM GMT +05:30



Melukavumattam, Kerala, India
QQP4+5QG, Melukavumattam, Kerala 686652, India
Lat 9.786198°
Long 76.756551°
08/03/23 01:55 PM GMT +05:30



Melukavumattam, Kerala, India

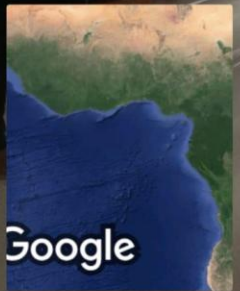
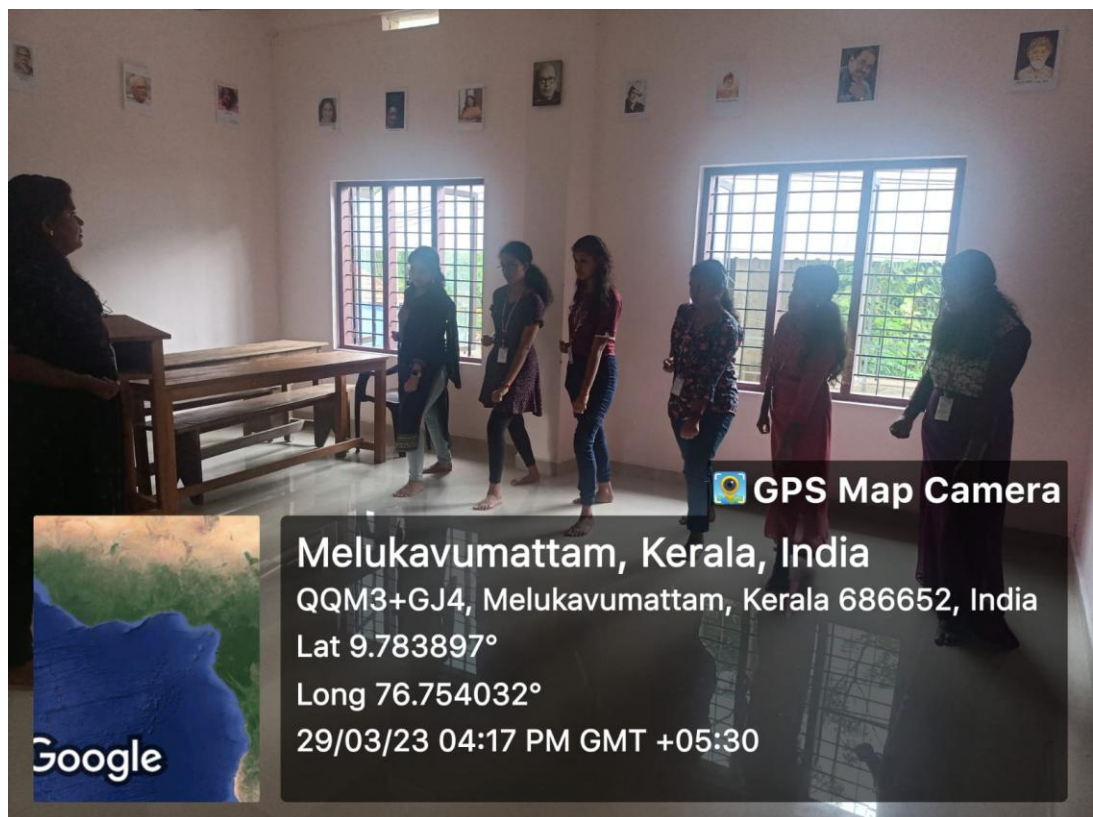
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GPS Map Camera



Melukavumattam, Kerala, India

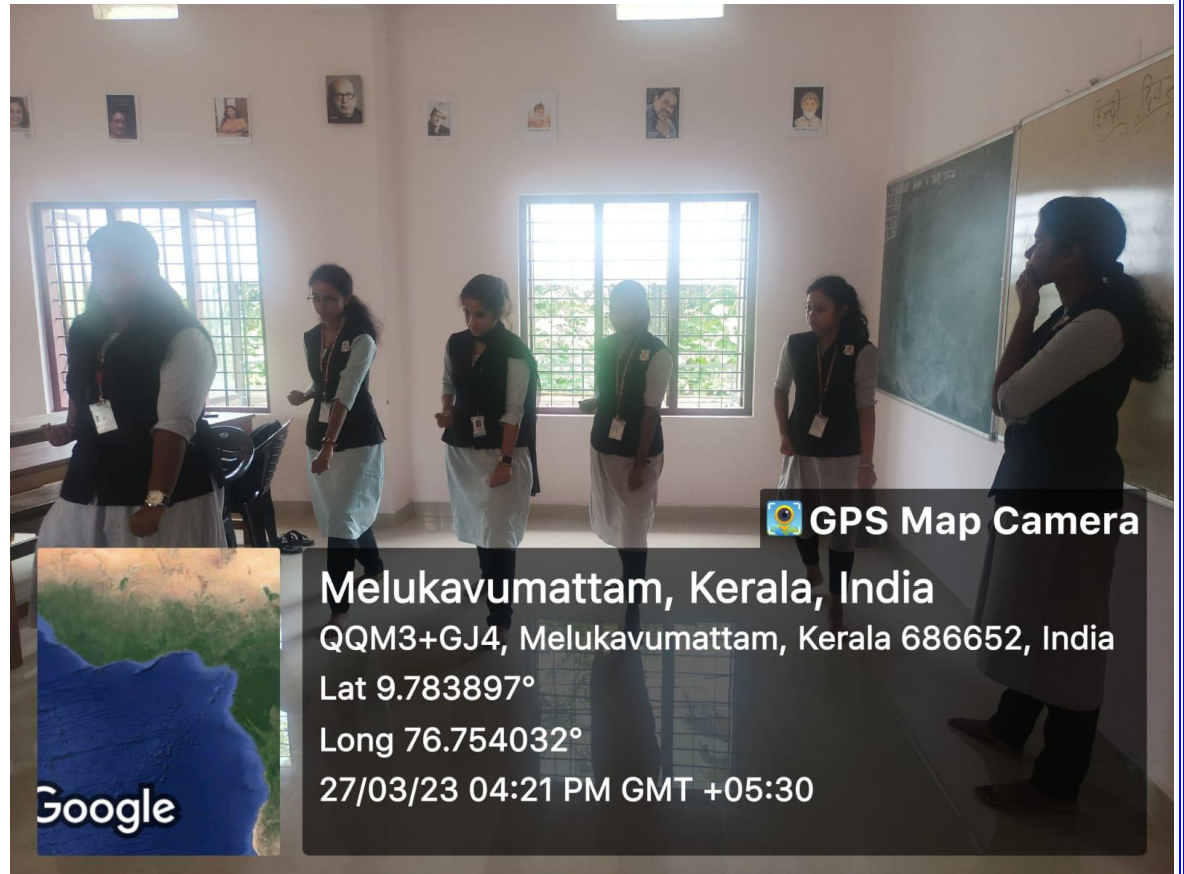
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GPS Map Camera



7.

Programme: International Women's Day Celebrations

Date: 08-03-2023

Organized by: Women's Cell, Henry Baker College

Objectives-

To express gratitude towards women's contribution to our lives and society and honour them.

To uphold women's achievements and to promote gender equality



International Women's Day was celebrated with much pomp and vigour on 8th March 2023. The programme titled Shukriya aimed at recognizing and honouring the significance, status and dignity of women in various fields. The programme started with seeking the blessings of God. Mrs. Elizabeth Joseph, Coordinator, Women's Cell extended a cordial welcome to the gathering. Principal, Dr. G. S. Gireesh Kumar addressed the gathering and encouraged all women to keep excelling consistently. He shared his opinion that achieving gender equality and empowering all women and girls is very significant as it ensures an inclusive and quality education for all. Girl students and women staff wore purple coloured outfits which was the colour code selected for the year 2022. After the inaugural session we honoured all the women staff of our institution. We saluted their relentless efforts in all walks of life.





The students attached thank you notes to the women who influenced them the most. Sticky notes were affixed beautifully on a huge board on which an outline of a woman was drawn. The board was adorned with sticky notes of different hues and it contained words of gratitude to the women who inspired them. The programme was colourful and thoughtful.





The students, teaching and non teaching staff paid their tribute to all the incredible women

over the world. Hand holding placards were used to spread warm wishes on women's day. The placards carried inspirational quotes on womanhood. A video was created by the students in which the girl students, teaching and non teaching staff participated enthusiastically. It was circulated through students' whatsapp groups . The event was thought provoking.



Outcome-Celebrated the day by paying homage to all women who are incredible.

8.

Programme: Manuscript Magazine Launch

Date: 31-03-2023

Organized by: Women's Cell, Henry Baker College

Objectives-To provide opportunity to the students for self expression in written form

To develop and cultivate a literary taste and creativity in students.

Women's Cell and Gender Justice Forum jointly took initiative on publishing a manuscript magazine titled Srishti. Volume 1 was entitled as Penma. The magazine reflected the artistic flair and creativity of the students. It included drawings, paintings, essays, quotes, short stories and poems related to the topic Women. Students wholeheartedly took efforts in publishing the magazine. The first edition of magazine was released on 31/3/2023 by Principal Dr. G. S. Greesh Kumar. Mrs. Elizabeth Joseph, Coordinator, Women's Cell welcomed the gathering. The Principal released the magazine by handing over it to Karthika Das, Student Coordinator, Women's Cell. The principal praised and congratulated the magazine committee for the efforts taken in bringing out the magazine.

Outcome-Inspired the budding and talented writers to write creatively.

Developed the power of thinking and strengthened their imagination



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

Magazine Launch

പെണ്ണ

Manuscript Magazine
An initiative of
Aunika-Women's Cell
& Gender Justice Forum



Dr. Gireesh Kumar G. S
Principal



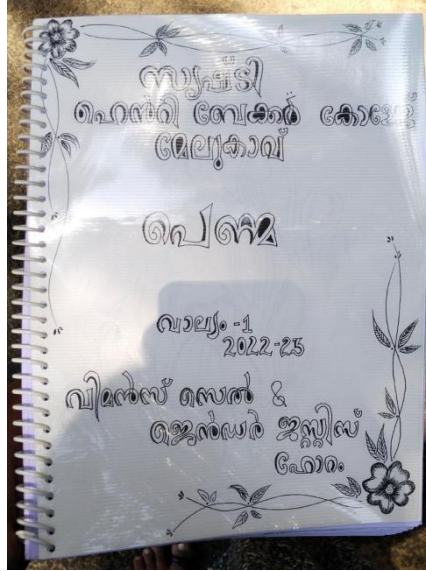
31/03/2023
@1.00pm



In front of the B. Voc
Department

Hearty Welcome





9.

Programme: State Level NSS Volunteer Leadership Camp “Yuvatha-2033”

Date: 17.05.2023 to 19.05.2023

Promoted by: NSS Unit, Henry Baker College

HibaFathima(I B. A English) has participated in State Level NSS Volunteer Leadership Camp “Yuvatha-2033” organized by National Service Scheme unit of Bharata Mata College, Thrikkakkara, Kochi supported by M G University NSS Cell which was held at Bharata Mata College, Thrikkakkara from 17.05.2023 to 19.05.2023.




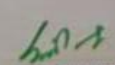
GOVERNMENT OF KERALA
HIGHER EDUCATION DEPARTMENT
NATIONAL SERVICE SCHEME STATE CELL

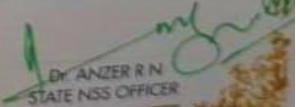
യുവത - 2023
State Level Leadership Camp
Certificate of Participation

This is to certify that Dr./Mr./Ms./Mx. Hiba Fathima
of Henry Baker College, Melukavu

has participated in the State Level NSS Volunteers Leadership Camp "YUVATHA - 2023" organized by National Service Scheme unit of Bharata Mata College, Thrikkakkara, Kochi, supported by MG University NSS Cell from 17th May to 19th May 2023 under the auspices of the State NSS Office, Govt. of Kerala at Bharata Mata College, Thrikkakkara.


Dr. JOHNSON K M
Principal, Bharata Mata College


Dr. E N SIVADASAN
Programme Co-ordinator, MG University


Dr. ANZER R N
STATE NSS OFFICER

7.2 Best Practices

Health Awareness Survey

Conducted by NSS Unit of Henry Baker College in association with Community Health Centre, Edamaruku and Melukavu Grama Panchayat

A Health Survey was conducted in Ward No. 12 of Melukavu Grama panchayat, in association with Community Health Centre, Edamaruku and Melukavu Grama Panchayat. Smt. Laly G. G talked in detail about the objectives the health survey and enlightened the students on how to gather information from the people. The students were divided into groups. They visited houses in the forenoon sessions of the camp and collected information based on the questionnaire. Panchayat members, Health workers and HarithakarmaSena members assisted the students throughout the survey. The survey was conducted from 27.12.2022 to 30.12.2022.





Survey Results of Ward 12 of Melukavu Grama Panchayat

A. General Details

Religion

Religion	Counts	% of Total	Cumulative %
Christian	128	80.0 %	80.0 %
Hindu	32	20.0 %	100.0 %

Caste

Caste	Counts	% of Total	Cumulative %
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Caste

Caste	Counts	% of Total	Cumulative %
General	81	50.6 %	50.6 %
ST	34	21.3 %	71.9 %
OBC	26	16.3 %	88.1 %
OEC	11	6.9 %	95.0 %
SC	8	5.0 %	100.0 %

Socio Economic Status

Socio Economic Status	Counts	% of Total	Cumulative %
APL	105	65.6 %	65.6 %
BPL	55	34.4 %	100.0 %

B. Amenities Available

House Details

House Details	Counts	% of Total	Cumulative %
Own	140	87.5 %	87.5 %
Rent	20	12.5 %	100.0 %

Type of House

Type of House	Counts	% of Total	Cumulative %
Concrete	135	84.4 %	84.4 %
Tiles	21	13.1 %	97.5 %
Sheet	2	1.3 %	98.8 %

Type of House

Type of House	Counts	% of Total	Cumulative %
Asbestos	2	1.3 %	100.0 %

Electricity

Electricity	Counts	% of Total	Cumulative %
Yes	157	98.1 %	98.1 %
yes	1	0.6 %	98.8 %
No	2	1.3 %	100.0 %

Waste Water

Waste Water	Counts	% of Total	Cumulative %
No Special System	70	55.1 %	55.1 %
Kitchen Garden	25	19.7 %	74.8 %
Soakage pit	20	15.7 %	90.6 %
Public Drainage	12	9.4 %	100.0 %

Plastic waste management

Plastic waste management	Counts	% of Total	Cumulative %
Haritha karma sena	79	49.4 %	49.4 %
Burned	34	21.3 %	70.6 %
Disposing on own land	47	29.4 %	100.0 %

Land owned by family

Land owned by family	Counts	% of Total	Cumulative %
50 or more	28	18.5 %	18.5 %
11-25 Cent	34	22.5 %	41.1 %
26-50 Cent	14	9.3 %	50.3 %
6-10 Cent	46	30.5 %	80.8 %
No	7	4.6 %	85.4 %
5 Cent	22	14.6 %	100.0 %

Proportion of the vegetables for own consumption cultivated

What proportion of the vegetables for own consumption are grow	Counts	% of Total	Cumulative %
Quarter	52	33.1 %	33.1 %
Almost Full	15	9.6 %	42.7 %
Half	35	22.3 %	65.0 %
Nil	55	35.0 %	100.0 %

Reason for not cultivating

Reason for not cultivating	Counts	% of Total	Cumulative %
No Time	18	24.0 %	24.0 %
NA	3	4.0 %	28.0 %
No Seeds	2	2.7 %	30.7 %
Not Interested	13	17.3 %	48.0 %

Reason for not cultivating

Reason for not cultivating	Counts	% of Total	Cumulative %
No Land;No Time	1	1.3 %	49.3 %
No Land	35	46.7 %	96.0 %
No Water	3	4.0 %	100.0 %

Where do you get milk for household requirements?

Where do you get milk for household requirements?	Counts	% of Total	Cumulative %
Packet milk	66	42.0 %	42.0 %
Neighbourhood	16	10.2 %	52.2 %
Society	55	35.0 %	87.3 %
Neighbourhood;Packet milk	1	0.6 %	87.9 %
Not Using	8	5.1 %	93.0 %
Own house	11	7.0 %	100.0 %

Domestic poultry

Domestic poultry	Counts	% of Total	Cumulative %
Poultry	24	17.1 %	17.1 %
Nill	109	77.9 %	95.0 %
Poultry;Duck	3	2.1 %	97.1 %
Duck	2	1.4 %	98.6 %
Cow	1	0.7 %	99.3 %
Goat,dog	1	0.7 %	100.0 %

Source of drinking water

Source of drinking water	Counts	% of Total	Cumulative %
Own well	101	67.00%	67.3 %
Neighbourhood Well	59	33.00 %	100.00%

Do you have the habit of drinking boiled water at home?

Do you have the habit of drinking boiled water at home?	Counts	% of Total	Cumulative %
Yes	144	91.7 %	91.7 %
No	11	7.0 %	98.7 %
Maybe	2	1.3 %	100.0 %

Toilet facility

Toilet facility	Counts	% of Total	Cumulative %
Septic Tank	142	89.3 %	89.3 %
Pit	14	8.8 %	98.1 %
Null	3	1.9 %	100.0 %

Distance between well and septic tank

Distance between well and septic tank	Counts	% of Total	Cumulative %
Above 7.5 m	106	85.5 %	85.5 %
Below 7.5 m	18	14.5 %	100.0 %

Is the open vent of the toilet covered with mosquito net?

Is the open vent of the toilet covered with mosquito net?	Counts	% of Total	Cumulative %
Yes	100	82.6 %	82.6 %
No	21	17.4 %	100.0 %

C. Factors Conducive to Health

Whether children below five years are vaccinated?

Whether children below five years are vaccinated?	Counts	% of Total	Cumulative %
No	33	47.1 %	47.1 %
Yes	37	52.9 %	100.0 %

Where do you take vaccination?

Where do you take vaccination?	Counts	% of Total	Cumulative %
Private Hospital	1	1.2 %	1.2 %
Private Hospital	16	19.0 %	20.2 %
Govt Hospital	67	79.8 %	100.0 %

Reason for not taking vaccination

Reason for not taking vaccination	Counts	% of Total	Cumulative %
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Reason for not taking vaccination

Reason for not taking vaccination	Counts	% of Total	Cumulative %
NA	11	61.1 %	61.1 %
Nil	2	11.1 %	72.2 %
No children	1	5.6 %	77.8 %
No	3	16.7 %	94.4 %
Yes	1	5.6 %	100.0 %

Medical treatment

Medical treatment	Counts	% of Total	Cumulative %
Govt Hospital	96	64.4 %	64.4 %
Private Hospital	53	35.6 %	100.0 %

Health insurance schemes

Health insurance schemes	Counts	% of Total	Cumulative %
No	68	51.9 %	51.9 %
Yes	63	48.1 %	100.0 %

No. of members in your family using the following drugs.

No. of members in your family using the following drugs.	Counts	% of Total	Cumulative %
Nil	94	83.2 %	83.2 %

No. of members in your family using the following drugs.

No. of members in your family using the following drugs.	Counts	% of Total	Cumulative %
Liquor	8	7.1 %	90.3 %
Liquor;Smoking	7	6.2 %	96.5 %
Smoking	2	1.8 %	98.2 %
Liquor; Beetel	1	0.9 %	99.1 %
Tobacco	1	0.9 %	100.0 %

How often do health workers visit your home?

How often do health workers visit your home	Counts	% of Total	Cumulative %
Once in an year	24	16.8 %	16.8 %
Once in six months	34	23.8 %	40.6 %
Once in three months	54	37.8 %	78.3 %
Not visiting	30	21.0 %	99.3 %
Rare	1	0.7 %	100.0 %

Kudumbasree members, if any.

Kudumbasree members, if any.	Counts	% of Total	Cumulative %
No	108	75.0 %	75.0 %
Yes	36	25.0 %	100.0 %

Has anyone got MNREGS card? □

Has anyone got MNREGS card?	Counts	% of Total	Cumulative %
Yes	45	33.1 %	33.1 %
No	91	66.9 %	100.0 %

Table Showing Disease Count

SI No	Disease	No of Houses having Patients
1	Diabetic	20
2	Cholesterol	24
3	Liver related problems	2
4	Cardio vascular	5
5	Chronic respiratory disease	4
6	Hyper tension	3
7	Cancer	0

The survey conducted by the students of the NSS Unit of our college revealed that lifestyle diseases affect the healthy living of people of Ward 12 of Melukavu Grama Panchayat. The number of people addicted to drugs is negligible. Majority of the children are vaccinated. Awareness programmes may be conducted to impart knowledge about healthy habits to avoid lifestyle diseases and the population may be encouraged to avail health insurance schemes. Timely intervention of health workers is commendable.

7.2 Best Practices

Programme: Free Haemoglobin Check-up for Girls

Date: 20-02-2023

Organized by: Henry Baker College in association with Community Health Centre, Edamaruk

Women being the backbone of a healthy society, the college is much concerned about the health of women students. Accordingly a hemoglobin test was conducted for the girl students with the help of the Primary Health Centre Edamaruk.

Objective-To check out the HB level and provide special health service to the needy.

To provide awareness to girl students on various health issues related to Anaemia.

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
വിളർച്ചയിൽ നിന്ന് വളർച്ചയിലേക്ക്
"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

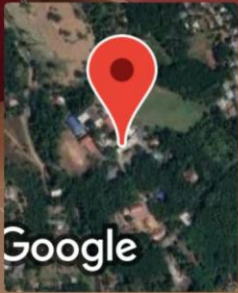
10:00 AM

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ദേശീയ ആരോഗ്യ ദാതൃം

Program Coordinated by Women's Cell and Gender Justice Forum



 **GPS Map Camera**



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

SL. NO	NAME AND ADDRESS	CASTE	DOB	PH.NO	BB	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 (hundiyl (u)) vazhakulam PO Muvattupuzha	OBC	27/4/2004	7025886414	10.8	
4.	Shifna . Noufal Vayyanga Hethett) Vayyanga Huche erattupetta kottayam		2/2/2004	9747010006	13.3	

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 chittadi chailil (H) Neelooz P.O Kottayam	OBC	24/11/2003	6238175371	14.3	
7.	Shahina . Shahul Pulicka chailil. (H) Erattupetta P.O Kottayam	OBC	25/3/2004	6238382486	13.5	
8.	Shalumol . Sasi cheethalaku zhiyil (H) 4 th mile P.O Idakki	SC	22/2/2004	8590497872	12.8	

SL. NO	NAME AND ADDRESS	CASTE	DOB	PH.NO	HB	REMARKS
9.	Neenu Johny Pallipazambil (H) Kalayanthani P.O Kalayanthani	OEC	14/10/2002	9590350484	8.3	
10.	Amrutha 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.	Kanthika K Rajan Kootaplaackal (H) Kosangallegu PO Talamali	St	20/4/2004	9744598361	11.2	

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SL. NO	NAME AND ADDRESS	CASTE	DOB	PH.NO	HB	REMARKS
13.	Shafeena Basheer Maruthanal pazambil (H) Nadaakkal 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.	Kaishnaparaya . Gopi kalayatholil (H) Thodanal P.O Thodanal	Sc	15/3/2005	6238348079	10.8	
16.	Sneha. Michael kayyanigil (H) konippadu P.O Chalamattam	General	18/12/2003 18/3/2003	9656776316	12.1	

SL NO	NAME AND ADDRESS	CASTE	DOB	PH.NO	HB	REMARKS
17.	Ashlin A.R Ammenchesiyil (H) Velathussey P.O Kottayam.	OEC	25/11/2003	9656244605	13.1	
18	Thasa . Babu Kodiyanchiara (H) Teekoy P.O. Narakupara.	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) Vengalbar P.O Thodupuzha	OBC	28/6/2003	9778154631	12.5	

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SL. NO	NAME AND ADDRESS	CASTE	DOB	PH.NO	HB	REMARKS
25.	Dalrya. 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	965494556	13.1	
27.	Nissyamol. James Pulickal (H) Ellumpuzam P.O Ellumpuzam	SE	24/3/2004	9961343663	<u>10.4</u>	
28.	Priyamol. Aaby Thachathumadakkilumkal (H) Irumapuzam p.o Irumapuzam	SE	11/8/2003	9744522181	14.1	

SL. NO	NAME AND ADDRESS	CASTE	DOB	PH.NO	HB	REMARKS
29	Shilpa Sivan slamplasseryil (H) Mammala kkandam	ST	14-8-2002	9745187391	10.5	
30	Haleema Begevi K.M Konampazambil (H) Madukkal P.O Erattupetta		14-6-2003	9447795458	11.7	
31	Dhadshana Sanoj chaduvilapputhanveedu (H) kattappana	OBC	10-4-2003	7306253354	15.5	
32	linu mol Janstin konnakkal (H) Monnilava	ST	14-9-2003	8281228595	14.2	
33	Sumayya P.N Plamoottil / plamoottil (H)	OBC	14-11-2003	9074519511	12.7	

SL. NO	NAME AND ADDRESS	CASTE	DOB	PH.NO	HB	REMARKS
34	Meera Beena Mathew kullikalavil (H) Piousmount		3-1-2001	9544435852	12	
35	Ashmitha Issac Nadaka thinkal (H) Melukavu	ST	21-12-2001	8078290874	12.1	
36	Anitha stanly kaboottumundukazh (H) Melukavu	ST	10-6-2001	8590329901	13.2	
37	Alkhila Sajeerji Chelappasath (H) Kuzumanna	SC	6-12-2002	9656948911	16.2	

SL.NO	NAME AND ADDRESS	CASTE	DOB	PH.NO	HB	REMARKS
38	Adhlya Michael Vattakkallamkal (H) Moonnilavu	ST	1-1-2002	8111867251 95	13.5	
39	Madiya Joseph Puthukkulam (H) Melukavattom	OEC	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	Abhina K. Biju Kattikkalil (H) Thalavada P.O.	SC	19-4-2005	9562184739	14.1	
43	Darsana K S Konnackal (H) Kavam Kandam	OBC	23-5-2003	8157821963	13.2	
44	Jisna Johnson Attukuzhiyil (H) Thoppu- Ppala Idukke	DEC	8-1-2003	8075632543	11.4	
45	Sneha Jusbin Kunnamputh (H) Poojath	DEC	13-4-2002	9188730304	11.7	

SL. NO	NAME AND ADDRESS	CASTE	DOB	PH.NO	HB	REMARKS
468	Aswathy V.S Vettiyapattin (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 Munniveedu (H) Edattupetta	OBC	9-6-2004	9744277503	10.1	
49	Pdaveena Shaji Thoppil (H) Allappada	SC SC	5-3-2004	9495849860	12.5	

SL. NO	NAME AND ADDRESS	CASTE	DOB	PH.NO	HB	REMARKS
50	Siji Mothula Tomy Chuttettu (H) Kollappalli		11-10-2002	9747571802	14.1	
51	Abhisami Anil Vattakkallinkal (H) Sdattupetta	OBC	29-7-2002	9048620631	12.7	
52	Grace levanya Pattanveetil (H) Akumali	OBC	24-5-2004	9562018894	14	
53	Salfiya Sakheeb Thottipadampal (H) Sdattupetta	OBC	8-7-2005	9747121316	15.1	

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	Johnsna Johnson Pacdikkal (H) Melukavu	ST	23-12-2004	9747418992	12.8	
56	Anju T.G cheenkallal (H) Allappada	OBC	23-7-2004	7034218291	10.5	
57	Ashly Sebastian Padiyikal (H) Melukavu	ST	1-4-2004	9562624192	12.4	

SL. NO	NAME AND ADDRESS	CASTE	DOB	PH.NO	HB	REMARKS
58	Namitha Suresh Edayakkunel (H) udat udumbannad P.1	Genadal	3-3-2003	9495158788	14	
59	Annas Mariya Joshy Thengumpalil (H) velliyamattam	Genadal	16-5-2003	7012727438	13.9	
60	Athida Thankappan Pinaravakkudi (H) kuttampuzha	ST	23-12-2002	8921815654	10	
61	Cheruja . C Pinaravakkudi (H) kuttampuzha	ST	29-9-2002	9207689652 8921890105	12.7	
62	Sunu George Pedumbakkattu (H) Velliyamattam	OBC	15-6-2000	7025424886	11.9	

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

HBC Melukavu

Viya Keralam

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SL NO	NAME AND ADDRESS	CASTE	DOB	PH.NO	HB	REMARKS
68	Kanya mol k.s. Kanjidam Kaattu (H) Mavadi	SC	28-7-2002	9400144176	16.3	
69	Doya Benny Malepattambil (H) Rampattam		20-11-2002	6288532012	12.3	
70	Disha V.J Vaippil, Vengalloor P.O Thodupuzha, Idukki	OBC	10-05-1972	9961845861	12.7	
71	Elizabeth Elizabeth Joseph Maniyattu (H) Kanjirattom.	RCSE	25/01/1988	9496352375	11.8	

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

HBC Melukavu

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SL. NO	NAME AND ADDRESS	CASTE	DOB	PH.NO	HB	REMARKS
73	Aswathi Sunil, poovathinkal (H), vellathoodanal, (PO) kuthupada	O	28-1-2004	7025157549	14.1	
74	Mubeena M, Moolayi (CH), ThaliParamba Kaminna.	O	5-12-2001	9539061382	11.3	
75	Kezeeya biju, poovanparambi kunapalli PO kunapalli	ST	29/3/2003	7510764789	13.5	
76	Fathana unni, viziikhaParambi (CH) Koovalpally	O	4/11/2003	8606564894	10.9	
77	Ruksana P.V, Paimuthi (CH) Nadakkal PO Erattupetta.	O	12/9/2003	9605107759	13.4	
78	Manjima o.m, Oolarayi (CH) Ezhacherry PO Pala	O	7/2/2003	9946325829	10.5	
79	Faisna K. Nazari, MannuParambi (CH) Erattupetta PO Elappunkal.	O	13/11/2001	9847182988	12.7	
80	Merin V.T, VillanguParambi (CH) Chumbalam PO Nedumkandam	O	24/9/2003	9061336519	11.1	

SL.NO	NAME AND ADDRESS	CASTE	DOB	PH.NO	HB	REMARKS
81	Abhaya Jarnet, Ottapalakkal (CH) Mustam P.O Mustam	O	26/5/2009	9567374484	12.3	
82	Meelin Ananthomay, Thaiparambil Konpad P.O Konpad	ST	20/10/2004	9744423055	14.4	
83	Neelha Fathima, Vellapally (CH) Thalamad P.O Kottayam	O	26/12/2003	9074845925	12.5	
84	Suminolas, Olanichal (CH) Maryland P.O Maryland, Kottayam	O	26/1/2004	9544729984	12.5	
85	Alleg Sebastian, Azeekal (CH) Melukar Varamattam P.O Melukavaramattam.	ST	11/4/2004	9446861597	11.2	
86	Anhila Shaji, Ambayyil (CH) Kollapar ly P.O, Kadamaal P.O Kottayam	O	12/8/2003	8590366676	13.2	
87	Tintumel Kuroiachen, Paippathy (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	Linumol. vargus, thadattil (H) Parayaviladuty P.O Parayaviladuty	O	22-11-2003	8157846267	14.4	
91	Denika ms, mundakkal (H) Thambalakkad P.O Kottayam	O	16/5/2003	9074554048	13.8	
92	Anu siby, Chakkalakkal (H) Kudayattur P.O Kudayattur	O	7/3/2003	9562687847	12.3	
93	Arjuna P.M, Pandalam (H) Eratupetta P.O Erattupetta	O	26/11/2002	9995043844	12.8	
94	Anjali Biju, Nediyakkal (H) kolani P.O Thodupuzha	O	12/2/2002	7025583182	10.1	
95	Juliya Joseph, Kizhyanikkal (H) chvoor P.O Mankomb	O	14/2/2003	9744391817	12.9	
96	Gurupriya, Naduvilaparakkal (H) Pooja, Thekkara P.O Pooja	O	27/5/2002	8590579700	13.8	
97	Ranjana C.P, Chirithi Parambil (H) vellipalams P.O Kozhikode	SE	2/1/2001	7736244247	14.2	
98	reshma R, Kalliyakkal (H) Kurattikal P.O Marayazhi	O	7/8/2001	8921645076	12.5	

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SL. NO	NAME AND ADDRESS	CASTE	DOB	PH.NO	HB	REMARKS
99	Anmarajya Kurian, Churuvil (CH) moonnilavu PO Kakakkadu.	O	9/10/2003	9844148745	14.4	
100	Aleetha Anju, Karumasthy (CH) Nayathode PO Chethinode	O	14/5/2004	7510281351	14.1	
101	Elsa maroia V.S, Vattakkavumbhal (CH) Anthinad Kottayam	O	11/11/2003	8129550766	12.9	
102	Arya Anu, Thekkunneel (CH) Adur Kham P.O Adullkam	O	9/10/2002	9544088801	12.4	
103	Annu Mathews, Vattakaraiyil (CH) Melukkavumattom P.O Kottayam	O	27/1/2003	9495530495	14.0	
104	Anu Marcelin Raj, Vadakkeveetil (CH) Erumapattom P.O Kottayam	ST	18/2/2003	9207085832	13.1	
105	Denika Rajinor, Mithenthamicall (CH) Vegallur P.O Thodupuzha.	O	31/12/2001	996142377	13.1	
106	Krishna Soti, Olanjiyil (CH) East Kaloor P.O East Kaloor	O	3/15/2002	9947902595	15.1	
107	Sandra Joy, Vattatharayil (CH) Kadameel. Kottayam	O	21/1/2001	8606003925	13.6	

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SL.NO	NAME AND ADDRESS	CASTE	DOB	PH.NO	HB	REMARKS
108	Jyothisha sumi, Manipalil (H) Elapuzhal, Pokalathukkadavu.	O	8/5/2003	8590226873	15.1	
109	Amaraaja Lal, melalattu (H) Chemmanur P.O Chemmanur	O	7/11/2002	9544576153	13.2	
110	Ishama S.M, Anthoath Podikkal (H) Poonjor P.O Panachipora.	O	17/3/2005	9605850110	13.0	
111	Britta Antony, Vadakkiveetil (H) Mamad P.O Mamad. Kottayam	O	25/5/2005	9539832508	13.6	
112	Shiny Mathew, Nizappal (H) Meehal P.O Meehal	ST	14/10/2004	9061252242	14.3	
113	P. Gouri, Parayil (H) Moolakkadu P.O Poringassery	O	6/2/2005	9497846361	14.3	
114	Athulya omanakuttan, kumperiba, veedu, Manady P.O Athuvassery.	SC	14/7/2004	7012386525	13.1	
115	Nayana biju, Karungummattathi (H), Koolumpidy Kottayam	O	1/9/2003	9207128377	11.2	
116	Anjana Stanley, Viliampalathal (H) Meluhava Kottayam	ST	24/3/2003	9747298453	12.3	

SL. NO	NAME AND ADDRESS	CASTE	DOB	PH.NO	HB	REMARKS
117	Anju Samthas, Kaniyashankal CH Ezattupetta Kothiyam	O	7/1/2002	9981312443	12.1	
118	Unni S.K, thannikkamattam CH chellamkovi	O	29/2/2002	7558800617	11.3	
119	Manya Jhans, Kurugattannikkal P.O Puthedu.	ST	4/10/2002	7510503924	13.3	
120	Febin Noushad, Kollamparaambi CH Ezattupetta P.O Ezattupetta	O	7/3/2003	9526681523	14.7	
121	Jissynt James, Pulichal CH Elumpuram P.O ELUMPURAM	ST	24/3/2004	9961343663	12.8	
122	Sherni Paul, Karamundoor CH Ezattupetta P.O Ezattupetta.	ST	4/9/1997	8075692230	16.5	
123	Beena Paul, Nachayi, vengalloor P.O Thodupuzha, Idukki	O	24/5/1970	9495883178	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	Anaswasa Biju, Chundattu (H) Udumbanoor	OBC	23/04/2002	7025965043	12.2	
125	Aswathy .k. Suresh, Karimundayil(H) Udumbanoor	OBC	07/08/2002	8590927432	14.5	
126	Josmi Sam, Vazhipurackal (H) Melukav	ST	28/07/2003	8129205326	10.2	
127	Fasna T.F, Thaulappalli (H) Thevarapara	OBC	01/11/2003	9744987049	13.6	
128	Dileena Kattichan, Thenganakurad, Kalathukadavu.	General	18/11/2002	8606396387	14.2	
129	Asneer Prasad, Ettelckal (H) Kollappally.	"	20/10/2003	9778747405	10.6	
130	Sona Suresh, Mannoor (H) Arakkulam	"	15/01/2004	8590535348	14.1	

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SL. NO	NAME AND ADDRESS	CASTE	DOB	PH.NO	HB	REMARKS
131	Athira N., Nellikunnam (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, Kallathelkutti (H) Erattupetta.	"	20/07/2002	9207324885	9.7	
134	Angel bby, Chamakkalagiri (H) Vallippara	General	22/06/2002	6282236399	10.3	
135	Swetha Anon, Mundattel (H) Kulamav	OEC	29/05/2003	8675748843	12.1	
136	Apasna Babu, Kottappurath (H) Puthambursha.	SC	26/02/2001	9846313590	12.3	
137	Shameema Thasmi, Thelakkattu (H) Erattupetta	OBC	04/06/2001	8590283172	13.6	
138	Biji Elizabeth Sunny, Nediyathu Thelkkathi Chennithala.	General	11/09/2001	8606253897	5.4	

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SL. NO	NAME AND ADDRESS	CASTE	DOB	PH.NO	HB	REMARKS
139	Gopika Vinod, Vadakkemadaathil (H) Arthinacl - gopikavinod27@gmail.com	General	27/05/2004	8547296209	12.4	
140	Seruya Mohanan- Mannarkunnath Thiladanadu - seruyamohanan0@gmail.com	"	27/12/2004	6282378858	11.2	
141	Anjana Ajith - Mannor (H) Kalathukadavu - ajithanjanal05@gmail.com	"	10/10/2004	8921532591	9.8	
142	Divyja M.V - Malayil (H) Arthinacl - mvdivyja90@gmail.com	OBC	13/04/2003	8848563930	13.7	
143	Nancy.k. Michael, Kalleperaduel, Melukavumettom nancykmichael113@gmail.com	ST	13/09/2003	6238909549	9.2	
144	Gayathri Premkumar, Kulathumkal 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	

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SL. NO	NAME AND ADDRESS	CASTE	DOB	PH.NO	HB	REMARKS
146	Ajitha P., Bhavanikkunne (H) Alambra, Malappuram	SC	13/08/2000	994071387	12.1	
147	Shifana Gasna, Vettiyampalackal Erattupetta	OBC	23/12/2004	6235107752	12.5	
148	Josna Johnson, Peedikayil (H) Melukavu	ST	23/12/2004	9747418935	9.8	
149	Noona Noushad, Kooliyattu (H) Erattupetta	OBC	12/03/2003	9961275352	14.6	
150	Safna Khudus, 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	


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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, Bharanagaram - 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	15/03/1996	8075747938	11.5	



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





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.

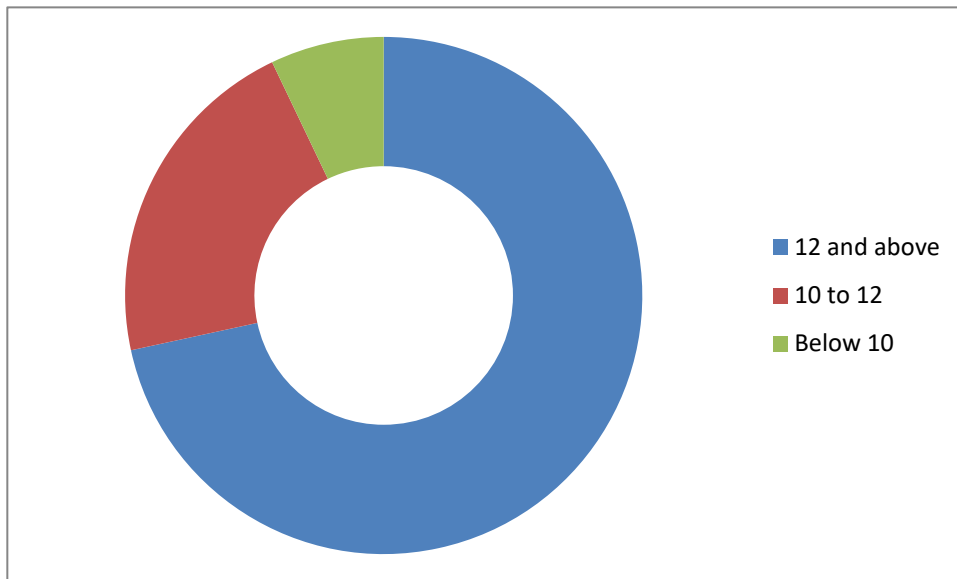
As part of the VIVA Keralam project, in association with CHC Edamarukku, 169 girl students of Henry Baker College, Melukavu underwent Haemoglobin test. Haemoglobin level of 12 students were below 10. As per the directions from CHC Edamarukku, they were directed for further check up.

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. NeenuJohny- 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.



Results of Hamoglobin Check Up