

NSS Blood Donation Camp Report, 27 Nov 2019

The NSS unit of Henry Baker College Melukavu, Organized a **Blood Donation Camp** in collaboration with Lions Club Of Pala Spice Valley, on 27th November 2019. The camp began at 10.00 a.m. with a short inaugural function where in Dr. Gireesh Kumar G. S principal was given a floral welcome. The Camp was inaugurated by **Sri.Mani C .Kappen MLA** and Presidential Address was given by **Rt.Rev.V.S Francis Bishop**. Mr Babu Vadakkemuri expressed his gratitude to the NSS unit of the college for its continuous endeavor in this regard. He also stressed on the growing need of blood in the state and commended the young volunteers for their noble act. Felicitations were given by Mr. Lion KJ Thomas IPS (Rtd.) Mr. Prof .Renjith Sebastian and Mr. Lion. Remy Babu proposed the vote of thanks. 40 volunteers came forward to donate blood during the camp which included teaching & non-teaching staff, students & non-student donors. At the end 40 units of Blood was collected. The blood donors were given frooti after donating the blood in order to reenergize themselves. The blood donors were provided with a blood donation certificate card by SH Blood Bank Kottayam. The Lions Club team was provided with lunch and the camp concluded at around 1.45 p.m.

This was the 1st camp conducted by the NSS unit for this academic year. The blood donation camp was co-ordinated by Prof. Justin Jose, N.S.S Programme Officer of the college. He was assisted by Dr. Santo Jose IQAC Co-ordinator, Dr. Nisha Joseph Programme Officer, Prof .Dennis Cherian, Dr. Jibin Mathew, Prof. Soumya Paul, Prof. Ansa Andrews.



,Henry Baker College,Melukavu

Blood Donation Camp

Sponsored by **Lions Club of Pala Spice Valley** in Association with NSS

Venue : College Auditorium Programme

Date :27.11.2019

Dignitaries Escorted to the Dais (Time 10.00 am)

Prayer

Welcome Speech : Dr.Gireesh Kumar G.S (Principal)

Presidential Address : **Rt.Rev.V.S Francis (Bishop, CSI East Kerala Diocese)**

Inauguration : **Sri. Mani. C. Kappen MLA**

Blood Donation Message : Lion. Shibu Thekkemattom (Pala Blood Forum)

Felicitations : MJF. Lion K.J Thomas IPS (Rtd.)

(District Chief Project Co-ordinator)

:Lion. Adv. James Kottukapallil (District Advisor)

:Lion. Prof .Renjith Sebastian

:MJF Lion. Babu Vadakkemuri (President Lions Club Pala Spice Valley)

:Dr.Santo Jose (IQAC Co-ordinator)

Vote of Thanks : Lion. Remy Babu (President Lioness Club)

National Anthem

Meeting adjourned for Blood Donation Camp at College Seminar Hall

List of Donors

Sl No	Name	Sl.No	Name
1.	Dr.Gireesh Kumar G.S	32	Jis Joy
2.	Prof.Ajitha V.R	33	Robin Ninan
3.	Prof. Soumya Paul	34	Ajith Prabha
4.	Prof.Paul Mathews	35	Sachu
5.	Dr. Nisha Joseph	36	Akshayamol Saji
6.	Mr. Sojan Thomas	37	Aswathy P.S
7.	Mr.Jomon Joseph	38	Sneha James
8	Shijin Mathew	39	Akbarsha Ansari
9	Rahul K.C	40	Vijay.P.Biju
10	Albin Varghese		
11	Emmanuel Thomas		
12	Arun Sebastian		
13	Basil Varghese		
14	Prince Francis		
15	Rahul Ravi		
16	Mohammed Aslam		
17	Athul Ravichandran		
18	Ajaykumar P Aji		
19	Denon Dominic		
20	Thomas J Ajay		
21	Shebin Shahul		
22	Subhash Sundaran		
23	Jithin Johnson		
24	Amal Sebastian		
25	Albin Binu		
26	Akshay Unni		
27	Jobin Jose		
28	Jeswin joy		
29	Albin Benny		
30	Ananthu Babu		
31	Abhijeeth. A		



blood donation camp

National Service Scheme

Henry Baker College, Melukavu

In Association with
Lions Club of Pala Spice Valley
27 November 2019, 10 AM

MONSOON MARATHON

As part of the Environment Day, a marathon was conducted by the department on **10 June 2019**. The motto of the program was 'Heal the Earth, Heal the Future' by preserving the Environment. The marathon was officially inaugurated by the college principal Dr.G.S. Gireesh Kumar by giving a meaningful message about our responsibility towards the environment and the need to preserve it. 25 students from different colleges participated in this programme as part of responsible tourism. The first and second prize was secured by Christ College, Irinjalikuda and Alphonsa College, Pala.



CYCLOTHON – ANTI DRUG AWARENESS CYCLING

As part of the social responsibility, a cycling was conducted by the department on **18th October 2019** from Melukavu to Kodanad. This cycling was flagged off by the Sub Inspector of Police, Melukavu.

The objectives of the program were:

1. To spread awareness to ensure drug free campus.
2. To prevent the initiation of drug use among the teenagers.
3. To visit school students and motivate them through anti narcotic campaign.
4. To distribute book leafs which contain anti narcotic messages.
5. Motivate students to become Volunteers of anti-drug activities in their life.

As part of the campaign, our students visited 3 schools;

1. MKNM HSS, Kumara Mangalam
2. Iype Memorial HS, Kaloore
3. St: Joseph HSS, Paingottoor



HENRY BAKER COLLEGE MELUKAVU
DEPARTMENT OF TOURISM
PRESENTS

CYCLOTHON
2019
OCTOBER 18

ANTI DRUGS AWARENESS
CYCLING

FROM MELUKAVU TO KODANABU

An illustration at the bottom of the poster shows four cyclists riding on a road that curves upwards. To the right of the cyclists is a triangular warning sign with a red border and a black 'X' in the center, with the word 'DRUGS' written below it. The background of the illustration is a gradient from yellow to orange.



. External Mentoring Classes

1. Abin Joseph took classes for I Year SSP students of 2019-2020

Department: External Mentoring Name of the Teacher: Abin Joseph

Sl. No	Date	Sessions	Name of Internal Mentor Engaged	Batch 1st/2nd/3rd Year
1.	23/11/2019	Time: 9:30-12:30 and 1:30-3:30 Subject : Life skills and Time management Topic : Goal setting Short term and long term goals How to build up an Organised life style Time management skills Focused efforts for successful life	Abin Joseph	2nd Year
2.	7/12/2019	Time: 9:30-12:30 and 1:30-3:30 Subject : English Language Skills Topic : English as a global language introduction. Basic Grammar rules Formal and Informal Writing	Abin Joseph	2nd Year
3.	25/1/2020	Time: 9:30-12:30 and 1:30-3:30 Subject : English Language Skills Topic: How to build up a strong vocabulary Practical methods to improve Listening Skills, Spoken English Practice	Abin Joseph	2nd Year



. Savio K Sanichen took classes for II Year students of 2019-2020

<u>S.S.P. HENRY BAKER COLLEGE</u>					
S.NO	Date	TOPIC	No of Hours	No. of students	Name of the trainer
1	1/2/20	1. Personal growth(Self -esteem enhancement) 2. English Language Skills (Speaking,)	5	20	Savio K Sanichen
2	22/2/20	1. Learning skills 2. English Language Skills (Listening)	5	30	Savio K Sanichen
3	29/2/20	1. English Language Skills(Writing) 2. Personal growth and Learning Skills	5	15	Savio K Sanichen



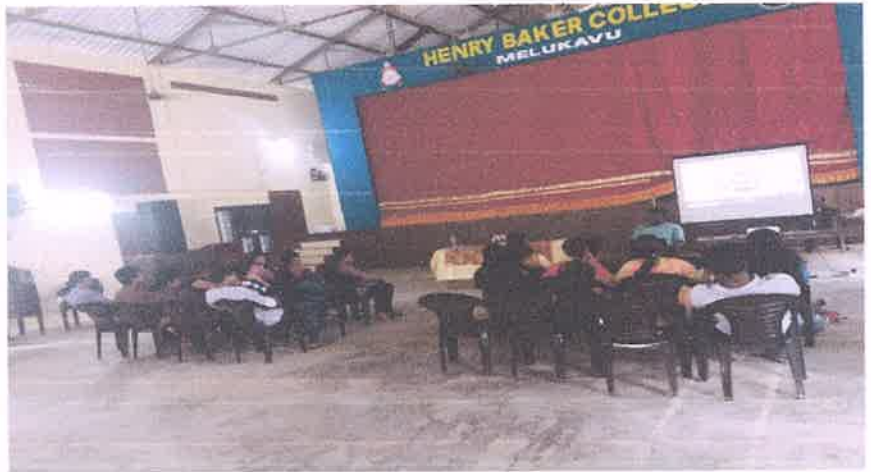
2018-2019

EXTERNAL MENTORING CLASSES

SI.NO	NAME OF EXTERNAL MENTOR	TOPICS FOR THE SESSION	DATE&TIMINGS SESSION
1	ABIN JOSEPH	INTERPERSONAL SKILLS, PUBLIC SPEAKING,LANGUAGE PRACTICING,TIME AND STRESSMANAGEMENT (6HOURS)	12/1/2019 9:30-4.30PM
2	GLARIES GEORGE	LIFE SKILLS(5 HOURS)	19/1/2019 10.00-4.00PM
3	SAVIO K SANICHEN	SOCIAL SKILLS(5 HOURS)	9/2/2019 10.00-4.00PM
4	AJITH P.C	INTERNET, SEARCH ENGINES, WORD PROCESSING ,INTRODUCTION TO COMPUTERS(5 HOURS)	10/2/2019 10.00-4.00PM
5	ABIN JOSEPH	INTERVIEW SKILLS, APPROPRIATE EXPRESSIONS (5 HOURS)	16/2/2019 9.30-4.30 PM
6	ABIN JOSEPH	CONTRACTUAL USE ,NON-VERBAL COMMUNICATION (6HOURS)	23/2/2019 9.00-4.00PM
7	KIRAN JAMES MATHEW	LANGUAGE PRACTICE, PERSONAL VALUES, TIME (5 HOURS)	24/2/2019 10.00 -4.00 P.M
8	SOFEL SEBASTIAN	COMPUTERS(ALL WORKING DAYS 19 HOURS)	9.00AM - 10.00AM
9	ABIN JOSEPH	LEARNING SKILLS - 4 HRS.	10.00 AM - 3.00PM

Abin Joseph, the ASAP trainer took 22 classes about Learning skills, interpersonal skills, Public speaking ,language practice, time and stress management etc. The Glaries George (Life skills),Savio K Sanichan (Social skills),Ajith P.C.(Internet, search engines, Word processing ,Introduction to Computers),Kiran James Mathew (Language Practice, Personal values) took 5 hours each.





1. Awareness programme on women empowerment

An awareness programme by Dr. J. Prameeladevi, social activist and former member, Kerala Women's Commission was held on 30/01/2019 at college auditorium. She encouraged the students to stand up for themselves and to be brave to tackle the challenges in our modern world. An open discussion after the session was also organized which helped the students to voice their queries and how to tackle the issues faced by women. 260 students participated.



Welcome speech by women cell coordinator Prof. Ajitha V.R.



Dr. J. Prameeladevi addressing the gathering



1. To instill a sense of self dependence in our girl students a workshop on skill development was arranged on 18/01/2020. The resource persons were Prof. Shyla Mathew, St. Joseph's institute of hotel management and catering technology, Choondacherry and Prof. Mathew, Department of hospitality and tourism management, Marian college, Kuttikkanam.

Women Cell
Henry Baker College, Melukavu

Skill Development Programme
on

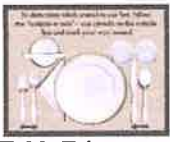





Table Etiquettes



Good Housekeeping



Cooking



Vegetable Carving

18/01/2020 @ Seminar Hall 10 am - 3 pm

Resource Persons:

<p>Prof. Shyla Mathew St. Joseph's Institute of Hotel Management and Catering Technology, Choondacherry</p>	<p>Prof. Mathew T. John Department of Hospitality & Tourism Management Marian College Kuttikkanam</p>
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Through this programme basic idea regarding table etiquettes and good house keeping were imparted to students. Hands on training on cooking and vegetable carving were also conducted.



Talk by Prof. Shyla Mathew on 'Good House keeping'



Talk by Prof. Mathew John on 'Table Etiquettes'



Hands on training on 'vegetable carving'



40 students participated in this workshop.



2. Legal Awareness Programme

Legal awareness class was arranged on 12/02/2020 in collaboration with district legal service society, Kottayam. Sri. Ullas P Scaria, district level coordinator led the class. The programme aims to empower girls with the knowledge of their legal rights and duties and students were made aware of various legal procedures which they have to face in day today life. He introduced students to various Laws and Acts of Indian Constitution which are framed to empower women and give them the space to live their life with dignity and rights. Women

cell coordinator Ajitha V. R. welcomed the gathering and Nithyamol Mathews of II B. Sc. proposed vote of thanks. 120 students participated in this programme.



Sri. Ullas P Scaria, district level coordinator, district legal service society, Kottayam.



3. Three day self defence programme for girls was arranged on 12 – 14 February 2020. The objective of the programme was to enable them to defend against any type of physical assault, to build self confidence, shape their own destiny and capacity enhancement. The programme was inaugurated by college Principal, Dr. Gireeshkumar G.S. Ann Maria Joseph, II B. A. English and Alfiya Ellias, I B. A. History (karate black belt students) were the instructors. Forty students participated in this event.







Awareness class on Health and hygiene

An Awareness class on Health and hygiene was conducted in association with Community Health Centre, Edamaruku on 4/3/2020 at 10.30 am at college auditorium. Dr. Sainudeen E. M., Medical Officer of Community Health Centre interacted with the students on health

issues faced by the youth nowadays. Topics of prime importance like personal hygiene, drug abuse, moral ethics etc were brought up and students were enlightened on these issues. 115 students participated in this programme.



Dr. Sainudeen E. M., medical officer, Community Health Centre, Edamaruku