



K.K.T.M. Govt. College

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🌐 www.kktmcollege.com

📍 Pullut, Thrissur, Kerala - 680 663

Affiliated to the University of Calicut

Re-accredited by NAAC with A grade (3.10 CGPA)

CRITERION 5 – STUDENT SUPPORT AND PROGRESSION

5.1.3 Capacity building and skills enhancement initiatives taken by the institution include the following- 2022'-23

LIST OF LIFE SKILL DEVELOPMENT INITIATIVES

Life skill- Awareness class for students on the topic “Women mental Health Matters” by Women's cell	16-12-2022
Life skill- Campus Cleaning Drive by National Service Scheme	17-11-2022
Life skill- Eternal peace through Sahajyoga by Department of English and Mathematics	21-6-2022
Life skill- Green Campus Clean Campus project by National Service Scheme	25-05-2023
Life skill- How to prevent sexual harassment against women in workplace by Department of English and Mathematics	8-2-2023
Life skill- Importance of Yoga in students' life by Department of English and Mathematics	23-2-2023
Life skill- Online Quiz program by Dept. of Zoology in connection with the observance of World Food Safety Day	07-06-2022
Life skill- Plastic free campus project by National Service Scheme	25-04-2023
Life skill- Pledge-taking by Dept. of Zoology against single-use plastic	01-07-2022
Life skill- Signature Campaign Against Drug Addiction by National Service Scheme	16-08-2022
Life skill- Swachhsagar Abhiyan at Poklai Beach by National Service Scheme	17-09-2022
Life skill- Training for cricket (men) by the Dept. of Physical Education	08-2022 to 09-2022
Life skill- Training for softball and baseball (men) by the Dept. of Physical Education	12-2022 to 01-2023
Life skill- Training for softball and baseball (men) by the Dept. of Physical Education	12-2022 to 01-2023
Life skill- Training for volleyball (men) by the Dept. of Physical Education	10-2022 to 11-2022
Life skill- World Drowning Prevention Day National Service Scheme	25-07-2022

WOMEN CELL ANNUAL REPORT 2022-2023

Women Cell, KKTU Govt College, Pullut started its activities for the academic year 2022-23 with an inaugural ceremony on 16/12/2022 by Smt. Sreelakshmi, Case Worker, SAKHI OSC, Govt. of Kerala Thrissur. It was followed by an awareness class for students on the topic "Women mental Health Matters". It was an interactive session and students actively participated in it.

As part of international Women's Day observance Women cell in collaboration with Gender justice Forum organised a seminar. Inauguration was done by Smt. Jolly Chirayath, Cine artist and an Activist. Key note address was given by Dr. G. Ushakumari, HOD, Research Dept. of Malayalam, KKTU Govt. College, Pullut. The seminar was presided by our college Principal Dr. Nesy. E. A and the moderator was Panchami. B. P, Research Scholar, Malayalam Department. Students presented their view points on various issues and problems that they are facing in the contemporary society.

Women cell and Department of History and Jeevani Counselling Cell together organised various competitions for the students. It included Poster making, Collage, Essay writing, Speech, and Debate. All the topics were related to women, such as Women and Mental Health, Women and Social Media, Women and Market and Conditioning of Women. Many students participated in the competitions with great enthusiasm. Winners of the competition were given trophy and cash prize on the Merit Day.

With the assistance of Jeevani Women cell has organised various awareness classes for girl students on menstrual hygiene, lifestyle diseases, PCOD ETC.



WOMEN'S DAY SEMINAR
 A Talk by Smt.Jolly Chirayath
 (Cine Artist and Activist)



K. K. T. M. Govt. College, Pullut, Kodungallur

Women Cell Inauguration & Invited Talk
in association with
Jeevani & IQAC

**AWARENESS CLASS ON
WOMEN'S HEALTH
MATTERS**

Resource Person



Sree Lakshmi
Case Worker
Sathi QAC, Govt. of Kerala,
Chennai



December 16
2 P.M
Audio Visual Room



WOMEN CELL
KKT GOVT COLLEGE, PULLUT

GPS Map Camera

Thrissur, Kerala, India
Pullut Rd, Kerala 680663, India
Lat 10.23921°
Long 76.213056°
16/12/22 02:31 PM GMT +05:30



WOMEN CELL
KKT GOVT COLLEGE, PULLUT

GPS Map Camera

Thrissur, Kerala, India
Kodungallur - Shomur Rd, Kerala 680664, India
Lat 10.237277°
Long 76.211155°
16/12/22 02:27 PM GMT +05:30

VARIOUS COMPETITIONS CONDUCTED BY WOMEN CELL



KKTM GOVT COLLEGE PULLUT
WOMEN CELL IN ASSOCIATED WITH
JEEVAJI & HISTORY DEPARTMENT

POSTER MAKING
Topic : Women And Mental Health
15-03-2023-Wednesday

COLLAGE MAKING
Topic : Women And Social Media
15-03-2023-Wednesday

ESSAY WRITING
Topic : Women And Market
16-03-2023-Thursday

SPEECH
Topic : Conditioning Of Women
17-03-2023-Friday





Campus Cleaning Drive Organized by KKTU Govt. College N S S Units

KKTM Govt. college organized a campus cleaning drive involving newly enrolled first year students in the NSS unit. The students sorted the waste collected from different parts of the campus and handed over the plastic waste to Green Karma Sena. The event was organized on 17/11/2022.

Introduction:

On the 17th of November 2022, KKTM Government College organized a campus cleaning drive as part of its commitment to environmental sustainability and community engagement. The initiative was led by the National Service Scheme (NSS) unit of the college and involved newly enrolled first-year students.



Objective:

The primary objective of the campus cleaning drive was to foster a sense of responsibility towards the environment among students and promote cleanliness and hygiene on the college campus.



Activities:

Waste Collection:

Students, under the guidance of NSS volunteers, actively participated in collecting waste from different parts of the campus. The collected waste included plastic waste, paper waste, and organic waste.

Sorting:

After the waste collection, the students diligently sorted the waste into different categories to facilitate proper disposal and recycling. Emphasis was placed on segregating plastic waste from other types of waste due to its harmful impact on the environment.



Disposal of Plastic Waste:

The plastic waste collected during the drive was handed over to Green Karma Sena, an environmental organization dedicated to promoting sustainable waste management practices. This step was crucial in ensuring the proper disposal and recycling of plastic waste to minimize its environmental footprint.

Awareness and Education:

Throughout the cleaning drive, students were provided with educational sessions and awareness campaigns highlighting the importance of waste management, recycling, and the detrimental effects of plastic pollution on the environment and wildlife.

Impact:

The campus cleaning drive had several positive impacts, including:

Promoting a cleaner and healthier campus environment.

Instilling a sense of environmental responsibility and civic duty among students.

Fostering collaboration and teamwork among students and NSS volunteers.

Contributing to the reduction of plastic pollution and promoting sustainable waste management practices.

Conclusion:

The campus cleaning drive organized by KKTU Government College was a resounding success, thanks to the active participation and dedication of the students and NSS volunteers. The event not only contributed to the cleanliness of the campus but also served as a valuable educational opportunity to raise awareness about environmental issues and the importance of collective action in addressing them. Such initiatives reflect the college's commitment to environmental sustainability and community engagement.

Recommendations:

To build on the success of this event, it is recommended that similar campus cleaning drives be organized regularly, with continued emphasis on waste management education and community involvement. Additionally, the college could explore partnerships with local authorities and environmental organizations to implement long-term sustainable waste management solutions on campus.

Life skill- Eternal peace through
Sahajyoga by Department of
English and Mathematics

21-6-2022

Green Campus Clean Campus -Report

Date: Thursday, 25th May 2023

Event: Green Campus Clean Campus Project Inauguration

Venue: Pond in front of the College Office

Objective: To promote environmental sustainability and beautification of the campus through cleaning and planting initiatives.



Inauguration:

The Green Campus Clean Campus project was formally inaugurated on Thursday, 25th May 2023, at the pond located in front of the college office. The honorable Principal, Dr. E A Nesy, presided over the inauguration ceremony. Dr. Nesy ceremoniously inaugurated the program by planting a rose tree, symbolizing the commitment to nurture and enhance the campus environment.



Activities:

Cleaning:

The primary activity of the day involved the thorough cleaning of the pond area. Volunteers and participants actively engaged in removing debris, litter, and any pollutants from the vicinity, ensuring a pristine environment for the campus community.

Plantation:

Following the cleaning drive, the focus shifted towards enhancing the aesthetics and ecological value of the area. Flowering plants were carefully selected and planted around the pond, adding natural beauty and biodiversity to the surroundings.

Inaugural Speeches:

Dr. EA Nesy: The Principal delivered an inspiring address, emphasizing the significance of environmental conservation and the role of each individual in fostering sustainability. Dr. Nesy underscored the importance of initiatives like the Green Campus Clean Campus project in creating a conducive and eco-friendly learning environment.

Program Officers:

Shany Teacher: Shany Teacher delivered an impassioned speech highlighting the objectives and vision of the project. She encouraged active participation from students, faculty, and staff to ensure the success and longevity of the initiative.



Hallelu Rehuman VM: Hallelu Rehuman VM shared insights into the practical aspects of maintaining a green campus and underscored the need for continued efforts in sustainability practices. He emphasized the transformative impact such initiatives can have on both the physical environment and the mindset of the campus community.

Conclusion:

The Green Campus Clean Campus project inauguration marked a significant step towards fostering environmental stewardship and community engagement within the college campus. Through collaborative efforts and commitment, the campus aims to sustainably manage its natural resources while promoting a culture of environmental responsibility among its members.

The event concluded with a sense of achievement and determination to uphold the principles of a clean and green campus in the days to come.

Life skill- How to prevent sexual harassment against women in workplace by Department of English and Mathematics

8-2-2023

Life skill- Importance of Yoga in
students' life by Department of
English and Mathematics

23-2-2023

The Department of Zoology organized an online Quiz program in connection with the observance of World Food Safety Day on 07.06.2022, which saw a remarkable participation of 82 individuals including staff and students of the college. The event was a great success, bringing together students from various backgrounds to test their knowledge on food safety. After a fierce competition, the first prize was clinched by Doctor Vinayasree, Assistant Professor of Physics, Abeesh K. K., Non teaching staff along with Abhinav Krishna P.V., Vishal, V V, who were final-year BTTM students. Their exceptional performance and extensive understanding of the subject matter earned them the top spot. The event not only promoted awareness about food safety but also showcased the intellectual prowess and competitive spirit of the participants.

Dept. of Zoology
KKTm GOVT. COLLEGE, PULLUT, 680 663

Announcing the winners of Online Quiz Competition
conducted in connection with
World Food Safety Day 2022



Abhinav Krishna P V
III DC Travel & Tourism



Visal V V



Dr. Vinayasree S
Asst. Professor



Abeesh K K
Non Teaching Staff

Congratulations Winners !!!!!



Plastic Free Campus Project

Date: April 25, 2023

Introduction:

On April 25, 2023, the Plastic Free Campus project was initiated at K K T M Govt. college. The project aims to eliminate the use of plastic within the campus premises, promoting environmental sustainability and fostering a greener environment.



Activities:

Cleaning Activities: A comprehensive cleaning drive was undertaken throughout the campus area. Staff, students, and volunteers actively participated in the cleaning activities, demonstrating their commitment to the cause.

Inauguration: Principal Dr. EA Nesy inaugurated the Plastic Free Campus project, emphasizing the importance of environmental conservation and the role of educational institutions in leading sustainable initiatives.

Synthetic Track Clearance: Special attention was given to clearing plastic waste from the premises of the newly constructed synthetic track. This area was

identified as a priority due to its significant usage by students and the community for various recreational and sports activities.



Collaboration:

The success of the Plastic Free Campus project was made possible through collaboration with Green Karma Sena, an environmental organization dedicated to promoting eco-friendly practices and waste management.

Outcome:

Plastic Collection: A substantial amount of plastic waste was collected from the campus premises during the cleaning activities. This included single-use plastics, plastic packaging, and other non-biodegradable materials.

Handover to Green Karma Sena: Following the cleaning drive, the collected plastic waste was handed over to Green Karma Sena for proper disposal and recycling. This step ensures that the plastic is managed responsibly, reducing its negative impact on the environment.



Conclusion:

The Plastic Free Campus project marks a significant milestone in K K T M Govt. college's commitment to sustainability and environmental stewardship. By eliminating plastic usage and promoting eco-friendly practices, the institution sets an example for its students, staff, and the community at large. Moving forward, ongoing efforts will be made to maintain a plastic-free environment and explore additional initiatives to further reduce the campus's ecological footprint.

On July 1st, 2022, the students of the Department of Zoology took a pledge against single-use plastic to create a safe environment. They wholeheartedly committed to reducing their plastic consumption and its harmful impact on the environment. During this event, the students gathered together and voiced their determination to use eco-friendly alternatives and promote sustainable practices. They understood the importance of protecting wildlife and ecosystems from the devastating effects of plastic pollution, and their united efforts aimed to make a positive change for a greener and cleaner future.





Thrissur, Kerala, India
KKTM College Rd, Kerala 680663, India
Lat 10.239502°
Long 76.211711°
01/07/22 02:02 PM

Report on Signature Campaign Against Drug Addiction

Date: 16th August 2022

Venue: KKTM Govt. College

Organizers: NSS Units

Introduction:

On 16th August 2022, the NSS units of KKTM Govt. College launched a signature campaign aimed at raising awareness about the perils of drug addiction. The event was organized with the objective of mobilizing support from the

college community to combat the menace of drug abuse and promote a drug-free society.



Campaign Overview:

The signature campaign kicked off with a brief inauguration ceremony, during which the significance of the initiative was highlighted by the faculty advisors and NSS unit leaders. Emphasizing the devastating impact of drug addiction on individuals, families, and communities, the organizers underscored the urgent need for concerted action to address this pressing issue.

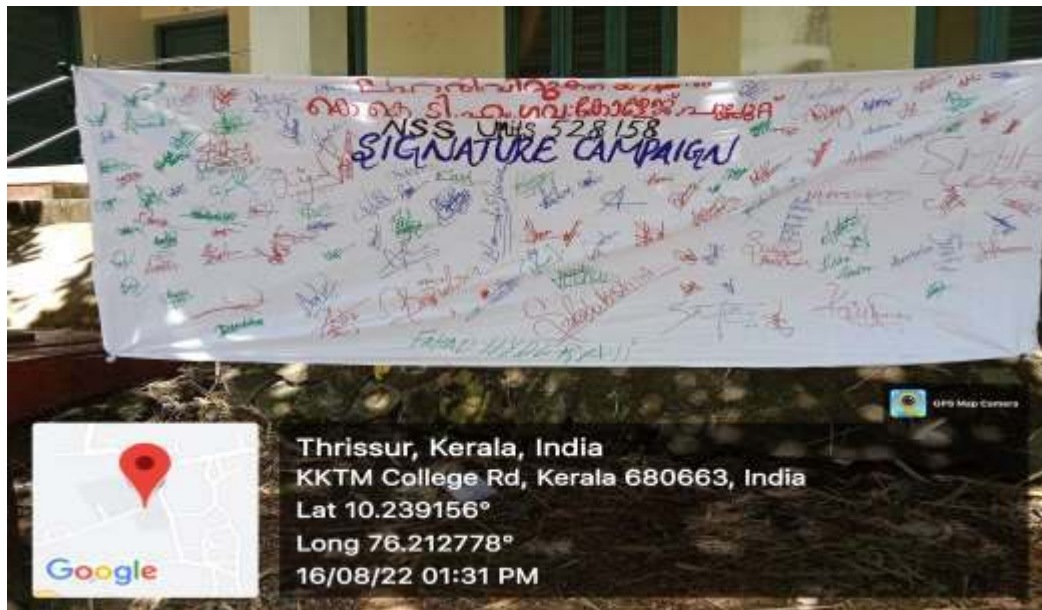
Engagement and Participation:

Students, faculty members, and staff enthusiastically participated in the campaign, expressing their solidarity with the cause by signing the pledge banner. The campaign served as a platform for open dialogue and discussions on the root causes of drug abuse, its consequences, and strategies for prevention and intervention.

Awareness Generation:

In addition to collecting signatures, the campaign featured informative posters, pamphlets, and presentations disseminating vital information about the dangers of drug addiction, available support services, and avenues for seeking help. These

educational materials served to empower individuals with knowledge and resources to make informed decisions and seek assistance when needed.



Impact and Outreach:

The signature campaign garnered significant attention and support from the college community, with a large turnout of participants pledging their commitment to reject drugs and promote a healthy lifestyle. The event also received coverage from local media outlets, further amplifying its reach and impact beyond the confines of the college campus.

Conclusion:

The signature campaign against drug addiction organized by the NSS units of KKTU Govt. College was a resounding success, thanks to the active participation and engagement of students, faculty, and staff. By uniting in solidarity against the scourge of drug abuse, the college community reaffirmed its collective resolve to safeguard the well-being and future of individuals and society at large.

Swachhsagar Abhiyan at Poklai Beach

Date: September 17, 2022

Location: Poklai Beach, Mathilakam Panchayat



Introduction:

The Swachhsagar Abhiyan, a cleanliness drive aimed at promoting a clean environment and sustainable waste management, witnessed active participation from around fifty students of KKTMS unit. Held on Saturday, September 17, 2022, the event focused on cleaning activities spanning three kilometers along the Poklai Beach in Mathilakam Panchayat.



Objective:

The primary objective of the Swachhsagar Abhiyan was to raise awareness about the importance of maintaining cleanliness in public spaces, particularly beaches, and to actively engage the youth in environmental conservation efforts.

Activities:

Beach Cleaning: Participants enthusiastically engaged in the cleaning of Poklai Beach, removing litter and debris to restore the natural beauty of the coastline.

Segregation and Disposal: Emphasis was placed on segregating waste into recyclable and non-recyclable categories to ensure proper disposal. Biodegradable waste was composted, while recyclables were collected for recycling facilities.



Awareness Campaign: Concurrent with the cleaning activities, an awareness campaign was conducted to educate beachgoers and local residents about the importance of waste management, recycling, and the adverse effects of littering on marine ecosystems.

Community Engagement: The event fostered community involvement, with volunteers interacting with local residents and businesses to garner support for ongoing cleanliness initiatives.



Impact:

The Swachhsagar Abhiyan at Poklai Beach yielded significant positive outcomes:

Three kilometers of coastline were cleaned, making the beach more inviting for visitors and safeguarding marine life from the dangers of pollution.

Awareness about waste management and environmental conservation was heightened among participants and the local community.

The event served as a catalyst for ongoing efforts to maintain cleanliness and promote eco-friendly practices in Mathilakam Panchayat.

Conclusion:

The Swachhsagar Abhiyan at Poklai Beach exemplified the power of community-driven initiatives in fostering environmental stewardship and promoting sustainable living practices. The active participation of students from KKTMS unit underscored the importance of youth engagement in addressing environmental challenges. Moving forward, it is imperative to sustain the momentum generated by this event and continue working towards a cleaner, greener future for our coastal ecosystems.

TRAINING PROGRAMMES FOR SPORTS

DEPT. OF PHYSICAL EDUCATION

Student Attendance Register for (cricket-men) Players

Sl. No.	Name	Date	Day
1.	Bsc. Harmandan F	1	M
2.	3 rd BSc Prakash P. U.	2	M
3.	1 st MA Anu V.S	3	M
4.	1 st BSc Sriganki	4	M
5.	3 rd BSc Srigankumar K.F	5	M
6.	3 rd BSc Mafzal R.M	6	M
7.	3 rd BSc Krishna Gokul	7	M
8.	2 nd BSc Abhay R.P	8	M
9.	3 rd BSc Anil Sreyu	9	M
10.	2 nd BSc Shabaldeen K.S	10	M
11.	3 rd BSc Harpreet M.	11	M
12.	3 rd BSc Rafiq M.R	12	M
13.	2 nd BSc Medhan F	13	M
14.	3 rd BSc Mohamed Sobir K.K	14	M
15.	2 nd BSc Shasmita	15	M
16.	3 rd BSc Abhijit P.J	16	M

For September 2023

Sl. No.	NAME	Date	Day
1.	Bsc. Harmandan F	1	M
2.	3 rd BSc Prakash P. U.	2	M
3.	1 st MA Anu V.S	3	M
4.	1 st BSc Sriganki	4	M
5.	3 rd BSc Srigankumar K.F	5	M
6.	3 rd BSc Mafzal R.M	6	M
7.	3 rd BSc Krishna Gokul	7	M
8.	2 nd BSc Abhay R.P	8	M
9.	3 rd BSc Anil Sreyu	9	M
10.	2 nd BSc Shabaldeen K.S	10	M
11.	3 rd BSc Harpreet M.	11	M
12.	3 rd BSc Rafiq M.R	12	M
13.	2 nd BSc Medhan F	13	M
14.	3 rd BSc Mohamed Sobir K.K	14	M
15.	2 nd BSc Shasmita	15	M
16.	3 rd BSc Abhijit P.J	16	M

CASUAL LEAVE
 IN THE MONTH
 ABSENCE
 TOTAL

11
10
9
8
7
6
5
4
3
2
1

Disaster Management

District Disaster Management Authority organized World Drowning Prevention Day on 25/07/22 at Ayanthol District Planning Office Conference Hall and 8 children participated on behalf of KKTMM NSS Unit.

World Drowning Prevention Day Event

Date: July 25, 2022

Location: Ayanthol District Planning Office Conference Hall

Organizer: District Disaster Management Authority



Participants:

8 volunteers from KKTm NSS Unit

Objective:

The event aimed to raise awareness about drowning prevention and educate the community, especially children, about water safety measures.



Event Overview:

The District Disaster Management Authority organized the World Drowning Prevention Day event on July 25, 2022, at the Ayanthol District Planning Office Conference Hall. The event brought together various stakeholders, including government officials, educators, community leaders, and students, to address the critical issue of drowning prevention.

Activities:

Awareness Sessions: Expert speakers delivered informative sessions on drowning statistics, risk factors, and preventive measures. They emphasized the importance of supervision, swimming lessons, and safety equipment such as life jackets.

Interactive Workshops: Engaging workshops were conducted to teach essential water safety skills, including basic swimming techniques, rescue procedures, and CPR.

Demonstrations: Live demonstrations showcased proper techniques for administering CPR and using life-saving equipment, providing attendees with practical knowledge they could apply in emergency situations.

Panel Discussion: A panel of experts led a discussion on strategies for improving water safety at community levels, highlighting the role of local authorities, educational institutions, and grassroots organizations.

Awareness Campaign: Posters, pamphlets, and educational materials were distributed to raise awareness about drowning prevention and promote safe practices among the population.

Participation of KKTMM NSS Unit:

Eight enthusiastic children from the KKTMM NSS Unit actively participated in the event. They engaged in all activities with enthusiasm, demonstrating their commitment to promoting water safety within their community.

Outcomes:

Increased Awareness: The event succeeded in raising awareness about the risks of drowning and the importance of preventive measures among participants.

Skill Development: Attendees, including the children from KKTMM NSS Unit, acquired valuable water safety skills and knowledge, empowering them to take proactive measures to prevent drowning incidents.

Community Engagement: The event fostered collaboration among stakeholders and encouraged community members to work together to implement effective drowning prevention strategies.

Sustainable Impact: The dissemination of educational materials and the exchange of ideas during the event are expected to have a lasting impact on water safety practices in the community.

Conclusion:

The World Drowning Prevention Day event organized by the District Disaster Management Authority served as a significant step towards creating a safer environment for all community members, especially children, around water bodies. By raising awareness, imparting essential skills, and fostering collaboration, the event contributed to the ongoing efforts to prevent drowning incidents and save lives.