



ESTABLISHED IN 1981

# Al-Ameen

College, Edathala

Govt. Aided Institution,  
Affiliated to Mahatma Gandhi University, Kottayam  
(Accredited By NAAC)

## CRITERIA – V STUDENT SUPPORT AND PROGRESSION

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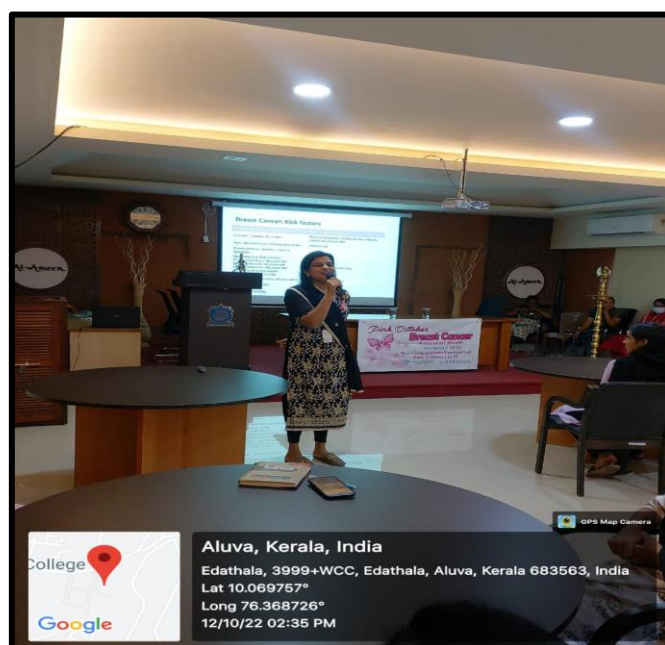
### Capacity Building and Skills Enhancement Initiatives taken by the Institution

THE NATIONAL ASSESSMENT AND ACCREDITATION COUNCIL (NAAC)  
ON FEBRUARY 2020



# Life Skills

## 1. Breast Cancer Awareness



Every October marks Breast Cancer Awareness Month (BCAM), a national campaign to raise awareness for this cause (NBCF, 2021). Women Cell, Al Ameen College Edathala, in

association with KSWDC, organised an awareness programme on breast cancer on October 12, 2022, at 2 p.m. in the seminar hall. Dr. Anjaleena Elizabeth Eapen, Consultant Clinical Oncology, Karkinas Healthcare, led the awareness programme. In her speech, she emphasised the importance of knowing about breast cancer, its prevention, and the utilisation of awareness programmes by women in the community. She appreciated the effort of students and faculty of Women Cell in organizing an awareness programme. She explained the causes, stages, clinical features, early diagnosis, and management, which was followed by a demonstration of self-breast examination. The programme ended with a vote of thanks by Ms. Raeesa Sajeeb, Student Coordinator, Women Cell. 94 students participated in the programme.

## 2. Menstrual Cup Awareness Programme





Women Cell, in association with KSWDC, launched the Menstrual Cup Awareness Programme, a campaign, on February 15, 2023, at the college auditorium in order to promote the use of menstrual cups instead of sanitary napkins. As part of this campaign, the menstrual cup was made available free of charge to all college girls and teachers. IMA Kochi President, Dr. Maria Varghese, conducted a session on awareness for students and teachers of the college. The doctor spoke on menstrual hygiene, the use of the menstrual cup, and how its use can make menstrual days feel like any other normal day. Menstrual Cups are considered eco-friendly as they are reusable, durable, sustainable, and reliable. Economically, the menstrual cups are less expensive as compared to the sanitary pads. These cups are washable and reusable. The event promoting a sustainable and inclusive future was a great success, and Women Cell is looking forward to continuing with the mission to ensure better menstrual hygiene. A 10-day counter was opened for the sale of menstrual cups on campus, and women cell members led the campaign.



### 3. International Yoga Day Celebration



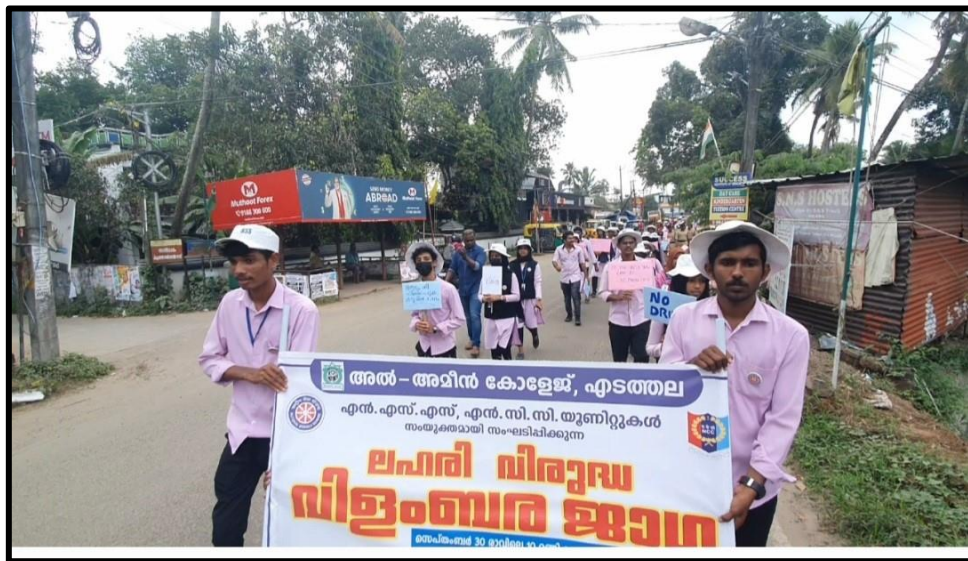
International Yoga Day is celebrated all over the world on 21st June 2022 to bring peace, harmony, happiness and success to everyone. NSS volunteers in coordination with the NCC unit conducted a group yoga session on 18 June 2022 in the campus. The session started at 8:30 AM in the auditorium with NSS song. Yoga instructor Smt Nimmy taught various asanas to volunteers and explained its physical and mental advantages. The session was concluded at 10:30 AM.

### 4. Anti-Drug Awareness Class



As part of ആരോഗ്യമേള, Al-Ameen College NSS unit in association with Edathala Block Panchyath and Primary health centre organised anti-drug awareness class on 12 August 2022 in the seminar hall. Mr Harish, CI, Excise department, Aluva was the resource person. His speech threw light on how drug abuse is a potential bane on the society.

#### 5. Anti-Drug Awareness Campaign-Vilambara Jaatha



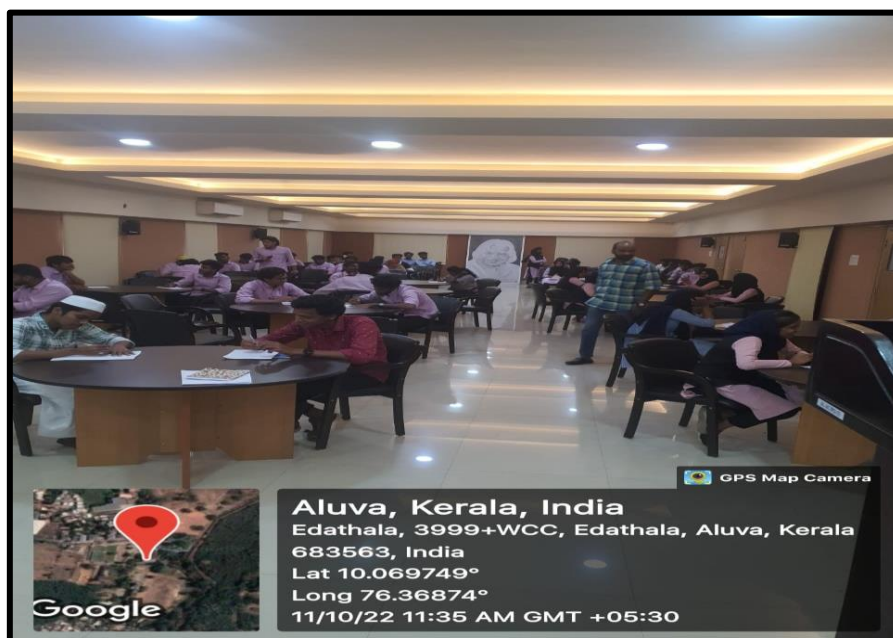
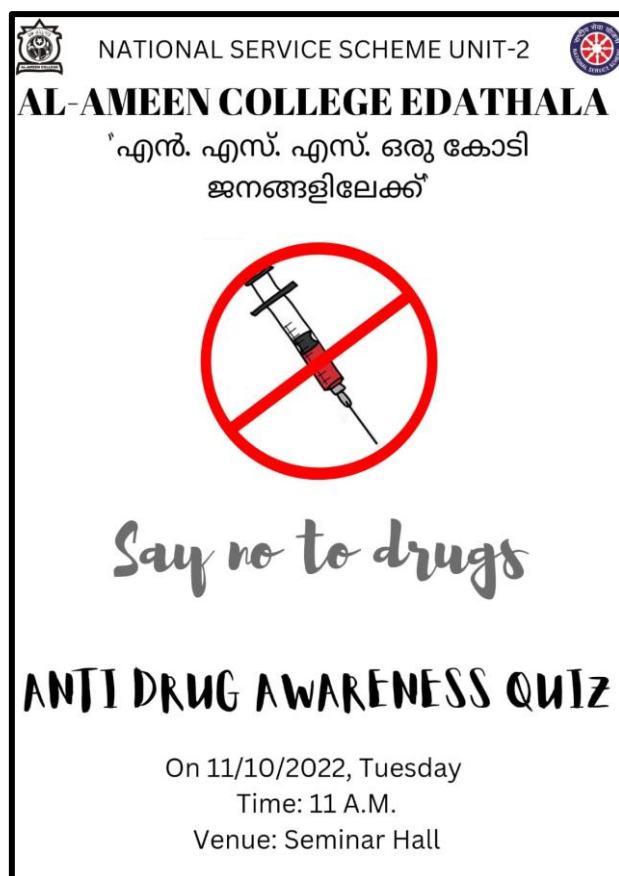
As part of anti-drug awareness campaign, Al-Ameen college NSS unit in association with Anti-Drug Cell and NCC conducted a Vilambara Jaatha on 20 September 2022. 291 students and 5 teachers has participated in the programme. The rally was started from the college premises to Kodikuthumala at 09.30 AM and was concluded by 11.00 AM.

## 6. Anti-Drug Awareness Campaign- Chief Minister Inauguration



Al-Ameen college NSS unit in association with Anti-Drug Cell and NCC virtually participated in Chief Ministers' Anti-Drug awareness programme inauguration held at Trivandrum on 06 October 2022. An anti-drug pledge was also delivered. The students from NSS and NCC units of the college actively participated in the programme. The ward member, Afsal Kunjumon, Edathala Grama Panchayat presided the function.

## 7. Anti-Drug Awareness Campaign- Quiz Competition



Al-Ameen college NSS unit in association with Anti-Drug Cell and NCC conducted an Anti-drug awareness Quiz on 11 October 2022 in the seminar hall. The students from various



departments participated and first prize and the second prize was secured by Sreekuttan P R from B.Com Computer application and Muhammed Musammil from BSc. Petrochemicals department respectively.

### 8. Anti-Drug Awareness Campaign- Street Play



Al-Ameen college NSS unit in association with Anti-Drug Cell and NCC conducted a Street play on 01 November 2022. 15 NSS volunteers participated in the programme. The street play was witnessed by thousands of students inside the college campus and a significant and impactful message was conveyed to students.

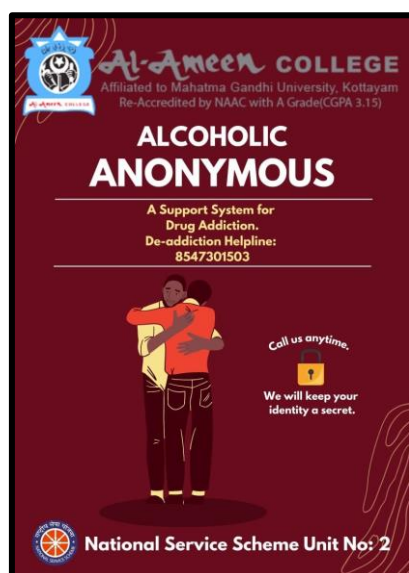
### 9. Anti-Drug Awareness Campaign- Human Chain





Al-Ameen college NSS unit in association with Anti-Drug Cell and NCC organised a Human chain on 01 November 2022. 350 students and 30 teachers participated in the programme. The chain started from Edathala Grama Panchayat to Malayilpalli junction . Grama Panchayat President, Vice President and other ward members also participated in the programme. Lahari bhootham were burned symbolically as part of the campaign.

## 10. Alcoholic Anonymous



Considering the alarming rates of drug addiction, the NSS unit of the college initiated Alcoholic Anonymous. It aims to help in rehabilitation of drug addicts without any identity disclose. The program is running in full swing rescuing many from the clutch of the menace.

## 11. Observation of World Aids Day



On World AIDS Day, NSS unit Al-Ameen College organised awareness programmes to make the younger generation aware about the causes, symptoms, tests and treatments for treating HIV infection. Poster making was organised and red ribbons were distributed to students and staff aiming to provide awareness and thereby reducing the stigma.

## 12. Cancer Detection Camp



A cancer survey was conducted as part of cancer day by the NSS Unit in association with Sudheendra medical mission, Karknos Health Care group. The program culminated with a cancer detection camp on February 18 at Al Ameen College. The cancer survey was conducted by NSS volunteers from January 30 to February 18, 2023. They gave awareness about cancer among the people. The physical details of the people were collected which helped to organise the camp systematically. All students, teachers and staff members were informed and encouraged to participate in the camp. On February 18, the cancer detection camp started at 9.30 am. 30 people participated the camp were sent for further testing. The camp ended by 1.30 pm.



### 13. Blood Donation Camp



A blood donation camp was organised by Al-Ameen College NSS unit on March 16th in collaboration with General Hospital, Ernakulam. Thirty-nine students of the college donated blood. An awareness on the same was also delivered by the medical officers.

## 14. Safe Campus



On 22 March Motor Vehicle Department and the Al-Ameen College NSS unit conducted the “Train the Trainers programme” as part of the Project on Accident-Free Campus Environment (PACE), an initiative of the Kerala Motor Vehicle Department. Twenty-four NSS volunteers and 5 NCC cadets of Al-Ameen College attended the class. Students from SCMS and FISAT also attended the programme. The training programme began at 9 am and was inaugurated by Mr Anantha Krishnan, RTO, Ernakulam. The first session started with a talk about a real-life accident experienced by Krishna Das, Ergo Consulting Services. Mr Adarsh Kumar, Director of SIRST National Safety Trust spoke about different aspects of driving, limitations, safety gears, distractions etc. The second session was a lecture by Sri. Sadiq Ali, RTO (Rtd), National Safety Trust discussed how accidents occurred and the rules and regulations needed to avoid such situations. the session was very informative. Dr Rajeev Jayadevan and Dr Hareesh talked about first aid, trauma care and demonstrated how to give CPR. Sri. Dilip Kumar KG, Sreejith IPS, Transport Commissioner and Shaji Madhavan, Dy. Transport Commissioner also talked

to the NSS volunteers. A video exhibition was conducted by the Motor vehicle department to give awareness of a healthy road culture and encouraged the students to obey the traffic rules.

### 15. Certificate Course in Scuba Diving



The certificate course was held by the Department of Tourism in association with Neptune Water Sports, Munambam, from May 10th to May 20th, 2023. The course was based on adventure water sports tourism. The certificate is also authorized by the Department of Tourism (DTPC, District Tourism Promotion Council). The main

certificates are Try Scuba (SSI, Scuba School International's authorized scuba registration card). Advanced Kayaking Certificate in Sea, Swimming Certificate in Sea, Kneeboard Training Certificate. Total 31 students participated in the scuba course. It helped to create awareness about water adventure tourism activities. The students also developed a strong vision about the customer handling in a productive manner.