**GOVERNMENT COLLEGE TRIPUNITHURA**

**CONSOLIDATED REPORT OF THE ACTIVITIES OF STUDENT CLUBS**

**DURING THE ACADEMIC YEAR 2024-25**

* **HEALTH CARE CLUB**

1. **Practical Session for First Aid-Bandaging and CPR**

**Date:** 12th November 2024  
**Organized by:** Health Club and Physical Education Department, Govt. College Tripunithura **Target Students:** MDC Physical Education students  
**Participants:** 40 First Semester MDC-Physical Education Students

On the 12th of November 2024, the Health Care Club and the Physical Education Department of Govt. College Tripunithura successfully organized a practical session on Bandaging and CPR for first-semester MDC Physical Education students. The session was designed to equip students with essential life-saving skills through demonstrations and hands- on practice. A total of 40 students participated in this highly informative and interactive session.

**Programme Proceedings**

The event commenced with a warm welcome speech delivered by Mr. Navneeth K B, a first-semester B.Com student. He extended his gratitude to the organizing teams and the participants, emphasizing the importance of learning first aid techniques, especially for students pursuing physical education. He highlighted how basic life-saving skills, such as CPR and bandaging, can make a significant difference in emergency situations, whether on the field or in daily life.

Following the welcome address, the session was taken over by **Dr. Mithin Anand, Assistant Professor and Head of the Physical Education Department, Govt. College Tripunithura**. He conducted a detailed and engaging demonstration on **Cardiopulmonary Resuscitation (CPR)** and different **bandaging techniques** used in first aid. His presentation included theoretical explanations and live demonstrations to ensure that students gained a clear understanding of the procedures.

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**Key Topics Covered:**

* **Introduction to CPR**: Importance of CPR in emergency situations, indications for performing CPR, and steps involved in administering CPR correctly.
* **Hands-on CPR Demonstration**: Dr. Mithin demonstrated the **correct hand placement, compression depth, and rescue breathing techniques** on a mannequin, ensuring students understood the proper application of CPR.
* **Bandaging Techniques**: Different types of bandages were introduced, and their specific uses were explained. This included the **triangular bandage for head injuries, roller bandages for limb injuries, and adhesive bandages for minor wounds**.
* **Practical Application**: Students were given the opportunity to practice the demonstrated techniques under the supervision of the instructor.

**Student Demonstrations and Evaluations**

After the demonstration, students were encouraged to perform CPR and bandaging techniques on mannequins and each other. This interactive segment allowed them to gain confidence in applying the skills they had just learned. Dr.Mithin evaluated the students based on their technique, precision, and ability to follow the correct procedural steps. The assessment focused on ensuring that students could handle real-life emergency situations effectively.

**Conclusion and Vote of Thanks**

The event concluded with a heartfelt vote of thanks delivered by **Mr. Sooryanath M H, a first-semester BA Economics student**. He expressed gratitude to Dr. Mithin Anand for his valuable insights and practical demonstrations, the organizing team for their efforts in coordinating the session, and the enthusiastic participation of the students. He also reiterated the importance of first aid knowledge, stating that these skills can be lifesaving in critical situations.

**Impact of the Programme**

The practical session on Bandaging and CPR proved to be an invaluable experience for the students. It provided them with hands-on training in first aid techniques, enhancing their ability to respond to emergencies confidently. The interactive nature of the session ensured active participation, making the learning process engaging and effective. The students left with a better understanding of life-saving procedures, which will not only benefit them in their academic journey but also in real-life situations where immediate medical response is required.

1. **Health Club Members as First Aiders for College Sports**

**Date:** 25th February 2025  
**Organized by:** Physical Education Dept. & Health Club **Participants:** Health Club Members

On the 25th of February 2025, the Health Club members of Govt. College Tripunithura played a crucial role as first aiders during the annual college sports meet. This initiative aimed to ensure the safety and well-being of all participants by providing immediate medical assistance in case of injuries or emergencies during the event.

**Programme Overview**

The event saw enthusiastic participation from Health Club members, who were stationed at key locations around the sports ground. Their primary responsibilities included:

* Administering first aid to injured athletes.
* Assisting in cases of dehydration, muscle cramps, and minor injuries.
* Ensuring quick response times and proper documentation of injuries.

**Execution of Responsibilities**

Before the commencement of the sports meet, Health Club members underwent a brief orientation session where they were assigned specific zones to cover. Throughout the day, they remained vigilant, attending to athletes who required medical assistance. Their preparedness and efficiency played a significant role in maintaining a safe and secure sporting environment.

**Impact and Significance**

The presence of trained first aiders at the sports meet significantly enhanced the safety of the participants. The prompt response to injuries minimized potential complications and reassured athletes about their well-being. This initiative also served as a practical learning experience for Health Club members, reinforcing their skills in emergency response and first aid application. The programme was highly successful, demonstrating the importance of having trained first aiders in sporting events.

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1. **Blood Donation Awareness Seminar**

**Date:** 28th February 2025  
**Organized by:** Health Club and NSS Unit of Govt. College Tripunithura, Mahathma Mathrubumi Study Circle, and IMA Ernakulam  
**Target Students:** All College Students  
**Participants:** 74 Students from Various Departments

On the 28th of February 2025, Govt. College Tripunithura successfully conducted a **Blood Donation Awareness Seminar** to educate students on the significance of blood donation and encourage them to become voluntary donors. The programme was jointly organized by the **Health Club and NSS Unit of the college, Mahathma Mathrubumi Study Circle, and IMA Ernakulam.** A total of 74 students from different departments actively participated in the seminar.

**Programme Overview**

The event commenced with an inaugural session where key dignitaries addressed the audience, setting the stage for an informative and thought-provoking seminar.

* **Welcome Speech:** The programme began with a warm welcome speech by **Dr. Mithin Anand, Co-ordinator of the Health Club.** He emphasized the importance of blood donation in saving lives and highlighted the collective responsibility of students in contributing to society through such noble acts.
* **Presidential Address: Dr. Priya P Menon, Principal of Govt. College Tripunithura,** delivered the presidential address, acknowledging the collaborative effort of various organizations in making the event possible. She underscored the role of young individuals in spreading awareness and dispelling myths associated with blood donation.
* **Keynote Address by Resource Person:** The seminar was enriched by an insightful session conducted by **Mr. M. Renjith Kumar, Co-ordinator of Mahathma Mathrubumi Study Circle.** He elaborated on the medical and social aspects of blood donation, explaining eligibility criteria, health benefits, and the impact of regular blood donation on the community. His session also included real-life case studies showcasing how timely donations have saved lives.

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**Key Highlights of the Seminar**

* **Understanding Blood Donation:** The resource person provided a comprehensive overview of blood donation, including its physiological effects, who can donate, and how donated blood is used in medical treatments.
* **Myths vs. Facts:** A major segment of the seminar was dedicated to debunking common myths surrounding blood donation, addressing concerns such as weakness post- donation and frequency of donation.
* **Encouraging Voluntary Blood Donation:** The discussion emphasized the importance of regular and voluntary donation drives, urging students to take the initiative in organizing and participating in such events.
* **Interactive Q&A Session:** Students actively engaged in a question-and-answer session, seeking clarifications on doubts related to blood donation. The session helped address misconceptions and motivated students to consider donating blood.

**Conclusion and Vote of Thanks**

The seminar concluded with a vote of thanks delivered by **Ms. Anju M.B., Programme Officer of the NSS Unit.** She expressed gratitude to all organizing teams, the resource person, and the participating students for making the event a success. She reiterated the importance of blood donation and encouraged students to spread awareness among their peers.

**Impact of the Programme**

The **Blood Donation Awareness Seminar** successfully educated students about the importance of blood donation, removing fears and misconceptions associated with it. Many students expressed their willingness to donate blood in the future, showing a positive outcome of the awareness initiative. The collaborative efforts of the Health Club, NSS Unit, Mahathma Mathrubumi Study Circle, and IMA Ernakulam ensured a well-organized and impactful event.

Moving forward, similar awareness programmes should be conducted regularly to cultivate a culture of voluntary blood donation and social responsibility among students.



1. **Blood Donation Camp**

**Organized by:** Health Club and NSS Unit of Govt. College Tripunithura, Mahathma Mathrubumi Study Circle, and IMA Ernakulam  
**Date:** 05th March 2025  
**Venue:** Govt. College Tripunithura

The Health Club and NSS Unit of Govt. College Tripunithura, in collaboration with the Mahathma Mathrubumi Study Circle and IMA Ernakulam, organized a Blood Donation Camp on 5th March 2025. The event aimed to create awareness about the importance of blood donation and to encourage students to contribute to this noble cause.

**Formal Function**

The camp commenced with a formal function, which included the following dignitaries:

* **Welcome Address:** Dr. Mithin Anand (Coordinator, Health Club & NSS Programme Officer)
* **Presidential Address:** Dr. Ajish A (Principal In-charge)
* **Inauguration:** Mr. K.K. Pradeep Kumar (Vice Chairman, Tripunithura Municipality)
* **Felicitation:** Mr. Renjith Kumar (Coordinator, Mahathma Mathrubumi Study Circle)
* **Vote of Thanks:** Ms. Anju M.B. (NSS Programme Officer)

**Blood Donation Drive**

Following the formal function, the blood donation drive commenced under the supervision of medical professionals from IMA Ernakulam. A total of **25 students and staff members** from Govt. College Tripunithura came forward to donate blood. The medical team conducted preliminary health screenings before the donation process to ensure the safety of the donors. The event was a significant success, promoting a sense of social responsibility among students. The active participation of students and staff highlighted the commitment of the college towards community service. The Health Club and NSS Unit extend their gratitude to all the donors, volunteers, and the organizing committee for their dedicated efforts in making this event successful.

**Coordinator**: Dr. Mithin Anand, Assistant Professor of Physical Education

**Members:** Dr. Uma P, Assistant Professor of Economics

Dr. Sheeba V. Issac, Assistant Professor of English

Dr. Jeena Mariot Xavier, Assistant Professor of Economics

* **IMPORTANT DAYS CELEBRATION CLUB**

In the Academic year 2024 -2025, the Important Days Celebration Club, Government College Tripunithura organized celebrations and events for significant national and international days. This club could focus on celebrating days that hold cultural, historical, or social significance. The club could celebrate these days with special activities, events, discussions, or awareness campaigns.

1. **National Space Day - 23/08/2024**

National Space Day is celebrated to recognize the contributions of space science and technology in improving life on Earth. The exhibition for National Space Day was organized on 23/08/2024 to promote awareness and inspire the younger generation about the significance of space exploration, its achievements, and the future possibilities within this field.

This exhibition featured a range of interactive displays, educational materials, and demonstrations showcasing advancements in space technology, missions, and scientific discoveries.

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1. **World Tourism Day - 27/09/2024**

World Tourism Day is an annual global celebration observed on September 27. The day aims to promote tourism’s social, cultural, political, and economic value, while encouraging awareness of tourism's role in fostering mutual understanding and peace. The theme for World Tourism Day 2024 was **"Tourism and Green Investments: Fostering Sustainable Tourism for a Greener Tomorrow."** This year’s event focused on the importance of integrating sustainable practices into tourism and how investments in green technologies can help reduce the environmental impact of tourism.

A photo exhibition was conducted on 27/09/2024 at Govt. College Tripunithura. Many students and teachers contributed their photo collection to this exhibition it was a grand success and students got opportunity to know the different tourist destination within and outside Kerala.

**World Music Day 01/10/2024**

World Music Day, traditionally celebrated on June 21st, was held on October 1st, 2024, for a special edition. The day celebrates the power of music to unite people from all cultures and walks of life. This year’s theme was **"Music for All: A Universal Language"**, highlighting music's ability to transcend barriers and connect diverse communities. The event was designed to celebrate the transformative power of music and foster a deeper appreciation of different musical traditions from around the world.

A special Music Event was conducted on that day. Many students participated this event. This event gave an opportunity to students to exhibit their talents.

1. **World Postal Day - 09/10/2024**

World Postal Day is celebrated every year on October 9 to mark the establishment of the Universal Postal Union (UPU) in 1874. The day highlights the importance of postal services in the global economy and the role they play in connecting people, businesses, and communities worldwide. The theme for World Postal Day 2024 was **"Innovating Postal Services: Connecting the World Digitally"**, focusing on how postal services are adapting to the digital age and contributing to sustainable economic growth by embracing innovation and technology.

“Veetilekku oru Kathu” a letter writing event was conducted on 09/10/2024 for students and teachers of Govt. College Tripunithura. This event helped the students to know the importance of postal services. This was a very good experience for teachers and students.

1. **World Mental Health Day 10/10/2024**

World Mental Health Day, observed annually on October 10, aims to raise awareness about mental health issues and mobilize efforts in support of mental health care worldwide. In 2024, the theme was "Mental Health at Work," emphasizing the importance of fostering supportive and healthy work environments to enhance overall well-being.

1. **Constitution Day of India 26/11/2024**

Constitution Day of India, also known as **"Samvidhan Divas"**, is celebrated on November 26 each year to honour the adoption of the Constitution of India. On this day in 1949, the Constituent Assembly of India adopted the Constitution, which came into effect on January 26, 1950. The theme for Constitution Day 2024 was **"Constitution and Nation Building: Strengthening the Democratic Fabric"**, emphasizing the importance of the Constitution in shaping the nation and promoting democratic values.

The day is celebrated across the country with various events, including discussions, cultural programs, and educational activities to create awareness about the Constitution and its significance. The 2024 edition was marked by a series of events focusing on the role of the Constitution in maintaining India’s democratic structure and fostering inclusivity, justice, and equality for all citizens.

The constitution day was celebrated with lots of programmes including a talk by Dr. George Varghese, Assistant Professor of Politics Govt. College Tripunithura. Essay writing competition for students - English and Malayalam.

1. **Kerala Piravi - 01/11/2024**

On November 1, 2024, Kerala celebrated its 68th Kerala Piravi (State Formation Day), commemorating the formation of the state in 1956. Kerala Piravi marks the unity of people from different regions, languages, and communities under the banner of Kerala. It highlights the importance of the state's unique identity, language (Malayalam), and culture. As part of Keralapriravi we celebrated “Bharanabhazha varakhozham” from 1/11/2024 to 07/11/2024.

1. **World Kindness Day - 03/1102024**

World Kindness Day is celebrated annually on November 13 to promote kindness and compassion worldwide. Established in 1998 by the World Kindness Movement, this day encourages individuals to engage in acts of kindness, fostering a sense of global unity and empathy

The day emphasizes the importance of kindness as a universal language that transcends cultural, racial, and religious boundaries, fostering a more harmonious world. Engaging in kind acts can lead to improved mental and emotional well-being, creating a ripple effect that encourages others to act kindly.

1. **International Day for persons with Disabilities 03/12/2024**

The International Day for Persons with Disabilities (IDPWD) is observed annually on December 3 to promote the rights and well-being of individuals with disabilities. In 2024, the global theme was "Amplifying the Leadership of Persons with Disabilities for an Inclusive and Sustainable Future," emphasizing the vital role of disabled individuals in achieving inclusive development

The celebration of important days such as Space Day, Tourism Day, Postal Day Kerala Piravi, World Kindness Day, Mental Health Day, and International Day for Persons with Disabilities serves as a powerful reminder of the values that unite us as a global community. These observances not only raise awareness but also inspire action, fostering an inclusive, compassionate, and supportive society. Through educational programs, cultural events, and community initiatives, such celebrations promote understanding, empathy, and progress. They remind us of our shared responsibility to create a world where every individual, regardless of background or ability, can thrive. Celebrating such days reinforces the importance of collective effort in creating a more inclusive and harmonious world.

**Coordinator**: Ms.Deepamol Isac, Assistant Professor of Commerce

**Members:** Ms. Anju M B, Assistant Professor of English

Dr. Lakshmi C. S., Guest Faculty of Economics

* **LITERARY AND DEBATE CLUB**  
  **The** Literary and Debate Club of Government College, Tripunithura, actively engaged students in a series of intellectually stimulating events during the academic year. The club aimed to foster critical thinking, creativity, and a spirit of healthy competition among students through various programmes.

1. The first event organized by the Club was the **Kerala Quiz** held on **November 1, 2024**, as part of the Kerala Piravi celebrations. The programme was conducted in collaboration with the **Quiz Club** and the **Important Days Celebration Club**. It was open to both UG and PG students and witnessed enthusiastic participation, reflecting the students' keen interest in the cultural and historical aspects of Kerala.
2. The second programme was an **Essay Competition** organized in connection with **National Constitution Day** on **November 26, 2024**. UG and PG students took part in the competition that encouraged them to reflect upon the values and principles enshrined in the Indian Constitution. The event was conducted in association with the **Important Days Celebration Club**, **Ek Bharat Shresht Bharat Club**, and the **National Service Scheme (NSS)**.
3. On **January 28, 2025**, the club conducted a **MT Quiz** to commemorate the literary legacy of the legendary writer **M.T. Vasudevan Nair**. This programme was well received and served as a tribute to one of the most celebrated literary figures of Kerala.

The Literary and Debate Club extends its heartfelt gratitude to our Principal, **Dr. Priya P Menon**, for her constant support and encouragement. We also sincerely thank the faculty members, non-teaching staff, fellow club members, and, most importantly, the students of our college for their enthusiastic participation and cooperation in making all these events a success.

**Coordinator:** Ms. Anju M B, Assistant Professor of English

**Members:** Ms. Tressa Baby, Assistant Professor of English

Ms. Indu V. S., Assistant Professor of English

Ms. Deepamol Isac, Assistant Professor of Commerce

Ms. Lissy Joseph, Assistant Professor of Malayalam

* **NATURE CLUB**

The Nature Club, Government College Tripunithura, wasninaugurated by the Principal Dr. Priya P Menon on 20/01/2025 with the aim of promoting environmental awareness, sustainability, and fostering a deeper connection with nature among its members. The event brought together 30 participants, including club members and NSS volunteers, all committed to engaging in activities that contribute to the conservation and protection of the environment.

The tree planting drive and clean-up activities initiated by NSS volunteers, students and teachers were a success. This was followed by the planting of fruit trees, saplings and flowering plants contributed by various teachers staffs and students. The Nature Club planted 10 fruit trees including Jack fruit tree, Mango tree, Guava tree, Passion fruit plant, Lemon tree and pomegranate. The vegetables included, drums stick and ivy gourd and other plants. The process of planting undertaken by the students with the guidance of teachers. This activity of preparing potting mixture by mixing soil, along with bio manure and dried leaves and increased the awareness of students.

Inauguration by our Principal Dr. Priya P Menon

Planting trees

These actions contributed directly to enhancing the local ecosystem and reducing pollution.

As a gesture of support and camaraderie, the teachers and students wholeheartedly contributed saplings and plants for the garden.

The duty of watering, caring and maintaining of plants and trees were initiated by dividing students into various groups and allotting their duty on the week days. The staff shouldered the responsibility of watering during Saturdays. All members were actively involved in these activities. In addition to this, nature club has ensured the participation of all teachers by planting creepers outside all the staffs rooms walls. These plants are nurtured and protected by the teachers of the respective departments.

Besides this, Nature club also made it a practice of segregating waste and minimising the use of plastic during the conduct of various programs at the college.

The Nature Club is proud to have organized a successful and impactful event. Through activities like tree planting, and clean-up drive, participants were able to actively engage in preserving their environment and learn how they can contribute to sustainability in their own lives. The event reinforced the importance of nature conservation and the need for collective responsibility in building a sustainable future. We look forward to organizing more such events to continue spreading awareness and making a positive impact on the environment.

**Coordinator:** Ms. Deepamol Isac, Assistant Professor of Commerce

**Members:** Dr. Niji C I, Associate Professor of English

Dr. K. Aruna Anand, Guest Faculty of Economics

* **DISABILITY CELL**

The coordinator and members of the Disability Cell endeavoured to maintain cordial relationship with the differently abled members of our institution. Disabled friendly washrooms are maintained. During exams, students with disabilities in writing exams are allotted scribe facilities for writing exams. Assistance was provided for the students applying for various scholarships. As part of Important Days celebrations, the importance of December 3rd, “International Day of Persons with Disabilities” has been noted and awareness about the day has been made under the leadership of Ms. Deepamol Isac, Assistant Professor of Commerce, Coordinator of Important Day Celebrations of our college.

Coordinator: Dr. Mary Bessy Thomas, Assistant Professor of Commerce

* **TOURISM CLUB**

The faculty members of Tourism Club conducted a meeting regarding the activities of the club and decided to visit Hill Palace Museum, Tripunithura on 28.03.2025. The student members of the Tourism Club visited the venue along with faculty members of the club on the above date. Students got information regarding the largest archaeological museum in Kerala. The museum displays 14 categories of exhibits, including the crown and ornaments of Cochin royal family’s reign, paintings, and sculptures in stone and marble, weapons, inscriptions and coins. The Hill Palace tourist guide, Sri. Biju, explained the importance of the palace and students made note of all the information. The students enjoyed the experience. The Tourism Club hopes to conduct more such visits which would help widen the perspectives and knowledge of the students.

**Coordinator:** Dr. Mary Bessy Thomas, Assistant Professor of Commerce

**Members:** Dr. Sivaprasad G., Assistant Professor of Commerce

Dr. Sheeba V. Issac, Assistant Professor of English

Dr. Niji C. I., Associate Professor of English

Dr. Susan Alex, Assistant Professor of Hindi

Dr. George Varghese, Assistant Professor of Political Science

* **ROAD SAFETY CLUB**

The Road Safety Club of the College is dedicated to promoting road safety awareness and responsible behavior among students and the community. This report outlines the activities conducted by the club during the academic year 2024-25.

The road safety club has taken steps to

- Educate students about road safety rules and regulations.

- Reduce road accidents through awareness campaigns.

- Equip students with first aid techniques at times of emergencies.

- To collaborate with traffic authorities for practical learning experiences.

1. **Practical session on First Aid, Bandaging and CPR Training (12.11.2024)**

A first aid training session was conducted to equip students with essential life-saving skills in case of road accidents. The Health Club , Road Safety Club and the Physical Education Department of Govt. College Tripunithura successfully organized a practical session on Bandaging and CPR for first-semester MDC Physical Education students. The session was designed to equip students with essential life-saving skills through demonstrations and hands-on practice. A total of 40 students participated in this highly informative and interactive session.

The event commenced with a warm welcome speech delivered by Mr. Navaneeth K B, a first-semester B.Com student. He extended his gratitude to the organizing teams and the participants, emphasizing the importance of learning first aid techniques, especially for students pursuing physical education. He highlighted how basic life-saving skills, such as CPR and bandaging, can make a significant difference in emergency situations, whether on the field or in daily life. Following the welcome address, the session was taken over by Dr. Mithin Anand, Assistant Professor and Head of the Physical Education Department, Govt. College Tripunithura. He conducted a detailed and engaging demonstration on Cardiopulmonary Resuscitation (CPR) and different bandaging techniques used in first aid. His presentation included theoretical explanations and live demonstrations to ensure that students gained a clear understanding of the procedures.

After the demonstration, students were encouraged to perform CPR and bandaging techniques on mannequins and each other. This interactive segment allowed them to gain confidence in applying the skills they had just learned. Dr. Mithin evaluated the students based on their technique, precision, and ability to follow the correct procedural steps. The assessment focused on ensuring that students could handle real-life emergency situations effectively. The event concluded with a heartfelt vote of thanks delivered by Mr. Sooryanath M H, a first-semester BA Economics student. He expressed gratitude to Dr. Mithin Anand for his

valuable insights and practical demonstrations, the organizing team for their efforts in coordinating the session, and the enthusiastic participation of the students. He also reiterated

the importance of first aid knowledge, stating that these skills can be lifesaving in critical

situations.

1. **Road Safety Awareness Campaign organised by Road Safety Club in collaboration with Motor Vehicle Department & NSS Unit No. 55.(30.01.2025)**

To raise awareness about road safety among college students and promote responsible driving practices the Road Safety Club of the college arranged the awareness drive.

Participants: Students of Govt. College, Tripunithura, faculty members, representatives from the Motor Vehicle Department, and NSS volunteers.

Program Schedule:

1. Welcome Speech: Dr. Binu K. D., Associate Professor, Department of English, Govt. College, Tripunithura.
2. Awareness Campaign and Real Experience Sharing: Sajith T.S., Assistant Motor Vehicle Inspector (AMVI).
3. Vote of Thanks: Dr. Mithin Anand, Assistant Professor, Department of Physical Education, Govt. College, Tripunithura.

The Road Safety Awareness Campaign, a collaborative initiative between NSS Unit No. 55 of Govt. College, Tripunithura, and the Motor Vehicle Department, was successfully conducted on 30th January 2025. The program aimed to educate students on critical aspects of road safety and instil a sense of responsibility regarding driving.

The event commenced with a warm welcome address by Dr. Binu K. D., Associate Professor of the Department of English. In his speech, he highlighted the importance of road safety awareness, especially among young adults, and emphasized the need for responsible behaviour on the roads. He stressed the role of educational institutions in fostering a culture of safety and awareness.

The primary session was led by Sri. Sajith T.S., Assistant Motor Vehicle Inspector (AMVI). He conducted an engaging awareness campaign, covering various aspects of road safety, including:

* Traffic Rules and Regulations: Detailed explanations of traffic signals, road signs, and driving laws.
* Preventive Measures: Emphasized the importance of wearing helmets and seatbelts, maintaining vehicle fitness, and avoiding distractions while driving.
* Dangers of Drunk and Reckless Driving: Shared real-life experiences and statistical data to illustrate the severe consequences of irresponsible driving.
* Pedestrian Safety: Addressed the importance of pedestrian awareness and adherence to safety guidelines.
* First Aid and Emergency Response: Provided basic knowledge on how to respond in case of road accidents.
* Interactive Q&A: Facilitated a discussion where students could ask questions and clarify their doubts.
* Real Experience Sharing: Sajith T.S. shared many real life experiences that he had witnessed in his role as AMVI. These experiences had a large impact on the students, and provided them with a real world understanding of the dangers of unsafe road practices.

The AMVI's presentation was highly informative and impactful, effectively conveying the seriousness of road safety issues. The real-life experiences shared by the AMVI created a strong emotional connection with the audience, making the message more relatable and memorable.

The program concluded with a vote of thanks delivered by Dr. Mithin Anand, Assistant Professor of the Department of Physical Education. He expressed gratitude to the Motor Vehicle Department for their collaboration, to Sajith T.S. for his insightful presentation, to Dr. Binu K.D. for the welcome speech, and to the students and faculty for their active participation.

The Road Safety Awareness Campaign was a successful initiative that effectively conveyed the importance of road safety to the student community. The collaborative effort between NSS Unit No. 55 and the Motor Vehicle Department contributed significantly to the program's success. It is recommended that such programs be conducted regularly to ensure continuous awareness and promote a safe road environment.

1. **Group Road Safety Awareness Campaign (25.03.2025)**

College students represent a demographic often involved in road accidents, driven by factors like inexperience, risk-taking behaviour, and social pressures. Peer-led campaigns offer a powerful avenue to address this issue by leveraging the influence of friends and classmates. Here's a note outlining key aspects:

Ann Mariya K V of I BA Economics lead the campaign explaining the following risks and dynamics;

**Specific Risks:** College students face unique risks, including distracted driving (texting, social media), driving under the influence (alcohol, drugs), speeding, and driving late at night.

**Social Dynamics:** Peer pressure, the desire for independence, and social events play a significant role in their driving behavior.

**Technology Use:** Campaigns should utilize platforms familiar to students, such as social media, online forums, and mobile apps.

The campaign was intended for the entire students of the college , especially the undergraduates. Key Campaign Strategies involved utilize relatable language and scenarios and to emphasize the impact of unsafe driving on friends and family. The students were asked share personal stories and experiences.

1. **Interventions by the Road Safety Club**

The Road Safety Club of Govt. College, Tripunithura, has been actively engaged in advocating for enhanced road safety measures in the vicinity of the college. This report details two significant interventions undertaken by the club, highlighting their proactive approach in addressing potential hazards and promoting a safer environment for students and the community.

* **Letter to Circle Inspector, Traffic Station, Tripunithura (Date: 21.11.2024): Request for Installation of Road Safety Signals .**

**Action:**

The Road Safety Club forwarded a formal letter to the Circle Inspector of the Traffic Station, Tripunithura, on 21st November 2024. This letter specifically addressed the need for the installation of additional road safety measures in the area surrounding the college as one of our post graduate students met with an accident near the college. The letter emphasized the high volume of student traffic, both pedestrian and vehicular, in the college vicinity. It highlighted the potential risks arising from inadequate road safety infrastructure, including:

* **Lack of clear pedestrian crossings:** Students often face difficulties crossing the road, especially during peak hours.
* **Insufficient traffic signage:** The absence of appropriate signage can lead to confusion and accidents.
* **Speeding vehicles:** The presence of speeding vehicles poses a significant threat to pedestrian safety.
* **The proximity of the college:** The club emphasized the large number of students that frequent the area, and therefore the higher risk of accidents.

The letter requested the Circle Inspector to consider the following measures:

* Installation of pedestrian crossings with clear markings.
* Placement of speed limit signs and speed bumps.
* Deployment of traffic police personnel during peak hours.
* Installation of warning signs indicating the presence of a college.

**Outcome:**

The club received acknowledgement of the letter from the Traffic Station. Following actions were taken -

* Installation of pedestrian crossings with clear markings.
* Placement of speed limit signs and speed bumps.
* Installation of warning signs indicating the presence of a college.
* **Letter to Municipal Secretary, Tripunithura (Date: 28.10.2024): Request for Shifting of Electric Post**

**Action:**

On 28th October 2024, the Road Safety Club submitted a letter to the Municipal Secretary of Tripunithura, addressing the issue of an electric post obstructing the view of vehicles going out of the college entrance.

**Content and Rationale:**

The letter detailed the hazardous situation created by an electric post positioned at the immediate entrance of the college. This post significantly obstructs the view of oncoming traffic, posing a serious risk to students entering and exiting the college premises.

The letter emphasized that:

* The obstructed view increases the likelihood of collisions between vehicles and pedestrians.
* The post creates a blind spot, making it difficult for drivers to see students crossing the road.
* The placement of the post is a design flaw that requires urgent correction.

The club requested the Municipal Secretary to take immediate action to relocate the electric post to a more suitable location, ensuring clear visibility for both drivers and pedestrians.

**Outcome:**

The Municipal Secretary acknowledged the letter and assured the Road Safety Club that the matter would be investigated. Follow up actions are expected to be monitored.

**Coordinator:** Dr. Jeena Mariot Xavier, Assistant Professor of Economics

**Members:** Dr. Binu K.D., Professor of English

Dr. Mithin Anand, Assistant Professor of Physical Education

* **RED RIBBON CLUB**

**1.World Aids Day Awareness Programme on 02-12-2024:**

An interactive session by Ms. Kavya, the founder of Eco Feminist Research Foundation. She a counselor, Menstrual therapist, Environmentalist and Sex educator. She delivered lecture on the topic “Take the Right Path, My health, My Right”. She explained to students how the importance of having safe sex and sex hygiene.

**2. National Youth Day Lecture on 14-01-2025** by Ms. Sreekala R, Asst. Professor, Govt. College of Nursing, Ernakulam. She is a voluntary speaker on HIV – AIDS awareness to student at schools and colleges. She delivered lecture on spread and treatment methods of HIV – AIDS viruses.

3.**Lecture on ‘Importance of Emotional Intelligence in future jobs and Relationships’** by Sangeeth Sebastain on 21-03-2025, jointly organized by the Red Ribbon Club and the DSS. Sangeeth Sebastian is an award-winning sexuality writer, journalist, motivational speaker, and an expert on gender and sexuality with the Kerala State Women and Child Development Department and Kerala State AIDS control Society. He is also the founder of Vvox, a social impact organization, backed by Harvard trained doctors and board-certified sexologists. He explained to students the do’s and don’ts in human relations.

**Coordinator:** Dr. Nisha K. R. , Assistant Professor of Economics

**Members:** Ms. Lissy Joseph, Assistant Professor of Malayalam

Dr. Suneera P. A., Assistant Professor of Commerce

* **YOUNG INNOVATORS PROGRAMME (YIP)**

The **Young Innovators Programme** is an initiative designed to inspire and empower young individuals to develop creative solutions for societal challenges, particularly through innovation, technology, and entrepreneurship. This program typically targets students, young professionals, or aspiring entrepreneurs, offering them the resources and opportunities to bring their ideas to life.

A total number of 84 students registeredfor the programme. They were divided into 15 groups among which 6 groups submitted their innovative entrepreneurial ideas.

**Coordinator:** Ms. Deepamol Isac, Assistant Professor of Commerce