

7.1.9 Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties and responsibilities of citizens

Title of Activity: INDEPENDENCE DAY CELEBRATIONS

As a part of 75th Independence of India, Government College Kariavattom, conducted a 5 days program from 15th August 2021 to 19th August 2021 under the name “Azadi ka Amrit Mahotsav”. A number of activities were conducted ,some were restricted to online mode. National flag hoisting,singing National song and National Anthem,independence speech, Google meet with eminent personalities to deliver independence day message,RashtraGaan singing competition etc are organized.Fit India campaign , a program launched by the Central Government was integrated with the Azadi ka Amrit Mahotsav program and the students of Government College Kariavattom were encouraged to practice yoga and other fitness workouts as an integral part of life. To bring up the patriotism and singing talents in the students, a patriotic song singing competition was held in online mode. 19th August is celebrated as World Photography Day and was integrated with the Azadi ka Amrit Mahotsav and a ‘Pic from Home’ contest was conducted with the theme of ‘Freedom’. On the 5th day an online quiz competition was conducted based on the theme of ‘India’s Freedom Struggle’.The whole hearted participation was observed from the part of students and staffs throughout the programmes.







Padmasana

- Opens up the hips
- Stretches the ankles and knees
- Calms the brain
- Increases awareness and attentiveness
- Keeps the spine straight
- Helps develop good posture
- Eases menstrual discomfort and aches
- Helps keep joints and ligaments flexible
- Stimulates the spine, pelvis, abdomen, and bladder
- Restores energy levels




Gomukhasana

- RELIEVES TENSION FROM THE SHOULDER GIRDLE
- INCREASES THE ELASTICITY OF THE CHEST
- EFFECTIVELY REVEALS THE HIP JOINT
- STRETCHES THE INNER ANKLE LIGAMENTS
- OFFSETTING EFFECTS THE LOTUS POSITION




Vrikshasana

- Calms and relaxes your mind
- Improves concentration
- Relieves stress and tension
- Develops balance and focus, physically and mentally
- Strengthens thighs, calves, ankles, and spine




Trikonasana

- Increases mobility of your hip joints
- Strengthens and tones muscles of your thighs
- Stretches and strengthens the hamstrings, hips, knees and ankles
- Stretches your spinal muscles, shoulders and chest
- Stimulates the abdominal organs



FIT INDIA CAMPAIGN

"HEALTHY CITIZENS ARE THE GREATEST ASSETS ANY COUNTRY CAN HAVE..."

ON AUGUST 16



**GOVERNMENT COLLEGE
KARIAVATTOM
NATIONAL SERVICE SCHEME
UNIT 17 A & B**





GCK NSS UNIT

UNIT 17 A & B

Azadi Ka Amrit Mahotsav

Quiz Competition

On

19 AUG 2021

e-certificates will be provided for 75% answered

Government College Kariavattom





Name of Activity: OBSERVANCE OF NATIONAL CONSTITUTION DAY (26/11/2020)

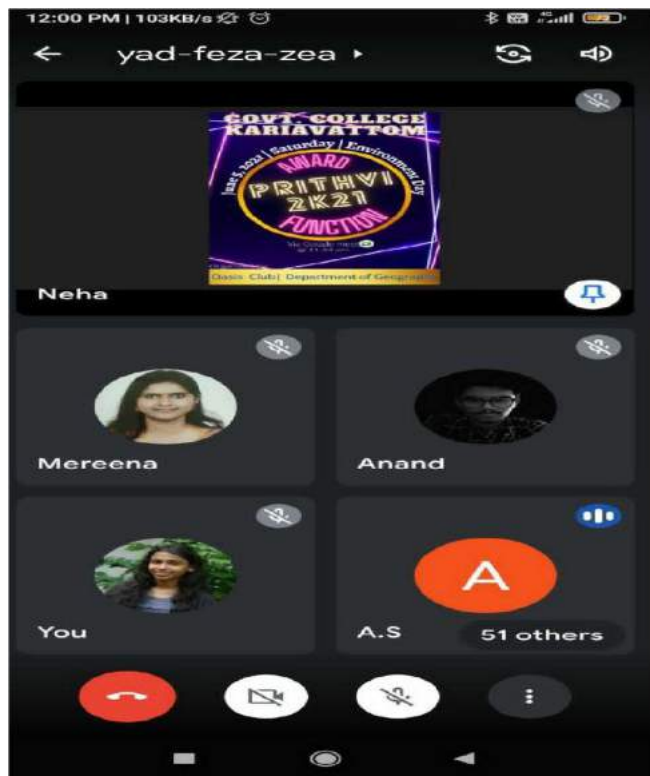
Govt college kariavattom organized the programme OBSERVANCE OF NATIONAL CONSTITUTION DAY through Google meet by taking pledge of preamble of Constitution of India at home and upload the videos and pics to the whatsapp group.



Title of Activity: PRITHVI -WORLD ENVIRONMENT DAY CELEBRATIONS, JUNE 5 2021
Department of Geography, Govt College Kariavattom



The Oasis Geo Club in association with Department of Geography organised World Environment Day Celebration on June 5, Saturday, 2021. The Programme was inaugurated by Prof. A.S. Jaya, Principal in Charge.

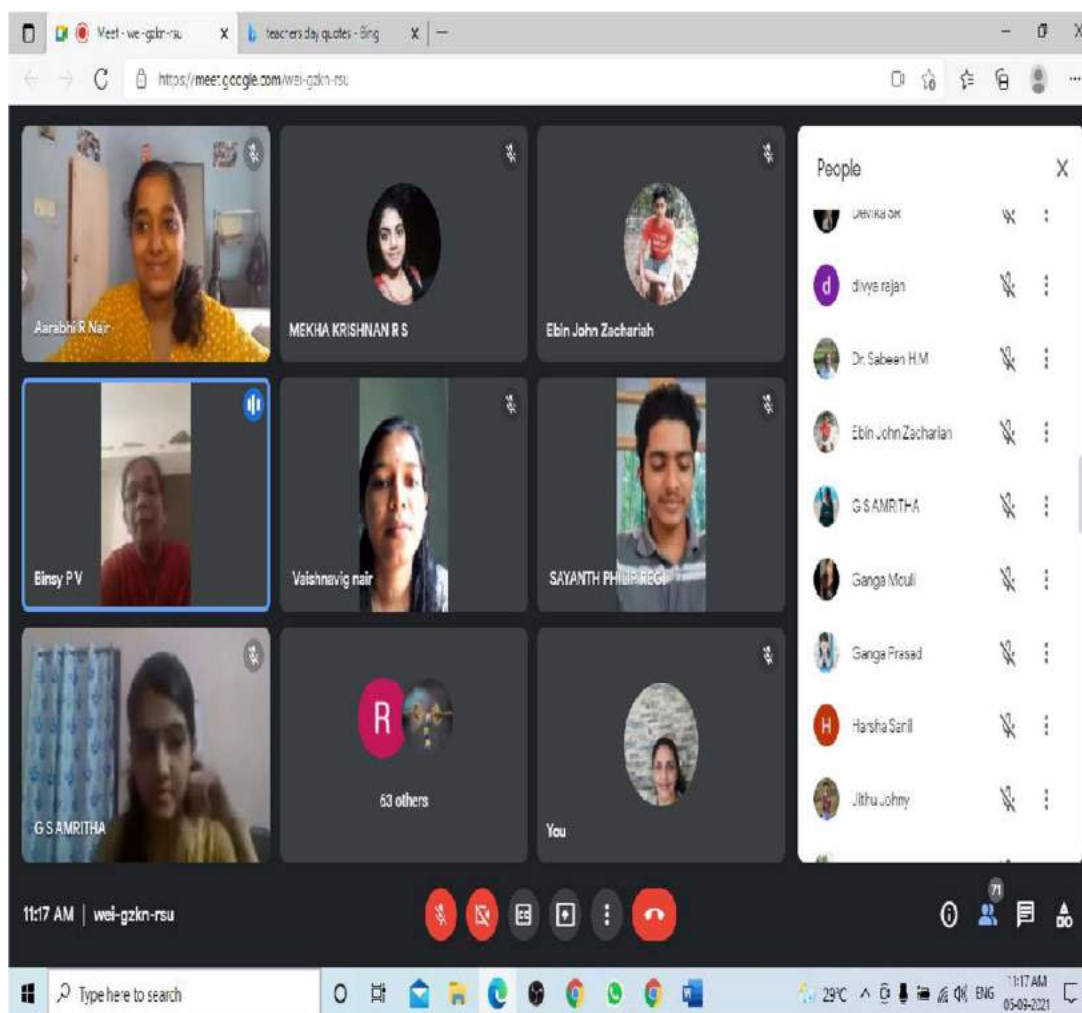




Title of Activity: "GURUVANDANAM"
TEACHER'S DAY CELEBRATION

On 5th September 2021, Government College, Kariavattom organised 'GURUVANDANAM' programme at 11am via google meet in view of celebrating National Teachers' Day. Students invited their school teachers for paying tribute. The special invitees were Smt. Anila Rani of St. Shantal EMS, Malamukal, Smt. Aseja Faisal of GHSS, Njekkad, Smt. Binsy PY of GHSS, Thattathumala and Smt. Minimole of Alan Feldman Public School.

 GOVERNMENT COLLEGE KARIAVATTOM NSS UNIT 17 A&B	
GURU VANDANAM	
Teachers' Day Celebration	
September 5 11 am	
<ul style="list-style-type: none"> • Anchoring - Sayanth Philip Reji • Welcome Speech- Aarabhi R Nair • NSS Anthem - Afsana S K • Teachers' Day Song - Roja J • Teachers' Day Speech - Lekshmi A S • Tribute to Teachers - Mekha Krishnan <ul style="list-style-type: none"> - Afsana A - Sonitha A P - Ebin John Zachariah • Felicitations - Smt. S Jaya(Vice Principal) <ul style="list-style-type: none"> Dr. Sabeen H M(IQAC Coordinator) Dr. Nishad N(NSS Programme Officer) Dr. Dhanya C R(NSS Programme Officer) Dr. Raghul S S(NSS Programme Officer) • Vote of Thanks - Megha S 	
<i>Organised by</i> TEAM SREEJESH	



Title of Activity: INSPIRE Research Orientation Programme

The Department of Geography, Government College Kariavattom organised an Research Orientation programme “INSPIRE” on March 20, 2021 on online platform Google Meet. Dr.Dhanya Vijayan Scientist from Lebiniz Centre for Agricultural Landscape Muncheberg, Germany was the speaker. The programme was coordinated by Dr.Nishad N, Assistant Professor in Geography. The session starts by 11 am and the topic was “Prospects and Scope of Geographical Research in Foreign Countries”. The programme was inaugurated by Dr.Krishnankutty K, the honourable Principal. Ninty Six participants from various colleges participated in the programme.



DEPARTMENT OF GEOGRAPHY
GOVT COLLEGE KARIAVATTOM
IN COLLABORATION WITH IQAC PRESENTS

INSPIRE

A Geographical research orientation programme

March 20, 2021
Saturday: 11:00 AM
Platform: Google Meet



Dr. Dhanya Vijayan
Scientist, Leibniz Centre for
Agricultural Landscape Research
Muncheberg, Germany

Programme Committee

Patron
Dr. Krishnakutty K
Principal

Dr. Nishad N
Coordinator
Assistant Professor
Dept of Geography

Smt. Mereena C.S.
Head & Assistant
Professor
Dept of Geography

Dr. Karthika K
Assistant Professor
Dept. of Geography

Contact

Dr. Nishad N
Phone: 98466 21146, 81138 47561
Email: gckgeographydepartment@gmail.com

Registration link
<https://forms.gle/kDqoJ3zbGEJCt6st9>

Programme

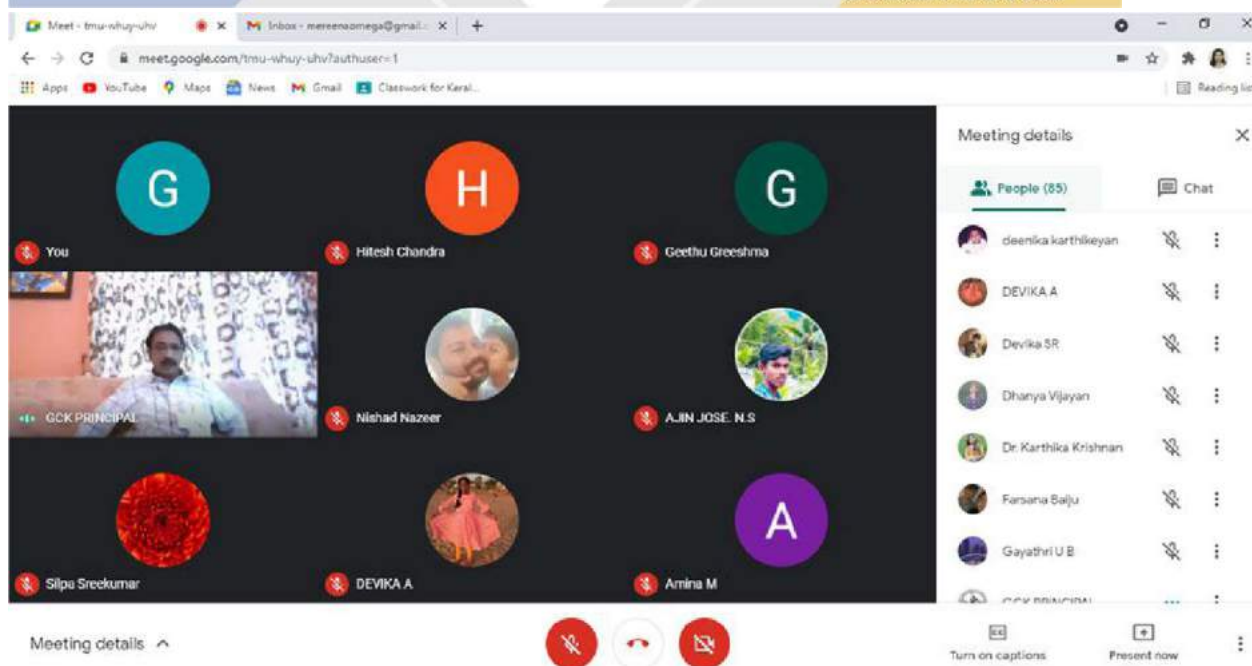
Welcome: **Smt. Mereena C.S.** (Head)
Inauguration: **Dr. Krishnakutty K** (Principal)
Felicitations: **Dr. Sabeen H.M**
(IQAC Coordinator)
Dr. Dhanya Vijayan
(Scientist, Germany)

Session:
"Prospects and Scope of Geographical Research in Foreign Countries"

About the programme:
The present century started witnessing a change in climatic behaviour, land use pattern, change in spatial interactions, Urban development etc. Explorations and research in these aspects is therefore a necessity of time. Geographical research help to analyze these aspects on a more relevant way. The programme aims to provide an insight on current aspects of Geographical research and its scope in and outside the country.

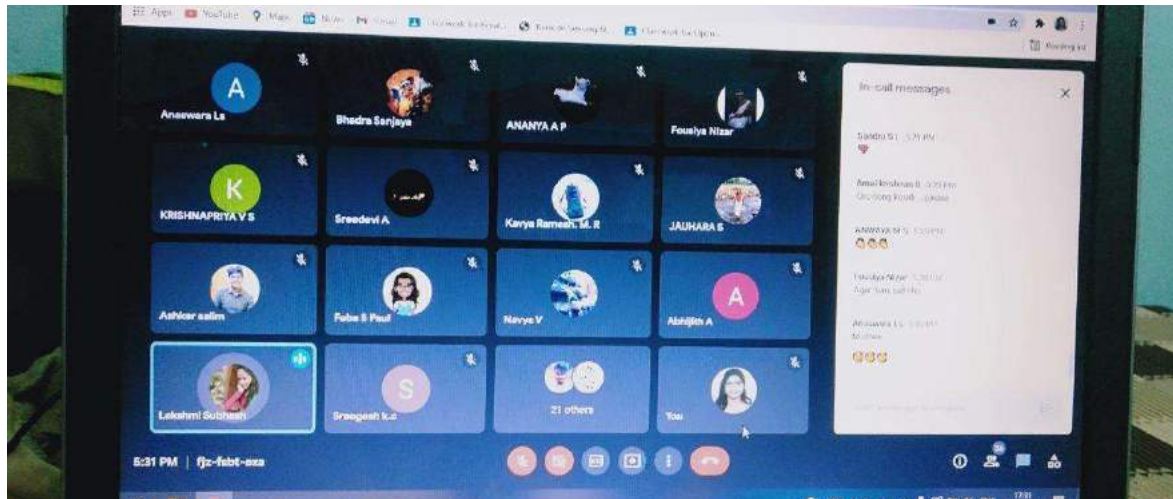
About the resource person:
Dr. Dhanya Vijayan is currently working as scientist in ZALF, Germany. She has obtained PhD from the University of Kerala. She has research experiences from DAAD Germany, University of Bremen, NCESS-India. She was honored with Alexander Von Humboldt award for her research contributions. Her area of interest is sustainable nature resource management, indigenous studies, river basin management, land use change studies, participatory planning.

E-CERTIFICATES WILL BE PROVIDED TO THOSE WHO SUBMIT FEEDBACK FORM AT THE END OF SESSION



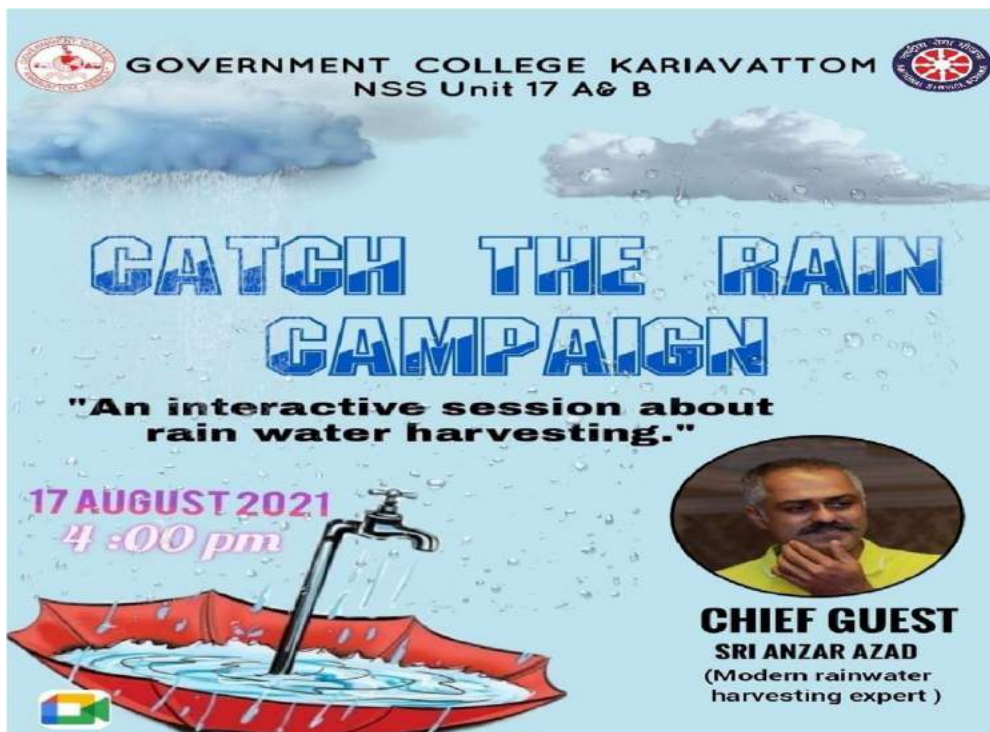
Title of Activity: ATHIJEEVANAM PART 2

Oasis club of Geography Department organised Athijeevanam Programme on May 30, 2021 during the second lock down period. The programme aims to bring out the special talents of the students and was presented in Google Meet Platform. More than 50 students actively participated in the event.



Title of Activity: *CATCH THE RAIN CAMPAIGN*

In accordance with Rainwater harvesting, Government College Kariavattom, conducted ***CATCH THE RAIN CAMPAIGN*** through online mode via G meet. The chief guest of the programme was Sri. Anzar Azad (Modern rainwater harvesting expert, Managing director of Act Pvt Ltd, Tvm) .75 participants attended the meeting. The participants got an opportunity to clear their doubts about rainwater harvesting through the interactive session.



4:02

VoLTE 4G



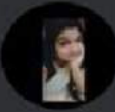
bwv-vyaf-wzq ▶



Raghul



Dr. Sabeen



Devika



deenika



Adwaith



Anzar



You



Rintu 57 others



On 2nd October 2021, students along with NSS volunteers were involved in cleaning the College Campus, especially the 'Naalukettu' block. All the benches and desks in classrooms were cleaned and sanitized. Cobwebs were removed and entire veranda was cleaned. Courtyard of Naalukettu was cleaned. All grass and weeds were uprooted. Plastic items were removed. Badminton court was cleaned.







Name of Activity:

PARITHRANAM (7 day sapling Drive) (29/05/2020- 05/06/2020)

PARITHRANAM CAMPAIGN aimed at planting sapling for seven days continuously from 29 May 2020 to 05 June 2020 as a part of nature restoration program. Due to the spread of COVID 19, NSS volunteer's celebrated environmental day at home from 29/04/2020 to 05/05/2020. This campaign allows volunteers to participated with their family members and they actively participated in this activity.



The biggest plant drive week
challenge of
University of Kerala

പരിതാണ്

"മനുഷ്യവംശത്തിന്റെ നിലനിൽപ്പ്
പ്രകൃതിയിലൂടെ"



Nighitha TN
II BSc Biochemistry



MAY 29th - JUNE 5th

GOVERNMENT COLLEGE KARIAVATTOM



MAY 29th - JUNE 5th



Ganga Prasad
I BSc PCA



The biggest plant drive week
challenge of
University of Kerala

പരിത്യാണം

"മാനവവംശത്തിന്റെ നിലനിൽപ്പ്
പ്രകൃതിയിലൂടെ"

GOVERNMENT COLLEGE KARIAVATTOM

