



**VIMALA COLLEGE (AUTONOMOUS), THRISSUR**

## **Criterion III**

### **Research, Innovation and Extension**



**Extension @ Vimala -NSS**

*Assessment Period (2016 - 2021)*



**VIMALA COLLEGE (AUTONOMOUS), THRISSUR**

# **National Service Scheme (NSS)**

*Assessment Period (2016 - 2021)*



## **VIMALA COLLEGE (AUTONOMOUS), THRISSUR**

### **NSS PROJECT-MAZHAVILLU**

**Mazhavillu Project- A Helping Hand to Mentally Challenged Students at Govt. H.S. School, Villadam, Thrissur**



**Voulunteers along with students of Govt. H.S. School, Villadam, Thrissur**



**Voulunteers along with students of Govt. H.S. School, Villadam, Thrissur**

*Assessment Period (2016 - 2021)*



## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

### NSS PROJECT-MAZHAVILLU



**Onam Celebrations**



**Christmas Celebration**

*Assessment Period (2016 - 2021)*



# **VIMALA COLLEGE (AUTONOMOUS), THRISSUR**

## **NSS PROJECT-MAZHAVILLU**



**Christmas Celebrations**



**Drawing Class at Villadam School**



**Closing ceremony**

**Mazhavillu Project 2016-2017**

*Assessment Period (2016 - 2021)*



# **VIMALA COLLEGE (AUTONOMOUS), THRISSUR**

## **NSS PROJECT-MAZHAVILLU**



**Mazhavillu Project 2017-2018**

*Assessment Period (2016 - 2021)*



# **VIMALA COLLEGE (AUTONOMOUS), THRISSUR**

## **NSS PROJECT-SNEHAVEEDU**

**Snehaveedu Project- 'A Home for Her' Bulding a home for a student**



**View of old house**



**House under Construction**



**House under Construction**



**Newly constructed house**

*Assessment Period (2016 - 2021)*



## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

### NSS CLEANING DRIVES



Cleaning at Govt. Medical College , Thrissur



Students participating in Swachh Bharath Pakhwada programme

*Assessment Period (2016 - 2021)*



## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

### NSS CLEANING DRIVES



Students involved in cleaning drive at Thrissur Corporation



Volunteers cleaning premises of Public library, Cheroor



Beach Cleaning Drive at Chavakkad Coastal Area  
*Assessment Period (2016 - 2021)*



# VIMALA COLLEGE (AUTONOMOUS), THRISSUR

## NSS CLEANING DRIVES



**Cleaning at IMA blood bank**  
*Assessment Period (2016 - 2021)*



## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

### NSS RALLYS



**Rally against the use of drugs**



**Publicawareness rally on eye donation**



**Rally on Human Rights Day Thrissur**

*Assessment Period (2016 - 2021)*



## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

### NSS RALLYS



Energy conservation rally



Rally on 'Stop Violence against Girl Child'



Students participating in marathon on 'Sustainable Development'



## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

### NSS RALLYS



Communal harmony awareness rally



Students participating in awareness rally on life style diseases



Awareness Rally against Narcotic Use

*Assessment Period (2016 - 2021)*



## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

### NSS RALLYS



AIDS awareness Rally

*Assessment Period (2016 - 2021)*



## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

### NSS RALLYS



Road Safety Campaign - 'Neetham' Think Safety on the Roads

*Assessment Period (2016 - 2021)*



## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

### NSS RALLYS



**'Vimukthijwala' -A Campaign against Drug and Alcohol Abuse  
Health Walkathon to Spread Awareness on Diabetes among the Public**



## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

### NSS RALLYS



Environment protection rally & Environment Day Pledge



Public Awareness Rally on the Importance of the Swacch Bharat Mission



Students with placards during awareness rally

*Assessment Period (2016 - 2021)*



# VIMALA COLLEGE (AUTONOMOUS), THRISSUR

## NSS RALLYS



Pledge on 'Rashtriya Ekta Diwas'

*Assessment Period (2016 - 2021)*



## **VIMALA COLLEGE (AUTONOMOUS), THRISSUR**

### **NSS WHEEL CHAIR DISTRIBUTION**



**Wheel chair distribution to differently abled children**



## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

**NSS@OKHI**



**Visit and Helping Hand to Okhi Affected Eriad Coastal Area**



**Students distributing kit to Okhi affected people**

*Assessment Period (2016 - 2021)*



# **VIMALA COLLEGE (AUTONOMOUS), THRISSUR**

## **NSS@SCHOOLS**



**Remedial teaching at schools**



**Participants at Kuttumukku Anganawadi**

*Assessment Period (2016 - 2021)*



## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

### NSS ENVIRONMENT CONSERVATION PROGRAMS



Talk on Green Protocol



exhibition of bio-decomposing models



Planting sapling as a part of campaign

*Assessment Period (2016 - 2021)*



## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

### NSS ENVIRONMENT CONSERVATION PROGRAMS



Students involved in organic farming



Students farming/harvesting



Video by students on Medicinalplants -Sanjeevani

*Assessment Period (2016 - 2021)*



# VIMALA COLLEGE (AUTONOMOUS), THRISSUR

## NSS-UJJEVANAM



Ujjevan' Forest Fire Prevention Awareness Programme

*Assessment Period (2016 - 2021)*



## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

### NSS MEDICAL CAMPS & EYE CAMPS



Eye camp1



Medical camp 2018

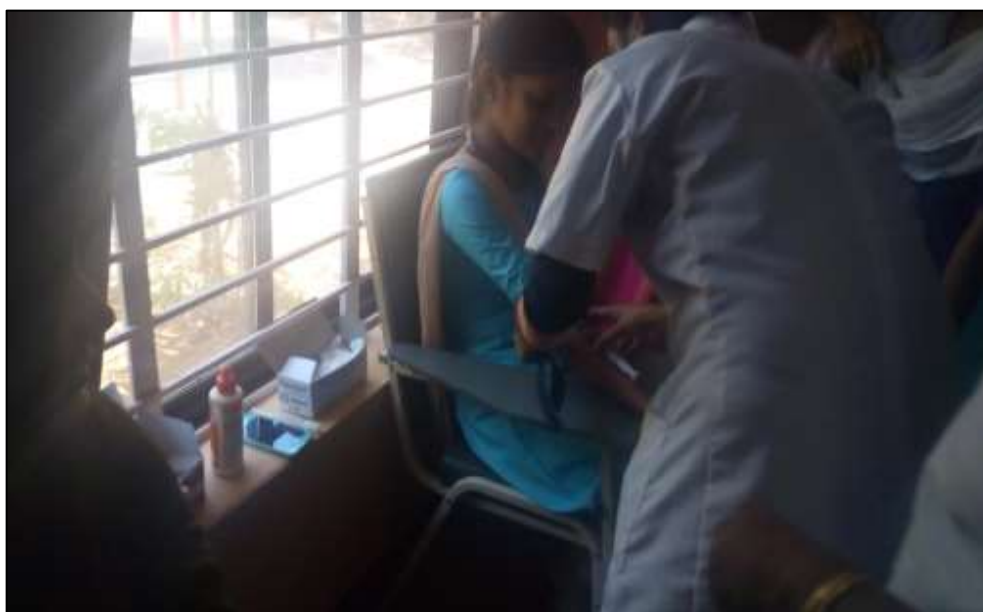


Eye camp2 on 10/07/2017



# VIMALA COLLEGE (AUTONOMOUS), THRISSUR

## NSS MEDICAL CAMPS



**Medical Camp for Thyroid Testing**



# VIMALA COLLEGE (AUTONOMOUS), THRISSUR

## NSS ON HEALTH & HYGEINE



Seminar and Panel Discussion on 'Challenge Cancer'



## **VIMALA COLLEGE (AUTONOMOUS), THRISSUR**



**Hotel Awareness Programme and Distribution of Cap and Gloves for Hotel Workers  
in Thrissur Corporation**



**Public Awareness Programme on AIDS**

*Assessment Period (2016 - 2021)*



## VIMALA COLLEGE (AUTONOMOUS), THRISSUR



**Inauguration of AIDS awareness programme**

*Assessment Period (2016 - 2021)*



## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

**MESSAGES** now


**Check on Nutritional Value**

Peach is a soft, juicy and fleshy stone fruit produced by a peach tree. Raw peach flesh is 89% water, 10% carbohydrates, 1% protein, and contains negligible fat. A medium raw peach, weighing 100 g (3.5 oz), supplies 39 calories, and contains small amounts of essential nutrients, but none is a significant proportion of the Daily Value (DV, right table). A raw nectarine has similar low content of nutrients. The glycemic load of an average peach (120 grams) is 5, similar to other low-sugar fruits.



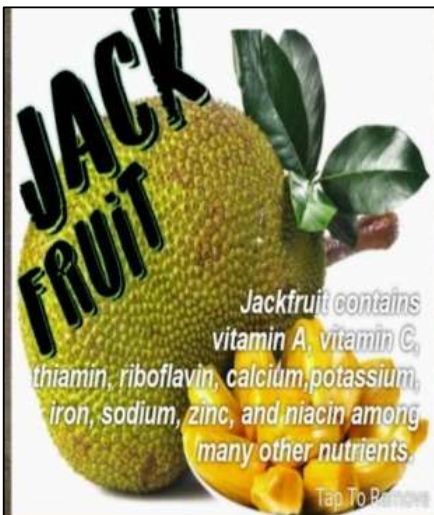
### Canistel (Egg Fruit)

**SCIENTIFIC NAME :  
POUNTERIA CAMPECHIANA**




- 1) Immunity Booster.
- 2) Healthy for heart.
- 3) Lowers the risks of diabetes and cataract.
- 4) Prevent cancer, anemia and cough and flu.
- 5) Treats osteoarthritis.
- 6) Reduce the risk of Alzheimer's.

### JACK FRUIT



Jackfruit contains vitamin A, vitamin C, thiamin, riboflavin, calcium, potassium, iron, sodium, zinc, and niacin among many other nutrients.

Tap To Remove




### Averrhoa bilimbi..

Origin : southeast asia but normally found growing throughout the tropics..

**"NUTRICHoice"**

- Vitamin C
- Vitamin B2
- Vitamin B3
- Calcium
- Flavonoids
- Tannins
- Terpenes
- Phosphorous
- Iron

### PASSION FRUIT



- Vitamin A
- equival beta-Carotene
- Riboflavin (B2)
- Niacin (B3)
- Vitamin C
- Vitamin A
- Iron
- Potassium
- Vitamin B6

VIMALA COLLEGE (AUTONOMOUS)  
NSS UNIT PRESENTS

### POSTER MAKING COMPETITION

28 JULY  
WORLD NATURE CONSERVATION DAY

THE POSTER SHOULD FOCUS ON NATURE CONSERVATION AND SHOULD INCLUDE WRITINGS AND DRAWINGS. COLOURS, SKETCHS AND CRAYONS CAN BE USED. ATTRACTIVE PRIZES ARE WAITING FOR THE WINNERS

Submission deadline : 6.00pm, July 28, 2020  
Preferred Language : English and Malayalam



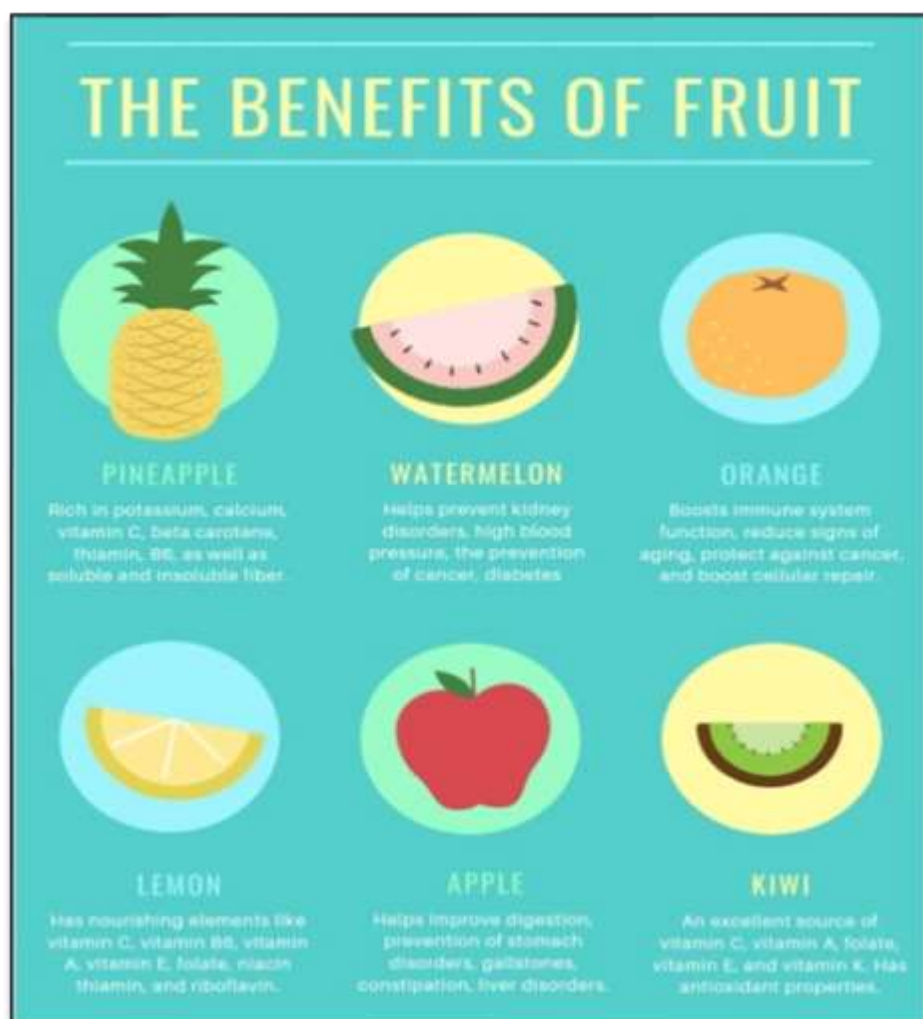
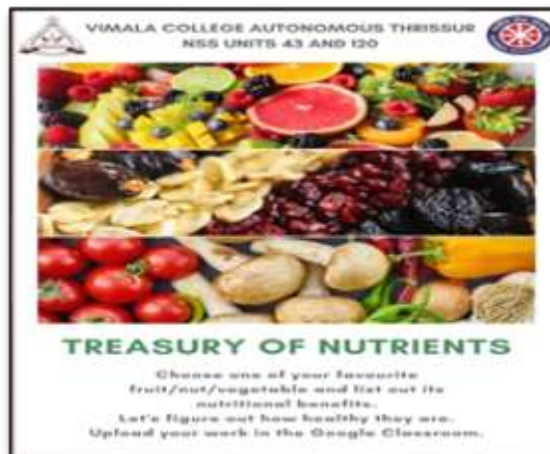
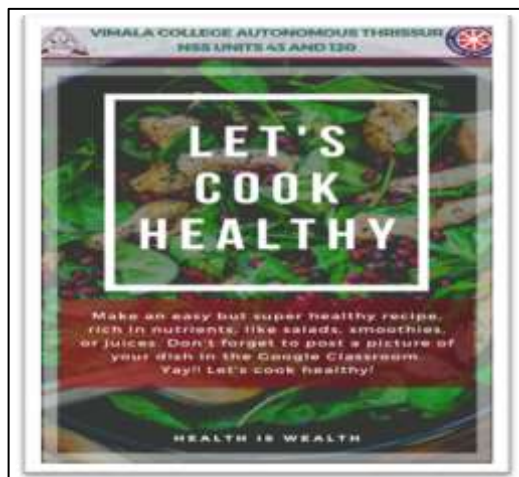
Sneha Sunny  
- 6292410540  
Anugraha  
- 9079120014

### Nutrition Awareness Programme

*Assessment Period (2016 - 2021)*



## VIMALA COLLEGE (AUTONOMOUS), THRISSUR



### Nutrition Awareness Programme

*Assessment Period (2016 - 2021)*



## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

### NSS @ ANGANVADI



**Volunteers reading story books for children**



**Cleaning , paper bag making and Waste management awariness Classes for children  
at Kuttanellur Anganwadi by NSS**

*Assessment Period (2016 - 2021)*



## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

### NSS@ MOTHER THERESA COMMEMORATION



Photos of Mother Theresa commemoration programme



## **VIMALA COLLEGE (AUTONOMOUS), THRISSUR**

### **NSS AWARENESS SESSIONS ON DIFFERENT TOPICS**



**Taking Pledge as part of Vigilance Week**



**Awareness Session on Corruption**



**Students attending a session on palliative care**  
*Assessment Period (2016 - 2021)*



## **VIMALA COLLEGE (AUTONOMOUS), THRISSUR**

### **NSS PROGRAMMES FOR SENIOR CITIZENS**



**Students interacting with inmates of Christ Villa old age home, Ramavarmapuram**



**Inmates of Christ Villa old age home, Ramavarmapuram**



**Elder Abuse Awareness Program at Old Age Home**

*Assessment Period (2016 - 2021)*



## VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Students interacting with senior citizens-Old Age Day celebrations



Senior citizens attending programme

*Assessment Period (2016 - 2021)*



## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

### NSS FOOD PACKET DISTRIBUTION



Food packet distribution by volunteers at various localities of Thrissur

*Assessment Period (2016 - 2021)*



# VIMALA COLLEGE (AUTONOMOUS), THRISSUR

## NSS SKILL TRAINING CLASSES



Training session on cleansing agents



Training in Paper bag Making



One Day Workshop on Pararaksha 'Save the Life of a Person on His Emergency Situation'



# **VIMALA COLLEGE (AUTONOMOUS), THRISSUR**

## **NSS SKILL TRAINING CLASSES**



**Free Tailoring Classes to Ladies in Nearby Locality**



**Participants attending class**

*Assessment Period (2016 - 2021)*



## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

### NSS BLOOD DONATION CAMPS



Vimala College (Autonomous),  
Thrissur  
NSS Units (43 & 120)

**8<sup>th</sup> March 2021**

Donate  
BLOOD

**BLOOD DONATION CAMP**

Time:- 1 pm  
Venue:- IMA Blood Bank,  
Ramavarmapuram

Red Ribbon Club

For more details:-  
8500555555



## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

### NSS BLOOD DONATION CAMPS



*Assessment Period (2016 - 2021)*



## **VIMALA COLLEGE (AUTONOMOUS), THRISSUR**

### **NSS HAIR DONATION CAMPS**



**Students Donating Their Hair for Cancer Patients**



## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

### NSS BLUE ARMY



Newspaper report



Blue army volunteers with placards

*Assessment Period (2016 - 2021)*



## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

### NSS@FLOOD



Sorting and packing at Don-Bosco College Mannuthy





## VIMALA COLLEGE (AUTONOMOUS), THRISSUR













Sorting and packing at Govt. Eng. College Thrissur



# VIMALA COLLEGE (AUTONOMOUS), THRISSUR


## NSS@COVID

<p><b>VIMALA COLLEGE (AUTONOMOUS), THRISSUR</b> NSS UNITS 43 &amp; 120</p> <p><b>Vaccination Drive</b></p> <p>Freedom from Covid - 19</p> <p><b>VACCINATION FOR PUBLIC</b></p> <p><b>COVISHIELD VACCINE</b> <b>AT SUBSIDISED RATE - ₹700</b></p> <ul style="list-style-type: none"> <li>Rush free environment</li> <li>Vaccine will be provided within 5 minutes</li> <li>Slots can be arranged at your convenient timing</li> </ul> <p>August 7, 2021 8:30a.m. - 3:30p.m. Venue : Vimala College</p> <p> </p> <p>Vaccine Supplied by Avitis      In association with Elixir Clinic</p> <p> </p> <p>Organized by IMA, Thrissur      Sponsored by Rotary Club, Thrissur West</p> <p>For further queries please contact - 9400814826</p>	<p><b>VIMALA COLLEGE (AUTONOMOUS), THRISSUR</b> NSS UNITS 43 &amp; 120</p> <p><b>Vaccination Drive</b></p> <p>Freedom from Covid - 19</p> <p><b>VACCINATION FOR VIMALAJITES</b></p> <p><b>COVISHIELD VACCINE AT ₹350</b></p> <ul style="list-style-type: none"> <li>Rush free environment</li> <li>Vaccine will be provided within 5 minutes</li> <li>Slots can be arranged at your convenient timing</li> </ul> <p>August 7, 2021 8:30a.m. - 3:30p.m. Venue : Vimala College</p> <p> </p> <p>Vaccine Supplied by Avitis      In association with Elixir Clinic</p> <p> </p> <p>Organized by IMA, Thrissur      Sponsored by Rotary Club, Thrissur West</p> <p>For further queries please contact - 9400814826</p>	<p><b>VIMALA COLLEGE (AUTONOMOUS) THRISSUR</b> <b>NATIONAL SERVICE SCHEME</b> 43 &amp; 120</p> <p><b>FREEDOM FROM COVID 19</b></p> <p><b>VACCINATING VIMALAJITES</b></p> <p><b>ON 7 TH AUGUST 2021</b> <b>8:30 AM- 3:30 PM</b></p> <p><b>VACCINE: COVISHIELD</b></p> <p><b>VACCINE FOR STUDENTS</b> <b>AT SUBSIDIZED RATE</b></p> <p>SLOTS CAN BE ARRANGED AT YOUR CONVENIENT TIME</p> <p>RUSH FREE CAMPUS</p> <p>VACCINATION WILL BE PROVIDED WITH IN 5 MINUTES</p> <p>   </p> <p>VACCINE SUPPLIED BY AVITIS      IN ASSOCIATION WITH ELIXIR CLINIC      ORGANIZED BY IMA, THRISSUR      SPONSORED BY ROTARY CLUB, THRISSUR WEST</p>
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**VIMALA COLLEGE (AUTONOMOUS), THRISSUR**  
NSS UNITS 43 & 120

**Vaccination mega camp**

organized by  
District Medical office, Thrissur



**Venue: Vimala College (Autonomous), Thrissur**  
**Dates: 21,28 March & 11, 18,25 April**



## VIMALA COLLEGE (AUTONOMOUS), THRISSUR



**Volunteers with NSS Coordinator**



**Vaccination Awareness Programme as part of Tika Mahotsav Vacci-Drive**

*Assessment Period (2016 - 2021)*



## VIMALA COLLEGE (AUTONOMOUS), THRISSUR





# VIMALA COLLEGE (AUTONOMOUS), THRISSUR



## 'Legends'- Motivational Story Book for Childrens by NSS Units of Vimala College, Thrissur



Link : <https://online.fliphtml5.com/jmkob/njxr/>

*Assessment Period (2016 - 2021)*



## VIMALA COLLEGE (AUTONOMOUS), THRISSUR



**'Mahamariyum Penkaruthum'- Flash Mob on the Theme 'Women in Leadership:  
Achieving an Equal Future in COVID 19 World' at Cheroor, Thrissur**

*Assessment Period (2016 - 2021)*



## VIMALA COLLEGE (AUTONOMOUS), THRISSUR



### 'Sughino'-Hosted Palliative Care Day Awareness Programme

### Mask Making by NSS Volunteers of Vimala College and Distribution in their Neighbourhood





## **VIMALA COLLEGE (AUTONOMOUS), THRISSUR**

### **NSS AWARDS**

**Name of Award/Recognition: Functional Excellence Award for the Excellent Work of the Anti Drug Programmes under the NSS Units of Vimala College, Thrissur**



**Functional Excellence Award Trophy**



**NSS Team with Functional Excellence Award**

*Assessment Period (2016 - 2021)*



## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

### NSS AWARDS

Name of Award/Recognition: Swachh Bharat Summer Internship Award for Best Institution (Second Position in District Level) for Swachh Bharat Summer Internship Activities



Swachh Bharat Summer Internship Award Certificate



NSS units of Vimala college receiving certificate and cash prize Rs.20000 from the district collector S. Shanavas on 20/02/2021.

### NSS AWARDS

*Assessment Period (2016 - 2021)*



## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

**Name of Award/Recognition: Best NSS Volunteer Award for Overall Achievement in National Service Scheme (NSS)**



### Best NSS Volunteer Award Certificate



**Ms. Mariya Raphael receiving Best NSS Volunteer Award**

**NSS AWARDS**  
*Assessment Period (2016 - 2021)*



**Name of Award/Recognition: Voluntary Blood Donation Award2019**



**I.M.A. BLOOD BANK COMPLEX & RESEARCH CENTRE**

(A Project with District Panchayath & IMA Thrissur under Peoples Plan Programme)

P.O. Ramavarmapuram, Thrissur - 680 631, Phone : 0487-2323964, 2320999, 2320784, 9495466264

Blood Bank Licence No. 0143/28C/KER/DC-CLAA/2004 Regional Blood Transfusion Centre Code No. 3207 BB P19  
Website: [www.imabloodbankthirssur.com](http://www.imabloodbankthirssur.com), E-mail: [imabloodbanktr@gmail.com](mailto:imabloodbanktr@gmail.com) WhatsApp Helpline Number: 99 47 64 64 64

## VOLUNTARY BLOOD DONATION AWARD 2019

## NES UNIT

VIMALA COLLEGE, THRISSUR

*IMA Blood Bank Complex & Research Centre, R. V. Puram, Thrissur appreciates your efforts in promoting Voluntary Blood Donation Camps on a regular basis during the year 2018-2019. On the occasion of National Blood Donation Day - 1<sup>st</sup> October 2019 we salute and honor you.*

*Dr. S. M. Balagopalan*

*Blood Bank Medical Officer In-charge*

## Blood Donors Are The Tree Of Life

*At least Donate  
Once in A Lifetime*

Dr. V. Govindan Kutty  
Director

**Janakeeya Samithy (Arogyam)**  
I. M. A. Blood Bank Complex & Research Centre  
A Project With District Panchayath & I. M. A. Hospital  
P. O. Ramavijayapuram, Thiruvananthapuram-695031  
Ph: 0487-2323964 / 2320783

# Certificate

### Assessment Period (2016 - 2021)



# **VIMALA COLLEGE (AUTONOMOUS), THRISSUR**

## **NSS AWARDS**

**Name of Award/Recognition: Voluntary Blood Donation Organization Award 2019**



**Voluntary Blood Donation Organization Award 2019**

*Assessment Period (2016 - 2021)*



## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

### NSS AWARDS

**Name of Award/Recognition: Big Salute Certificate for Meritorious Service in Flood Relief Activities**



### Certificate



**The N.S.S volunteers were honored for their meritorious service in flood relief activities by the District Collector of Thrissur, Ms. Anupama on 29/09/2018.**

*Assessment Period (2016 - 2021)*



# VIMALA COLLEGE (AUTONOMOUS), THRISSUR

## NSS AWARDS

**Name of Award/Recognition: Model Voluntary Blood Donation Organization Award 2018  
for Service Rendered in the field of Voluntary Blood Donation**



## Voluntary Blood Donation Organization Award

*Assessment Period (2016 - 2021)*



## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

### NSS AWARDS

Name of Award/Recognition: 'Jalaraksha Jeevaraksh Award' -Best Institution for Conducting Water Preservation and Purification Activities in Flood Affected Community



Award Trophy

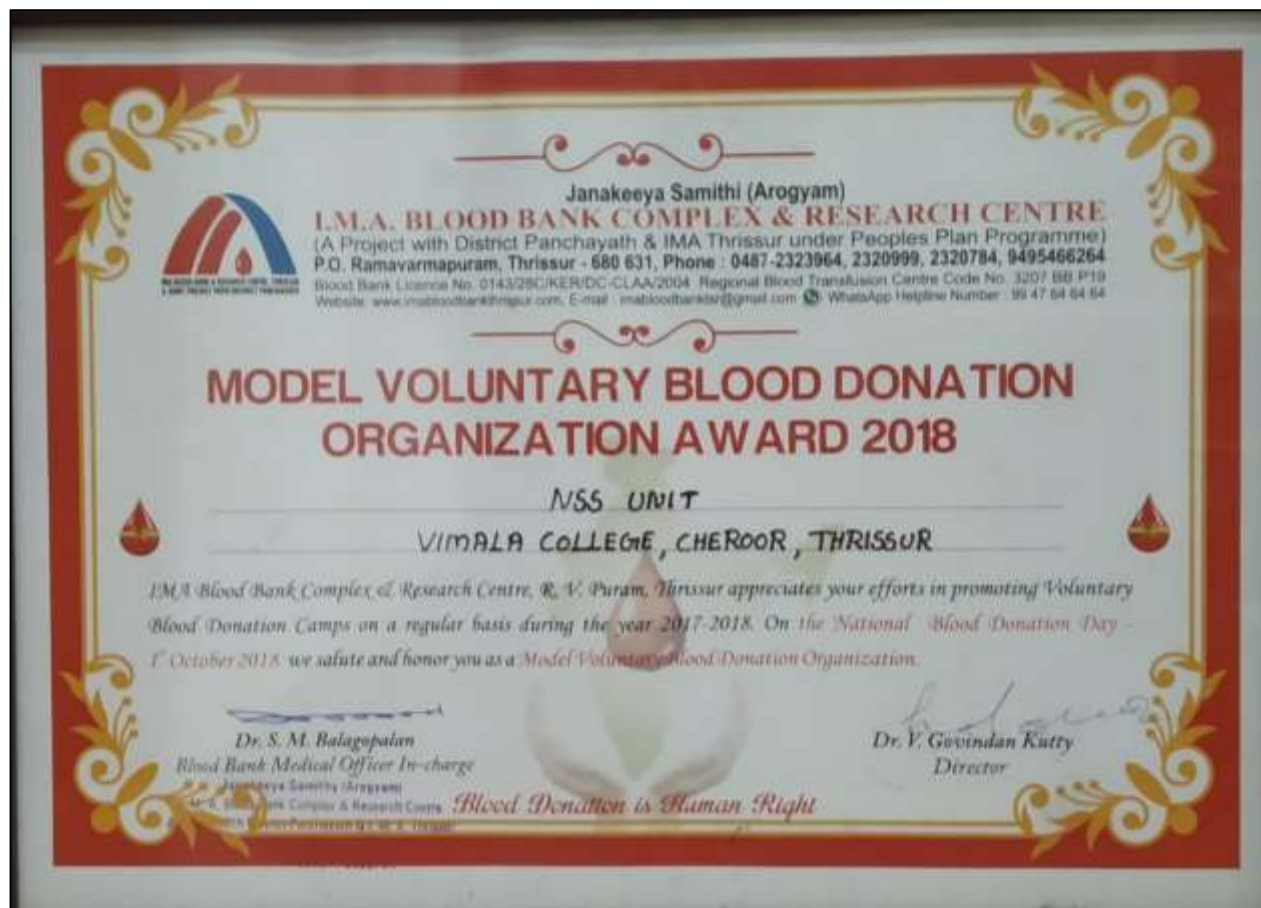
*Assessment Period (2016 - 2021)*



## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

### NSS AWARDS

Name of Award/Recognition: Model Voluntary Blood Donation Organization Award 2018  
for Promoting Voluntary Blood Donation Activities



### Certificate

*Assessment Period (2016 - 2021)*



# VIMALA COLLEGE (AUTONOMOUS), THRISSUR

## NSS AWARDS

Name of Award/Recognition: Letter of Appreciation for Conducting Eye Screening Camps by the NSS Units of Vimala College, Thrissur



### Letter of Appreciation

*Assessment Period (2016 - 2021)*



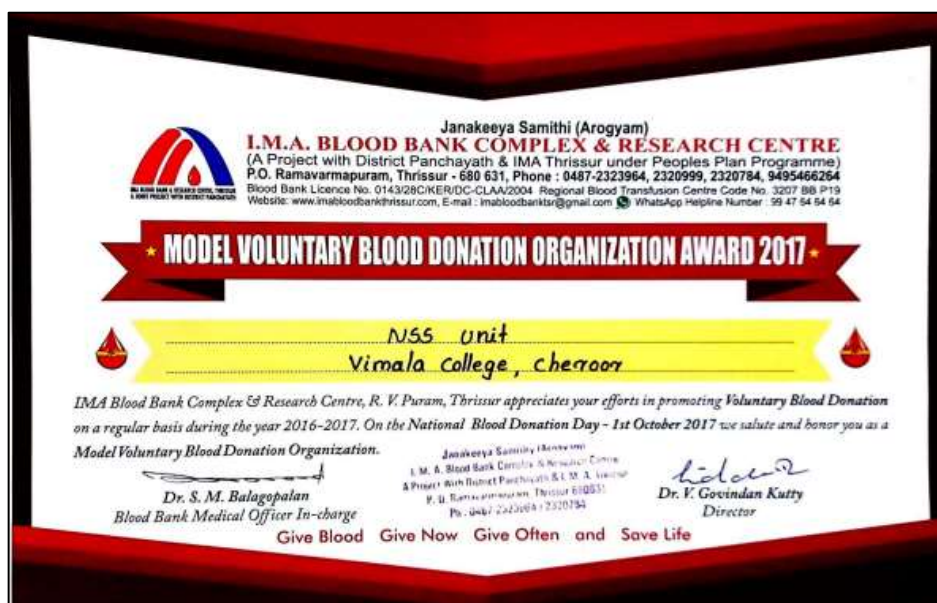
# VIMALA COLLEGE (AUTONOMOUS), THRISSUR

## NSS AWARDS

Name of Award/Recognition: Model Voluntary Blood Donation Organization Award 2017



Award Trophy



Certificate

*Assessment Period (2016 - 2021)*



## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

### NSS AWARDS

**Name of Award/Recognition:** Best Institution Award for Conducting Activities on Human Rights Day to Spread Awareness on Human Rights Protection

**Name of Award/Recognition:** Best Institution Award for Conducting AIDS Awareness Activities



**Award Trophies**

*Assessment Period (2016 - 2021)*



## **VIMALA COLLEGE (AUTONOMOUS), THRISSUR**

### **NSS AWARDS**

**Name of Award/Recognition: Best NSS Unit for Overall Performance**



**Trophy**

*Assessment Period (2016 - 2021)*