

**AQAR 2023 - 2024**



**SANTHIGIRI COLLEGE**  
**OF COMPUTER SCIENCES**  
Affiliated to M.G. University, Approved by AICTE and Accredited by NAAC



## CRITERION 7

### 7.2.1 SUPPORTING DOCUMENTS



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VAZHITHALA P. O., THODUPUZHA  
KERALA, PIN : 685 583




## SANTHIGRAMAM

### REPORT

<b>Name of Programme Conducted</b>	Distribution of Grow bags
<b>Objective of the Programme</b>	To enhance food security and promote sustainable gardening practices empowering them to grow their own vegetables and herbs. The initiative aims to improve nutritional intake, foster self-reliance, and encourage community engagement in sustainable agricultural practices."
<b>Target Audience / Batches</b>	Members from Parkkadavu Colony .
<b>Date Conducted</b>	02/02/2024
<b>Venue</b>	Parkkadavu Colony
<b>Time and Duration</b>	2.00 pm to 3.00. pm
<b>Description of program</b>	The program distributed 600 grow bags to 120 families, equipping each with 5 bags for vegetable cultivation. Aimed at boosting food security and promoting sustainable living, the initiative supports families in growing fresh produce at home, enhancing nutrition, and fostering community engagement through shared gardening efforts
<b>Chief Guests/ speakers if any</b>	Rev.Fr Paul Parakattel CMI, Manager Santhigiri College, Bhaskaran Akkalayil, Panchayth President
<b>No of Students participated</b>	30
<b>No of Faculties participated</b>	4
<b>Who organized it</b>	Scop

**CRITERION 7**



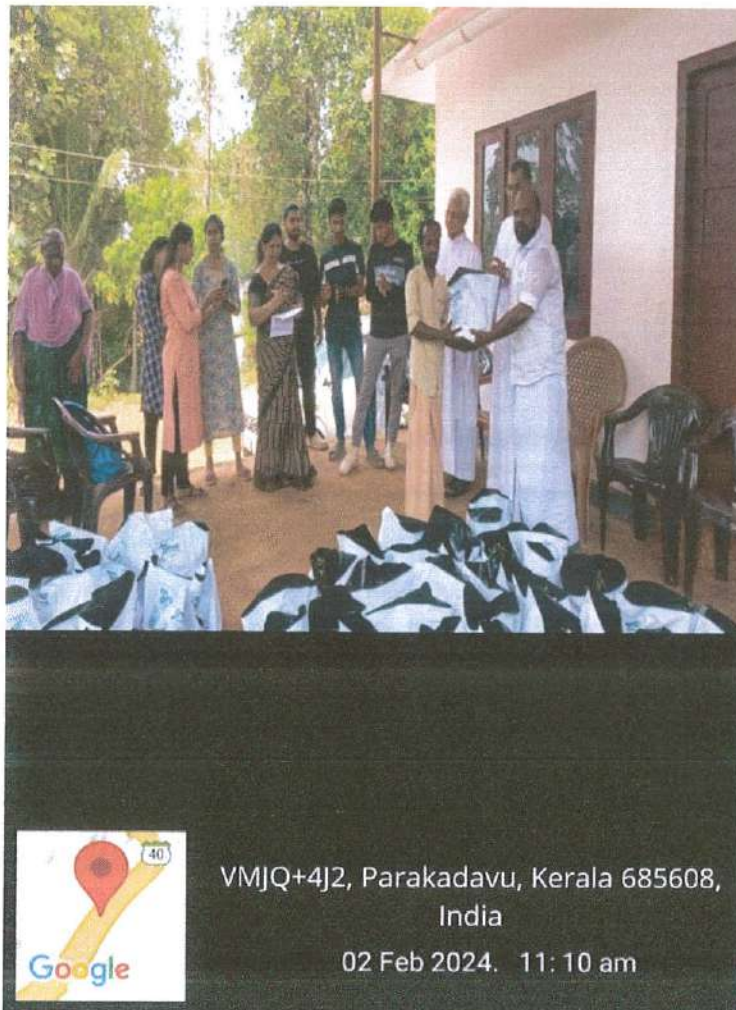
  
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<b>Outcome of program</b>	The program led to increased home-grown vegetable production, improved family nutrition, and greater community engagement in sustainable practices, successfully cultivating fresh produce using the distributed grow bag.
<b>List supporting documents/Attachments</b>	Geo Tag Photos

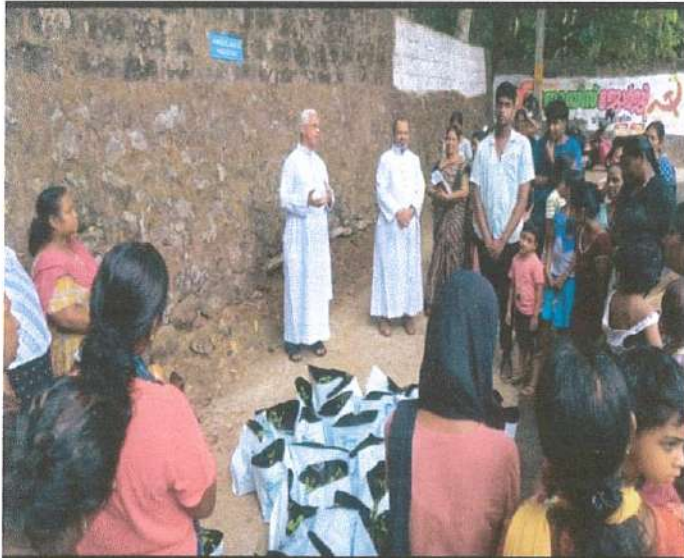
Report prepared by: Mr. Ginto K Paulose

Date: 15/03/2024



*J. V. Mathew*  
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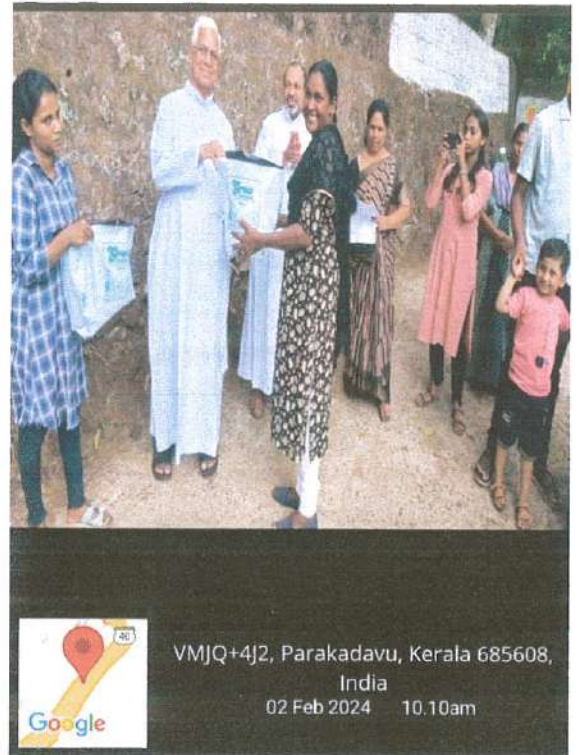


VMJQ+4J2, Parakadavu, Kerala 685608,  
India

02 Feb 2024. 10.07am



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VAZHITHALA P. O., THODUPUZHA  
KERALA, PIN : 685 503



### REPORT

<b>Name of Programme Conducted</b>	Free Medical Camp
<b>Objective of the Programme</b>	A free medical camp was organized in Pakalveedu, Parakadavu Colony, offering services in orthopedics, general medicine, dental care, ophthalmology, and nutrition. The aim was to enhance the health and well-being of the community, providing accessible healthcare for the benefit and betterment of the residents.
<b>Target Audience / Batches</b>	Members from Parkkadavu Colony .
<b>Date Conducted</b>	19/03/2024
<b>Venue</b>	Parkkadavu Colony
<b>Time and Duration</b>	10.00 am to .01.30. pm

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*J. V. V. V.*

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<b>Description of program</b>	The medical camp in Pakalveedu, Parakadavu Colony provided free healthcare services to the community. It featured specialists in orthopedics, general medicine, dental care, ophthalmology, and nutrition. The program aimed to improve health awareness, facilitate early diagnosis, and promote healthy lifestyles, fostering community engagement and support for better health outcomes.
<b>Chief Guests/ speakers if any</b>	Rev.Fr Paul Parakattel CMI, Principal Santhigiri College
<b>No of Students participated</b>	20
<b>No of Faculties participated</b>	2
<b>Who organized it</b>	Scop
<b>Outcome of program</b>	The medical camp resulted in improved access to healthcare for residents, enhanced health awareness, and early diagnosis of various conditions. Participants benefited from free consultations and treatments, leading to better overall health in the community and increased knowledge about preventive care and healthy living.
<b>List supporting documents/Attachments</b>	Geo Tag Photographs

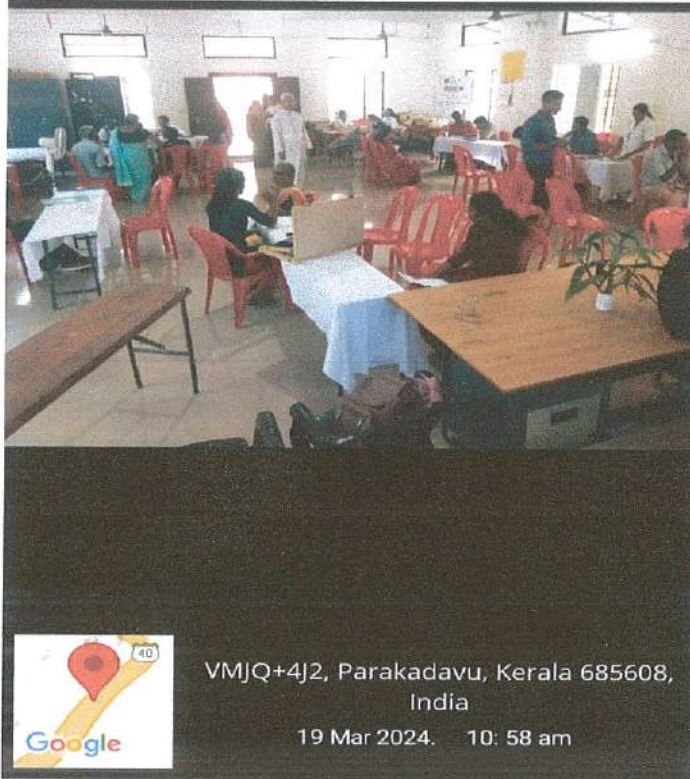
Report prepared by: Mr. Ginto K Paulose

Date: 30/03/2024



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19 Mar 2024. 10: 58 am



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VMJQ+4J2, Parakadavu, Kerala 685608,  
India

19 Mar 2024. 10:30 am



VMJQ+4J2, Parakadavu, Kerala 685608,  
India

19 Mar 2024. 11:15am



PRINCIPAL

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## SANTHIMARGAM

### REPORT OF YOGA CELL

<b>Name of Programme</b>	YOGA TRAINING PROGRAM
<b>Objective of the programme</b>	YOGA can prepare the students physically and mentally for the integration of their physical, mental and spiritual faculties so that the students can become healthier and more integrated members of the society and of the nation.
<b>Target audience / Batches</b>	Students of Santhigiri college
<b>Date Conducted</b>	Every Wednesday
<b>Venue</b>	Chavara Indoor stadium, Santhigiri college, Vazhithala
<b>Time and Duration</b>	9.30 am to 10.30 am
<b>Description of program</b>	The programme covers an introduction to: <ul style="list-style-type: none"><li>• Astanga Yoga</li><li>• Asanas</li><li>• Pranayama</li></ul>
<b>Chief Guests/ speakers if any</b>	Mr. Prasanth P Ms. Saraswathi Antherjanam
<b>Content of speeches</b>	Remembering the day and appreciating the initiation taken by social work trainees, Gandhian Ideologies, Awareness on Drugs
<b>No of Students participated</b>	selected college batches
<b>No of Faculties participated</b>	Faculties of the corresponding class
<b>Who organized it</b>	YOGA CELL
<b>Outcome of program</b>	<ul style="list-style-type: none"><li>• Helps to reduce stress and anxiety</li><li>• Helps to feel energetic throughout the day</li></ul>

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	<ul style="list-style-type: none"><li>• Helps to become mindful in your relationships</li><li>• Helps to get more in control of your feelings</li></ul>
<b>List supporting documents/Attachments</b>	Photographs and Brocher



Kerala, Vazhithala  
9.8696644, 76.6446251  
Jun 21, 2024 10:39:18 AM



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**INTERNATIONAL YOGA DAY**  
**CELEBRATION**

**Resource Person**



**Ms. Saraswathi Antherjanam**  
 M.Sc. Yoga



**21<sup>ST</sup>**  
**JUNE**  
**2024**

**Time : 10.30 AM**  
**Venue : Seminar Hall**

**ORGANISED BY NSS & YOGA CLUB**  
**IN ASSOCIATION WITH IQAC**



Kerala, Vazhithala  
 9.8696644, 76.6446251  
 Jun 21, 2024 10:39:34 AM



*J. Unnikrishnan*





### Report on Anti-Narcotics Day

<b>Name of Programme</b>	Anti-Narcotics Day
<b>Objective of the Programme</b>	To create awareness about the negative effects of the use of narcotics
<b>Target audience/Batches</b>	All students of santhigiri
<b>Date Conducted</b>	26/06/ 2023
<b>Venue</b>	Courtyard of the College
<b>Time and Duration</b>	09:34AM
<b>Chief Guest (if any)</b>	Thomas Paitanal (President Purappuzha Grama Panchayat) Dr. Baby Joseph (Principal), Santhigiri College, Vazhithala
<b>Description of program</b>	The programme that was held on the 26 <sup>th</sup> of May, which turned out to be a great success, that brought all students and staff together, the gathering took place at the courtyard of the college, to aware the students about the negative effects of the use of narcotics.
<b>No of Students participated</b>	800
<b>No of Faculties Participated</b>	35
<b>Who organised it</b>	Department of social work and anti-narcotic cell



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VJ9V+RQH, Vazhithala, Kerala 685583,  
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26 June 2023. 09:40 am



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VJ9V+RQH, Vazhithala, Kerala 685583,  
India

26 June 2023. 09. 37 am



VJ9V+RQH, Vazhithala, Kerala 685583,  
India

26 June 2023. 09 36 am

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