

3.6.3 Details of extension and outreach programmes conducted by the institution through NSS/NCC/Red Cross/YRC etc. during the year (including Government-initiated programs such as Swachh Bharat, Aids Awareness, Gender Issue, etc. and those organised in collaboration with industry, community and NGOs)

3.6.4 Number of students participating in extension activities listed in 3.6.3 during the year

Name of the Activity	Organising Unit/ Agency/ Collaborating Agency	Name of the Scheme	Month and Year of the activity	Number of students who participated in such activities
Volunteering duty for Thrissur Pooram 2022	NCC Unit of St. Thomas College (Autonomous), Thrissur	NCC	May-22	20
Autonomous Team Visit	St. Thomas College (Autonomous), Thrissur & NCC	NCC	Jun-22	23
World Drowning Prevention Day	District Fire Office & District Water Rescue Team	NCC	Jul-22	4
Volunteering duty for Convocation Day	St. Thomas College (Autonomous), Thrissur	NCC	Jul-22	18
Independence Day	St. Thomas College (Autonomous), Thrissur	NCC	Aug-22	52
Volunteering duty for Induction Programme	St. Thomas College (Autonomous), Thrissur	NCC	Aug-22	16
Minister's Visit	23 Kerala Battalion	NCC	Aug-22	14
Gandhi Jayanthi	NCC Unit of St. Thomas College (Autonomous), Thrissur	NCC	Oct-22	60
Yodhav-Say no to Drugs	Thrissur City Police	NCC	Oct-22	19
NAAC Visit	St. Thomas College (Autonomous), Thrissur	NCC	Oct-22	54
Volunteering duty for Patrons Day	St. Thomas College (Autonomous), Thrissur	NCC	Nov-22	15
Plastic Free World	NCC Unit of St. Thomas College (Autonomous), Thrissur	NCC	Nov-22	94
NCC Day	NCC Unit of St. Thomas College (Autonomous), Thrissur	NCC	Nov-22	93
Debate on Aids day	NCC & NSS Units of St. Thomas College (Autonomous), Thrissur	NCC	Dec-22	48
Class on Ecological Footprints 1	Zoology Department of St. Thomas College (Autonomous), Thrissur	NCC	Dec-22	52
Blood Donation	NCC & Indian Medical Association	NCC	Dec-22	6
Republic Day	NCC & NSS Units of St. Thomas College (Autonomous), Thrissur	NCC	Jan-23	51
Natural Disaster Management	Thrissur District Collectorate	NCC	Jan-23	53
Volunteering duty for Eminens '23 Job Fair	Kudumbasree Jilla Mission & NCC	NCC	Feb-23	11
Pulwama Day	NCC Unit of St. Thomas College (Autonomous), Thrissur	NCC	Feb-23	55
C Certificate Exam Duty	NCC Complex, Kuttannelur	NCC	Feb-23	11
Cleaning Drive	NCC Unit of St. Thomas College (Autonomous), Thrissur	NCC	Feb-23	17
Class on Ecological Footprints 2	Zoology Department of St. Thomas College (Autonomous), Thrissur	NCC	Feb-23	25
Aptha Mithra	Central Government & The Fire and Rescue Force	NCC	Mar-23	12
CPR Skilling Programme for Youth	Federal Bank of India & SB Global Educational Resources	NCC	Mar-23	38
Aazaad Karma Sena	NSS Unit of St. Thomas College (Autonomous), Thrissur	NCC	Mar-23	38
World Earth Day	NCC Unit of St. Thomas College (Autonomous), Thrissur	NCC	Apr-23	25
Volunteering duty for Thrissur Pooram 2023	NCC Unit of St. Thomas College (Autonomous), Thrissur	NCC	Apr-23	10
Volunteering duty for Kerala Fest	Ministry of Industries and Commerce	NCC	May-23	5
Science Exhibition	7 Kerala Girls Battalion	NCC	May-23	24
Darshan Yoga Utsav 2023	Universal Yoga Consciousness	NCC	May-23	11
Kulavetty tree sapling planting at varavoor	Varavoor grama panchayath & Dept of Botany		June , 2022	12
Visit to Old Age Home	Department of English		July , 2022	45
Awareness class	HDP School Edathirinji NSS UNIT & Dept of Forensic Science		August, 2022	
Awareness class on influence of media	NSS, HDPS, EDATHRINJI & Dept of Forensic Science		August , 2022	

Social Extension	Christ Villa Old age Home&Dept of English		August, 2022	48
Sneham 2022	Department of Media Studies &Dept of Visual Communication		August , 2022	28
Speaks smart programme at Model Boys HSS, Thrissur	Govt ModelBoys HSS, Thrissur & Dept of English		October, 2022	
Anti Drug Awareness Program	Nehru Yuva Kendra & Dept of Mathematics		October, 2023	23
Social Outreach Programme	IQAC and & Dept of Computer Applications		November, 2022	48
Social Extension Programme	Kerala Institute of Local Administration & Dept of Statistics		December, 2022	
Social extension Visit	Grace Home Kottakad & Dept of Electronics		December, 2023	37
University of Calicut	University of Calicut & Dept of Computer Science		February, 2023	
Visit to our Future- Old age Home visit	Christ Villa Old age Home & Dept of Zoology		February, 2024	33
conservation of syzygium travancoricum	Varavoor grama panchayath & Dept of Botany		March , 2023	12
Awareness Seminar on Vector Borne diseases	District Medical Office (Health) & Dept of Zoology		March , 2023	
SNEHA SANTWANA YATRA	SAVIO HOME & Dept of Commerce and Management Studies		March , 2023	200
conservation of Syzygium travancoricum	Panjaj Grama Panchayath & Dept of Botany		March , 2023	12
Conservation of Syzygium travancoricum	Nirmala college Muvattupuzha & Dept of Botany		March , 2023	12
Conservation of Syzygium travancoricum	Enadhimangalam Grama Panchayath, Pathanamthitta & Dept of Botany		March , 2023	12
Conservation of Syzygium travancoricum	Govt college Chittur & Dept of Botany		March , 2023	12
Visiting the Old Age Home	Christ Villa & Dept of Computer Science		March , 2023	50
CARITA CALCIO	JUBILEE MISSION MEDICAL COLLEGE , THRISSUR & Dept of Commerce (SF)		April, 2023	200
National Unit Day	Nehru Yuva Kendra and NSS Units	Walkathon	Nov, 2022	20
Kerala Piravi Poster Distribution	NSS Unit No42&144		Nov, 2022	15
Flash Mob Crowd Control	NSS Unit No42&144		Nov, 2022	15
Data Collection For Government Project	NSS Unit No42&144 With West Fort Hosital		Nov, 2022	27
Fodd Distribution Service	NSS Unit No42&144 @ College Discipline Committee	Patrons Day Food to Ne	Nov, 2022	20
Blood Donation at Medical College	NSS Unit 42		Nov, 2022	1
Sociopods	NSS Unit No42&144 Host Keerthana V B		Nov, 2022	7
Trash It	NSS Unit No42&14@Kerala Sahitya Academy	Swachh Bharat	Nov, 2022	10
Blood Donation, JM Medical College Thrissur	NSS Unit 144		Nov, 2022	1
World Tsunami Day Awareness Talk	NSS Unit No42&144		Nov, 2022	200
Blood Donation Jm Medical College Thrissur	NSS Unit 144		Nov, 2022	1
National Education Day Awareness Talk	NSS Unit No42&144		Nov, 2022	200
National Parivar Meet At Kila	NSS Unit No42&144	Service Kila Thrissur	Nov, 2022	50
World Pneumonia Day Awareness Talk	NSS Unit No42&144		Nov, 2022	200
World Diabetic Day	NSS Unit No42&144	Meical Camp By D M O	Nov, 2022	200
Childrens Day	NSS Unit No42&144	Book Collection For Chi	Nov, 2022	20
Self Defence Training (Kung Fu)	NSS Unit No42&144		Nov, 2022	14
Blood Donation	NSS Unit No42&144		Nov, 2022	1
Self Defence Training (Kung Fu)	NSS Unit No42&144	Kung Fu Training	Nov, 2022	14
Trash It at Public Library	NSS Unit No42&144	Swachh Bharat	Nov, 2022	10
Blood Donation	NSS Unit No42&144		Nov, 2022	1
Eye Protection Awareness Camp	NSS Unit No42&144 and Trinity Eye Hospital & Kerala Youth Club		Nov, 2022	50
A Day For Non Violence Against Women Poster Distri	NSS Unit No42&144		Nov, 2022	100
Toy Collection	NSS Unit No42&144	Childrens Day	Nov, 2022	200
Indian Constitution Day , Discussion ,Debate,Poster pre	NSS Unit No42&144		Nov, 2022	200

Disaster Management Training , at Collectorate	NSS Unit No42&144		Nov, 2022	30
Blood Donation	NSS Unit No42&144		Nov, 2022	1
World Aids Day Pamphlet Distribution	NSS Unit No42&144		Dec, 2022	20
Debate Violence Against Women By NSS and NCC	NSS Unit No42&144		Dec, 2022	100
Blood Donation	NSS Unit No42&144		Dec, 2022	1
Sociopods	NSS Unit No42&144		Dec, 2022	7
National Pollution Control Day Awareness Talk & Pos	NSS Unit No42&144		Dec, 2022	200
International Day For Slavery Prevention Awareness T	NSS Unit No42&144		Dec, 2022	200
International Day For Disabled Person Awareness Talk	NSS Unit No42&144		Dec, 2022	200
Indian Navy Day Awareness Talk & Poster	NSS Unit No42&144		Dec, 2022	200
Wold Soil Day @ Kailasanada Schooll	NSS Unit No42&144	Seminar By Soil Survy I	Dec, 2022	200
Blood Donation Camp	NSS Unit No42&144 and St Clare,S School Thrissur		Dec, 2022	200
Sociopods Theme Soil Day	NSS Unit No42&144		Dec, 2022	200
Falg Day	NSS Unit No42&144		Dec, 2022	200
Ecological Foot Print Training	NSS Unit No42&144 and Zoology Department		Dec, 2022	200
Self Defence Training By Police	NSS Unit No42&144 and Police Academy Thrissur		Dec, 2022	200
Anti Corruption Day Poster Presentation	NSS Unit No42&144		Dec, 2022	200
Swadh	NSS Unit No42&144	Food Distribution	Dec, 2022	10
Human Rights Day Poster Presentation	NSS Unit No42&144		Dec, 2022	200
International Mountain Day Poster Presentation	NSS Unit No42&144		Dec, 2022	200
National Energy Conservation Day Poster Presentation	NSS Unit No42&144		Dec, 2022	200
Blood Donation	NSS Unit No42&144 and Jubilee Mission Hospital	Jubilee Mission Hospital	Dec, 2022	5
International Migrants Day Poster Presentation	NSS Unit No 42&144		Dec, 2022	200
National Farmers Day Poster Presentation	NSS Unit No 42&144		Dec, 2022	200
Blood Donation	NSS Unit No42&144 and Government Medical College Thrissur		Dec, 2022	5
Blood Donation	NSS Unit No 42&144 and Rajagiri Hospital		Dec, 2022	5
Blood Donation	NSS Unit No42&144 and Amala Hospital		January , 2023	5
Blood Donation	NSS Unit No42&144 and Aswini Hospital		January , 2023	5
Blood Donation	NSS Unit No42&144 and Aswini Hospital		January , 2023	5
Trash It	NSS Unit No42&144	Swachh Bharat	January , 2023	15
Trash It	NSS Unit No42&144	Swachh Bharat	January , 2023	15
Trash It	NSS Unit No42&144	Swachh Bharat	January , 2023	15
Trash It	NSS Unit No42&144	Swachh Bharat	January , 2023	15
National Youth Day Poster Presentation	NSS Unit No42&144		January , 2023	200
Blood Donation	NSS Unit No42&144 and Asrya Hospital Thrissur		January , 2023	5
Blood Donation	NSS Unit No42&144 and Cooperative Hospital Kozhikode		January , 2023	5
Anti Drug Campaign Phase 2, Quiz Competition	NSS Unit No42&144	Quiz Competition	January , 2023	200
Blood Donation	NSS Unit No42&144 and Amala Hospital		January , 2023	5
National Girl Child Day Awareness	NSS Unit No42&144		January , 2023	200
National Voters Day Awareness	NSS Unit No 42 &144		January , 2023	200
Lahari Vimuktha Campaign 2023 Phase 2	NSS Unit No 42&144	Lahari Vimuktha Campa	January , 2023	200

Haritha Karama Sena Project	NSS Unit No42&144	Haritha Karama Sena Project	January , 2023	200
Health Is Wealth Ep 8	NSS Unit No42&144		January , 2023	200
Questa 2023 Intercollegiate Quiz Competition	NSS Unit No42&144 and Prajyothi Nikethan College		January , 2023	200
Astronova	NSS Unit No42&144	Tution Class	January , 2023	200
Blood Donation	NSS Unit No42&144 Thrissur Medical College		January , 2023	20
Blood Donation	NSS Unit No42&144 IMA BLOOD BANK		January , 2023	5
Data Entry Work	NSS Unit No42&144 at Corporation Office		January , 2023	5
Trash It	NSS Unit No42&144 at Village Office Ollur		January , 2023	10
Data Collection	NSS Unit No42&144 and KILA	Kila	January , 2023	20
Blood Donation	NSS Unit No42&144 and General Hospital Thrissur	General Hospital Thrissur	January , 2023	10
Blood Donation	NSS Unit No42&144 and General Hospital Thrissur	General Hospital Thrissur	January , 2023	5
Indian Coastal Guard Day Poster Presentation	NSS Unit 42&144		January , 2023	200
Data Entry Work	NSS Unit No42&144		Feb, 2023	200
World Cancer Day Poster Presenatation	NSS Unit No42&144		Feb, 2023	20
Astronova	NSS Unit No42&144	Tution Class	Feb, 2023	200
Blood Donation	NSS Unit No42&144 and Jubilee Mission Hospital		Feb, 2023	10
Blood Donation	NSS Unit No42&144 and Medical College Thrissur	Medical College Thrissur	Feb, 2023	5
Swadh	NSS Unit No42&144	Food Distribution	Feb, 2023	5
International Day Of Women And Child In Science Quiz	NSS Unit No 42&144		Feb, 2023	5
National Productivity Day Poster Presentation	NSS Unit No42&144		Feb, 2023	200
Birth Anniversary Of Sarojini Naidu Poster Presenation	NSS Unit No 42&144		Feb, 2023	200
Pulwama Attack Awareness	NSS Unit No42&144		Feb, 2023	200
Blood Donation	NSS Unit No42&144 Amala Hospital Thrissur		Feb, 2023	5
World Social Justice Day Poster Presentation	NSS Unit No42&144		Feb, 2023	5
National Mother Language Day Poster Presentation	NSS Unit No 42&144		Feb, 2023	200
World Thinking Day Poster Presentation	NSS Unit No 42&144		Feb, 2023	200
Swadh	NSS Unit No 42&144	Food Distribution	Feb, 2023	200
Blood Donation	NSS Unit No 42&144 and Jubilee Mission Hospital		Feb, 2023	5
College Exhibition Work	NSS Unit No 42&144		Feb, 2023	5
College Exhibition Work	NSS Unit No42&144		Feb, 2023	200
Medical Camp	NSS Unit No42&144 and Jubilee Mission Hospital		Feb, 2023	200
Nyk District Level G20	NSS Unit No42&144	Nyk District Level G20	Feb, 2023	15
Blood Donation	NSS Unit No42&144 and District Hospital Thrissur		March , 2023	5
Palliative Care	NSS Unit No 42&144		March , 2023	200
Blood Donation	NSS Unit No 42&144 and Medical College Thrissur		March , 2023	5
Blood Donation	NSS Unit No 42&144 and Cooperative Hospital Thrissur		March , 2023	5
World Hearing Day Poster Presentation	NSS Unit No 42&144		March , 2023	200
World Wildlife Day Poster Presentation	NSS Unit No 42&144		March , 2023	200
Blood Donation	NSS Unit No 42&144 and Medical College Thrissur		March , 2023	5
Trash It	NSS Unit No 42&144 at Puzhakkal Block Office	Swachh Bharat	March , 2023	15
National Safety Day Poster Presentation	NSS Unit No 42&144		March , 2023	200

Blood Donation Jubilee Mission Hospital	NSS Unit No 42&144		March , 2023	5
Womens Day Poster Presentation & Awareness Talk	NSS Unit No 42&144		March , 2023	200
Volunteering at Collectorate	NSS Unit No 42&144		March , 2023	5
Azad Sena	NSS Unit No 42&144	Azad Sena	March , 2023	200
Blood Donation	NSS Unit No 42&144		March , 2023	5
Blood Donation	NSS Unit No 42&144 and IMA Blood Banl		March , 2023	5
Blood Donation	NSS Unit 42 &144 and District Hospital Palakkad		April, 2023	1
World Health Day Awareness Talk	NSS Unit No 42&144		April, 2023	200
Blood Donation	NSS Unit No 42&144 at Aswini Hospital		April, 2023	1
Ambedkar Jayanthi Awareness Talk and Essay Compet	NSS Unit No 42&144		April, 2023	25
World Haemophilia Day Awareness Talk	NSS Unit 42&144		April, 2023	118
Blood Donation	NSS Unit 42 and Adlux Hospital Karukutty		April, 2023	1
Unlocking Excellence Civil Service Coaching Online	NSS Unit 42 &144 and Centre For Academic Research ,Gramavikethan		April, 2023	43
Bird Feeder With Waste Materials World Earth Day	NSS Unit 42 &144		April, 2023	15
Say No To Drugs At Pooram	NSS Unit 42 &144	Thrissur Pooram Sadas	April, 2023	20
World Labour Day Online Webinar &Poster Making Co	NSS Unit 42 &144		May, 2023	200
Press Freedom Day Poster Making	NSS Unit 42 &144		May, 2023	25
National Coal Mining Day Poster Making	NSS Unit 42 &144		May, 2023	10
Zoo Visit Volunteering	NSS Unit 42&144		May, 2023	26
Rabeendra Natha Tagore Jayanthi Poster Making	NSS Unit 42 &144		May, 2023	10
World Atheletics Day Poster Making	NSS Unit 42&144		May, 2023	10
Ente Keralam Volunteering	NSS Unit 42 &144	Ente Keralam Vilambara	May, 2023	24
World Mothers Day Video Making	NSS Unit 42 &144		May, 2023	45
Blood Donation	NSS Unit 42 &144		May, 2023	1
Day Of Familes Poster Making	NSS Unit 42&144		May, 2023	15
No Tobacco Day Poster Making	NSS Unit 42&144		May, 2023	14
Civil Service Coaching	NSS Unit 42 And 144 and Online Civil Service Academy		May, 2023	14