



# 7.1.11

**CELEBRATION OF NATIONAL  
AND INTERNATIONAL  
COMMEMMORATIVE DAYS,  
EVENTS AND FESTIVALS**

**2023 - 2024**



## ANNUAL REPORT OF DAY OBSERVANCE

The institution takes great pride in organizing and celebrating significant days. These events serve as powerful platforms to spread awareness among students and various stakeholders.

Here are a few reasons why this practice is so essential:

1. **Educational Value:** Students gain knowledge about historical events, cultural practices, and social issues.
2. **Community Building:** These celebrations foster a sense of unity and belonging among the students and staff.
3. **Cultural Appreciation:** By celebrating diverse festivals and important days, students develop a deeper understanding and respect for different cultures and traditions.
4. **Awareness & Advocacy:** Days like World AIDS Day, Human Rights Day, and International Women's Day promote critical discussions and awareness about vital global issues.
5. **Promotion of Values:** Celebrating Constitution Day or National Youth Day emphasizes the importance of civic responsibility, justice, and youth empowerment.

Overall, these celebrations play a pivotal role in shaping well-rounded, socially conscious, and culturally appreciative individuals

## 1. **Lincoln's Day - ABE'S QUIZ**

Abraham Lincoln, the 16th President of the United States, was born on February 12, 1809, a date celebrated as Lincoln's Day. He is remembered as a martyr and national hero of America for his leadership during the Civil War and his efforts to preserve the Union and abolish slavery. As part of the Lincoln's Day celebrations, the NSS unit of our college organized a quiz competition titled "*ABE'S QUIZ*." The primary goal of this event was to educate students on the significance of Abraham Lincoln's historic role and enduring legacy.

## 2. **National Mother Language Day**

On February 21st, in alignment with the spirit of linguistic diversity and cultural heritage, the NSS unit of our college organized a series of meaningful initiatives to commemorate this significant day. The program began at 11:30 a.m. in the college seminar hall, followed by activities aimed at raising awareness about the importance of our National Mother Language. Abhishek, a second-year volunteer, delivered an insightful PowerPoint presentation, providing a brief overview of the mother languages of each Indian state. This was followed by an eloquent speech by Noora, another second-year volunteer, on the topic "*Ezhuthachan and the Malayalam Language*."

## 3. **International Yoga Day**

Yoga is a practice that promotes physical, mental, and spiritual well-being. International Yoga Day is celebrated annually on June 21st, following a proposal by Prime Minister Narendra Modi to observe this day as a global celebration of yoga. The celebration featured a session on the benefits of practicing yoga and its importance in daily life. The session was led by Dr. Padmanaban T. V., visiting professor at the Centre for Yoga and Naturopathy, MG University, who also served as the Chief Guest and inaugurated the program.

## 4. **Hiroshima and Nagasaki Days**

The world has witnessed two devastating World Wars, with the Second World War (1939–1945) marking one of the darkest chapters in history. The war culminated in the tragic atomic bombings of Hiroshima and Nagasaki on August 6 and 9, 1945, respectively. These catastrophic events resulted in mass destruction, the annihilation of countless lives, and long-lasting effects from radiation exposure. To honour the victims of these tragedies and to raise awareness about the horrors of war, Hiroshima Day (August 6) and Nagasaki Day (August 9) are observed annually as reminders of the need for global peace.

## 5. **77<sup>th</sup> Independence Day**

India celebrated its **77<sup>th</sup> Independence Day** in 2023, marking 77 years since the nation achieved freedom and established itself as the largest democracy in the world. This occasion remains profoundly significant for every Indian, symbolizing the sacrifices, struggles, and triumphs of the country's freedom fighters. The NSS unit of our college commemorated this historic day with great enthusiasm, as has been the tradition every year. The celebration began with the flag hoisting ceremony, led by our college principal, Dr. Chitra Gopinath. Following the flag hoisting, the principal and program officers delivered impactful speeches that reflected on the significance of Independence Day and the sacrifices made by the freedom fighters to secure our nation's liberty.

## 6. **Teachers' Day**

Teachers' Day is celebrated annually on September 5th, in honor of Dr. S. Radhakrishnan, the esteemed former Vice President of India, to recognize and pay tribute to the invaluable contributions of teachers. This year, the NSS Unit of our college celebrated Teachers' Day with a heartfelt program to honor educators and express gratitude for their dedication. As part of the celebration, the NSS volunteers presented a token of love—a pen—to all the teachers, symbolizing the knowledge and wisdom they impart. The simple yet thoughtful gesture brought smiles to the faces of the teachers, filling the room with joy and gratitude. The Teachers' Day celebration organized by the NSS Unit was a beautiful occasion to honor the invaluable contributions of teachers. It reinforced the significance of acknowledging their role in shaping lives and inspired the volunteers to uphold the values instilled by their educators.

## 7. **Human Rights Day**

NSS unit of our college organized a thought-provoking talk by the renowned Padma Shri awardee G. Shankar on the topic "*Freedom, Equality, and Justice for All.*" The program was held in the college seminar hall and began at 11 a.m. The event commenced with the NSS Geetham, followed by a warm welcome speech delivered by volunteer Ayyapadas. The presidential address was given by our Principal, Dr. Chitra Gopinath, and the felicitation was delivered by the Programme Officer, Dr. Abdul Rafeeqe T.C. Following these addresses, the chief guest, G. Shankar, took over the session.

## 8. **International Youth Day**

International Youth Day, celebrated annually on August 12, highlights the vital role of young people in shaping the future. As part of the 2023 celebrations, the NSS Unit of our college organized an inspiring online session on August 12 at 10:00 AM. The event provided a platform for volunteers to speak about great personalities who have significantly influenced and inspired them. The session began with the official proceedings, including the rendition of the

NSS Geetham. This was followed by a warm welcome address delivered by volunteer Hiba Raj and a felicitation speech by the Programme Officer, Dr.Sulfiya Samad.

## 9. **World Suicide prevention Day**

The rising number of suicides, particularly among the youth, has become a significant social issue in Kerala. If not addressed effectively, this alarming trend could escalate into a serious crisis. Acknowledging the urgency of the matter, the NSS Unit of our college organized an **online session on suicide prevention**, led by **Ms. Aseema Saji**, starting at **7:00 PM**. The session began with the rendition of the **NSS Geetham**, setting a solemn and reflective tone. The welcome speech was delivered by volunteer **Fazzila Mol**, who emphasized the importance of addressing mental health concerns in today's society.

## 10. **World First Aid Day**

In commemoration of World First Aid Day, our NSS unit organized an awareness program on September 15th. The session was conducted by Dr. Abdul Rafeeqe T.C., Assistant Professor in the Department of Physical Education and Program Officer of the NSS unit. The event aimed to educate students about essential first-aid techniques and their significance in saving lives. The awareness session began with an insightful discussion on Cardiopulmonary Resuscitation (CPR). Dr.Rafeeqe highlighted the alarming increase in deaths caused by sudden cardiac arrest and heart attacks worldwide. He demonstrated the proper techniques for performing CPR, emphasizing its critical role in emergency situations.

## 11. **International Democracy Day**

To emphasize the importance of democracy and to create a well-informed society, the NSS unit of our college organized a debate competition on International Democracy Day. The topic for the debate was: "Is Indian Democracy Successful?" The session commenced with enthusiastic participation from the first- and second-year NSS volunteers, who confidently presented their opinions. Each participant put forth their viewpoints passionately, which made the session engaging and thought-provoking for the audience. The diverse perspectives shared by the participants encouraged the audience to critically analyze aspects of democracy they may not have considered before. The discussion concluded with a consensus that the success of Indian democracy is largely dependent on the autonomy and active involvement of its citizens. The extent to which democracy thrives in India relies heavily on the effectiveness and implementation of citizenship rights. The debate was a resounding success, fostering critical thinking and a deeper understanding of the nuances of democracy among the participants and the audience.

## 12. **Kerala Blind Federation –Service volunteering**

The Kerala Federation of the Blind is the largest self-help nonprofit charitable organization for the visually impaired in Kerala. Founded on September 11, 1967, it was the first organization of its kind in India. The Federation has played a crucial role in creating an accessible society for the visually impaired and other disabled individuals, promoting their socio-economic, cultural, and educational empowerment. Over the years, the Federation has received

recognition from various national and international agencies for its significant contributions. In support of the Kollam district election for the blind organization, our volunteers—Abidkhan, Easa Musthafa, Krishndas, Apsara Roy, and Krishna Babu—provided valuable assistance. The election was held at their Polayathodu office and commenced at 9 a.m. Our volunteers helped with various tasks, including paperwork, verifying the candidates' and voters' names, and organizing the documents in the correct order. The results were announced on the same day, and the winners were congratulated. It was a rewarding experience to support such a worthy cause. The blind community, with our assistance, grows stronger and more empowered. It was a privilege to contribute to their success.

### 13. Palliative Day observance

As part of the Palliative day observation, a Palliative training session was arranged in Thanal Kollam conference hall, which was led by Dr. Shaiju Hameed, Assistant director health service department, Kerala. The training started with an official inauguration session at 10 am. After that the training session by the resource person started. He had mentioned about lot of anecdotes. Those were really touching. He had mentioned about the steps to be taken in taking care of the Palliative patients. It was decided to start the field training as fast as possible. It is needed to be able to get equipped completely to be in reach for helping such people.

### 14. World Hepatitis Day

The Department of Biochemistry and the Health Club of T.K.M. College of Arts and Science jointly organized an awareness talk to commemorate World Hepatitis Day on **2nd August 2023**. The event took place in the college's Seminar Hall at 11 am. The theme of the awareness talk was "Defeating Hepatitis Together: A World Hepatitis Day Commemoration" emphasizing the collective effort required to combat this global health issue.

### 15. World Diabetes Day

The Department of Biochemistry and the Health Club of T.K.M. College of Arts and Science, Kollam, in association with KIMS Health Hospital, Kollam, organized a **Poster Presentation Competition** on November 13, 2023, as part of World Diabetes Day celebrations. The event, held in the college auditorium at 9:30 AM, was centered on the theme "*From Prevention to Management: Conquering the Challenges of Diabetes.*" 39 students from various schools and colleges enthusiastically participated in the competition, showcasing their creativity and understanding of the theme through their posters. To commemorate World Diabetes Day 2023, a free diabetes screening camp for the general public was jointly organized by KIMS Health Hospital, Kollam, and the Department of Biochemistry, T.K.M. College of Arts and Science, Kollam. The event was held on Tuesday, November 14, 2023, on the college campus and provided an excellent opportunity for diabetes awareness and early **detection**.

## 16. 'Madhura Vandi' Diabetes Screening Bus

A special KSRTC bus, named '*Madhura Vandi*,' equipped with doctors, medical professionals, and an advanced diabetes screening system, arrived on campus at 11:30 AM. This mobile unit, a highlight of the event, was warmly welcomed by the Principal, Dr. Chitra Gopinath, and the faculty of the Department of Biochemistry.

## 17. International Human Rights Day

The International Human Rights Day celebration was held at TKM College of Arts and Science on 12th December 2023, aimed to raise an awareness among students and staff about the importance of human rights in today's world. The Human Rights Forum of our college has had a vibrant and productive year, organizing events and activities aimed at promoting awareness and understanding of human rights among students. The Forum celebrated International Human Rights Day with an engaging and informative poster presentation event.

## 18. World Environmental Day

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On June 5th, we celebrated Environment Day, marking the beginning of the academic year's activities with the observation of World Earth Hour Day. As part of the celebration, the cadets organized various programs, including a rally from TKM College to Karicode bus stand. The cadets also organised a campus cleaning programme and also planted saplings in their houses to show their respect and gratitude towards the environment. The environment is the fundamental backbone of living creatures and conserving it is very important. The NCC cadets of TKMCAS has always taken initiative to protect and conserve the environment. Dept. Of Botany, TKM College of Arts and Science in association with Nature Club organized a seminar as part of World Environment Day Observance.

## 20. Republic Day

On 26th January, we celebrated our 75th Republic Day with great patriotic enthusiasm on the college grounds. The event commenced at 8:30am with the arrival of the chief guest, our principal, Chithra Gopinath ma'am. She was escorted to the flag area by our esteemed ANO, Tharun sir, along with the NCC cadets. The principal hoisted the National Flag, following which the NCC cadets performed the National Salute. At 10:30 am, the Republic Day parade, led by SUO Irfan Kamarudeen as the commando, began. The program concluded with the NCC song and the National Anthem. A total of 25 cadets participated in the event in full uniform. Additionally, a poster-making competition and a quiz competition were conducted, and the winners were announced promptly.

## 21. World Earth Hour Day

The NCC cadets of TKMCAS, under the 9K Battalion NCC Kottarakara, observed Earth Hour Day with a special program. All NCC cadets gathered in the college auditorium at 9:45 am. The event was inaugurated by our college principal, Chithra Gopinath, who delivered a thought-provoking speech on the impact of pollution on the environment. As part of the World Earth Hour Day activities, the NCC cadets created a poster highlighting environmental awareness. A total of 21 cadets actively participated in the program.

## 22. International Yoga Day

On June 21st, 2023, in celebration of International Yoga Day, an inspiring event titled “Yoga for Vasudhaiva Kutumbakam” was organized at Kollam Beach for the NCC cadets. This yoga session, conducted by the Group Headquarters Thevally, focused on promoting peace, harmony, and the spirit of unity embodied in the concept of Vasudhaiva Kutumbakam. On International Yoga Day, June 24, NCC cadets gave a yoga demonstration in the college auditorium to emphasize the importance of incorporating yoga into daily life. One of our NCC cadets, along with the Chief Guest of the program, guided the participants by performing various yoga poses.

## 23. Independence Day

On August 15th, 2023, the NCC cadets of the 3 Kerala Girls Battalion (SW) from TKM College of Arts and Science, Kollam, organized an awareness campaign titled "Nation First Always First." The campaign aimed to spread awareness about national integration and the crucial role of citizens in the nation. A total of 44 dedicated cadets participated in the novel programme, which aimed to promote a sense of unity, belonging, and shared identity among citizens of the country. The NCC cadets of TKMCAS celebrated Independence Day on August 15, 2024, as part of the country's 75th Independence Day. Dr. Chithra Gopinath, the principal of our college, and ANO Tharun sir hoisted the tricolor flag.

## 24. Children’s Day

In association with the Children’s Day 2024, the 9k NCC unit of TKMCAS participated as volunteers in the marathon run conducted for children at the Ashramam Ground ,Kollam.The cadets provided encouragement and mental support to the kids while ensuring their safety during the run.

## 25. NCC Day

The National Cadet Corps (NCC), the youth wing of the Indian Armed Forces and the largest uniformed youth organization in the world, observed it’s 75th anniversary on November 26th.NCC day is celebrated every year on the 4th Sunday of November.As part of the prestigious day the cadets visited THANAL ,an old age home in Ellampalloor to spend time and understand the emotional state of the elders of our nation.

## 26. International Year of Millets

As part of the International Year of Millets, NCC cadets organized a millet awareness campaign on August 1st at the college premises and in Kottamkara Panchayat. The initiative aimed to highlight the nutritional benefits and environmental sustainability of millets. The campaign was well-received, fostering awareness and generating interest in this sustainable crop among both urban and rural communities.

## 27. Gandhi Jayanthi

On October 2nd, 2023, to commemorate Gandhi Jayanti and promote a “Garbage-Free India,” the NCC cadets from the 3 Kerala Girls Battalion (SW) of TKM College of Arts and Science (TKMCAS), Kollam, organized a cleanliness drive at the Killikolloor Railway Station. This event was part of the nationwide “Swachhata Hi Seva 2023” campaign and aimed to raise awareness about public cleanliness and responsible waste disposal in crowded public spaces. 30 cadets participated in the program. The cadets, equipped with gloves, garbage bags, and cleaning tools, actively cleared waste from platforms, waiting areas, and surrounding spaces, focusing on non-biodegradable litter like plastic bottles, wrappers, and other discarded items. They also installed informative posters around the station to encourage travelers to dispose of waste responsibly.

## 28. World Ozone Day

The ozone layer is a protective shield surrounding the Earth, safeguarding us from harmful rays originating from outer space. However, this essential layer, which has protected life on Earth for centuries, is depleting year by year. This depletion is primarily caused by human activities, unscientific approaches to nature, and the excessive use of harmful products. Ozone Day, celebrated on September 21st each year, serves as a reminder of the need to protect the ozone layer.

## 29. Kerala Piravi Day

Arangu - a cultural event was organised on 1 November 2023, The Kerala Piravi Day, in association with Performing Arts & Cultural Club and the Department of Malayalam. It was a culmination of traditional and modern cultural activities.

## 30. Mental Health Day

During the academic year 2023-24, Dr Rohini Krishna M V of the Zoology department convened the Women Studies Unit in the college. The club started its activities with the observance of Mental Health Day in association with Jeevani Centre for Student Well-Being from October 09 to 11, 2023. This event consisted of an awareness class during the program, a captivating flash mob, and a thought-provoking poster exhibition by students from the Department of Zoology and Women's Study Unit, both served as potent instruments to emphasise the significance of mental well-being.

### 31. **International Women’s Day**

The Women's Study Unit and the Department of Zoology at TKM College of Arts and Science came together to celebrate International Women's Day on March 7th, 2024. The event, held to commemorate the achievements and challenges faced by women globally, featured a session led by Dr. Anu Unny, Assistant Professor from the Department of Political Science at Kerala University. Dr Anu Unny spoke on the topic “Gender roles in everyday life”. Dr.Unny’s presentation shed light on the imperative to empower marginalized women, sparking thoughtful discussions among attendees.