



## **TKM COLLEGE OF ARTS AND SCIENCE, KOLLAM**

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### **7.1.9**

**Details of activities that inculcate values in students in to responsible citizens**

# COMMUNITY SERVICES

Environmental Cleanups: Organize community clean-up events to instill a sense of responsibility towards the environment.

## a. Cleaning Drive - World Environment Day Observance, 2023

To contribute to this cause and raise awareness, the Department of Zoology and the Human Rights Forum of TKM College of Arts and Science in Kollam organized a cleanliness drive at the wetland regions of Ashramam on June 5<sup>th</sup>, 2023, from 7 a.m. to 9 a.m. This event was conducted in collaboration with the State Wetland Authority of Kerala (SWAK). As part of the Azadi Ka Amrit Mahotsav organized by the Central Ministry of Environment, Forestry, and Climate Change, a live stream with the Prime Minister was broadcasted. The Hon'ble Mayor of Kollam Corporation, Smt. Prasanna Ernest, inaugurated the program

## Brochure

**T.K.M. COLLEGE OF ARTS & SCIENCE, KOLLAM-5**  
(Re-accredited by NAAC with 'A++' Grade)

**WORLD ENVIRONMENT DAY**  
Observance

DEPARTMENT OF ZOOLOGY & HUMAN RIGHTS FORUM

In Association with

**STATE WETLAND AUTHORITY KERALA (SWAK)**

**Cleanliness drive in wetlands and catchments**

On JUNE 05 2023 @ ASRAMAM @ 7:00 am

Inauguration

**Smt. Prasanna Earnest**  
Hon'ble Mayor, Kollam

SAVE WETLANDS CAMPAIGN  
A People's Movement to Restore Wetlands, Rejuvenate Wetlands

LIFE  
Lifestyle for Environment

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**PROGRAMME SCHEDULE**

**7:00 am: Registration**

**Welcome Address: Dr. Mumthas Yahya**  
(Programme Coordinator)  
(Assistant Professor, Department of Zoology, TKM CAS)

**Presidential Address: Dr. Chithra Gopinath**  
(Principal, Department of Zoology, TKM CAS)

**Inaugural Address: Smt. Prasanna Earnest**  
(Hon'ble Mayor, Kollam)

**Felicitation: Dr. Jasin Rahman VK**  
(Programme Convener)  
(Assistant Professor, Department of Zoology, TKM CAS)

**Distribution of Accessories: Dr. Junaid Muhammed**  
(Wetland Specialist from SWAK)

**Vote of Thanks: Dr. Rohini Krishna MV**  
(Assistant Professor, Department of Zoology, TKM CAS)

**7:30 am: Cleaning Drive**      **10:30 am: Live Streaming**

**Organizing Committee**

Dr. Chithra Gopinath, Principal, TKM CAS  
Dr. Jasin Rahman VK, Assistant Professor & HOD, Department of Zoology, TKM CAS  
Dr. Junaid Muhammed, Wetland Specialist from SWAK  
Smt. Honey Benjamin, Ward Councillor, Vadakkumbhagam  
Dr. Rohini Krishna MV, Assistant Professor, Department of Zoology, TKM CAS  
Dr. Mumthas Yahya, Human Rights Forum Coordinator  
Assistant Professor, Department of Zoology, TKM CAS

## Volunteers with Kollam Mayor





**Handing over T- shirts**



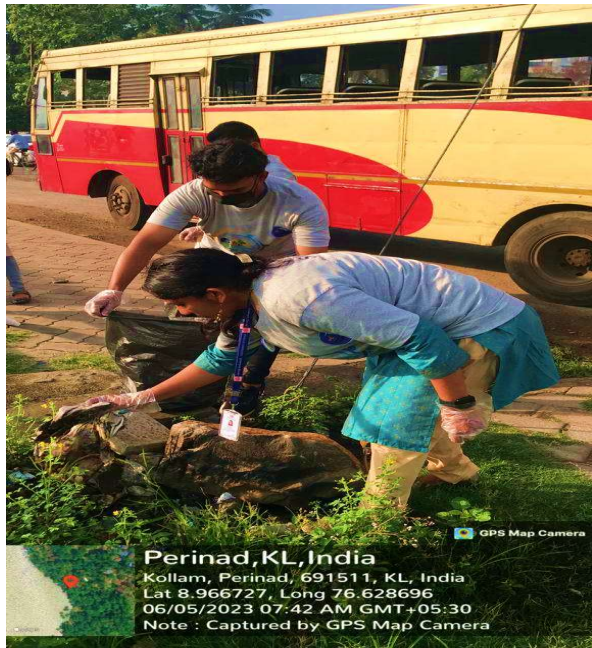
**Handing over Badge**



**Cleaning Drive**



**Cleaning Drive**



**Cleaning Drive**



**Cleaning Drive**



**Cleaning Drive**



**Cleaning Drive**



**Discussion with Mayor -Smt.Prasanna Earnest**



**Collected plastics handover to Kollam Corporation Haritha Karma Senna**



**Live streaming with Prime minister**



**Students with Dr. Junaid ( Wetland Specialist from SWAK)**

**REPORTS**

പ്രസിദ്ധീകരിക്കുന്ന പത്രം പ്രസിദ്ധീകരിക്കുന്ന പ്രസിദ്ധീകരണ സ്ഥാപനം, അതിന്റെ വിലയിരുത്തലും അതിന്റെ പ്രസിദ്ധീകരണവും ഉൾക്കൊള്ളുന്നവയാണ്.

**ആശ്രമത്തെ തണ്ണീർത്തടങ്ങൾ ശുചീകരിച്ചു**

വികാശം

ട്രൈബൽ കോളേജ് ഓഫ് ആർട്ട്സ് ആൻഡ് സയൻസിലെ സുവോളജി വകുപ്പും മനുഷ്യാവകാശ ഫോറവും സംസ്ഥാന തണ്ണീർത്തട അതോറിറ്റി കേരളയുടെ സഹകരണത്തോടെ ആശ്രമം ഭാഗത്തെ തണ്ണീർത്തടങ്ങളിലും വൃഷ്ടിപ്രദേശങ്ങളിലും ശുചീകരണയജ്ഞം സംഘടിപ്പിച്ചു. ശേഖരിച്ച മാലിന്യങ്ങൾ കോർപ്പറേഷൻ ഹരിതകർമ്മ സേനയ്ക്ക് കൈമാറി. കേന്ദ്ര പരിസ്ഥിതി, വനം, കാലാവസ്ഥാ വ്യതിയാന മന്ത്രാലയത്തിന്റെ ആസാരി കാ ആത്മ മഹോത്സവിന്റെ ഭാഗമായി പ്രധാനമന്ത്രിയുമായി ഫൈൻ സിടിയിൽ നടത്തി. തണ്ണീർത്തട സംരക്ഷണ പ്രവർത്തനത്തിൽ പങ്കാ



ആശ്രമം ഭാഗത്തെ തണ്ണീർത്തടങ്ങളിലും വൃഷ്ടിപ്രദേശങ്ങളിലും സംഘടിപ്പിച്ച ശുചീകരണയജ്ഞത്തിൽ പങ്കെടുത്തവർ

ലികളാകാൻ വിദ്യാർത്ഥികൾ തണ്ണീർത്തട മിത്ര കൂട്ടിയിൽ അംഗത്വം എടുത്തു. മേയർ പ്രസന്ന എണസ്സ് ശുചീകരണയജ്ഞം ഉദ്ദേശിക്കുന്ന സുവോളജി വിഭാഗം മേധാവി അസിസ്റ്റന്റ് റ്റി കോളേജ് കോ-ഓർഡിനേറ്റർ സ്ഥാന തണ്ണീർത്തട അതോറിറ്റി കോളേജ് കോ-ഓർഡിനേറ്റർ ജുനൈദ് എന്നിവർ സംസാരി



## b. Swachhata pakhwada: Cleanliness drive in the catchment of Ashtamudi Wetlands

The Department of Zoology and the Environment Club of TKM College of Arts and Science, Kollam, joined hands to conduct a Swachhata Pakhwada cleanliness drive in the wetlands and catchments of the Ashtamudi Region. This collaborative effort, carried out in partnership with the State Wetland Authority Kerala (SWAK), took place on October 13th, 2023 from 2 p.m. to 5 p.m. As part of the Swachhata Pakhwada organized by the Central Ministry of Environment, Forestry, and Climate Change.



**T.K.M. COLLEGE OF ARTS & SCIENCE, KOLLAM- 5**  
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**SWACHHATA PAKHWADA**  
at Ramsar site on 13.10.2023



**DEPARTMENT OF ZOOLOGY & ENVIRONMENT CLUB**  
in Association with  
**STATE WETLAND AUTHORITY KERALA (SWAK)**

**Cleanliness drive in wetlands and Catchments**



Presence : Smt. U Pavithra  
Health Standing Committee Chairman, Kollam

On OCTOBER 13, 2023 @ ASHTAMUDI RAMSAR SITE KOLLAM REGION



Made with PosterMyWall.com



**Awareness to the School students residing near by area**




ടിക്വെ എം കോളേജ് ഓഫ് ആർട്സ് ആൻഡ് സയൻസ് സുവോളജി വി  
 ഭാഗം പരിസ്ഥിതി ക്ലബ്ബ് എന്നിവ സംഘടിപ്പിച്ച തണ്ണീർത്തട അതോറിറ്റി  
 കോളേജ് സഹകരണത്തോടെ അടുത്തടുത്തായി നടത്തിയ ശുചീകരണ യജ്ഞം.

### ശുചീകരണ യജ്ഞം നടത്തി

കൊല്ലം • ടിക്വെ എം കോളേജ് ഓഫ് ആർട്സ് ആൻഡ് സയൻസ് സുവോളജി വിഭാഗം പരിസ്ഥിതി ക്ലബ്ബ് എന്നിവ സംഘടിപ്പിച്ച തണ്ണീർത്തട അതോറിറ്റി കോളേജ് സഹകരണത്തോടെ അടുത്തടുത്തായി നടത്തിയ ശുചീകരണ യജ്ഞം നടത്തി. കോർപ്പറേഷൻ സ്മിരസമിതി അധ്യക്ഷ യു.പവിത്ര ഉദ്ഘാടനം ചെയ്തു. കോളേജ് പ്രിൻസി

പ്ലസ് ഡോ.ചിത്ര ശോചിനാഥ്, സംഘടിപ്പിച്ച തണ്ണീർത്തട അതോറിറ്റി കോളേജ് ഓഫ് ആർട്സ് ആൻഡ് സയൻസ് സുവോളജി വിഭാഗം പരിസ്ഥിതി ക്ലബ്ബ് എന്നിവ സംഘടിപ്പിച്ച തണ്ണീർത്തട അതോറിറ്റി കോളേജ് സഹകരണത്തോടെ അടുത്തടുത്തായി നടത്തിയ ശുചീകരണ യജ്ഞം നടത്തി. കോർപ്പറേഷൻ സ്മിരസമിതി അധ്യക്ഷ യു.പവിത്ര ഉദ്ഘാടനം ചെയ്തു. കോളേജ് പ്രിൻസി

Cleaning Drive



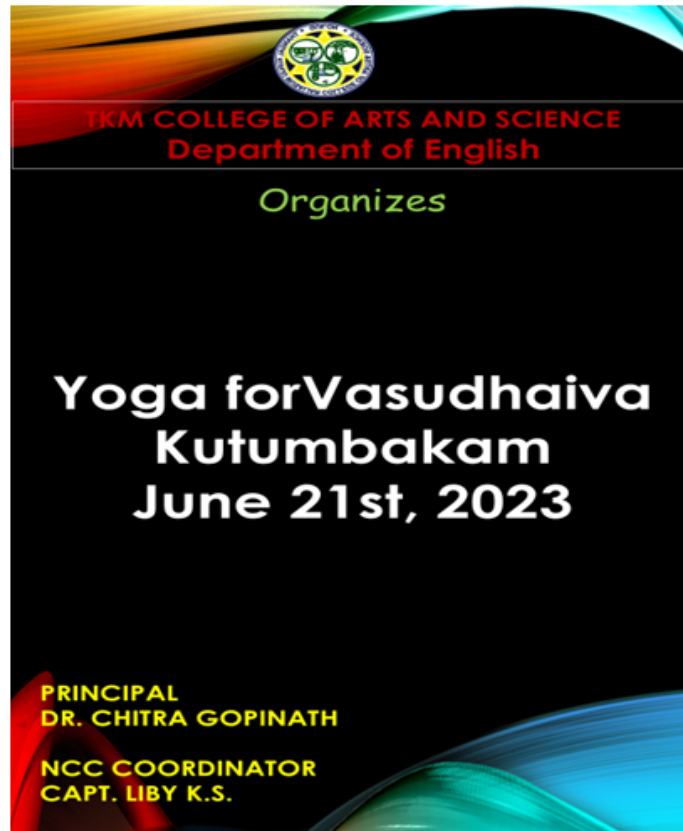
### c. Cleaning Drive

As part of sneharamam initiative, carried out by the State Government's Higher Education Department and the National Service Scheme, approximately 3,000 dump sites across the state were transformed into Sneharamam Parks for public use. As a contribution to this project, our volunteers chose Thangal Kunju Musaliar Park in Kollam. During the Annual Special Camp, our volunteers worked diligently to convert the site into a park. On January 1, 2024, marking the beginning of the new year, around 50 volunteers revisited the park to continue their efforts.



#### **d. Swachhata Hi Seva 2023 – Garbage free India**

On September 5th, 2023, as part of the “Swachhata Hi Seva” campaign, 30 cadets from the 3 Kerala Girls Battalion (SW) of NCC at TKM College, Kollam, conducted a beach cleanup drive at Kollam Beach.



# ETHICAL DISCUSSIONS AND DEBATES

## a. **SEEK IAS: Interaction with Merin Joseph IAS**

The SEEK IAS event, organized by the Debate Club of TKM College of Arts and Science in association with Mathrubhumi and Gokulam, took place from 10:00 am to 12:00 pm on Wednesday (21/06/2023) at the college auditorium. The event witnessed active participation from 70 Civil Service aspirants who engaged in a comprehensive interaction with Merin Joseph IAS. The discussion revolved around various aspects including possibilities, responsibilities, challenges, and preparation strategies for the Civil Services. The event commenced with a welcome speech by Dr. Muhammadali PK, the Debate Club coordinator, followed by the presidential address by A Jayakumar, the Regional Head of Mathrubhumi. Dr. Chithra Gopinath, the Principal, inaugurated the event, providing a formal commencement to the insightful discussions. The event concluded with a vote of thanks delivered by the student representative, Midhun, expressing gratitude to all participants and contributors for their valuable involvement.

### Brochure:

The brochure is a vertical rectangular poster with a dark blue background and yellow accents. At the top left, it reads 'T.K.M. COLLEGE OF ARTS AND SCIENCE' in white. To the right is the college's circular logo. Below this, a yellow banner contains the text 'DEBATE CLUB PRESENTS'. The main title 'MATHRUBHUMI-GOKULAM SEEK IAS' is displayed in white and red. Event details are listed with icons: a calendar icon for 'WEDNESDAY 21 JUNE' and a clock icon for 'TIME 10.00 AM'. A yellow pill-shaped button says 'AUDITORIUM'. On the right, a circular inset photo shows a woman in a police uniform, identified as 'SPEAKER MERIN JOSEPH IAS' in red text below.

**T.K.M. COLLEGE OF ARTS AND SCIENCE**

**DEBATE CLUB PRESENTS**

**MATHRUBHUMI-GOKULAM**  
**SEEK IAS**

**WEDNESDAY**  
**21 JUNE**

**TIME**  
**10.00 AM**

**AUDITORIUM**

**SPEAKER**  
**MERIN JOSEPH IAS**



## b. **Speak Up: Orientation for the Speakers in the Making**

The Debate Club of the T.K.M. College of Arts and Science, in association with the Post Graduate and Research Department of English, organized a Soft Skill Training session on 09/01/2024 at the Seminar Hall of the college. Mr. Vinod Kumar, the Regional Manager, Mathrubhumi Kollam spearheaded the session which was attended by more than 100 students including the members of the Debate Club. The workshop was co-ordinated by Dr. Muhammadali PK, Assistant Professor of English and the coordinator of the Debate Club. The programme was meant to create an awareness about the importance of soft skills and how these skills can be embodied through routine practices. Yusra Khadija, a member of the Debate Club delivered vote of thanks.



## **TKM COLLEGE OF ARTS AND SCIENCE**

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### **DEBATE CLUB & DEPT. OF ENGLISH**

*PRESENT*

**Speak Up:  
Orientation for the  
Speakers in the Making**

09/10/24, 1:30 to 3:30 pm  
@ Seminar Hall



### c. **Speak for India: Debate Competition for College Students**

The Debate Club of the T.K.M. College of Arts and Science in association with the Department of English organized Mathrubhumi Speak for India: Debate Competition for College Students sponsored by Federal Bank on 18/01/2024 at the Seminar Hall of the college. In the program, which was inaugurated by Dr. Chithra Gopinath (Principal); Mr. Santhosh N (Regional Manager, Federal Bank), Mr. Raveendranath (Bureau Chief, Mathrubhumi), and Dr. Muhammadali PK (Debate Club Coordinator) addressed the audience. More than 80 students from different colleges in the Kollam zone participated in the event.



**T.K.M. COLLEGE OF ARTS AND SCIENCE, KOLLAM 05**  
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**DEBATE CLUB**  
IN ASSOCIATION WITH  
**DEPT. OF ENGLISH**

presents

**SEAK FOR INDIA**

**DEBATE COMPETITION  
FOR COLLEGE STUDENTS**

**FEDERAL BANK**

YOUR PERFECT BANKING PARTNER

**SPEAK**   
**FOR INDIA**

**KERALA EDITION**

in association with

**മാതൃഭൂമി**

മധ്യമവിഭാഗം പുനഃസംഘടിപ്പിച്ചു



18/01/2024, 10:00 AM

@ SEMINAR HALL



#### d. Speak for India: District Level Debate Competition

The Debate Club of the T.K.M. College of Arts and Science in association with the Dept. of English organized Mathrubhumi Federal Bank Speak for India: District level Intercollegiate Debate Competition on 14/02/2024 at the Seminar Hall of the college. 40 winners of different zonal level competitions held in different parts of the Kollam zone were the participants of the district level competition. Dr. Muhammadali PK, Assistant Professor of English and the Coordinator of the Debate Club delivered welcome address. Dr. Chithra Gopinath (Principal, TKM College of Arts and Science, Kollam) Mr. Vinodh Kumar (Regional Manager, Mathrubhumi Kollam), Mr. Santhosh N (Regional Manager, Federal Bank) addressed the participants and the general audience.

**Mathrubhumi**  
THE NATIONAL DAILY IN MALAYALAM

**FEDERAL BANK**  
YOUR PERFECT BANKING PARTNER

**THE VOICES OF TOMORROW WILL RESOUND HERE!**

**SPEAK FOR INDIA**  
*DISTRICT LEVEL DEBATE COMPETITION FOR COLLEGE STUDENTS*

**DEBATE CLUB**  
**TKM COLLEGE OF ARTS AND SCIENCE, KOLLAM**  
**REACCREDITED BY NAAC WITH A++**

14/02/2024, 10:00 AM SEMINAR HALL



# CULTURAL AND ARTS PROGRAMMS

## a. ARANGU 2023



ടി. കെ. എം. കോളേജ് ഓഫ് ആർട്സ് ആൻഡ് സയൻസ്  
കൊല്ലം

# അരങ്ങു 2023

2023 നവംബർ 8. 10 am  
കോളേജ് ആഡിറ്റോറിയം

കേരളീയം 2023 ന്റെ ഭാഗമായി  
കൊല്ലം ടി. കെ. എം. കോളേജ്  
ഓഫ് ആർട്സ് ആൻഡ് സയൻസിലെ  
വിദ്യാർത്ഥികൾ അവതരിപ്പിക്കുന്ന  
വിവിധ സാംസ്കാരിക കലാപരിപാടികൾ



Super National  
ICON OF INDIA

സംഘടിപ്പിക്കുന്നത് : കൾച്ചറൽ ക്ലബ്ബ് , പെർഫോമിങ്ങ് ആർട്സ് ക്ലബ്ബ് , മലയാളം ഭാഷ വിഭാഗം

Arangu - a cultural event was organised on 1 November, 2023 in association with Performing Arts & Cultural Club and Department of Malayalam. It was a culmination of traditional and modern cultural activities. The program was organised on Kerala Piravi Day. The activities conducted were Kerala Piravi Quiz, Fashion show etc. Principal Dr. Chithra Gopinath inaugurated the event, Dr. Aswathy M R - Welcome address, Dr. Jeena R - Felicitation & Ms. Aneesha - Vote of thanks.



## b. MBIFL 'ka FEST' 2024

With an aim towards fostering students' love for art and literature, Performing Arts Club in coordination with Literary Club of the college coordinated all literature enthusiasts to MBIFL '24 Fest held in Kanakakunnu Palace, Thiruvananthapuram on 10 February 2024. It proved to be a huge experience for all the participants. It set the literary scene by unleashing the creative spirit of every soul that made it to the fest. A total of 55 students from almost all departments of the college started by bus.



## **c. University Kalolsavam - University of Kerala 2024**

The Kerala University Kalolosavam, conducted on March 07- 11 at Thiruvananthapuram Senate Campus, Palayam was a vibrant and culturally enriching event that celebrated the diverse talents of students from various colleges across the state. This annual extravaganza of arts and culture spanned several days and showcased the artistic prowess of young talents in a multitude of categories, including music, dance, drama, and literary arts. The Kalolosavam was a testament to the creativity, passion, and dedication of the students who participated. It left an indelible mark on the hearts of all who attended, and we look forward to the next edition of this cultural extravaganza. There were 8 group items and numerous individual items from the college that participated in the University Youth Festival. Our Oppana Team scored 3rd place in the Kalolosavam. Our student ' Hashim Shihab ' also won first place for Mappila Paattu- an individual item.



**KERALA UNIVERSITY  
KALOLSAVAM 2024**



**MUHAMMED HASHIM S**  
(2nd Year Bsc Physics)

**(FIRST)**

**MAPPILAPAATU**

*Congratulations*

**ARTS CLUB**

# TKM COLLEGE OF ARTS & SCIENCE

DHEERAJ COLLEGE UNION 2023-24

കേരള സർവകലാശാല യൂണിയൻ

**യുവജനോത്സവം**



ഔഷത, മൂന്നാം സ്ഥാനം

**അദ്വിയാദ്യങ്ങൾ**



## **d.AARTHI - FOOD FEST 2023 -2 4**

TKM College of Arts and Science proudly hosted the inaugural edition of its much-anticipated Food Fest – Aarthi, an event that brought together the vibrant participation of students and faculty from all departments. The festival took place on March 7, 2024, and was graced by the esteemed presence of Mr. Mukesh M, renowned actor and Member of the Legislative Assembly representing the Kollam constituency, who inaugurated the event. The fest showcased a rich and diverse array of culinary delights, embodying flavours from various traditions and cultures, much to the delight of all attendees.



## FITNESS CHALLENGES

On 10th January 2024, the Sports Club, in collaboration with Health Club, successfully organized an **Inter-Club Fitness Class** at the college auditorium. This event aimed to promote holistic well-being through fitness while also raising awareness about the importance of a healthy lifestyle and sustainable living. The fitness class was designed to encourage active participation in physical activities and educate attendees about the link between physical health and environmental sustainability. The event drew a wide range of participants, including students of different department. **The cub was conducted an aerobic training sessions for the betterment of the students health and fitness.** The main activity of the event was a **one-hour fitness class**, led by **Sports Club Co-ordinator Dr.Sangeetha P.** .The session was monitored and Supervised by **Health Club Coordinators Dr. Soumya S & Dr.Sumayya AS.** The session integrate a mix of exercises such as:

- **Aerobics and Cardio Drills** to improve cardiovascular health.
- **Strength Training** focusing on body-weight exercises like push-ups, squats, and lunges.
- **Yoga and Flexibility Routines** for relaxation, stress relief, and improving posture.

The class was designed to be engaging, with modifications provided for participants of all fitness levels.





**T.K.M. College of Arts & Science  
Kollam**

## **Inter Club Fitness Class**



**Date :10 January 2024**



**" let's move to find healthy"**

### **Coordinators**

**Dr. Sangeetha. P( Sports Club)  
Dr. Soumya S( Health Club )  
Dr. Sumayya A.S( Health Club)**

**Organized  
By  
Sports club  
in  
Association with  
Health Club**

# SPORTS AND PHYSICAL ACTIVITIES

**TKM COLLEGE OF ARTS AND SCIENCE, KOLLAM**  
Re-accredited by NAAC with A++ Grade

ORGANISED BY  
**SPORTS CLUB**  
IN ASSOCIATION WITH DEPARTMENT OF PHYSICAL ASSOCIATIONS

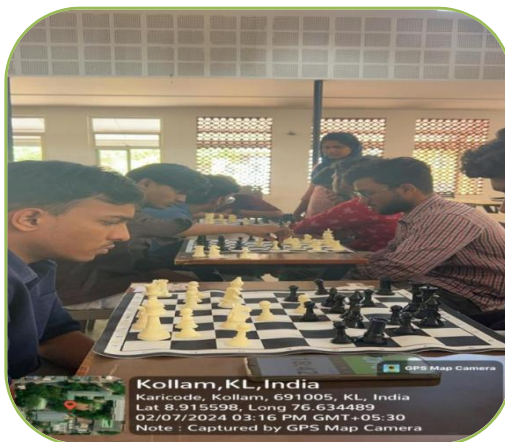
## INTER DEPARTMENT CHESS TOURNAMENT

FOR MEN AND WOMEN  
07-02-2024 WEDNESDAY

1. Only team championship will be conducted
2. No. of players (MIN. 3 & MAX. 4)
3. Teams must report on scheduled time.
4. Competition will commence sharp at 2:30PM
5. Minimum of 3 teams should be there to conduct the competition.
6. Department Coordinators should be there with the team during the entire competition.

For more details contact  
Dr. Sangeetha 9645725882

An **Inter-Department Chess Tournament** was organized by Sports Club in association with Department of Physical Education, **TKM College of Arts and Science (TKMCAS)**, Kollam, on **2nd July 2023**, to promote foster comradeship and strategic thinking among the college's students. Its emphasis on critical thinking and planning, served as an excellent platform for students from various departments to showcase their skills.



## ROLE-PLAYING AND SIMULATIONS

One section in the society that faces lot of struggles and negligence are the old age people. They are being abused a lot and their health care is not given concern as it is required. What more our health sector does not even give much focus to the geriatric care. Today the number of old age care homes are increasing just because we don't have enough time to take care of them. Even if we let them stay with us the abuse whether it is mental or physical they have to pass through is very much.



# HEALTH AWARENESS PROGRAMS

## World Hepatitis Day



 **T.K.M. COLLEGE OF ARTS AND SCIENCE**  
**KOLLAM - 691005**  
www.tkmcas.ac.in  
(Re-accredited by NAAC with "A++" Grade)

**DEPARTMENT OF BIOCHEMISTRY & HEALTH CLUB**  
*Jointly Organizing an Awareness Talk on*  
**"DEFEATING HEPATITIS TOGETHER: A WORLD HEPATITIS DAY COMMEMORATION"**  
By  
**DR. ANSIL P. N**  
Assistant Professor,  
Department of Biochemistry, TKMCAS

 Seminar Hall  02-08-2023  11.00 am

**PROGRAMME SCHEDULE**  
Welcome: Dr. Latha B., HoD of Biochemistry  
Inauguration: Dr. Chithra Gopinath, Principal  
Vote of Thanks: Dr. Riyas Y., Coordinator of Health Club

Organizing Committee Members: Dr. Latha B., Ajinza A., Soumya S., Dr. Harisankar H. S., Dr. Ansil P.N., Dr. Sumayya A. S., Dr. Riyas Y.

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. The event commenced with a warm welcome by Dr. Latha B., the Head of the Department of Biochemistry. She extended her gratitude to all the attendees and emphasized the importance of raising awareness about hepatitis to prevent its spread and its consequences on public health.



Kottamkara, Kerala, India



Kottamkara, Kerala, In  
WJ7M+RQ4, Karicode, Peroor  
691005, India

## World Hepatitis Day Poster Presentation Competition

 **T.K.M. COLLEGE OF ARTS AND SCIENCE**  
**KOLLAM - 691005**  
(Re-accredited by NAAC with "A++" Grade)

**DEPARTMENT OF BIOCHEMISTRY & HEALTH CLUB**

**POSTER COMPETITION**

**WORLD HEPATITIS DAY - 2023**

**Theme**

**ONE LIFE, ONE LIVER**

**WORLD HEPATITIS DAY 2023**

**CASH PRIZES & CERTIFICATES**

**REGISTRATION Free**

**07-08-2023**

**10.00 - 11.00 am**

**College Auditorium**

**FOR MORE DETAILS CONTACT:**

Dr. Ansil P.N.  
Asst. Prof. in Biochemistry  
9495794967

Dr. Riyas Y  
Health Club Coordinator  
9037969285

[www.tkmcas.ac.in](http://www.tkmcas.ac.in)

### Guidelines for Participants

- Get your creative gears rolling for World Hepatitis Day!
- Express your artistic talent on A3, A2, or regular chart paper with the theme 'One Life, One Liver'.
- Let your imagination soar as you use pencil, crayon, watercolor, oil paint, or any other medium for your masterpiece.
- Submit one entry only and stand a chance to win exciting prizes!
- The judging criteria include creativity, presentation, and how well your posters align with the theme.
- Originality matters! Your poster should be entirely your own creation.
- Our esteemed jury's decision will be final.
- Eligibility: Open to high school, higher secondary, and college-level students.
- Display your posters at T.K.M. College of Arts and Science auditorium before **10.00 am on 07th August 2023 (Monday)**.
- During the poster evaluation, the presenter should be available.
- Cash prizes and certificates await the top three winners!
- Don't miss this opportunity to showcase your talent and create awareness about World Hepatitis Day!

E-mail: [ansil@tkmcas.ac.in](mailto:ansil@tkmcas.ac.in)

The Department of Biochemistry and the Health Club of T.K.M. College of Arts and Science, Kollam, organized a Poster Presentation Competition in commemoration of World Hepatitis Day. The event aimed to promote awareness about liver health and Hepatitis among high school, higher secondary, and college-level students. The competition was held at 10:00 am on August 7th, 2023, at the college auditorium under the theme "One Life, One Liver."

The competition theme, "One Life, One Liver," emphasized the significance of maintaining a healthy liver for overall well-being. Participants were encouraged to showcase their creativity and artistic skills through engaging poster presentations that effectively conveyed the importance of liver health and the prevention of Hepatitis.

The competition saw active participation from students across three categories: High School, Higher Secondary, and Undergraduate Levels.



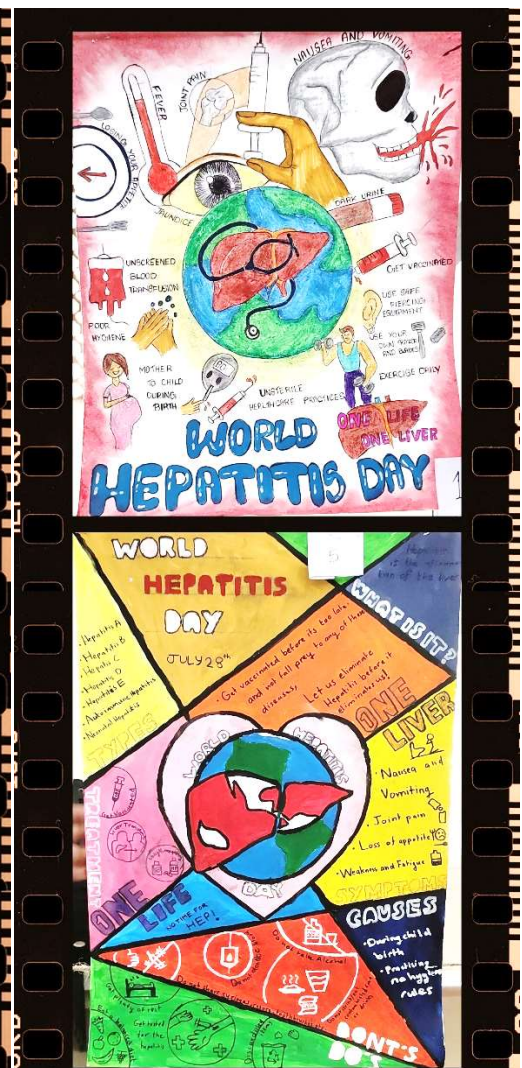
Students registering for the poster competition



Students Presenting Their Posters



Posters Presented by the Students





**Posters Presented by the Students**

The competition attracted a total of 35 enthusiastic students from the categories, highlighting the eagerness of young minds to engage with crucial health-related topics. The judging panel comprised three distinguished experts from different disciplines: Dr. Latha B., HoD of Biochemistry, Dr. Jasin Rahman, HoD of Zoology, Mr. Niyas S. M., HoD of English. Their diverse expertise ensured a comprehensive evaluation of the poster presentations based on scientific accuracy, creativity, and effective communication.



**Judges Evaluating the Posters**

The competition recognized the outstanding efforts of the participants by awarding cash prizes and certificates to the winners:

- 1st Prize: Fidha Fathima F., Class VIII D., TKM Centenary Public School
- 2nd Prize: Ameena N., S1 BA English, TKM College of Arts and Science

- 3rd Prize: Ahmed Shereef, Class XII C., TKM Centenary Public School
- 4th Prize (Tied): Anziya Anzar, S2 B.Sc. Biochemistry, TKM College of Arts and Science & Saina Sain S., Class X D., TKM Centenary Public School

The winners' exceptional presentations showcased their dedication to raising awareness about liver health and Hepatitis in innovative and impactful ways.



### **Prize Distribution**

The World Hepatitis Day Poster Presentation Competition, organized collaboratively by the Department of Biochemistry and the Health Club of T.K.M. College of Arts and Science, has undeniably achieved its paramount objective of enhancing awareness concerning liver health and Hepatitis among the student community. The event stood as an exemplary platform that not only allowed for the articulation of creative ideas but also nurtured a profound comprehension of the significance of liver well-being in the pursuit of a wholesome life. The remarkable engagement witnessed and the perceptive presentations delivered during the competition stand as a testament to the unwavering dedication of the emerging generation toward matters pertaining to health.

## Teenage Skin Care Talk Show (Adolescence and Skin Care)

**T.K.M. COLLEGE OF ARTS AND SCIENCE**  
**KOLLAM - 691005**  
(Re-accredited by NAAC with "A++" Grade)

**Talk Show**  
**'കൗമാരവും ചർമ സംരക്ഷണവും'**

**THURSDAY**  
17 August 2023

**TIME**  
10.00-11.00 A.M.

**SEMINAR HALL**  
TKMCAS

**ORGANIZED BY**  
**Department of Biochemistry & Health Club, TKMCAS**

*In association with*  
**KIMSHEALTH**  
Hospital

**MEET THE DOCTOR**

**Dr. Rekha Vijayan,**  
(MBBS, MD)  
Dermatologist  
KIMS HEALTH Hospital,  
KOLLAM

[www.tkmcas.ac.in](http://www.tkmcas.ac.in)

The talk show on "Teenage Skin Care" held on the 17th of August 2023, at the Seminar Hall of T.K.M. College of Arts and Science, was a remarkable event aimed to educate and enlighten students about the importance of proper skin care during adolescence. The talk show was organized by the Department of Biochemistry in collaboration with KIMS Health Hospital, Kollam, and the Health Club of the college, the event witnessed a vibrant participation of faculty members and first-semester B.Sc. students.



### **Setting the Stage: Dr. Ansil P. N. Welcoming Participants to an Enlightening Session**

The talk show was inaugurated by Dr. Chithra Gopinath, the Principal of T.K.M. College of Arts and Science. Her presence underscored the significance of the event and highlighted the institution's commitment to holistic education. Dr. Gopinath's inaugural address set a positive tone for the proceedings, encouraging students to actively participate and absorb the wealth of knowledge shared during the talk show.



**Dr. Chithra Gopinath, Principal of T.K.M. College of Arts and Science, inaugurating the talk show, symbolizing the institution's commitment to holistic education**



### Expert Insights Unveiled: Dr. Rekha Vijayan Shares Invaluable Knowledge on Teenage Skin Care

Dr. Rekha Vijayan, a distinguished Dermatologist from KIMS Health Hospital, Kollam, graced the occasion as the esteemed resource person. Her profound knowledge and expertise in dermatology added credibility and value to the event.



**Dr. Rekha Vijayan being honored for her invaluable contribution to the talk show, her expertise adding depth to the discussions**



**Moments of Learning and Connection: A Glimpse into the Enriching Teenage Skin Care Talk Show**

Ms. Ajinza A, Assistant Professor in Biochemistry, delivered the vote of thanks, expressing gratitude to all the stakeholders who contributed to the success of the talk show. Her acknowledgment of the collective effort showcased the collaboration between the department, the hospital, and the health club in organizing an event that catered to the educational needs of the students.

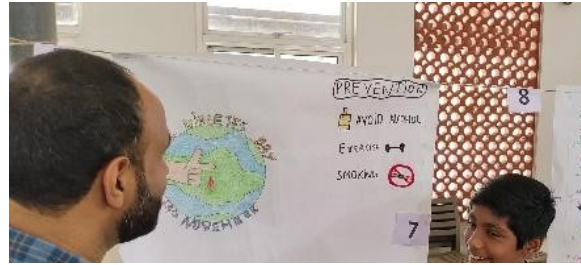


**Eager participants, a blend of faculty members and first-semester B.Sc. students, engrossed in learning about the significance of skin care during adolescence**

In conclusion, the talk show on "Teenage Skin Care" provided an insightful platform for learning and discussion. The collaborative effort of the Department of Biochemistry, KIMS Health Hospital, Kollam, and the Health Club resulted in an event that not only addressed a crucial aspect of adolescent health but also fostered a spirit of collaboration and knowledge sharing.

The participants left the talk show armed with valuable insights into maintaining healthy skin during their teenage years, thereby equipping themselves with knowledge that can positively influence their overall health and well-being.





**Creative Insights: Highlights from the World Diabetes Day Poster Presentation Competition 2023**





## Report on Awareness Program and Free Screening Clinic for Benign Breast Diseases

**T.K.M. COLLEGE OF ARTS & SCIENCE**  
KOLLAM, KERALA - 691 005  
Re-accredited by NAAC with "A++" Grade  
(Aided by Government of Kerala & Affiliated to University of Kerala)  
www.tkmcas.ac.in

Department of Biochemistry and Health Club, TKMCAS

KIMS-HEALTH Hospital KOLLAM

**BENIGN BREAST DISEASES :  
EXPERT TALK &  
FREE SCREENING CLINIC**

Date: 19th December 2023 • Time: 10.00 a.m. • Venue: Seminar Hall

RESOURCE PERSONS:

- Dr. Deepa Unnikrishnan  
Specialist, General surgery  
MBBS, MS (General Surgery, DMAS & FMAS)
- Dr. Syfaja M S  
Specialist, Internal Medicine  
MBBS, MS (Family Medicine)

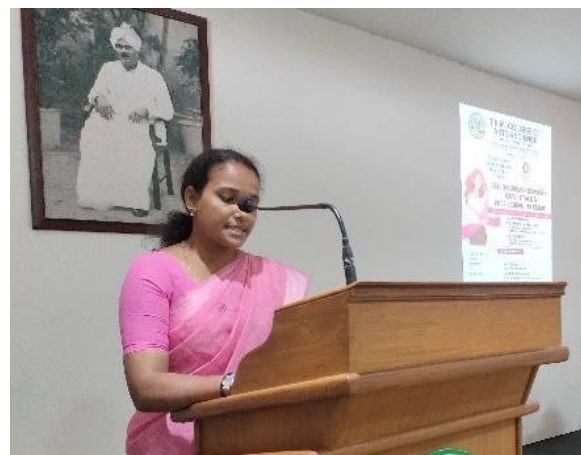
**PROGRAMME**

Time: 10.00 am	
Prayer	
Welcome	Smt. Soumya S. Health Club Coordinator
Inauguration	Dr. Chithra Gopinath Principal, TKM College of Arts and Science
Felicitation	Dr. Latha B. HoD of Biochemistry
<b>"HONOURING THE RESOURCE PERSONS"</b>	
Vote of Thanks	Dr. Sumayya A.S. Assistant Professor, Department of Biochemistry
10.30 am onwards	Expert Talk & Free Screening Clinic

\* Free screening clinic available for the first 50 registered participants on a first-come, first-served basis.

For further details contact: Dr. Ansil P. N., Program Coordinator.  
Mob: 9495794967, E-mail: ansil@tkmcas.ac.in

The Department of Biochemistry and Health Club of T.K.M. College of Arts and Science, Kollam, in collaboration with KIMS Health Hospital, Kollam, organized an Awareness and Free Screening Clinic on Benign Breast Diseases on December 19, 2023, at 10:00 AM in the college seminar hall. The program began with an insightful talk on *Benign Breast Diseases*, delivered by **Dr. Deepa Unnikrishnan**, Specialist in General Surgery, and **Dr. Juhi Razac**, Medical Officer, from KIMS Health Hospital, Kollam. The session aimed to educate participants about the nature of benign breast conditions, their symptoms, and the importance of early detection and management.





### **Promoting Awareness: Highlights from the Benign Breast Diseases Talk and Screening Clinic**

The program was coordinated by Dr. Ansil P.N., Assistant Professor of Biochemistry, with support from Health Club coordinators Ms. Soumya S. and Dr. Sumayya A.S. The coordinators ensured smooth registration, facilitated participant engagement, and managed logistical arrangements.



### **Moments from the Awareness and Screening Event on Benign Breast Diseases**

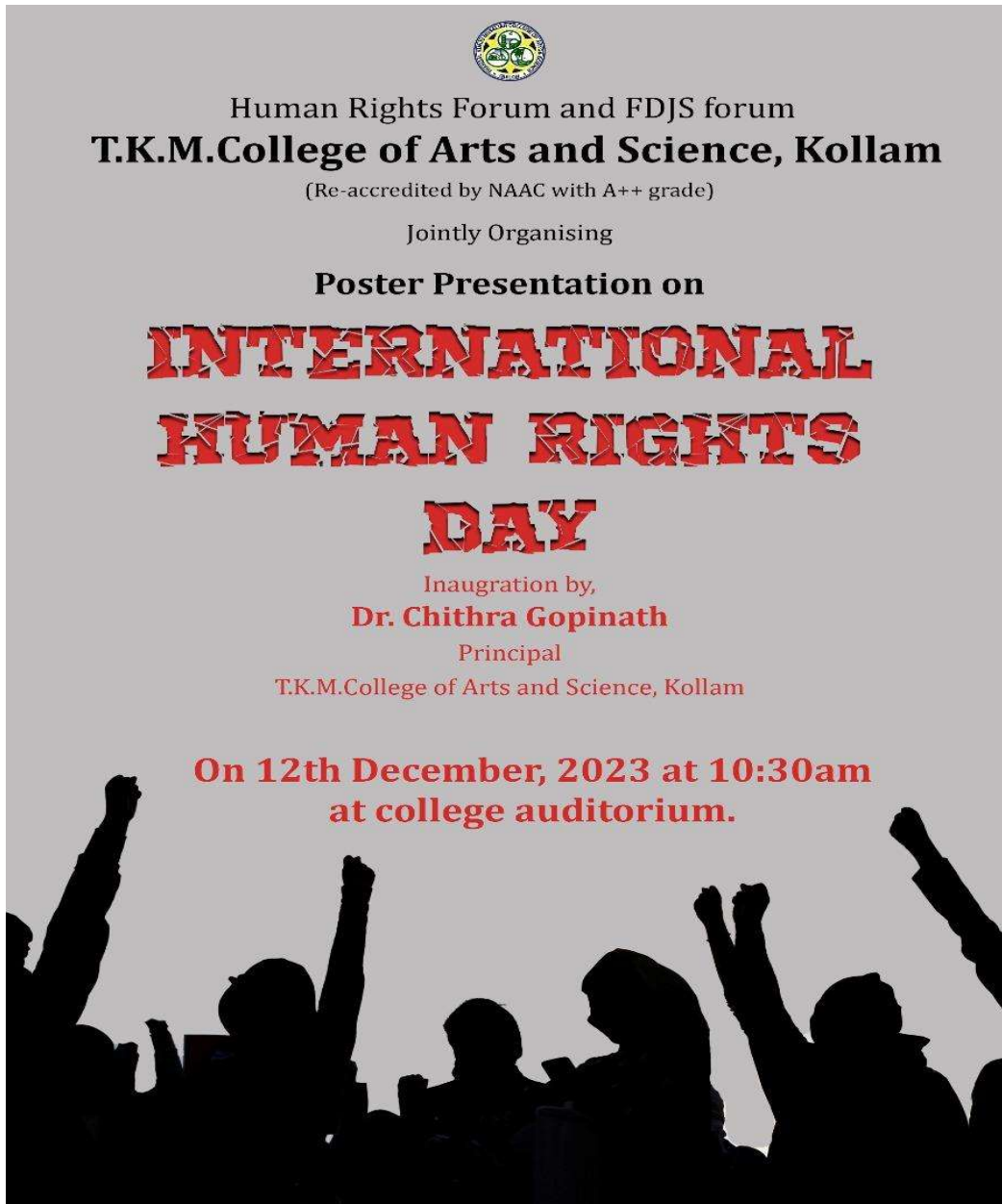
The event successfully raised awareness about benign breast diseases and provided an accessible platform for early screening. The collaborative effort between T.K.M. College of Arts and Science and KIMS Health Hospital underscores the commitment to promoting community health and well-being.

These activities not only inculcate values but also prepare students to become thoughtful, compassionate, and active members of society.


# HUMAN RIGHTS FORUM

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.

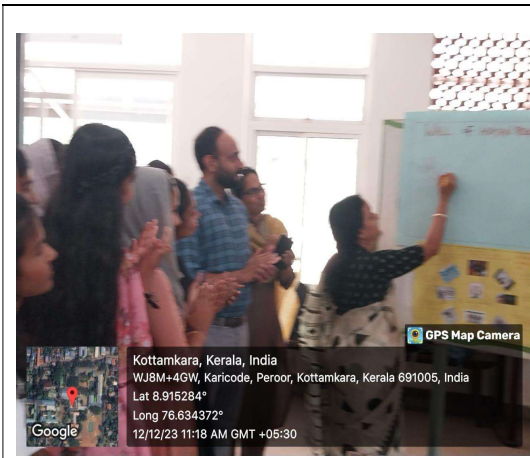
## 1. International Human Rights Day Celebration



The poster features a grey background with a circular logo at the top center. The text is centered and includes the college name, accreditation details, the event title in large red letters, the inauguration details, and the date and time. At the bottom, there is a silhouette of a crowd with raised fists.

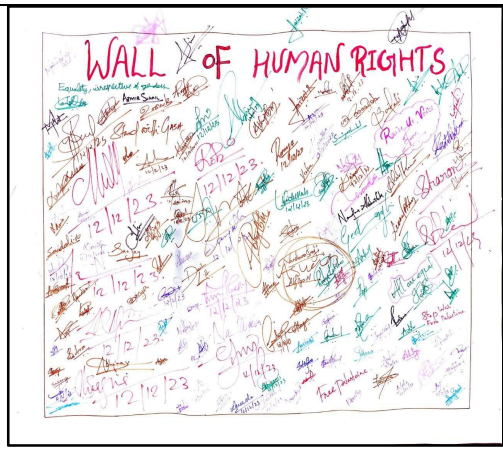
  
Human Rights Forum and FDJS forum  
**T.K.M.College of Arts and Science, Kollam**  
(Re-accredited by NAAC with A++ grade)  
Jointly Organising  
**Poster Presentation on**  
**INTERNATIONAL**  
**HUMAN RIGHTS**  
**DAY**  
Inauguration by,  
**Dr. Chithra Gopinath**  
Principal  
T.K.M.College of Arts and Science, Kollam  
**On 12th December, 2023 at 10:30am**  
**at college auditorium.**

Date: 10th December 2023



Kottamkara, Kerala, India  
 WJ8M+4GW, Karicode, Peroor, Kottamkara, Kerala 691005, India  
 Lat 8.915284°  
 Long 76.634372°  
 12/12/23 11:18 AM GMT +05:30

**Inauguration**



**Wall of Human Rights**



Kottamkara, Kerala, India  
 WJ8M+4GW, Karicode, Peroor, Kottamkara, Kerala 691005, India  
 Lat 8.915342°  
 Long 76.634388°  
 12/12/23 11:22 AM GMT +05:30

**Organizing team with Principal and teachers**



Kottamkara, Kerala, India  
 WJ7M+RQ4, Karicode, Peroor, Kottamkara, Kerala 691005, India  
 Lat 8.915057°  
 Long 76.634952°  
 12/12/23 09:56 AM GMT +05:30

**Team members arranging the posters**



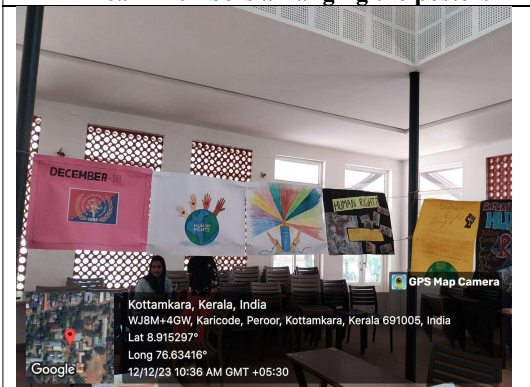
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**Team members arranging the posters**



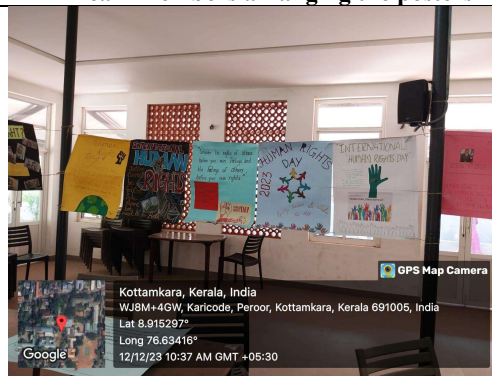
Kottamkara, Kerala, India  
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 Long 76.634389°  
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**Team members arranging the posters**



Kottamkara, Kerala, India  
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 Lat 8.915297°  
 Long 76.63416°  
 12/12/23 10:36 AM GMT +05:30

**Posters**



Kottamkara, Kerala, India  
 WJ8M+4GW, Karicode, Peroor, Kottamkara, Kerala 691005, India  
 Lat 8.915297°  
 Long 76.63416°  
 12/12/23 10:37 AM GMT +05:30

**Posters**

- The Forum celebrated International Human Rights Day with an engaging and informative poster presentation event.
- Inauguration: The Principal inaugurated the event by signing the Wall of Human Rights, symbolizing the college's commitment to upholding and promoting human rights.
- Poster Exhibition: Posters created by students on various human rightstopicswereexhibited throughout the college, drawing participation and attention from the entire student body and staff.
- Objective: The event aimed to foster awareness and dialogue on human rights issues among students, encouraging them to reflect on their roles as responsible citizens.

## 2. Awareness Talk on the Rights of the Differently Abled

**T.K.M. COLLEGE OF ARTS & SCIENCE**  
KARICODE, KOLLAM, KERALA - 691 005  
Re-accredited by NAAC with "A++" Grade  
(Aided by Government of Kerala & Affiliated to University of Kerala)

Human Rights Forum  
in association with  
**Divyangjan Cell,**  
TKMCAS

Awareness Programme on  
**Rights of the Differently Abled**

Resource Person :  
**Mrs. Smitha G.S.**  
Block Resource Centre,  
Kottarakkara

15 February 2024, Thursday at 11 am | Venue : Seminar Hall

Human Rights Forum  
in association with  
**Divyangjan Cell,**  
TKMCAS

Awareness Programme on  
**Rights of the Differently Abled**

15 February 2024, Thursday at 11 am  
Venue : Seminar Hall

**PROGRAMME**

Welcome	: <b>Mr. Muhammed Roshan B.</b> Coordinator, Divyangjan Cell
Presidential Address	: <b>Dr. Chithra Gopinath</b> Principal, TKMCAS
Key Note Address	: <b>Mrs. Smitha G.S.</b> Teacher Trainer, BRC, Kottarakkara
Felicitation	: <b>Dr. Sangeetha G.</b> Asst. Professor, Dept. of Botany
Vote of thanks	: <b>Dr. Shargina Beegum</b> Coordinator, Human Rights Forum, TKMCAS.

Date: 15th February 2024

- The Forum organized a thought-provoking talk to educate students on the right sand challenges faced by differently abled individuals.
- Speaker: Mrs. Smitha, a dedicated teacher for the differently abled from the Block Resource Centre, Kottarakkara, delivered the session.
- **Key Highlights:**

- Mrs. Smitha provided insights into the difficulties faced by mentally disabled individuals and their families.
- She emphasized the importance of inclusivity, empathy, and legal rights for differently abled individuals.
- Students were encouraged to contribute to creating a supportive and understanding environment for differently abled peers.

### **3. Weekly Skill Development Meetings**

The Forum conducted weekly meetings to empower students with essential life skills, particularly focusing on public speaking and interpersonal communication

#### **Activities Included:**

- Group discussions on human rights-related topics.
- Mock presentations to build confidence and articulation skills.
- Peer feedback sessions for continuous improvement.
- Outcome: These sessions enhanced students' abilities to express their opinions confidently and effectively, fostering leadership qualities and critical thinking.

The activities organized by the Human Rights Forum this year successfully engaged students in meaningful discussions and actions related to human rights. The emphasis on inclusivity, awareness, and skill development reflects the Forum's commitment to nurturing responsible and empathetic individuals. The Forum looks forward to continuing its efforts in the coming year, building on the achievements of 2023-2024 and expanding its reach and impact within the college community.

## Awareness Programme on “Rights of the Differently Abled”



Introducing the programme



Welcome



Inauguration



Felicitation



Keynote address



Students listening the session



Session going on



# UNNAT BHARAT ABHIYAN (UBA)

2023- 2024

## About UBA

T.K.M College of Arts and Science, Kollam has been selected under Unnat Bharat Abhiyan program of MHRD Government of India through a challenge mode application. As per MHRD instruction, there is a provision of Rs 1.0 lakh for selection of each technology and 0.50 lakh for customization of each solution under the program. Under the UBA (Unnat Bharat Abhiyan) scheme, our institute had adopted a cluster of five villages in the district, for technology development projects. The five villages are: Panayam, Perinad, Elampalloor, Thrikaruva, Thrikadavoor

## NATION FIRST ALWAYS FIRST: AWARENESS CAMPAIGN ON NATIONAL INTEGRATION



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.

Such campaigns provide an opportunity for students to reflect on their role as responsible citizens in promoting unity and reducing divisions based on religion, caste, or region.

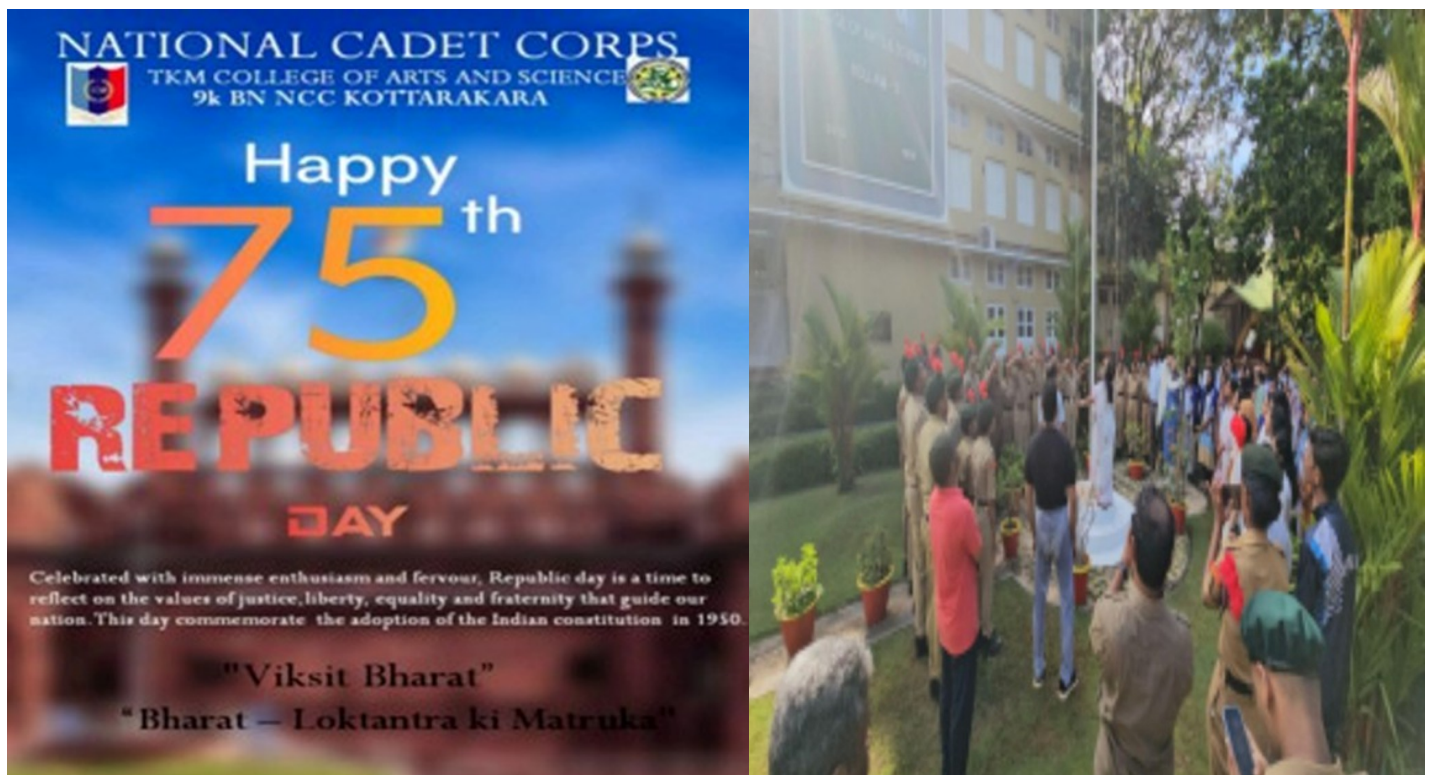




## REPUBLIC DAY

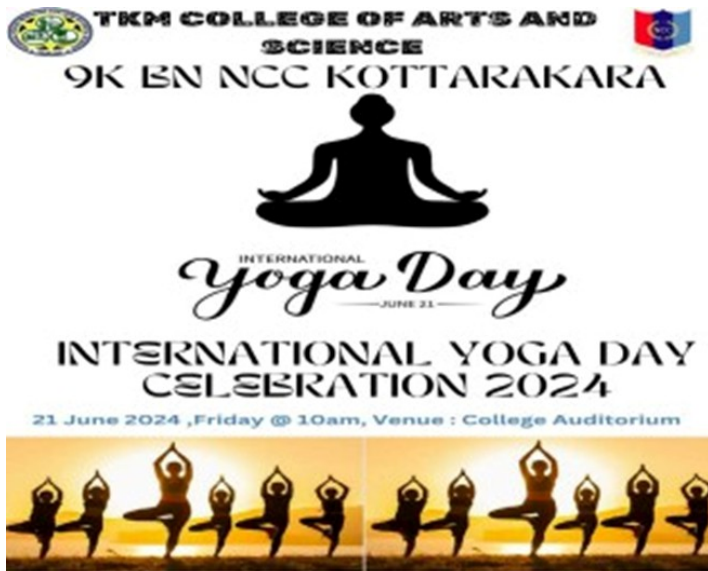
On 26th January, we celebrated our 75th Republic Day with great patriotic enthusiasm on the college ground. We assembled at 7:45 am and began by arranging all the items needed for the program. The event commenced at 8:30am with the arrival of the chief guest, our principal, Chithra Gopinath ma'am. She 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.



## YOGA DAY

On International Yoga Day, June 21, 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.



## INDEPENDENCE DAY

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.



## VISITING THE YOUNG MINDS OF ROSEMALA

On August 20th ,2024 the 9k NCC unit of TKM visited the Aryankavu LP School in Rosemala to provide awareness about various facts to the students there.The event was conducted in collaboration with Nila Foundation and TKM college of Arts and Science.



# 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.

**കൊല്ലം ജില്ലാ ശിശുക്ഷേമ സമിതി**  
**സോൾസ് ഓഫ് കൊല്ലം റണ്ണേഴ്സ് ക്ലബ്ബ്**

**Childrens day**  
**KIDS**  
**RUN**

**Flag off**  
**Sri.N.DEVIDAS IAS**  
Hon'ble District Collector  
Kollam

**CATEGORIES**  
UPTO 6 Yrs (1 Km)  
7 - 9 Yrs (2 Km)  
10 - 13 Yrs (2 Km)

നവംബർ, നാല്പ്പത്തിയൊന്ന്,  
വിക്കട്ടിമംഗലം വില്ലേജ്  
സമാനങ്ങൾ

**November 10**  
**Sunday 6.30 Am**

നീലാംബരി ഓപ്പൺ എയർ ആഡിറ്റോറിയം  
ചിത്ത്വരമ്പൻ പാർക്കിന് സമീപം,  
ആശ്രാമം കൊല്ലം

9074963129, 9447571111  
Registration  
**FREE**

DECATHLON  
Baker of Kollam

**District Council For Child Welfare, Kollam**

## 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 its 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.



**TKM COLLEGE OF ARTS AND  
SCIENCE  
9K BATTALION NCC  
KOTTARAKARA**

**CELEBRATING THE  
76 th NCC DAY  
WITH  
THANAL OLD AGE  
HOME, ELAMPALLOOR**

**"Remember that the happiest people are  
not those getting more, but those giving  
more.."**

The poster features a background image of NCC cadets in uniform. At the top left is the NCC logo, and at the top right is the logo of T.K.M. Bhawan College of Arts & Science, Quilon. The text is overlaid on the image in various colors and fonts.

## PUSTHAKOLTSAVAM, 2024

The NCC cadets were given an opportunity to visit the pustakoltsav held in Kollam. The cadets were able to attend various seminars and discussions about recent topics, history, environmental issues etc. The event was highly informative.



## ACHIEVEMENTS

The cadets of the 9k NCC unit of theTKM College of Arts and Science has always marked their presence and talents in the NCC as well as in other areas.Our talented cadets CDT FARHAN MUHAMED ,CDT AJMAL R.H and CDT SIDHARTH SUDHIR BABU were selected for the TSC-IGC this year.Our vibrant cadet SGT SOUBHAGYA was selected for the ARMY ATTACHMENT CAMP,6 garch rifles, held at Pangode military camp,trivandrum.CPL JISHNU was selected for the RDC-IGC 2025 with his countless efforts.Also CPL ADHIL was selected for the EBSB camp at Maharashtra and our cadets LCPL ADERSH and CDT DEVANANDH and CDT FARHAN MOHAMED was selected for the ARMY ATTACHMENT CAMP of MADRAS regiment at Pangode military camp.Our SUO IRFAN KAMARUDEEN was selected in the ARMY ATTACHMENT CAMP of MARATHA regiment .Apart from this CDT MANU and CDT ARWIN secured 1st position in state Ballbadminton competition and CDT YASIR secured bronze medal in intercollegiate boxing competition held this year.



