



ST. DOMINIC'S COLLEGE, KANJIRAPALLY

AFFILIATED TO MAHATMA GANDHI UNIVERSITY KOTTAYAM

RE-ACCREDITED WITH A GRADE BY NAAC

ABSORB & RADIATE



PRACTICE OF THE BEST PRACTICE

“KARUTHAL”



KARUTHAL – CARE TO STUDENTS AND COMMUNITY

THE PRACTICE

All faculty members, especially class teachers and mentors, are closely associated with student community and create a conducive atmosphere. The practices of providing regular counseling service to needy students by a trained counselor, initiatives like Oppam (With You), Kaithangu (Helping Hand), Dominican Educational Assistance, Koodeundu SDC (SDC with You) etc address different emotional issues faced by students.





RESEARCH & POSTGRADUATE DEPARTMENT OF COMMERCE
ST. DOMINIC'S COLLEGE, KANJIRAPALLY



കൈതൊടൽ

(AN INITIATIVE OF TEACHERS, RETIRED TEACHERS AND ALUMNI)

TAB ON RENT SCHEME

- TAB WILL BE GIVEN TO DESERVING STUDENTS ON RENT (RE. 1/MONTH).
- STUDENTS WHO ARE NOT HAVING A MOBILE DEVICE TO ACCESS THE CLASS/ STUDENTS DEVICE UNDER REPAIR CAN APPLY FOR THIS SCHEME.
- STUDENTS WHO WISH TO AVAIL THIS SCHEME SHOULD PLACE THEIR APPLICATION THROUGH THE CLASS TEACHER.
- APPLICATION SHALL BE PROCESSED 'FIRST COME FIRST SERVE AND MERIT CUM MEANS' BASIS .
- SCHEME IS OPEN TO ALL THE STUDENTS OF THE DEPARTMENT.
- IN THE CASE OF INADEQUATE APPLICATION, STUDENTS OF OTHER DEPARTMENT WILL ALSO BE CONSIDERED.

DATA SUBSIDY SCHEME

- DATA RECHARGE FACILITY FOR DESERVING STUDENTS.
- STUDENTS WHO WANT TO AVAIL THIS SCHEME SHOULD PLACE THEIR APPLICATION THROUGH THE CLASS TEACHER.
- APPLICATION SHALL BE PROCESSED 'FIRST COME FIRST SERVE AND MERIT CUM MEANS' BASIS.
- SCHEME IS OPEN TO ALL THE STUDENTS OF THE DEPARTMENT.

SDC COMMUNITY SERVICES





ST DOMINIC'S COLLEGE, KANJIRAPPALLY
NATIONAL SERVICE SCHEME
UNIT NO:35
Observes



02 OCTOBER, 2021

GANDHI JAYANTHI

"BE A SERVANT"
NEIGHBOURHOOD CLEAN – UP
CAMPAIGN...

"Doing our part to clean - up the World"



Activities

Clean up
premises, Trash
Pickup, planting
new saplings,
etc...

"Everyone must be his own scavenger" - Gandhiji





Mary Queens
Hospital
Kanjirapally



N. S. S. Unit No:35
St. Dominic's College
Kanjirapally



SMYM
Kanjirapally

BLOOD DONATION CAMP AT MARY QUEENS HOSPITAL, KANJIRAPALLY



The community service activities are realized through NSS, Bhoomitrasena, Anti narcotics Club, Charity Club, Population Education Club and Women Empowerment Centre. The college promotes a sports culture in tune with Fit India Campaign, by making its sports facilities being available to community.

The physical education department is offering training programmes for aspirants of state and central services to clear physical fitness tests. The Schools around the locality as well as government organizations conduct their sports events and sports training using the college facilities. People around the locality are using the play grounds for morning walks.

Successful training sessions to job aspirants by Physical Education Department

(Termed as SD Battalion by Media)

സുനോളം യുവാക്കൾക്ക് പോലീസ് സേനയിലേക്ക് വഴിയൊരുക്കി സെന്റ് ഡൊമിനിക്കൻ കോളേജ്

കാഞ്ഞിരപ്പള്ളിയിലെ സെന്റ് ഡൊമിനിക്കൻ കോളേജിന്റെ ഫിസിക്കൽ എഡ്യൂക്കേഷൻ ഡിപ്പാർട്ട്മെന്റ് ഓരോ വർഷവും ജൂൺ മാസത്തിൽ പൊലീസ് സേനയിലേക്ക് യുവാക്കൾക്ക് തയ്യാറെടുപ്പിക്കാൻ പരിപാടി സംഘടിപ്പിക്കുന്നു. ഈ പരിപാടിയിൽ പങ്കെടുക്കുന്ന യുവാക്കൾക്ക് പൊലീസ് സേനയിൽ പ്രവേശിക്കാൻ വേണ്ടിയുള്ള ഫിസിക്കൽ ട്രെയിനിംഗ് നൽകുന്നു. കോളേജിന്റെ ഫിസിക്കൽ എഡ്യൂക്കേഷൻ ഡിപ്പാർട്ട്മെന്റ് ഓരോ വർഷവും ജൂൺ മാസത്തിൽ പൊലീസ് സേനയിലേക്ക് യുവാക്കൾക്ക് തയ്യാറെടുപ്പിക്കാൻ പരിപാടി സംഘടിപ്പിക്കുന്നു. ഈ പരിപാടിയിൽ പങ്കെടുക്കുന്ന യുവാക്കൾക്ക് പൊലീസ് സേനയിൽ പ്രവേശിക്കാൻ വേണ്ടിയുള്ള ഫിസിക്കൽ ട്രെയിനിംഗ് നൽകുന്നു.

എസ് ഡി ബറ്റാലിയൻ

അജീഷ് തേക്കിലക്കുട്ടിൽ

കോളേജ് പോലീസ് സേനയിലേക്ക് വഴിയൊരുക്കി

കോളേജിന്റെ ഫിസിക്കൽ എഡ്യൂക്കേഷൻ ഡിപ്പാർട്ട്മെന്റ് ഓരോ വർഷവും ജൂൺ മാസത്തിൽ പൊലീസ് സേനയിലേക്ക് യുവാക്കൾക്ക് തയ്യാറെടുപ്പിക്കാൻ പരിപാടി സംഘടിപ്പിക്കുന്നു. ഈ പരിപാടിയിൽ പങ്കെടുക്കുന്ന യുവാക്കൾക്ക് പൊലീസ് സേനയിൽ പ്രവേശിക്കാൻ വേണ്ടിയുള്ള ഫിസിക്കൽ ട്രെയിനിംഗ് നൽകുന്നു.

INFO sports

വിജയിച്ചത്. 2012ൽ ആണ് കോളേജിന് ആർമി, പൊലീസ്, എക്സൈസ്, ഫോറസ്റ്റ് തുടങ്ങിയ സേനകളിലേക്കുള്ള കായിക പരിശീലനം ആരംഭിച്ചത്. ദിവസവും രാവിലെ 6.30 മുതൽ 9.30 വരെയും വൈകിട്ട് 4.30 മുതൽ 6.30 വരെയുമാണ് പരിശീലനം കായിക വിഭാഗം സംഘടിപ്പിക്കുന്നത്.



Awareness programmes and posters on traffic rules and road safety, disaster management, life saving methods and health were delivered to the community through college YouTube channel and public programmes.

POPULATION EDUCATION CLUB OF DEPARTMENT OF ECONOMICS, ST. DOMINIC'S COLLEGE

HEALTH AWARENESS CAMPAIGN

AS SOON AS YOU FEEL UNWELL

Stay calm. Remember that most people recover from COVID-19 and do not require hospitalization.

- 1 Self-isolate.** Do not wait to get tested or receive results.
- 2 Contact a doctor** for advice.
- 3 Check your oxygen level** every 6 hours or more frequently if your breaths are too fast. **Seek emergency care if** oxygen level on the oximeter shows less than 94%.
- 4 Monitor your temperature** every 6 hours. Do it more frequently if you have a fever. **Seek emergency care if** fever of more than 101°F (38°C) persists for 3 days.
- 5 Seek emergency medical care in any of these cases:**
 - Shortness of breath
 - Lips or face turn blue-ish
 - Feeling of disorientation increases
 - Persistent pain or pressure in the chest
 - Slurred speech/seizures
 - Unable to wake up or stay awake

STAY CALM AND ISOLATE

How to manage COVID-19 at home.

- 1 Isolate yourself in a separate room** with bathroom if possible for 10 days and rest.
 - Rest, relax, rest, relax.
 - Keep your mind busy by reading books, watching TV shows and having video calls with your family and friends.
 - If you feel up to it, do some light exercise.
- 2 Wear a mask** covering your nose and mouth whenever you open the door. Those entering your room should also wear a mask.
- 3 Open the windows** for ventilation if possible.
- 4 Wash your hands** frequently with soap. Clean your room yourself with disinfectant or soap.

HOW TO MANAGE MILD COVID-19 AT HOME

Stay home and recover if that's what your doctor advises.

- 1 Only have medicines a doctor prescribes.**
 - ✗ Do not self-medicate. Home concoctions like garlic, camphor and carom seed (ajwain) bundles cannot improve oxygen levels.
- 2 Take paracetamol (500mg) every 4 to 6 hours** if you have a high temperature, aches or pains.
 - ✗ Do not have more than 4 doses maximum within a 24-hour period.
- 3 Stay hydrated (drink water)** and eat nutritious meals even if you are unable to taste. There is no food known to treat or cure COVID-19 but eating healthy will help your body recover.
- 4 Do tepid sponging using tap water.**
 - ✗ Do not use cold water.

**POPULATION EDUCATION CLUB OF DEPARTMENT OF ECONOMICS,
ST. DOMINIC'S COLLEGE
AWARENESS CAMPAIGN**



3 JULY 2021



ST. DOMINIC'S COLLEGE
POPULATION EDUCATION CLUB OF DEPARTMENT OF ECONOMICS
AWARENESS CAMPAIGN

World Nature Conservation Day Thoughts

The following efforts can be made to protect the environment: –



- Do not cut the forests.
- Use available water in the ground only when you need to.
- Stop production of intoxicating gases like carbon.
- Circulate the water used.
- Use techniques that are positively related to nature. Such as (i) use of organic manure (ii) less use of canned goods.
- Promote technologies to improve the climate.
- Resist the intrigues to end the mountain.
- Make arrangements to save rainwater to bring ground water back to level.
- Limit noise pollution.
- Discard plastic envelopes and use scrap paper envelopes or cloth bags.
- Turn off the fan and light of the room where there is no one.
- Do not let the water flow excessively
- In today's Internet age, if we pay all our bills online, it will not only save our time but also save paper and petrol diesel.
- Walk more and cycle more.

The NSS unit and Botany department leads the environment protection awareness through nature camps and other activities. The college maintains botanical, herbal and butterfly gardens to pass message of environment protection.







