

University Extension Activities

HEALTH ,NUTRITION & PHYSICAL FITNESS

Good nutrition, physical activity, and a healthy body weight are essential parts of a person's overall health and well-being. A lifestyle that consists of physical activity and proper nutrition is important to an overall quality of life,. Good nutrition can also help improve mental problems. Just like with exercise, it is necessary to make healthy habits a party of our daily routine. The club aspires to ensure that information regarding nutritional requirements is imparted to students through various activities like invited lectures from eminent guests from the medical fraternity , poster competitions and medical camps, towards living a healthy lifestyle.

DEBATE CLUB

The club aims to empower students with the skills of expressing their beliefs clearly and concisely, public speaking and effective communication in a formal setting and staying aware of current events in the world. The club activities help the students to improve their critical thinking skills and structure their thoughts in a better way

ENVIRONMENTAL CLUB

The club ensures student participation in activities related to environment protection and thereby empowers students to take up meaningful environmental activities and projects. It is a forum through which students can reach out to influence, engage their parents and neighbourhood communities to promote sound environmental behavior. It is a means to empower students to explore environmental concepts and actions beyond the confines of a syllabus or curriculum. While everyone,

everywhere, asserts the importance of ‘learning to live sustainably,’ environment remains a peripheral issue in the formal education system. Activities like tree plantation drives, maintenance of medicinal plant gardens in the institution. And through conduct of awareness programmes. The Club thus plays a vital role in creating environmental awareness amongst the future generation.

HUMAN RIGHTS FORUM

The Human Rights forum aims at creating an awareness among the students on the importance of human rights. It helps to instill in the minds of students the it also helps its members to act as advocates and spokesman at the local and national level on issues of human rights violation in society

KERALA STATE LITERACY MISSION (KSLMA)

The purpose of the Kerala State Literacy Mission (KSLMA), is to co-ordinate the ‘Literacy and Continuing education activities’ launched by the National Literacy Mission, Ministry of HRD, Government of India. The beneficiaries of KSLMA are illiterates,, neo-literates, school drop outs, and those interested in life long education. The department of Economics provides activities like orientation, remedial teaching to children from nearby schools, and Sri Chithra Home for Destitute and Infirm.

NATONAL SERVICE SCHEME (NSS)

It is a process oriented social program which is acquired through service to community. The college has two units that take up various activities which help to find practical solution to individual and community problems, develop competency to share responsibility, leadership quality, democratic attitude, capacity to meet emergencies and practice national integration and social harmony.

SPORTS CLUB

Sports club is committed to provide a healthy sporting habit among the students. it helps to learn teamwork at work, co-ordination among diverse cultural and ethnic groups and mainly infuses discipline and instills the value system in one individual. value of time, precision and competitiveness are the major learning points apart from communication, coordination and teamwork.

SCIENCE CLUB

The objective of the science club is to inculcate scientific temper, to develop awareness and concern regarding scientific issues in social, environmental, personal and technological contexts. The activities help to improve to self-confidence, self-expression and creative abilities. The club members meet once a week where the students share knowledge on latest scientific findings. The students participate in various programs like poster presentations, seminars, talks, quiz competitions and exhibitions. The activities outside the college include giving awareness classes for school students and field visits.

KURUVI NATURE CLUB

The aim of the club is to create awareness about the blessings of nature and to motivate the club members to value environment and develop an attitude to work for the maintenance of natural areas and nature reserves, conserve and protect species and other natural features of interest, by study, investigation or management.

It also envisions to conduct field study trip to establish and foster a deeper connection between students and nature and to motivate them to develop the spirit of resource conservation and love for nature. To help educate the students about the current environmental damages happening due to various anthropogenic activities and to empower and motivate them to create interest in environmental conservation is the primary concern of the nature club.

STUDENT PLANNING FORUM

- The leadership trait of each and every student can be enhanced by participating in this activity.
- Exposure to this forum will help students to face interviews, group discussions etc. for their bright future.
- Help the students to present any topic of their own interest among the peer group.
- Support the students to interact with the audience without any stage fear.
- Help them to feel confident and proud of themselves and their accomplishments.

LIBRARY CLUB

The club is instituted with the aim to educate and enlighten the students in every aspect of attaining knowledge. Its objectives are --

- To cultivate reading habit among the students.
- To provide an idea about the library management and automation.
- To enlighten the students regarding the order of arrangement of books in the library.
- To create awareness about the functioning of digital library.
- To provide a dynamic and supportive setting for exploratory learning.
- To conceptualise, plan and organise reading related activities in the college.
- To conduct various competitions in the college related to reading.
- To provide access to a wide variety of books in almost all genres.
- To enable the students to lead and spark the joy of reading.
- To provide an innovative as well as pleasurable reading environment.
- To make sure that the students have a deeper understanding of their reading.
- To promote love for reading among the students other than their academic

learning.

- To provide a stressless environment in the library which aids in the overall development of the student.

THE WOMEN'S STUDIES CELL

The Women's Studies Cell is part of the Women's Development Studies started by the U.G.C. Various programmes are conducted in the college to create awareness among the students about problems related to women. The Cell works for the development of the students, helping them to solve personal and academic problems. There is a Counsellor at the service of the students.

FINANCIAL LITERACY CLUB

The club envisions to enhance the knowledge understanding, and competence of students to manage their money effectively and thus develop a set of skills that will enable them to take informed and effective investment decisions. The club organizes programmes that will provide them with information about basic economic concepts such as interest, the mechanics of a credit card, advantageous saving strategies, client rights, time value of cash and also about choices regarding personal financial matters such as insurance, property, investing, tax planning, savings and retirement schemes.

INVESTMENT AWARENESS CLUB

The aim of the club is to impart knowledge about the fundamentals of investments especially in financial securities.

It will equip the students in Investment planning and Tax management and in turn help them to identify various investment avenues independently to take right decisions. This can help them to be financial consultants to the general public.