



CATHOLICATE COLLEGE PATHANAMTHITTA

Activity Report - Academic Year 2023-2024

Activity Name: Health Seminar

Department/Committee/Club: Department - History

Name of the Coordinator		Venue	From Date	To Date
Dr.Smitha Sara padiyara		Mar Baselios Auditorium	26-02-2024 11:30 AM	26-02-2024 01:59 PM
Nature: indoor	Activity Type: Academic		Scheduled/Unscheduled: scheduled	
Number of Participants: 55		Funding: Self		Amount: 2500
Chief Guest: Deputy Speaker Chittayam gopakumar				

Brief Information About Activity

Topic/Subject	Health Seminar
Objectives	To aware college students about life style diseases
Methodology	Seminar
Outcomes	Students got aware about the importance of food patterns & physical activities

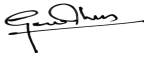
PROOFS & DOCUMENTS ATTACHED (Tick mark the proofs attached):

Notice & Letters	List of Participants	Activity Report	Geo Tagged Photos	Feedback Form
Feedback Analysis	News Clip with details	Certificate	✓ Any Other	Order

IQAC & File Info

IQAC Document No: CCP/IQAC/20	Criterion No: 5	NACC Metric No: 5.2.1
Departmental File No :07/HIS/2023-24	IQAC File No:CCP/IQAC/20	International :

Signatures

Name of the Teacher	Name of the Head/Committee In-Charge & Signature	IQAC Coordinator Seal & Signature
Dr.Smitha Sara padiyara 	Dr.Smitha Sara Padiyara 	Dr.George Thomas 

**Activity Report: Academic Year 2023- 24****Activity Name:****Seminar on Youth and Lifestyle Diseases****Department /Committee / Club :****Department of History**

Name of the Co-Ordinator	Venue	Day & Date	Time
Dr. Smitha Sara Padiyara	Mar Baselius Auditorium	<u>26th February, 2024</u>	10.30 AM
Number of Participants 55	Nature: Outdoor/ Indoor/ Online	Type Of Activity: Academic/ Extension/ Student Progression/ Student Support/ Environment/ Gender/ Days/ Enrichment/ Other (Specify):	
Scheduled	Funding Source: Self.		
Amount: 2500	Chief Guest:Deputy Speaker Sri. Chittayam Gopakumar		

BRIEF INFORMATION ABOUT THE ACTIVITY

Topic/ Subject of the Activity	Seminar on Youth and Lifestyle diseases
Objectives	To aware college students about the lifestyle diseases.
Methodology	seminar
Outcomes	Students got aware about the important of food patterns and physical activities

PROOFS & DOCUMENTS ATTACHED (Tick mark the proofs attached):

Notice & Letters	List of Participants	Activity Report	Geo Tagged Photos	Feedback Form
Feedback Analysis	News Clip with details	Certificate	Any Other	

IQAC Document No:	Criterion No: 5	NAAC Metric No:
Departmental File No:	IQAC File No:	International/National/Regional

Name of Teacher & Signature with Date	Name of Head/ Committee Incharge & Signature with Date	IQAC Coordinator (Seal & Signature)
Dr. Smitha Sara Padiyara	Dr. Smitha Sara Padiyara	



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Seminar on Youth and Lifestyle Diseases on 26th February, 2024

A seminar on youth and life style diseases was conducted by the Research department of history in collaboration with Women's cell of Catholicate College, Pathanamthitta and Y's Men International, CTR, District I, Y's Men club of Adoor on 26.02.2024 at Mar Baselius Auditorium. The health seminar was inaugurated by Deputy Speaker Sri. Chittayam Gopakumar. The class was led by Dr. Amruthaa Raman Nair, Dept. of Community Medicine, Mount Zion Medical College, Adoor. The class enthralled reasons of life style diseases and bothered about how to get rid from such diseases.

Women and Sanitation on Mensuration Cycle

The second session was on 'Women and Sanitation on Mensuration Cycle'. The class was also led by Dr. Amruthaa Raman Nair. After the talk sanitary pads were given to all the departments in the college.

Protection of Kidneys

The next session was on how to protect your kidneys. This was mainly on the causes, symptoms and treatment about kidney problems. The class was also led by Dr. Amruthaa Raman Nair. After the session Dialysis units were given to some students of college. The seminar was concluded at 3.15PM.



Seminar on Youth & lifestyle diseases in Association with Women Cell

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SL No	Name & Address	Signature
1	Dr. Smitha sara Padiyara Associate Professor	Smitha
2	Ansu R Assistant "	Ansu
3	Dr. Anu. R Assistant "	Anu
4	Minta Mariam Varghese Research Scholar	Minta
5	Jayakrishnan. S IMA History	Jayakrishnan
6	Sijinol Sreendras "	Sijinol
7	Aryamol Sabu "	Aryamol
8	Aswami kumar "	Aswami
9	Sabin Thomas "	Sabin
10	Jaathore Raj "	Jaathore
11	Jiney Raj "	Jiney
12	Anjani. A "	Anjani
13	Arswarya. H "	Arswarya
14	Amal S Chandrasekhar "	Amal
15	Akmla nraoj "	Akmla
16	Dona Sojan "	Dona
17	Anyalekshmi M Research Scholar	Anyalekshmi
18	Meenakshi Raj DI History	Meenakshi
19	Rahul V Nair "	Rahul
20	Lysce Mathew "	Lysce
21	Rohith Raju "	Rohith
22	Pranav A Nair "	Pranav
23	Sandee M R "	Sandee
24	Sangeetha Rajesh "	Sangeetha
25	Libin Rajan "	Libin
26	Jim Joseph "	Jim
27	Gayatri M Sivankutty "	Gayatri
28	Sanjay Kumar "	Sanjay
29	Jishnu Vinod "	Jishnu
30	Anjali Prakash "	Anjali
31	Anu Isaac "	Anu
32	Althia S "	Althia
33	Afia Sherif "	Afia



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SL No	Name & Address	Designation	Signature
34.	Bilal	D2 History	
35.	Amal Peter	"	
36.	Anyadevi R	"	
37.	Akhil K	"	
38.	Amsutha S	"	
39.	Anupama Anil	"	
40.	Aishwarya Binulal	D2 English	
41.	Bibin Roy	D2 History	
42.	Dilsha Dileep	"	
43.	Fathima Aji	"	
44.	Praya Jones	"	
45.	Sdeha Kamaal	"	
46.	Akhila Devi AG	"	
47.	Aishwarya Reghu	"	
48.	Apy Mathew	MA History	
49.	Kesha MC	"	
50.	Summaya Beegum	"	
51.	Selin Sda chackal	"	
52.	Akhil Raj C	"	
53.	Subina TS	"	
54.	Jes John M Thomas	"	
55.	Jellin Jolly	"	





Women's Cell, Catholicate College Pathanamthitta
P.G and Research Department of History
Catholicate College Pathanamthitta
Y's Men International, CTR, District I
Y's Men Club of Adoor.

**Inauguration
of
Women's Cell**

**Seminar
on
Youth and Life
Style Diseases**

Time and Date : 10.30 AM, 26-02-2024, Monday
Venue : Mar Baselius Auditorium



Chief Guest

Sri. Chittayam Gopakumar MLA
(Deputy Speaker)

Seminar by

Dr. Amruthaa Raman Nair
(Dept. of Community Medicine,
Mount Zion Medical College,
Adoor)



Dr. SINDU JONES
(Principal)

Dr. SMITHA SARA PADIYARA
(HOD, Dept. of History)
(District Co-ordinator
Y's Menettes Club, CTR, Dist. I)

LIJI KOSHY
(Convener, Women's Cell)





CATHOLICATE COLLEGE PATHANAMTHITTA