

Report of Activities

2020-21



Department of Youth Welfare
Cochin University of Science and Technology



Forward

Department of Youth Welfare is a formal platform in the university to design and implement youth policy which includes the issues related to motivation, participation, promotion and socio economic and cultural settings within which young people grow up. The Department will act as a driving force for the student and youth community to epitomise their academic excellence through doing and learning.

The year 2020 has left a big cultural vacuum in the world as life had been hit hard by the pandemic and lockdown. Almost all academic and co-curricular activities have been hit hard this year due to covid-19. Unlike the previous year's closing down of university and later commencement of online classes restricted the number of youth-oriented programmes conducted by the Department of Youth Welfare in the financial year 2020-21.

Despite the adverse situation, the Department of Youth Welfare conducted various programmes online and offline abiding by the covid protocols.

We are grateful to Prof. (Dr.) K N Madhusoodanan, Hon'ble Vice –Chancellor of the University; Pro-Vice Chancellor Prof. (Dr.) P G Sankaran, Dr. V. Meera, Registrar, members of the syndicate and all well-wishers of the Department for providing valuable support throughout this year.

On a personal note, I would like to appreciate the support that I received from all the staff, faculty and students of the University.

Hope for better 2021-22

Director, Students Welfare.



Department of Youth Welfare
Cochin University of Science and Technology

We are with you

Professional Telephone Counselling for CUSAT Students



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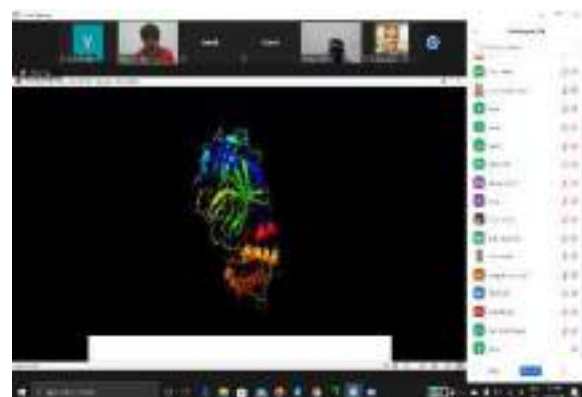


CUSAT POPULAR SCIENCE LECTURE SERIES - I

Science and Politics of COVID 19

14.07.2020 | 07.00 PM | welfarecusat.in/talks

Department of Youth Welfare has been organizing popular science lecture series, for last few years in the campus with an objective of inculcating scientific temper among the youth and public. Outcome of the seminar include spreading the spirit of science and conveying the dynamic nature of science concepts that underlie the academic curriculum. The Department of Youth Welfare organised the first lecture of 2020-21 online at 07.00 pm on 14.07.2020. Dr. Rethesh Krishnan, Research Officer, RUSA, State Project Directorate, Government of Kerala and Coordinator, Fostering Linkages in Academic Innovation and Research (FLAIR), Government of Kerala has delivered first lecture in the topic 'Covid 19: Science and Politics'. Dr. P K Baby, Director, welcomed the participants and chaired the discussion.



Anti-Ragging Awareness Campaign

Department of Youth Welfare, Cochin University of Science and Technology has organised Anti Ragging awareness programmes in the campus for the year 2020-21. Due to the spread of Covid -19 pandemic, the Department organised various activities at in online mode.

National Level Elocution Competition

The spread the message against ragging among the students of the country, the Department has organised a national level elocution competition on 23.09.2020 in the topic, 'Ragging doesn't Brake Ice, it Breaks Lives.' 58 students from various colleges across the country participated in the event. Ms. Faheema Amina, Don Bosco Arts and Science College, Angadikkadavu under Kannur University bagged first prize worth cash award of ` 3000. Mr. Venona Karmy, DC school of Management under Mahatma Gandhi University, bagged second prize worth cash award ` 2000. Ms. Sahana Praveen Bhandari, National institute of Technology, Karnataka bagged third prize worth cash award of ` 1000. Ms. Shaza Shaniya, Sir Syed College, Kannur, Anagha P, School of Legal studies, cochin University of Science and Technology, Karthik Madhusoodanan, National University of Advanced Legal Studies, Kerala, Anagha Johnson, St. Josephs College, Calicut and Aravind L, Sri Satya Sai arts College, Trivandrum received special mention from the jury.



Handbook 'CURB RAGGING IN EDUCATIONAL INSTITUTIONS'

Creating awareness about ragging is the first and most important step in curbing menace of ragging in the campus. Department of Youth Welfare, National Service Scheme of Cochin University of Science and Technology and Cochin University Legal Aid Clinic along with Kerala State Legal Services Authority published a complete handbook on the measures on curbing ragging in the Higher educational institutions, especially Kerala. This handbook contains various aspects of anti-ragging including definition, preventive measures, The Kerala Prohibition of Ragging Act, measures proposed by University Grants Commission on curbing the menace of ragging in higher educational Institutions, AICTE norms and provisions from Indian penal Code. This handbook will be a great help to the management, heads of the institutions, parents, students and other educational administrators across the Country.



Video Classes on Anti-Ragging

The Department of Youth Welfare, Cochin University of Science and Technology has recorded and published anti-ragging video classes by eminent officers. Dr. KAUSER EDAPPAGATH, Principal District & Sessions Judge and Chairman DLSA Ernakulam, Shri. K. T. Nisar Ahammed, District Judge & Member Secretary, KeLSA, K. Lalji, Assistant Police Commissioner, Ernakulam and Adv. V.K Hema handled sessions on various aspects of anti-ragging. The whole classes and handbook were uploaded in the University website.





Ragging doesnt break ice it breaks life

CUSAT National Elocution Competition



1

Faheema Amina
Don Bosco arts and science college,
Angadikadavu, Kannur University

23.09.2020



Vinona Karmy
DCSMAT Wagamon
MG University

2

Sahana Praveen Bhandari
National Institute of Technology
Karnataka.

3



Special Mention



Aravind L



Karthik
Madhusoodanan



Anagha P



Shaza



Anagha Johnson

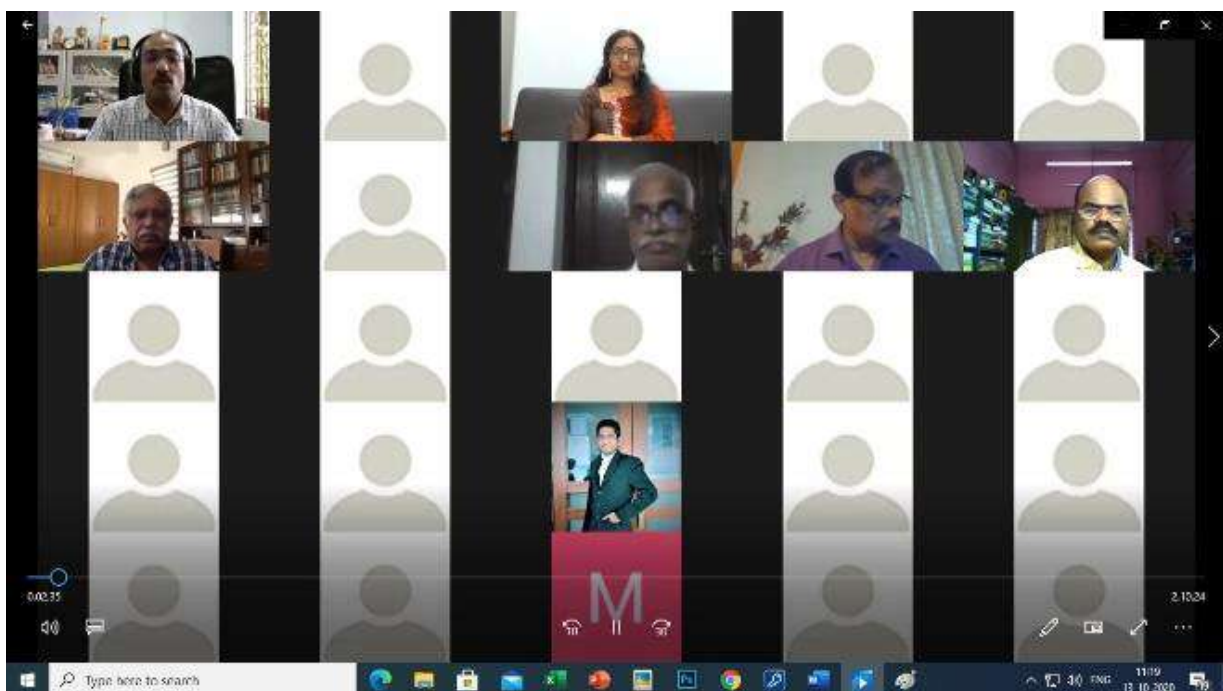


DEPARTMENT OF YOUTH WELFARE
COCHIN UNIVERSITY OF SCIENCE AND TECHNOLOGY
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Department of Youth Welfare and IQAC Cochin University of Science and Technology jointly organised a panel discussion on 'future of farming' on 10th October 2020 under the *creative commons*, online lecture series organised by the Department of Youth Welfare. Dr. K. N Madhusoodanan, Hon. Vice Chancellor inaugurated the session. Dr. C.P Chandrasekhar, Professor at the Centre for Economic Studies and Planning, Jawaharlal Nehru University, New Delhi, Dr. P Selvaraj, General Manager, NABARD, Trivandrum, Sri. Anoop Kishore, President, Green Army Thrissur and Dr. S Harikumar, Dean Social sciences, Cochin University of Science and Technology participated in the discussion as panellists. Dr. Sangeetha Prathap, School of Management studies, Cochin University of Science and Technology moderated the event. Dr. P K Baby, Director, Department of Youth Welfare, welcomed the gathering and Dr. Devi Soumyaja proposed vote of thanks. Eighty-eight people from different parts of the country participated in the live discussion. The event was live streamed in face book also.





LAYAM

Light Music Competition



Department of Youth Welfare, Cochin University of Science and Technology organised a light music competition for the college students of Kerala on 16.10.2020. among the entries registered, 6 students selected to final round. Ms. Amruthalakshmi Paudhar, St. Xaviers College Aluva affiliated to MG University, Kottayam bagged first prize worth cash award of ₹ 3000. Ms. Theertha Prakash, Nirmala College, Muvattupuzha, Affiliated to MG University, Kottayam bagged second prize worth cash award ₹ 2000. Ms. Amina Aman, Womens College, Trivandrum affiliated to Kerala University bagged third prize worth cash award of ₹ 1000. Ms. Nandana Jayaraj, Newman College, Thodupuzha bagged 4th prize. Ms. Hiba Sherin, Wadiyar Centre for Architechture, Mysure and Ms. Geethu Aloshius, Nirmala Public School, Muvattupuzha got special mention from the jury.





LAYAM

LIGHT MUSIC COMPETITION

Results



First
Amruthalaskshmi Poudhar
St. Xaviers College, Aluva



Second
Theertha Prakash
Niramala College, Muvattupuzha



Third
Amina Aman A.S
College for Womens, Thiruvananthapuram





4 days online Training on



Department of Youth Welfare, Cochin University of Science and Technology has organised a four days training on open source designing software Gimp and Inkscape during 9th to 12th October 2020. Gimp and Inkscape, both are proprietary free and can be used both in windows and linux platforms. Mr. Anil, System Engineer, Department of Electronics and Kurian Bose, Technical Expert in free software designing lead the sessions. Six sessions in Gimp and five sessions in Inkscape were uploaded in the Department website. 86 participants successfully completed the session. Certificates were distributed to all participants based on attendance and objective type question answer session.





Faculty Development Programme Enhancing Psychological Skills and Behaviour Remodelling

Change in culture, human relations and the advent of internet brought many implications in the teacher – students, parent – kid, group – peer relationships. In response to the COVID-19 global pandemic, higher education institutions across the world shifted to the online learning mode to ensure educational continuity of their students. The transition to remote teaching and learning opened seamless opportunities and challenges for the students and trainers. In this context, Department of Youth Welfare, Cochin University of Science and Technology in association with Roldant Rejuvenation Centre, Cochin organised a 7 days national online Faculty Development Programme for selected 40 teachers and trainers in the area Enhancing Psychological Skills and Behaviour Remodelling during 19-25, October 2020.

Objectives of the programme

- To impart preparedness to teachers for self-management, overcome their emotional challenges and to be fit to move their life forward during this Covid pandemic situation.
- To make them aware how to manage emotions, stress, anger and moods in critical situations.
- To identify challenges faced by students emotionally and techniques to solve it.
- To provide awareness on various types of psychological disorders and challenges faced by students, teachers and other professionals
- To discuss some important techniques and tips how to energise your academic performance and improve quality of teaching deliveries.
- To provide an introductory class on various types of virtual tools to upscale teaching efficiency.

Areas covered

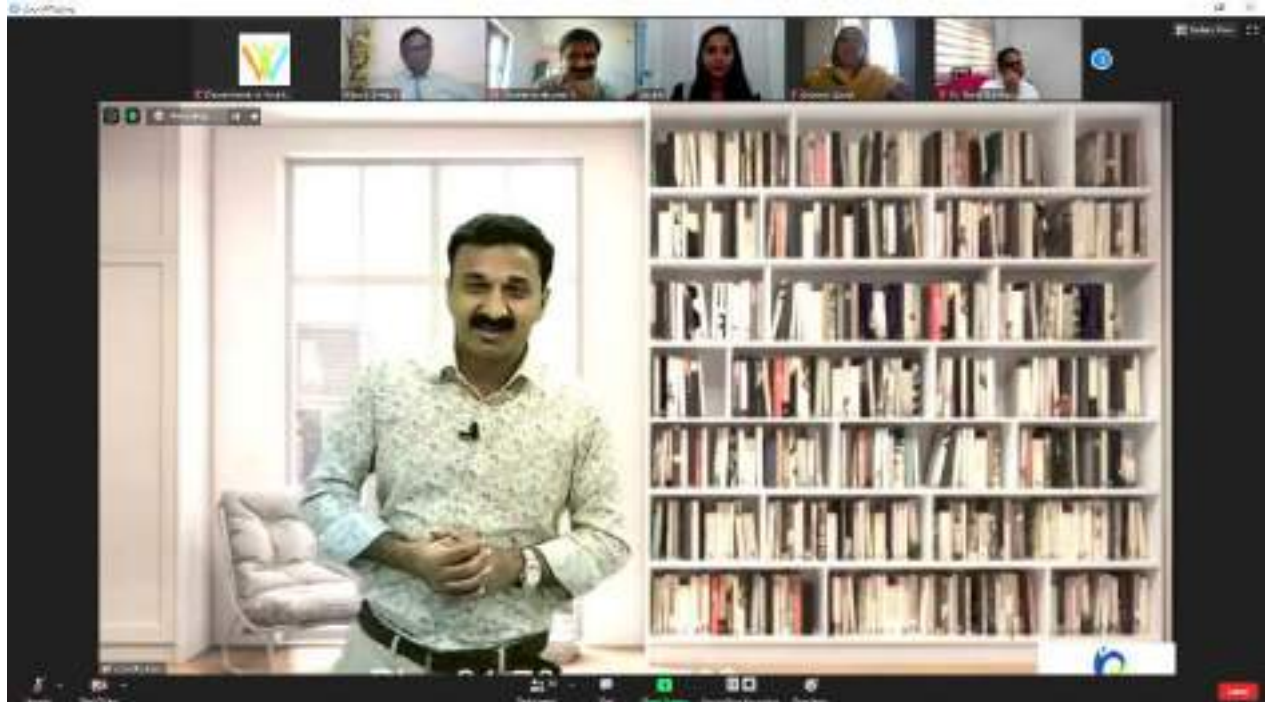
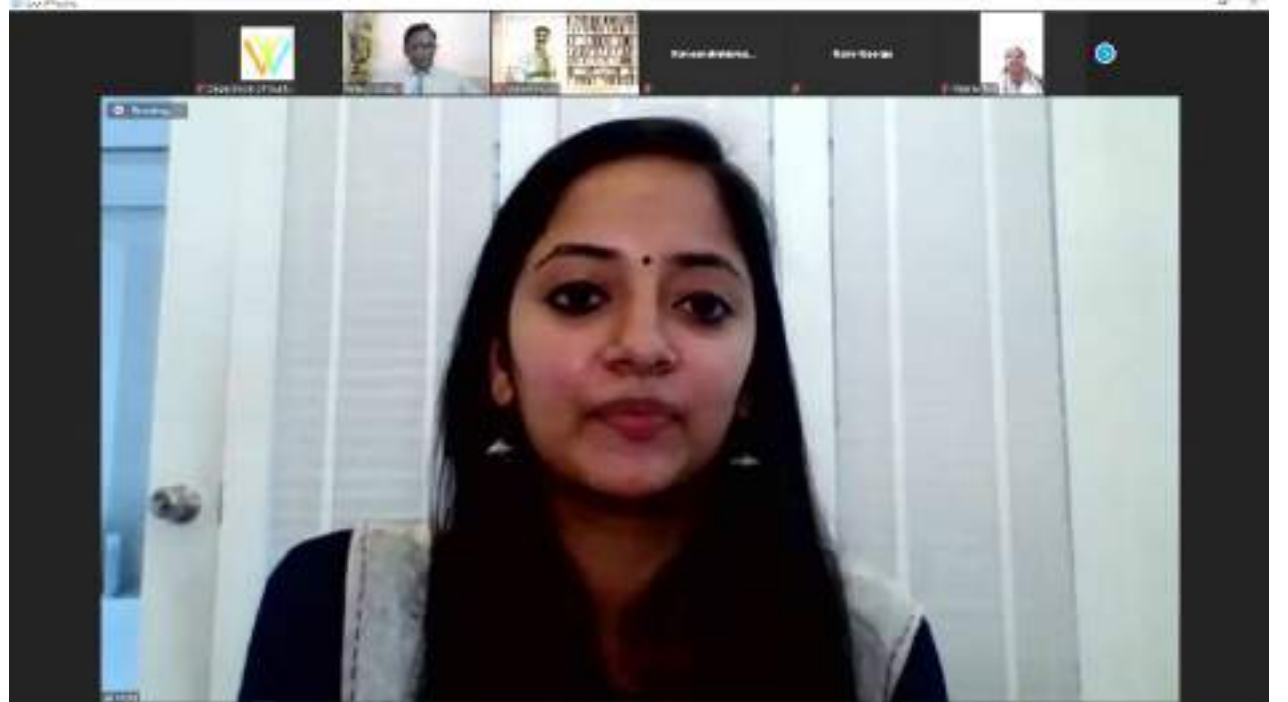
- Students Emotional Challenges and its Management.
- Teachers Stress and Emotional Management.
- Psychological Disorders and its Management.
- Virtual Training Tools and its Applications
- Various Mental Wellness/ Relaxation Techniques.

Outcomes

- Participants can act as intervention assistants for students to emotionally support them to overcome their challenges.
- They learned how to manage stress, emotions, anger and mood at critical situations.
- They became aware on how to self-manage, overcome their challenges and move their life forward during pandemic situations.
- Helped them to mould out emotionally fit and virtually equipped teaching professionals.
- Became able to manage various types of psychological disorders and challenges faced by students, teachers and other professionals.

The Programme started on 19th October 2020. Dr. K N Madhusoodanan, Honourable Vice Chancellor inaugurated the programme. Dr. V Meera, Registrar, presided over the function. Dr. P K Baby, Director, Department of Youth Welfare, Dr. Sangeetha Prathap, Assistant Professor, School of Management Studies and Dr. Devisoumyaja, Assistant Professor, School of Management Studies spoke on the occasion. Mr. Vipin Roldent, Chief Consultant, Roldants Mind Behaviour Studio, Mr. Wilson Joseph, Teachers Coach and Life Coach and Ms. Ardra Mohan, Clinical Psychologist handled the sessions. Certificates were issued to all participants who secured more than 60 percentage marks in both objective tests and who have attendance above 75 percent.





CUSAT FDP

Aty, Deepthi, Geet, Dhanya, Latha, Leena, Whate, Mini, Behaviour, Sudha, Muhammed, Parv

As I have expected, the session was start with activity to change our thoughts and mind setting. Today Discussed and learnt an introduction session of Adolescents issues and the influences and consequences of Drug alcohol and Sex. How the technology influenced our family and life style of us. The need of spending time with children. Understanding the behaviour of our students aggression depression. The virtual experience a based on the availability of network. I have some personal network issues. Expect more enthusiastic activity as we have today. Today session tension free and I felt very happy. Thank you All

+91 95426 90346 - July 2022
A wonderful start. Really informative session. Due to tight schedule I was not able to spend much time with my daughters. Today's session made me think deeply. how I missed them. I decided to spend more time with them. The session was really a relax from busy life.. The interactive session so nice. Thank you so much

+91 95461 12345 - @behaviour...
By knowing your learners, you can deliver exactly what they need. By having a deeper understanding of them you can approach them like a friend and guide them like a mentor to make them change their behavior and attitudes. Have conversations with them frequently. Hear about their needs, fears, goals, interests and expectations and figure out next steps from there. Each

Vincent Xavier Idp
Yes sir really it was very good. In starting there was little connectivity problem after that ok. Very thoughtful introduction

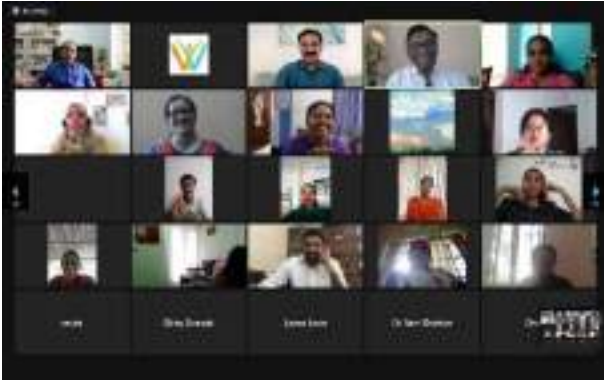
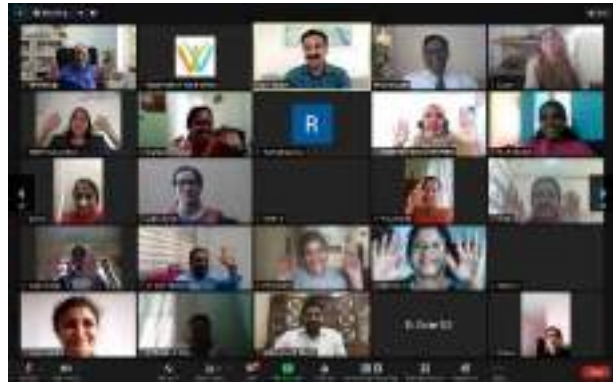
Ramesha Idp
A wonderful start, a prelude to the even more wonderful sessions to follow. Today's session was an introduction on how to handle behavioural problems in students. Though, as teachers, one may be aware of it, it gave a comprehensive idea. The programme, I feel, would definitely condition our minds to better understand the community around us. The virtual experience was really good so was the interactive session.

Thank you all for your support. From the institution side I would like to collect certain things from you. You can write here or in the webpage.
1. What you learned today?

It was absolutely informative, enjoyable and above all a valuable session. The topics discussed really matters in the current scenario. It was given in a very visually appealing form and also the time we spend was productive and passionate.

+91 98555 17304 - @behaviour...
It was really a wonderful treat for the mind and brain alike. The topic of discussion on Behaviour problems of Adolescents is something which all teachers and adults should empathize and understand. The virtual experience was really good. Overall it was a wonderful start for an amazing week ahead. Never felt like sitting in an Fdp. Thank you resource team for the excellent execution.

+91 94456 55223 - @behaviour...
It was a wonderful, enjoyable, informative and rejuvenating program. Few issues with the virtual platform. Very good team work.





Conversation with **K.R Meera**

Department of Youth Welfare, Cochin University of Science and Technology organised a discussion with known writer K R Meera on 12th November 2020 under the *creative commons*, online lecture series organised by the Department of Youth Welfare. The programme organised under Offline mode, following Covid protocols and online mode using zoom link. Mrs. K R Meera, winner of the Kerala Sahitya Akademi Award (2009 and 2013), Odakkuzhal Award (2013), Vayalar Award (2014), Kendra Sahitya Akademi Award (2015), Muttath Varkey Award (2018) and shortlisted for the 2016 DSC Prize for South Asian Literature. Dr. K. N Madhusoodanan, Hon. Vice Chancellor, Dr. P G Sankaran, Hon Pro Vice Chancellor, Dr. V Meera, Registrar. Writer Sri. P F Mathews and Writer Priya A.S participated in the programme. Dr. P K Baby, Director, department of Youth Welfare, Cochin University of Science and Technology moderated the event. Twenty-five people participated offline in the programme organised at seminar complex of the University and around 100 people from different parts of the state participated in the live discussion through online mode.







Department of Youth Welfare, Cochin University of Science and Technology, organised a conversation with Vinod Narayan, Agile Coach, Educator and Content Creator at 10.00 am (IST) on Sunday, 06th December 2020 on the topic Happiness in the Digital World as the third programme under creative commons platform.

Vinod is currently the founder of Penpositive Inc, a media and learning company where he experiments at the intersection of Education, Entertainment and Social Awareness. He is a Minimal-Agilist, Podcaster, Vlogger, Blogger, Poet, Author, Speaker, Coach and Online Trainer. He works with individuals, teams and organizations who are looking to 'Be Agile' in a changing world as agility has become as important as creativity. As an Electrical Engineering Graduate from National Institute of Technology Calicut, he spent the last 27 years in the Tech field in a range of roles as entrepreneur, manager and consultant implementing Digital Transformations, Enterprise Content Management and E-Learning initiatives in US, India, UK and Dubai. He currently lives in the San Francisco Bay Area with his partner and kids. His alter-ego / digital persona 'Ballatha Pahayan' keeps him connected with his roots in Kozhikode.

The programme started at 10.00 a.m and ended at 12.00 noon. Ms. Athira Varma, Student of School of Legal Studies welcomed the gathering and Dr. P K Baby, Director, Department of Youth Welfare moderated the programme. His talk mainly focused on individual happiness and social life. More stress should be given on what will be the value created on a work rather how much time we spent on it. He advised to follow minimalism as a life practice to ensure individual and social well-being. Seventy five participants joined in the programme.



Rajesh Sharma | Sajna Sudheer | Gokulan
Indulekha Warriar | Drishya Dinesh | Gayathri Rajeev
and many more.....



Department of Youth Welfare, Cochin University of Science and Technology, organised art café – connecting artists, well-wishers, mentors and students at 02.00 pm on Thursday, 10th December 2020 under creative commons platform.

Mr. Gokulan, popular movie actor worked in more than 30 movies enlightened the students about the importance of arts and cultural involvement in their college life and to extort maximum out of any opportunity. Mr. Rajesh Sharma known theatre and movie actor, and winner of the best actor award by Kerala Sangeetha Nataka Academy for the play *Ambalapravu* (2001) "*Makkalkoottam*" (2010) and "*Section 302-Murder*" (2013) spoke next. Rajesh has done a number of notable roles in several Malayalam hit movies. He inspired everyone to chase the dreams howsoever small it is and to achieve greater heights. He said art will help to develop culture and create better human beings. The next name in the guest panel was acclaimed carnatic singer and music teacher, Sajna Sudheer. She completed a 42 hours musical marathon, thus creating a Limca record and Guinness World Record in 2019. In the Art cafe she emphasised on nurturing an artistic talent within any individual and applauding your own self for slightest achievement and motivated the students to do more.

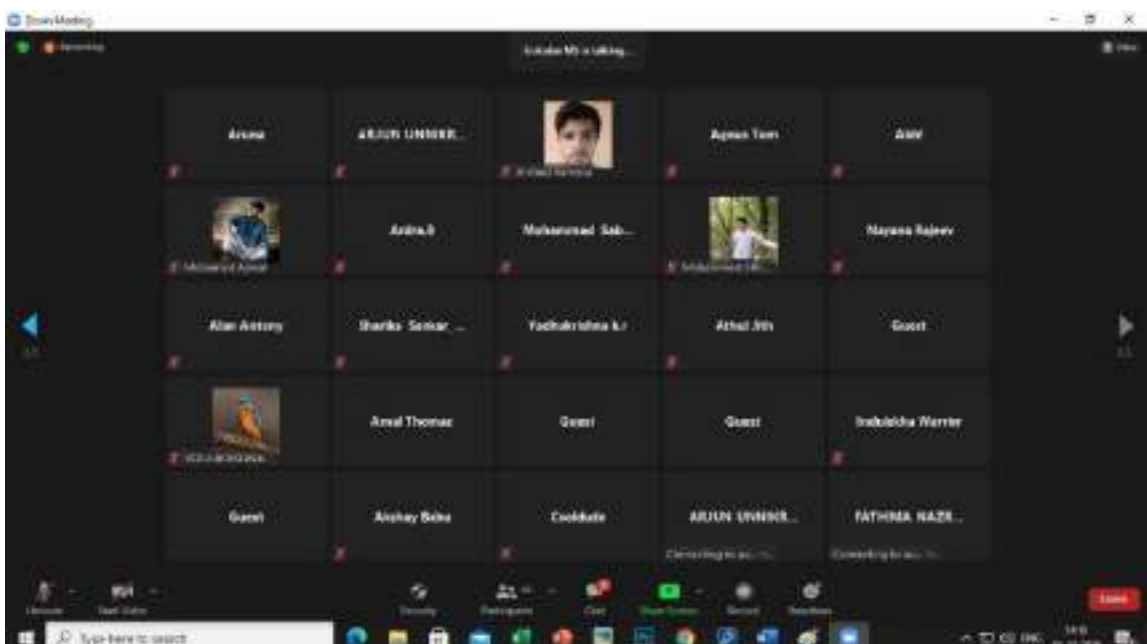
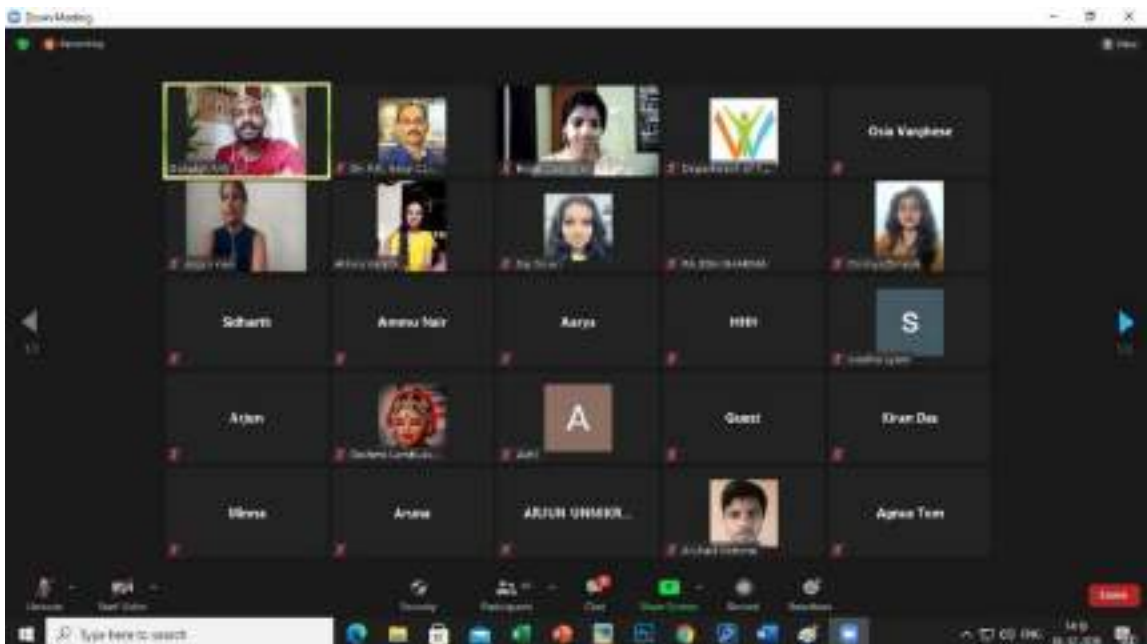
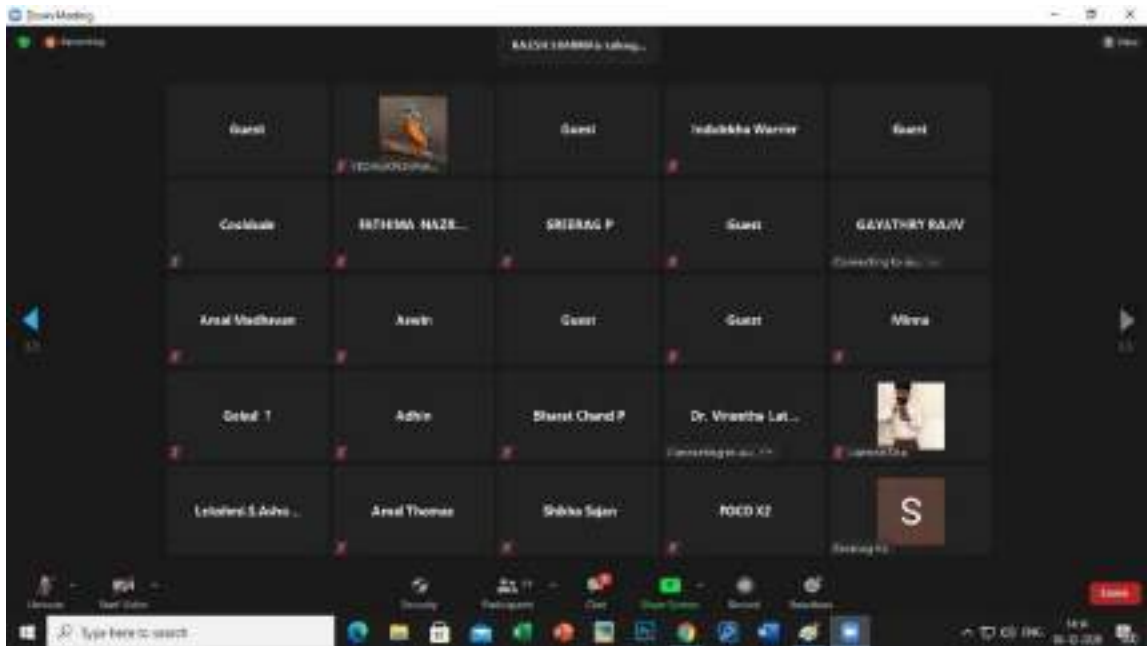
Indulekha Warriar, playback singer, travel vlogger and malayalam rapper from Thrissur. She made her film debut in the year 2014 with the song '*Eeran kannino devaroopam*' in the malayalam movie '*Appothikkiri*'. She has sung in Tamil and Telugu films also. She has also worked with eminent musicians like Ouseppachan, Vidyasagar, Vairamuthu etc. She is an alumna of School of Management Studies, CUSAT who talked about her experience in the University and how the campus environment helped her in developing her talent. Gayathri Rajiv, a former student of School of Engineering, CUSAT who is currently pursuing her masters from IIT Bhubaneshwar. She is a part SUPER 4 SEASON 2, a Malayalam Musical reality show which airs on Mazhavil Manorama. She spoke about her experience in various Inter University zonal and National festivals.

New and upcoming movie actress, Drishya Dinesh, a former student of School of Engineering, CUSAT. Starring in a lead role in her debut film *Varkey*, she currently has 3 upcoming projects, including a web series called 'Cake Stories' lined up for a Christmas release . She also shared her experience in film industry as a new artist, in the Artcafe. The programme started at 02.00 p.m and ended at 04.30 p.m. Many students interacted with the guests in the programme. Ms. Athira Varma, Bisna Chandran, Osiya Varghese

and Anju Ravi, Students of School of Legal Studies moderated the programme. Dr. P K Baby, Director, Department of Youth Welfare welcomed the gathering.









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