

UNNAT BHARAT ABHIYAN 2020

Initiatives of Govt College for Women, Thiruvananthapuram

(AISHE CODE- C 43705) during the COVID 19

- The response of the college members towards the management of COVID 2019 was sudden and voluntary. As the initial step, the Departments of Chemistry and Home Science prepared Sanitizers and face masks for the students and staff of the college. This was an awake call, when the University decided to continue the exams and students and teachers were forced to come to campus for the examinations. The department of Chemistry made hand sanitizers following the guidelines of WHO and distributed it to all the departments, staff and students who came for the exams. They also supplied it to the Directorate of Collegiate Education, RUSA office etc.
- The Department of Home Science made face masks with good quality cotton materials, which can be washed and reused. The masks were distributed to all the students and staff.
- In view of the pandemic of COVID-19 and the need for enhancing COVID-19 testing capacity of the state of Kerala, the Principal Secretary, Dr. Rajan Khobragade IAS, Health, Family Welfare and AYUSH department, Government of Kerala gave directions to relocate the RTPCR machines available in our institution to COVID-19 testing centre in the state. Dr. Mathew Stephan and Dr. Anil Kumar A K, faculty members of the department of Botany were trained in molecular biology techniques as part of their Ph.D. programs at Rajiv Gandhi Centre for Biotechnology, Kerala. Dr. Mathew Stephan has a Ph.D. in neurobiology and has technical knowledge of the RTPCR machines. Dr. Anil Kumar A K has practical knowledge and training in handling of infectious agents.

- Based on the directions of the Smt.V Vigneswari, I A S Director of Collegiate education given on 29th March 2020, Dr. Mathew Stephan, Dr Anil Kumar A K of Government College for Women and Dr Mani Shankar Babu of University College Thiruvananthapuram helped the officials of Higher Education Department to prepare the database of RTPCR machines available in various institutions in the State. The team also spent a week to prepare a database of volunteer researchers, teachers and students who were ready to assist the COVID-19 testing labs in the state. The database of volunteers is being updated on a regular basis and has more than 150 entries till date.
- The database identified eighteen RTPCR machines which are now relocated to the COVID-19 testing labs in the state to supplement and strengthen existing testing facility. The RTPCR machine available in the Post Graduate and Research Department of Botany was shifted to Government Medical College, Kottayam on 3rd April 2020.
- An article on the possibilities and importance of Microgreen farming was written and published by the Co-ordinator of the UBA activities of the college, Dr Sithara Balan V; in one of the leading dailies in Malayalam – Mathrubhumi. The purpose of which was to give awareness to the public to effectively utilise the lockdown period.
- Smt Meera D.K, Faculty of the Department of Home Science, made a short film, to spread the message of reminding everyone to Stay Home during the pandemic. The link of the video is available (<https://www.youtube.com/watch?v=6ilDGfAlws>)
- The Teachers of the department of Psychology are involved in tele-counseling for people in quarantine, general population and those who are facing psychological issues at the time of the pandemic. This service is being offered on individual level

and also by being empanelled in the helpline established by the Indian Association of Clinical Psychologists.

- Research scholars of the Psychology are working in a counseling helpline established by the organization Professional Psychologists of Kerala.
- Teachers were involved in translating psychoeducational materials related to mental health in the time of COVID 19 into Malayalam, especially a guideline document (Mental Health and Psychosocial Considerations) issued by WHO; Students and teachers of the Department of Economics are fully engaged in.
- The Dept of Personnel and Training has announced the launch of a learning platform which offers online training for doctors , nurses,NCC, IRCS etc to help fight the COVID 19 pandemic.The iGOT platform is customized for the fight against this pandemic and provides a one step source to learn about critical area and update their knowledge and capacity. Lt.Dr.Asha.G ,ANO of Govt.College for Women, Tvpm has completed a training program on the topic COVID 19 TRAINING FOR NCC CADETS .Also doing another one on the topic Management of COVID 19 cases. NCC Cadets of our college has also registered in iGOT DIKSHA and is also doing training to respond to the prevailing and emergent situations. Cadets have also made masks and distributed among the old age groups nearby to their houses. They also made hand sanitizers and gave an awareness to nearby houses.
- The non teaching staff of the college, in the leadership of Lab Attender, Shri Vijayakumar of the Department of Zoology, and a red cross volunteer, distributed food packets to the needy people in Thiruvananthapuram. They also distributed masks for the people.
- Students of NSS, made a video to create awareness among the public on the management of Covid 19.

- The faculty members of the college is engaged in microgreen farming and this has motivate done of the villages, to take it up as their lock down challenge and Smt.Soumya Rani, ICDS Supervisor and alumnae of the college has taken lead to engage all the 34 anganwadis under the Aruvikkara panchayat to do microgreen farming as part of the management of this lock down period.
- Sadiya of II B A Economics Adithya RS (II M A Business Economics)& Dr Umajyothi V(Associate Professor and Head , Dept of Economics), teaching out to visually challenged children and youth , who have limited accessibility to newspapers , books etc . They have been doing it as part of Aksharanadam , a whatsapp group formed for providing information accessibility to visually challenged people and for improving their capabilities .The present lock down has made it essential to reorient the initiative for ensuring accessible information on various aspects .
- Dr Umajyothi has started another initiative; Praptha Vani(a platform for differently abled students of Govt College for Women. They need special mentoring especially in the lock down period as they remain within homes . As the coordinator of Praptha (internal Committee for welfare of differently abled students), it was understood that one of the best ways to realise their inner potential is to make them feel their inner strength . Their thoughts , words and creative inputs could be channelized towards the realisation of this need . Hence **Praptha Vani (sound of Praptha)**, was launched . Every three days there will be a discussion on a common theme . Presently these come out as audio messages in the whatsapp group of Praptha, comprising students, parents and teacher representatives. The aim is to convert it into a community radio type platform managed by the Prapthas of this college Simple but deeply relevant themes are selected to kindle their responses and enjoy their powerful voices for a

purpose . Their feedback suggests the need to expand this collective effort . Student volunteers (Praptha Chengathees or friends of Praptha). too join this sharing programme.

- Some of the members who are in Sakhitha (Alumni Association of Dept of Economics) have been providing food items and medicine to poor children fighting cancer and their parents , and to physically challenged people.
- Smt K.R.Shyama , Faculty of the Department of Music, composed and sang a poem penned by renowned poet Sri.Prabha Varma. The poem, written on the backdrop of the present social conditions caused by the pandemic- Covid 19, gives us fresh hope of a new world, free of pains and troubles.
<https://www.facebook.com/100005975622074/posts/1753883534820817/?sfnsn=wiwspwa&extid=M8UEcgG2ygwBTPo6&d=w&vh=i>
- Smt Sajna Sudheer, Faculty of Music is actively engaged in airing vlogs on various issues, like I movie format, Values and impact of teachers in the society, Music and health with emphasis on sleep issues. The author tries to addresses through a music therapy- and how music can have specific impacts on human minds. (links are available at: <https://www.facebook.com/501469758/posts/10158395232839759/?d=n>; and also on <https://www.facebook.com/501469758/posts/10158380883109759/?d=n>).
- Research scholars of various departments are actively involved in conducting studies related to the effect of lock down. Ms Aparna H Nath, Research scholar of Home Science conducted a study on the eating habits of people during lockdown and the students of psychology conducted a study on the effect of lockdown on the mental health of the people.
- Apart from these activities, the faculty members are engaged in conducting online classes using various online platforms like Zoom/WebEx/Google classrooms/

Telegram classrooms/Whats App/personal websites/blogs etc to meet the crisis and help the student in covering their portions. Many links are downloadable to any student irrespective of those within the campus, as well.

Initiatives of the college



Hand sanitizers and masks distribution



- Report submitted by

Dr.Sithara Balan V

C-43705; Govt College for Women, Tvpm, Kerala