



# MES ASMABI COLLEGE P.VEMBALLUR



## **EXTENSION ACTIVITIES**

# EXTENSION ACTIVITIES

<b>01</b>	<b>ASSISTANCE TO THE UNDERPRIVILEGED</b>	<b>03 - 07</b>
<b>02</b>	<b>PSYCHOLOGICAL SUPPORT TO THE SOCIETY</b>	<b>08 - 10</b>
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# Assistance to the Underprivileged

*Home for the Homeless*

1 house in 2018  
3 houses in 2022  
1 house in 2023



# Assistance to the Underprivileged

*Free land to 3 students*



Three students who lost their land due to flooding received land donations from the college as part of the Golden Jubilee celebrations. College chairperson receiving the documents of land on behalf of the affected students from Sri M Sreedharan



*Support of Rs 40,000 for Kidney Transplantation*

# Assistance to the Underprivileged

*Distribution of Rs 5,000 each to 30 students who were severely impacted by the flood*



*Providing support of Rs. 3,00,000 to pupils impacted by the floods and transferring Rs. 1 lakh to children who lost their parents*



# Assistance to the Underprivileged



*Contribution of  
Rs 65,000 to  
Praana Air for Care*



*Contribution to Chief Minister's Relief Fund*



# Assistance to the Underprivileged



*Alumni Contribution of  
Rs 1,20,000  
as generous support in  
the time of accident*

*Alumni Contribution of  
Rs 10,00,000 as a support  
to clearing the liabilities at  
Poorvathumkadaru Bank*



# Psychological Support to the Society



*CMHEP  
Mental Health Enhancement  
Program was inaugurated on  
Oct 14, 2022*

Training for enhancement and improving the academic intelligence in **Government and Aided schools under SN Puram Panchayath.**



49 student mentors of the department of Psychology has undergone **6 hour monthly field training in the school for case management and assessment.**





# Psychological Support to the Society

*Seminar  
for the Psychological  
Well-being of the  
society at Ward 4,  
SN Puram Panchayat  
on Oct 10, 2021*



# Psychological Support to the Society



**Session on  
“Let’s talk about mental  
health” and  
flashmob  
at MuzirisAmphi  
Theatre, Kodungalloor  
in association with  
Muziris Heritage Centre,  
Kodungalloor as a  
community awareness  
campaign on  
28th October 2022**



# Activities for Community Services

## *Free Mammogram and Scanning Camp*



The college in association with the Cochin Cancer Society organized Breast Cancer Detection Camp and conducted Mamograms freely to the needy women under SN Puram Grama Panchayat in the month of January 2023.



# Activities for Community Services

## Blood Donation Camps



# Activities for Community Services

## *E-Waste Collection Drive*

College participated in the one-day e-waste collection drive as part of the Swachh Bharat Mission / Clean India Mission of the Central Government of India on 28th February 2023. 21 wards of S N Puram panchayat were chosen for this mission.



# Activities for Community Services

## *Translation Bureau*



Public translation services for Arabic-language documents such as passports, visas, driver's licenses, contracts, and agreements

## *Distribution of School Items*

On September 30, 2022, school supplies and notebooks were distributed to P. Venmballur, a government language school.



## *Talk on Marine Resources*

On 3-2-2023, an awareness talk on "Marine resources" was given to the vocational higher secondary students to raise their awareness of the resources available



# Activities for Community Services

## *Awareness Programme*

On November 11, 2022, GFVHSS Kaipamangalam held an awareness presentation for the students regarding "Marine resources."



## *Aquarium Making Workshop for School Students*

An Aquarium making workshop was conducted at  
**GFVHSS Kaipamangalam on 3/2/2023**



# Activities for Community Services

## *Distribution of First Aid Kit and Ecofriendly Products*



Distribution of first aid kit, paper bag and paper pen to the students of IMUP School Azhicode.

### *Introduces* **CLOTH SHOPPING BAG CAMPAIGN**

ഒരു വീട്ടിലേക്ക് ഒരു തുണി സഞ്ചി



- Old Shirt + Rs.30 = Cloth Shopping Bag
- Commission @ Rs.5 per Bag
- Those who earns more commission will be awarded



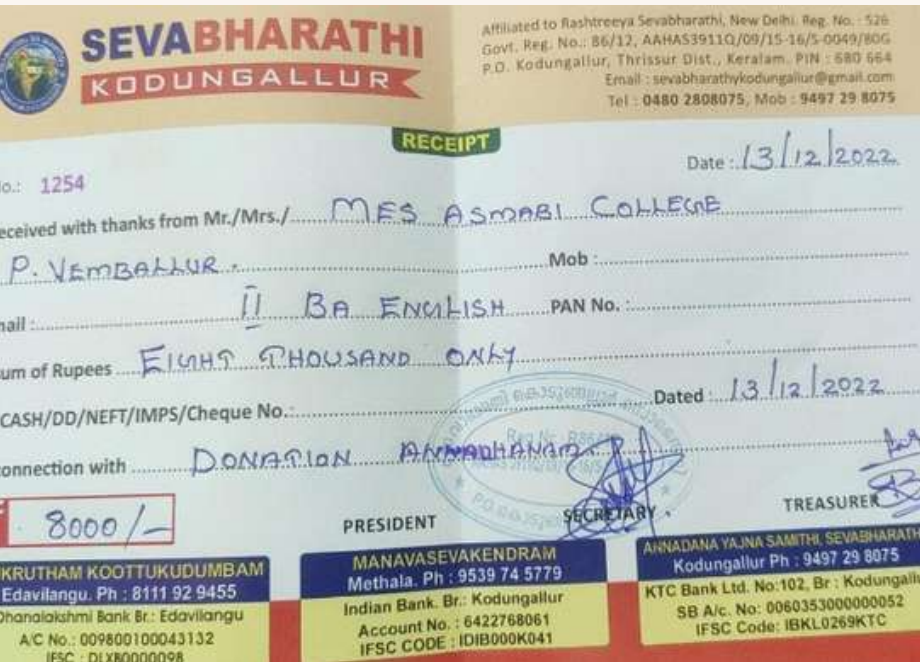
## *'Onapudava' to Poor People*

As part of the Onam celebrations, the college gave out "Onapudava" (New Dress to celebrate Onam festival) to elderly residents.





# Activities for Community Services



## Orphanage, Special School Visit

Students visited Orphanages, donated gifts, and contributed money for their welfare. They conducted various cultural programmes and interacted with the inmates of the Orphanage.

## Old Age Home Visit

Students from various departments, visit old age homes and organise various entertainment programmes for the inmates and also interact with them



## Special school visit

Students visited the special school, 'Pratheeksha Bhavan' at Irinjalakuda and were gifted a mixer grinder to assist the special educators in their day-to-day activities.

# Social service during the Flood 2018



*Donated Wood cutter of Rs 30,000 to  
Emergency Care Centre, Kaipamangalam*

*Contributed Necessary Items to the Flood Relief Camp of  
SN Puram Panchayat*



# Social service during the Flood 2018



*Cleaning Activities  
After Flood at  
Kuttanad, Alapuzha  
and Pathenzelikara*



# Social service during the Flood



*Flood Relief  
cleaning mission at  
Nair Samajam  
Public library,  
Chendamangalam.*

*Involving students in  
Ongoing Research –  
assessment of Flood  
Impact Biodiversity  
2019*



# Social service during the Flood 2018

*Chlorination of wells after floods*



# Social service during the Flood 2018



*Honoring the Kerala Army of Fishermen with monetary rewards of Rs. 67,000 and a Ponnada for their heroic flood relief activities*



*Providing support of Rs. 3,00,000 to pupils impacted by the floods and transferring Rs. 1 lakh to children who lost their parents*

# Social Service during covid 19

## Beat the Covid Campaign

**MES ASMABI COLLEGE**  
P. VEMBALLUR  
NSS UNITS 53 & 95  
NSS and Department of Psychology associated  
with MGNCRE

**BEAT COVID CAMPAIGN**

**HOSPITAL MANAGEMENT**  
കോവിഡ് അനുബന്ധ  
മെഡിക്കൽ സർവീസുകളെ പറ്റി  
വിവരങ്ങൾ  
☎ 9188022213

**NON HOSPITAL MANAGEMENT**  
ദക്ഷിണം ഒരു അവാർജ്ജ  
സാധനങ്ങളുടെ  
സേവനങ്ങളെ സംബന്ധിച്ച  
വിവരങ്ങൾ  
☎ 8848610501

**PSYCHO-SOCIAL**  
മാനസിക സമർത്ഥതയ്ക്കു ഒപ്പി  
കാൺസിലിംഗ്  
☎ 9447482484

**WELLNESS SUPPORT**  
പ്രതിരോധവും  
പരിചരണവും കൃത്യമായ  
അറിവുകളുടെ  
☎ 9072353266

IN ASSOCIATION WITH MGNRE-SAP  
MINISTRY OF EDUCATION

provided Covid related services to needy ones by NSS and Department of Psychology in association with, Mahatma Gandhi National Council of Rural Education under MHRD and the Swachata Action Plan provided Covid services to the needy ones on 15th June 2021

 **Certificate of Recognition** 

M.E/Beat Covid Campaign/June/140/9901

*This is to recognize MES Asmabi College, P. Vemballur as a member of Beat Covid Campaign initiative of Mahatma Gandhi National Council of Rural Education, Hyderabad. The institution has constituted five student volunteer teams in the areas of Hospital Management, Non Hospital Management, Support to Covid affected families, Medical Supplies, Psychosocial support to Covid patients and their family members, rendered valuable services during the pandemic.*

  
Dr. W G Prasanna Kumar  
Chairman

Mahatma Gandhi National Council of Rural Education  
Department of Higher Education, Ministry of Education  
Government of India

# Social Service during covid 19

## *Covid Treatment Centre*

**College hostel and Auditorium** acted as a Covid treatment centre during the pandemic period. Management arranged all facilities to convert it into covid Treatment Centre.



## *Distribution of 40 Mobile Phones*





# Social Service during covid 19

## *Production and Distribution of Sanitizers*



The Chemistry department prepared **sanitizers** and distributed it in the **neighbourhood** during the COVID-19 pandemic

## *Addressing student's stress about post Covid school reopening*

The Department of Psychology addressed **student's stress with regard to post Covid school reopening** and prepared them for a new start after the pandemic.



# Social service during covid 19

## *Grocery Kit Distribution*



As part of Covid relief activities **grocery kits** was distributed by the college to **auto drivers**, funded with Rs 20,000.

## *Distribution of 1000 masks to Covid Domicile Centre*



# Anti-Drug Initiatives

*Awareness Class to School & College Students*



*Poster Exhibition in Kodungallur Town*



# Anti-Drug Initiatives

*Anti-Drug Awareness Bicycle Rally*



*Street Play Against Drug Abuse on 28-06-2022*



Thrissur, Kerala, India  
7578+PGM, Thrissur, Kerala 680671, India

# Anti-Drug Initiatives

## *Anti Drugs Awareness Human Chain*



# Green Initiatives

*Distribution of tree saplings and vegetable seeds to needy People*



# Green Initiatives

*Activities in Collaboration with Western Ghats Honbill Foundation*



ശ്രീനാരായണപുരം  
ഗ്രാമപഞ്ചായത്ത്

*Student Participation in  
Peoples' Biodiversity Register  
Preparation*

ശ്രീനാരായണപുരം ഗ്രാമപഞ്ചായത്ത്

**ജനകീയ ജൈവവൈവിധ്യ  
രണ്ടാം പതിപ്പ് രജിസ്റ്റർ**



# Green Initiatives

## *Activities in Collaboration with Western Ghats Hornbill Foundation*



### *Assessment of Flood Impact Biodiversity 2019*

17 students from various departments participated as additional interns.

Experience in identification of plants, fish, and MFP of indigenous people and assessment of the impact of the flood in 2018

5 PG and 2 UG research projects done

The Kerala State Biodiversity Board published the report, acknowledging contributions from everyone who participated in the study.



# Green Initiatives

## *Eco Restoration of Costal Biodiversity*



Conducted an awareness program on the eco-restoration of coastal biodiversity for local women, fostering environmental consciousness, community involvement, and gender inclusivity.



# Green Initiatives

*Training on the Forest Rights Act 2006 has been given to tribal GS members and promoters of the Nilambur area*



*On October 17, 2018, Bhoomithrasena Club members provided tree seedlings and common vegetable seeds to the chosen 25 homes in the Eriyad community.*

# Green Initiatives

## *Coastal Restoration Seed bed & Threatened species nursery*



The members of the Bhoomithrasena Club collected seeds from the local area, especially *Catlophyllum Inophyllum*, and sowed them in a seed bed for germination, ensuring proper spacing and nutrient support.

## *Ecological Restoration using Mangroves at Eriyad*



The Bhoomithra Sena Club, in collaboration with the Western Ghats Hornbill Foundation, organized the ecological restoration of degraded mangrove ecosystems in the coastal zones of the Eriyad Gram Panchayat, Thrissur, on March 9th, 2023.

# Green Initiatives

## *Supporting the Indigenous Community Grama Sabhas*



Legal and conservation awareness campaigns customized for tribal populations, combined with initiatives targeting the protection of local ecosystems, biodiversity conservation, and the improvement of tribal community livelihoods through various engagement programs.

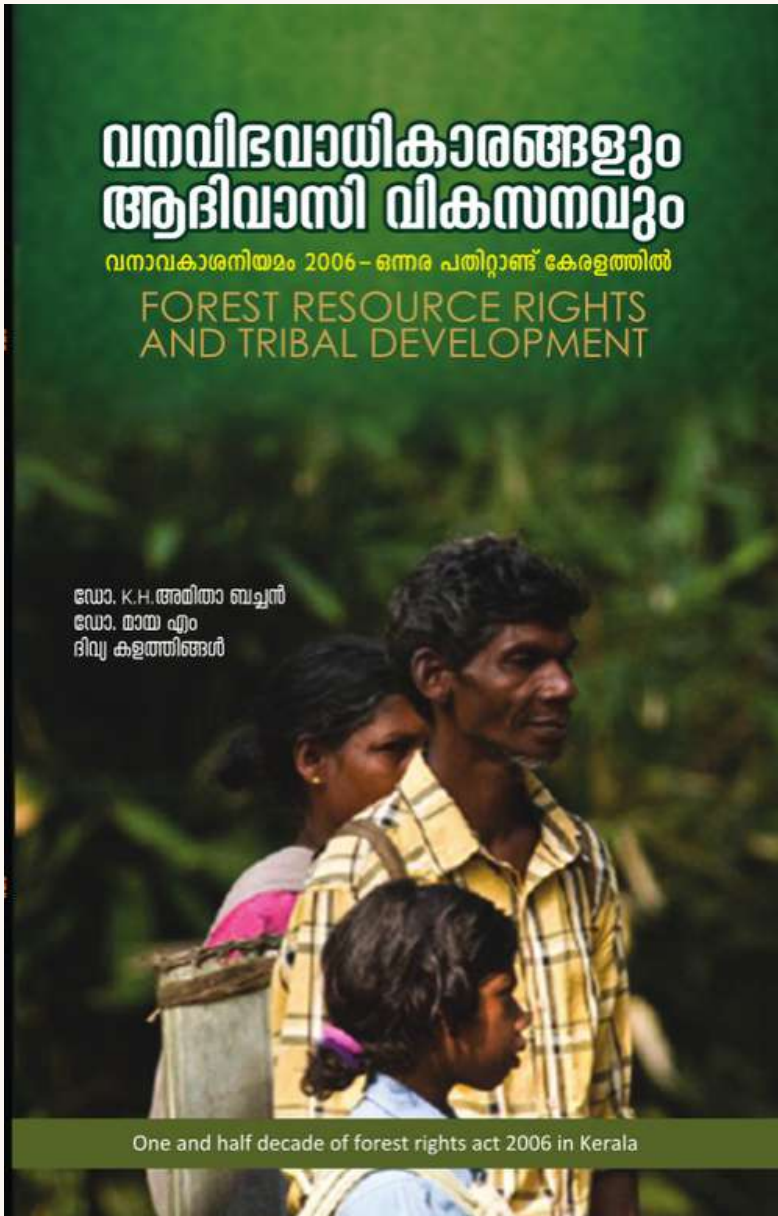
## *Seminar on Forest Rights and Traditional Resource Management for Tribal Communities of Nilambur*



## *National Conference on Democracy, Land and Resource management Rights of Adivasis and Challenges of strengthening Adivasi Grama Sabha in Kerala – 18th and 19th December 2019*

# Green Initiatives

*Releasing new edition of Forest Rights Act 2006 book: 8th October 2022.*



# Green Initiatives

*Global Green Grant – Indigenous community learning centre program*



*Students planting trees at the eco-restoration site*

*Tree planting at costal eco-restoration site to develop a vegetation belt against coastal erosion*



# Green Initiatives



*MoU Signing ceremony with Sree Narayana Puram Grama Panchayath for the updation of People's Biodiversity Register and Eco restoration projects supported by Kerala State Biodiversity Board.*

*Ms. Ekaterina, SERAsia Network Core Team Member shared the importance of MAD Week event 2022*



*Model Project for Kerala Coast in Partnership with Sree Narayana Puram Grama Panchayath.*



# Green Initiatives



*School children participating in coastal restoration and MAD week event*

*Coastal Vegetation belt Nursery*



*Niche Specific Restoration of Sacred Grove at Thalikulam, Thrissur*



*Mr. Febin Francis, District Coordinator, K'SBB Handing over the threatened tree sapling*





# Green Initiatives



ശ്രീനാരായണപുരം ഗ്രാമപഞ്ചായത്ത്  
മഹാത്മാഗാന്ധി ദേശീയഗ്രാമീണ തൊഴിലുറപ്പു പദ്ധതി



**കാവുകളും കുളങ്ങളും പുനസ്ഥാപനവും  
തുമ്പി, മത്സ്യ ജൈവ വൈവിധ്യ  
സംരക്ഷണവും രണ്ടാം ഘട്ട  
പ്രവർത്തന ഉദ്ഘാടനം**

2023 ഏപ്രിൽ 30 ഞായർ വൈകിട്ട് 4.30ന്  
പറപ്പറമ്പിൽ സുരേഷ് വീട് പരിസരം

ഉദ്ഘാടനം : എം.എസ്.മോഹനൻ  
ശ്രീനാരായണപുരം ഗ്രാമപഞ്ചായത്ത് പ്രസിഡന്റ്



## Scientific Monitoring Process of the Restoration Sites



## Exhibition at Kerala State Biodiversity Congress



# Green Initiatives

## *Mangrove Restoration at Two Grama Panchayths*



## *Biodiversity Survey at SN Puram Grama Panchayath*

## *Plant Count at Coastal Eco restoration site*



# Green Initiatives

## *Supporting Neighborhood Farmers*



## *Collecting and displaying medicinal plants from outside*



# Green Initiatives

## *People Biodiversity Register (PBR) Preparation and Release*



## *Training on Cloth and Paper bag making for house wives of ward 21, Eriyad Panchayat*



# Other Extension Activities

## *Training program on ornamental fish production*



A training program on **ornamental fish production** was conducted for Kudumbasree units and students of the Hamadaniya school in the 17th ward of Eriyad Panchayat.

## *Training Program for Paper Pen and Paper Bag Making*

A training program on **paper pen and paper bag making** was conducted for Kudumbasree units in the Eriyad Panchayat



# Aazadi Ka Amruth Maholsav 75th Independence Day celebrations in the Kaipamangalam Constituency

*Photo & Video Exhibition in association with Assembly Museum, Government of Kerala*



സ്വാതന്ത്രത്തിന്റെ  
75-ാം വാർഷികഘോഷം  
ആസാദി കാ അമൃത് മഹോത്സവ്

**കൃഷ്ണപിള്ള  
നിയോജക ബന്ധുത്വത്തിലെ  
പരിപാടികളുടെ ഉദ്ഘാടനം**

2022 നവംബർ 14 ന് രാവിലെ 9.30ന്  
പി.വെമ്പലൂർ എം.ഇ.എസ്.അസംബി കോളേജിൽ

unicef ന്റെ ആഭിമുഖ്യത്തിൽ  
നടത്തുന്ന ദുരന്തനിവാരണ  
കാലാവസ്ഥാ വ്യതിയാന സെമിനാർ  
നിയമസഭാ ഖുസിയത്തിന്റെ ആഭിമുഖ്യത്തിലുള്ള  
**ഫോട്ടോ വീഡിയോ പ്രദർശനം**  
2022 നവംബർ 14,15 തീയതികളിൽ

കലാ-സാംസ്കാരിക പരിപാടികൾ  
MULLA MEMORIAL AUDITORIUM



## *UNICEF Seminar on Disaster Management*

As part of the Azadi Ka Amrit Mahotsav, various programs were organized including seminars, documentary festivals, orientation classes, and elocution competitions.



# Other Extension Activities

## *'EMBRACE' Residential Camp*



A three-day residential camp for all Kerala differently-abled students and their parents was organized in collaboration with the Kerala Autism Club from January 27th to 29th, 2023.



# Other Extension Activities

## *House Painting*

Engaging in the activity of **voluntarily painting houses** for the less fortunate can cultivate a sense of community service, teamwork, and pride in contributing to the well-being of others. Students who actively participate in such initiatives contribute to improving living conditions and foster a heightened awareness of housing disparities within the community. This experience sensitizes them to broader social issues, encouraging a commitment to social responsibility and community improvement.





# Other Extension Activities

## *Palliative Care*



## *AC and Study Equipments to Buds Centre*



Through the Payasam Challenge, we facilitated the donation of air conditioning units and study equipment to the Buds Center in Mathilakam, benefiting autistic children.

# Other Extension Activities

## 'Drivarkoru Chaya'-A Tea to Driver



രപകടരഹിത പാതയ്ക്കായി കയ്പമംഗലത്തിന്റെ കരുത്ത്

**ചുക്ക് കാപ്പി വിതരണം**

**ഡ്രൈവർക്കൊരു ചായ**

104-30  
ദിനം

രാത്രി 12 മുതൽ പുലർച്ചെ 4.30 വരെ സ്ഥലം : കയ്പമംഗലം ബോർഡ്

ഇന്ന് (24.09.2023) നമ്മുടെ

**3rd B.com CA Students**  
**MES Asmabi College**

പ്രോജക്ട് : കയ്പമംഗലം ഗ്രാമപഞ്ചായത്ത്, ജനമൈത്രി പോലീസ് & സന്നദ്ധ പ്രവർത്തകർ

ദ്രോഹം...  
ഇനി ധാരാളം തിരയുക

**Cubes**  
eatery  
food 'n' fun  
1st Floor, SLR MALL, DONNUPEEDIKA 88 91 60 88 99

FREE HOME DELIVERY



Students participated in the program 'Drivarkoru Chaya', a collaborative initiative by Kaipamangalam Panchayat and Janamythri Police.



# Other Extension Activities

## *Free Blankets Distribution to Needy People*



# Other Extension Activities

## Biryani challenge



## Thanal initiatives



As part of the 'Thanal' initiative, the Department of Economics offered financial assistance, groceries, and study materials to families affected by the floods.

# Other Extension Activities

## Communal Harmony Programmes



**CLICK** എസ്എൻപുരം എം.ഇ.എസ്. അസ്മാബി കോളേജ് ഓണ സൗഹൃദ സദസ്സ് ഗ്രാമപഞ്ചായത്ത് സിഡന്റ് എം.എസ്.മോഹനൻ ഉദ്ഘാടനം ചെയ്തു.

College Organised 'Ona Sawhrda Sadas' on 23rd August 2023. Famous personalities from different communities and disciplines shared their Onam memories. Onam is celebrated in Kerala by all people irrespective of caste, creed and religion.

എം. ഇ. എസ്. അസ്മാബി കോളേജ് മാനേജിങ് കമ്മിറ്റി സംഘടിപ്പിക്കുന്നു

### ഓണസൗഹൃദസദസ്സ്-2023

23-08-2023, ബുധനാഴ്ച 2pm  
അസ്മാബി കോളേജ് ഓഡിറ്റോറിയത്തിൽ

സാമൂഹ്യ സാംസ്കാരിക നായകർ പങ്കെടുക്കുന്നു

ഏവർക്കും സ്വാഗതം

ആസ്പിൻ അഷറഫ് (ചെയർമാൻ)      അഡ്വ. നവാസ് കാട്ടകത്ത് (സെക്രട്ടറി & കോർഡിനേറ്റർ)

മുഷ്താക് മൊയ്തീൻ (ഭാഷകൻ)

# Other Extension Activities

## *Passport Registration Campaign*



A passport registration campaign was conducted on 29 August 2022 for the students of our college.

## *Training Program to Kudumbasree Members*



A training program on 'Value-added Seafood Products' was conducted for 20 Kudumbasree members of S N Puram Panchayath on February 6th, 2020

# Other Extension Activities

## *Cross Age Teaching in SN Puram Grama Panchayat*



*“How to solve harmful effects of sanitary pads through innovative Solutions”*

**Thrissur, KL, India**  
Azhikode Chamakkala Road,  
Kodungallur, Thrissur, 680671, KL,  
India  
Lat 10.267098, Long 76.142387  
10/11/2022 12:45 PM GMT+05:30

# Other Extension Activities

*Art Exhibition on 18/11/2022*



Padinjare Vemballur, Kerala, India

Vemballur Bus Stop, Arakkulam, Changanassery, Padinjare Vemballur, Kerala, 689671, India

*Exhibition and Sale of Eco friendly products Out of Waste Materials*





# Other Extension Activities

*An exhibition has been conducted for creating an understanding about Indian fisheries and its role in Indian economy.*



*Nutrition Exhibition*



*Food Fest*



# NSS Extension Activities

## *Paper Pen Making*



Making paper pens was one way for students to contribute to a greener campus by reducing waste and fostering a feeling of environmental responsibility. The primary raw material used to make paper pens is newspapers. In the past five years, the NSS volunteers have produced around 2250 pens. These could be marketed at the teachers' appraisal camps as well as ST Joseph's College in Irinjalakuda. At MD College in Pazhanji, the NSS volunteers served as resources for paper pen manufacture. Making paper pens is a palliative rehabilitation technique.

# NSS Extension Activities

## *Swachh Sagar Abhiyan – 2022*

On September 17, 2022, **1000 NSS volunteers from 30 colleges in the Thrissur district**

enthusiastically participated in the university-level coastline cleanup campaign, MegaSwachh Sagar Abhiyan-2022. **800 bags of plastic wastes** were collected from coastal regions covering **SN Puram (3.5 km), Mathilakam (3 km), and Edavilangu (2.5 km)**

panchayats thanks to the tireless efforts of the volunteers. Students who took part in the Swachh Sagar Abhiyan Thrissur campaign developed a strong respect for coastal habitats and a will to fight coastal garbage and promote a country free of plastic.



# NSS Extension Activities



## *SN Puram Beach Walking*

NSS units collaborated with the Fisheries Department and SN Puram Panchayat to present 'Kadalora Nadatham' on 26-10-2022, aiming to foster awareness about marine ecosystems and promote sustainable practices.



## *Eriyad Beach Cleaning on 28-01-2023*



# NSS Extension Activities

## *Fecal Sludge Management Campaign*

On January 28, 2023, NSS Units orchestrated a collaborative rally with Thrissur District Suchitwa Mission and Eriyad Grama Panchayat, dedicated to fostering awareness and community engagement in the Faecal Sludge Management Campaign, stressing the significance of proper waste management for environmental hygiene and public health.



## *Haritha Mithram QR Code installation*



NSS students actively participated in a training session and installed Haritha Mithram QR Codes in the residences of SN Puram Panchayat wards 1, 19, 20, and 21, contributing to an environmental project aimed at tracking and encouraging green activities, such as monthly contributions to Haritha Karma Sena; showcasing the youngsters' commitment to leveraging technology for a more eco-friendly and cleaner community



# NSS Extension Activities

## *Waste Segregation Drives*



Volunteers organized six waste segregation drives to promote responsible waste management and educate the community about sorting recyclables and non-recyclables. This aimed to instill sustainable habits, reduce landfill impact, and create a cleaner and more environmentally conscious campus.

## *Garbage Free New Kerala Campaign*

In support of the **Garbage-Free Kerala campaign**, a dedicated effort was undertaken to promote awareness through the **strategic placement of stickers in public places and shops**. The initiative aimed to visually communicate the importance of responsible waste management and encourage community participation in keeping Kerala clean. Volunteers strategically positioned stickers bearing messages about waste reduction, proper disposal, and environmental consciousness, serving as a constant reminder to residents and shoppers.



# NSS Extension Activities

## *Swachh Sarveshan Voting Campaign 2023*



The Swachh Sarveshan Voting Campaign at **Kodungallur Municipality** was a resounding success, marking a pivotal moment in the community's civic engagement. The campaign, aimed at **promoting both cleanliness and active participation in the democratic process**, garnered widespread support and participation from residents. Volunteers and local authorities collaborated to organize cleanliness drives, awareness programs, and voter registration initiatives throughout the municipality. The synergy between **the Swachh Bharat Abhiyan and the electoral process** fostered a sense of responsibility among citizens, emphasizing the integral connection between a clean environment and a vibrant democracy.



## *Clean Toilet Campaign - Swachh Bharat Mission*

A dedicated Clean Toilet Campaign was executed in the **Kodungallur Municipality Area**. The initiative aimed to raise awareness about hygiene and sanitation practices.

Participants actively engaged in cleaning and promoting the importance of maintaining clean public toilets, contributing to a healthier and more sanitary community environment.



# NSS Extension Activities

## *Organic Farms Field Visit*



Through **four informative field trips** to organic farms, the program gave volunteers **practical experience and engaged conversations with farmers**, deepening their awareness of sustainable agriculture and encouraging environmentally conscious behavior among college students.



# NSS Extension Activities

## *House Construction/Renovation*

The construction of three houses for economically disadvantaged students, totaling **Rs 11,67,300**, was made possible through the dedicated support of NSS volunteers who actively **participated in labor efforts**. Additionally, financial contributions were raised through various initiatives, including **the soap challenge generating Rs 1,00,000, as well as funds from the scrap challenge, newspaper challenge, biriyani challenge, payasam challenge, and the inclusion of coupons**, highlighting a collaborative and community-driven approach to address the housing needs of students in need.



## *Onam Kit Distribution*



# NSS Extension Activities

## Blood Donation Camps



Seven blood donation camps were successfully conducted, resulting in the collection of an impressive **366 units of blood**. These camps were organized through collaborative efforts with **Amritha Hospital(2-10-2018 & 24-10-2019)**, **Taluk Hospital(30-08-2022)**, and the **Indian Medical Association (IMA - 17-2-2022, 30-11-2022 & 18-7-2022)**. The substantial number of blood units collected underscores the effectiveness of these joint initiatives in addressing the ongoing need for blood in medical emergencies and healthcare treatments.

## Hair Donation Camps

In collaboration with **Amala Hospital, Thrissur**, three hair donation camps (**17-02-2020, 15-03-2022 & 30-11-2022**) were organized, witnessing the heartfelt participation of **48 students**.



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# NSS Extension Activities

## *Medical Camps*

Four medical camps (AR Medical Center, Kodungallur on 27/03/2021, Cochin Eye Foundation on 29/12/2021 and 27/07/2023 and Taluk Hospital, Kodungallur on 27-12-2023) encompassing various specialties, including **General Medicine, ENT (Ear, Nose, Throat), Gynecology, Orthopedics, and Ophthalmology (Eye)**, were successfully conducted, providing comprehensive healthcare services to the community. These camps are aimed at addressing diverse medical needs and promoting overall well-being. The inclusion of specialized services allowed attendees to access a range of healthcare expertise, ensuring a holistic approach to medical care.



# NSS Extension Activities

## *Breast Cancer Detection Survey and Free Mammogram*

Seminar on Breast Cancer Awareness (15/12/2022), training to conduct Breast Cancer survey(22/12/2022), Distribution and collection of questionnaire(25 & 27/12/2022) and free mammogram testing based on the survey at SN Puram panchayat had been conducted in association with Cochin Cancer Society and Health Aid NGO from December 2022 to January 2023.



# NSS Extension Activities

## *Donation to Chief Minister's Distress Relief Fund*



The NSS units played a crucial role in demonstrating solidarity during times of crisis by actively participating in **fundraising efforts (Rs42,000) for the Chief Minister's Distress Relief Fund (CMDRF) on 3-09-2019**. Volunteers engaged wholeheartedly in collecting donations to support disaster relief activities. The initiative focused on providing essential financial assistance for rehabilitation and recovery efforts in the face of adversities.

## *Special School Visits*

Visits to **Shalom Sadan, Perinjanam** on November 4, 2023, and **Pratheesha Bhavan, Irinjalakuda**, on February 6, 2023, were conducted, allowing NSS volunteers to **interact with differently-abled children** and contribute generously with food items, 5 kg of soap powder to Shalom Sadan, and cake along with chocolates to Pratheesha Bhavan. The commendable donations and collective efforts of the volunteers aimed at enhancing the well-being of both communities, reflecting a commitment to fostering a spirit of compassion and goodwill.



# NSS Extension Activities

## *Old Age Home Visit*

The NSS unit orchestrated compassionate visits to **DAYA old age home, Methala**, on November 13, 2018, and September 24, 2022, **VELICHAM old age home, Pullut**, on December 7, 2019, and **SWEET home, Puthenchira**, on January 15, 2019, underscoring a steadfast dedication to community service. During these visits, volunteers not only spent quality time engaging with elderly residents, spreading joy, and offering companionship but also demonstrated their commitment by donating essential provisional items, exemplifying the spirit of empathy and solidarity within the community.

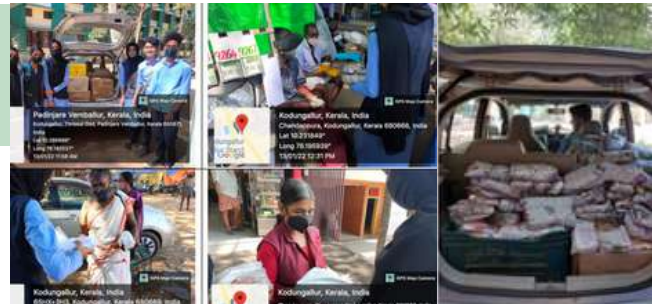


## *Padheyam*

### *Distribution of Food Packets*

The National Service Scheme (NSS) has undertaken a commendable initiative in actively distributing food packets to those in need across various locations. This includes **600 packets at Thrissur round on 23-12-2022**, **190 packets at Kodungallur temple area on 13-01-2022**, and **100 packets at Karuthal Kootayma, Kodungallur on 23-09-2023**.

Furthermore, the NSS has extended its philanthropic efforts by distributing **100 packets at Government Hospital, Irinjalakuda on 29-09-2022**, and **80 packets at St Joseph's Orphanage, Ollari on 23-12-2022**. This compassionate endeavor acts as a lifeline for those grappling with economic hardships, ensuring they have access to nutritious meals and embodying the spirit of service."



# NSS Extension Activities

## *Clothing Drives in the Name of Swap Shop*

The NSS units have organized **Clothing Drives**, championing sustainable practices and community engagement. Through the **collection of old clothes**, these units aim to **redistribute them among economically backward populations**, fostering a culture of reuse and waste reduction. The initiative extends to the establishment of a **clothing corner near the Department of English in the college, allowing those in need to access clothes at any time**. The distribution takes place in the **Tsunami colony on various dates, including 14-08-2018, 23-12-2019, 24-11-2021, 30-12-2021, 12-01-2022, 22-09-2022, 20-10-2022, 5-11-2022, 22-02-2023, 21-03-2023, and 16-02-2023**.



## *Home Care Products Making*

The NSS volunteers demonstrate their active involvement in a commendable annual initiative, leveraging **the production and sale of essential home care products to raise funds for charity**. Offering a diverse range including **soap, phenol, hand wash, and dish wash**, these products cater to the daily hygiene needs of households. Through their dedication and efforts, these volunteers not only **enhance the community's well-being by providing access to quality home care products** but also channel the generated proceeds towards **charitable causes**, exemplifying a holistic approach to community service.



# NSS Extension Activities

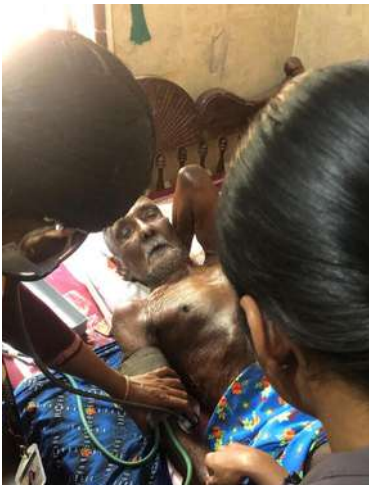
## *Pain and Palliative Training*

The NSS units organize **Pain and Palliative Training every year** with Alpha Pain and Palliative Centre, Eriyad intending to raise awareness and improve understanding of pain management and palliative care. Volunteers underwent thorough training to **support individuals dealing with chronic illnesses and their families.**



## *Home Care*

The volunteers undertook Pain and Palliative Home Care work, demonstrating a commitment to compassionate service. Volunteers received specialized training to offer care and support to individuals with chronic illnesses within the comfort of their homes. This initiative aimed to enhance the quality of life for those facing health challenges and promote a sense of dignity and comfort.



## *Physiotherapy Help*

NSS volunteers are actively providing **crucial physiotherapy assistance to elderly individuals at Alpha Pain and Palliative Unit in Eriyad**, showcasing the impactful role of community service in enhancing the health and well-being of the elderly population. This collaborative effort emphasizes the importance of volunteerism in promoting healthcare accessibility for older adults.





# NSS Extension Activities

## *Flood Relief Work - August 2018*



**Rescue and cleaning work**



**Water quality testing in flood areas of Mala and Puthenvelikkara**



**Arrangements of Food Items to the Relief Camp**



**Post flood water purification of water resources**



**Visited 'Pathar' the place where the massive landslide occurred**



**Sea wall making with sacks of sands**

# NSS Extension Activities

## *COVID Pandemic Work - 2020*



**Making and Distributing Masks among Public with COVID Protocol Messages**

## *Volunteering at COVID Domicile centre - July 2021*



NSS volunteers exhibited commendable dedication by initiating volunteer shifts from 7 am to 1 pm and from 1 pm to 7 pm at the SN Puram Panchayat COVID Domicile Centre, located at MES Asmabi College Ladies Hostel, during the month of July 2021.

NSS Contribution of cleaning items ( **10 Ltr Hand wash and 20 Ltr Phenoil**) to DCC, SN Puram Grama Panchayat on 1-07-2021



# NSS Extension Activities

## *Book Collection Drive for Bhahadhur Grameena Vayanashala, Edavilangu*

NSS volunteers orchestrated a vibrant initiative on **September 21, 2022**, at Edavilangu Bhahadhur Grameena Vayanashala, aiming to augment the library's collection and benefit 100 enthusiastic volunteers in Edavilangu Grama Panchayat. This dedicated effort proved noteworthy as the NSS volunteers successfully gathered **1000 books**, showcasing proactive engagement and significantly contributing to the enrichment of educational resources and reading opportunities at Bhahadhur Grameena Vayanashala.



**Collection of 600 books as part of NSS volunteer selection from 2-10-2022 to 6-10-2022**

**Handed over 250 library books to PHC, Pori Bazar on 26-12-2022**

**Handed over 300 library books to Panagad School Library on 30-12-2022**



**Build up a library corner at PHC, Almavu in 2021-22**



**Updated Library books to PHC, Almavu on 30-12-2022**

# NSS Extension Activities

## *Work in Participatory Village*



# NSS Extension Activities

## *Cleaning Public Places*



**Mathilakam Police Station Cleaning on 15-10-2022**



**Shalom Sadhan Cleaning at Perinjanam on 16-07-2022**



**Cleaning of Campus Surrounding on 1-10-2022**



**Cleaning PHC, Almavu on 27-12-2021**



**Bus stop Cleaning**



**College Road Side Cleaning on 24/11/2021**



**Cleaning Taluk Hospital, Kodungallur on 2-10-2019**



**Cleaning related to Nava Kerala Sadas on 5-12-2023**

# NCC Extension Activities

## CHILDREN'S HOME VISIT

On August 15, 2023, NCC Unit 22 Kerala Battalion Eloor, MES Asmabi College, conducted a Children's Home visit as part of the Independence Day Outreach Program. The event fostered community engagement, spreading joy and patriotic spirit among children.



Chuloor, Kerala, India

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Lat 10.387454°

Long 76.128832°

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# NCC Extension Activities

## *OLD AGE HOME VISIT*

On November 26, 2022, NCC cadets embarked on a compassionate initiative, visiting both a Children's Home and an Old Age Home. The students devoted quality time to residents, creating an atmosphere of joy and camaraderie. They organized cultural programs, infusing the day with entertainment and fostering intergenerational connections.



# NCC Extension Activities

## *PADHEYAM Food Distribution*



The "Padheyam" food distribution initiative exemplifies a commendable effort to alleviate hunger and support the community. Through this program, nourishing meals are distributed to those in need, reflecting a commitment to social welfare.



# NCC Extension Activities

## *CLEANING DRIVE - FLOOD AFFECTED SITES*



The Cleaning Drive at flood-affected sites stands as a testament to community resilience and solidarity in the face of adversity. Volunteers and community members join forces to restore and sanitize areas impacted by floods.

## *VOLUNTARY BLOOD DONATION*

The voluntary blood donation by NCC cadets exemplifies their selfless commitment to community health and well-being.



# NCC Extension Activities

## *SWATCH BHARATH INITIATIVE*



The Swachh Bharat cleaning drive at Kodungallur Taluk Hospital signifies a conscientious effort to promote cleanliness and hygiene. Volunteers engaged in the initiative dedicated themselves to tidying and sanitizing the hospital premises.

