



**MES ASMABI COLLEGE**

**Extension and outreach programs  
conducted by the Institution through  
organized forums including NSS/NCC  
with involvement of community during the  
last five years**

# **REPORTS**

## **2018-19**



[www.mesasmabicollege.edu.in](http://www.mesasmabicollege.edu.in)

# THE REHABILITATION CAMP FOR PAIN AND PALLIATIVE

Date: 23-6-2018

Organized by: NSS Units, MES Asmabi College

The primary objective of the rehabilitation camp for palliative care patients was to enhance the overall well-being of individuals facing life-limiting illnesses. The camp aimed to provide physical, emotional, and social support to patients undergoing palliative care, fostering a holistic approach to their rehabilitation and improving their quality of life.

Training on paper pen making and dish wash and floor cleaner making for palliative patients by District coordinators Sri. Vijesh. The programme was conducted under the leadership of NSS volunteers Krishnapriya and Afrin Faizal who were helped by nearly 25 volunteers. Relatives of 13 palliative patients participated in the programme.



Dish wash and floor cleaner making for palliative patients



Rehabilitation camp for palliative care patients

## **AWARENESS CLASS ON WASTE MANAGEMENTT**

**Date:25-6-2018**

**Venue:Eriyad Panchayath**

**Organised by:NSS Units**

The primary objective of the awareness class on 'Plastic and Waste Management' was to educate participants on the environmental impact of plastic usage and the importance of adopting responsible waste management practices. The session aimed to raise awareness about the detrimental effects of plastic on the ecosystem and promote sustainable habits to minimize plastic pollution.

Awareness class on 'Plastic and Waste Management' conducted in the Eriyad Panchayath ward 1 Gramasabha on 25-6-2018. Sreenandhana and Swathy led the class. Nearly 100 Gramasabha members participated. Ward member Sri. Kunjukuttan, block member Smt. Fathima and Programme officers Dr. Sheeba.N.H. and Sri. Mohammed Areej were present along with 30 NSS volunteers.



## **AWARENESS CLASS ON DRUG ABUSE**

**Date: 26-6-2018**

**Venue: M.E.S. Asmabi College**

**Organized by: NSS Units**

An awareness class against drug abuse was conducted on 26-06-2018 with the aim of educating individuals about the dangers of drug abuse and promoting a healthy, drug-free lifestyle. The event brought together community members, students, and local authorities to address the rising concerns related to drug addiction. The primary objective of the awareness class was to increase knowledge and understanding of the consequences of drug abuse, foster a sense of responsibility within the community, and encourage preventive measures to curb the spread of drug addiction. On 26-6-2018 Awareness class against drug abuse was held. The programme was inaugurated by Sri. Unnikrishnan Namboodiri, Excise Inspector, Kodungallur at 9.30 am in front of the college. He conveyed the message against drug abuse and illicit trafficking to a gathering of students and teachers.



# MONSOON RELIEF WORK

Date:4-8-2018

Venue:Eriyad

Organised by:NSS Units

The monsoon relief work aimed to provide immediate assistance and support to communities affected by the challenges posed by the monsoon season. The primary objectives were to address the impact of heavy rainfall, flooding, and related issues, ensuring the safety and well-being of the affected population. Monsoon relief work were done NSS units in the adapted village of Eriyad Ward1 under the guidance of ward member Sri. Kunchukuttan and Panchayath president Smt. Prasadini Mohan on 4-8-18. 35 vounteers participated in the activity.

The monsoon relief work made a significant impact by:

- Providing immediate assistance to affected population.
- Ensuring access to essential supplies for displaced families.
- Facilitating the restoration of critical infrastructure for long-term recovery.



# SWAPSHOP

Date: 14-8- 2018

Venue: MES Asmabi College

Organized by: NSS Units, Women Development Cell.

The SwapShop platform, specializing in the collection and exchange of old and reusable clothing, was launched on 14-8-2018. The initiative aimed to foster sustainable practices, promote responsible consumption, and reduce textile waste. This report highlights the key activities, achievements, and impact of the cloth collection campaign initiated by SwapShop. The volunteers in charge of ' SwapShop' well managed to give information and publicity to the endeavor among the people of the locality. The shop was inaugurated by Sri. Mohammed Hassan K.K. (Secretary, M. E. S. Public School, P.Vemballur) in the presence of Principal Dr. Ajims P. Mohammed and Sri. Abdul Salam (Secretary, M. E. S Asmabi College). SwapShop in the college is maintained By NSS units and Women development cell of the college



Scenes from Swap Shop

# ONAPUDAVA DISTRIBUTION

Date:23-8-2018

Venue: vemballur

Organised by: College Management

The Onapudava Distribution program in 2018 aimed to celebrate the festival of Onam by spreading joy and cultural richness within the community. Focused on distributing Onapudava (traditional attire worn during Onam) to people residing near the college, this initiative sought to foster a sense of community, cultural inclusivity, and festive spirit among the local residents.

Objectives of the Program:

*Cultural Celebration:*

Celebrated the traditional festival of Onam by organizing the distribution of Onapudava, a symbol of cultural identity and festivity associated with the occasion.

*Community Engagement:*

Engaged with the local community near the college, fostering a sense of belonging and encouraging residents to actively participate in the cultural celebrations.

*Promotion of Traditional Attire:*

Encouraged the wearing of Onapudava as a means of promoting and preserving the cultural heritage of the region, emphasizing the significance of traditional attire during festive occasions.

*Inclusivity and Diversity:*

Ensured inclusivity by offering Onapudava to individuals of various age groups and backgrounds.



# WATER QUALITY TESTING

Date: 24-8-2018  
Venue: Edavilangu  
Organised by: NSS Units

The flood relief activities were initiated in response to the 2018 flooding event that severely impacted many areas of Thrissur Dist. The primary goal of the relief efforts was to address the immediate needs of the affected population and contribute to the overall recovery of the community.

In response to the recent floods, 28 NSS volunteers were mobilized with the objective of assessing the safety of water sources, ensuring access to clean and potable water for affected communities.





## FLOOD RESCUE TEAM

Date: 25-08-2018  
Venue: Kothaparambu  
Organized by: NSS units

The primary objective of the flood relief activity was to provide immediate and essential support to those affected by the floods, particularly in terms of clothing. The initiative aimed to ensure proper storekeeping, organization, and efficient distribution of dress materials to various relief camps.

15 students assigned duty as volunteers in 5 relief camps and 4 students engaged as part of rescue team at Ozhavathumkara and Moothakunnam



## FLOOD RELIEF WORK JOINING ON FLOOD RELIEF CAMP

Date:24-8-2018  
Venue:Eriyad Panchayath  
Organised by:NSS Units

The primary objective of the flood relief activity was to provide immediate and essential support to those affected by the floods, particularly in terms of clothing. The initiative aimed to ensure proper storekeeping, organization, and efficient distribution of dress materials to various relief camps. 25 NSS volunteers relocated at 12 different relief camp sites from the centre at Kodungallur and assigned store duty. Donated food items at distribution center and St.Mary's L.P. School Chappara and dress materials to the camp at GGHS, Kodungallur. Flood relief activity was initiated to provide assistance to the affected population. The focus of this report is on the storekeeping and distribution of dress materials to relief camps, a crucial aspect of the overall relief efforts.

- .



## FLOOD RELIEF ACTIVITY

Date:29-8-2018

Organising unit: NCC

The Flood Relief Work through NCC- Flood Relief Activities represents a compassionate and rapid response to a natural disaster. Through this initiative, the NCC cadets aimed to provide immediate relief, support, and comfort to those affected by flooding while also laying the groundwork for sustainable rehabilitation efforts. The program underscored the importance of community engagement, volunteerism, and collaborative action in the face of adversity, showcasing the alumni community's dedication to making a positive impact in times of crisis. 28 NCC cadets participated in the cleaning programme.

Objectives of the Program:

Emergency Relief Distribution:

To promptly provide essential relief items such as food, clean water, clothing, and shelter materials to individuals and families affected by flooding.

Medical Assistance:

To offer medical support by organizing medical camps or providing access to healthcare services to address the health needs of flood-affected individuals.

Temporary Shelter Setup:

To establish temporary shelters for displaced families, ensuring a safe and secure environment for those who lost their homes due to the flood.



## **FLOOD DAMAGE ASSESSMENT SURVEY**

**Date: 14-09-2018 to 18-09-2018**

**Venue: Eriyad, Kaipamangalam and Mathilakam**

**Organized by: NSS units**

A comprehensive damage assessment survey was conducted by National Service Scheme (NSS) volunteers in recent flood incident. The NSS volunteers played a crucial role in evaluating the extent of damage, identifying affected areas, and assessing the immediate needs of the affected population. The NSS volunteers, equipped with necessary tools and guided by experienced personnel, conducted a systematic survey across the affected regions. The survey methodology involved a combination of on-site inspections, interviews with the affected residents, and collaboration with local authorities to gather accurate and detailed information.

50 NSS volunteers underwent training on damage assessment and covered the houses under various blocks of Eriyad, Kaipamangalam and Mathilakam. They covered nearly 98 houses altogether by 14th, 16th, 17th, 18th September 2018. They did their work even during holidays.



**Conducting Survey**

# BLOOD DONATION CAMP

DATE: 8-10-2018

Venue: MES Asmabi College

Organized by: NSS units in association with Amritha hospital and HDFC bank

Blood donation camp conducted by NSS unit of the college in association with HDFC Bank and Amrita Hospital, Kochi. on 8-10-2018 college auditorium with the primary objective of contributing to the community's health and well-being by collecting voluntary blood donations. 70 students and teachers participated in the camp. Prior to donation, informative sessions were conducted to educate donors about the significance of their contribution and the positive impact it has on saving lives.

The NSS Blood Donation Camp was a commendable success, bringing together the community in a shared commitment to contribute to the noble cause of saving lives through voluntary blood donation. The event not only facilitated a significant collection of blood units but also fostered a sense of social responsibility and community engagement.



Participants of Blood Donation Camp

## OLDAGE HOME VISIT

Date: 18-10-2018

Venue: Daya' old age home at Methala, Kodungallur

Organized by: NSS units

The NSS volunteers conducted a visit to Daya' oldage home at Methala, Kodungallur on 18-10-2018 with the primary objective of providing companionship, support, and spreading cheer among the elderly residents. A group of 25 NSS volunteers actively participated in the visit, expressing their commitment to serving the community and fostering a sense of empathy and care for the elderly. The volunteers were warmly welcomed by the staff and residents of the old age home, creating a positive and inclusive atmosphere for interaction. Various activities were organized to engage with the elderly residents, including conversations, games, music, and simple cultural performances by the volunteers. These activities aimed to bring joy and entertainment to the residents. The NSS volunteers distributed essential items such as toiletries, blankets, and other daily necessities as a gesture of support and care for the residents. The volunteers organized cultural activities, including songs, dances, and performances, providing a platform for the residents to share their talents and experiences. The NSS oldage Home Visit proved to be a heartwarming and fulfilling experience for both the volunteers and the residents. The initiative not only brought moments of joy and companionship to the elderly but also underscored the importance of community engagement and the NSS's commitment to serving vulnerable populations.



Students at oldage home with inmates

# CLEANING OF PANCHAYATH PREMISES

Date: 10-10-2018  
Venue: Eriyad Block  
Organised by: NSS units

The primary goal of the cleaning activity was to ensure a neat and hygienic environment within the Panchayat premises, promoting a positive and welcoming atmosphere for both staff and visitors.

Sanitization of constantly touching surfaces such as doorknobs, railings and switches  
15 NSS volunteers participated in cleaning the Eriyad Block compound and premises. Programme Officers Dr. Sheeba N.H. and Sri. Mohammed Areej E. M., employees of the Block Sri. Guru Prasad and Sri. Unnikrishnan joined the volunteers in their work

## Cleaning Tasks:

- Sweeping and mopping of floors in all common areas, including offices, meeting rooms, and corridors.
- Dusting and cleaning of furniture, fixtures, and equipment.
- Window cleaning to enhance natural light and visibility.
- Disposal of accumulated waste and garbage from designated bins.



## FLOOD RELIEF WORKS

Date: 13-10-2018

Organized by: NSS units

The Supporting Hand in Restoration of Flood-Affected Houses initiative exemplifies the spirit of community resilience and solidarity. By working together, we aimed to contribute to the rebuilding process. The restoration support initiative was organized by NSS units to assist and provide a helping hand in restoring houses that were affected by the recent floods and support the affected families in regaining a sense of normalcy.

Supporting hand in restoration of flood affected house of Mini – 3rd B A Economics student of the college by NSS volunteers on 13-10-2018 and 14-10-2018. Financial aid of Rs. 80,000/- and Man power of Rs. 70,000/-. Total Rs.1, 50,000/-

Affected households were provided with direct assistance in cleaning, repairing, and rebuilding their homes. This included activities such as debris removal, repairing damaged walls and roofs, and ensuring structural stability.





# LABOR ASSISTANCE FOR HOUSE CONSTRUCTION

Date: 27-10-2018  
Organized by: NSS units

Providing labor assistance for house construction is a multifaceted process that requires coordination, expertise, and adherence to safety and legal standards. Effective collaboration between skilled and unskilled workers, coupled with efficient time management, contributes to the successful completion of construction projects. Emphasizing safety, communication, and legal compliance ensures a positive and ethical working environment in the construction industry.

NSS volunteers provided labour help for the house construction of Haritha – 3rd year Physics student of the college on 2-3-2019 & 11-3-2019. 25 students participated in the work and POs Dr. Sheeba N. H. and Mohammed Areej E. M. accompanied the volunteers. They completed the work of foundation filling.



Students Volunteering For  
House Construction

# TRAINING ON PALLIATIVE CARE

Date:27-10-2018

Venue:Eriyad

Organised by:NSS Units

The palliative care training program successfully achieved its objectives by enhancing the knowledge and skills of participants in various aspects of palliative care. The acquired insights and capabilities are expected to contribute to improved patient outcomes and the overall quality of palliative care services provided by the participants. Continuous support and follow-up initiatives will be essential to reinforce the acquired knowledge and ensure its effective application in clinical practice. 28 volunteers participated in the training programme.



## Key Topics Covered:

1. Introduction to Palliative Care: Understanding the philosophy, principles, and goals of palliative care.
2. Pain and Symptom Management: Strategies for effective pain and symptom assessment and management in palliative care settings.
3. Communication Skills: Techniques for empathetic and clear communication with patients, families, and the healthcare team.
4. Psychosocial and Spiritual Aspects: Addressing the psychological, social, and spiritual dimensions of care to enhance the overall well-being of patients.
5. End-of-Life Care and Bereavement Support: Providing dignified end-of-life care and supporting families through the grieving process.



**Participants in the palliative care training program**

## TRAINING ON PAPER PEN MAKING

Date: 23-11-2018

Venue: MD College, Pazhanji

Organised by: NSS Units

A training session on seed pen making was organized and conducted by National Service Scheme (NSS) volunteers on 23-11-2018. The aim of the training was to promote sustainable practices and environmental awareness by teaching participants how to create seed pens – an innovative and eco-friendly writing instrument that contains seeds, allowing it to be planted after use.

NSS volunteers Swathy Wilton, Shabana, Jasir and Rafna gave training to nearly 25 NSS volunteers of M D College, Pazhanji in seed paper pen making on 23-11-2018. They were awarded certificate of merit by the Principal of the college

Training Objectives: The primary objectives of the seed pen making training were as follows:

1. Promote Environmental Sustainability: Raise awareness about the environmental impact of plastic waste from traditional pens and highlight the benefits of using seed pens as an eco-friendly alternative.
2. Skill Development: Provide participants with the knowledge and skills required to create seed pens, empowering them to adopt and share sustainable practices in their communities.
3. Encourage Green Initiatives: Inspire participants to contribute to reforestation efforts by distributing and using seed pens, which can be planted to grow into plants.



## SWEET HOME VISIT

Date:15-1-2019  
Venue:Puthenchira  
Organised by :NSS units

The NSS volunteers conducted a visit to “Sweet Home” an old age home at Puthenchira on 15-1-2019 with the primary objective of providing companionship, support, and spreading cheer among the elderly residents. A group of 32 NSS volunteers actively participated in the visit, expressing their commitment to serving the community and fostering a sense of empathy and care for the elderly. The volunteers were warmly welcomed by the staff and residents of the old age home, creating a positive and inclusive atmosphere for interaction. Various activities were organized to engage with the elderly residents, including conversations, games, music, and simple cultural performances by the volunteers. These activities aimed to bring joy and entertainment to the residents. The NSS volunteers distributed essential items such as toiletries, blankets, and other daily necessities as a gesture of support and care for the residents. The volunteers organized cultural activities, including songs, dances, and performances, providing a platform for the residents to share their talents and experiences. The NSS Old Age Home Visit proved to be a heartwarming and fulfilling experience for both the volunteers and the residents. The initiative not only brought moments of joy and companionship to the elderly but also underscored the importance of community engagement and the NSS's commitment to serving vulnerable populations.



## PAPER PEN PRODUCTION & DISTRIBUTION TO NATIONAL SEMINAR

Date: 11-2-2019

Venue: M.E.S.Asmabi College

Organised by : NSS Units

Making of paper pen is an initiative of NSS units. Students were trained to prepare paper pen. A set of 100 paper pens were made under Pain and Palliative wing of the NSS units and handed over for use in International seminar on 'Climate Change' conducted by Economics department of the college. 34 students were involved in making of paper pen.



# MEET WITH PALLIATIVE PATIENTS AND THEIR RELATIVES

DATE: 22-2-2019

Venue: Eriyad gramapanchayath.

Organized by: NSS units

On 22-2-19 Twenty two volunteers under Pain and Palliative wing attended and entertained Palliative patients at 'ഭാരതിബന്ധുസംഗമം' (Patient Relatives Meet) function organized by Eriyad gramapanchayath. Nearly 30 patients gathered together to share the moments from 10.00 am to 2.00 pm.



PATIENT-  
RELATIVES  
MEET

## **PARTICIPATION IN SEMINAR ON 'GYNAECOLOGICAL DISORDERS' AT KERALA HEALTH UNIVERSITY, THRISSUR**

**Date: 12-3-2019**

**Organized by : Kerala University of Health and Allied Sciences, Thrissur**

23 NSS volunteers participated in one day seminar for NSS volunteers on 'Gynecological Disorders' at Health University, Thrissur. The benefits extended beyond individual growth and positively impacted the quality of care provided to individuals. Seminars focusing on gynaecologic disorders provide a platform for healthcare professionals, researchers and individuals involved in women's health to gain insights, share knowledge, and stay updated on advancements in the field.



**STUDENTS AT KUHAS, TRISSUR**

## FINANCIAL HELP FOR HOUSE CONSTRUCTION

Date: 28-3-2019

Venue: Azheekode

Organised by : Alumni Association

The Financial Help for House Construction program organized by the Alumni Association in 2019 aimed to provide financial support for the construction of a house. This initiative demonstrated the commitment of the alumni community to contribute to housing solutions, particularly for those facing challenges in securing adequate shelter.



Staff and alumni at the newly constructed house





## PALLIATIVE CARE HOME DUTY

Date: 16-4-2019

Venue: Eriyad, S N Puram, Edavilangu, Vellangallur, Mathilakam and Kattoor panchayath

Organized by: NSS units

The palliative care training program successfully achieved its objectives by enhancing the knowledge and skills of participants in various aspects of palliative care. The acquired insights and capabilities are expected to contribute to improved patient outcomes and the overall quality of palliative care services provided by the participants. 11 volunteers attended home care duty as part of Palliative care at Eriyad, S N Puram, Edavilangu, Vellangallur, Mathilakam and Kattoor on 16-4-2019. The programme helps to Addressing the psychological, social, and spiritual dimensions of care to enhance the overall well-being of patients



NSS Volunteers in  
Palliative home care duty



NSS Volunteers in  
Palliative home care duty

# TRAINING ON PALLIATIVE CARE

Date: 15-5-2019

Venue: District Hospital, Thrissur.

Organized by: NSS units

The palliative care training program successfully achieved its objectives by enhancing the knowledge and skills of participants in various aspects of palliative care. The acquired insights and capabilities are expected to contribute to improved patient outcomes and the overall quality of palliative care services provided by the participants. Continuous support and follow-up initiatives will be essential to reinforce the acquired knowledge and ensure its effective application in clinical practice. Two day training program on 'Pain and Palliative care' for NSS volunteers was held at District Hospital, Thrissur. 14 volunteers from our college participated in the program.

## Topics covered

Introduction to Palliative Care: Understanding the philosophy, principles, and goals of palliative care.

Pain and Symptom Management: Strategies for effective pain and symptom assessment and management in palliative care settings.

Communication Skills: Techniques for empathetic and clear communication with patients, families, and the healthcare team.

Psychosocial and Spiritual Aspects: Addressing the psychological, social, and spiritual dimensions of care to enhance the overall well-being of patients.

End-of-Life Care and Bereavement Support: Providing dignified end-of-life care and supporting families through the grieving process.

