



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

2019-20



www.mesasmabicollege.edu.in

CYCLONE RELIEF WORK

DATE: 19-6-2019
VENUE: Eriyad beach
ORGANISED BY: NSS UNITS

Cyclone relief work at most affected area of Eriyad beach by NSS Volunteers and PO Mohammed Areej on 19-6-2019. They joined the work in making sea wall with sacks of sands at the spot. 40 volunteers participated in the work that received widespread appreciation and media attention



STUDENTS MAKING SEA WALL SACK OF SAND



NATURE EDUCATION CAMP

DATE: 16th to 18th July 2019

VENUE: Pepara wildlife sanctuary (Trivandrum)

Organized by: NSS units

Three day nature education camp at Pepara wildlife sanctuary (Trivandrum) for NSS volunteers of the college organized by Kerala Forest department during 16th to 18th July 2019. The volunteers could enjoy the experience of trekking in the thick forest area and the natural Vazahuvanthole waterfalls. The team was accompanied by POs Dr.Sheeba.N.H. and Mohammed Areej.E.M. Food and accommodation were provided by the forest department on these days in their guest house at Pepara.



**Nature Camp At Pepara
Wild life Sanctuary**

WATER PURIFICATION

DATE:16-8-2019
VENUE:SN PURAM PANCHAYATH
ORGANISED BY:NSS UNITS

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.

Objective: 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 drinking water. The initiative aimed to ensure clean drinking water to the people.

50 NSS volunteers of the college were deputed to the work of post flood water purification of water resources in S N Puram Panchayath on 16-8-2019. They chlorinated 420 water resources of the panchayath.



POST FLOOD CLEANING

DATE:17-8-2019
VENUE:NILAMBUR
ORGANISED BY:NSS VOULNTEERS

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 cleaning of flood affected area.

A team of 30 NSS volunteers and 10 college union members under the leadership of PO Mohammed Areej E M and faculty members Balasubramanyan, Robin, Suresh and Shereef participated in the post flood cleaning work at severely affected area of Pothukallu, Nilambur on 17-8-2019. They could clean up 4 badly affected houses in the area and visited 'Pathar' the place where the massive landslide occurred destroying more than 10 houses completely. 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. The flood relief activities were initiated in response to the 17-8-2019 flooding event that severely impacted Nilambur. 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.



DONATION TO CHIEF MINISTER'S DISTRESS RELIEF FUND

DATE:20-8-2019
ORGANISED BY:NSS UNITS

NSS volunteers of the college collected a good amount of 42,000/- and donated to the CHIEF MINISTER'S DISTRESS RELIEF FUND KERALA This contribution reflects our commitment to social responsibility and our dedication to supporting the communities in which we operate. Our contribution to the Chief Minister's Flood Relief Fund reflects our commitment to supporting communities in times of need. We remain committed to assisting in the recovery and rebuilding efforts, and we stand in solidarity with those affected by the floods.



CONTRIBUTION TO CHIEF MINISTER'S RELIEF FUND

DATE:-28-8-2019

ORGANISED BY: ALUMNI ASSOCIATION,MES ASMABI COLLEGE

The Contribution to Chief Minister's Relief Fund program organized by the Alumni Association aimed to demonstrate collective support and solidarity with the community during times of crisis. Through financial contributions to the Chief Minister's Relief Fund, the alumni community sought to play an active role in addressing urgent needs and providing relief to those affected by various challenges. Contribution to Chief Minister's Relief Fund through Alumni program represents a collaborative effort to address immediate and critical needs within the community. Through this initiative, the Alumni Association aimed to leverage the collective strength of the alumni community in providing timely and substantial support to the Chief Minister's Relief Fund, contributing to the overall resilience and well-being of the community during times of adversity. Run a public awareness campaign within the alumni network and beyond, educating individuals about the importance of contributing to the Chief Minister's Relief Fund and the positive impact of collective donations.



**Alumni contribution
towards chief minister's
relief fund
handing over to Local
MLA**

REPORT ON THE AWARENESS RALLY ON ROAD SAFETY

DATE:24-9-2019
VENUE:P VEMBALLUR
ORGANISED BY:NSS VOULNTEERS

The National Service Scheme (NSS) units organized a Road Safety Awareness Rally with the aim of promoting awareness and education about road safety among the community. The event brought together enthusiastic NSS volunteers, local authorities, and the general public to emphasize the importance of responsible road behavior. NSS volunteers conveyed the message of the importance in obeying traffic rules to the public on road with sweets. The response was truly encouraging. NSS volunteers engaged in conversations with the public, discussing the importance of adhering to traffic rules, wearing helmets, using seat belts, and avoiding mobile phone usage while driving. Interactive sessions allowed community members to share their experiences and concerns regarding road safety. The Road Safety Awareness Rally organized by NSS units successfully achieved its objective of promoting road safety awareness within the community. The collaboration with local authorities, engaging activities, and media coverage contributed to making the event a significant step towards creating a safer road environment.



HONOURING OF FISHER MEN

DATE:02-10-2019

VENUE: KAIPAMANGALAM

ORGANISED BY: ALUMNI ASSOCIATION

The Honouring of Fishermen program organized by the Alumni Association in 2019 aimed to recognize and celebrate the exemplary contributions of fishermen in flood relief efforts. This initiative sought to express gratitude to the fishing community for their selfless and courageous actions during times of crisis, showcasing the appreciation of the alumni community for their valuable role in community resilience. Objectives of the Program:

Recognition and Appreciation: To publicly acknowledge and appreciate the efforts of fishermen who played a pivotal role in flood relief activities, demonstrating courage and dedication in the face of adversity.

Community Bonding: To strengthen the bond between the alumni community and the fishing community by recognizing and celebrating the shared commitment to community welfare, particularly during challenging times.

Storytelling and Narratives: To highlight and share stories of individual fishermen who demonstrated exceptional bravery, resilience, and community service during the flood relief efforts, inspiring others in the community.

Ceremonial Honours: To conduct a ceremonial event or awards ceremony to honour selected fishermen, providing certificates, plaques, or other forms of recognition for their outstanding contributions.

Collaborative Initiatives: To explore opportunities for future collaboration and partnership between the alumni community and the fishing community, fostering a spirit of cooperation for community development.



CLEANING OF GOVERNMENT HOSPITAL

DATE:05-10-2019

VENUE: KODUNGALLUR TALUK HOSPITAL

ORGANISED BY:NSS UNITS

The National Service Scheme (NSS) team undertook a comprehensive cleaning drive at the Government Taluk Hospital. The initiative aimed to contribute to the well-being of the community by creating a clean and hygienic environment within the hospital premises. The NSS team's cleaning drive at Government Hospital exemplified their commitment to community service. The initiative not only contributed to the immediate improvement of the hospital's cleanliness but also fostered a sense of community responsibility. The positive impact on the hospital environment underscored the significance of such collaborative efforts in creating healthier and more welcoming spaces for all stakeholders. Ongoing partnerships and periodic cleanliness drives were discussed to ensure the sustained cleanliness of the hospital premises.

60 volunteers actively participated in the cleaning program at Government Taluk Hospital, Kodungallur. The program started with a brief function in which the hospital Superintendent Dr. Rosh welcomed the audience and a pledge dictated by social activist Sri. Kareem was taken by the volunteers on the day.



DONATION OF BED AND COT TO PALIATIVE CARE PATIENTS

DATE:12-10-2019
VENUE: EDAVILANGU
ORGANISED BY:NSS UNITS



NSS units donated a Cot and a bed to a palliative patient at Edavilangu. PO Mohammed Areej accompanied the volunteers. Some volunteers joined the Palliative day celebration conducted by Alpha Pain and Palliative care at Kodungallur along with PO Dr. Sheeba N.H. 25 NSS volunteers participated in the programme

Helped in building care and compassion in student community. Empathy towards fellow beings and finding way to make their lives better by their own small way paved the seeds for life long commitment to social needs.



OLD AGE HOME VISIT - VISIT TO SHALOM SADAN

ORGANISED BY: DEPARTMENT OF ENGLISH
DATE:15-10-2019

The Old age Home Visit organized by the Department of English in 2019 aimed to provide companionship, support, and engagement to the elderly residents of Shalom Sadan. This initiative focused on fostering a sense of community, empathy, and social responsibility among the participants while addressing the social isolation often experienced by the elderly.



Objectives of the Program:

Companionship and Social Interaction:

To visit Shalom Sadan and engage in meaningful conversations, activities, and interactions with the elderly residents, providing companionship and alleviating feelings of loneliness.

Cultural and Recreational Activities:

To organize cultural and recreational activities, such as music, games, or storytelling, to create an enjoyable and interactive environment for both the participants and the elderly residents.



Health and Wellness Support:

To offer health and wellness support, including organizing talks or sessions on topics relevant to the elderly, promoting physical activities, and providing information on healthy aging.

Distribution of Essential Items:

To distribute essential items, such as toiletries, clothing, or comfort items, to the elderly residents, contributing to their overall well-being and comfort.

Emotional Support and Listening:

To provide emotional support by actively listening to the stories, experiences, and concerns of the elderly residents, acknowledging their life journeys and validating their feelings.

PALIAIVE CARE PATIENTS INTERACTIVE SESSION

DATE:16-10-2019
VENUE: EDAVILANGU
ORGANISED BY:NSS UNITS

Interactive session with palliative patients was arranged by NSS units of the college on 16-10-19. Along with the patients, 'ASHA workers' also spoke on the occasion. This event helps to create social values among students and the patients really enjoyed the session. 45 NSS volunteers participated in the programme. Effective communication is a cornerstone of palliative care. During the interaction, the healthcare team engaged in open and empathetic communication with the patient, addressing concerns, answering questions, and providing emotional support. The team ensured that the patient's preferences, values, and goals of care were clearly understood and incorporated into the care plan. Recognizing the importance of psychosocial well-being, the patient's emotional and psychological needs were prioritized. Social workers engaged with the patient to explore any concerns related to family dynamics, financial worries, or end-of-life planning. Counseling and support groups were offered to the patient and their family to navigate the emotional challenges associated with a terminal illness.



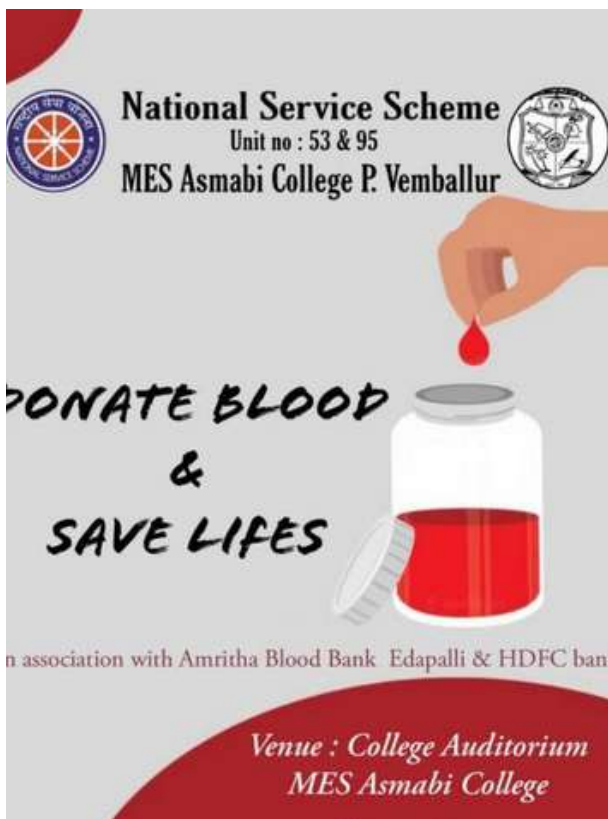
BLOOD DONATION CAMP

DATE:24-10-2019

ORGANISED BY: NSS UNITS IN COLLABORATION WITH AMRITA HOSPITAL

The blood donation camp successfully collected a substantial amount of blood units, exceeding the initial target. The donated blood will be used to support patients in need of transfusions, surgeries, and medical treatments. The event not only addressed the immediate demand for blood but also raised awareness about the ongoing need for regular blood donations. The blood donation camp was a commendable initiative that brought together the community to contribute to the well-being of others. It showcased the power of collective action and highlighted the positive impact of voluntary blood donation in saving lives. Such events play a crucial role in building a culture of altruism and community service.

NSS units of the college and Amritha Hospital, Edappalli jointly conducted blood donation camp on 24-10-2019. We could donate 55 units of blood to the blood bank.



VISIT TO PEDIATRIC WARD AND ENTERTAINING PATIENTS

DATE:16-11-2019

VENUE:KODUNGALLUR GOVT.HOSPITAL

ORGANISED BY:NSS UNITS

On 16-11-19, NSS volunteers visited pediatric ward of Kodungallur Govt. Thaluk Hospital to cheer up the kids admitted in the ward. The kid patients were distributed sweets, balloons and celebrated the day by singing songs .A group of 32 National Service Scheme (NSS) volunteers visited the Pediatric Ward at Kodungallur Government Hospital as part of their community service initiative. The primary objective of the visit was to bring joy, entertainment, and a positive atmosphere to the young patients undergoing treatment.



The visit had a positive impact on both the children and the hospital staff. The young patients experienced moments of joy, distraction from their health challenges, and a sense of companionship. The hospital staff appreciated the efforts of the NSS volunteers in enhancing the overall atmosphere of the pediatric ward.

Community Engagement: The NSS volunteers actively interacted with the hospital staff, parents, and guardians, fostering a sense of community engagement and support. The visit not only aimed at entertaining the children but also at building connections and understanding the needs of the healthcare community.



VIMUKTHI ANTI DRUG CAMPAIGN

DATE:24-11-2019

VENU: THRISSUR

ORGANISED BY:NSS UNITS,MES ASMABI COLLEGE, EXCISE DEPARTMENT

As part of 90 day anti-drug campaign 'VIMUKTHI' by Excise department, 60 NSS volunteers from our college participated in Bikathon and Walkathon on 24-11-2019 Sunday at Town hall, Thrissur. In the meeting at Town Hall, State Minister Sri A C Moideen, Agriculture Minister Sri. V S Sunilkumar, MLAs of the district Sri. Taison Master and Sri. Adv. Rajan spoke on the importance of such campaign. Anti-Drug Awareness Program was organized with the aim of educating the community about the dangers of drug abuse, promoting a drug-free lifestyle, and fostering a sense of responsibility towards maintaining a healthy society. The Anti-Drug Awareness Program successfully increased awareness within the community about the risks associated with drug abuse. Attendees gained a better understanding of the physical, psychological, and social consequences of substance misuse.



OLDAGE HOME VISIT

DATE:7-12-2019

VENUE:VELICHAM OLDAGE HOME PULLUT

ORGANISED BY:NSS UNITS

On 7-12-2019, 50 NSS volunteers of the college visited oldage home 'VELICHAM' at Pullut, 15 km away from the college. They donated provisional items required for a day to the home, the amount was collected by selling the dish wash and hand wash they made at college. There were 25 people staying at the home. 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.



ഇന്ന് എൻഎസ്എസ് വളണ്ടിയേഴ്സ് വെളിച്ചം അഗതിമന്ദിരത്തിൽ സന്ദർശിച്ചു. അവർ നിർമ്മിച്ച ഡിഷ് വാഷ് ഹാൻഡ് വാഷ് എന്നിവ വിൽപ്പന നടത്തി സ്വരൂക്ഷിച്ച 2500 രൂപയ്ക്ക് പലചരക്ക് സാധനങ്ങൾ കൈമാറി.

1:53 pm ✓



ANTI DRUG CAMPAIGN

DATE:21-12-2019

VENU: ERIYAD PANCHAYATH

ORGANISED BY:NSS UNITS, MES ASMABI COLLEGE

At 9.00 pm inauguration of anti-drug campaign 'VIMUKTHI' initiated by Excise department occurred where Eriyad Panchayath president Smt. Prasadini Mohanan, vice president Sri. Siddiq, Excise Civil officer Sri. Jadheer and program officers Sri. Mohammed Areej E M and Dr. Sheeba. N. H. conveyed their messages on the issue .Volunteers divided into 3 groups and conducted anti-drug survey in wards 1, 2, 3 of Eriyad Panchayath. The Anti-Drug Survey aimed to assess the community's awareness, perceptions, and experiences related to drug abuse. The survey sought to gather valuable insights into the prevalence of drug use, attitudes toward prevention measures, and the community's understanding of the impact of substance abuse. The Anti-Drug survey provided valuable insights into the community's perceptions of and experiences with drug abuse. The findings underscore the importance of continuous efforts to raise awareness, improve prevention measures, and provide support for individuals affected by substance abuse. The community's willingness to engage in anti-drug initiatives signals an opportunity for collaborative efforts among various stakeholders to create a safer and healthier environment. The results of this survey will serve as a foundation for refining and strengthening future anti-drug strategies.



TALK ON HEALTH THROUGH AYURVEDA

DATE:21-12-2019

VENU: ERIYAD PANCHAYATH

ORGANISED BY:NSS UNITS,MES ASMABI COLLEGE

Talk on "Health Through Ayurveda" presented by Ayurvedic doctor Dr. Edison Peter (Senior Medical Officer, Govt. Ayurvedic Hospital, Perinjanam) at 3.00 pm. Dr. Peter detailed some of the dos and don'ts of the present day food habits. "Health Through Ayurveda" successfully conveyed the essence of ayurvedic principles and their application in modern lifestyles. The event fostered a deeper understanding of Ayurveda's holistic perspective on health, inspiring attendees to consider incorporating ayurvedic practices into their lives for enhanced well-being. The positive reception and engagement from the audience highlighted the growing interest in alternative and holistic approaches to health in the community.



'KARANA SANGAMAM'-GET TOGETHER OF SENIOR CITIZEN

DATE:22-12-2019

VENU: ERIYAD PANCHAYATH

ORGANISED BY:NSS UNITS, MES ASMABI COLLEGE

Senior citizens of the locality were honoured in the NSS camp. The volunteers were able to interact with sharing their experiences – their hardships, and happy moments .Refreshments and gifts were arranged for the participants.The event, facilitated by dedicated NSS volunteers, aimed to foster inter-generational connections, provide companionship, and create a joyful atmosphere for the elderly members of the community. The event showcased the spirit of service and camaraderie that the NSS embodies, leaving a positive impact on both the elderly participants and the dedicated volunteers. This inter-generational connection initiated is a testament to the importance of community engagement and the positive outcomes that arise from such thoughtful initiatives.



CLEANING OF ANGANWADI PREMISES

DATE:23-12-2019
VENUE:WARD 3 AND 7 ERIYAD PANCHAYATH
ORGANISED BY:NSS UNITS

National Service Scheme (NSS) volunteers undertook a cleaning drive at the Anganwadi centre with the aim of promoting hygiene, creating a safe and clean environment for children, and contributing to the overall well-being of the community. The volunteers engaged in a range of cleaning activities, including scrubbing floors, dusting surfaces, cleaning play areas, and organizing educational materials. Emphasis was placed on maintaining a hygienic environment for the young children who frequent the Anganwadi center. Proper waste disposal practices were implemented during the cleaning drive. NSS volunteers sorted and disposed of waste responsibly, contributing to environmental sustainability and reinforcing the importance of waste management in the community. 35 NSS volunteers participated in the programme.



CLOTH COLLECTION FOR SWAPSHOP

DATE:24-12-2019
VENUE:ERİYAD SCHOOL
ORGANISED BY NSS UNITS

The cloth collection swap shop event was organized to promote sustainable fashion practices, encourage community members to declutter their wardrobes, and provide an eco-friendly platform for exchanging clothing items. The initiative aimed to reduce textile waste, promote reuse, and foster a sense of community engagement. 'Swap shop' conducted for the public. The volunteers could donate nearly 100 pieces of dress to people who visited the swap shop.



TRAINING ON PALLIATIVE CARE

DATE:15-1-2020
VENUE:THRISSUR
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. On 15-1-2020, nearly 80 NSS volunteers and PO Mohammed Areej E.M participated in Pain and Palliative meeting at Thrissur.

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. Psycho-social 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.



HOME VISIT OF CANCER PATIENTS

DATE:7-2-2020

VENU: OORAKAM,PALAKKAL

ORGANISED BY:NSS UNITS

10 NSS volunteers made home care visit on 16-2-2020. They visited 'Saraswathichechi' at Oorakam, 'Indira Amma' at Palakkal and 'BinduChechi' at Nedupuzha who have been undergoing treatment for cancer. The NSS team aimed to offer emotional support to cancer patients and their families by creating a supportive and understanding environment. This involved engaging in meaningful conversations, listening to concerns, and offering a shoulder to lean on. The National Service Scheme team embarked on a compassionate initiative to conduct home visits for cancer patients in Thrissur. The purpose of this program was to extend emotional support, provide information, and assess the needs of cancer patients in the comfort of their homes. The NSS team's home visit initiative for cancer patients proved to be a meaningful and impactful endeavor. By extending a helping hand and fostering a sense of community, the team contributed to the holistic well-being of cancer patients in Thrissur district. This initiative not only addressed immediate concerns but also laid the groundwork for ongoing support and awareness in the community.



HAIR DONATION CAMP

DATE:17-2-2020

VENU: M.E.S ASMABI COLLEGE

ORGANISED BY:NSS UNITS,MES ASMABI COLLEGE

Hair Donation event was held as an initiative aimed at supporting cancer patients undergoing treatment. The event encouraged individuals to donate their hair, which would be used to create wigs for cancer patients experiencing hair loss due to chemotherapy. These wigs will provide a sense of normalcy and confidence to individuals experiencing hair loss, helping them cope with the emotional challenges associated with cancer treatment . The programme helped to gather a substantial amount of high-quality hair for the wig-making process. The campaign successfully raised awareness about the emotional challenges faced by cancer patients undergoing hair loss, fostering a sense of empathy and support within the student community.

