



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

2022-23



www.mesasmabiccollege.edu.in

ANTI TOBACO AWARENESS

DATE:-17-6-2022

ORGANISED BY:NSS AND NCC

The primary goal of the Anti-Tobacco Awareness Campaign was to raise awareness about the harmful effects of tobacco consumption and encourage a tobacco-free lifestyle. The campaign utilized the strategic placement of awareness stickers in key locations to reach a wider audience

Educational Institutions: Stickers were placed in schools, colleges, and universities to target the younger demographic and educate students about the risks associated with tobacco use.

Public Spaces: High-traffic public areas, such as parks, bus stops, and marketplaces, were chosen to maximize visibility and engage the general public in the campaign.

Healthcare Facilities: Stickers were placed in and around hospitals, clinics, and primary health centers to convey the message to individuals seeking medical care and promote a healthier lifestyle.

Workplaces: Offices and workplaces were targeted to reach working professionals, emphasizing the importance of a tobacco-free workplace for overall well-being.



STREET PLAY - AGAINST DRUG ABUSE

ORGANIZING DEPARTMENT: PSYCHOLOGY DEPARTMENT
DATE:28-6-2022

The Street Play Against Drug Abuse organized by the Psychology Department in 28-6- 2022 aimed to raise awareness, educate the community, and foster a dialogue on the detrimental effects of drug abuse. This initiative utilized the creative and impactful medium of street play to convey key messages and encourage positive behavioral change.

Objectives of the Program:

Community Awareness and Education:

To raise awareness within the community about the dangers and consequences of drug abuse, emphasizing the impact on mental health, relationships, and overall well-being.

Engagement with Local Residents:

To actively engage with local residents through street play performances, creating a platform for dialogue, questions, and discussions about drug abuse and its prevention.

Collaboration with Local Authorities:

To collaborate with local authorities, law enforcement, and community organizations to ensure a coordinated effort in addressing drug-related issues and providing necessary support services.

Creative Messaging:

To develop creative and impactful messaging for the street play that effectively communicates the dangers of drug abuse while promoting positive alternatives and healthy coping mechanisms



VISIT TO SHALOM SADAN

DATE:16-6-2022

ORGANISED BY:NSS UNITS

VENUE: SHALOM SADAN,PERINJANAM

The visit to Shalom Sadan Orphanage was organized by the NSS unit with the aim of engaging in community service and providing support to the orphanage residents. The primary objectives were to interact with the children, understand their needs, and contribute to their well-being through various activities. NSS volunteers engaged in interactive sessions with the children, fostering a sense of companionship and offering a platform for open communication. Creative sessions were organized, allowing the children to express themselves through art and craft activities. Volunteers provided necessary materials and guidance. The visit left a positive impact on both the volunteers and the children at Shalom Sadan Orphanage. The children benefited from the educational and recreational activities, while the volunteers gained valuable insights into the challenges faced by the orphanage and the importance of community service. 23 NSS volunteers participated in the programme and the volunteers cleaned the premises of shalom sadan



PLANTING OF TREE SAPLINGS AT PHC

DATE:-30-6-2022
ORGANISED BY:NSS UNITS
VENUE:PHC ,ALTMAVU

Planting tree saplings at a primary health center (PHC) is a valuable initiative that can bring about various benefits for both the environment and the community. 18 NSS volunteers participated in the programme. Here's a brief overview of the process:

1. Site Selection:

- Choose appropriate locations within the PHC premises for planting saplings. Considering factors such as sunlight, soil type, and available space.

2. Selection of Tree Species:

- Opted for native or climate-appropriate tree species that are well-suited to the local environment.
- Considered trees with medicinal properties or those that provide shade and have a positive impact on air quality.

3. Planning and Coordination:

- Developed a planting plan, considering the layout, spacing, and maintenance requirements for each sapling.
- Coordinated with local environmental agencies, forestry departments, and NGOs for expert advice and support.

4. Community Involvement:

- Encouraged community participation in the tree planting process. Involved staff, patients, and local residents to create a sense of ownership and responsibility.



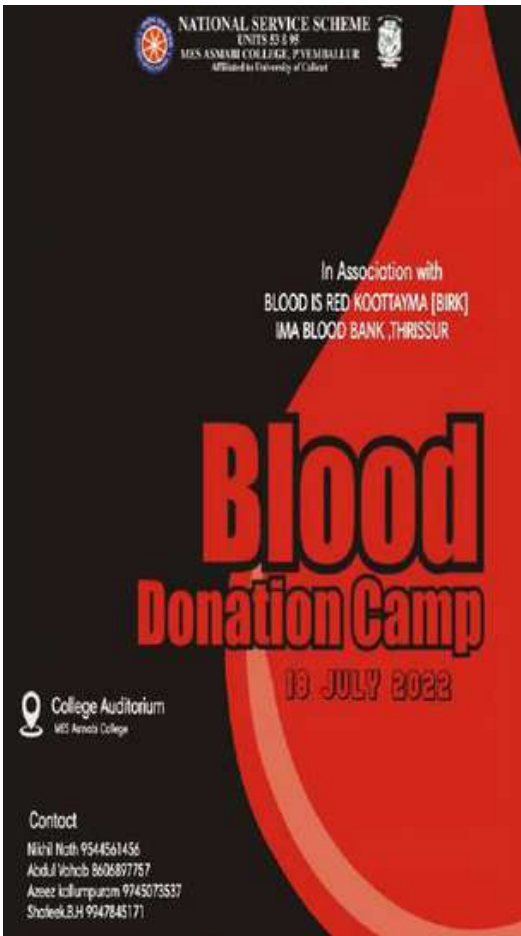
BLOOD DONATION CAMP

DATE:-4-7-2022

VENUE:M.E.S ASMABI COLLEGE

ORGANISED BY:NSS UNITS AND IMA

The National Service Scheme (NSS) collaborated with the Indian Medical Association (IMA) to organize a Blood Donation Camp with the primary objective of addressing the critical need for blood supply in the community. The event aimed to promote voluntary blood donation, raise awareness about its importance, and contribute to saving lives. 62 unit blood were collected and donated to IMA. A pre-camp awareness campaign was initiated through various channels, including social media, posters, and community announcements, to educate the public about the importance of voluntary blood donation and the upcoming camp. Volunteers actively engaged in organizing and facilitating the event, assisting donors, and maintaining a supportive and encouraging atmosphere throughout the camp. The Blood Donation Camp had a significant impact on addressing the local blood supply needs. The voluntary participation of community members, coupled with the support of IMA healthcare professionals, contributed to the collection of a substantial number of blood units.



BEACH CLEANING

DATE:-4-7-2022

VENUE:ATTUPURAM

ORGANISED BY:NSS UNITS

The National Service Scheme (NSS) team organized a Beach Cleaning Campaign with the primary objective of promoting environmental awareness and contributing to the cleanliness of the beach surroundings. The campaign aimed to engage volunteers in a collective effort to remove litter and promote a clean and healthy coastal environment. Volunteers were provided with gloves, trash bags, and bins for effective waste segregation. Different categories of waste, such as plastic, glass, and organic matter, were segregated to facilitate proper disposal.

Cleaning Operations: NSS volunteers actively participated in the cleaning process, covering the entire stretch of the beach. They collected and bagged various types of litter, ensuring a thorough cleanup of the shoreline.

Educational Outreach: While cleaning, volunteers engaged with beachgoers and passersby, educating them about responsible waste disposal, the detrimental effects of litter on marine life, and the importance of maintaining a clean environment. 30 NSS volunteers participated in the program



DISTRIBUTION AND PLANTING TREE SAPLINGS AND SEEDS

DATE:-13-7-2022
VENUE:SN PURAM
ORGANISED BY:NSS UNITS

The National Service Scheme (NSS) team undertook a tree plantation initiative at vemballur with the primary objective of promoting environmental sustainability, enhancing green cover, and fostering a sense of community involvement in sustainable practices. Native and climate-appropriate tree species were chosen for plantation to align with the local ecosystem. Emphasis was placed on selecting trees that provide shade, have economic value, or contribute to soil conservation. The NSS team actively involved the local community, including villagers, school children, and community leaders. This collaborative approach aimed to create a sense of ownership and responsibility among the residents towards the planted saplings. The tree plantation initiative at the adopted village by the NSS team was a successful endeavor, aligning with the ethos of community service and environmental responsibility. It showcased the potential for positive change through collaborative efforts. 18 students actively participated in the programme.



MANOTHEERAM COMMUNITY MENTAL HEALTH PROGRAMME

ORGANISED BY; DEPT.OF PSYCHOLOGY
DATE:23-7-2022

The Manotheeram Community Mental Health Programme organized by the Psychology Department in 23-7-2022 aimed to promote mental health awareness, provide support, and address the psychological well-being of the community. This initiative focused on reducing stigma, fostering resilience, and creating a supportive environment for individuals facing mental health challenges.

Objectives of the Program:

Community Mental Health Awareness Campaign:

To launch a comprehensive mental health awareness campaign within the community, disseminating information about mental health, common challenges, and available support services.

Collaboration with Mental Health Professionals:

To collaborate with mental health professionals, counselors, and therapists to provide expertise, resources, and counseling services for individuals in need within the community.

Identification of Target Population:

To identify and reach out to specific target populations within the community that may be at higher risk or facing unique mental health challenges, ensuring a targeted and responsive approach.

Educational Workshops and Seminars:

To conduct educational workshops and seminars on various mental health topics, including stress management, anxiety, depression, and overall well-being, providing practical tools and coping strategies.

Crisis Intervention and Support:

To establish a crisis intervention system, offering immediate support and resources .



AWARENESS RALLY

ORGANIZING ENTITY: NATIONAL CADET CORPS (NCC)

DATE: 13-8-2022

The "Har Ghar Thiranga" Awareness Rally organized by the National Cadet Corps (NCC) in 2022 aimed to promote a sense of national pride, unity, and awareness of the Indian flag. The program focused on engaging NCC cadets and the community in a rally to instill a deep sense of patriotism and respect for the national flag.

Objectives of the Program:

Promoting Patriotism: Fostered a spirit of patriotism and love for the country by organizing an awareness rally centered around the national flag, encouraging citizens to take pride in their national identity.

Community Participation: Actively engaged NCC cadets, local residents, and community members in the awareness rally, promoting inclusivity and a shared sense of belonging.

Flag Etiquette Education: Educated participants about proper flag etiquette, including its correct display, handling, and the significance of each color and element on the national flag.

Environment conservation: Emphasized environmental conservation by encouraging the responsible use of flags made from eco-friendly materials and discouraging the disposal of flags inappropriately.



TRAINING ON DRUG ABUSE PREVENTION AND INAUGURATION OF ANTI DRUG CELL

DATE:-16-8-2022

VENUE:ATTUPURAM

ORGANISED BY:NSS UNITS AND EXCISE DEPT

The Excise Department, in collaboration with relevant stakeholders and community partners, conducted a comprehensive Drug Abuse Prevention Campaign. The initiative aimed to raise awareness about the dangers of drug abuse, educate the community on prevention strategies, and officially inaugurate the Anti-Drug Cell for ongoing efforts in combating substance abuse. The event commenced with an official inauguration ceremony of the Anti-Drug Cell by key representatives from the Excise Department, local authorities, and community leaders. The ribbon-cutting ceremony symbolized the commitment to addressing drug abuse issues within the community. The Drug Abuse Prevention Campaign and the inauguration of the Anti-Drug Cell had a positive impact on the community. The event successfully raised awareness, educated participants, and fostered a sense of community responsibility in preventing and addressing drug abuse.



College Auditorium
MES Asmabi College

in Association with
Excise Department
KODUNGALLUR Range

16 August 2022
10.30 AM



Dr. A. Biju
Principal



Mr. M.S Mohanan
Panchayat President



Mr. Shannath
Excise Inspector

Dr. Princy Francis

Ms. Shabeena P.U



NIYAMA SABHA SECRETARIAT EXHIBITION

DATE:18-8-2022

VENUE: COLLEGE AUDITORIUM

The Exhibition for School Students held as a part of Asadi Ka Amrith Mahotsav in 2022 aimed to provide an engaging and informative platform for students to explore various facets of cultural, scientific, and artistic expressions. This initiative sought to foster curiosity, creativity, and a sense of appreciation for diverse forms of knowledge among school students. Sri.K Rajan Minister for Land Revenue, Survey and Land Records, Land Reforms, Housing, Government of Kerala and Sri E.T Taison master MLA participated in the programme.

Objectives of the Program:

Cultural Exploration:

Introduced students to the rich cultural heritage of the region, showcasing traditional art forms, music, dance, and historical exhibits that reflect the cultural diversity of Asadi Ka Amrith.

Scientific Insights:

Created interactive displays and exhibits to spark interest in science, technology, engineering, and mathematics (STEM), encouraging students to explore and appreciate the wonders of the scientific world.

Artistic Expression:

Provided a platform for students to showcase their artistic talents through painting exhibitions, craft displays, and other forms of creative expression, promoting a sense of pride in local artistry.

Historical Narratives:

Exhibited historical artifacts, documents, and narratives that traced the historical evolution of the region, allowing students to connect with their cultural roots.

Environmental Awareness:

Incorporated exhibits on environmental conservation, sustainability, and eco-friendly practices to instill a sense of responsibility toward the environment among the younger generation



ONAPUDAVA DISTRIBUTION

ORGANISED BY:COLLEGE MANAGEMENT

DATE:22-8-2022

The Onapudava Distribution program in 2022 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 100 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



SOAP SELLING FOR FUND RAISING

DATE:24-8-2022

ORGANISED BY NSS UNITS

The NSS volunteers organized a fundraising campaign to support the Abhayam Housing Project, aiming to provide safe and secure housing for those in need. As a part of this initiative, the volunteers decided to sell handmade soaps as a unique and environmentally friendly fundraising method. A transparent financial management system was established to ensure accountability. All funds generated from soap sales were earmarked specifically for the Abhayam Housing Project. All the NSS volunteers actively participated in the program. The soap-selling fundraiser initiative by NSS volunteers for the Abhayam Housing Project was a commendable effort, showcasing the power of community collaboration and innovative fundraising methods. The funds generated will play a crucial role in advancing the Abhayam Housing Project and making a positive impact on the lives of those in need. The soap-selling fundraising initiative garnered positive attention from the community, resulting in increased sales and support for the Abhayam Housing Project.

The funds raised through soap sales contributed significantly to the overall budget for the housing project, bringing the NSS volunteers closer to their goal.



BLOOD DONATION CAMP

DATE:-30-8-2022

VENUE:M.E.S ASMABI COLLEGE

ORGANISED BY:NSS UNITS,BLOOD IS RED KOOTAYMA

The National Service Scheme (NSS) team organized a Blood Donation Camp with the primary objective of contributing to the local blood supply, raising awareness about the importance of voluntary blood donation, and promoting a sense of community service among the participants. Prior to the camp, the NSS team conducted thorough planning, including securing necessary permissions, coordinating with local healthcare authorities, and implementing a robust communication strategy to encourage community participation. An extensive awareness campaign was launched through posters, social media, and community announcements to inform the public about the upcoming blood donation camp. The campaign emphasized the significance of voluntary blood donation in saving lives. Donors, after successful screening, proceeded to the donation area where trained medical staff collected blood units. Stringent safety and hygiene protocols were followed throughout the process to ensure the well-being of the donors. Blood Donation Camp by the NSS team was a commendable effort in promoting community service and addressing the crucial need for blood donation. The successful organization of the event highlighted the positive impact that collective action can have on public health initiatives.



Padinjare Vemballur, Kerala, India
748V+P8R, Padinjare Vemballur, Kerala 680671, India
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Long 76.143143°
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SWATCH SAGAR ABHIYAN

MEGA COASTAL CLEANING DRIVE ,17.09.22
BY PARTICIPATING 1000 NSS VOLUNTEERS FROM THRISSUR DISTRICTT

The National Service Scheme (NSS) undertook the "Swachh Sagar Abhiyan" beach cleaning campaign with the primary objective of promoting cleanliness and environmental conservation. The initiative aimed to engage NSS volunteers in a collective effort to clean and beautify the beach, fostering a sense of civic responsibility and environmental stewardship. NSS volunteers actively participated in mobilizing community members, students, and local residents to join the beach cleaning initiative. The campaign aimed to create a sense of ownership and pride in maintaining the cleanliness of the coastal area. Emphasis was placed on proper waste segregation during the cleaning process. Volunteers separated recyclables from non-recyclables to facilitate environmentally friendly disposal. The Swachh Sagar Abhiyan had a significant impact on the cleanliness and aesthetics of the beach. The collective efforts of NSS volunteers and community members resulted in a cleaner and more inviting coastal environment. After the cleanup, volunteers gathered for a post-campaign reflection session to discuss the impact of their efforts, share experiences, and reinforce the importance of ongoing community involvement in maintaining a clean coastline. The Swachh Sagar Abhiyan beach cleaning campaign by NSS was a successful endeavor, exemplifying the impact of community-led initiatives in maintaining the cleanliness and ecological health of public spaces. The campaign demonstrated the potential for positive change through collective action.



ELECTION VOTER ID AND ADHAR CARD LINKING,

DATE:20-09-2022

VENUE:M.E.S ASMABI COLLEGE

ORGANISED BY: NSS UNITS

This report aims to provide a concise overview of the NSS (National Service Scheme) initiative that focused on organizing the linking of Aadhaar cards and Voter IDs, promoting civic awareness and empowerment among citizens. More than 100 beneficiaries for the program. The NSS team undertook the task of facilitating the linking of Aadhaar cards and Voter IDs to enhance the efficiency of electoral processes and promote civic responsibility. The initiative aimed to educate citizens on the importance of this linkage for a robust and inclusive electoral system. NSS volunteers conducted an extensive awareness campaign to educate citizens about the benefits of linking Aadhaar cards and Voter IDs, emphasizing the role of this linkage in preventing voter fraud and ensuring accurate electoral rolls.

NATIONAL SERVICE SCHEME
UNITS 53 & 95
MES ASMABI COLLEGE, P.VEMBALLUR
Affiliated to University of Calicut

നാളെ 20-09-22 ചൊവ്വ 12.30 ന് ക്യാമ്പസിൽ NSS ന്റെ നേതൃത്വത്തിൽ സൗജന്യമായി ബോട്ട് ഐഡി കാർഡും ആധാർ കാർഡും ലിങ്ക് ചെയ്ത് കൊടുക്കുന്നു. അതിനു വേണ്ടി നിങ്ങളുടെയും വിട്ടുകാരുടെയും, സുഹൃത്തുക്കളുടെയും താഴെ പറയുന്ന വിവരങ്ങൾ ഫീല്ഡ് ചെയ്ത് കൊണ്ടുവരേണ്ടതാണ്. ആധാർ കാർഡിന്റെ ഒറിജിനലോ ഫോട്ടോ കോപ്പിയോ ആവശ്യമില്ല.

1. Name of the Person
2. Aadhar Card Number
3. Voters ID Number
4. Mobile Number

Shabeena P U Dr. Princy Fra

Padinjare Vemballur, Kerala
748R+JRX, Azhikode - Chamakkala Rd
Vemballur, Kerala 680671, India
Lat 10.266639°
Long 76.14226°
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BOOK COLLECTION FOR BHAHADHUR GRAMEENA VAYANASHALA

DATE:21-09-22

VENUE:EDAILANGU

ORGANISED BY: NSS UNITS ,M.E.S ASMABI COLLEGE

NSS (National Service Scheme) initiative focused on collecting books and distributing them to the local library, aiming to enhance community access to educational resources. The NSS team organized a book collection and distribution drive to support the local library's efforts in providing a diverse and enriching collection for community members. The initiative aimed to promote literacy, education, and community engagement. NSS volunteers conducted a community-wide book collection drive, encouraging residents to donate gently used and new books across various genres, including fiction, non-fiction, educational, and children's literature. Volunteers diligently sorted and cataloged the collected books to ensure an organized inventory. This process facilitated efficient distribution and helped the library manage its resources effectively. 35 NSS volunteers actively participated in the book collection drive. A dedicated event was organized for the distribution of collected books to the local library. NSS volunteers actively participated in the event, assisting library staff and community members in selecting books suited to their interests and preferences. NSS book collection and distribution initiative demonstrated the positive impact that community-driven efforts can have on enhancing local resources. By actively engaging with the community and promoting literacy, the NSS team contributed to the enrichment of the local library and, ultimately, the educational well-being of the community.



'PADHEYAM' (PACKED FOOD) DISTRIBUTION

DATE:29-09-2022

VENUE:-IRINJALAKKUDA GOVT HOSPITAL

ORGANISED BY: NSS UNITS

The Food Distribution program organized by the National Service Scheme ,aimed to address food insecurity and provide support to individuals and families facing economic challenges. This initiative focused on distributing essential food items to those in need, fostering a sense of community care and solidarity. Food distribution to patients and bystanders at hospitals is a critical aspect of healthcare support services, aiming to ensure nutritional well-being and comfort for individuals during their hospital stay. This practice serves various purposes, including addressing the nutritional needs of patients, providing sustenance for family members or bystanders, and contributing to the overall healing environment within healthcare facilities. food distribution in hospitals is a multifaceted approach aimed at supporting patients' nutritional needs, enhancing the overall healthcare experience, and providing comfort to family members and bystanders during challenging times. The success of these programs lies in effective planning, collaboration, and a commitment to patient-centered care.



OLDAGE HOME VISIT

DATE: 24.09.22

VENUE:DHAYA OLDAGE HOME,METHALA

ORGANISED BY: NSS UNITS

This report provides a brief overview of the NSS (National Service Scheme) team's visit to Daya Old Age Home in Methala, outlining the activities conducted to support and engage with the elderly residents. The NSS team organized a visit to Daya Old Age Home in Methala with the goal of providing companionship, support, and recreational activities for the elderly residents. The visit aimed to address the social isolation often experienced by the elderly and promote a sense of community and care. NSS volunteers conducted interactive sessions with the residents, engaging in conversations, sharing stories, and listening to their experiences. This fostered a sense of connection and companionship. The NSS team distributed essential items, including toiletries, clothing, and non-perishable goods, to meet the basic needs of the residents. This gesture aimed to enhance their quality of life and demonstrate community support:

A cultural program was arranged, featuring performances by NSS volunteers and residents. This allowed for an exchange of talents and created a lively and enjoyable atmosphere.



SCRAP CHALLENGE

Date: 2-10-2022 to 06-10-2022

Outcome:- Collected money for Abhayam Program through Scrap Challenge.

A creative and environmentally conscious fundraising endeavor, the National Service Scheme (NSS) team organized a "Scrap Challenge" to raise funds for the Abhayam Housing Project. This initiative, conducted on 2-10-22 to 06-10-22, aimed to not only generate financial support for the housing project but also promote recycling and sustainable practices within the community. The NSS team launched a community-wide scrap collection drive, encouraging residents to contribute recyclable materials such as paper, plastic, metal, and electronic waste. Collection points were set up across the locality for convenient drop-off. The collected scrap served as the currency for the fundraising challenge. Participants could exchange their recyclables for "scrap points," and these points were then converted into monetary donations for the Abhayam Housing Project.



PALLIATIVE CARE VISIT

DATE:- 08-10-2022

VENUE:- ERIYAD PALLIATIVE CARE

ORGANISED BY :NSS UNITS

NSS team often engage in palliative care activities as part of their community service initiatives. Palliative care aims to improve the quality of life for individuals facing life-threatening illnesses and their families by providing holistic support, including medical, emotional, and social care. NSS teams may conduct training sessions for volunteers and community members on basic palliative care skills, such as effective communication, pain management, and emotional support. 28 volunteers actively participated in the programme.



PANCHAYATH 'HARITHA MITHRAM' QR CODE SURVEY

DATE:13-10-2022

VENUE:SN PURAM PANCHAYATH

ORGANISED BY: NSS UNITS

Nss units conducted Panchayat Haritha 'Mithram' QR Code Survey at SN Puram Panchayat (Ward 19,20,21 (Panchayat Haritha 'Mithram' Software implementation and installation -Survey). 33 volunteers participated in the survey along with panchayath officials.



POLICE STATION CLEANING

DATE:15-10-2022

VENUE:MATHILAKAM

ORGANISED BY NSS UNITS

the National Service Scheme (NSS) team, in collaboration with local authorities, took the initiative to clean and enhance the premises of Mathilakam Police Station. This community service project aimed to create a more conducive and welcoming environment for the police officers and the community they serve. 18 volunteers actively participated in the cleaning drive. The initiative was planned in coordination with the Mathilakam Police Station authorities to address specific needs and areas that required attention. The NSS team conducted a preliminary assessment to identify cleaning requirements. The cleaning activities encompassed various tasks, including sweeping, mopping, dusting, and organizing. Special attention was given to areas such as the reception, waiting areas, offices, and the exterior surroundings to ensure a comprehensive cleaning effort. The collaborative cleaning initiative at Mathilakam Police Station, led by the NSS team, exemplifies the positive impact that community-driven service projects can have on both public institutions and community relations. By actively engaging in the betterment of law enforcement premises, the project reinforces the importance of shared responsibility and partnership for creating safer and more supportive communities.



HOUSE PAINTING

DATE :-15.10.2022

VENUE:-TSUNAMI COLONY

ORGANISED BY NSS UNITS

In a heartwarming gesture of compassion and community service, the National Service Scheme (NSS) team undertook the initiative to paint the home of an elderly orphaned woman. This project aimed not only to improve the physical condition of her living space but also to bring joy and a sense of belonging to her life..30 nss volunteers actively participated in the function.The NSS team procured the necessary painting supplies, including paint, brushes, rollers, and protective equipment. The team members, along with volunteers from the community, prepared the house for painting by cleaning and repairing surfaces as needed.The house painting initiative undertaken by the NSS team for the elderly orphaned woman exemplifies the transformative impact of community service. Beyond the aesthetic enhancement, the project brought a renewed sense of dignity, joy, and community support to the beneficiary. This compassionate endeavour serves as a reminder of the positive change that can be achieved when communities come together to uplift those in need.



CLEAN INDIA PROGRAMME

DATE:18-10-2022

VENUE:DUBAI BEACH ROAD

ORGANISED BY NSS UNITS

National Service Scheme (NSS) team organized a beach cleaning initiative as part of their commitment to environmental stewardship and community service. The objective was to address the issue of marine litter, promote environmental awareness, and contribute to the overall well-being of the coastal ecosystem. 28 volunteer participated in the program .Prior to the beach cleaning, the NSS team conducted briefings on safety protocols, waste segregation, and the importance of using environmentally friendly cleaning materials. The team ensured that all participants were equipped with gloves, trash bags, and other necessary tools. The beach cleaning day involved a systematic and thorough cleanup of the entire stretch of the beach. NSS volunteers and community members worked together to collect and segregate different types of waste, including plastic, glass, and other debris.



‘PAYASAM’ CHALLENGE -FOR AID TO BUDS CENTRE

DATE:18-10-2022

ORGANISED BY: PG DEPT OF COMMERCE,ALUMNI

The Payasam Challenge fundraising event was organized with the primary goal of raising funds and generating awareness for the support and well-being of autistic children. The event aimed to foster community engagement while highlighting the unique needs of individuals with autism. The Payasam Challenge involved participants creating and sharing their versions of the traditional Indian dessert, Payasam, on social media platforms. Participants were encouraged to challenge friends, family, and colleagues to join the initiative, spreading the message about autism awareness and the importance of supporting children with autism. 160 students participated in the program and the fund raised was distributed to buds centre mathilakam. The Payasam Challenge fundraising event not only succeeded in raising crucial funds for autistic children but also played a significant role in promoting awareness and fostering community support. The collective efforts of participants and donors contributed to making a positive impact on the lives of those affected by autism.



PLASTIC WASTE COLLECTION DRIVE

ORGANIZING ENTITY: NATIONAL CADET CORPS (NCC)

DATE: 23-10-2022

The Plastic Waste Collection Drive organized by the National Cadet Corps (NCC) in 2022 aimed to contribute to environmental sustainability by collecting plastic waste. The program focused on raising awareness about the impact of plastic pollution and actively engaging NCC cadets in community service for waste management.

Objectives of the Program:

Environmental Awareness:

Raised awareness among NCC cadets about the detrimental effects of plastic pollution on the environment, wildlife, and human health.

Community Cleanup:

Actively participated in a community cleanup initiative focused on the collection of plastic waste from designated areas, including public spaces, parks, and streets.

Promoting Responsible Waste Disposal:

Encouraged responsible waste disposal practices among NCC cadets and the broader community, emphasizing the importance of reducing, reusing, and recycling plastic items.

Team Building:

Focused on team-building among NCC cadets by working together in groups to collect, sort, and dispose of plastic waste in an organized and effective manner.

The Plastic Waste Collection Drive successfully engaged 60 NCC cadets who actively participated in the cleanup, waste sorting, and educational outreach activities.

Program Impact:

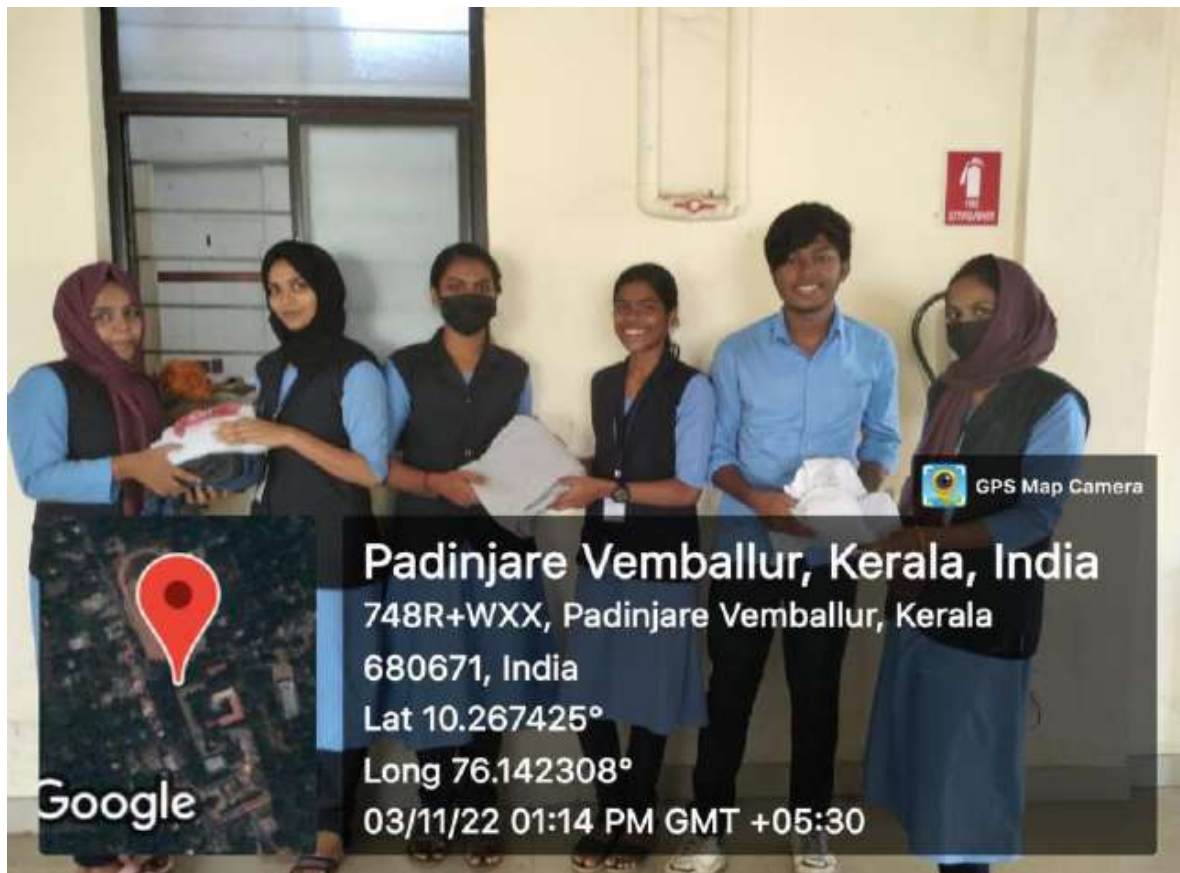
The program had a positive impact on environmental awareness, community cleanliness, and instilling a sense of responsibility among NCC cadets towards proper waste disposal.



BED SHEET COLLECTION AND DISTRIBUTION

DATE:3-11-2022
VENUE:KODUNGALLUR
ORGANISED BY NSS UNITS

in an endeavor to provide warmth and comfort to those in need, the National Service Scheme (NSS) team conducted a Bed Sheet Collection and Distribution Drive on 3-11-22. This initiative aimed to address the basic necessity of bedding for individuals facing economic hardships and residing in marginalized communities. The NSS team organized a collection drive for bed sheets, reaching out to the local community, educational institutions, and businesses for contributions. Donation drop-off points were established, making it convenient for people to contribute to the cause. The distribution day involved organizing the collected bed sheets and packaged them for distribution. NSS volunteers, along with community members, worked together to ensure a smooth and organized process, respecting the dignity of the recipients.



AWARENESS TALK ON MARINE RESOURCES

ORGANIZING DEPARTMENT: DEPARTMENT OF AQUACULTURE
DATE:11-11-2022

The Awareness Talk on Marine Resources organized by the Department of Aquaculture in 2022 aimed to educate and raise awareness about the importance, conservation, and sustainable use of marine resources. This initiative sought to empower participants with knowledge about marine ecosystems, the significance of biodiversity, and the role of responsible practices in ensuring the health of marine environments.

Objectives of the Program:

Introduction to Marine Resources:

Provided a comprehensive introduction to various marine resources, including fish, algae, and other organisms, highlighting their ecological, economic, and cultural importance.

Importance of Biodiversity in Marine Ecosystems:

Emphasized the critical role of biodiversity in maintaining the balance and health of marine ecosystems, explaining the interconnectedness of different species and their impact on the overall environment.

Conservation Challenges:

Discussed the challenges faced by marine ecosystems, including overfishing, pollution, habitat destruction, and climate change, shedding light on the threats to marine biodiversity.

Sustainable Fishing. The Department of Aquaculture initiated to organize an Awareness Talk on Marine Resources in 2022 demonstrated a commitment to environmental education and sustainable practices. By addressing key issues, promoting responsible behavior, and encouraging community involvement, the program aimed to instill a sense of responsibility towards the conservation of marine ecosystems. The success of this initiative highlights the potential for educational outreach to inspire positive environmental action and contribute to the broader goal of marine conservation.



TRAINING PROGRAM ON VALUE-ADDED FISH PRODUCTS FOR KUDUMBASREE MEMBERS

ORGANIZING DEPARTMENT: DEPARTMENT OF FISH PROCESSING TECHNOLOGY
DATE:16-11-2022

The Training Program on Value-Added Fish Products organized by the Fisheries and Aquatic Sciences Department (FPT) in 2022 aimed to empower members of Kudumbasree, a community-based self-help group in Kerala, with knowledge and skills in producing value-added fish products. This initiative sought to enhance economic opportunities for Kudumbasree members by diversifying their skills in the fisheries sector.

Objectives of the Program:

Capacity Building in Fish Processing:

Conducted training sessions to build the capacity of Kudumbasree members in fish processing techniques, emphasizing hygiene, safety, and quality standards.

Introduction to Value-Added Products:

Provided insights into the concept of value-added fish products, including fish pickles, fish cutlets, smoked fish, and other innovative products, highlighting their market potential and demand.

Hands-on Practical Training:

Organized hands-on practical sessions allowing participants to actively engage in the preparation of various value-added fish products under the guidance of experienced trainers.

Quality Assurance and Packaging:

Covered topics related to maintaining product quality, hygiene practices during processing, and effective packaging to ensure the longevity and marketability of the value-added fish products.

Market Linkages and Entrepreneurship:

Shared information on creating market linkages, establishing small-scale enterprises, and developing entrepreneurial skills, aiming to empower participants to explore business opportunities in the fish processing sector.



PALIAIVE CARE WORK

DATE 26-11-2022, VENUE:ERİYAD
ORGANISED BY:NSS UNITS

The National Service Scheme (NSS) team, in collaboration with local healthcare professionals, undertook a series of palliative care activities in Eriyad, reflecting their commitment to supporting individuals facing chronic illnesses and their families. The initiative aimed to provide holistic care and emotional support to those in need. To ensure a comprehensive and well-informed approach, the NSS team collaborated closely with healthcare professionals, including doctors, nurses, and palliative care specialists. This collaboration facilitated the identification of specific medical needs and the development of a personalized care plan for each patient. Recognizing the emotional challenges faced by patients and their families, the NSS team organized psychosocial support sessions. These sessions included counseling, group discussions, and activities aimed at improving the mental and emotional well-being of patients and their caregivers. 15 volunteers actively participated the program. The palliative care activities undertaken by the NSS team in Eriyad exemplify the power of community-driven initiatives in providing holistic support to individuals facing chronic illnesses. By combining medical care with psychosocial and practical assistance, the initiative aimed to improve the overall well-being of patients and create a more compassionate and understanding community. This project serves as a model for future efforts in community-based palliative care and highlights the positive impact of collective action in promoting health and dignity for all.



OLDAGE HOME VISIT

DATE:26-11-2022
ORGANISED BY:NCC

The Old Age Home Visit and Contribution Drive organized by the National Cadet Corps (NCC) in 2022 aimed to provide companionship and support to the elderly residents of an old age home. Additionally, the program included a financial contribution to assist the home in meeting the needs of its residents.

Objectives of the Program:

Companionship and Interaction:

Facilitated meaningful interactions and companionship between NCC cadets and the elderly residents of the old age home, addressing social isolation and promoting a sense of community.

Financial Contribution:

Raised funds through a contribution drive to provide financial support to the old age home, aiding in meeting the residents' daily needs, healthcare expenses, and facility maintenance.

Emotional Well-being:

Focused on improving the emotional well-being of the elderly by offering companionship, engaging in conversations, and participating in recreational activities during the visit.

Awareness of Elderly Issues:

Raised awareness among NCC cadets about the challenges faced by the elderly population, including loneliness, health concerns, and the importance of providing support and empathy.

Community Engagement:

Engaged NCC cadets in community service, fostering a sense of responsibility and compassion towards the elderly and promoting the value of intergenerational connections.

50 ncc cadets participated in the programme.



BED SHEET COLLECTION

DATE:28-11-2022
ORGANISED BY: DEPT.OF COMMERCE
VENUE: KODUNGALLUR

The Bed sheet Collection organized by the commerce department in 2022 aimed to gather bedsheets and linens for distribution to individuals and families in need. The program focused on providing essential bedding items to contribute to the comfort and well-being of those facing economic challenges.

Objectives of the Program:

Basic Comfort and Well-being:

Provided essential bedding items, particularly bedsheets, to enhance the basic comfort and well-being of individuals and families facing economic hardships.

Community Support:

Demonstrated community support by collecting and distributing bedsheets to those in need, reinforcing the students commitment to social responsibility and welfare.

25 students and 3 teachers actively participated in the program.



SUPPORTING GRAMA SABHA (2022)

ORGANISED BY WESTER GHATS HORN BILL FOUNDATION AND DEPT.OF BOTANY
7-12-2022

The Supporting Grama Sabha program aimed to provide comprehensive support and empowerment to indigenous community Gramasabhas in 2021. This initiative focused on addressing the unique needs and challenges faced by these communities, fostering sustainable development, cultural preservation, and overall community well-being.

Objectives of the Program:

Needs Assessment and Community Consultation:

To conduct a thorough needs assessment and engage in community consultations to understand the specific challenges faced by indigenous Gramasabhas, ensuring that the support provided is tailored to their unique circumstances.

Livelihood Support:

To offer livelihood support through initiatives such as skill development programs, vocational training, or income-generating projects, empowering community members to enhance their economic self-sufficiency.

Cultural Preservation:

To support initiatives that contribute to the preservation of indigenous cultures, traditions, and languages within Gramasabhas, recognizing the importance of cultural heritage in community identity.

Education and Healthcare Initiatives:

To implement projects aimed at improving access to quality education and healthcare services within indigenous Gramasabhas, ensuring that community members have the resources needed for holistic development.



PEOPLE BIODIVERSITY REGISTER PREPARATION AND RELEASE

ORGANISED BY: DEPT OF BOTANY 2023

DATE:7-1-2023

The People Biodiversity Register Preparation and Release program exemplifies a bottom-up approach to biodiversity conservation, emphasizing the active involvement of local communities in documenting and preserving the rich diversity of their surroundings. Through this initiative, the collaborating entity aimed to empower communities, raise awareness, and contribute to the broader goal of sustainable and informed environmental management. The release of the People Biodiversity Register serves as a valuable resource for researchers, policymakers, and conservationists, highlighting the importance of community-driven efforts in safeguarding biodiversity



ശ്രീനാരായണപുരം ഗ്രാമപഞ്ചായത്ത്

ജനകീയ ജൈവവൈവിധ്യ
രണ്ടാം വർഷ്ച് രജിസ്റ്റർ

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COASTAL RESTORATION

COLLABORATING AGENCY: BHOOMITHRASENA CLUB

DATE:16-1-2023

The Coastal Restoration program conducted by the Bhoomithrasena Club in 2022 aimed to address and mitigate the environmental challenges faced by coastal ecosystems. Focused on establishing a seed bed and species nursery, the program sought to bring together 40 participants to actively contribute to the restoration and conservation of coastal habitats.

Objectives of the Program:

Ecosystem Rehabilitation:

To rehabilitate and restore degraded coastal ecosystems by establishing seed beds and species nurseries to support the growth of native plant species.

Biodiversity Conservation:

To contribute to the preservation of coastal biodiversity by cultivating and propagating indigenous plant species that are crucial for the sustenance of local flora and fauna.

Community Engagement:

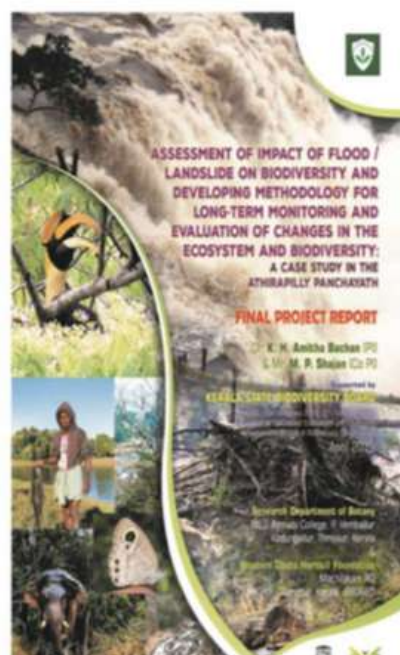
To engage and educate the local community, involving 40 participants, in the importance of coastal restoration and the role they play in maintaining the ecological balance of their surroundings.

Awareness and Advocacy:

To raise awareness about the significance of coastal ecosystems and the potential impact of human activities, encouraging advocacy for sustainable practices and responsible coastal management.

Capacity Building:

To equip participants with the knowledge and skills necessary for the successful establishment and maintenance of seed beds and species nurseries, fostering a sense of ownership and responsibility



BLOOD DONATION CAMP

DATE:30-11-22

VENUE:COLLEGE AUDITORIUM

ORGANISED BY:NSS UNITS & IMA

National Service Scheme (NSS) team joined forces with the Indian Medical Association (IMA) to organize a Blood Donation Camp, emphasizing the critical role of voluntary blood donation in saving lives. The collaborative effort aimed to address the constant need for blood and promote a culture of altruism within the community. The NSS team undertook extensive promotional activities to raise awareness about the blood donation camp. Community outreach initiatives, including informational sessions, posters, and social media campaigns, aimed to educate residents on the importance of voluntary blood donation. IMA professionals, assisted by NSS volunteers, conducted the blood collection process. The emphasis was on maintaining a sterile and safe environment to guarantee the well-being of donors. Donors were provided with refreshments and observed for a brief recovery period post-donation. Donors were encouraged to consider regular blood donation, fostering a culture of repeat donors within the community. Information on the frequency and safety of blood donation was shared to alleviate concerns and encourage sustained participation.



GROCESSRY DISTRIBUTION

DATE:2-2-2023

VENUE:TSUNAMI COLONY

ORGANISED BY:NSS UNITS

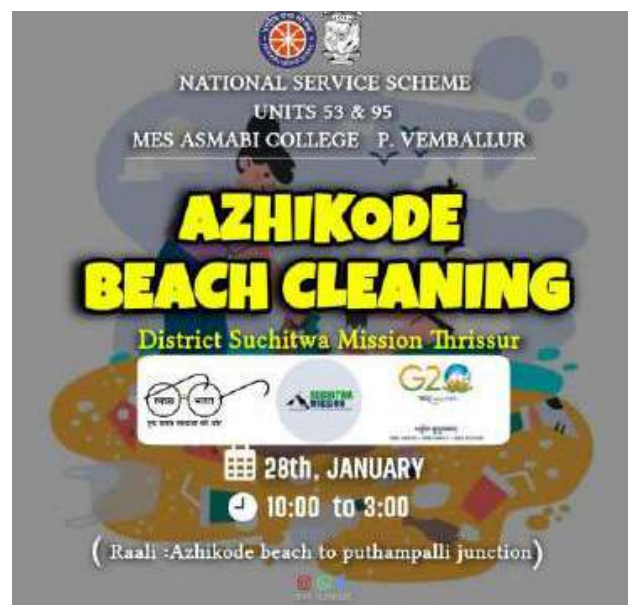
The NSS team organized a grocery distribution initiative to support the community during necessity. The primary goal was to provide essential food items to those in need and contribute to the well-being of the residents in the targeted area. The NSS team members actively participated in planning, organizing, and executing the grocery distribution event. Volunteers from the local community have also joined forces to ensure the success of the initiative. 25 volunteers participated in the program. The NSS team efficiently distributed groceries to residents, ensuring fair and equitable access to essential items. Feedback and suggestions from the community were encouraged. The grocery distribution initiative had a positive impact on the community by addressing immediate food needs and fostering a sense of solidarity. It provided relief to vulnerable populations and demonstrated the NSS team's commitment to social responsibility.



AZHIKODE BEACH CLEANING

DATE:28-1-2023
VENUE:AZHECODE
ORGANISED BY:NSS UNITS

National Service Scheme (NSS) team organized a beach cleaning initiative at [azhicode Beach] as part of their commitment to environmental stewardship and community service. The objective was to address the issue of marine litter, promote environmental awareness, and contribute to the overall well-being of the coastal ecosystem. Prior to the beach cleaning, the NSS team conducted briefings on safety protocols, waste segregation, and the importance of using environmentally friendly cleaning materials. The team ensured that all participants were equipped with gloves, trash bags, and other necessary tools. The beach cleaning day involved a systematic and thorough cleanup of the entire stretch of the beach. NSS volunteers and community members worked together to collect and segregate different types of waste, including plastic, glass, and others. NSS volunteers actively participated in the program.



AWARENESS CLASS ON AQUARIUM MAKING

ORGANIZING DEPARTMENT: DEPARTMENT OF AQUACULTURE
VENUE: GVHSS,KAIPAMANGALAM
DATE: 3-2-2023

The Awareness Talk on Aquarium Making organized by the Department of Aquaculture in 2023 aimed to introduce school students to the fascinating world of aquaculture, specifically focusing on the creation and maintenance of aquariums. This program sought to foster interest, awareness, and hands-on skills related to aquarium hobbyist practices.

Objectives of the Program:

Introduction to Aquaculture:

Provided an overview of aquaculture, explaining its significance, and highlighting the positive impact of aquariums on both education and personal well-being.

Educational Benefits of Aquariums:

Discussed the educational benefits of having an aquarium, including lessons in biology, ecology, and environmental science, fostering a deeper understanding of aquatic ecosystems.

Hands-on Learning:

Conducted practical demonstrations and hands-on activities, allowing students to actively participate in setting up a basic aquarium, selecting suitable fish species, and understanding the necessary equipment.

Promotion of Creativity:

Emphasized the creative aspects of aquarium making, encouraging students to explore various designs, themes, and landscaping ideas for their aquariums



FINANCIAL AID TO PHC FOR PALLIATIVE CARE

DATE:8-2-2023
VENUE:PHC ALMAVU
ORGANISED BY:NSS UNITS

The financial assistance provided to the almavu the Primary Health Center (PHC)] aimed to enhance and expand palliative care services within the community. Palliative care is crucial in improving the quality of life for individuals facing serious illnesses and supporting their families throughout the care journey.6 volunteers actively participated and handed over Rs 2000 to PHC authorities for palliative care works. The decision to provide financial assistance to the PHC for palliative care was driven by the recognition of the growing need for comprehensive and compassionate support for patients dealing with life-limiting illnesses. The funds were allocated to strengthen the existing palliative care services, ensuring that patients receive optimal care and support. The financial assistance provided to the PHC for palliative care played a pivotal role in enhancing healthcare services for individuals facing life-limiting illnesses. This initiative reflected a commitment to promoting compassionate and comprehensive care within the community.



CANCER AWARENESS AND DETECTION CAMP

DATE-22-2-2023

ORGANISED BY:NSS,ALUMNI,DEPARTMENT OF COMMERCE

VENUE: M.E.S ASMABI COLLEGE

National Service Scheme (NSS) units, along with the alumni and the Department of Commerce, joined hands to organize a Cancer Awareness and Detection Camp in collaboration with the Cochin Cancer Society. The aim of this event was to raise awareness about cancer, emphasize the importance of early detection, and provide valuable information on preventive measures.

Objectives of the Camp:

1. Education and Awareness: Disseminate information about different types of cancers, risk factors, and the significance of adopting a healthy lifestyle to prevent cancer.
2. Early Detection: Encourage participants to undergo cancer screenings and regular health check-ups for the early detection of potential malignancies.
3. Support and Guidance: Offer support to individuals affected by cancer and their families, providing them with guidance on available resources and support networks.



EXPERIA-E WASTE COLLECTION

DATE:28-2--2023

VENUE:SN PURAM PYANCHATH

ORGANISING UNIT:SWATCH BHARATH

The Experia E-Waste Collection program, a collaborative effort involving all departments, aimed to facilitate the responsible collection and disposal of electronic waste (e-waste) from the SN Puram Panchayath in 2023. This initiative focused on raising awareness about the environmental impact of improper e-waste disposal and promoting sustainable practices within the community. E-Waste Awareness Campaign:

To launch an extensive awareness campaign within SN Puram Panchayath, educating residents about the hazards of improper e-waste disposal and the importance of recycling electronic devices.

To collaborate with local authorities, including the panchayath and waste management authorities, to obtain necessary permissions and support for the organized collection of e-waste.

To identify convenient and accessible collection points within SN Puram Panchayath where residents can responsibly dispose of their e-waste items.

To encourage participation from all departments within the community, fostering a sense of collective responsibility and engagement in environmental stewardship.

To deploy strategically located collection bins for e-waste at various points within SN Puram Panchayath, facilitating easy and convenient disposal for residents.

To establish a systematic process for sorting and segregating collected e-waste items based on their types, ensuring appropriate recycling methods are applied.

To engage with certified e-waste recycling partners to ensure that the collected items are responsibly recycled, reducing environmental impact and promoting a circular economy.



ABHAYAM HOUSING PROJECT

ORGANISED BY : NSS UNITS
PERIOD-2022-23

The Abhayam Housing Project initiated by the National Service Scheme (NSS) team aims to address the issue of homelessness among college students. Recognizing the plight of students without shelter, the project endeavors to provide them with safe and comfortable housing facilities.

Objectives:

- 1.To offer housing solutions to homeless college students.
- 2.To create a conducive living environment that promotes academic success and personal well-being.
- 3.To foster a sense of community and support among students

The Abhayam Housing Project undertaken by the NSS team exemplifies the power of community-driven initiatives in addressing homelessness among college students. By providing housing solutions and support services, the project not only addresses immediate needs but also empowers students towards a brighter and more secure future.

