



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

2020-21



www.mesasmabicollege.edu.in

AID TO COVID TREATMENT CENTRE - DISTRIBUTION OF NECESSARY ITEMS

ORGANISED BY : ALUMNI ASSOCIATION

DATE:10-6-2020

The Aids to COVID Treatment Centre program conducted by the Alumni Association in 2020 aimed to support and strengthen COVID-19 treatment facilities by distributing essential items. This initiative showcased the commitment of the alumni community in aiding healthcare institutions during the unprecedented challenges posed by the global pandemic. Objectives of the Program:

Medical Supplies Distribution: To distribute critical medical supplies and equipment, including personal protective equipment (PPE), ventilators, oxygen concentrators, and other necessary items to COVID-19 treatment centers.

Healthcare Worker Support: To provide support to healthcare workers by ensuring the availability of protective gear, facilitating a safer working environment, and expressing gratitude for their tireless efforts in combating the pandemic.

Patient Comfort and Care: To enhance the comfort and care of COVID-19 patients by providing essential items such as hygiene kits, blankets, and other necessities that contribute to their well-being during treatment.

Emergency Response Readiness: To contribute to the overall emergency response readiness of COVID treatment centers by addressing immediate needs and supporting the institutions



DONATION OF NECESSARY ITEMS TO DCC

VENUE: SN PURAM PANCHAYATH
ORGANISED :BY NSS UNITS
DATE:1-07-2020

The objective of this initiative is to provide critical support to COVID treatment centers by distributing cleaning items and other necessary supplies. This effort is aimed at ensuring a clean and safe environment within the treatment facilities, promoting infection control measures, and supporting the overall well-being of healthcare professionals and patients. Distribution of disinfectants, sanitizers, and cleaning agents to maintain a sterile and hygienic environment within the treatment centers .Provision of cleaning equipment such as mops, brushes, and disposable wipes facilitate regular cleaning routines. Provision of medical consumables, including disposable gloves, masks, and medical-grade disinfectants.

Distribution of cleaning items and essential supplies to COVID treatment centers play a crucial role in ensuring a safe and efficient healthcare environment. This initiative not only supports the healthcare infrastructure but also reflects a united effort to combat the challenges posed by the COVID-19 pandemic.



MAKING AND DISTRIBUTION OF MASKS

DATE:27-7-2020
ORGANISED BY:NSS UNITS

In response to the global COVID-19 pandemic, communities around the world have come together to address the shortage of protective equipment, particularly face masks. This brief report outlines a grassroots initiative focused on the local production and distribution of masks to combat the spread of the virus. The primary objective of the initiative was to provide affordable and accessible face masks to community members, thereby contributing to the mitigation of the virus's transmission. 25 NSS volunteers were actively involved in the covid pandemic awareness program by making masks at home and distributing masks to the public along with covid protocol messages . Local volunteers and community leaders played a crucial role in mobilizing resources and manpower. Awareness campaigns were conducted to educate the community about the importance of wearing masks and the proper usage guidelines.



WEBINAR ON OZONE FOR LIFE

DATE: 16-9-2020
ORGANISED BY: NSS UNITS

NSS units of the college organized a webinar on the "Ozone for life: 35 years of Ozone layer protection" on 16-9-2020. The resource person for the webinar was Sri. Santhosh P Jose (Assistant Professor, Dept. of Physics, Vimala College, Thrissur). Sri. Santhosh presented the topic with simple and minute details so that volunteers even from the non-science stream benefited from the session and found very informative. Principal Dr. Biju A. presided over the online function online and POs Dr. Sheeba N H and Sri. Mohammed Areej proposed welcome address and vote of thanks respectively. 130 volunteers participated in the Webinar.



The poster is green and white. At the top left is the NSS logo. To its right, it says "NATIONAL SERVICE SCHEME M.E.S ASMABI COLLEGE P.VEMBALLUR UNIT 53 & 95". Below this, in large white letters, is "WEBINAR:" followed by "OZONE FOR LIFE: 35 years of ozone layer protection". In the center is a circular portrait of Mr. Santhosh P Jose. Below the portrait, his name and title are listed: "Mr. Santhosh P Jose Assistant Professor Department of Physics, Vimala College, Thrissur". To the left of the portrait, it says "On:" with a video camera icon, followed by "Google Meet 10.30 AM 16 SEPT 2020". At the bottom, a dark green box contains the text "[E- Certificate will be provided later.]".



FINANCIAL HELP FOR TREATMENT

ORGANISED BY: ALUMNI

DATE: 16-12-2020

The Financial Help for Treatment program facilitated by the Alumni Association in 2020 aimed to provide financial assistance to alumni facing medical treatment expenses. This initiative reflected the commitment of the alumni community to support its members during times of health crises, showcasing solidarity and compassion. To demonstrate the commitment of the alumni community to the well-being of its members financial support has been offered during challenging times by , fostering a sense of unity and care financial help for treatment of Alumni program represents a compassionate response to the health challenges faced by members of the alumni community. Through this initiative, the Alumni Association aimed to provide tangible and meaningful support to alumni undergoing medical treatment, emphasizing the importance of community care and solidarity. The program exemplifies the commitment of the alumni community to the well-being of its members, showcasing the power of collective action in times of personal adversity.



PSYCHOLOGICAL SUPPORT DURING COVID 19

ORGANISED BY: DEPT.OF PSYCHOLOGY

DATE:14-9-2020

The COVID Services program initiated by the Psychology Department in 2020 aimed to provide essential psychological support to individuals and communities affected by the COVID-19 pandemic. This initiative focused on addressing the mental health challenges arising from the pandemic, offering counseling services, and promoting resilience and coping strategies.

Objectives of the Program:

Community Mental Health Assessment:

To conduct a comprehensive assessment of the mental health needs within the community, identifying specific challenges and vulnerabilities arising from the COVID-19 pandemic.

Crisis Intervention and Counseling:

To establish crisis intervention services, providing immediate psychological support and counseling for individuals experiencing heightened stress, anxiety, or emotional distress due to the pandemic.

Hotline and Virtual Support Services:

To set up a hotline and virtual support services, ensuring accessibility for individuals seeking psychological support remotely, especially those adhering to social distancing measures



FOOD DISTRIBUTION TO GOVT.HOSPITAL

ORGANISED BY:NSS UNITS
DATE:26-10-2020

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.



WEBINAR SERIES - PROVIDING PSYCHOLOGICAL SUPPORT TO SOCIETY

ORGANIZING DEPARTMENT: PSYCHOLOGY DEPARTMENT
DATE:17-10-2020,24-10-2020,31-10-2020

The Webinar Series organized by the Psychology Department in October 2020, titled "Providing Psychological Support to Society," aimed to offer valuable insights, guidance, and support to individuals facing psychological challenges heightened by the various stressors of the year, including the COVID-19 pandemic. The webinar series focused on addressing mental health issues, building resilience, and fostering a sense of community well-being.

Objectives of the Program:

Mental Health Awareness: To increase awareness about mental health issues, reduce stigma, and promote open discussions on psychological well-being within the community.

Expert Insights and Perspectives: To provide expert insights and perspectives on coping with stress, anxiety, and other mental health challenges, featuring renowned psychologists, therapists, and mental health professionals.

COVID-19 Impact on Mental Health: To discuss the specific impact of the COVID-19 pandemic on mental health, addressing concerns related to isolation, uncertainty, fear, and grief.

Crisis Intervention Strategies: To equip participants with crisis intervention strategies, emphasizing the importance of seeking professional help and utilizing available support services.

Resilience Building Workshops: To conduct workshops on resilience-building, focusing on practical tools and strategies that individuals can incorporate into their daily lives to enhance mental and emotional resilience.



MES ASMABI COLLEGE
DEPARTMENT OF PSYCHOLOGY & IQAC

WORLD MENTAL HEALTH
MONTH OBSERVATION 2020

Theme : Mental Health for all Greater Investment -
Greater Access

ON 17, 24 & 31 OCTOBER 2020

SAFE
LUNCH 12:00 PM
Time 12:00 PM to 12:30 PM

SAFE
LUNCH 12:00 PM
Time 12:00 PM to 12:30 PM

Dr. Jyoti Kulkarni
Clinical Psychologist
NIMHANS, Mumbai
HEAD OF PASSION ON MENTAL
HEALTH ORGANIZATION

Dr. Jyoti Kulkarni
Clinical Psychologist
and Foundation, Editor
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Dr. Jyoti Kulkarni
Director
Department of Psychology, MES
College, Mumbai

Personal population Psychology Students and Professionals
E - certificates will be provided

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CONTRIBUTION TO PRANA AIR CARE

DATE:12-3-2021

ORGANISED BY :ALUMNI ASSOCIATION

The Contribution to Prana Air Care program organized by the Alumni Association aimed to support and contribute to air quality improvement initiatives led by Prana Air Care. Through financial contributions and active participation, the alumni community sought to address the pressing issue of air pollution and promote a healthier environment for the community.

Objectives of the Program:

Financial Support for Air Quality Initiatives:

To contribute financial resources to Prana Air Care, supporting their initiatives and projects aimed at improving air quality and mitigating the impact of air pollution.

Alumni Community Engagement:

To engage the alumni community in a collective effort to address environmental challenges, fostering a sense of responsibility and commitment to sustainable practices for the benefit of the community.

Air Quality Monitoring and Improvement:

To support Prana Air Care in monitoring air quality levels and implementing measures that contribute to the improvement of air quality in specific regions or communities.

Technology Adoption:

To encourage the adoption and development of innovative technologies by Prana Air Care for air purification, pollution control, and public awareness campaigns.

Community Awareness and Education:

To promote awareness and education within the alumni community about the impact of air pollution on health and well-being, and the role of Prana Air Care in addressing these issues.



BLOOD DONATION CAMP

DATE: 15-3-2021
ORGANISING UNIT :NCC UNIT

The Voluntary Blood Donation Camp organized by the National Cadet Corps (NCC) in 2021 aimed to contribute to the availability of safe and voluntary blood donations for medical emergencies. The program focused on encouraging NCC cadets and the broader community to voluntarily donate blood, promoting a sense of social responsibility and lifesaving contributions.

Objectives of the Program:

Addressing Blood Shortages:

Addressed potential blood shortages by organizing a voluntary blood donation camp, emphasizing the critical need for blood in medical emergencies and routine healthcare.

Encouraging Voluntary Donations:

Encouraged voluntary blood donations, promoting the idea that individuals willingly contribute to the blood bank without external pressure.

Community Participation:

Actively engaged the NCC cadets and the local community in the blood donation drive, fostering a sense of collective responsibility towards healthcare and emergency medical needs.

Collaboration with Blood Banks:

Collaborated with blood banks and medical professionals to ensure that the blood donation process adhered to safety standards and that the collected blood could be effectively utilized.

Health Screening:

Conducted health screenings for potential donors to ensure their eligibility for blood donation, prioritizing the well-being of both the donors and the recipients.



AWARENESS RALLY ON COVID PROTOCOL

DATE: 28-3-2021
ORGANISED BY: NSS UNITS

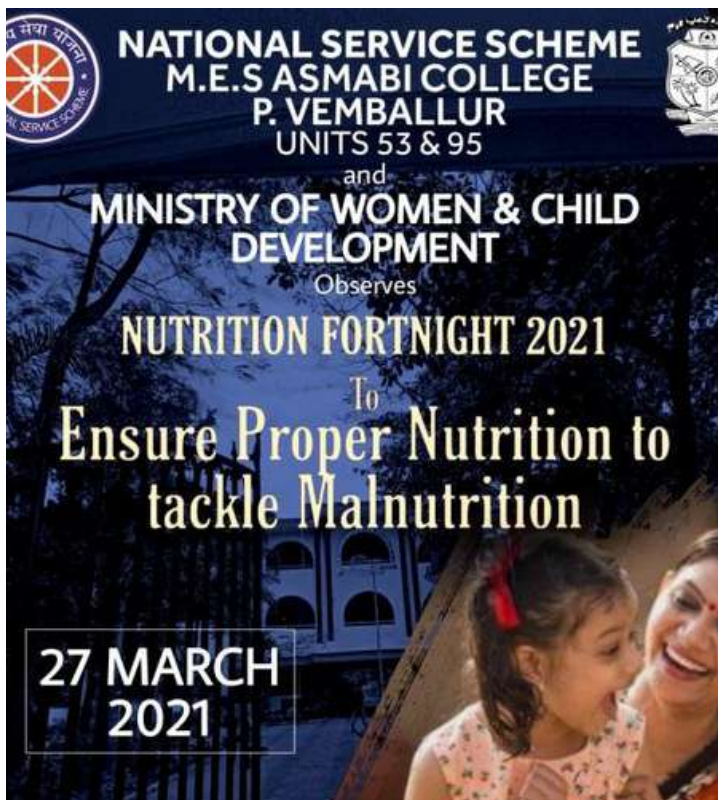
NSS units of MES Asmabi College, P Vemballur conducted cycle rally led by PO Sri. Mohammed Areej on 28-3-2021 which was flagged off by the senior most associate of the college 'Kochutha'. 50 volunteers including 20 girls with their cycles participated in the rally which started from the college at 7.30 am ending up at Muziriz water spot at Kodungallur. Throughout their journey, the volunteers carried placards with messages of COVID protocol, green protocol and anti-drug slogans. At the end of 30km journey, the volunteers with POs Dr Sheeba N H and Mohammd Areej E M gathered at famous Muziris water spot which is an historically well -known place at the border of Thrissur-Ernakulam districts. The team spent nearly for one and half hours with some entertainment under strict covid protocol.



AWARENESS ON NUTRITION FORTNIGHT

DATE: 27-3-2021
ORGANISED BY: NSS UNITS

As part of nutrition fortnight (PoshanPakhwada), NSS units organized two programs. In connection with observance of 'PoshanPakhwada' (Nutrition fortnight), NSS units organized awareness program with 'Flash Mob' by the volunteers on 27-3-2021, followed by a brief message from PO Sri Mohammed Areej E M.



MEDICAL CAMP

DATE: 27-3-2021
ORGANISED BY: NSS UNITS

As part of nutrition fortnight (PoshanPakhwada), NSS units organized two programs. Due to the restrictions of covid protocol, we conducted the 2 programs on 27-3-2021 itself. In association with AR Medical center, Kodungallur, a medical camp was conducted in the college. There was nearly 120 registrations and four doctors from different departments of 'General Medicine', ENT, 'Gynaecology' and 'Orthopeadics' attended the people. Principal Dr Biju A inaugurated the camp.



സൗജന്യ മെഡിക്കൽ ക്യാമ്പ്

2021 മാർച്ച് 27 ശനിയാഴ്ച
രാവിലെ 10 മുതൽ ഉച്ചയ്ക്ക് 3 വരെ

എം ഇ എസ് അസീമാബി കോളേജ് എൻ എസ് എസ് യൂണിറ്റും എ ആർ മെഡിക്കൽ സെന്റർ, ക്രാഫ്റ്റ് കമ്പസ് കൊടുങ്ങല്ലൂരും സംയുക്തമായി എം ഇ എസ് അസീമാബി കോളേജ് വിദ്യാർത്ഥികൾക്കും സ്റ്റാഫുകൾക്കും സൗജന്യമായി മെഡിക്കൽ ക്യാമ്പ് 2021 മാർച്ച് 27 ശനിയാഴ്ച, രാവിലെ 10 മുതൽ ഉച്ചയ്ക്ക് 3 വരെ കോളേജ് ക്യമ്പസിൽ വെച്ചു നടത്തുന്നു.

എ ആർ മെഡിക്കൽ സെന്ററിലെ ജനറൽ മെഡിസിൻ വിഭാഗം, ഗൈനക്കോളജി വിഭാഗം, ഓർത്തോപാതി വിഭാഗം, ഇ എൻ ടി വിഭാഗം ഡോക്ടർമാർ പങ്കെടുക്കുകയും സൗജന്യ രക്തപരിശോധന, സൗജന്യ മരുന്നുകൾ തുടങ്ങിയവ വിതരണം ചെയ്യുന്നു.

ഏല്പാലും പങ്കെടുക്കണമെന്നഭ്യർത്ഥിക്കുന്നു.

Dr. A Biju Principal	Dr. Sheeba N. H. NSS Programme Officer	Mr. Mohammed Areej E M NSS Programme Officer	
Hafeez NSS Secretary	Anjali K.S. NSS Secretary	Farhana K.N. NSS Secretary	Vishnu NSS Secretary



GENEROUS SUPPORT FOR TREATMENT

DATE: 18-4-2021
ORGANISED BY : ALUMNI ASSOCIATION

The Generous Support through Alumni - Public Support for Medical Emergency program represents a concerted effort to harness the collective strength of the alumni community for a cause of critical importance. Through this initiative, the Alumni Association aimed to demonstrate the power of philanthropy and community support in addressing urgent medical needs, showcasing the positive impact that can be achieved when individuals come together to support the well-being of the broader community. The Generous Support program facilitated by the Alumni Association in 2022 aimed to garner public support for medical emergencies through the collective efforts of alumni. This initiative sought to mobilize resources and create awareness to provide financial assistance and aid for individuals facing medical emergencies, reinforcing the commitment of the alumni community to social responsibility and community welfare.



SPECIAL SUMMARY REVISION OF VOTERS LIST

ORGANIZING DEPARTMENT: DEPARTMENT OF POLITICAL SCIENCE

DATE:30-4-2021

The Special Summary Revision of Voters List in 2021, organized by the Department of Political Science, aimed to ensure accuracy, inclusivity, and transparency in the electoral process. This initiative sought to update and revise the voters list, enabling eligible citizens to exercise their democratic right to vote in a fair and efficient manner.

Objectives of the Program:

Accurate Representation:

Conducted a thorough review of the existing voters list to identify inaccuracies, duplications, and outdated information, ensuring a more accurate representation of eligible voters.

Inclusivity and Accessibility:

Facilitated the inclusion of eligible citizens who were previously unregistered, promoting inclusivity and broadening access to the democratic process.

Verification and Authentication:

Implemented a robust verification and authentication process to validate the identity and eligibility of individuals on the voters list, enhancing the overall integrity of the electoral system.



PRODUCTION AND DISTRIBUTION OF SANITIZER

ORGANIZING DEPARTMENT: DEPARTMENT OF BIOCHEMISTRY

DATE:23-05-2021

The Production and Distribution of Sanitizer initiative organized by the Department of Biochemistry in 2021 aimed to contribute to public health and safety during the COVID-19 pandemic by producing hand sanitizer and distributing it for free to the community. This program was designed to address the increased demand for sanitizing solutions and promote hygiene practices to prevent the spread of the virus.

Objectives of the Program:

Production of Hand Sanitizer:

Utilized the expertise in biochemistry to formulate and produce an effective hand sanitizer following recommended guidelines and ensuring adherence to safety standards.

Sourcing of Raw Materials:

Procured high-quality raw materials, including alcohol, glycerin, and other necessary components, to ensure the production of a sanitizer that meets recommended standards for efficacy.

Collaboration with Local Authorities:

Collaborated with local health authorities and regulatory bodies to ensure compliance with guidelines and regulations governing the production and distribution of hand sanitizers.

Free Distribution to Vulnerable Communities:

Prioritized the free distribution of hand sanitizers to vulnerable communities, including low-income neighborhoods, healthcare facilities, and areas with limited access to sanitation resources.

