

# BEST PRACTICES I



## ‘GRAMIKA’ & ‘EXPERIA’

### EXPERIENTIAL LEARNING VIA SOCIAL EMPOWERMENT



MES ASMABI COLLEGE,  
P.VEMBALLUR

# ‘GRAMIKA’

In line with Mahatma Gandhi's belief that "The best way to find yourself is to lose yourself in the service of others," MES Asmabi College embarked on a socially responsible initiative prior to the Covid era. This outreach program aimed to foster socially conscious individuals through the integration of NSS, NCC, and department-specific extension activities.

On February 7, 2018, all departments actively participated in Gramika, showcasing a diverse array of activities. The event encompassed initiatives such as the cleaning of Okhi-affected wards, the distribution of notices promoting energy conservation, and conducting awareness classes on Disaster Management. Additional efforts included a biodiversity survey and health and hygiene programs in the Okhi-affected area, as well as awareness sessions on lifestyle diseases.

Moreover, participants engaged in crafting activities utilizing waste materials, parenting classes focusing on 'Understanding the Child,' support for the school library, games, and entertainment for school children. The event extended its impact to the community through activities like online PSC registration, an internet awareness class for Kudumbasree members, and an eye camp. Other significant contributions involved training and awareness seminars for value-added fishery products, an immunization campaign targeting infants, children, and pregnant women, and an activity-oriented communicative enhancement training program for students at a Government AMLP school. The collective efforts showcased the dedication and commitment of all departments towards the holistic development and well-being of the community.

On January 23, 2020, the college organised e-waste management activities as part of Gramika. Despite electronic waste being a previously unnoticed and untreated source of pollution, increased awareness has become crucial. Researchers and social activists have shed light on the environmental impact of electronic waste. In response, the college initiated awareness drives and e-waste collection events in collaboration with the local Grama Panchayat, striving to educate rural communities on responsible disposal practices.

# ‘EXPERIA’

MES Asmabi College implements Experia, experiential learning through community intervention, offering students a hands-on education that actively involves them with the local community. This approach goes beyond traditional classrooms, allowing students to gain practical experience and a profound understanding of real-world challenges. Whether it is organizing camps, environmental initiatives, or educational programmes, students develop critical thinking, problem-solving skills, and a strong sense of social responsibility.

Experiential learning through active involvement in social service activities is one of the focal points of student attributes targeted by MES Asmabi college. The Experia, E-waste collection drive, executed on February 28, involved all students, except those in their third year, covering all 21 wards under Sree Narayana Puram Grama Panchayat. This active engagement in social service activities is aimed at instilling social orientation, especially in challenging situations, contributing to a more holistic understanding of the world.

# RECOGNITIONS



## Certificate



This is to certify that **MES Asmabi College, P.Vemballur, Kodungallur, Thrissur, Kerala** is now a **Recognized Social Entrepreneurship, Swachhta & Rural Engagement Cell (SES REC) Institution**. The Institution has successfully framed the SES REC Action Plan and constituted ten working groups for improving facilities in the Campus and the Community/Adopted Villages in the areas of **Sanitation & Hygiene, Waste Management, Water Management, Energy Conservation and Greenery** post COVID-19, along with the observation of three environment, entrepreneurship and community engagement related days to inculcate in faculty, students and community, the practices of **Mentoring, Social Responsibility, Swachhta and Care for Environment and Resources**.

Date of Issue:  
1/10/2020

  
Dr. W G Prasanna Kumar  
Chairman

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

Certificate No.: MoE/SES REC/KE/THS/N513



Indian Association<sup>®</sup>  
for the Blind

Redefining Abilities Rescripting Lives

### Certificate of Appreciation

Awarded to

MES ASMABI COLLEGE  
KERALA

for outstanding excellence and amazing commitment  
towards voluntary contribution during the year 2022-2023  
for the empowerment of persons with visual challenges



[www.theiab.org](http://www.theiab.org)

  
M. Abdul Raheem  
Vice President

Sundarajanpetty, Aalegar Koil Main Road, Arumbanoor Post, Madurai, Tamil Nadu 625 104, India

P : +91 90035 55460 | E : [admin@theiab.org](mailto:admin@theiab.org) | [www.theiab.org](http://www.theiab.org)

Three-Time Recipient of National Award (2001, 2007 & 2013)





MoE/Beat Covid Campaign/June/140/0003

## Certificate of Recognition



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

*Dr. W G Prasanna Kumar*  
Chairman

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



## Earth Sense Recycle Pvt. Ltd.

An ISO 9001:2015, ISO 14001:2015, ISO 45001:2018 & R2v3 Certified Company  
No.37, TSIC Industrial Park, Mankhal(V), Maheshwaram Mandal,  
Ranga Reddy District, Hyderabad, Telangana-501 359.

Date: 25.03.2023  
Ref. No.: ESRPL/DEST/2022-23/KER043  
PCB Reg: 4/TSPCB/E-WASTE/2019-1675  
CIN: U74999TN2008PTC066002

This is to certify that **Earth Sense Recycle Pvt. Ltd.**, has undertaken the rights and ownership of the end of life electronic equipments considered of 2190.000 Kgs from M/s. MES Asmabi college.,

Kodungallur,

Thrissur- 680671.

The above said quantity has been processed in an environmental friendly manner in accordance with the guidelines set by the State Pollution Control Board/Committee at our **Hyderabad** facility. By recycling the aforesaid material, both the companies are ensuring their social responsibility.



Recycling for a  
greener planet

Earth Sense Recycle Pvt. Ltd.

*Dr. S. John Robert*  
Chief Executive Officer



# Gramika 2018-19



Activity oriented communication enhancement training programme conducted by the PG Department of English on 7th February 2018.

Distribution of paper pen and 3 in 1 mobile purse as green practices by the Department of Commerce.



Department of English conducted an activity-oriented communication enhancement training programme for the students of Govt. L P Fisheries School, Kara on 23 January 2020. The training programme was led and supervised by Head of the Department Dr. Murali Krishnan T.R and Ms. Reshmi S.



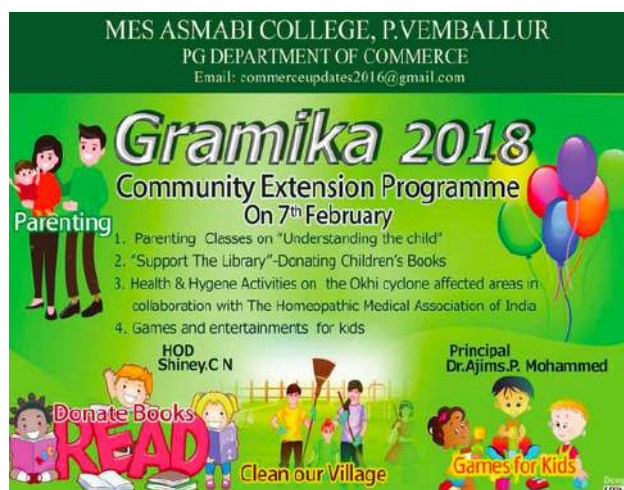


## AWARENESS CLASS ABOUT LIFE STYLE DISEASES



Department of Botany organised an awareness class about life style diseases on 7th February 2019. About 50 people from the locality including 'thozhilurapp' ladies attended the talk.

## WORKSHOP ON CRAFT MAKING BY USING WASTE MATERIALS FOR SCHOOL STUDENTS



Department of Commerce and Management conducted a class on "craft making by using waste materials" in SNK U P School, P O Pathazhakkadu, Vemballur , 16th ward, S.N Puram panchayath on 07/02/2018..About 112 students and 7 teachers were actively participated in this programme.

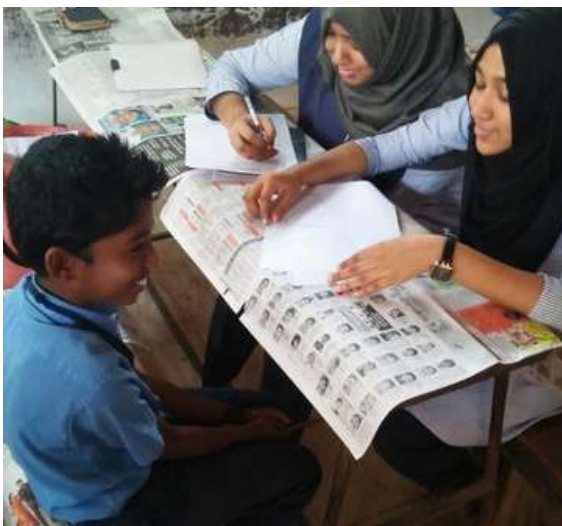




Department of Mass Communications conducted an immunization campaign. which followed the National Immunization Schedule (NIS) 2017 for infants, children and pregnant women. A questionnaire of 7 questions were prepared and this was collected from the people! Its result was given to the ward member for further actions. A notice on energy conservation and waste management was distributed.



‘A Training and awareness seminar on Value Added Fishery Products’. was conducted by the Department of Aquaculture on 07/02/2018. All students of the Department and the Ward Member and 42 local residents participated.





# Gramika 2019 - 20

“Gramika”; the social service-cum-extension activities of the college was held on 23rd January 2020. The programme mainly focused on E-waste management activities: Electronic waste forms an alarming source of pollution which goes unnoticed and unattended due to its uniqueness as seemingly harmless nature. But the scenario has changed recently due to exposure of its toxic nature thanks to interference by researchers, and social activists. Still awareness needs to be disseminated to rural areas in a situation where the number of people using electronic gadgets and electronic/electrical home appliances is increasing day after day. Rural homes are becoming dumping yards of unused, damaged and/or outdated electronic gismos. Awareness drives and collection of e-wastes can tremendously contribute to the reduction in electronic waste to some extent. The awareness programme and e-waste collection with the involvement of Grama Panchayath authorities are envisioned as a sincere attempt in this direction.





# Flood Relief Activities

The devastating floods of 2018 in Kerala marked one of the worst natural disasters in Kerala history. Starting in late May and intensifying in August, incessant rainfall triggered widespread flooding and landslides across various districts of Kerala. The deluge affected millions of people causing significant loss of life, displacing thousands and inflicting extensive damage to infrastructure, homes and agriculture. As a socially committed educational institution, MES Asmabi College played its role in rebuilding Kerala. As per the direction from MES authorities, MES Asmabi College mobilised 300 members to participate in a one day initiative to clean and provide services to various flood affected institutions in the Kuttanad region of Alappuzha district.





[illegible]



Link to Reports of  
**Gramika 2019-20**  
**Flood Releif Activities**



## Experiential Learning Through Community Intervention

[illegible]

ശ്രീനാരായണപുരം ഗ്രാമപഞ്ചായത്ത് -  
എം. ഇ. എസ് അസമാബി കോളജ്,  
പി. വെമ്പല്ലൂർ

**"എക്സ്പീരിയ"**

ഇലക്ട്രോണിക് മാലിന്യ നിർമാർജ്ജന യജ്ഞം  
2023  
ഫെബ്രുവരി 28, ചൊവ്വ



ഡോ. എ. ബിജു  
(കോളജ് പ്രിൻസിപ്പാൾ)

എം. എസ് മോഹനൻ  
(പ്രസിഡന്റ്,  
ശ്രീനാരായണപുരം  
ഗ്രാമപഞ്ചായത്ത്)

ദീപ കെ. എ  
മുഹമ്മദ് അമീൻ ഇ.എം  
ലിജി. ടി  
സുമയ്യ  
(പ്രോഗ്രാം കോർഡിനേറ്റർസ്,  
സ്വച്ഛ് ഭാരതി)



  
**MES ASMABI COLLEGE**  
SWACHH BHARAT PRESENTS  
Workshop On



**HOW TO MAKE  
A WASTE BIN**

30/23 February 2023 Monday 10:30 am  
College Auditorium

 <b>Amina V. M</b> (Member, Haritha komsana)	 <b>Athul Krishna C.S</b> (Member, Haritha komsana)	 <b>Shuhaib Ijas</b> (Member, Haritha komsana)
 <b>Nandana Subramanian</b> (Member, Haritha komsana)		

Dr. A Biju Principal	Smt. Deepa K A Co-ordinator	Smt. Ujj T & Smt. Sumayya Joint Co-ordinators
-------------------------	--------------------------------	--

	<b>Earth Sense Recycle Pvt. Ltd.</b>		Date: <u>20.03.2012</u>
	an ISO 9001:2015, ISO 14001:2015, ISO 45001:2018 & ISO 9001 Certified Company		Ref. No: <u>ES/PP/CR/012/13/KR/043</u>
	No. 73, TITC Industrial Park, Alankonda(V), Mahachirumalai(Mandal), Ranga Reddy District, Hyderabad, Telangana 501 305.		PCR/Reg: <u>A/3739/CB-WASTE/019-1479</u>
			CR#: <u>A/7099/T/2008/PC/00001</u>

This is to certify that: Earth Sense Recycle Pvt. Ltd., has undertaken the rights and ownership of the end of life electronic equipments considered of ~ 2140.000 Kgs from MS. MES Aswadi college,

Kodumuru,

Thrissur-686071.

The above said quantity has been processed in an environmental friendly manner in accordance with the guidelines set by the State Pollution Control Board/Committee at our Hyderabad facility. By recycling the aforesaid material, both the companies are ensuring their social responsibility.



*anything that a  
greener planet*

Earth Sense Recycle Pvt. Ltd.



Dr. S. John Hobert  
Chief Executive Officer



[Click here for Report](#)

# Psycho-Social Intervention

## Beat Covid Campaign



Our College joined hands with Mahatma Gandhi National Council of Rural Education under MHRD, Swachhta Action Plan to provide Covid services to the needy ones. We had 4 student-led teams.

**Team 1** - Sharing the Information of Hospital Management Services - Such as Availability of Beds (ICU, Ventilator), Covid Testing Centres, Covid Helpline numbers. Etc.

**Team 2** - Sharing the Information of Non - Hospital Management Services - Such as Availability of Medical essentials , Availability of Oxygen, Concentrators, Blood, Information about Vaccination Centres

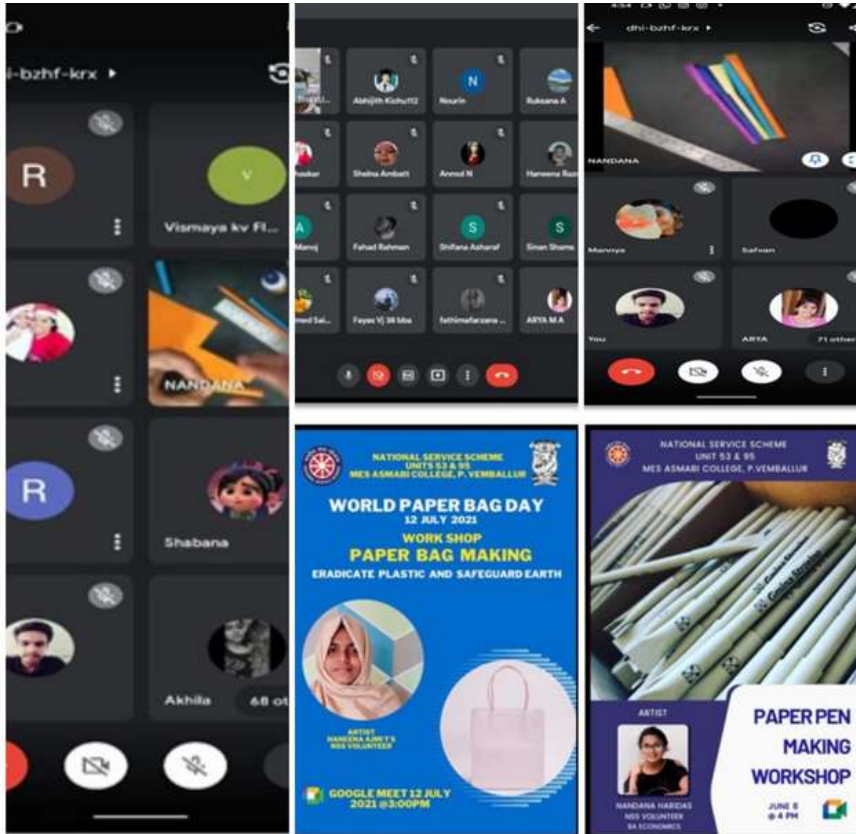
**Team 3** - Giving Emotional Support (Psychosocial Support) Communicating with Covid affected person on phone and Covid affected family, etc.

**Team 4** - Any other Services such as food distribution, masks distribution, Covid awareness, Covid vaccine awareness, Wellness awareness (yoga, how to boost Immunity).





## NSS ACTIVITIES



The NSS team of our college conducted an online workshop on paper pen making for the students on 8th June and paper bag making on 12th July. The highlight of both the workshops is that the resource persons were our own students. The workshop was conducted over the online platform, Google Meet, as the students were not allowed to assemble in the campus due to the Covid 19 pandemic situation.

The trainers demonstrated to the participants how to craft paper pens and paper bags using newspapers and other waste paper. Through this, they conveyed a message about reusing waste materials and advocated for an eco-friendly approach by discouraging the use of plastic pens and bags.





## MUZRIS THEATRE FEST



In connection with the Muzris Theatre Fest (MTF), the Department of Mass Communication, in collaboration with the Kerala Nadaka Sangeetha Academy, established a media cell with a focus on actively providing the audience with news about the fest. Our students had the opportunity to actively engage in all areas of journalism, such as reporting for newspapers and television, photography, video and audio recording, editing, and the design and pagination of newspapers, among other tasks.

## MANONEETHAM



CMHEP  
Community Mental Health Engagement Program




# മനോനീതം

**കമ്മ്യൂണിറ്റി മെന്റൽ ഹെൽത്ത് എമ്പവർമെന്റ് പ്രോഗ്രാം**



**ഉദ്ഘാടനം**  
ഡോ. ഇ. ടി. രാമേശ്വർ MLA  
മെട്രോപ്പോളിറ്റൻ മേയർ



**അവതരണം**  
ഡോ. M. S. മോഹനൻ  
പഞ്ചായത്ത് പ്രസിഡന്റ്  
ശ്രീനാരായണപുരം പഞ്ചായത്ത്

**പ്രിയപ്പെട്ടവരേ,**

MES അസംബിൾ കോളേജും ശ്രീനാരായണപുരം പഞ്ചായത്തുമായി സംയോജിച്ച് നടത്തുവാൻ പോകുന്ന മനോനീതം CMHEP പ്രോജക്ടിന്റെ ഔദ്യോഗിക ഉദ്ഘാടനം വരുന്ന കോളേജ് 14 വെള്ളിയാഴ്ച, 11am മണിക്ക് എം. ഇ. എസ് ഹാളിലെ റൂമിൽ UP സ്കൂളിൽ വെച്ച് ബഹു: ഇ. ടി. രാമേശ്വർ MLA ഉദ്ഘാടനം ചെയ്യുന്നു. ശ്രീനാരായണപുരം പഞ്ചായത്തും MES അസംബിൾ കോളേജിലെ മനോനീത വിഭാഗവും ചേർന്നാണ് പഞ്ചായത്തിലെ സ്കൂളുകളെ കേന്ദ്രീകരിച്ചുള്ള ഈ പ്രോജക്റ്റ് നടപ്പിലാക്കുന്നത്.

CMHEP (കമ്മ്യൂണിറ്റി മെന്റൽ ഹെൽത്ത് എമ്പവർമെന്റ് പ്രോഗ്രാം) എന്നത് MES അസംബിൾ കോളേജ് മനോനീത വിഭാഗം ശ്രീനാരായണപുരം പഞ്ചായത്തുമായി ചേർന്നു പഞ്ചായത്തിൽ നടപ്പിലാക്കുന്ന ഒരു സാമൂഹിക മാനസികാരോഗ്യ പരിപാലന പദ്ധതിയാണ്. ഇതിന്റെ ഭാഗമായി വിദ്യാർത്ഥികളുടെ പഠന സംബന്ധമായ വിഷയങ്ങളെ ദൃഢീകരിക്കുവാനും അവരുടെ മാനസികാരോഗ്യം ശുദ്ധീകരിക്കുവാനുമാണ് ഈ പ്രോജക്ടിന്റെ ലക്ഷ്യം. ഏതൊരു ഈ പദ്ധതിയുടെ ഉദ്ഘാടന വേദിയ്ക്കുണ്ട് സന്തോഷം കരുതുന്നു.

**M S Mohanan**  
Sreenarayanaapuram  
Panchayat President

**Dr. A Biju**  
Principal  
MES Aswathi College

**Latha M**  
Head Mistress  
MES FR UP School

**Lathif Penath**  
CMHEP Project Co-Ordinator.  
Asst. Professor, MES Aswathi College.



Dept. of Psychology conducted CMHEP Programme named Manoneetham, at our College on October 14, 2022, to stimulate and facilitate the development of collaborative and beneficial programs to enhance school students' psychological wellbeing and academic performance in SN Puram panchayath.



## Visit to CDMR, University of Calicut and Mental Health Action Trust (MHAT), Calicut

Department of Psychology, MES Asmabi college conducted a study tour to CDMR, University of Calicut. CDMRP is an unique extension center of Department of Psychology, University of Calicut. CDMRP aims to provide comprehensive, evidence based disability management and rehabilitation services to children with developmental disabilities through community approach.

The students and faculty members of the Department of Psychology visited the Mental Health Action Trust (MHAT) in Calicut from December 26, 2021, to December 28, 2021. MHAT is a Charitable Trust, based in Kozhikode, Kerala, India and provides good quality, comprehensive and recovery oriented mental health care to the poorest sections of the population with severe mental disorders.

On the first day students had an interactive session with Dr. Rekha P, clinical psychologist (MHAT). Several people who have recovered or are undergoing treatments in MHAT also shared their valuable experiences.

On the second day students got an opportunity to meet Dr Manoj Kumar, Consultant Psychiatrist, founder and Managing Director of MHAT.

On the third day students and faculty members visited one of MHAT's community clinic at Koduvally, Calicut "The Phoenix Pain and Palliative care center



# COVID JAGRUTHA SAMITHI



MES ASMABI COLLEGE  
P.VEMBALLUR

കോളേജ് തുറക്കുന്നതിന്റെ ഭാഗമായി  
വിദ്യാർത്ഥികൾ ശ്രദ്ധിക്കേണ്ട കാര്യങ്ങൾ

- വിദ്യാർത്ഥികൾ മുഴുവൻ തലയും N95 മാസ്ക് ധരിക്കണം.
- മാസ്ക് താഴ്ത്തി സംസാരിക്കരുത്.
- അകലം കർശനമായി പാലിക്കണം. കൂടെ മുറിക്ക് അകത്തോ, പുറത്തോ, കോളേജ് പരിസരത്തോ കൂട്ടം കൂട്ടി നിൽക്കരുത്.
- കൂടെ കഴിഞ്ഞാലുടൻ കൂട്ടികൾ കാരണ വിട്ട് പോകേണ്ടതാണ്.
- പേര, പെൻസിൽ, പുസ്തകങ്ങൾ തുടങ്ങിയവ കൈമാറരുത്.
- തലിട്ടിട്ടുള്ള ആഹാരം കഴിക്കുന്നത് ഒഴിവാക്കണം. കേവലം ഭക്ഷണങ്ങൾ എണ്ണിയും പങ്കുവെക്കരുത്.
- ഹോസ്റ്റൽ മെമ്പർമാർക്കും സാമൂഹിക അകലം പാലിക്കണം.
- എല്ലാവരും സാനിറ്റൈസർ കരുതേണ്ടതും ഇടയ്ക്കിടെ കൈകൾ വൃത്തിയാക്കേണ്ടതുമാണ്.
- കൈ കോണ്ട് മുക്ക്, വായ, കണ്ണ് എന്നിവിടങ്ങളിൽ സ്പർശിക്കരുത്.
- കോവിഡ്, പനി, ചുമ, ഇലക്ഷം, ശ്വാസതടസ്സം തുടങ്ങിയ രോഗലക്ഷണങ്ങൾ ഉള്ളതോ, സമ്പർക്കത്തിൽ ഉള്ളതോ ആയ കൂട്ടികൾ കോളേജിലും ഹോസ്റ്റലിലും വരുത്.
- കൂടെ തടഞ്ഞിട്ടുണ്ടായി ബന്ധമുള്ള അല്ലാത്തവർക്ക് നൽകുന്ന നിർദ്ദേശങ്ങൾ കൃത്യമായി പാലിക്കണം.

കോവിഡ് ഇനഷ്യാക്ടീവ്    NSS മാസ്റ്റർസ് 93895    പ്രിൻസിപ്പൽ

The Covid Jagrdha Samithy meeting was presided over by College Principal Dr. A. Biju. Dr. K P Sumedhan, Director of the Self-Financing Course delivered the welcome speech. Sri Latheef Penath, Head of the Department of Psychology, SN Puram ward member Smt. Krishnendhu, Staff Secretary Dr. Sanad C Sadanandakumar, Health Inspector Mr. Lijo, NCC Program officer Lt. M B Bindhil, NSS Programme Officers and NSS Secretaries attended the meeting. Principal suggested that a single dose of vaccine should be compulsorily given to all students and teachers. Other suggestions for conducting offline classes upon the college reopening were also discussed.

As part of college reopening, warning boards were put up to instruct students about the Covid protocols.

The warning boards were placed in five areas of campus: College front office area, Gurukulam, canteen area, College store area, and in the Open stage area.

The warning boards and campus cleaning works were installed under the coordination of NSS Secretaries Adhil K N, Anaswara C G and Devadevan G. The boards were putuo by the NSS volunteers Amtan, Sahal, Fayas, Safvan. (work include welding, printing, Concreting the boards).



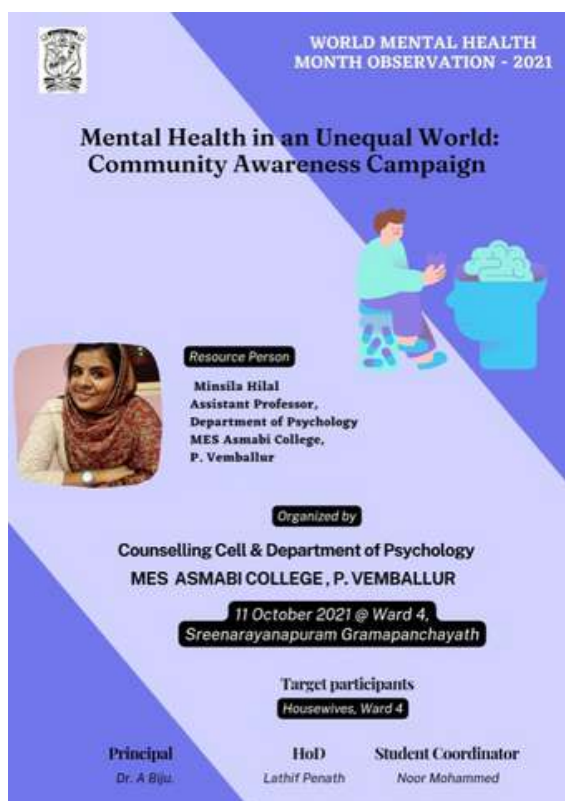
## EMBRACE: THREE DAY RESIDENTIAL CAMP FOR SPECIALLY ABLED CHILDREN AND THEIR PARENTS



Department of English & Department of Psychology jointly organized “Embrace”, a three-day residential camp for differently abled students and their parents, in collaboration with Kerala Autism Club from 27th to 29th January 2023. The student volunteers were under the professional supervision of Sri Lathif Penath, Dr. Reena Mohammed and Ms. Minsila Hilal. Each student volunteer was assigned with a child in order to internalize how to approach them with an emotional perspective.



## WORLD MENTAL DAY ACTIVITIES



In connection with World Mental Health Day, the Department of Psychology conducted a community awareness campaign for women, to give awareness regarding importance of better mental health in Ward 4 of SN Puram Panchayath.



## MEERA MATTI MERA DESH



Our students actively participated in the Amrit Kalash Yathra jointly organised by NSS Units and Nehru Yuva Kendra, Thrissur on October 18, 2023. The Meri Maati Mera Desh (MMMD) campaign, launched on August 9, 2023, honors national heroes with activities such as Shilaphalakam construction and tree planting. After a successful first phase, the second phase started on September 1, involving Amrit Kalash Yatras where soil and rice are collected from villages, reaching Delhi by October 30 for the campaign's conclusion. The initiative encourages nationwide participation in paying tribute to those who sacrificed for the nation.

## AMRITH KALASH YATHRA





# AZADI KA AMRUTH MAHOLSAV

**സ്വാതന്ത്ര്യത്തിന്റെ 75-ാം വാർഷികാഘോഷം**  
**ആസാദി കാ അമൃത് മഹോത്സവ്**  
**കയ്പമംഗലം മണ്ഡലത്തിലെ പരിപാടികൾ**  
**ഉദ്ഘാടനം**  
**2022 നവംബർ 14 ന്**  
**രാവിലെ 9.30 ന്**  
**എം.ഇ.എസ്. അസ്ഥി കോളേജ്, വെമ്പലൂർ**

**ലഹരി വിരുദ്ധബോധവൽക്കരണം**  
**UNICEF -ന്റെ സഹകരണത്തോടെയുള്ള പരിപാടികൾ**  
**നിയമസഭ മുന്തിയത്തിന്റെ ആദിമുഖ്യത്തിലുള്ള**  
**ഫോട്ടോ - വീഡിയോ**  
**പ്രദർശനം**  
**2022 നവംബർ 14, 15 തീയതികളിൽ**  
**എം.ഇ.എസ്. അസ്ഥി കോളേജ്, വെമ്പലൂർ**

**കലാപരീക്ഷണ സമ്മേളനം**  
**ഉദ്ഘാടനം**

			
ഡോ. കെ. രാമേശ്	ഡോ. വേണു വർഗ്ഗീസ്	ഡോ. ജി. ടി. സുരേഷ് ബാബു	ഡോ. എ. എസ്. സുരേഷ് ബാബു

UNICEF logo and text: **for every child**



Azadi ka Amrit Maholsav is an initiative of Government of India to celebrate and commemorate 75 years of Independence and the glorious history of its people, culture and achievements.

More than 15 programmes were held as part of this celebration in our college which includes seminars, film screenings and many other competitions.



News in Local Daily



## Links

[Azadi Ka Amritmaholsav 1](#)

[Azadi Ka Amritmaholsav 2](#)

[Azadi Ka Amritmaholsav 3](#)

[Azadi Ka Amritmaholsav 4](#)

[Azadi Ka Amritmaholsav 5](#)



## CLEANING OF PRIMARY HEALTH CENTRE



As a part of shifting of old items used in the Primary Health Centre P Vemballur, 5 NSS volunteers of MES Asmabi College NSS Units 53&95 participated in the shifting activities (14/11/2021) from 10 am to 2 pm and completed the entire shifting activities by following covid protocols.



## EARN WHILE YOU LEARN PROGRAM



The Department of Commerce and Management Studies summoned a meeting of students who work after the college hours on 27th July 2023. The objective of the meeting is to find out the students who are working parttime after the college hours and give a proper guidance for other students who wish to work for part time jobs.



## TRIBAL CULTURAL PROGRAMMES



Every year, the college arrange cultural programmes of different tribal communities as part of different cultural celebrations to promote cultural diversity among the students.

# Technological Intervention

## PARTICIPATION IN 'CODE COMBAT' - CYBER TECH FEST 2023



In today's digital age, cybercrime has become a significant concern affecting individuals, businesses, and society. It is crucial to equip our youth with the knowledge and skills to safeguard themselves and others against cyber threats. To address this, district police force designed a comprehensive Cyber Cadet Program for college students. Students from the Department of Computer Application participated and presented their innovative ideas to the officials from Kerala Police for the Cyber Tech Fest Code Combat -2023

## 'EXPERIA 23' E-Governance Training and Survey



The programme, organized on February 27th and 28th, 2023, by the students of the Department of Computer Application, aimed to provide experiential learning through community intervention. The initiative involved training students in various online services related to different government sectors and fostering interaction with the community. The activities included an E-Governance Survey and practice for online services of Panchayat.





## 'EMPRESARIO'-ENTREPRENEURSHIP AND INNOVATION WORKSHOP

On November 17, 2022, the Department of Aquaculture organized a session in collaboration with IIC and IEDC, as part of the quarterly activities for the academic year. The department, along with these cells, tapped into its alumni network for capable resource persons.



## NATIONAL ENERGY CONSERVATION DAY ACTIVITIES



In connection with National Energy Conservation Day, PG Department of Physics conducted a seminar, poster making competition and a quiz competition in a nearby school for the students on 15/12/2021. The whole programme were coordinated by the students.



# Environmental Intervention

## KAAVETTAM- Experiencing Sacred Groves



As part of a green initiative, the Department of Malayalam, in collaboration with Political Science, arranged a nature walk named 'Kaavettam' to the sacred grove, Sankulangara Kaavu on 10th March 2023. Dr. K H Amitha Bachan, Assistant Professor in Botany and Director of WGHF, conducted an awareness class at the sacred grove, elucidating the significance of sacred groves in the current scenario. Speeches were delivered by Dr. Sanand Sadanand and Dr. Jaisy David. A total of 45 students participated in the program.

## WORLD FISHERIES DAY



An exhibition was organized as part of World Fisheries Day - 2022 to enhance the understanding of individuals from various subject areas about Indian fisheries and its contribution to the Indian economy. A stall was allocated in the exhibition hall for the live production and sale of seafood products crafted by students of the department.



## BEACH RALLY & BEACH CLEANING ALONG WITH LOCAL PEOPLE

2,000 NSS students from affiliated colleges of Calicut University in Thrissur District participated in the Clean Sea Campaign on September 17, 2022, organized by MES Asmabi College. Under the leadership of local leaders, they collected 312 kg of plastic waste from nine wards in a 9 km stretch around Churakkalavu. The collected plastic was handed over to Haritha Karma Sena for recycling. The programme, inaugurated by Dr. A. Biju, the Principal of MES Asmabi College, aimed to address serious coastal pollution issues and promote a plastic-free environment.



**[Click here for more details](#)**



# Human Chain against Drugs



A human chain against Drug Abuse jointly organized by MES and MES Institutions on November 1, 2022

# International Day for Disaster Reduction



NSS volunteers and NCC cadets together participated in a mass rally at Thrissur in connection with 'INTERNATIONAL DAY FOR DISASTER REDUCTION' on 13-10-2019. 50 volunteers participated in the rally from the college.

participation in a mass rally at Thrissur in connection with  
'INTERNATIONAL DAY FOR DISASTER REDUCTION' on 13-10-2019



# BEACH CLEAN UP



Link to Video

[Click Here](#)



Beach clean up programme as part of World Ocean Day inaugurated by respected MLA Tyson master. Programme in association with Department of Aquatic Biology and Fisheries, University of Kerala and Department of Fisheries.



# Charity Initiatives

## FIELD VISIT TO POPE JOHN PAUL PEACE HOME

On the 28th of July 2022, IV semester BBA students conducted a field visit to Pope John Paul Peace Home. The purpose of the visit was to gain insights into the living conditions of detained inmates in the institution and to provide them with mental well-being through various entertaining programs.



## VISIT TO DIVYA KARUNYA ASHRAMAM



The Department of Commerce and Management organized a visit for second-year BBA students to 'Karunya Ashramam, Kallentukara on November 26, 2022. Two faculty members and 32 students participated in the visit, where the students took the initiative to distribute daily necessities and cash to the institution.

## VISIT TO PRATEEKSHA BHAVAN

In addition, students from I B.Com Cooperation visited Pratheeksha Bhavan in Irinjalakuda on February 6, 2023. The special educators at Pratheeksha Bhavan enriched the students with skills and knowledge in making floor mats, bottles, and handloom printing in a creative manner. After interactive activities and performances, the students and children shared lunch, providing an opportunity for both groups to connect and share experiences. The college students generously donated a mixer grinder to the school, offering support to the special educators in their daily tasks.





## FREE MAMMOGRAM CAMP IN SN PURAM PANCHAYATH



**സന്ധ്യ സന്ദേശം**

സമഗ്ര സമൂഹസേവ  
• ബോധവൽക്കരണം  
• സർവ്വേ  
• പരിശോധന  
• സൗജന്യ മാമോഗ്രാം

10-1-23 ചൊവ്വാഴ്ച  
എം.ഇ.എസ്. അസ്മാബി കോളേജിൽ

**സൗജന്യ മാമോഗ്രാഫി  
സ്കാനിംഗ്**

COCHIN CANCER SOCIETY

Health Aid  
For a Painless World

ശ്രീനാരായണപുരം  
ഗ്രാമപഞ്ചായത്ത്

MES അസ്മാബി കോളേജ്  
പി. വെമ്പലൂർ

In a pioneering initiative, MES Asmabi College, in collaboration with the Cochin Cancer Society, Health Aid, Mathilakam, organized Kerala's first-ever breast cancer screening camp for women in both a college and a panchayat. This month-long camp exclusively targeted residents of S N Puram Panchayath. MES Asmabi College students, faculty, and management actively participated, offering mammograms, various screening tests, and conducting surveys to raise awareness about breast cancer. This comprehensive effort is a unique endeavor emphasizing early detection and prevention in the fight against breast cancer.

**[Click here for more details](#)**



# KOODE - MUSICAL NIGHT



In order to help flood affected students in the college, the first edition of 'Koode'(Together)was conducted by 'Pravda' college union (2018-19) along with College Management on 27th September, 2018 at Keybess Durbar Hall, Pullut, Kodungallur. The programme was designed as a musical event, where a team of singers (our students), under the guidance of the union and Fine Arts Club poured out their soul in rapturous ecstasy.The first edition of ' Koode' could gather around 7 lakhs Rupees. This amount was productively utilized to buy 8.5 cent of land area and build houses for three students who lost their homes in the flood.





## ABHAYAM - House Construction - Initiative by NSS, Management, Staff and Students



Abhayam, an initiative by NSS for constructing a house each year for one student who needs the support.

## SWAP SHOP



The Women Development Cell organised SWAP SHOP on 14th August 2018 in association with NSS Unit. This event involved collecting and distributing used materials such as clothing, bags, footwear, ornaments, and electrical items to those in need.

## PAYASAM AND BIRIYANI CHALLENGE



The Department of Commerce and Management organised a Payasam Challenge on August 12 for contributing necessary accessories & equipments to 'Buds Centre', Mathilakam for autistic children. With the fund raised through 'Payasam Challenge' along with the contribution from Alumni association and PTA, the department distributed necessary accessories, equipments and toys to Buds Centre.

## ‘ONAPUDAVA’-New Dress for Onam festival

Our country celebrates the different diversities within our nation fostering a congenial environment for peaceful coexistence. As an educational institution, our college celebrates all festivals to create an all-inclusive, tolerant ambience in the campus. Every year Onam is celebrated with all pomp and grandeur. Students, staff and faculty come to the college in Kerala attire, cultivating a culturally vibrant atmosphere. Floral carpet competition, uriyadi, thiruvathira and tug of war add a competitive spirit to the celebrations. Onapudava is distributed to the elderly people of the locality thereby broadening the canvas of community engagement.





## DISTRIBUTION OF BLANKETS



Department of Commerce and Management Studies took initiative for the distribution of blankets to the poor people on the streets on 23rd December, 2022 with the intention of inculcating the value of moral goodness in the present-day scenario.



# Evidence of Success

## Gramika

The Gramika, social extension activity, encompassing a range of initiatives from swap shop activities to biodiversity surveys and e-waste management, provides students with practical, hands-on experiences that extend beyond traditional classroom learning.

- Develop a holistic understanding of community issues, environmental concerns, and health awareness.
- Improves students' communication skills through direct interaction with the community.
- Enhances their ability to convey information effectively, crucial for various professional settings.
- Biodiversity Survey educates students about local ecosystems and environmental conservation.
- Awareness about Lifestyle Diseases promotes health education and preventive measures among students and the community.
- Empowers students to make informed lifestyle choices for their well-being.
- Workshop on Craft Making with Waste Materials encourages creativity and resourcefulness in using recycled materials.
- Immunization Training and Awareness raises awareness about the importance of vaccinations for public health.
- E-waste Management activities educate students about the hazards of electronic waste and the importance of responsible disposal.
- **Gramika contributes to the students' personal development, fostering a sense of social responsibility, empathy, and a well-rounded skill set that extends beyond academic knowledge.**

## Flood Relief Activities

Participating in the post-flood initiatives benefitted MES Asmabi College students by fostering a sense of social responsibility and community engagement.

- contributed to rebuilding Kerala
- Instilled teamwork and coordination skills
- Enhanced the students' communication skills and civic awareness.
- Provided students with practical exposure to environmental issues.
- Witnessed the impact of natural disasters on local ecosystems, contributing to their understanding of biodiversity conservation.
- Offered students valuable real-world experiences.



# Experia

Engaging students in e-waste management provides experiential learning through community intervention and offers a hands-on approach.

- Enhances their understanding of environmental issues
- Cultivates problem-solving skills
- Promotes a sense of responsibility
- Students gain practical insights into sustainable practices
- Contribute to community well-being, fostering a holistic learning experience

## **Beat Covid campaign**

- Provided them with valuable experience in community engagement, crisis management and interpersonal skills.
- Instilled in them communication skills, empathy and a sense of social responsibility.

## **NSS Activities**

- Enhanced creativity, teamwork and problem solving skills.
- Learned about sustainable practices, recycling and eco-friendly alternatives, contributing to the environmental awareness.
- Developed communication and organisational skills.
- A practical and engaging way for students to learn, collaborate and contribute positively to the community.

## **Muziris Theatre Fest**

- Enhanced the writing, editing and reporting skills of the students.
- Helped the students to gain insights into the dynamics of event coverage.
- Promoted teamwork as students collaborate to produce and disseminate relevant content.

## **Visit to CDMR, University of Calicut and Mental Health Action Trust Calicut**

- Opportunity to witness the real world application of psychology in medical records, mental health advocacy and academic settings.
- Provided them networking opportunities, practical experience, awareness of diverse career path, professional development enhanced learning environment and scope for research collaboration.

## **Covid Jagratha Samithi**

- Promoted awareness and responsible behaviour regarding Covid 19.
- Provided a platform for students to actively engage in community efforts, disseminate accurate information and encourage preventive measures.
- Fostered solidarity and a sense of responsibility towards society.
- Enhanced students' leadership skills and contribute to a safer community during the pandemic.

## **Embrace**

- Provides a unique opportunity for professional and personal growth .
- Fostered compassion, patience and understanding.
- Developed communication skills, adaptability and a deeper appreciation for neuro diversity.
- Enhanced the students' knowledge of special education practices, creating a well rounded education.
- Offered a chance to make a positive impact on the lives of autistic children, promoting inclusivity and compassion.
- Broadened the students' perspectives and contribute to the overall development as empathetic and socially aware individuals.

## **World Mental Day Activities**

- Offered a chance to actively contribute to a crucial societal issue, promoting empathy and understanding.
- Encouraged a more inclusive and supportive community.
- Gained insights into mental health issues specific to women, contributing to their overall knowledge and understanding of gender related concerns.
- Empowered students to make a positive impact both personally and within the broader community.

## **Mera Matti Mera Desh**

- Created environmental awareness, fosters civic values, sense of responsibility community engagement and patriotism
- Provided hands-on learning, promotes effective communication and collaboration skills.

## **Azadi Ka Amrit Mahotsav and Amrit Kalash Yathra**

- Provided historical awareness
- Opportunities for artistic expression
- Leadership and organizational skills development
- Cultural exposure and networking opportunities with individuals who have made significant contributions to society.
- Fostered a sense of patriotism and encourage students to engage with their local communities.
- Provided a chance for students to reflect on the progress India has made since gaining independence.

## **Cleaning of Primary Health Centre**

- Offered students practical skills
- Exposure to healthcare infrastructure
- Deeper understanding of the complexities involved in managing healthcare facilities.

## **Earn while you learn programme**

- Fostered a supportive community, sharing insights on balancing work and studies.
- Provided practical advice, networking opportunities
- Enhanced collaboration
- Empowered them with real-world skills and connections for their professional development.



## **Technological Intervention**

### **Participating in Cyber Tech Fest Code Combat 2023**

- Provided a hands on learning experience in the field of cyber security.
- Allowed students to apply theoretical knowledge to real world scenarios.
- Enhanced students' communication skills showcasing their problems solving abilities.
- Opened doors to collaborations, networking opportunities and exposure to professionals in the field.

### **Experia 23 E Governance Training and Survey**

- Equipped the students with practical skills and knowledge in navigating digital platforms and understanding the functioning of government services online.
- Developed problem solving and critical thinking skills.
- Learned to analyse data, identify areas of improvement and propose solutions.
- Prepared students for the digital era, enhances their employability and cultivates a deeper understanding of the intersection between technology and public governance.

### **Emprassario - Entrepreneurship and innovation workshop**

- Provided valuable insights into the aquaculture industry, current trends, challenges, and opportunities.
- Illustrated how concepts learned in the classroom are applied in the industry.
- Focused on developing practical skills essential for entrepreneurship, such as business planning, financial management, marketing, and risk assessment.
- Inspired and motivated students to pursue entrepreneurship with confidence and determination.
- Introduced students to innovative technologies, practices and business models that have emerged in the aquaculture sector.
- Sparked creativity and a forward-thinking mindset.
- Contributed to fostering an entrepreneurial mindset among students.

## **Environmental Intervention**

### **Kaveettam (Nature walk to the sacred grove)**

- Provided environmental awareness
- Cultural understanding
- Stress reduction and well being
- Educational insights
- Spiritual and emotional connection to nature
- Physical exercise
- Observation skills
- Team building
- Provided a holistic educational experience encompassing ecological, cultural and personal dimensions that contribute to the overall well rounded development of the students.

### **World Fisheries Day**

- Provided a platform for the students to learn and raise awareness about the importance of Fisheries, Aquaculture and Marine conservation.
- Provided hands on learning, career exploration, community engagement, promotion of sustainable practices, cultural understanding and inspire collaborative projects.
- Offered educational experience, combining information dissemination, hands on learning and opportunities for students to engage with professionals and their local community.

### **International Day for Disaster Reduction**

- Offered students a unique educational experience.
- Raised awareness about disaster preparedness, resilience, and the importance of community involvement.
- Gained firsthand knowledge about disaster risks and management
- Developed teamwork and leadership skills
- Empowered to be proactive in disaster prevention and response
- Contributed to personal growth and community welfare.

### **Beach Cleaning along with Local People**

Promoted

- Environmental awareness
- Community engagement,
- Civic responsibility
- Gained firsthand experience in addressing environmental issues
- Developed a sense of stewardship for their surroundings
- Fostered community bonds
- Enhanced communication skills
- Provided insights into the diverse perspectives on environmental concerns.
- Contributed to a cleaner environment
- Enriched students' personal development through community involvement.

### **Human chain against Drug Abuse**

- Created a visible and impactful demonstration of solidarity against a critical societal issue.
- Raised awareness about the dangers of drug abuse
- Encouraged a collective commitment to prevention
- Engaged in social advocacy
- Promoted a sense of responsibility and community well-being
- Developed leadership, teamwork, and communication skills among students
- Fostered a proactive approach to addressing social challenges.



## **Charity initiatives**

### **Field visits to places like Pope John Paul Peace Home, Divya Karunya Ashramam, and Pratiksha Bhavan**

- Allowed students to interact with individuals facing various challenges
- Helped in cultivation of empathy
- Better understanding of the needs of marginalised or differently-abled individuals.
- Helped to create social awareness
- Promoted cultural sensitivity and inclusivity.
- Contributed to personal growth, resilience, and a broader perspective on life.
- Opportunity for hands-on volunteering
- Fostered a sense of accomplishment and purpose.
- Served as educational experience, shedding light on societal challenges, healthcare disparities, and the importance of providing support to vulnerable population.
- Contributed to the holistic development of students, instilling values of compassion, social responsibility, and a deeper understanding of the diverse needs within communities.

### **Onapudava- new dress for Onam festival**

- Instilled a sense of cultural awareness
- Empathy
- Community service
- Learned about traditions
- Strengthened community bonds
- Developed interpersonal skills through interactions with the elderly.
- Enhanced their values of kindness and respect
- Contributing to their overall personal and social development.

### **Tribal Cultural programmes**

- Promoted cultural diversity
- Fostered appreciation for indigenous traditions
- Provided a platform for cross-cultural understanding
- Encouraged students to explore and respect different ways of life, broadening their perspectives.
- Enhanced teamwork, event management skills, and community engagement, contributing to a well-rounded educational experience.

### **Abhayam House construction**

- Fostered a sense of social responsibility and empathy among participants.
- Provided practical experience in teamwork, problem-solving, and construction skills.
- Developed a deeper appreciation for community service, understanding the tangible impact of their efforts on the lives of those in need.
- Benefited the deserving students receiving the house
- Contributed to the holistic development of the participants.