

# 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 2021-22



M. E. S. ASMABI COLLEGE P.O.P. VEMBALLUR. KODUNGALLUR-680671

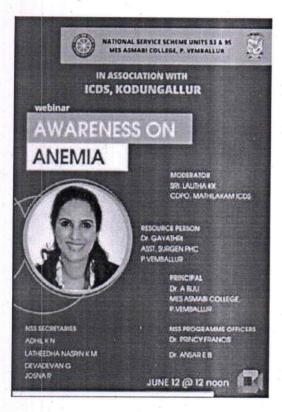


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# **AWARENESS ON WEBINAR ON ANEMIA**

### DATE:12-6-2021 ORGANISED BY :NSS UNITS

NSS conducted an an online webinar on Anemia Awareness in association with ICDS, Mathilakam as part of their Intensive Anemia Control Yaknja program .120 Students of college and people of Mathilakam panchayth participated in the programme on June 12 from 12 noon to 1 pm. Dr.Gayathri was the resource person of the session under the guidance of Mrs.Lalitha KK (CDPO ICDS Mathilakam.) The Anemia Awareness Class was conducted to educate participants about the causes, symptoms, and preventive measures related to anemia. The session aimed to increase awareness and promote healthy lifestyles to prevent and manage anemia effectively.







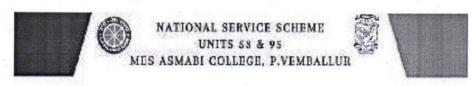
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#### **COVID RELATED DOMICILIARY CENTRE WORK**

# VENUE:M.E.S ASMABI COLLEGE DATE: 21-6-2021 ORGANISED BY: NSS UNITS

The Domiciliary Care Center has been actively involved in providing essential healthcare services to individuals within the comfort of their homes. This report highlights the key activities and accomplishments of the center during the reporting period.

The Domiciliary Care Center continues to play a crucial role in delivering high-quality healthcare services to individuals in the comfort of their homes. The positive outcomes and patient satisfaction reflect the effectiveness of domiciliary care in meeting the diverse healthcare needs of the community. 28 NSS members started their work in the Domiciliary Centre in SN Puram Panchayat. They provide their service in the collection centre and also in cleaning process since 21-6-2021.



ശ്രീനാരായണം.ഗുരം ഗ്രാമപഞ്ചായത്ത് ഡോമിസിലിയറി കെയർ സെന്റർ, എം.ഈ.എസ് ജസ്മാബി കോളേജ് ബേസീസ് ഹോസ്റ്റൽ

#### 23-06-2021 ബ്ലെയ്നാഴ്ച

ഞ്ഞ് മാണി കോളേജിലെ MSS volunteers, ഒരു ദിവസം 4 കൂട്ടികൾ വിരം 2 ഷിഷ്റ്റ് ആയി വർക്ക് ചെയ്യാൻ ആരംജിച്ചു. രാവിലെ 7മണിമുതൽ 1 വരെ 2 കൂട്ടികളും ഉച്ചത് 1 മുതൽ 7 വരെ 2 കൂട്ടികളും വർക്ക് ചെയ്യുന്നു.

ആദ്യദിവസം തൂചനാ ബോർസ്കർ എഴുതി സ്ഥാപിച്ചു. ഡിബിസി യിൽ താമസിക്കുന്ന കോവിഡ് രോഗികൾക്ക് വീടുകളിൽ നിന്ന് എത്തിക്കുന്ന സാധനങ്ങളുടെ വിവശശേഖരണം നടത്തി.ഡിസിസിയിൽ സ്ഥാപിച്ചിരുന്ന ബാനർ ഇയർത്തി കേട്ടുകയും ചെയ്യീരു.





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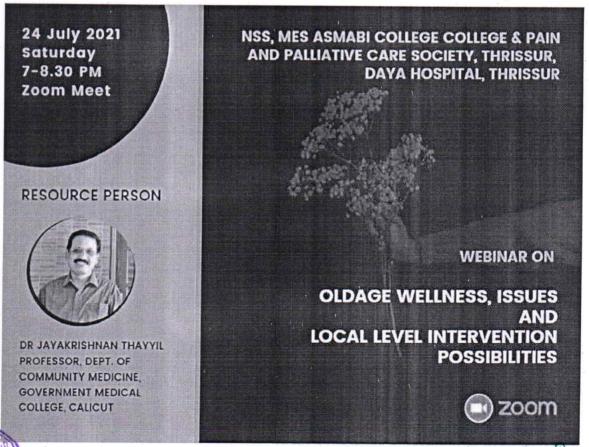
**COVID RELATED DOMICILIARY CENTRE WORK** 

# **WEBINAR ON OLDAGE WELLNESS**

# DATE:24-7-2021 ORGANISED BY :NSS UNITS

The webinar on Oldage Wellness was conducted with the aim of promoting holistic well-being and addressing the unique health and lifestyle challenges faced by the elderly population. This report provides a summary of the key topics covered and outcomes of the webinar. A webinar on old age Wellness, issues, and local level intervention possibilities was conducted online through zoom meet on 24-07-2021 @ 7.00pm. The chief guest of the day was Dr. Jayakrishnan Thayyil, professor dept. of community medicine. 70 NSS volunteers and two program officers named Dr. Princy Francis and Dr. Ansar.E. B participated in the webinar. NSS volunteers named Ms. Rasha anchored the webinar. The prayer was delivered by the NSS volunteer, Ms. Avani Nandha .

The webinar on Old Age Wellness was conducted with the aim of promoting holistic well-being and addressing the unique health and lifestyle challenges faced by the elderly population. This report provides a summary of the key topics covered and outcomes of the webinar.





**WEBINAR ON OLDAGE WELLNESS** 

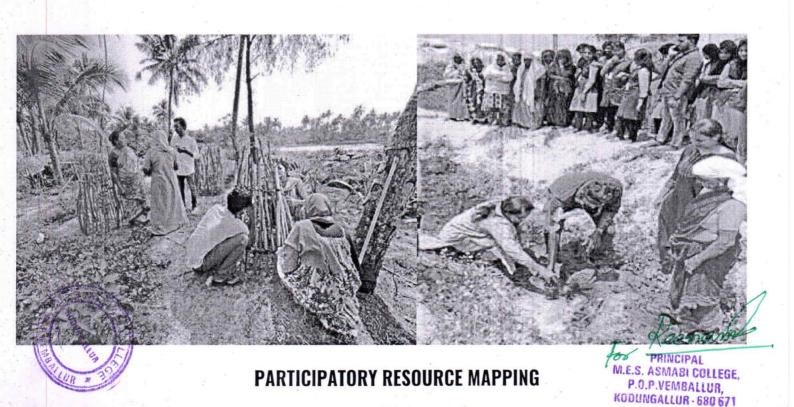
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#### PARTICIPATORY RESOURCE MAPPING

# DATE: 23-9 -2021 ORGANIZED BY: NSS UNITS,MES ASMABI COLLEGE WESTERN GHATS HORN BILL FOUNTATION

This report presents the findings and insights from a participatory resource mapping initiative conducted in Malakkapara with the aim of empowering local communities to identify, document, and manage their natural and social resources. The participatory resource mapping process involved engaging community members, stakeholders, and experts to collectively map and document the diverse resources within the community.

Participatory Resource Mapping (PRM) is a collaborative and inclusive approach to mapping and documenting natural resources, community assets, and other relevant information. It involves engaging local communities, stakeholders, and experts in the mapping process to ensure a comprehensive and accurate representation of resources. The main goal of PRM is to empower communities by involving them in decision-making processes related to resource management and development. Participatory Resource Mapping (PRM) is a collaborative and inclusive approach to mapping and documenting natural resources, community assets, and other relevant information. It involves engaging local communities, stakeholders, and experts in the mapping process to ensure a comprehensive and accurate representation of resources. The main goal of PRM is to empower communities by involving them in decision-making processes related to resource management and development.



#### PLASTIC WASTE COLLECTION

# DAT:E 21-10-2021 VENUE: ERIYAD ABDHU RAHIMAN BEACH OGANISED BY :NSS IN ASSOCIATION WITH NYK, THRISSUR

The Clean India Programme, also known as the Swachh Bharat Abhiyan, is a nationwide initiative launched in India with the goal of achieving a clean and open-defecation-free country. As part of this comprehensive campaign, efforts have been directed towards cleaning public spaces, promoting waste management, and addressing environmental concerns, including the removal of plastic waste from beaches. The specific objective of the initiative focusing on plastic waste cleanup at beaches is to mitigate the environmental impact of plastic pollution on coastal ecosystems, marine life, and public health. The program aims to raise awareness, engage local communities, and implement effective strategies for the sustainable management of plastic waste along India's coastlines. Involving local communities, residents, and volunteers in beach, cleanup drives to instill a sense of responsibility and ownership in maintaining the cleanliness of public spaces.



PLASTIC WASTE COLLECTION

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# PSYCHOLOGICAL AWARENESS ON POST-COVID SCHOOL REOPENING

# ORGANISING UNIT:PSYCHOLOGY DEPT DATE: 29-10-2021

The Psychological Awareness Program on Post-COVID School Reopening organized by the Psychology Department in 2021 aimed to address the psychological aspects and concerns associated with the return to in-person learning after the COVID-19 pandemic. This initiative focused on fostering psychological resilience, easing anxiety, and promoting a supportive environment for students, parents, and educators.100 people participated in the programme **Objectives of the Program:** 

#### **Understanding Post-Pandemic Anxiety:**

Conducted sessions to help parents, students, and educators understand and navigate post-pandemic anxiety related to the reopening of schools, addressing concerns about safety, social interactions, and academic challenges.

#### Support for Transitioning Students:

Provided targeted support for students transitioning back to in-person learning, addressing issues such as social adjustment, academic expectations, and coping with changes in routine.

#### Parental Guidance Workshops:

Organized workshops for parents to equip them with effective strategies to support their children's emotional well-being during the transition back to school, including open communication and creating a positive home environmentt.





കറ്റുന്നതിനു വേണ്ടി മതിലകം ഗ്രാമപഞ്ചായത്ത് പതിമുന്നാം വാർഡ് മെമ്പർ സഞ്ജയ് ശാർ ക്കരയുടെ നേതൃത്വത്തിൽ വി ദ്യാർഥികൾക്ക് ക്ലാസ് സംഘടി പ്പിച്ചു. വെമ്പല്ലൂർ എംഇഎസ് അസ്മാബി കോളജിലെ മാന സികാരോഗ്യ വിഭാഗവുമായി സഹകരിച്ചായിരുന്നു ക്ലാസ് സംഘടിപ്പിച്ചത്. ഊമന്തറ രാ ഗം റി.കിയേഷൻ ക്ലബ്ബിൽ നട ത്തിയ ക്ലാസുകൾ എംഇഎസ് അസ്മാബി കോളജിലെ സൈ ക്കോളജി വിഭാഗം മേധാവി ല തതീഫ് പേനത്, അസിസ്റ്റന്റ് പ്ര ഫ. മിൻസില ഹിലാൽ എന്നി വർ നയിച്ചു. വാർഡ് കൺവീ നർ മനോജ് പുന്നക്കത്തറ, സി. മറിയക്കുട്ടി എന്നിവർ നേത്യ ത്വം നൽകി





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PSYCHOLOGICAL AWARENESS ON POST-COVID SCHOOL REOPENING

#### PRIMARY HEALTH CENTER CLEANING WORK

# DATE: 14-11-2021 VENUE: PHC P VEMBALLUR WORK:

Shifting of old items used in the Primary Health Centre P Vembellar, 5 NSS Volunteers of MES Asmabi college 53&95 participated in the shifting activities(14/11/2021) from 10 am to 2 pm and completed the whole shifting activities by following covid protocols. The initiative involves the cleaning and relocation of a Primary Healthcare Center (PHC) from an old building to a new facility. This strategic move aims to enhance healthcare services by providing a modern and well-maintained infrastructure for patients and healthcare professionals. Building trust within the community by demonstrate a commitment to providing quality healthcare through relocation and upgrading process.



PRIMARY HEALTH CENTER CLEANING WORK

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#### **WASTE MANAGEMENT SURVEY**

# DATE:15-11-2021 ORGANISED BY :NSS ,SN PURAM PANCHAYATH

A meeting was held by Sreenarayanapuram Grama panchayat about the solid waste management survey on 15/11/2021 at Thevar palace auditorium SN Puram. The meeting started at 2:30 pm. Both the NSS program officers Dr. Princy Francis and Dr. Ansar E B and 3 NSS secretaries attended the meeting. It was about conducting a survey about cleaning and reinstating the natural flow of Kanoli Kanal, streams, and rivers that comes under the panchayath NSS Volunteers of MES Asmabi College in coordination with Mrs.Reshma(20th ward member) and ASHA workers of the ward conducted survey on 20th of November 2021 regarding the collection of information about disposal and daily usage of water. They visited different houses in the ward met the house members and enquired about their daily usage of water and ensured whether they are disposing of the used water in houses such as water after rinsing clothes, water from bathrooms...etc to the canals or not. Volunteers had done their maximum by helping the ward members in conducting the survey.





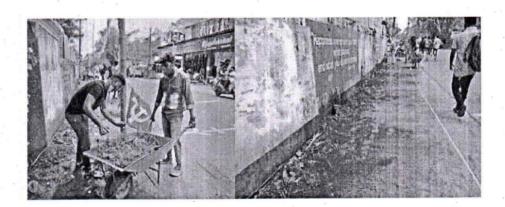
WASTE MANAGEMENT SURVEY

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### **ROAD CLEANING**

## DATE:24-11-2021 VENUE:VEMBALLUR ORGANISED BY:NSS UNITS

NSS Unit of MES Asmabi College organized a roadside cleaning activity on 24/11/2021 from 11.30 am to 1.30 pm As part of the Public Place Cleaning. With the leadership of NSS officers Dr. Princy Francis and Dr. Ansar. E. B, 8 NSS volunteers engaged in the cleaning activity. The road cleaning initiative is a community-driven effort aimed at maintaining cleanliness, aesthetics, and overall hygiene on local roads. This initiative recognizes the importance of clean roads in promoting public health, environmental sustainability, and a positive community atmosphere. The road cleaning initiative is a community-driven effort aimed at maintaining cleanliness, aesthetics, and overall hygiene on local roads. This initiative recognizes the importance of clean roads in promoting public health, environmental sustainability, and a positive community atmosphere. The road cleaning initiative stands as a testament to the positive outcomes that can be achieved through community engagement and shared responsibility. This effort not only enhances the immediate environment but also contributes to a broader cultural shift towards sustainable and responsible living.











#### SWAPSHOP COLLECTION

### DATE:24-11-2021 ORGANISED BY:NSS UNITS

On 24-11-2021 NSS volunteers of MES Asmabi College introduced about swap shop among first year UG students under the coordination of Jaseem. Then next day (25 -11-2021) it introduced among second-year UG students @11: 30 am to 1:30 pm . Most of the students participated well in the programme

2021 the collected clothes and things WERE washed, dried, and also ironed at house of NSS volunteer (Karthika). The NSS volunteers' dress collection for the Swap Shop event is a commendable initiative that not only addresses sustainable fashion but also brings the community together in a collaborative effort to promote responsible and inclusive practices. The National Service Scheme (NSS) volunteers have undertaken a unique initiative to collect dresses for a Swap Shop event. This community-driven project aims to promote sustainable fashion, encourage the reuse of clothing items, and provide an inclusive platform for community members to exchange garments. Engage NSS volunteers and community members in a collaborative effort to collect and exchange clothing, fostering a sense of community participation and mutual support.

Then these items are packed well by NSS volunteers vijayalakshmi, Karthika ,Vismaya, Sreya ,Pradeeksha,Avin Anand Dev, Hamraz ,Abhiram, Sana mol , Devapriya .



**SWAPSHOP COLLECTION** 

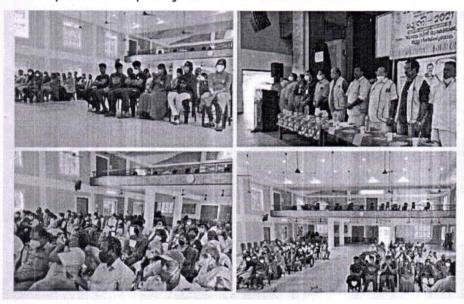


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### **EYE CAMP**

# DATE:29-12-2021 ORGANISED BY: NSS UNITS

A bid to address eye health and promote community well-being, the National Service Scheme (NSS) team partnered with Nethra Eye Hospital to conduct a transformative eye camp on [29-12-2021]. This collaborative effort aimed to provide essential eye care services, raise awareness about eye health, and facilitate early detection of vision-related issues within the community. The eye camp was organized at a central location within the community, ensuring accessibility for all residents. A dedicated space was set up with examination stations, waiting areas, and informational displays to facilitate smooth operations. The eye camp offered free eye screenings and refraction tests to community members. Individuals underwent thorough examinations to detect common eye issues, such as refractive errors, cataracts, and glaucoma. Patients diagnosed with refractive errors were provided with prescription eyeglasses on the spot. This immediate intervention aimed to enhance visual clarity and improve the quality of life for those in need.





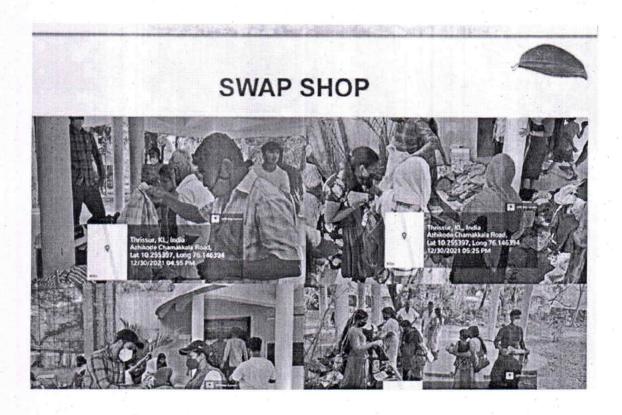


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# **SWAPSHOP**

# DATE:30-12-2021 VENUE:M.E.S ASMABI COLLEGE ORGANISED BY:NSS UNITS

On 30-12-2021 NSS volunteers of MES Asmabi College introduced about swap shop among first year UG students under the coordination of Jaseem. Most of the students participated well in the program. On 30-1-2021. The collected clothes and things was washed, dried, and also ironed at house of NSS volunteer (Karthika). The NSS volunteers' dress collection for the Swap Shop event is a commendable initiative that not only addresses sustainable fashion but also brings the community together in a collaborative effort to promote responsible and inclusive practices. The National Service Scheme (NSS) volunteers have undertaken a unique initiative to collect dresses for a Swap Shop event. This community-driven project aims to promote sustainable fashion, encourage the reuse of clothing items, and provide an inclusive platform for community members to exchange garments. The initiative engage NSS volunteers and community members in a collaborative effort to collect and exchange clothing, fostering a sense of community participation and mutual support.



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**SWAPSHOP** 

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# PRIMARY HEALTH CENTRE CLEANING

## DATE:21-12-2021 VENUE: PHC,P VEMBALLUR ORGANISED BY:NSS UNITS

The National Service Scheme (NSS) team carried out a commendable cleanliness drive at the Vemballur Primary Health Centre (PHC). The initiative aimed to contribute to community well-being by ensuring a hygienic and sanitized environment for both healthcare professionals and patients. A dedicated team of NSS volunteers, including students and faculty members, actively participated in the clean-up drive. The volunteers were divided into groups, each assigned specific areas of the PHC to ensure a comprehensive cleaning effort.18 volunteers actively participated in the programme. Proper waste segregation and disposal were prioritized to maintain environmental sustainability. The team ensured that bio-medical waste, if any, was handled in accordance with regulations, and general waste was disposed of responsibly.





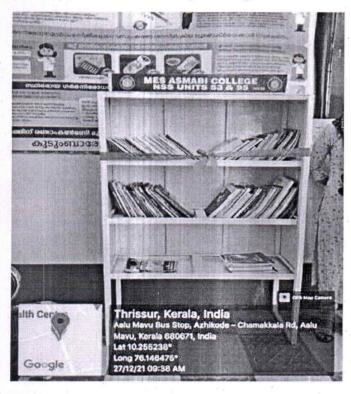


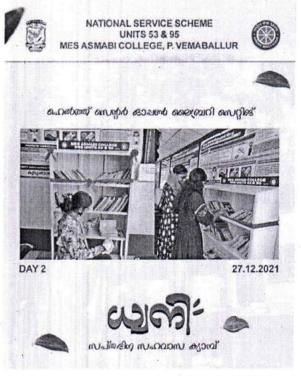
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### **SETTING OF LIBRARY IN PHC**

## DATE;27-12-2021 VENUE:PHVC VEMBALLUR ORGANISED BY:NSS UNITS

In an effort to expand community resources and promote a culture of holistic well-being, a small library was inaugurated at the Vemballur Primary Health Centre (PHC) on 27-12-21. This initiative aimed to provide a space for patients, their families, and healthcare professionals to access educational and recreational literature within the health center premises. A designated area within the PHC was transformed into a welcoming and comfortable library space. The setup included bookshelves, seating arrangements, and a reading corner, creating an inviting environment for visitors. A diverse collection of literature was curated to cater to the varied interests and needs of the community. This included health-related literature, informative pamphlets, fiction, and non-fiction books suitable for all age groups.12 NSS volunteers actively participated in the library setting.





#### **SETTING OF LIBRARY IN PHC**



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#### TURMERIC GARDEN SETTING

# DATE:28-12-2021 VENUE:ADOPTED VILLAGE ORGANISED BT:NSS UNITS

In a proactive move towards sustainable agriculture and community well-being, the National Service Scheme (NSS) team took the initiative to establish a turmeric garden in the adopted village on 28-12-21. This project aimed to promote local cultivation, economic sustainability, and the health benefits associated with turmeric consumption. High-quality turmeric seeds were sourced, considering the local climate and soil conditions. The NSS team conducted workshops to educate villagers on proper planting techniques, including seed spacing, irrigation, and organic farming practices..12 students were actively participated in the setting The project fostered community engagement by involving villagers in every stage of the turmeric garden setup. This collaborative effort aimed to empower local residents with agricultural knowledge and skills, creating a sense of ownership and pride in the project. The NSS team's initiative to set up a turmeric garden in the adopted village underscores the commitment to sustainable development, community engagement, and agricultural education. The project not only establishes a foundation for economic growth but also empowers villagers with knowledge and skills to sustainably manage their agricultural endeavors. The turmeric garden stands as a testament to the positive impact that collaborative efforts between NSS teams and local communities can have on promoting holistic well-being.



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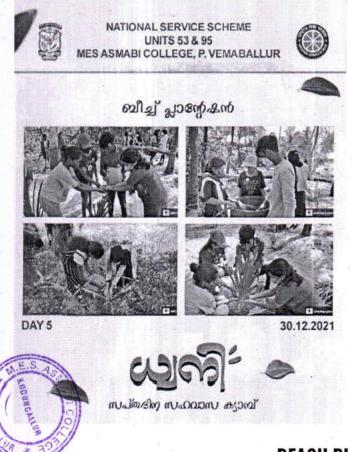
**TURMERIC GARDEN SETTING** 

#### **BEACH PLANTATION**

## DATE:30-12-2021 VENUE;VEKKOD BEACH ORGANISED BY: NSS UNITS

In a conscious effort to enhance environmental sustainability and foster community engagement, the National Service Scheme (NSS) team organized a beach plantation initiative at Vekkod on [Date]. This project aimed to contribute to coastal ecosystem conservation by planting native vegetation along the beach, creating a more resilient and ecologically balanced environment. Native plant species, well-suited to the coastal environment, were selected for the plantation. These species were chosen for their ability to withstand salt spray, stabilize sand dunes, and contribute to the overall biodiversity of the coastal ecosystem15 NSS volunteers actively participated in the programme.





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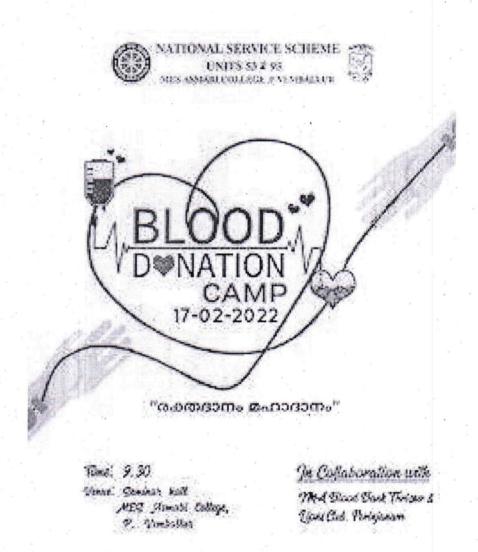
**BEACH PLANTATION** 

#### **BLOOD DONATION CAMP**

#### ORGANISED BY:NSS UNITS AND IMA

DATE: 17-02-2022 VENUE: SEMINAR HALL, MES ASMABI COLLEGE BENEFICIARIES: 58 DONATORS OUTCOME: TO CULTIVATE A CARING ATTITUDE TOWARDS COMMUNITY WHO NEED BLOOD.

A Blood Donation Camp is a community-driven event organized with the primary goal of collecting voluntary blood donations from individuals within the community. These camps play a crucial role in maintaining an adequate and safe blood supply for medical emergencies, surgeries, and other healthcare needs. Conducting outreach campaigns through various channels to inform the community about the blood donation camp, its significance, and the eligibility criteria for donors.





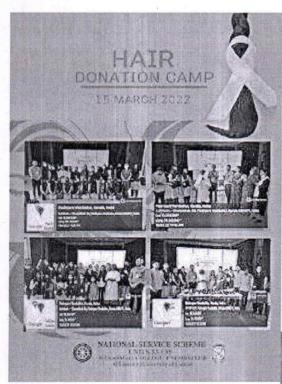
**BLOOD DONATION CAMP** 

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#### HAIR DONATION CAMP

# DATE :15-03-2022 VENUE : MES ASMABI COLLEGE ,P VEMBALLUR BENEFICIARIES : NSS VOLUNTEERS OUTCOME : INFORM THE VALUE OF HAIR DONATION

In a compassionate endeavor to support cancer patients and enhance their self-esteem during their challenging journey, a donation camp and hair distribution initiative was organized on 15-3-2022 at M E S college This event aimed to provide emotional and physical support to those undergoing cancer treatment by offering donated hair for wig-making. The event began with a well-organized donation camp, where community members generously contributed their hair to support cancer patients experiencing hair loss due to chemotherapy. Volunteers and hair stylists were on hand to guide donors through the process and ensure a positive experience..48 NSS volunteers participated in the camp. The success of the event was largely attributed to the overwhelming support from the community. Individuals from diverse backgrounds came together to donate hair, volunteer their time, and contribute to the cause. The sense of unity and shared purpose created a positive atmosphere that resonated throughout the event.





HAIR DONATION CAMP

M.E.S. ASMABI CULLLAN P.O.P. VEMBALLUR. KODUNGALLUR - 680 671



### **VISIT TO 'PEACE HOME'**

# DATE: 10-3-2022 VENUE:PEACE HOME THRISSUR ORGANISED BY: PG DEPARTMENT OF COMMERCE AND MANAGEMENT STUDIES

A group of Bachelor of Business Administration (BBA) students embarked on a meaningful excursion to Peace Home, a residence for physically challenged individuals. This visit aimed to provide students with firsthand insights into the lives of differently-abled individuals and foster a sense of social responsibility and inclusivity. By interacting with the residents of Peace Home, students aimed to cultivate empathy and a deeper understanding of the challenges faced by physically challenged individuals in their daily lives. Through engaging activities and interactions, students were encouraged to reflect on their role in contributing to a more inclusive and compassionate community, aligning with the principles of corporate social responsibility.60 students along with two faculties visited the peace home. The BBA students' visit to Peace Home served as a powerful learning experience, promoting empathy, inclusivity, and social responsibility. This excursion exemplified the potential for academic institutions to contribute positively to society by instilling values of compassion and understanding in future business leaders. The Cancer Awareness and Detection Camp successfully engaged 80 NSS volunteers and attracted participation from the local community for awareness sessions and screenings.

#### Program Impact:

The program had a positive impact on increasing cancer awareness, encouraging preventive measures, and providing early detection services, contributing to better health outcomes for the community.





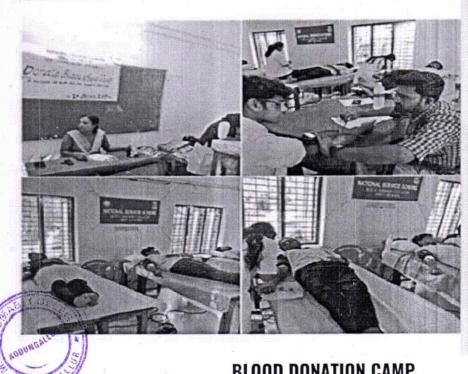
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### BLOOD DONATION CAMP

# DATE:16-3-2022 ORGANISING UNIT :PG DEPARTMENT OF COMMERCE

The Blood Donation Camp - In Association with IMA program represents a community-driven effort to address the critical need for blood donations in healthcare. Through this initiative, the Department of Commerce, in collaboration with the Indian Medical Association, aimed to save lives, raise awareness about the importance of blood donation, and foster a culture of community well-being and compassion. The program exemplifies the positive impact that academic institutions can have on public health when engaging with the community in meaningful ways. 150 students and teachers of the dept participated in the programme . The blood donation camp channelised the community members to voluntarily donate blood, contributing to the replenishment of blood banks and ensuring an adequate and readily available blood supply for medical emergencies.





P.O.P. VEMBALLUR, KODUNGALLUR - 680 671

**BLOOD DONATION CAMP** 

#### **HELP TO EMERGENCY CARE**

# DATE:18-3-2022 ORGANISED BY: ALUMNI ASSOCIATION VENUE:KAIPAMANGALAM PANCHAYATH

The Help to Emergency Care program facilitated by the Alumni Association in 2022 aimed to provide essential equipment to the Emergency Care facilities in Kaipamangalam. Through this collaborative effort, the alumni community sought to enhance the capabilities of the emergency care center, contributing to improved healthcare services and patient outcomes in the local community. The Help to Emergency Care through Alumni - Distribution of Equipment program exemplifies a collaborative effort between the Alumni community and the Emergency Care facility in Kaipamangalam, working towards the common goal of enhancing emergency healthcare services. Through this initiative, the Alumni Association aimed to make a positive and lasting impact on the

local community's health and well-being, demonstrating the commitment of alumni to social commitment. The Association provides wood cutteer to the panchayath.



**HELP TO EMERGENCY CARE** 



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#### COASTAL VEGETATION BELT NURSERY - DEVELOPING NURSERY

# COLLABORATING ENTITY: WESTERN GHATS HORNBILL FOUNDATION DATE:26-4-2022

The Coastal Vegetation Belt Nursery program initiated by the Western Ghats Hornbill Foundation in 2022 aimed to establish and develop a nursery dedicated to propagating and nurturing coastal vegetation species. This initiative focused on fostering the restoration and conservation of coastal ecosystems by providing a sustainable source of native plants.

Objectives of the Program:

#### **Nursery Establishment:**

To establish a dedicated nursery facility equipped with the necessary infrastructure for the propagation and cultivation of coastal vegetation species.

#### Native Plant Propagation:

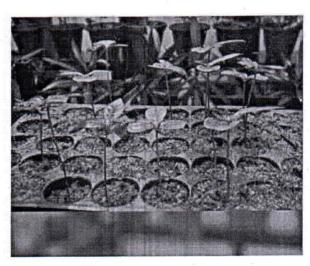
To focus on propagating native plant species endemic to coastal ecosystems, emphasizing the preservation of biodiversity and the promotion of locally adapted vegetation.

#### Species Diversity Enhancement:

To enhance the diversity of coastal vegetation species within the nursery, ensuring a rich assortment of plants that contribute to the ecological health and resilience of coastal environments.



COBUNGALLU



COASTAL VEGETATION BELT NURSERY - DEVELOPING NURSERY

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