



MES ASMABI COLLEGE P.VEMBALLUR



EXTENSION ACTIVITIES Photograph File

EXTENSION ACTIVITIES

01	ASSISTANCE TO THE UNDERPRIVILEGED	03 - 06
02	PSYCHOLOGICAL SUPPORT TO THE SOCIETY	07 - 08
03	ACTIVITIES FOR COMMUNITY SERVICE	09 - 15
04	SOCIAL SERVICE DURING CALAMITIES	16 - 24
05	ANTI-DRUG INITIATIVES	25 - 27
06	GREEN INITIATIVES	28 - 42
07	OTHER EXTENSION ACTIVITIES	43 - 53
08	NSS/NCC EXTENSION ACTIVITIES	54 - 76

Assistance to the Underprivileged

Home for the Homeless

Period	No of Houses
2018-19	1
2019-20	3
2022-23	1



Assistance to the Underprivileged

Free land to 3 students on 12-12-2020



Three students who lost their land due to flooding received land donations from the college as part of the Golden Jubilee celebrations. College chairperson receiving the documents of land on behalf of the affected students from Sri M Sreedharan



Support of Rs 40,000 for Kidney Transplantation on 16-12-2020

Assistance to the Underprivileged



*Contribution of
Rs 65,000 to
Praana Air for Care on
12-03-2021*



*Contribution to Chief Minister's Relief Fund on
28-08-2019*



Assistance to the Underprivileged



*Alumni Contribution of
Rs 1,20,000
as generous support in
the time of accident on
16-04-2021*



*Alumni Contribution of
Rs 10,00,000 as a support
to clearing the liabilities at
Poozathumkadarvu Bank on
18-09-2022*

Psychological Support to the Society



*CMHEP
Mental Health Enhancement
Program was inaugurated on
Oct 14, 2022*

Training for enhancement and improving the academic intelligence in **Government and Aided schools under SN Puram Panchayath.**



49 student mentors of the department of Psychology has undergone **6 hour monthly field training in the school for case management and assessment.**



Psychological Support to the Society



**Session on
“Let’s talk about mental
health” and
flashmob
at MuzirisAmphi
Theatre, Ko
dungalloor
in association with
Muziris Heritage Centre,
Kodungalloor as a
community awareness
campaign on
28th October 2022**



Activities for Community Services

*Free Mammogram and Scanning Camp
From 23 -1-2023 to 7-2-2023*



The college in association with the Cochin Cancer Society organized Breast Cancer Detection Camp and conducted Mamograms freely to the needy women under SN Puram Grama Panchayat in the month of January 2023.



Activities for Community Services

Blood Donation Camps



Blood Donation Camp dates

24-10-2019

15-03-2021

17-02-2022

16-03-2022



Activities for Community Services

E-Waste Collection Drive on 28-02-2023

College participated in the one-day e-waste collection drive as part of the Swachh Bharat Mission / Clean India Mission of the Central Government of India on 28th February 2023. 21 wards of S N Puram panchayat were chosen for this mission.



Activities for Community Services

Translation Bureau 13-07-2022



Public translation services for Arabic-language documents such as passports, visas, driver's licenses, contracts, and agreements. The given document was translated on 13/7/2022.

Distribution of School Items on 30-9-2022

On September 30, 2022, school supplies and notebooks were distributed to P. Venmballur, a government language school.



Talk on Marine Resources on 3-02-2023



On 3-2-2023, an awareness talk on "Marine resources" was given to the vocational higher secondary students to raise their awareness of the resources available

Activities for Community Services

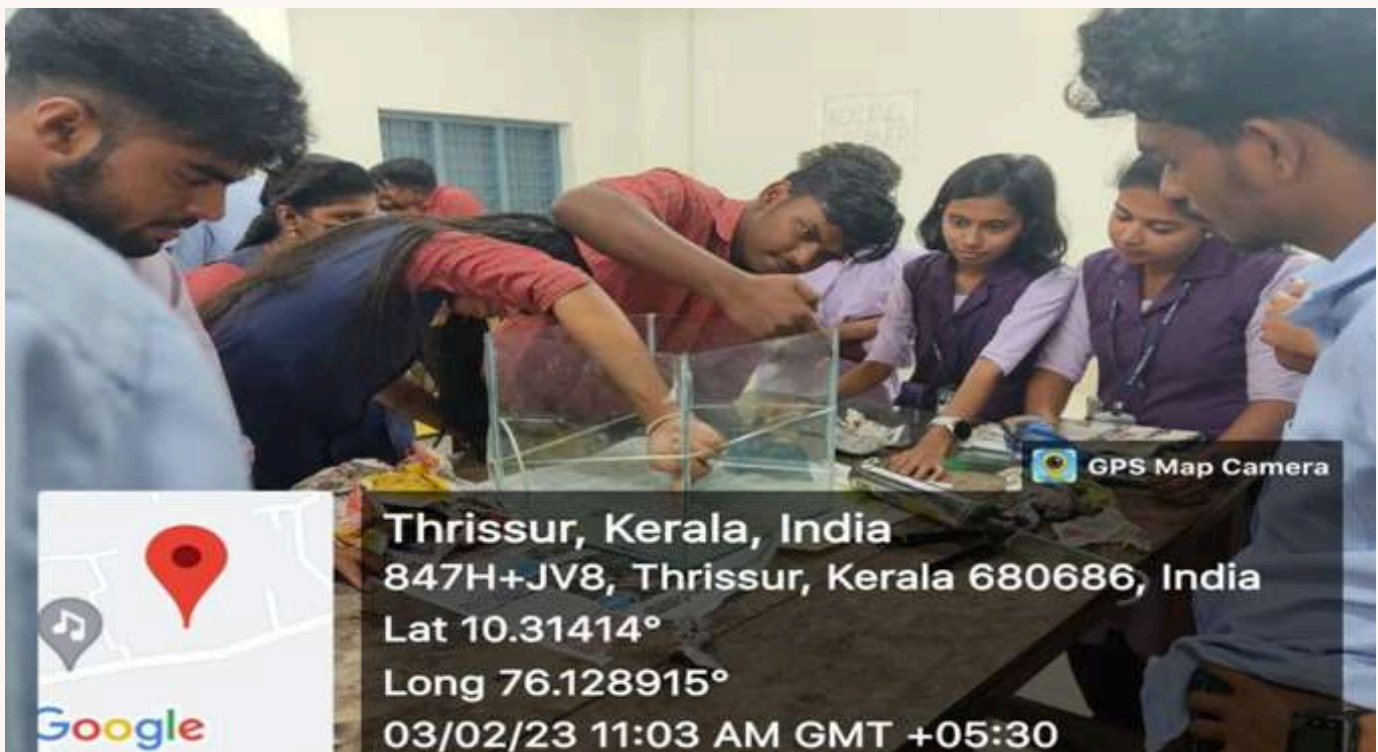
Awareness Programme on 11-11-2022

On November 11, 2022, GFVHSS Kaipamangalam held an awareness presentation for the students regarding "Marine resources."



Aquarium Making Workshop for School Students on 3-02-2023

An Aquarium making workshop was conducted at
GFVHSS Kaipamangalam on 3/2/2023



Activities for Community Services

Distribution of First Aid Kit and Ecofriendly Products on 23-11-2019



Distribution of first aid kit, paper bag and paper pen to the students of IMUP School Azhicode.

Introduces **CLOTH SHOPPING BAG CAMPAIGN**

ഒരു വീട്ടിലേക്ക് ഒരു തുണി സഞ്ചി



- Old Shirt + Rs.30 = Cloth Shopping Bag
- Commission @ Rs.5 per Bag
- Those who earns more commission will be awarded

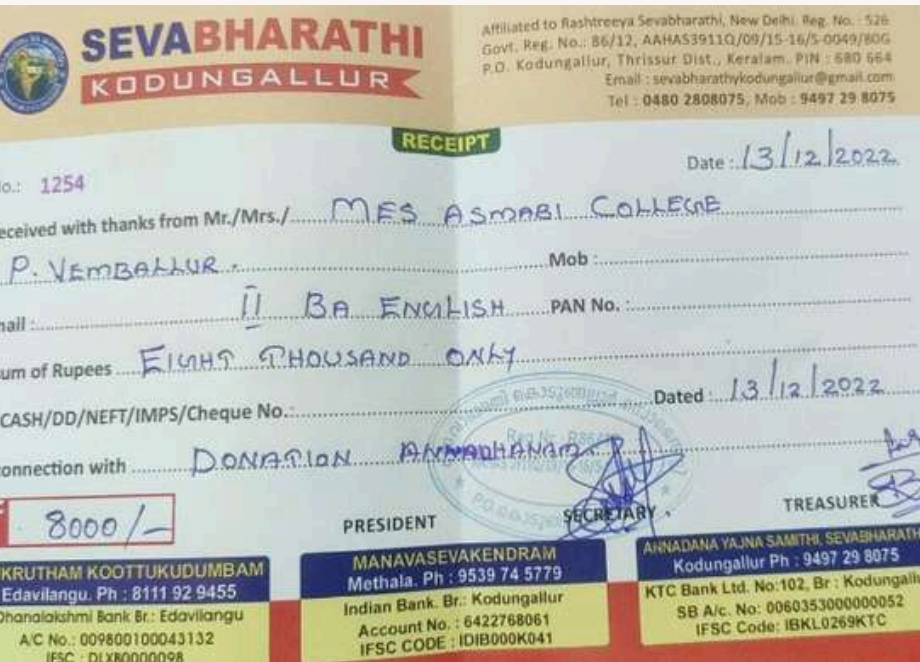


'Onapudava' to Poor People on 23-08-2018

As part of the Onam celebrations, the college gave out "Onapudava" (New Dress to celebrate Onam festival) to elderly residents.



Activities for Community Services



Orphanage, Special School Visit on 13/12/2022

Students visited Orphanages, donated gifts, and contributed money for their welfare. They conducted various cultural programmes and interacted with the inmates of the Orphanage.

Old Age Home Visit on 07-12-2019 & 15-10-2019

Students from various departments, visit old age homes and organise various entertainment programmes for the inmates and also interact with them



Special school visit on 18/03/2023

Students visited the special school, 'Pratheeksha Bhavan' at Irinjalakuda and were gifted a mixer grinder to assist the special educators in their day-to-day activities.

Social service during the Flood 2018



*Donated Wood cutter of Rs 30,000 to
Emergency Care Centre, Kaipamangalam on
24-08-2018*

*Contributed Necessary Items to the Flood Relief Camp of
SN Puram Panchayat on 23-08-2018*



Social service during the Flood 2018



*Cleaning Activities
24, 25 and 29-08-2018
and 18-09-2018*



Social service during the Flood



*Flood Relief
cleaning mission at
Nair Samajam
Public library,
Chendamangalam
on 24-08-2018*

*Involving students in Ongoing
Research – assessment of Flood
Impact Biodiversity on 5-10-
2019*



Social service during the Flood 2018

Chlorination of wells after floods on 24-08-2018



Social service during the Flood 2018



Honoring the Kerala Army of Fishermen with monetary rewards of Rs. 67,000 and a Ponnada for their heroic flood relief activities on 2-10-2019



On 13-12-2019 Providing support of Rs. 3,00,000 to pupils impacted by the floods and transferring Rs. 1 lakh to children who lost their parents

Social Service during covid 19

Beat the Covid Campaign 15-6-2021

MES ASMABI COLLEGE
P. VEMBALLUR
NSS UNITS 53 & 95
NSS and Department of Psychology associated
with MGNCRE

BEAT COVID CAMPAIGN

HOSPITAL MANAGEMENT
കോവിഡ് അനുബന്ധ
മെഡിക്കൽ സർവീസുകളെ പറ്റി
വിവരങ്ങൾ
☎ 9188022213

NON HOSPITAL MANAGEMENT
ദക്ഷിണം ഒരു അവാർജ്ജ
സാധനങ്ങളുടെ
സേവനങ്ങളെ സംബന്ധിച്ച
വിവരങ്ങൾ
☎ 8848610501

PSYCHO-SOCIAL
മാനസിക സമർത്ഥതയ്ക്കു ഒപ്പി
കാൺസിലിംഗ്
☎ 9447482484

WELLNESS SUPPORT
പ്രതിരോധവും
പരിചരണവും കൃത്യമായ
അറിവുകളുടെ
☎ 9072353266

IN ASSOCIATION WITH MGNRE-SAP
MINISTRY OF EDUCATION

Provided Covid related services to needy ones by NSS and Department of Psychology in association with, Mahatma Gandhi National Council of Rural Education under MHRD and the Swachata Action Plan provided Covid services to the needy ones on 15th June 2021

 **Certificate of Recognition** 

M.E./Beat Covid Campaign/June/140/9901

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

Social Service during covid 19

Covid Treatment Centre 08-06-2020 onwards

College hostel and Auditorium acted as a Covid treatment centre during the pandemic period. Management arranged all facilities to convert it into covid Treatment Centre.



Distribution of 40 Mobile Phones on 27-08-2020



Social Service during covid 19

*Production and Distribution of Sanitizers on
23-05-2021*



The Chemistry department prepared **sanitizers** and distributed it in the **neighbourhood** during the COVID-19 pandemic

Addressing student's stress about post Covid school reopening on 29-10-2021

The Department of Psychology addressed **student's stress with regard to post Covid school reopening** and prepared them for a new start after the pandemic.



Social service during covid 19

Grocery Kit Distribution on 01-07-2020



As part of Covid relief activities **grocery kits** was distributed by the college to **auto drivers**, funded with Rs 20,000.

Distribution of 1000 masks to Covid Domicile Centre on 27-07-2020



Anti-Drug Initiatives

Awareness Class to School & College Students 24-11-2022



Poster Exhibition in Kodungallur Town on 26-06-2022



Anti-Drug Initiatives

*Anti-Drug Awareness Bicycle Rally on
28-06-2022*



Street Play Against Drug Abuse on 28-06-2022



Anti-Drug Initiatives

Anti Drugs Awareness Human Chain on 01-11-2022



Green Initiatives

Distribution of tree saplings and vegetable seeds to needy People on 13-07-2022



Green Initiatives

Activities in Collaboration with Western Ghats Honbill Foundation



ശ്രീനാരായണപുരം
ഗ്രാമപഞ്ചായത്ത്

*Student Participation in
Peoples' Biodiversity Register
Preparation on 07-01-2023*

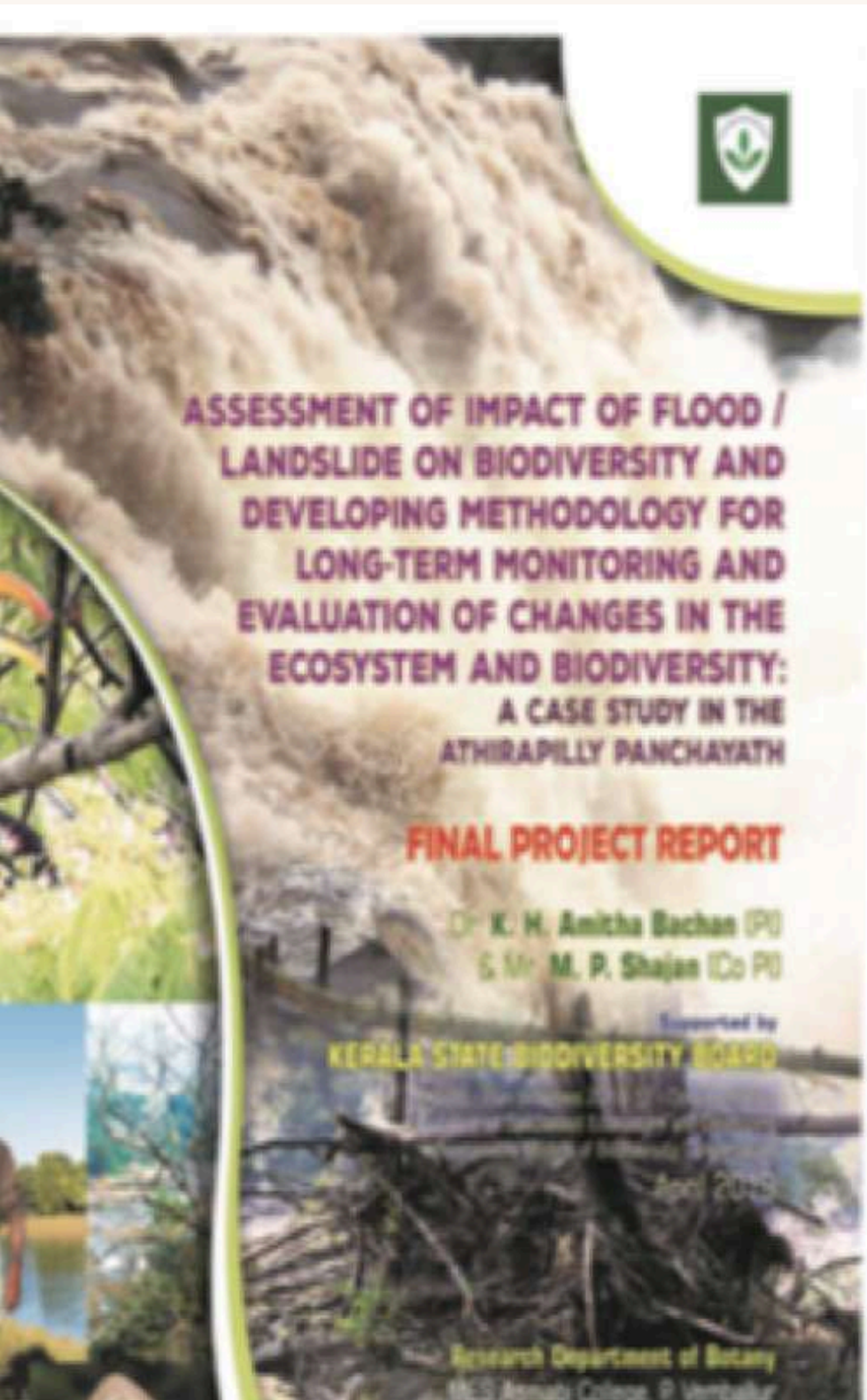
ശ്രീനാരായണപുരം ഗ്രാമപഞ്ചായത്ത്

**ജനകീയ ജൈവവൈവിധ്യ
രണ്ടാം പതിപ്പ് രജിസ്റ്റർ**



Green Initiatives

Activities in Collaboration with Western Ghats Honbill Foundation



Assessment of Flood Impact Biodiversity 2019 on 23-09-2021

17 students from various departments participated as additional interns.

Experience in identification of plants, fish, and MFP of indigenous people and assessment of the impact of the flood in 2018

5 PG and 2 UG research projects done

The Kerala State Biodiversity Board published the report, acknowledging contributions from everyone who participated in the study.

Green Initiatives

Eco Restoration of Costal Biodiversity on 18-10-2022



Conducted an awareness program on the eco-restoration of coastal biodiversity for local women, fostering environmental consciousness, community involvement, and gender inclusivity.



Green Initiatives

Training on the Forest Rights Act 2006 has been given to tribal GS members and promoters of the Nilambur area on 07-01-2022



On October 17, 2018, Bhoomithrasena Club members provided tree seedlings and common vegetable seeds to the chosen 25 homes in the Eriyad community.

Green Initiatives

Coastal Restoration Seed bed & Threatened species nursery

on 16-01-2023



The members of the Bhoomithrasena Club collected seeds from the local area, especially *Catlophyllum Inophyllum*, and sowed them in a seed bed for germination, ensuring proper spacing and nutrient support.

Ecological Restoration using Mangroves at Eriyad on 9-3-2023



The Bhoomithra Sena Club, in collaboration with the Western Ghats Hornbill Foundation, organized the ecological restoration of degraded mangrove ecosystems in the coastal zones of the Eriyad Gram Panchayat, Thrissur, on March 9th, 2023.

Green Initiatives

Supporting the Indigenous Community Grama Sabhas on 07-12-2022



Legal and conservation awareness campaigns customized for tribal populations, combined with initiatives targeting the protection of local ecosystems, biodiversity conservation, and the improvement of tribal community livelihoods through various engagement programs.

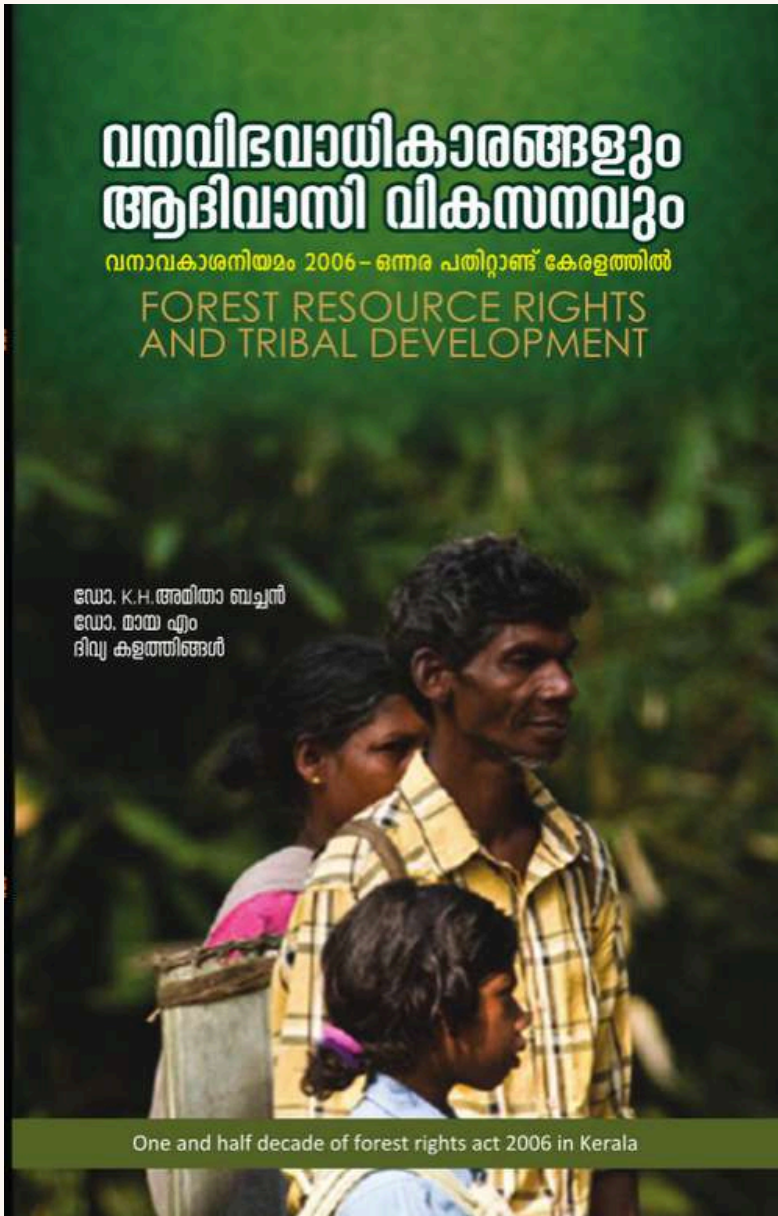
*Seminar on Forest Rights and
Traditional Resource Management for
Tribal Communities of Nilambur on
15/03/2022*



*National Conference on
Democracy, Land and Resource
management Rights of Adivasis and
Challenges of strengthening Adivasi
Grama Sabha in Kerala – 18th and
19th December 2019*

Green Initiatives

Releasing new edition of Forest Rights Act 2006 book: 8th October 2022.



Green Initiatives

*Global Green Grant – Indigenous community
learning centre program on 07-12-2022*



*Students planting trees
at the ecorestoration site
on 13-07-2022*

*Tree planting at costal
ecorestoration site to
develop a vegetation belt
against coastal erosion
on 26/04/2022*



Green Initiatives



MoU Signing ceremony with Sree Narayana Puram Grama Panchayath for the the updation of People's Biodiversity Register and Eco restoration projects supported by Kerala State Biodiversity Board on 30/12/2022

Ms. Ekaterina, SER Asia Network Core Team Member shared the importance of MAD Week event on 17/02/2022



Model Project for Kerala Coast in Partnership with Sree Narayana Puram Grama Panchayath on 31/12/2022



Green Initiatives



School children participating in coastal restoration and MAD week event on 18-2-2022

Coastal Vegetation belt Nursery on 16-01-2023



Niche Specific Restoration of Sacred Grove at Thalikulam, Thrissur on 17/02/2022



Mr. Febin Francis, District Coordinator, K'SBB Handing over the threatened tree sapling on 17/02/2022



Green Initiatives



ശ്രീനാരായണപുരം ഗ്രാമപഞ്ചായത്ത്
മഹാത്മാഗാന്ധി ദേശീയഗ്രാമീണ തൊഴിലുറപ്പു പദ്ധതി



**കാവുകളും കുളങ്ങളും പുനസ്ഥാപനവും
തുമ്പി, മത്സ്യ ജൈവ വൈവിധ്യ
സംരക്ഷണവും രണ്ടാം ഘട്ട
പ്രവർത്തന ഉദ്ഘാടനം**



2023 ഏപ്രിൽ 30 ഞായർ വൈകിട്ട് 4.30ന്
പറപ്പറമ്പിൽ സുരേഷ് വീട് പരിസരം
ഉദ്ഘാടനം : എം.എസ്.മോഹനൻ
ശ്രീനാരായണപുരം ഗ്രാമപഞ്ചായത്ത് പ്രസിഡന്റ്



Scientific Monitoring Process of the Restoration Sites on 30-04-2023



Exhibition at Kerala State Biodiversity Congress on 24/11/ 2021



Green Initiatives

Mangrove Restoration at Tico Grama Panchayths on 27/01/2023



Biodiversity Survey at SN Puram Grama Panchayath on 28-01-2023

Plant Count at Coastal Eco-restoration site on 30/12/2021



Green Initiatives

Supporting Neighborhood Farmers on 15/03/2022



Collecting and displaying medicinal plants from outside on 27/03/2022



Green Initiatives

People Biodiversity Register (PBR) Preparation and Release on 17-05-2023



Training on Cloth and Paper bag making for house wives of ward 21, Eriyad Panchayat 16-01-2021



Other Extension Activities

Training program on ornamental fish production on 16-04 -2021



A training program on **ornamental fish production** was conducted for Kudumbasree units and students of the Hamadaniya school in the 17th ward of Eriyad Panchayat.

Training Program for Paper Pen and Paper Bag Making on 11_2-2019

A training program on **paper pen and paper bag making** was conducted for Kudumbasree units in the Eriyad Panchayat



Aazadi Ka Amruth Maholsav 75th Independence Day celebrations in the Kaipamangalam Constituency

*Photo & Video Exhibition in association with Assembly Museum, Government of Kerala
on 18-08-2022*



സ്വാതന്ത്രത്തിന്റെ
75-ാം വാർഷികാഘോഷം
ആസാദി കാ അമൃത് മഹോത്സവ്

കൃഷി പരിപാടി
നിയോജക ഖേതലങ്ങളിലെ
പരിപാടികളുടെ ഉദ്ഘാടനം

2022 നവംബർ 14 ന് രാവിലെ 9.30ന്
പി.വെമ്പലൂർ എം.ഇ.എസ്. അസംബി കോളേജിൽ

unicef ന്റെ ആഭിമുഖ്യത്തിൽ
നടത്തുന്ന ദുരന്തനിവാരണ
കാലാവസ്ഥാ വ്യതിയാന സെമിനാർ
നിയമസഭാ ജൂനിയർസ് ന്റെ ആഭിമുഖ്യത്തിലുള്ള
ഫോട്ടോ വീഡിയോ പ്രദർശനം
2022 നവംബർ 14,15 തീയതികളിൽ

കുമാര-സാനുകാരിക പരിപാടികൾ
ULLA MEMORIAL AUDITORIUM



UNICEF Seminar on Disaster Management on 19-08-2022



As part of the Azadi Ka Amrit Mahotsav, various programs were organized including seminars, documentary festivals, orientation classes, and elocution competitions.



Other Extension Activities

'EMBRACE' Residential Camp
from 27-01-2023 to 29-01-2023



A three-day residential camp for all Kerala differently-abled students and their parents was organized in collaboration with the Kerala Autism Club from January 27th to 29th, 2023.



Other Extension Activities

House Painting on 15-10-2022

Engaging in the activity of **voluntarily painting houses** for the less fortunate can cultivate a sense of community service, teamwork, and pride in contributing to the well-being of others. Students who actively participate in such initiatives contribute to improving living conditions and foster a heightened awareness of housing disparities within the community. This experience sensitizes them to broader social issues, encouraging a commitment to social responsibility and community improvement.



Other Extension Activities

Palliative Care on 23-06-2018 & 26-11-2022



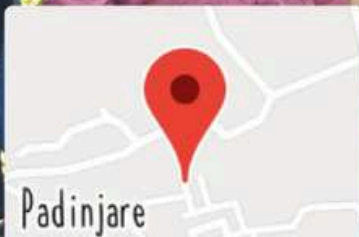
AC and Study Equipments to Buds Centre on 11-08-2022



Through the Payasam Challenge, we facilitated the donation of air conditioning units and study equipment to the Buds Center in Mathilakam, benefiting autistic children.

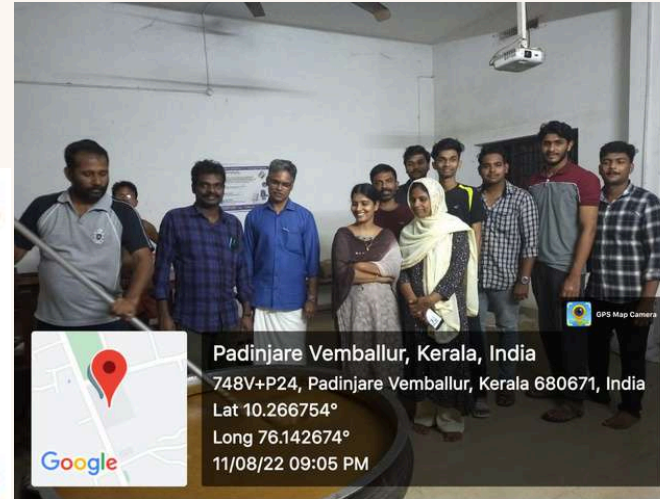
Other Extension Activities

Free Blankets Distribution to Needy People on 18-11-2022



Other Extension Activities

Biryani challenge (16-08-2022) & Payasam Challenge (12-08-2022)



Thanal initiatives on 28-08-2019



As part of the 'Thanal' initiative, the Department of Economics offered financial assistance, groceries, and study materials to families affected by the floods.

Other Extension Activities

Passport Registration Campaign on 29-08-2022



A passport registration campaign was conducted on **29 August 2022** for the students of our college.

Training Program to Kudumbasree Members 06-02-2020



A training program on 'Value-added Seafood Products' was conducted for 20 Kudumbasree members of S N Puram Panchayath on February 6th, 2020

Other Extension Activities

Cross Age Teaching in SN Puram Grama Panchayat on 11-10-2022



Thrissur, KL, India
Azhikode Chamakkala Road,
Kodungallur, Thrissur, 680671, KL,
India
Lat 10.267098, Long 76.142387
10/11/2022 12:45 PM GMT+05:30

“How to solve harmful effects of sanitary pads through innovative Solutions” on 11-10-2022

Other Extension Activities

Art Exhibition on 18/11/2022



GPS Map Camera

*Exhibition and Sale of Eco friendly products Out of Waste Materials
On 22-08-2018*



Other Extension Activities

An exhibition has been conducted for creating an understanding about Indian fisheries and its role in Indian economy. 11-10-2023



Nutrition Exhibition



Food Fest 11-10-2023



NSS Extension Activities

Paper Pen Making on 23-11-2018



Making paper pens was one way for students to contribute to a greener campus by reducing waste and fostering a feeling of environmental responsibility. The primary raw material used to make paper pens is newspapers. In the past five years, the NSS volunteers have produced around 2250 pens. These could be marketed at the teachers' appraisal camps as well as ST Joseph's College in Irinjalakuda. At MD College in Pazhanji, the NSS volunteers served as resources for paper pen manufacture. Making paper pens is a palliative rehabilitation technique.

NSS Extension Activities



Swachh Sagar Abhiyan on 17-9- 2022

On September 17, 2022, **1000 NSS volunteers from 30 colleges in the Thrissur district**

enthusiastically participated in the university-level coastline cleanup campaign, MegaSwachh Sagar Abhiyan-2022. **800 bags of plastic wastes** were collected from coastal regions covering **SN Puram (3.5 km), Mathilakam (3 km), and Edavilangu (2.5 km)**

panchayats thanks to the tireless efforts of the volunteers. Students who took part in the Swachh Sagar Abhiyan Thrissur campaign developed a strong respect for coastal habitats and a will to fight coastal garbage and promote a country free of plastic.



NSS Extension Activities



SN Puram Beach Walking *26 -10-2022*

NSS units collaborated with the Fisheries Department and SN Puram Panchayat to present 'Kadalora Nadatham' on 26-10-2022, aiming to foster awareness about marine ecosystems and promote sustainable practices.



Eriyad Beach Cleaning on 28-01-2023



NSS Extension Activities

Fecal Sludge Management Campaign 28-01-2023

On January 28, 2023, NSS Units orchestrated a collaborative rally with Thrissur District Suchitwa Mission and Eriyad Grama Panchayat, dedicated to fostering awareness and community engagement in the Faecal Sludge Management Campaign, stressing the significance of proper waste management for environmental hygiene and public health.



Haritha Mithram QR Code installation On 18-2-2023



NSS students actively participated in a training session and installed Haritha Mithram QR Codes in the residences of SN Puram Panchayat wards 1, 19, 20, and 21, contributing to an environmental project aimed at tracking and encouraging green activities, such as monthly contributions to Haritha Karma Sena; showcasing the youngsters' commitment to leveraging technology for a more eco-friendly and cleaner community



NSS Extension Activities

Organic Farms Field Visit 8/10/2022



Through **four informative field trips** to organic farms, the program gave volunteers **practical experience and engaged conversations with farmers**, deepening their awareness of sustainable agriculture and encouraging environmentally conscious behavior among college students.

NSS Extension Activities

House Construction/Renovaton during 2022-23



The construction of three houses for economically disadvantaged students, totaling **Rs 11,67,300**, was made possible through the dedicated support of NSS volunteers who actively **participated in labor efforts**. Additionally, financial contributions were raised through various initiatives, including **the soap challenge generating Rs 1,00,000**, as well as funds from **the scrap challenge, newspaper challenge, biriyani challenge, payasam challenge, and the inclusion of coupons**, highlighting a collaborative and community-driven approach to address the housing needs of students in need.

NSS Extension Activities

Blood Donation Camps on 17 -2-2023amd 30-11-2022



Seven blood donation camps were successfully conducted, resulting in the collection of an impressive **366 units of blood**. These camps were organized through collaborative efforts with **Amritha Hospital(2-10-2018 & 24-10-2019)**, **Taluk Hospital(30-08-2022)**, and the **Indian Medical Association (IMA - 17-2-2022, 30-11-2022 & 18-7-2022)**. The substantial number of blood units collected underscores the effectiveness of these joint initiatives in addressing the ongoing need for blood in medical emergencies and healthcare treatments.

Hair Donation Camps on 17 -02-2020 and 15 -03-2022

In collaboration with **Amala Hospital, Thrissur**, three hair donation camps (17-02-2020, 15-03-2022 & 30-11-2022) were organized, witnessing the heartfelt participation of **48 students**.



എം. ഇ.എസ്. അസബി കോളേജിൽ നടന്ന കേശഭരണ രക്തദാന ക്യാമ്പുകളിൽ പങ്കെടുത്തവർ

കേശഭരണ ക്യാമ്പും രക്തദാന ക്യാമ്പും നടത്തി

NSS Extension Activities

Medical Camps

Four medical camps (AR Medical Center, Kodungallur on 27/03/2021, Cochin Eye Foundation on 29/12/2021 and 27/07/2023 and Taluk Hospital, Kodungallur on 27-12-2023) encompassing various specialties, including **General Medicine, ENT (Ear, Nose, Throat), Gynecology, Orthopedics, and Ophthalmology (Eye)**, were successfully conducted, providing comprehensive healthcare services to the community. These camps are aimed at addressing diverse medical needs and promoting overall well-being. The inclusion of specialized services allowed attendees to access a range of healthcare expertise, ensuring a holistic approach to medical care.



NSS Extension Activities

Breast Cancer Detection Survey and Free Mammogram from 25 -12-2022 to 27-12-2022

Seminar on Breast Cancer Awareness (15/12/2022), training to conduct Breast Cancer survey(22/12/2022), Distribution and collection of questionnaire(25 &27/12/2022) and free mammogram testing based on the survey at SN Puram panchayat had been conducted in association with Cochin Cancer Society and Health Aid NGO from December 2022 to January 2023.



NSS Extension Activities

Donation to Chief Minister's Distress Relief Fund on 3 -09-2019



The NSS units played a crucial role in demonstrating solidarity during times of crisis by actively participating in **fundraising efforts (Rs42,000) for the Chief Minister's Distress Relief Fund (CMDRF) on 3-09-2019**. Volunteers engaged wholeheartedly in collecting donations to support disaster relief activities. The initiative focused on providing essential financial assistance for rehabilitation and recovery efforts in the face of adversities.

Special School Visits on 4-11-2023 and 6 -02-2023

Visits to **Shalom Sadan, Perinjanam** on November 4, 2023, and **Pratheesha Bhavan, Irinjalakuda**, on February 6, 2023, were conducted, allowing NSS volunteers to **interact with differently-abled children** and contribute generously with food items, 5 kg of soap powder to Shalom Sadan, and cake along with chocolates to Pratheesha Bhavan. The commendable donations and collective efforts of the volunteers aimed at enhancing the well-being of both communities, reflecting a commitment to fostering a spirit of compassion and goodwill.



NSS Extension Activities

Old Age Home Visits on

13-11-2018, 24-09-2022, 07-12-2019 & 15-01-2019

The NSS unit orchestrated compassionate visits to **DAYA old age home, Methala**, on November 13, 2018, and September 24, 2022, **VELICHAM old age home, Pullut**, on December 7, 2019, and **SWEET home, Puthenchira**, on January 15, 2019, underscoring a steadfast dedication to community service. During these visits, volunteers not only spent quality time engaging with elderly residents, spreading joy, and offering companionship but also demonstrated their commitment by donating essential provisional items, exemplifying the spirit of empathy and solidarity within the community.



Padheyam - Distribution of Food Packets on

23-12-2022

The National Service Scheme (NSS) has undertaken a commendable initiative in actively distributing food packets to those in need across various locations. This includes **600 packets at Thrissur round on 23-12-2022**, **190 packets at Kodungallur temple area on 13-01-2022**, and **100 packets at Karuthal Kootayma, Kodungallur on 23-09-2023**.

Furthermore, the NSS has extended its philanthropic efforts by distributing **100 packets at Government Hospital, Irinjalakuda on 29-09-2022**, and **80 packets at St Joseph's Orphanage, Ollari on 23-12-2022**. This compassionate endeavor acts as a lifeline for those grappling with economic hardships, ensuring they have access to nutritious meals and embodying the spirit of service."



NSS Extension Activities

Clothing Drives in the Name of Swap Shop

The NSS units have organized **Clothing Drives**, championing sustainable practices and community engagement. Through the **collection of old clothes**, these units aim to **redistribute them among economically backward populations**, fostering a culture of reuse and waste reduction. The initiative extends to the establishment of a **clothing corner near the Department of English in the college, allowing those in need to access clothes at any time**. The distribution takes place in the **Tsunami colony on various dates, including 14-08-2018, 23-12-2019, 24-11-2021, 30-12-2021, 12-01-2022, 22-09-2022, 20-10-2022, 5-11-2022, 22-02-2023, 21-03-2023, and 16-02-2023**.



Home Care Products Making and sale in all years

The NSS volunteers demonstrate their active involvement in a commendable annual initiative, leveraging **the production and sale of essential home care products to raise funds for charity**. Offering a diverse range including **soap, phenol, hand wash, and dish wash**, these products cater to the daily hygiene needs of households. Through their dedication and efforts, these volunteers not only **enhance the community's well-being by providing access to quality home care products** but also channel the generated proceeds towards **charitable causes**, exemplifying a holistic approach to community service.



NSS Extension Activities

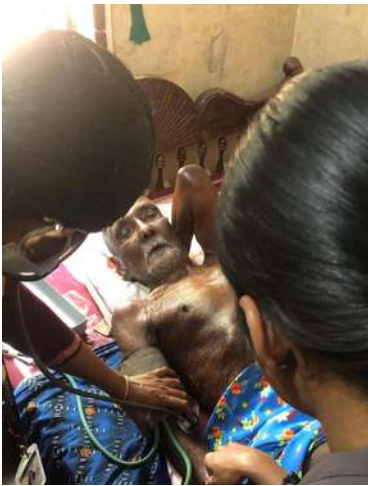
Pain and Palliative Training on 15-5-2019

The NSS units organize **Pain and Palliative Training every year** with Alpha Pain and Palliative Centre, Eriyad intending to raise awareness and improve understanding of pain management and palliative care. Volunteers underwent thorough training to **support individuals dealing with chronic illnesses and their families.**



Home Care 16-04-2019

The volunteers undertook Pain and Palliative Home Care work, demonstrating a commitment to compassionate service. Volunteers received specialized training to offer care and support to individuals with chronic illnesses within the comfort of their homes. This initiative aimed to enhance the quality of life for those facing health challenges and promote a sense of dignity and comfort.



Physiotherapy Help 18 -03-2022

NSS volunteers are actively providing **crucial physiotherapy assistance to elderly individuals at Alpha Pain and Palliative Unit in Eriyad**, showcasing the impactful role of community service in enhancing the health and well-being of the elderly population. This collaborative effort emphasizes the importance of volunteerism in promoting healthcare accessibility for older adults.



NSS Extension Activities

Flood Relief Work from 24-08-2018 to 13-10-2018



Rescue and cleaning work



Water quality testing in flood areas of Mala and Puthenvelikkara



Arrangements of Food Items to the Relief Camp



Post flood water purification of water resources



Visited 'Pathar' the place where the massive landslide occurred



Sea wall making with sacks of sands

NSS Extension Activities

COVID Pandemic Work - 27-07-2020



Making and Distributing Masks among Public with COVID Protocol Messages

Volunteering at COVID Domicile centre - July 2021



NSS volunteers exhibited commendable dedication by initiating volunteer shifts from 7 am to 1 pm and from 1 pm to 7 pm at the SN Puram Panchayat COVID Domicile Centre, located at MES Asmabi College Ladies Hostel, during the month of July 2021.

NSS Contribution of cleaning items (**10 Ltr Hand wash and 20 Ltr Phenoil**) to DCC, SN Puram Grama Panchayat on 1-07-2021



NSS Extension Activities

Book Collection Drive for Bhahadur Grameena Vayanashala, Edavilangu on 21-9-2022

NSS volunteers orchestrated a vibrant initiative on **September 21, 2022**, at Edavilangu Bhahadur Grameena Vayanashala, aiming to augment the library's collection and benefit 100 enthusiastic volunteers in Edavilangu Grama Panchayat. This dedicated effort proved noteworthy as the NSS volunteers successfully gathered **1000 books**, showcasing proactive engagement and significantly contributing to the enrichment of educational resources and reading opportunities at Bhahadur Grameena Vayanashala.



Collection of 600 books as part of NSS volunteer selection from 2-10-2022 to 6-10-2022

Handed over 250 library books to PHC, Pori Bazar on 26-12-2022

Handed over 300 library books to Panagad School Library on 30-12-2022



Build up a library corner at PHC, Almavu in 2021-22



Updated Library books to PHC, Almavu on 30-12-2022

NSS Extension Activities

Work in Participatory Village at a Glance



NSS Extension Activities

Cleaning Public Places



Mathilakam Police Station Cleaning on 15-10-2022



Shalom Sadhan Cleaning at Perinjanam on 16-07-2022



Cleaning of Campus Surrounding on 1-10-2022



Cleaning PHC, Almavu on 27-12-2021



Bus stop Cleaning



College Road Side Cleaning on 24/11/2021



Cleaning Taluk Hospital, Kodungallur on 2-10-2019



Cleaning related to Nava Kerala Sadas on 5-12-2023

NCC Extension Activities

CHILDREN'S HOME VISIT on 15 -08-2023

On August 15, 2023, NCC Unit 22 Kerala Battalion Eloor, MES Asmabi College, conducted a Children's Home visit as part of the Independence Day Outreach Program. The event fostered community engagement, spreading joy and patriotic spirit among children.



NCC Extension Activities

OLD AGE HOME VISIT on 26-11-2022



On November 26, 2022, NCC cadets embarked on a compassionate initiative, visiting both a Children's Home and an Old Age Home. The students devoted quality time to residents, creating an atmosphere of joy and camaraderie. They organized cultural programs, infusing the day with entertainment and fostering intergenerational connections.



NCC Extension Activities

PADHEYAM Food Distribution on 13 -08-2022



The "Padheyam" food distribution initiative exemplifies a commendable effort to alleviate hunger and support the community. Through this program, nourishing meals are distributed to those in need, reflecting a commitment to social welfare.

NCC Extension Activities

CLEANING DRIVE - FLOOD AFFECTED SITES

On 29-08-2018



The Cleaning Drive at flood-affected sites stands as a testament to community resilience and solidarity in the face of adversity. Volunteers and community members join forces to restore and sanitize areas impacted by floods.

VOLUNTARY BLOOD DONATION

On 24 -10-2019

The voluntary blood donation by NCC cadets exemplifies their selfless commitment to community health and well-being.



NCC Extension Activities

*SWATCH BHARATH INITIATIVE on
16-03-2022*



The Swachh Bharat cleaning drive at Kodungallur Taluk Hospital signifies a conscientious effort to promote cleanliness and hygiene. Volunteers engaged in the initiative dedicated themselves to tidying and sanitizing the hospital premises.

