



S.N.M COLLEGE MALIANKARA

(Affiliated to Mahatma Gandhi University,
Kottayam)

1. **Title of the program** : Village Adoption Programme
2. **Name of the Coordinator/s** : Dr. Neelima C A
3. **Organizing Department/Cell** : Department of Mathematics
4. **Date** : NA
5. **Number of participants**: NA
6. **Venue** : YouTube videos
7. **Resource Person/s** : Nil
8. **Objective of the Program** :

Through the Village Adoption Program, videos are made available to the entire community, serving as valuable resources for promoting health, safety, and well-being. By sharing these videos, the program aims to empower individuals with the necessary tools and information to navigate the challenges posed by the COVID-19 pandemic effectively.

9. Detailed description of the event:

As part of the Village Adoption Program, awareness videos have been created to promote the practice of yoga asanas for preventing COVID-19 and to demonstrate the process of making masks. These videos aim to provide valuable information and guidance to the community, especially in times of the ongoing pandemic.

The first video focuses on various yoga asanas (poses) that can help individuals maintain a healthy lifestyle and boost their immunity to prevent the spread of COVID-19. The video demonstrates different asanas that help in uniting the body and mind, improving overall well-being, and enhancing respiratory health. These asanas may include breathing exercises, gentle stretches, and meditation techniques that can be easily practiced at home.

The second video provides a step-by-step demonstration of how to make masks at home. Given the importance of wearing masks to prevent the spread of COVID-19, this video aims to empower the community with the knowledge and skills to create their own masks.

It showcases the materials required, the process of cutting and stitching, and tips on ensuring proper fit and coverage. By promoting homemade mask production, the video encourages the adoption of mask-wearing practices in the community.

10. Outcome of the event/Evaluation by Program Coordinator:

Both of these videos play a crucial role in spreading awareness and knowledge about preventive measures against COVID-19. They provide practical and accessible information to the village community, including common people, students, and teachers, to help them stay safe and take proactive steps to protect themselves and others.

11. Brochure

Village Adoption Programme
Department of Mathematics
SNM College Maliankara
Academic Year 2020-21

Connecting Communities, Empowering Lives Yoga and Mask Stitching Initiative

Welcome to the Village Adoption Programme!

Join us on a remarkable journey as we connect with rural communities and empower lives through the practices of yoga and mask stitching. The Department of Mathematics at SNM College Maliankara proudly presents this initiative conducted during the academic year 2020-21. Through our YouTube videos, we aim to promote well-being, skill development, and community integration.

Join us today and make a difference in the lives of rural communities. Together, let's create a future filled with well-being, skill enhancement, and sustainable progress.

For more information, contact:
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12. Photos

<https://youtu.be/OKvFRxCI5BY>

<https://youtu.be/5TbOZ3ECfn0>



