



S.N.M COLLEGE MALIANKARA

(Affiliated to Mahatma Gandhi University, Kottayam)

- 1. Title of the program:** Kootayottam to Promote a Healthy Lifestyle
- 2. Name of the Coordinator/s:** Dr VC Resmi & Vipin K D (NSS Programme Officers)
- 3. Organizing Department/Cell:** NSS Unit and NCC
- 4. Date:** 12/11/2022
- 5. Number of participants:** 68 volunteers from SNM College
- 6. Venue:** Maliankara Bridge to Vadakkekkara Panchayath Office
- 7. Resource Person/s:** Nil
- 8. Objective of the Program:** The objective of the event was to create an awareness among the people about the harmful effects of alcoholism and to promote a healthy lifestyle.

9. Detailed description of the event:

In association with Vadakkekkara Panchayath and NCC Unit in the college, NSS Unit actively participated in a mass run (Kootayottam) on 12th November 2022. The program was held as a part of Kerala festival to spread the message against alcoholism. The mass run commenced at Maliankara bridge at 7 am and reached Chakkamassery temple by 9 AM. The event was held in the presence of Vadakkekkara Grama Panchayath President Resmi Anil Kumar, Vice President Santhosh, NSS programme officers Dr VC Resmi, Vipin KD, NSS senior secretary Shahir Mohammad, NSS secretaries Athul Krishna, Meenakshi Sunish, Sayid Hafis, and other NSS leaders, NSS NCC volunteers. Vadakkekkara Grama Panchayath President Resmi Anil Kumar presided over the Kerala festival Mass run programme.

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

The mass run organized by NSS Unit and Block Panchayath could create a fresh thought among the participants to pursue a healthy life for them. By doing such physical refreshment activities, youth and any grown up can overcome their attraction towards alcohol. Program could spread awareness about the harmful consequences of alcoholism. The active participation of the attendees showcased their dedication to promote a healthier and alcohol-free lifestyle.

11. Photos





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NSS UNIT 47

koottayottam 12.11.2022

**KEEP
RUNNING**

