

SNM COLLEGE, MALIANKARA

Maliankara PO, Moothakunnam Via., Ernakulam (DT), Kerala - 683516

(Affiliated to Mahatma Gandhi University, Kottayam)

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7.1.9 - Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties and responsibilities of citizens

Sensitizing students and employees of the institution to constitutional obligations involves educating them about the values, rights, duties, and responsibilities of citizens as outlined in the constitution. This can be achieved through workshops, seminars, and educational programs to foster a deeper understanding and appreciation for these fundamental principles of citizenship.

According to the above, seminars, workshops, various activities based on international days are conducted in this academic year. Various quiz competitions, essay competitions, poster competitions are conducted from time to time in order to know the importance of value-based education and its importance for today's young generation. Also competitions are organized in different ways on the respective days to understand how much knowledge and awareness the students have about the Constitution of India and the fundamental rights, fundamental duties and human rights mentioned in it. Programs like Village Adoption are conducted every year at the departmental level for the children to identify with the social environment in which they live.

Under The Category of Fundamental Duties

Electoral Literacy Club

To promoting awareness about the importance of voting rights and responsibilities, and encouraging citizens to actively participate in the democratic process, Electoral Literacy Club is working inside the campus. The Electoral Literacy Club (ELC) is a platform to engage students through interesting activities and hands-on experience to sensitise them on their electoral rights and familiarise them with the electoral process of registration and voting. Through ELC, Election Commission of India, aims at strengthening the culture of electoral participation among young and future voters.

In association with Voters Day, On January 25, 2023, Electoral Literacy Club and NSS jointly arranged an oath to reminding about our duty as a responsible member of our democratic society and to fulfill our role as an active and conscientious participant in the electoral process. The program was conducted at 10:30 in the seminar hall in the presence of Paravoor Taluk, Office Thalasilddhar Smt. Ambika, Deputy Tahsildar Sri. Sabu.



As part of Anti-Narcotics Campaign launched by the Government of Kerala, Vimukthi ,a number of programs were conducted inside and outside campus.

The state level of the campaign inaugurated by chief Minister Sri. Pinarayi Vijayan on 6-10-2022. The live broadcast of the inaugural ceremony was arranged in the seminar hall. The college also started the campaign by taking Anti-drug pledge. Group Discussion on the topic ‘Drugs and the Young generation’ were held after the pledge. Objective of the Program to create awareness among students that it is the social responsibility to fight against drugs. It also created awareness to fight against the spread of drugs in society which is considered as a social danger.



On October 13, 2022, the Anti-Narcotic and Anti-Alcoholic Club, in collaboration with the Parent-Teacher Association (PTA), organized an Anti-Drug Awareness Class for parents. The objective of this session was to equip parents with valuable knowledge and to address the growing concern of substance abuse among adolescents. Led by experienced Preventive Officers from the North Paravur Circle Office, the class aimed to create a more informed and vigilant community against drug abuse.



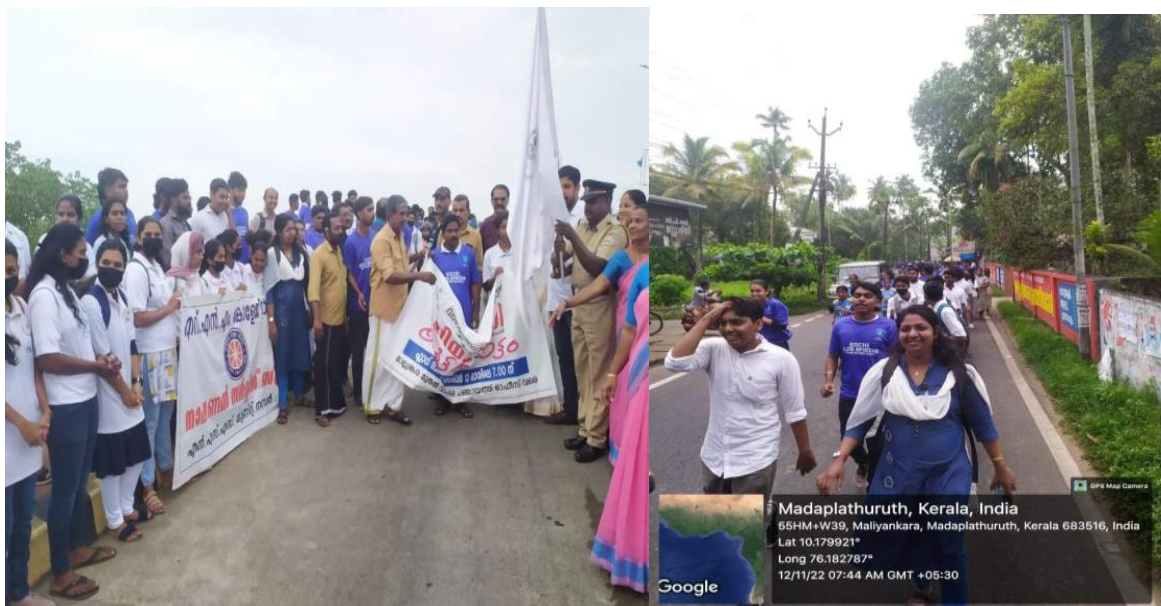
To develop anti-narcotic attitudes among students, as per the guidelines of higher education ministry, an association called SRADHA and NERKKOOTTAM was constituted in the college with the aid of anti-narcotic & anti alcoholic club. A meeting was convened in the principal's office on 29-10-2022 to discuss the strategies to be adopted to eliminate drugs from the campus. In connection with the activities under SRADHA, pledge was delivered to the students stayed in hostel by the hostel warden.



To create awareness of the ill-effects of drugs among students, boards carrying messages against drugs have been located inside the campus premises. The boards carrying anti-narcotic messages were prepared and placed inside the campus with the help of the students of the college.



To spread the message of anti-alcoholism, NSS unit organized a mass run on 12th November 2022, under the leadership of Vadakkekara Grama Panchayath. The program was held as a part of Kerala festival This event served as a powerful reminder of the collective responsibility we share in fostering a healthier and brighter future, steering clear of the detrimental effects of alcoholism.



To channelise the interests of students in creative activities and to act as agents against drug-related activities as part of Anti-drug campaign, Anti narcotic & and alcoholic club organized various competitions among students related to Anti drug campaign The competitions were held as part of 'Bodhapoornima' intended to make students aware to stay away from drugs. It includes e-poster competition, poem competition, essay competition and short video competition. Prizes were distributed to the winners of the campaign. The best e-poster sent to Kerala media academy also got 1st prize in the inter-collegiate poster competition.

Anti Narcotic & Anti Alcoholic club 
SNM COLLEGE MALIANKARA
ലഹരി വിമുക്ത ക്യാമ്പയിൻ

*Organises
 Following Competitions
 as part of Bodhapornima*

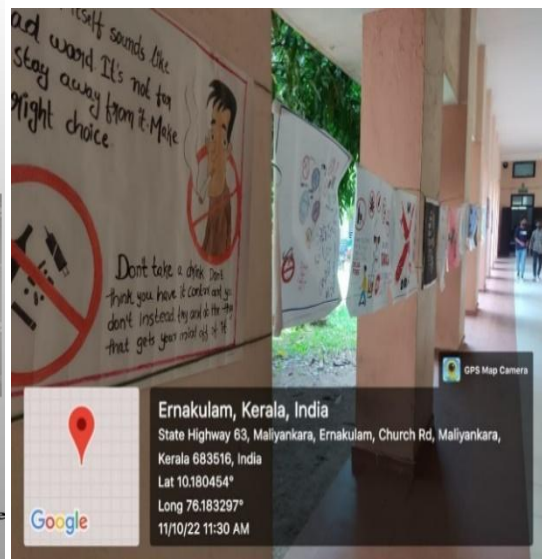
Story, Poem and Essay writing
Short Film making
E-Postermaking

SAY NO TO DRUGS

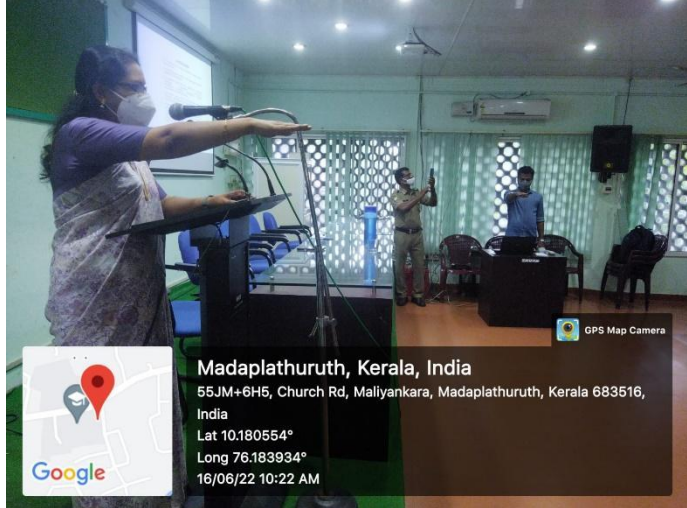
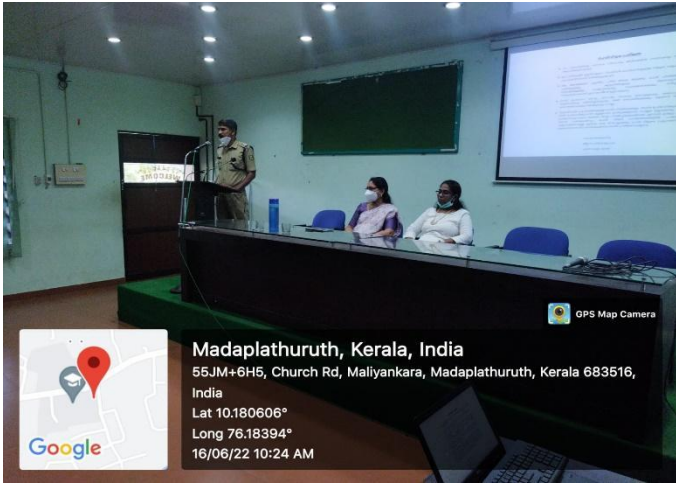
Topic: No to Drugs

To be noted
 *No conditions for story, poem and e posters
 * Essay should not exceed 1500 words
 * Short film -30 seconds to 5 minutes
 Last date : 22-10-22
 Time: Before 11.00 am

For more details call 7025085295
email all activities with your name and class to sreevs7@gmail.com

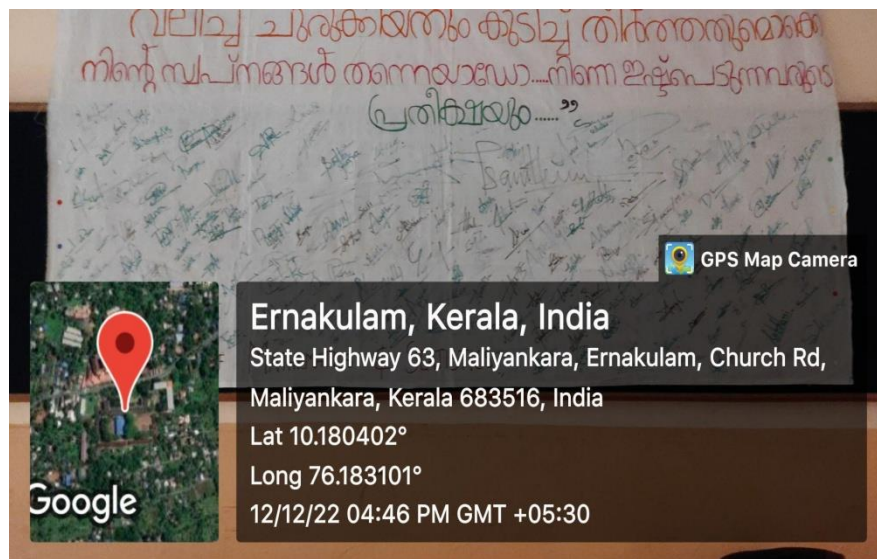


In connection with Anti-drug campaign of Govt. of Kerala, an anti- drug pledge followed by an awareness talk was organized for the students by Anti-narcotic & Anti alcoholic club on 16th June 2022. The programme was conducted under the initiative of S.I PV Rajesh and Sri. Madhu M V of Vadakkekara police station at Moothakunnam. Smt, Sreeja V S, convener of anti-narcotic & anti-alcoholic club delivered welcome address. Dr. Jitha T H, Principal in charge, gave the presidential speech. Anti drug pledge followed by awareness talk was given by SI P V Rajesh. The programme came to an end by 11.30am by vote of thanks by the student representative Ms. Vandana Vyasan.



As a part of Drug free Campus campaign, a signature campaign named "Laharikkethire oru kaiyoppu" was jointly organised with Department of Mathematics and Statistics on December 12, 2022. Sri. Dileepkumar,

Office Superintendent inaugurated the function by putting his signature



A Flash mob by the students was organized outside the college campus as part of anti-drug campaign. The flash mob was held with the support of North Paravur circle office on 31-10-2022.



To develop anti-tobacco attitudes among student and to create awareness about the ill-effects of tobacco use, a short video titled “No to tobacco” has been uploaded to the you tube channel of Anti narcotic & anti alcoholic club. The short video was prepared and presented by the students of anti-narcotic army ‘AAZADI’ You tube link- <https://youtu.be/m2DL-ukxQBU>

In observance of UNInternational Day Against Drug Abuse and Illicit Trafficking, on 26th June 2022, a flash mob has been performed by students of Botany Department in association with anti narcotic & anti alcoholic club.



On 10th March 2023, the Department of Mathematics initiated an impactful anti-drug campaign as part of their village adoption program. Led by 3rd BSc Mathematics students, the campaign aimed to raise awareness about the dangers and harmful effects associated with drug abuse. The primary goal of the campaign was to increase awareness among the community members and students about the dangers and harmful effects of drug abuse.



As part of Anti-drug campaign, Anti narcotic & and alcoholic club along with NSS and NCC organized closing ceremony of Anti drug campaign which has been observed since 6-10-2022. The one-month campaign was designed to sensitize the public, particularly students, about the severe consequences of drug abuse, ultimately promoting a drug-free lifestyle. By creating awareness and emphasizing the importance of a drug-free society, the organizers aimed to protect the youth from the devastating impact of drug addiction. The closing ceremony started with a speech by the respected Principal-in-charge, Smt. Jitha T H. A human chain consisting of students, teaching and non teaching staff, PTA representatives was formed in front of the college and During the event, Ms. Sreeja V S, the convener of Anti narcotic & Anti alcoholic club narrated the anti-drug pledge to the students. This pledge served as a commitment to staying away from drugs and adopting a healthy and drug-free life. At the end of the programme, the spectre has been burned outside the college. These programmes aimed to sensitize the public about the severe consequences of drug abuse and promote a drug-free lifestyle. The closing ceremony which commenced at 2.pm came to an end at 3.30 pm. A video presentation containing the detailed description of the anti drug campaign organised in SNM College Maliankara were uploaded in the youtube channel of Antinarcotic & Anti Alcoholic club.

Youtube link-https://www.youtube.com/watch?v=R_EK8Pq141I



.To raise awareness among the neighborhood about the detrimental effects of drugs and alcohol, Anti narcotic & alcoholic club along with NSS and NCC organized 'vilambara jadha' intended to make aware neighborhood the closing ceremony of Anti drug campaign which was observed since 6-10-2022. Teachers along with students participated in the procession started from the college to Moothakunnam junction. The procession was inaugurated by the respected Principal-in-charge, Smt. Jitha T H, who emphasized the importance of collective efforts in combating drug abuse. Throughout the procession, students representing NSS, NCC, and the Anti-Narcotic & Alcoholic Club carried placards and banners displaying impactful anti-drug messages and slogans. These messages aimed to sensitize the public about the severe consequences of drug abuse and promote a drug-free lifestyle. The procession started from 11 am in the morning and came to an end at 12 pm.



Under The Category of Constitutional Obligations

To commemorate and celebrate the freedom and sovereignty of our nation, marking the day when it gained independence from colonial rule or foreign domination, a reminder of the struggles and sacrifices made by the people who fought for independence and a time to reflect on the values of liberty, patriotism, and national unity, SNM College celebrated 76 th **Independence Day** on 15 th August in the presence of College Principal Dr. TH Jitha and MG University controller of Examinations Lt. Dr. C M Sreejith



SNM College commemorate the Independence Day of India through the "Azadi ka Amrith Mahotsav" program by creating a **freedom wall**. Showcase the freedom struggle is a great way to educate and remind people of the sacrifices made by our forefathers for the nation's freedom. The implementation of a freedom wall as a platform to showcase the freedom struggle proved to be a powerful educational tool, effectively enlightening generations about the sacrifices, courage, and triumphs of those who fought for freedom and justice. This freedom wall was a collaborating effort by cultural committee , NCC and NSS units of college.



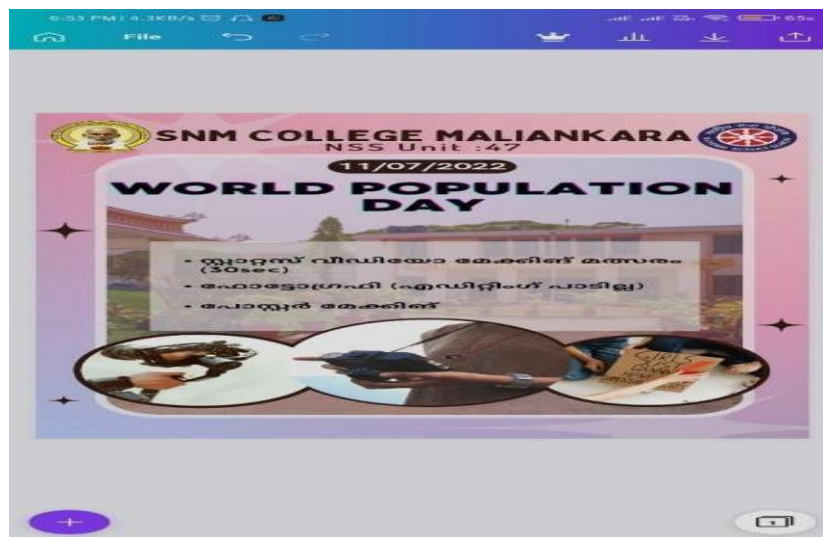
Fostering national unity, pride, and patriotism, while honoring the constitution and democratic values of the country, SNM College celebrated **Republic Day** in a grand manner. It also serves as an opportunity to showcase cultural diversity and achievements, reinforcing the principles of democracy and national identity. A pyramid fusion dance performance by NSS volunteers on the theme of Republic Day, which received thunderous applause from the audience. The program began with the hoisting of the national flag by the College Principal Dr. TH Jitha, followed by a speech about the significance of Republic Day. Program Officer Dr. VC Resmi and NCC ANO Lt. Akhil J talked about the importance of Republic Day and its history. NCC cadets gave Guard of honor to the dignitaries.



As part of Dr. Ambedkar Jayanthi, the Department of Economics and Political Science organized an Online Quiz competition on the topic 'Indian Constitution' on April 17, 2023. Different articles in Indian constitution, Significance of Indian constitution and its relation to other countries constitutions and the role of prominent Indian visionaries were discussed as a part of this quiz competition.. Around 10 students participated in this quiz program. Navajith P S of III IP Statistics got the first prize. Anjana C D of I MSc Botany & Ramdas Sukumar of I BA Malayalam got the second prize.



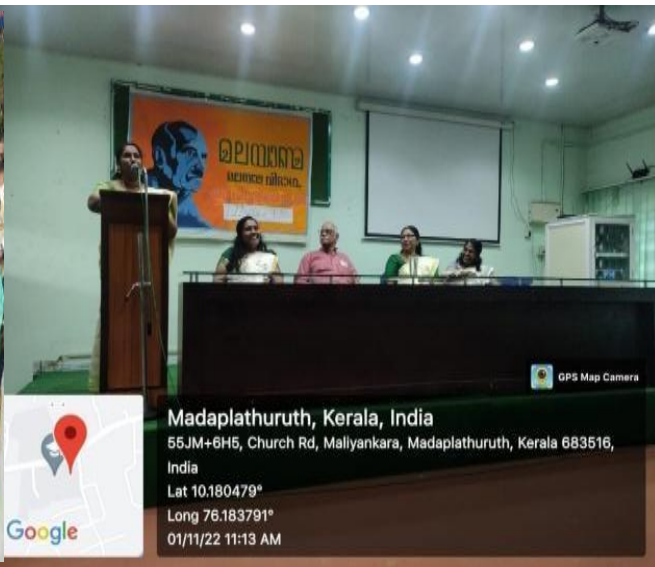
NSS unit no 47 conducted world population day on 11 July 2022. Population Day is observed every year on July 11th. NSS volunteers organized a speech competition. Population Day was celebrated with global initiatives focused on sustainable development, promoting education, and empowering individuals to make informed choices for a balanced population growth, fostering a brighter and prosperous future for all.



NSS Unit no 47 celebrated the 153rd Gandhi Jayanti on October 2. The NSS volunteers were divided into five groups with leaders, and they cleaned the campus section-wise. The wastes were classified into plastic, organic, rubber, etc. After the cleaning, NSS volunteers and NCC cadets jointly prepared Kappa brewed, mint, and tea. The program ended at 1:30 pm after the group discussion.



To create awareness about Malayalam Language and its history among students, On November 1, 1956 – nearly a decade after India gained independence – the state of Kerala was created with the merger of three Malayalam-speaking regions. Department of Malayalam and Alumni association jointly



organized a program “ Aksharanjali” to honoring the Malayalam letters.

Under The Category of Fundamental Rights

A talk on Human Rights was jointly organized by the Department of Mathematics, Zoology and Chemistry for the 5th semester UG students on 12th October 2022. The talk was delivered by Adv. Bhuvanachandran Nair, who served as the resource person for the session. He discussed various aspects of Human Rights, including Fundamental Rights, their meaning, concept, and objectives. He also focused on the rights of children and women, shedding light on their significance and the challenges they face. The talk provided valuable information to the students, enhancing their understanding of Human Rights and their importance in society. By inviting a knowledgeable

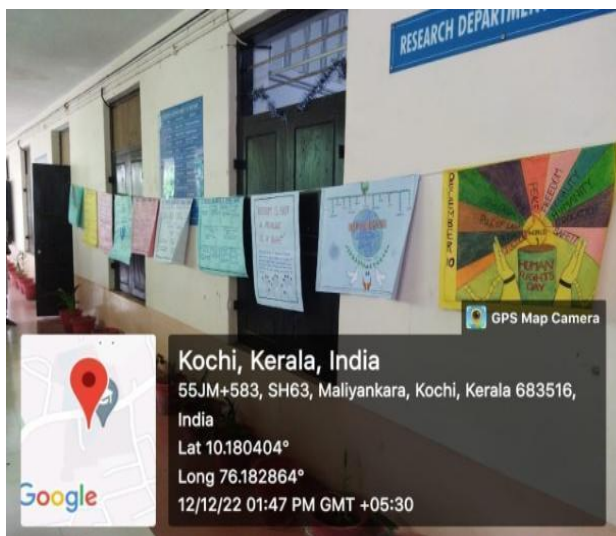
resource person like Adv. Bhuvanachandran, the department aimed to provide students with insights and information on the topic. The talk served as a platform for students to learn and engage in discussions related to Human Rights.



Department of English organized an invited talk on Human Rights on 30/11/ 2022 as part of the observation of the Human rights week. The talk organised for the under graduate students of the department was led by Advocate Sukesan P S (retired SO, CUSAT). The resource person briefed the provision of human rights in Indian Constitution and the United Nations. The session was very relevant and effective.



As part of Human Rights Day on 10th December 2022, the Department of Botany conducted a poster-making competition on 12/12/2022. Selected posters were displayed on the Department



portico to provide an awareness of the importance of Human rights day



Under The Category of Fundamental Duties and Responsibilities

To give awareness for students about the importance of wearing helmets and seatbelts and to follow traffic rules NSS Unit No. 47 conducted a Road Safety Awareness Class for the students on 27th October. Motor Vehicle Inspector [North Paravoor] Sri. Vinod Kumar, Inspector took classes on road safety. The class covered various aspects of road safety, including the importance of wearing helmets and seat belts, following traffic rules, avoiding distractions while driving, and being aware of the surroundings while walking on the road.



To raise awareness about the harmful effects of narcotics, NSS unit commemorated international day against drug abuse and illicit trafficking, by creating notices containing guidelines to stop the use and sale of drugs. Objective of the Program was against drug abuse and illicit trafficking and educating people about the dangers of drug abuse



Under The Category of Constitutional Values

In association with Paravoor women welfare department, NSS unit conducted a debate on the topic "dowry/violence against women" at the seminar hall on 7/12/2022. To create awareness and promote social change, NSS various dignitaries including ICDS Junior Superintendent Rajeesh,

and Nutrition Mission Block Coordinator Harikrishnan etc were present in the meeting .



Under The Category of Social Responsibility

Nurturing a sense of civic duty through hands-on community engagement and to shaping students into socially responsible contributors, a number of activities were conducted as part of village adoption programme and other community extension programmes by the students and teachers of the college during the academic year 2022-23.

As part of Village Adoption Programme,

Department of Commerce distributed study materials to SNM Govt. LP School, Kottuvallikkad, which is situated in ward 2 of adopted village. : The main beneficiaries of the programme were economically backward students of each classes of SNM Govt. LP School, Kottuvallikkad. The programme inculcated social responsibility among the college students.



Department of Statistics distributed notebooks and other stationery items to the primary level

school students of wards 1 & 2 of Vadakkekara Panchayath on 19/05/2023 The teachers and students took effort to distribute notebooks and stationeries contributed by students and teachers of the department, at the residence of the primary school students



Department of Botany conducted conservation and restoration activities on Sathar Island. On 27th March 2023, a field trip was conducted Mangroves are salt-tolerant trees and shrubs that have flourished in the intertidal areas of sheltered shores, estuaries, and mudflats of tropical and subtropical regions. This programme was started in 2016 and since then, every year we have been visiting this area with our students to plant new saplings of mangroves. To ensure a survival rate of new saplings, we used to plant them every year and monitored the conditions of previously planted seedlings.



Department of English conducted an awareness class to provide energy conservation awareness among LP students by providing simple steps for energy conservation on 23/2/2023 and 28/2/2023. The Village Adoption Programme helps in promoting activities beyond the college premises, which

inculcates the values of compassion among our students for the society in which we live in and in turn carves out responsible citizens for tomorrow



To improve language skills among the school students in our locality, 5/5/2022, the village adoption programme of English Department for the academic year 2022- 23 was initiated with the objective of boosting the communication skills, creating awareness of grammar To generate awareness on grammar, students prepared and shared video lessons.



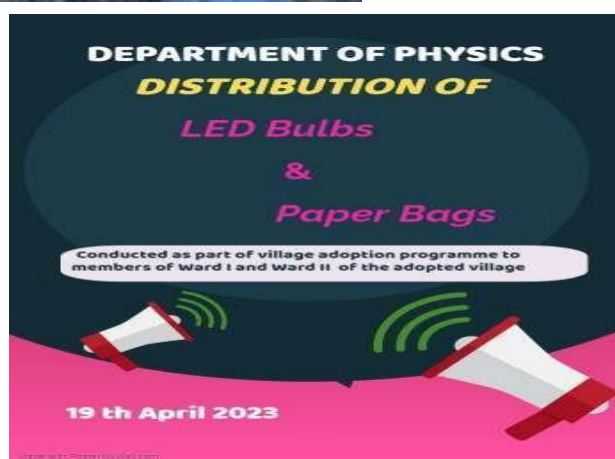
Department of zoology distributed Cloth bags to ward I & II on 31st march 2023. Member of ward I, Shahmol received Cloth Bags from the principal.. Dr. Jitha T.H This programme helped to promote the use of cloth bags instead of plastic bags.



Sree Narayana Study and Research Centre, as a part of the village adoption programme, conducted an introductory class and singing competition on 26th April at the college seminar hall for the people of Vaddakekara panchayat ward 1&2.

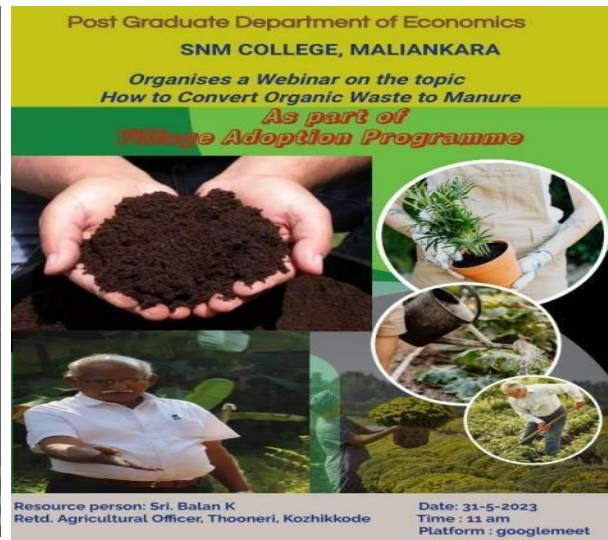


UG students of Department of Physics has distributed LED bulbs and paper bags to all members of Ward 1 & Ward II of the adopted village. under the guidance of Sri. Sunil Kumar C P, Assistant Professor, Department of Physics, SNM college, Maliankara. The activity was held on 19st April



2023. Students distributed LED bulbs and paper bags for free to members of Ward 1 & Ward II of the adopted village

Department of Economics organized a webinar on the topic 'How to convert organic waste to manure' on 31st May 2023 for Kudumbasree units of Vadakkekara Panchayat in the online platform Google Meet. The resource person was Sri. K Balan, Retd. Agricultural officer, Thooneri of Kozhikkode District. He explained different methods of converting biodegradable waste to organic manure.



As part of other social extension programmes

On 8th June 2022, a cycle rally was conducted to convey the importance of saving the ocean and environment to the citizens and world ocean day was celebrated. Cadets made posters about saving the ocean. The event aimed to convey a powerful message to citizens, urging them to take action and be responsible stewards of our planet's precious resources.



On August 19, 2022, in conjunction with the 75th Azadi Ki Amrit Mahotsav, the NCC unit of UC College Aluva organized a significant event named "PUNEET SAGAR ABHIYAN AND CYCLE RALLY" aimed at raising awareness about the crucial importance of the ocean. The event saw the presence of distinguished guests and officials, including Subedar Major Manoj, who played a prominent role in flagging off the cycle rally. Subedar Major Manoj's gesture symbolized the call to action in saving our oceans, urging citizens to take responsibility for preserving this vital

ecosystem. The programme also witnessed the participation of Major Narayanan, ANO of UC College, Lt Akhil J, and PI staff from 22 K Bn. NCC, Eloor. Additionally, the event received valuable support from Shrimathi Ramani, a respected member of the Pallipuram Panchayat. The cadets actively contributed to the cause by cleaning the beach premises, further emphasizing the significance of protecting our marine environments. This collaborative effort successfully instilled a sense of responsibility and awareness among the participants and attendees about the urgent need to safeguard our oceans for future generations.



SNM College Maliankara NSS unit no 47 NSS volunteers participated in the largest coastal cleaning campaign at Kuzhupilly beach On 17th September 2022, NSS volunteers participated in the largest coastal cleaning campaign at Kuzhupully Beach. The program was conducted with the presence of Kerala Governor, ARIF MOHAMED KHAN, and thousands of people. The program was jointly organized by NSS, NCC, and various program coordinators. The program began early in the morning, with volunteers from NSS, NCC, and other organizations coming together to participate in the cleaning campaign. The volunteers were divided into groups and assigned specific areas of the beach to clean up. Each group was provided with necessary cleaning equipment such as gloves, masks, and bags. The program was inaugurated by the Kerala Governor, who gave a speech about the importance of keeping our beaches and oceans clean. The program coordinators, including NSS and NCC officers, provided guidance and support to the volunteers throughout the campaign. They ensured that the cleaning process was carried out safely and efficiently. The volunteers worked tirelessly throughout the day, collecting plastic waste and other debris from the beach. The massive turnout of volunteers ensured that the entire beach area was thoroughly cleaned.



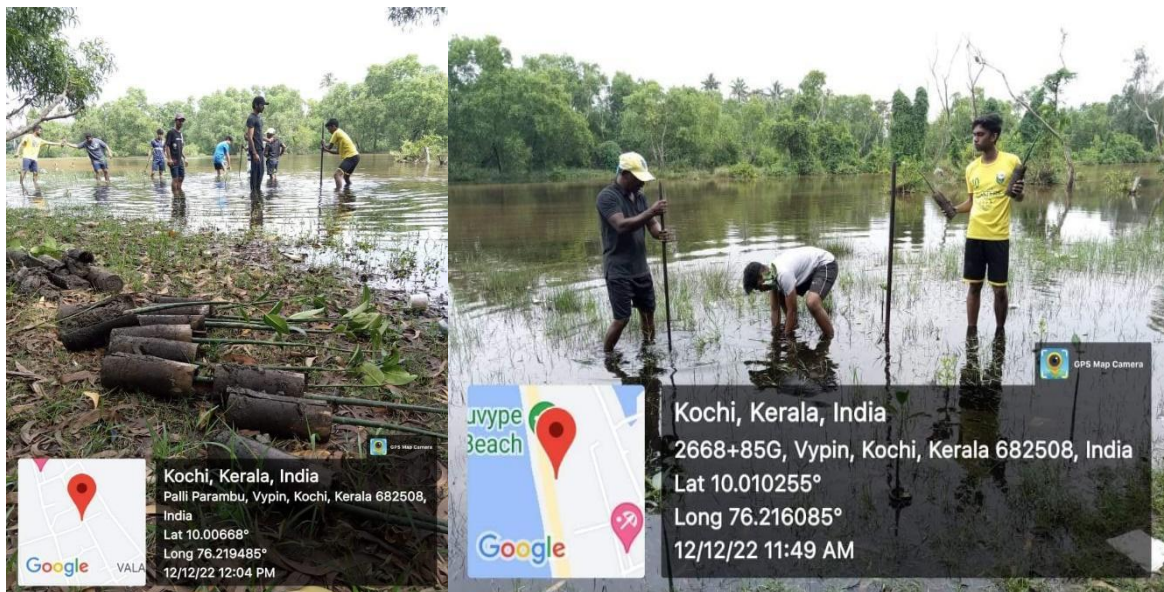
On September 17, 2022, a dedicated beach cleaning programme titled "SHUCHITA THEERAM, SURAKSHITHA SAMUDRAM" was conducted at Cherai beach. The event, organized in collaboration with Haritha Karma Sena, NCC unit of SNM College Maliankara, and SNVHSS 10 Nandyattukunnam, aimed to promote cleanliness and safety of the ocean. The programme commenced at 7 AM, with a total of 30 SD (Senior Division) and 20 SW (Senior Wing) NCC cadets participating actively. Under the able guidance of our ANO (Associate NCC Officer) Lt Akhil J, and with the assistance of two PI staff from the 22 K Bn. NCC Eloor, the cadets enthusiastically cleaned the beach premises. Their efforts not only enhanced the cleanliness of the coastal area but also raised awareness about the importance of preserving our marine ecosystems. This collaborative initiative instilled a sense of environmental responsibility and community engagement among the participants, setting a positive example for others to follow in keeping our beaches and oceans pristine and safeguarded.



SNM College Maliankara NSS unit no 47 NSS volunteers planted more than 400 mangroves in Malipuram beach complex on 12/12/2022. The program was held in the leadership of NSS unit, Botany department of SNM College and M S Swaminadhan research foundation. The program was conducted in the presence of Botany department professor Adhithyan, NSS programme officer Vipin KD, NSS secretary Athul Krishna, Swaminadhan research foundation project coordinator Prajeesh Parameshwaran, Kufos farm suprenent Ragurag, Representative of MSSRF and other NSS volunteers. Planting more than 400 mangroves is a commendable effort which shows the dedication towards environmental conservation. It's wonderful to see different organizations and individuals coming together for such initiatives.



The presence of Botany department professor Adhithyan, NSS program officer Vipin KD, NSS secretary Athul Krishna, Swaminadhan Research Foundation project coordinator Prajeesh Parameshwaran, Kufos farm superintendent Ragurag, and representatives from MSSRF highlights the support and involvement of key individuals in the program. Mangroves play a crucial role in coastal ecosystems, providing various benefits such as protecting shorelines from erosion, serving as a habitat for diverse marine life, and contributing to carbon sequestration. By planting mangroves in the Malipuram beach complex, the NSS volunteers have contributed to the conservation and preservation of the coastal environment. Such initiatives are important for raising awareness about environmental issues and promoting sustainable practices. The efforts of the NSS unit and the collaboration between different organizations are commendable and serve as an inspiration for others to take part in similar activities



SNM College Maliankara NSS unit no 47 conducted a cleanliness drive at Moothakunnam temple on 8th February in association with Haritakarma Sena as part of the temple festival. The NSS volunteers removed plastic waste from the festival grounds as per green protocol during the Moothakunnam festival. The volunteers were divided into different groups to remove the garbage from the festival grounds.

The cleanliness drive was conducted under the leadership of Vaddakekara Panchayat President Mrs. Resmi Anil Kumar, Vice President V.S. Santhosh, NSS Program Officer Dr. V.C. Resmi, NSS Secretaries Meenakshi Sunish, Athul Krishna and Sethu Lakshmi. The volunteers collected and disposed of plastic waste from the festival grounds. The volunteers worked tirelessly to make the ground clean and tidy. The volunteers were appreciated for their efforts in keeping the festival grounds clean and green. The drive was a success, and it played a significant role in spreading awareness about the importance of cleanliness and maintaining the environment.



On March 29, 2023, the NSS Unit 47 of SNM College Maliankara enthusiastically participated in the "Clean Muziris" program, which was organized as a part of the Muziris Fest held in Muziris. The event garnered significant support and involvement from various dignitaries and community leaders, including Vadakekkara Block Panchayath Vice President, Shri. Saneesh, and Block Panchayath President, Resmi Anilkumar. Haritha Karma Sena members, SNM College Program Officers, Dr. V.C. Resmi, and NSS Secretaries, Athulkrishna and Sethulakshmi, were also present, providing guidance and support throughout the initiative. The enthusiastic NSS volunteers were divided into groups and assigned different areas to clean. With dedication and commitment, they collected and disposed of the garbage following the green

protocol, promoting eco-friendly practices in waste management. The collective effort of the participants not only contributed to enhancing the cleanliness of Muziris but also exemplified the spirit of community service and environmental responsibility. This successful collaboration between SNM College Maliankara NSS Unit 47 and various stakeholders highlighted the significance of collective action in creating a cleaner and greener environment for all.



The rally saw enthusiastic participation from 10 SD (Senior Division) and 6 SW (Senior Wing) cadets, who were deeply committed to the cause. To amplify the message, the cadets created vibrant posters advocating for the preservation of the ocean and its biodiversity. The event was graced by the presence of esteemed guests, including the college principal, Dr. T H Jitha, and ANO (Associate NCC Officer) Lt. Akhil J., who proudly flagged off the rally. The initiative sought to instill a sense of environmental consciousness and responsibility among the participants and the community, fostering a collective commitment to safeguarding our oceans and the planet for future generations.

Under The Category of Fundamental Duties and Fundamental Rights

The principle of gender equality is enshrined in the Indian constitution in its Preamble and Fundamental duties and rights. The constitution not only grants equality to women but also empowers to adopt measures of positive discrimination in favour of women. As a step towards these, Gender Equality forum initiated many activities

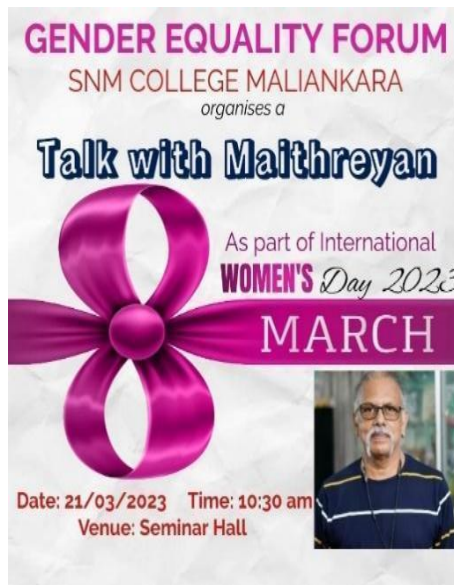
The Gender Equality Forum and the department of Physics conducted a Seminar on “Cyber World- Think before you Click” on December 8th, 2022 by Mr. Thalath P M, Senior Civil Police Officer, Cyber Police Station, Aluva in observance of UN International Day for the Elimination of Violence against Women and Human Rights Day. The seminar was very effective in giving insight to the various steps which the girl students as well as the boys took while using social media.



The Gender Equality Forum celebrated the International Women’s Day with a series of events and activities aimed at promoting gender equality. On March 8th, 2023 we organised various programmes like Spot Dance and Tableau competitions, on the topic gender equity in the modern world. The Tableau competition on gender equity in the modern world was a resounding success, largely due to the participants ideas, skills, knowledge, and commitment.



The Gender Equality Forum conducted a Seminar on “Gender Equity: Is it Attainable” and the resource person for this seminar was Mr. Maithreyan, Social Activist and Social media influencer. The programme was conducted in observance of International Women’s Day and this programme was organised on March 21, 2023. The seminar on Gender equity: Is it attainable’ was a success, largely due to the effort of gender equality forum members as well as the participants.



The Gender Equality Forum celebrated the International Women’s Day with a series of events and activities aimed at promoting gender equality. On March 8th, 2023 we organised a Group Discussion on Women Empowerment. Overall, the group discussion on women empowerment was a success, largely due to the Gender Equality Forum students’ team. Their excellent facilitation skills, knowledge of the subject matter, and ability to create an inclusive environment encourage other students to participate in this discussion.

**SNM COLLEGE MALIANKARA
GENDER EQUALITY FORUM**

wishes everyone a

**Happy
women's day**

**Group Discussion
on
Women Empowerment**

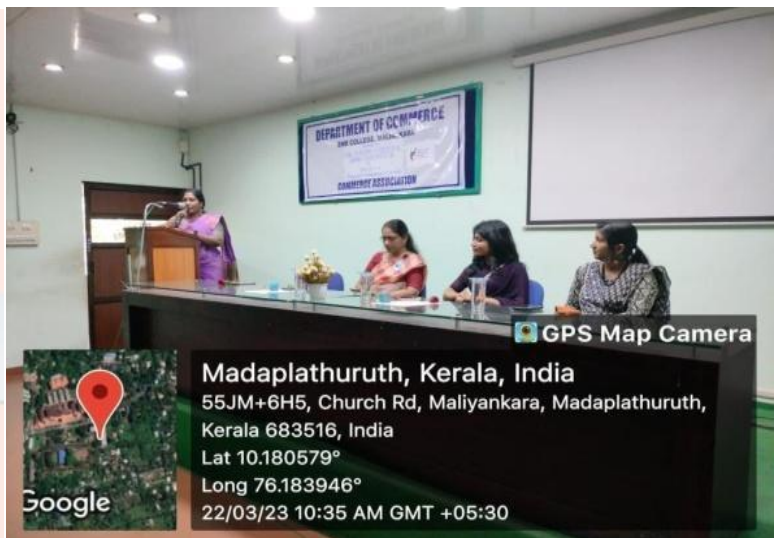


Digitall: Innovation and Technology for Gender Equality
Coordinator: Saipriya Sudarsan

*Where there
is a woman,
there is a
magic*



On 22/03/2023, a seminar on the topic 'How to become a successful women entrepreneur' was conducted by the Department of Commerce as a part of International Women's Day. Objective of the Program was to encourage, enable and facilitate women in becoming economically empowered. Anitha K A, Founder of Moongoddess discussed about the importance of women entrepreneurship .



Anitha interacted with the students and shared her journey to the Moongoddess Couture

Promoting gender equality and empowering women in all aspects of life, raise awareness about the challenges women face and advocate for women's rights and opportunities globally, SNM College Maliankara NSS unit no 47 conducted an essay writing competition on women's day on 8th March.



Under The Category of Respsible Citizen

NSS unit no 47 conducted a menstrual cup campaign at SNM College Maliankara on 1st September 2022. The campaign is an essential step towards promoting menstrual hygiene and reducing the environmental impact of disposable sanitary products. Menstrual cups helped many womans in the society and it helped to avoid the use of sanitary pads.its also helped to conserve our nature. It is impressive that the program started in the presence of a chief guest, Dr. Noushin Ashraf, a consultant of Craft Hospital and Research Centre Kodungallur.



NSS volunteers participated in the Vilambara Jatha on August 26 at Paravoor block panchayat during the health and wellness program. The Vilambara Jatha is a cultural procession that aims to promote and spread awareness about various social issues. To improve overall health and well-being of participants, including reduced health risks, increased physical fitness, and enhanced mental and emotional well-being.





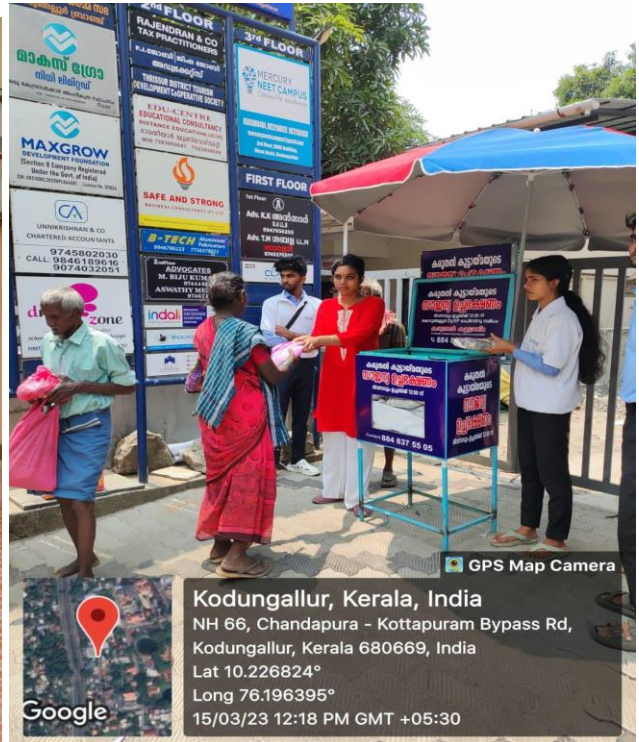
NSS unit no 47 organized an event on 14 th June to inaugurate the newly created Blood Donor Cell. The event aimed to create awareness about the importance of blood donation and encourage students to become blood donors. The Blood Donor Cell was inaugurated by the Principal of SNM College, Dr. T.H Jitha on 14/06/2022 and spoke about the importance of blood donation and how it can help in saving lives.



To encouraging and facilitating blood donation for a noble cause, NSS Unit organized a highly successful blood donation camp on May 5, 2023.. The blood donation camp commenced with an inaugural ceremony, graced by SNM College Principal, Dr. TH Jitha. The camp witnessed an overwhelming response, with more than 50 individuals selflessly donating blood. The event not only aimed to collect blood for those in need but also aimed to raise awareness about the importance of blood donation. It served as a platform for individuals to come forward and contribute towards saving lives. The efforts of NSS Unit along with the support of the college administration and the esteemed guests, made the blood donation camp a resounding success. The commitment and dedication of the participants towards this noble cause were truly commendable.



"Pothe Choru" program, conducted every Wednesday by NSS Unit, in association with the Karuthal Organisation, is a commendable initiative aimed at providing food to the impoverished people living on the streets. The primary objective of the Pothe Choru program is to address the issue of hunger and food insecurity faced by the less privileged sections of the society. By offering a wholesome meal every Wednesday, the program aims to alleviate hunger, promote compassion, and foster a sense of responsibility towards the welfare of the underprivileged. Every Wednesday, students from various departments of the institution come together with homely prepared food items, generously contributing to the cause. These food items are then collected and proceed to the town of Kodungallur, where the needy individuals gather. The distribution process is carried out with utmost care and empathy, ensuring that everyone receives a nourishing meal. The event serves as an opportunity for students and volunteers to interact with the less fortunate, sharing experiences and extending a helping hand.




Head of Institution

