



Sree Narayana Mangalam College, Maliankara

(Affiliated to Mahatma Gandhi University, Kottayam)

Collaboration WITH Vadakkera Grama Panchayath



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Introduction: Vadakkekara Gram Panchayat is a town council in the northern part of Ernakulam district of Kerala. It is located in the Paravur Block Panchayat in Paravur Taluk. It is formed in the year 1951 with 19 wards. Efforts taken by Vadakkekara Gram Panchayat in organizing programmes related to environmental protection, waste management, health and nutrition are appreciable. Several such programmes are jointly organised by Vadakkekara Gram Panchayat and NSS unit of S.N.M college, Maliankara. They are listed below.

KOOTAYOTTAM

Objective of the progamme: To create awareness among the people about the harmful effects of alcoholism and to promote a healthy lifestyle.

Description of the progamme: In association with Vadakkekara Grama Panchayath, the NSS unit of S.N.M college, Maliankara actively participated in a mass run programme (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 from Maliankara bridge at 7:00 am and ended at Chakkamassery temple at 9:00 am. The event was held in the presence of Vadakkekara Grama Panchayath President Ms. Resmi Anil Kumar, Vice President Mr. Santhosh, NSS programme officers Dr V C Resmi and Mr. Vipin K D, NSS senior secretary Mr. Shahir Mohammad, NSS secretaries Mr. Athul Krishna, Ms. Meenakshi Sunish, Mr. Sayid Hafis and other NSS leaders, NSS NCC volunteers. Vadakkekara Grama Panchayath President Ms. Resmi Anil Kumar presided over the Kerala festival mass run programme. The festival included various cultural programs such as group songs, dance performances and a procession.

Outcome of the progamme: The programme was successful in creating awareness about the harmful consequences of alcoholism and was effective in creating a fresh thought among the participants to pursue a healthy life for them. It also revealed the importance of physical exercises in daily life and their impact on youth and any grown up to overcome their attraction towards alcohol. The active participation of the attendees showcased their dedication to promote a healthier and alcohol-free lifestyle.



Photos





SNM COLLEGE MALIANKARA



NSS UNIT 47

koottayottam 12.11.2022

**KEEP
RUNNING**



WASTE MANAGEMENT SURVEY

Objective of the programme: To gather information about the existing waste management practices in the households and institutions situated in Moothakunnam.

Description of the programme: NSS unit volunteers of S.N.M college, Maliankara conducted a waste management survey from 21st to 24th September 2022. The survey was conducted in association with Haritha Karma Sena functioning under Vadakkekara Grama Panchayat. The survey aimed to collect information about the waste disposal methods followed in the households and institutions situated in the region. The survey was conducted by about 60 NSS volunteers by visiting the households in the region. Volunteers used pre-designed questionnaire to collect information about the types of waste generated, the disposal methods used and the level of awareness about waste management practices among the residents. By understanding public attitudes, perceptions and behaviors towards waste, panchayath administration was supposed to do educational campaigns and behavior change initiatives to encourage responsible waste management practices. The programme was coordinated by NSS programme officers of S.N.M college, Maliankara Dr V C Resmi and Mr. Vipin K D together with NSS secretaries and NSS volunteers.

Outcome of the programme: The survey revealed that there was a lack of awareness among residents about proper waste disposal practices. The survey results can be used by Vadakkekara Grama Panchayat Haritha Karma Sena to develop and implement strategies to promote proper waste management practices in the region. The NSS volunteers can also continue to work with the community to raise awareness about waste management and promote the adoption of appropriate waste disposal methods.



Photos





SNM COLLEGE MALIANKARA



A CLEAN AND GREEN CITY IS OUR DREAM

21.9.2022



**LET'S JOIN HANDS AND MAKE THIS DREAM
COME TRUE**

waste management survey



HEALTH AND WELLNESS PROGRAMME

Objective of the programme: To promote and improve the physical, mental and emotional well-being of individuals. It aims to educate, encourage healthy behaviours and provide resources for individuals to achieve and maintain a balanced and healthy lifestyle.

Description of the programme: As part of health and wellness program, NSS unit volunteers of S.N.M college, Maliankara participated in the Vilambara Jatha on 26th August 2022 at Paravoor Block Panchayat. The Vilambara Jatha is a cultural procession that aims to promote and spread awareness about various social issues. The Vilambara Jatha started from Chakkummasheri at 9:00 am. Paravoor circle DYSP Sri K.M Murali flagged off the procession. The flash mob presented by S.N.M college students added to the vibrancy of the event. The Vilambara Jatha reached the auditorium of Paravoor Vadakekara Service Co-operative Bank, where the function was inaugurated by Paravoor Block Panchayat President, Honorable Enakulam District Panchayat Vice President Ms. Shiney George. It was presided over by Ms. Simna Santhosh. It is commendable that NSS students presented a skit on palliative care, which is an important issue that needs more awareness and attention. There were many programs presented by different grama panchayats, which showcased the cultural diversity and richness of the area.

Outcome of the programme: The programme was successful in improving the overall health and well-being of participants. It included reduced health risks, increased physical fitness and enhanced mental and emotional well-being. It also fostered a positive and sustainable lifestyle change leading to increased productivity, satisfaction and quality of life.



Photos



WASTE MANAGEMENT ASSESSMENT SURVEY

Objective of the progamme: To identify waste management methods in the houses situated in the 29 wards of Paravur Municipality.

Description of the progamme: A waste management assessment survey was initiated under the leadership of North Paravur Municipal Corporation involving NSS volunteers and NCC cadets of S.N.M college, Maliankara. The survey was organized to identify the methods of waste management being followed in the houses situated in the 29 wards belonged to Paravur Municipality. It was conducted from 6th to 11th November 2021. Ms. Shyamala Govindan, chairperson of the Health Standing Committee of Paravur Municipality inaugurated the survey proceedings on 6th November 2021 and spoke about the need and use of conducting this survey in the municipality. Altogether 110 NSS volunteers and NCC cadets participated in this survey. Volunteers were directed to visit eight thousand houses spread across 29 wards and enquire about the existing waste management practices in each houses and record the responses in the questionnaire already supplied them by the municipal officials. NSS Program Officers Dr. Resmi V C and Mr. Vipin KD, NCC Officer Lt. Mr. Akhil J, NSS Secretaries Mr. Shahir Mohammad T M and Ms. Lydia Krishna M D provided necessary guidance and suggestion to all the volunteers from S.N.M college. City Councillor Mr. Jahangir, Health Inspector Ms. Jinci Lazar, Junior Health Inspector Mr. Anoop Kumar A M etc. gave necessary instructions to the students for conducting the survey. S.N.M college, Maliankara NSS and NCC unit jointly completed solid waste survey in 6000 houses of Paravur municipality and handed over the report to municipal authorities on 15/11/2021.

Outcome of the progamme: NSS volunteers interacted with the members of different households and identified the methods of waste management being followed in the houses situated in the 29 wards belonged to Paravur Municipality. The reports and response sheets handed over to the municipality was the basic data for the municipality to prepare their new strategy with regard to waste management in the municipality in the coming years. Municipality got valuable data for a major part of their geographical area within ten days which otherwise would have taken many week or months.



Photos





MICRO GREEN CAMPAIGN

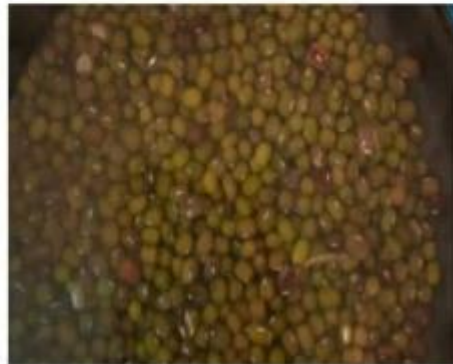
Objective of the programme: To encourage the cultivation of the microgreens and its consumption as a convenient and nutritious addition to everyday meals.

Description of the programme: As a part of observing National Nutrition Day, NSS Unit of S.N.M college, Maliankara and ICDS Noth Paravur observed POSHAN MAAH (Month of Nutritious food) from 1st to 30th September 2021. In accordance with program NSS volunteers were instructed to make sprouted pulses. Volunteers secretary Mr. Shahir Mohamed T M and few other volunteers recorded the progress of the work by the volunteers. Grown pulses were included in the food prepared in the households of the NSS volunteers.

Outcome of the programme: The practice of growing micro green provided an insight of preparing nutritious food ingredients within the households itself. Some students got the idea of starting own business ventures from this method. Volunteers also got the idea of avoiding pesticide applied vegetables to some extent and methods to improve own health by the consumption of own grown vegetables at the least minimum space and expenditure.



Photos





Poshan Maah 2021
1st to 30th September

SNM COLLEGE, MALIANKARA
NSS UNIT - 47



നാലാമത്ത് ദേശീയ പോഷണ രാസാപരണത്തിന്റെ ഭാഗമായി പറവൂർ ജ്യോതിബെ ഡിഗ്രി പിബി കോളേജിൽ ഉള്ള കോളേജ് കുട്ടികളുടെ പങ്കാളിത്തത്തോടു കൂടെ മൈക്രോ ഗ്രീൻ ക്യാമ്പയിൻ നടത്തുവാൻ പദ്ധതിയിടുന്നു. അതിന്റെ തുടക്കം ആയി National Service Scheme, Unit No: 47 Sree Narayana College, Maliankaraയും വനിതാ ശിശുവികസന വകുപ്പ് നോർത്ത് പറവൂരുമായി ചേർന്ന് ഏറ്റവും കുട്ടികളുടെയും വീടുകൾ മൈക്രോ ഗ്രീൻ ക്യാമ്പി തുടങ്ങുവാൻ പദ്ധതിയിടുന്നു. അതിലേയ്ക്കായി വേണ്ട നടപടികൾ സ്വീകരിക്കണം എന്ന് അഭ്യർത്ഥിക്കുന്നു.

MICRO GREEN

വിത്തുവെച്ചു 10 ദിവസത്തോളം മാത്രം പ്രായമുള്ള മൈക്രോഗ്രീൻ 'മൈക്രോഗ്രീൻ' എന്നു അല്ലെങ്കിൽ ദിവസം പയ്യർ, ഉരുവു പൊന്നുപയ്യർ, കടുകു തുടങ്ങിയ വിവിധവിധയിൽ വെള്ളത്തിലിട്ടു വയ്ക്കുക (മുക്കിയിട്ട്). അതിനു ശേഷം മൂന്നു തവണ തുണിയിലേക്കു മാറ്റി ഒരു ദിവസം നാലോ അല്ലെങ്കിൽ ദിവസം കൂടുതൽ നേരം നേരിയ വെയിൽ കൊള്ളിക്കുക. തണുത്ത വെള്ളം വെച്ചു നന്നായി കഴുകി പാകം ചെയ്യുക (പാകം ചെയ്യുമ്പോൾ അല്പവെള്ളം അടയ്ക്കാതെ). പച്ച സങ്കീർണമായ ഭാഗങ്ങൾക്കും മൈക്രോ ഗ്രീൻസ് ഒരു പരിഹാരം ആണെന്ന് പറയപ്പെടുന്നു. തീളംകുറഞ്ഞതും സീമപ്രദങ്ങളും കൃഷിയിലുള്ളതാണ് മൈക്രോഗ്രീൻ. ഇവയെടുക്കുന്ന സമയം ആമ്പോൾ അതിനോടൊപ്പം നിൽക്കുന്നതും അത് കൊണ്ട് ആഹാരം പാകം ചെയ്യുന്നതിന്റേയും ഓരോ ഘട്ടം വീതം എടുത്തു അയച്ചു തരിക. അതിനായുള്ള ഗുണിത ഘടന തയ്യാറാക്കിയിരിക്കും. ഏറ്റവും വിശ്വാസ്യതയുള്ള പദ്ധതികളും പങ്കെടുക്കുക.

STARTING DATE 21/09/2021
LAST DATE 28-09/2021

ICDS, North Paravur.

