



S.N.M. COLLEGE, MALIANKARA

(Affiliated Mahatma Gandhi University, Kottayam)

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3. RESEARCH, INNOVATIONS AND EXTENSIONS

3.4. EXTENSION ACTIVITIES

3.4.1: Outcomes of Extension activities in the neighborhood community in terms of impact and sensitizing the students to social issues for their holistic development during the last five years





3.4.1: Outcomes of Extension activities in the neighborhood community in terms of impact and sensitizing the students to social issues for their holistic development during the academic year – 2018-2019

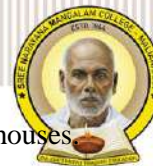
Programme No: 1

NSS unit organized a special event to distribute plant saplings to households in the villages we have adopted. This initiative was made more significant as our esteemed principal inaugurated the program by planting a sapling on our college campus. With the valuable support of the forest department, we selected a variety of plant saplings that would thrive in the local environment. These saplings were distributed to families in the adopted villages, with the intention of bringing greenery closer to their homes and promoting a sense of environmental responsibility. The simple act of planting small saplings can have a big impact on our world. We learned that taking care of plants is like taking care of our home. This event reminded us that each small effort counts, and when we work together, we can create a better environment for ourselves and future generations.



Programme No: 2

The floods in Kerala during August 2018 were a tragic and unforgettable event. After the calamity, one major challenge was dealing with the waste left behind. To address this issue, the Vadakkekara Panchayat and the Health Department sought assistance from the NSS Unit. Under the guidance of the NSS Programme officers, a meeting was organized to create a plan for waste collection and disposal. All the unit members participated with great enthusiasm and committed to actively take part in the program. Despite the tough job, nearly a hundred volunteers, under the guidance of the Programme



officers, collected clothes, beds, and sofa sets submerged in water and mud from the affected houses. The collected waste was brought to a central location for processing.

As a result of their dedicated efforts, the volunteer students' spirit of service within the community was elevated, and they became better equipped to handle difficult situations. Through their involvement, the volunteers gained a firsthand understanding of the various difficulties people faced during the severe flood. They realized the importance of working together as a collective and maintaining environmental cleanliness. The impact of their work was significant, as wastes were collected from approximately 400 houses in just two days. This outstanding achievement showcased the effectiveness and commitment of the NSS unit in assisting the community during times of crisis. The NSS volunteers exemplified true selflessness, leaving a positive and lasting impact on the community they served.



Programme No: 3

The floods had caused extensive damage, making the path to recovery challenging. The NSS volunteers stepped forward to support the rebuilding process. They formed groups, each comprising three dedicated students, to gather detailed information about the damages experienced by the residents. To ensure effective organization, each group had a capable leader. These leaders stayed in regular contact with the program officer, providing updates about their group's activities and progress. In each ward, two volunteers were assigned to provide food and water to the students involved in data collection. Teamwork and coordination were essential for the initiative's success. The program officer oversaw the entire operation through a WhatsApp group. This platform served as a central hub for communication, sharing information, and offering guidance.

Students from SNM College Maliankara worked together with the Rebuild Kerala group, showing how strong teamwork is in tough times. These students gave their time and effort to help the "Re-build Kerala" plan. They really cared about people hurt by the floods, which shows how we care for our community. The teamwork was amazing. The students got information from about 3000 houses in only two days. The help from local panchayath members was very important for the project. Students started at 9:30 AM and worked until 5 PM without stopping, to get important information. This teamwork is inspiring. It shows how strong we are when we work together. Good things happen when



we care about the same goal. This project shows our community can handle tough times and make things better when we come together.



Programme No: 4

The devastating floods that struck the Paravur region in August 2018 left a trail of destruction, including rendering many wells unusable due to contamination. Despite chlorination attempts, people remained apprehensive about using well water. To address this critical issue, the NSS volunteers took the initiative to collect water samples from the flood-affected houses, with the valuable support of the Kerala Pollution Control Board and Paravur Municipality. Under the able guidance of the program officers, a dedicated team of about 80 volunteers actively participated in the survey. Divided into five teams, each comprising three members, they diligently collected water from the wells in the locality over two days from 8 am to 5 pm. As there were no water testing facilities available in Paravur, the volunteers took the collected samples to the Pollution Control Board for scientific analysis. The conclusive findings reassured the community that the water had regained its purity and was safe for drinking. This reassuring information was conveyed to the people of the locality, especially to those who solely relied on well water for their drinking needs. Through this project, the NSS volunteers not only addressed the immediate concern of water purity but also gained invaluable experiences. They interacted with different people in the locality, understanding the hardships they endured during the floods. Additionally, the volunteers grasped the significance of adhering to time-oriented work schedules and the importance of drinking water for a healthy life. Moreover, the NSS Unit's involvement in the Discovery Channel's documentary titled "Kerala Flood: The Human Story" added to their sense of pride. They showcased their humble yet impactful efforts as part of "Rebuilding Kerala" after the catastrophic floods.

The NSS water Purity Project proved to be a successful and significant step in rebuilding the lives of the flood-affected community in Paravur. A noteworthy achievement of this endeavor was the collection of water samples from over 600 houses, providing much-needed assistance to those heavily dependent on well water. The selfless dedication of the volunteers and their commitment to social service exemplify the spirit of NSS and their contribution to the welfare of society. The initiative demonstrated the importance of collective action in times of crisis, leaving a lasting impact on both the volunteers and the community they served.



Programme No: 5

The Extension activity for the academic year 2018-19 was initiated with the objective of boosting the communication skills and creating awareness of grammar. Our target was the development of the students of rural areas (Ward 1) through improved output. To generate awareness on grammar, our students prepared and shared video lessons. Parts of speech were introduced to the students. They were able to improve their speaking skills too. Our intention is to provide them with fourfold language skills. The students actively participated in the session. They participated in the quiz activity given to them. In addition to this, an interactive session was conducted to clarify the doubts of school students. Class was very effective in building language skills among students.



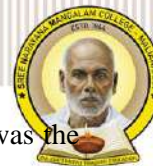
Programme No: 6

When the floods came to Kerala, our NSS Unit 47 from SNM College Maliankara quickly decided to help. We knew that after floods, things can be messy and sad. So, we started cleaning houses and schools. In the houses, we removed mud and broken things. Similarly, in flood-affected schools, the volunteers cleaned table, chair, floor and sanitized the classrooms, desks, and educational materials. This allowed the educational institutions to reopen as soon as possible. Our NSS volunteers worked hard to make things clean and nice again. Our volunteers also brought smiles and hope to the people who were feeling bad. The cleaning initiative was a big success. Our NSS volunteers did a great job in cleaning and making things better. We helped stop sickness and made home safe again. People were happy and thankful for our help. This showed that when we work together, we can make a big difference. The cleaning initiative during Kerala Floods taught us to care for others and be there when they need us.



Programme No: 7

We wanted to help people who need medical treatment by organizing a Blood Donation Camp. The NSS Team arranged this event with the motto "BLOOD DONATION IS THE BEST DONATION." We worked together with IMA (Indian Medical Association) and HDFC Bank. During the camp, Dr. Sulekha and her team made sure everyone was safe and felt okay. They helped the students who wanted to give their blood. Our Blood Donation Camp, with help from IMA and HDFC Bank, was a big success. Giving blood is a really nice way to help others. Our camp showed that when we give our



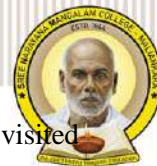
blood, we give something really special to people who need it. An incredible achievement was the participation of around 72 students, who generously donated their blood during the camp.



Programme No: 8

After conducting a survey following the devastating floods in our locality, we discovered that numerous farmers had tragically lost their entire agricultural lands. The fields in Paravur Taluk bore the brunt of the floods, leaving destruction in their wake. In response to this dire situation, Vadakkekara Panchayat, Chittattukara Panchayath, and Vadakkekara Service Cooperative Banks reached out to us seeking help in renovating the agricultural fields. Joining hands with these organizations, we embarked on an ambitious project to revitalize the farmlands. In collaboration, we undertook tapioca farming on approximately one acre of land in Chittattukkara Gramapanchayath. Additionally, in the Vadakkekara Panchayath area, we successfully cultivated cabbage and cauliflower. Over a hundred enthusiastic NSS volunteers enthusiastically participated in this venture to reconstruct the fields. Although many of them were new to agricultural tools, their determination and perseverance were unwavering. Due to the floodwaters' withdrawal, the soil had hardened, requiring considerable effort to loosen it for cultivation.

The local community also played a crucial role, sharing their spirit, providing food, including delicious fruits like Babblus lemon, rose apple, and mangoes from their own fields, and offering valuable instructions. Divided into four groups, the entire unit worked harmoniously to restore the fields. In moments of respite, folk songs were sung collectively, rejuvenating the tired volunteers. This experience proved to be unique and invaluable, providing each participant with a profound connection



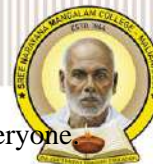
to the land and agriculture. During the project, Vadakkekara Agriculture Officer, Mrs. Divya, visited the farm and imparted practical tips to the volunteers. In total, around a thousand plants were planted, and every participant gained a wealth of knowledge about farming.

The Agricultural Revival Project by NSS volunteers yielded positive outcomes that significantly impacted the lives of the flood-affected communities. By transforming the damaged land into productive agricultural areas, the volunteers provided a source of livelihood and income for the affected families. The project's success was a testament to the commitment and dedication of the NSS volunteers and their belief in the potential for transformation through collective efforts. It will be remembered as a significant milestone in helping the flood-affected communities rebuild their lives and move towards a brighter and more sustainable future. The sense of happiness and pride was palpable amongst the volunteers, as they witnessed the fruits of their labor through the successful cultivation of vegetables. This initiative not only revitalized the farmlands but also fostered a deeper appreciation for the significance of agriculture and the hard work that goes into it. It exemplified the spirit of community service and camaraderie within the NSS unit, leaving a lasting impact on all who took part in this rewarding endeavor.



Programme No: 9

In 2018, Kerala faced a devastating flood that caused severe damage to homes in the Paravur taluk area. NSS volunteers from S.N.M. College, Maliankara, took a proactive approach and played a crucial role in the reconstruction efforts, with the main focus being the construction of nine houses for the flood-affected families. For seven days, these dedicated volunteers worked tirelessly at a camp near the affected houses, actively participating in the construction activities. Divided into ten groups, each



group contributed to building one of the nine houses, while another group prepared food for everyone showcasing exceptional teamwork and commitment. Alongside skilled laborers, the NSS volunteers actively brought stone and sand to the construction site, providing valuable assistance in the rebuilding process.

In addition to their physical contributions, the volunteers offered heartfelt emotional support to those who had suffered significant losses due to the flood. Their compassionate presence brought reassurance and hope to the affected families, leaving a lasting impact on their lives. The local community wholeheartedly supported the NSS volunteers' activities, and the sense of unity among all participants was remarkable. Throughout the camp, the atmosphere was joyful, with the volunteers singing traditional songs and performing dance steps, motivating everyone involved in the rehabilitation process. Male and female volunteers equally participated in all activities, breaking traditional norms and showcasing the strength of unity and cooperation.



As the Program Coordinator for the NSS unit at S.N.M.M. College, Maliankara, I am proud of our NSS volunteers' efforts during the 2018 flood relief. They actively participated in constructing nine houses, providing emotional support, and working alongside skilled laborers. This hands-on approach was a new experience for many volunteers, who were accustomed to spending most of their time on social media and computer games. Their dedication and teamwork brought reassurance and hope to the affected families. The community's support and recognition from local authorities further strengthened the impact of our relief work. This experience reinforced the essence of NSS in instilling social responsibility and unity among our college students, inspiring us to continue making a positive difference in the lives of others through future endeavors. The tireless efforts and dedication of the NSS volunteers received well-deserved recognition from the local authorities, including the Collector, who praised their selfless service. This acknowledgment not only validated their work but also uplifted the spirits of those involved.



Programme No: 10

After a big flood in 2018, we wanted to bring some happiness to the families who were affected. The students from S.N.M.M. College, Maliankara, decided to organize a fun Christmas party. We made the place look pretty with decorations to make it feel like a party. We sang songs, danced, and played games to make everyone feel happy. One of the best parts was when we gave gifts to the families. We paid special attention to the elderly people and kids who needed extra help. We also shared a delicious Christmas cake and sang Christmas carols. During the celebration, it felt like we were all one big family. We laughed, talked, and had a great time together. This event helped the families forget about their problems for a little while and enjoy the happiness of Christmas.





Programme No: 11

Recognizing the ecological significance of mangroves in flood-prone regions, the NSS Unit 47 of SNM College Maliankara embarked on an ambitious mission to establish mangrove seedlings in the flooded area of Vadakekara Panchayath. To ensure the success of this initiative, the NSS volunteers collaborated with local environmental experts to identify suitable locations for mangrove plantation. These experts provided valuable insights into the preferred species of mangroves, appropriate planting techniques, and the ecological benefits of such initiatives. The NSS volunteers actively participated in the entire process, from collecting mangrove seedlings from nurseries to preparing the planting sites. The flooded areas were meticulously surveyed to identify the best spots for establishing the seedlings. With great care and attention, the NSS volunteers planted the mangrove seedlings in the identified areas. The plantation process was carried out in adherence to best practices to maximize the survival rate and growth potential of the seedlings. Beyond the planting activities, the NSS volunteers also engaged in awareness campaigns within the local community. They organized workshops and interactive sessions to educate the residents about the vital role of mangroves in mitigating floods, preserving biodiversity, and safeguarding coastal areas from erosion. 10. Outcome of the event/Evaluation by Program Coordinator. The Mangrove Seedling Establishment Initiative by NSS volunteers near Vadakkekara Panchayath yielded remarkable results in terms of environmental conservation and community engagement. The successful establishment of mangrove seedlings in the flooded area showcased the dedication and commitment of the NSS volunteers in protecting the environment. The mangrove plantation not only contributed to the ecological balance but also acted as a natural buffer against floods, offering protection to the surrounding areas during extreme weather events. Overall, the Mangrove Seedling Establishment Initiative by NSS volunteers in Vadakkekara Panchayath stands as a shining example of the potential for grassroots environmental conservation. It will be remembered as a significant milestone in reviving and preserving nature in the flooded areas, nurturing a brighter and greener future for the community and its ecosystem.



Programme No: 12

On 12th February 2019, Commerce department students and faculties visited Moothakunnam Govt. hospital as a part of social commitment. The group of 4 students, Head of department T S Reena, the doctor Govt. hospital Moothakunnam, nursing superintendent, Govt. hospital Moothakunnam, together conducted this visit at 10 AM. The food materials were handed-over by Theertha Joy, Assistant professor, commerce department to representatives of the hospital, the doctor, nurse etc. after that conduct an interactive session with them. 10. Outcome of the event/ Evaluation by program coordinator: Develop social commitment among the students. The students of the department could visit the hospital and interact with the physician, the nurse superintendent.





Programme No: 13

On a pleasant Sunday morning, the NSS volunteers embarked on a meaningful journey to Pallippuram Little Flower Convent orphanage. The orphanage provided a loving home to fourteen girls ranging from 1st to seventh grade, who greeted us with a unique and warm welcome song, "We welcome you all." Their joy was evident as they adorned themselves in new clothes for the special occasion. Under the caring guidance of the program officers, the NSS volunteers and the children engaged in various entertaining activities. The volunteers showcased dance performances, adding an elegant touch to the cheerful atmosphere. Exciting games were organized, and candies were distributed to the delighted winners.



The volunteers took the opportunity to capture cherished moments, clicking photographs of the children and the orphanage sisters, creating lasting memories of the day's events. As the clock struck one o'clock, everyone sat down together for a heartwarming meal, sharing not only food but also laughter and camaraderie. The spirit of togetherness and compassion filled the air, making the experience truly special. At three o'clock in the afternoon, it was time to bid farewell to the little ones at the orphanage. As the volunteers prepared to leave, they bid adieu with a song, expressing their



gratitude for the warm reception and the memorable time spent with the children. The visit to Pallippuram Little Flower Convent orphanage left a profound impact on both the NSS volunteers and the children. It served as a reminder of the power of kindness, love, and social responsibility. The NSS initiative reinforced the value of empathy and the importance of reaching out to those in need. The visit not only brought joy to the young hearts but also instilled a sense of fulfillment and purpose in the volunteers, inspiring them to continue their journey of making a positive difference in the lives of others.

Programme No: 14

As a part of commemoration of Dr. Smitha T.H, former faculty of Department of Economics, on 15th March 2019, the students and teachers of the department visited Block Resource Development Centre, N Paravur. It is a centre for giving training to the autism affected children. The Association donated books, crayons, color papers, shapes, toys, flash cards etc to the BRD Centre.





3.4.1: Outcomes of Extension activities in the neighborhood community in terms of impact and sensitizing the students to social issues for their holistic development during the academic year – 2019-2020

Programme No: 15

As part of Environment awareness programme, NSS unit conducted an informative session by distributing saplings to adopted village. NSS volunteers actively engaged in the event by distributing plant saplings to households in the vicinity. Approximately 100 dedicated volunteers participated in this endeavor, collectively distributing a total of 200 saplings. The programme contributes to creating a more environmentally aware and engaged society, driving positive change, and fostering sustainable practices for the benefit of the planet and future generations.



Programme No: 16

Extension activities are one of the most engaging activities of the academic community. To stretch out to the society with a helping hand is a noble deed indeed. A faculty who is socially committed goes beyond the scholarly texts and dedicates one's self to this honorable act. Aware of these facts, The Department of English took a few initiatives in this direction. Staff and Students alike, with a single mind, assembled to chart out some projects. Brilliant ideas that could be implemented emerged. We are proud to report our activities that were carried out with extraordinary accuracy. The most challenging task in the first phase was to identify and select efficient, confident students who could be sent to Lower Primary classes of nearby schools. The selection process of these student teachers itself was tough due to stiff competition. Student response for the assignment was enthusiastic and inspiring. Student trainers were given the duty of providing Basic English sessions for Primary pupils in the neighboring schools. There was much teaching, learning, fun and enjoyment during these training sessions. The trainees then, with the permission of concerned authorities, presented themselves as young teachers in S N M L P S, Maliankara, every week for nearly three months from June 2019 to August 2019. After August 2019, the sessions were conducted every month till November 2019. In a similar pattern, a group of our students arranged a Communicative English class for the pupils of the second, third and fourth standards of S N Government L P School, Thurithippuram. The experience gained from these collective exercises was productive and enriching. Highly motivated, the faculty and students are eager to continue the practice in the coming years too. Class was very effective in building language skills among students.



SNM COLLEGE MALIANKARA
Department of English
COMMUNICATIVE ENGLISH CLASS
FOR SCHOOL STUDENTS
As a part of
EXTENSION ACTIVITY
Venue: SNM LP School,
Maliankara

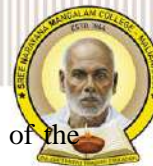


Programme No: 17

The NSS volunteers of SNM College carried out cleaning work in Malappuram Nilambur to provide assistance and support to the individuals and families affected by the landslide disaster. The presence of Mr. C.P. Sunilkumar and the leadership of Sreejith K.G. and Abhiash added value to the event.



The cleaning work brought hope and relief to the affected individuals and families. The NSS volunteers dedicated significant time and effort to the cleanup work. This included the removal of debris, mud, and silt from affected homes and public areas. Through their efforts in cleaning the muddy houses, the volunteers played a crucial role in restoring the living conditions of the affected residents. By actively engaging in the cleaning and repair activities, the volunteers demonstrated their



willingness to stand by those in need and contributed to rebuilding the spirit and resilience of the affected community members.

Programme No: 18

NSS unit of the college organized an event on 4th December. Before the blood donation process began, each donor underwent a comprehensive health assessment. This included the measurement of blood pressure, pulse rate, and hemoglobin levels. These assessments were crucial to ensure that donors were in a healthy state for blood donation, and their safety was of utmost priority. Each donor's blood pressure, pulse rate, and hemoglobin levels were checked to ensure they are in a healthy state for donation. After the blood donation camp concludes, the collected blood units are carefully transported to a blood bank for further processing and testing. The donated blood undergoes rigorous screening for infectious diseases such as HIV, Hepatitis B and C, syphilis, and others to ensure its safety for transfusion purposes. The collected blood units are carefully transported to a blood bank for further processing and testing. The outcomes of a blood donation camp can include an increased blood supply, lives saved, community engagement, awareness and education, donor retention and recruitment, enhanced healthcare services, and improved public health.



Programme No: 19

Department of Chemistry organized a One day Workshop for the 12th grade students of Kottuvallikkad Higher Secondary school. Many interesting experiments and classes were introduced before the students in the lab. Also they were given classes in Chemistry to enrich their knowledge about the subject. Students were all excited to see the various experiments. They appreciated the classes. They could also clear their doubts about the classes and experiments in the interactive session. The event helped to raise awareness among the students about the practical application of the chemistry.



Programme No: 20

On 5th December 2019, Department of Commerce conducted a Post Office Savings Scheme Awareness Programme for the students of our department. The session was held by Mr. Unnikrishnan K P, Moothakunnam Post office. Different types schemes, its relevance, profitability in long term, etc. were discussed in the session. Sukanya Samridhi, RD's, Kisssan Vikas Pathra were discussed. Advantages of post office schemes over other plans were also narrated. Students were given leaflets regarding varied schemes. After the session, the students formed different clusters and visited wards 1&2 of Vadakkekkara Panchayath and circulated brochures regarding Post Office Schemes and made the villagers aware of the investment plans. The students could directly visit the wards and they could supply brochures and leaflets of postoffice schemes to the families covered in ward I and II. They explained about the schemes in detail and persuaded them to make tiny investments in post office schemes.





Programme No: 21

The primary objective of the campaign was to provide valuable information to the residents regarding social welfare schemes, the Right to Information (RTI), and the need for environmental protection. Additionally, the campaign aimed to familiarize the students with these concepts and foster social accountability among them.

The campaign commenced on 20th December 2019, with the seven student groups visiting households in the adopted wards. Accompanying the students were teachers from the Department of Mathematics, who provided necessary instructions and guidance throughout the campaign. The notice distributed to the residents encompassed three essential parts. The first part focused on highlighting the various social welfare schemes offered by the State and Central Governments. It aimed to educate the residents about the available support and benefits they could avail themselves of through these schemes. The second part of the notice centered around the Right to Information (RTI). It aimed to create awareness about this powerful tool that empowers citizens to seek information from government bodies. By educating the residents about their rights and the significance of the RTI Act, the campaign aimed to promote transparency and accountability within the community. The final part of the notice emphasized the importance of environmental protection. It aimed to raise awareness among residents about the need to preserve and conserve the environment. By highlighting the significance of environmental protection, the campaign aimed to instill a sense of responsibility and encourage the community to take action in safeguarding their surroundings.



The door-to-door campaign served as an effective means of disseminating information and fostering community engagement. The residents received valuable insights into social welfare schemes, RTI, and environmental protection through the distributed notices. This initiative also proved beneficial for the participating students as they gained practical knowledge about these concepts, fostering their understanding of social welfare and accountability. The door-to-door campaign conducted by the Department of Mathematics as part of the Village adoption programme successfully raised awareness about social welfare schemes, the Right to Information (RTI), and environmental protection. The campaign served as an educational platform for both residents and students, empowering them with



knowledge and fostering a sense of responsibility. Such initiatives contribute to the overall development and well-being of the community, promoting a socially conscious and informed society.

Programme No: 22

Malayalam Department of SNM college Maliankara conducted 'Thettillatha Malayalam Then Malayalam' as a part of Village adoption programme. The students of Vadakkekara Panchayat Ward 1. Students introduced to the Malayalam alphabet up to the 10th standard, correcting mistakes in the pronunciation of letters and training them to use them correctly. The programme tried to impart the students the knowledge about the distinctive nature of the alphabet, starting with small letters, compound letters, vowel symbols. This class on the alphabet was taught by Ashwani Radhakrishnan, Athira Rajeev, second year Malayalam literature postgraduate students. The 1st and 2nd year Malayalam literature postgraduate students have done the necessary preparations for the class.



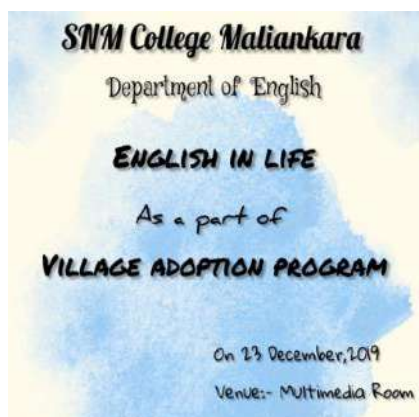
Programme No: 23

One of the prestigious programs taken up by the department of economics is the village adoption program. The staff and students of the Department of Economics took a survey on the socioeconomic conditions of the women of adopted ward 1 of Vadakkekara Panchayat. The survey was conducted on 21st December 2019. Three Ayalkoottams were selected namely Anugraha, Aiswarya and Bhagyalakshmi which consists of 47 houses. Around 13 students and 5 teachers participated in this survey. On 23rd December the staff and students distributed vegetable saplings to these houses. 25 saplings distributed to each house. The staff and students distributed 5 different vegetable saplings to these houses. The main saplings were tomato, chilli, brinjal, ladies finger and peas. 25 saplings had been distributed to each house. The visit to village as part of Village adoption programe by students and teachers helped to create environmental awareness among students. It also develops interests in farming and a love for nature and towards villages among students.



Programme No: 24

As part of village adoption programme, English Department of S N M College, Maliankara, organized a programme named English in Daily life. The programme aimed to develop language skills among Kudumbasree workers from various units of the adopted village. It also provided practical knowledge regarding mobile usage. The programme was launched on 23rd December 2019, at Multimedia Room at 10am.



Ten students of BA English Course were selected based on their language proficiency and mobile knowledge. With the help of Technology, the students engaged the classes. The participants informed that the programme was really helpful for them. They learned how to use basic English and mobile in



their daily life. Kudumbasree workers were able to learn basic English and also learned to use mobile phones.

Programme No: 25

Once plastic is discarded after its utility is over, it is known as plastic waste. It is a fact that plastic waste never degrades, and remain on landscape for several years. Mostly, plastic waste is recyclable but recycled products are more harmful to the environment as this contains additives and colours. Plastic pollution is worse in the selected wards and students given awareness to the local people regarding the ill-effects of plastic. Our B Sc students collected plastic wastes from the adopted wards and given it to the recycling unit at Chendamangalam, North Paravur. This programme helped to remove plastic wastes in an ecofriendly manner.



Programme No: 26

The activities of Botany Department in connection with Village adoption was done on 26th December 2019. The main objectives and plan of action was to identify areas with mangroves and spread awareness on the importance of mangrove vegetation. On second stage, planting of mangrove saplings was done as a perspective of conservation. A group of thirty students along with Head of department Dr. M. G. Sanilkumar, and Ms. Lakshmi P, Assistant Professor (Guest faculty) and lab assistant Mr. Syam Kumar conducted the programme at Sathar Island and nearby areas in ward 1 and 2. The planting of mangrove saplings were also done. Continuous monitoring on planted areas will also be done. Students were actively engaged in conservation effort and which will bring about a positive change in them so that they will concentrate more on following lifestyle which are in par with nature.



Programme No: 27



Department of chemistry organized a workshop for Paper bag making and their distribution in adopted village. Students started paper bag making in the classroom. First year BSc student Anuvind and MSc student Athira trained them for making paper and cloth bags. Paper bags were all handmade. They were followed very simple steps and therefore we could create a bulk of them. The event helped to



raise awareness among the students about the harmful effects of plastics and values of eco-friendly paper bags and were distributed in the adopted village.

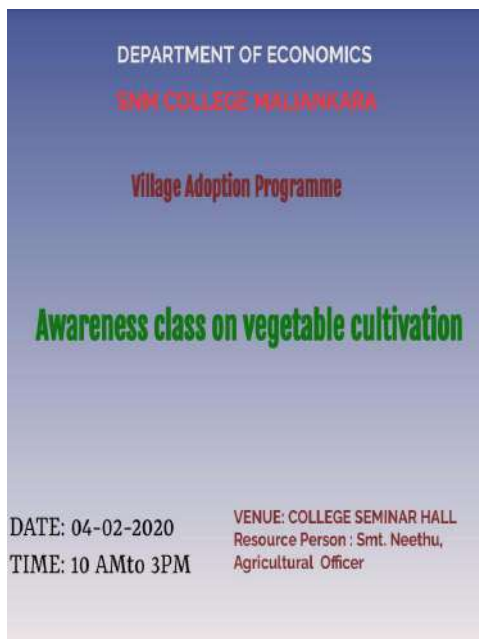
Programme No: 28

Malayalam Department of SNM college Maliankara conducted 'Thettillatha Malayalam: Then Malayalam' as a part of Village adoption programme. The students of Vadakkekara Panchayat Ward -2. Postgraduate Malayalam introduced to the Malayalam alphabet up to the 10th standard, correcting mistakes in the pronunciation of letters and training them to use them correctly. The programme tried to impart to the students the knowledge about the distinctive nature of the alphabet, starting with small letters, compound letters, vowel symbols. This class on the alphabet was taught by Ashwani Radhakrishnan, Athira Rajeev, second year Malayalam literature postgraduate students. The 1st and 2nd year Malayalam literature postgraduate students have done the necessary preparations for the class.



Programme No: 29

On behalf of the Village Adoption programme of the Department of Economics, we took initiative to conduct an Awareness class regarding Vegetable cultivation to the Kudumbasree Ayalkoottams and for the students of SNM College on 4th February 2020 and the classes will be handled by Krishi Officer, Ms.Neethu of Vadakkekara Panchayat. The teachers and students of the department took initiative to distribute the notices of awareness class. Smt. Neethu, Krishi Officer of Vadakkekara Panchayath took part in the session. The programme was inaugurated by the Principal in Charge of the college, Dr. C M Sreejit. After the class the students, teachers and Ayalkoottams actively participated in the interactive session. The programme created awareness about different methods which can be adopted while doing vegetable cultivation. It gives knowledge about different farming methods and created interests in farming among students.



Programme No: 30

The National Service Scheme (NSS) organized a Green Protocol Campus event at the Moothakunnam Temple Festival in collaboration with the Vadakkekara Gramma Panchayath.



The event saw the participation of several key individuals, including the Panchayath President and President and Secretary of HMDP Sabha Dr. Resmi V.C., as the NSS Program Officer, played a crucial role in coordinating and organizing the event. Around 500 paper bags were distributed to the temple stores as an eco-friendly alternative to plastic bags. Shopkeepers were educated about the benefits of using paper bags and their positive impact on the environment. NSS volunteers engaged in conversations with shopkeepers and temple visitors, highlighting the harmful effects of plastic pollution on the environment, wildlife, and human health. They shared information about the need to reduce plastic usage and encouraged the adoption of sustainable practices. The Cleaning Program at Sree Narayana Mangalam Moothakunnam Temple in February 2020 was a significant step forward in promoting sustainable practices, reducing plastic waste, and a collective commitment to community welfare. The outcome of a plastic-free village would be a community that has successfully eliminated or significantly reduced the use of single-use plastic products and has implemented sustainable alternatives.



Programme No: 31

Department of Chemistry conducted an exhibition and sale of useful products in daily life. The programme was inaugurated by, Seena K.P, Supt SNM college Maliankara. The session started with a prayer by students, followed by cutting the ribbon. The beautiful event began with the felicitation by Dr.Rekha Parthasarathy, Assistant Professor, Dept of zoology. Students prepared chemical products like soaps, detergents, hand washes, dishwasher, floor cleaners, toilet cleaners, paper bags, cloth bags etc . Each and every product was made so carefully in the lab under 100% hygienic conditions which stands high in its quality. All teachers and non-teaching staffs bought the products made by students. They were all well accepted by everyone and were sold at reasonable prices. Students prepared chemical products like soaps, detergents, hand washes, dishwasher, floor cleaners, toilet cleaners, paper bags, cloth bags etc .





3.4.1: Outcomes of Extension activities in the neighborhood community in terms of impact and sensitizing the students to social issues for their holistic development during the academic year – 2020-2021

Programme No: 32

On Palliative Care Day, 30 dedicated NSS volunteers from SNM College Maliankara embarked on a mission to visit paralyzed patients and elderly individuals in their neighborhood who required assistance and companionship. The event took place with strict adherence to COVID-19 precautions to ensure the safety of both volunteers and beneficiaries. During the visit, the volunteers engaged with the patients in meaningful conversations, offering companionship and emotional support. They also sang songs and provided entertainment, which brought smiles to the faces of the patients who were grappling with physical and mental challenges. The volunteers explained the purpose of celebrating Palliative Care Day, emphasizing the significance of caring for those in need and creating a compassionate community. The visit brought much-needed relief and joy to the patients, many of whom felt isolated and lonely due to their conditions. The volunteers' presence and interactions not only brightened their day but also conveyed a sense of belonging and care. Patients expressed their gratitude and pleasure at spending time with the volunteers.



Programme No: 33

As part of the village adoption program, the students of the Department of Physics conducted a program for giving saplings to nearby villages. There were 20 students participating in the program and had given about 50 saplings in Ward 1 Ward II of the adopted village. The activity was very effective in creating awareness on environmental protection among students.



Programme No: 34

As a part of SNM college adopted village project our teachers and students visited the ward no. 2 of Vadakekkara Panchayath, and collected samples of drinking water from different sources. The aim was to check for their purity. Also the people of the ward was taught to identify the adulteration in the things that are a part of their daily lives. Many methods were introduced before them for the same. People were made to notice the miserable condition of the sources from which they use to collect the drinking water before. the samples of water was collected from those sources to detect the presence of E-coli bacteria, pH value, hardness of water and the presence of poisonous substances. The team also introduced how to remove formalin and ammonia from fishes which indeed causes cancer in human bodies. The event helped to give awareness about the adulteration in the drinking water and fishes to common man.





Programme No: 35

On 3rd March 2021, a medical survey was conducted in Ward 1 & 2 of Vadakkekkara Panchayath, as part of our community outreach efforts. The survey was executed by a team of 50 volunteers from the NSS Unit. The survey encompassed various aspects of the villagers' health, including prevalent health issues, common diseases, nutritional deficiencies, and access to healthcare services. Additionally, a digital survey was administered to assess internet connectivity in the area, recognizing its relevance in the current digital age.

The Medical Survey in the Adopted Village of SNM College provided data on the health needs and issues faced by the community in Ward 1 & 2, serving as a foundational resource for future healthcare initiatives and interventions. The event fostered community engagement and participation, allowing residents to contribute to decision-making processes concerning their healthcare. This approach empowers the community to prioritize their healthcare concerns. This initiative aligns with the NSS's core mission of community service and engagement. The data gathered will guide future healthcare interventions, leading to improved healthcare services and overall well-being in the adopted village.





Programme No: 36

The medical camp was a collaborative effort between the NSS unit of SNM College and the Rotary Club of Kodungallur, with support from Craft Hospital, Kodungallur. The camp commenced with an inaugural function on the first day. HMDP Sabha Secretary Sri. T. S Bijil Kumar inaugurated the event. Distinguished guests included Rotary President Sri. Manoj Menon, Secretary Sri. C. X. Sebastian, HMDP Sabha President Sri. B. Rajeev, SNM College Principal Dr. Jitha T. H, Manager Sri. M. R. Bose, and Program Officers Dr. Resmi V. C and Sri. Vipin K. D. and NSS Secretaries of the college. Following the inauguration, an awareness class was conducted by Maju Jacob, the Chief Operating Officer of Craft Hospital. After the awareness class, medical professionals, including doctors and nurses from Craft Hospital, began consultations with patients. The first day of the camp catered to the teaching and non-teaching staff, as well as to the students of SNM College. Day 1 activities concluded at 3:00 pm. On the second day, the medical camp extended its services to the villagers of Maliankara. Consultations commenced at 10:00 am and were conducted by medical professionals from Craft Hospital. Medicines were provided free of cost to patients on the second day. The camp successfully concluded at 3:00 pm.

The benefits of Medical Camp at SNM College Maliankara reached a diverse group of participants, including college staff, students, and villagers from Maliankara, effectively extending healthcare services to those in need. The awareness class conducted by Maju Jacob played a crucial role in educating attendees about various health-related topics, contributing to their overall health awareness. The camp provided an opportunity for individuals to consult with healthcare professionals, receive diagnoses, and access treatment, thus addressing their immediate healthcare needs. On the second day, the provision of free medications further eased the financial burden on patients and ensured they had access to necessary treatments. Overall, the collaborative effort between the NSS unit, Rotary Club, and Craft Hospital, coupled with the active participation of the community, led to a successful medical camp that positively impacted the health and well-being of the participants. The camp exemplified the spirit of service and community engagement, reflecting the core values of NSS and SNM College.





Programme No: 37

On the 22nd of March 2021, in commemoration of World Water Day, NSS unit undertook a benevolent initiative to supply free drinking water to the thirsty public in the Moothakunnam area. As part of this endeavour, special arrangements were made to provide curd milk to the local residents, offering them a refreshing respite from their thirst. This program extended its outreach beyond the boundaries of Moothakunnam, as water was also distributed to auto-rickshaw drivers, diligent road workers, eager schoolchildren and other individuals who crossed our path. Even the vigilant traffic police officers on duty received their share of refreshing hydration. The program was skilfully guided by our dedicated Program Officers, Sri. Vipin K. D. and Dr. Resmi V. C, who shared insights with the volunteers about the profound significance of commemorating World Water Day and the imperative need for water conservation and responsible water use. In addition to the water distribution, an engaging photography competition was held on World Water Day. The programme helped showcased the spirit of NSS in serving the community and fostering awareness about critical issues. It emphasized the importance of water, not only as a life sustaining resource but also as a symbol of compassion and community support.



Programme No: 38

On the occasion of World Water Day, SNM College NSS Unit organized a programme under the banner of "Thulli Vellam Kilikalkkaay," with the primary aim of fostering awareness regarding the crucial necessity of providing water sources for our avian companions during the blistering summer months. The program's broader objective was to kindle compassion towards these winged creatures.



The program started with an enlightening awareness speech by the faculties from Zoology Department Smt Minu M., where participants received education on the profound importance of offering water sources to birds during the scorching summer season. This session shed light on the challenges that birds face when seeking water and the dire consequences it can have on their survival. Following the informative session, volunteers and program officers undertook the task of information dissemination campaign. The campaign encompassed the creation of posters that underscored the significance of providing water for birds and elucidated how individuals could actively contribute to this noble cause. The program laid considerable emphasis on engaging the local community in environmental preservation endeavours. Volunteers proactively interacted with community members, urging them to establish similar water sources for birds within their respective neighbourhoods. The event witnessed enthusiastic participation from NSS volunteers. It could create awareness about the imperative of supplying water sources for birds during the scorching summer months. The enthusiastic involvement of NSS volunteers facilitated the installation of bird baths and the effective dissemination of information.



Programme No: 39

On behalf of the village adoption programme the students of the department of Zoology of SNM College Maliankara took initiative with the Kudumbasree units for cloth mask making. The mask was received by our respected principal Dr. T.H Jitha from the Kudumbasree units with a welcome speech



given by Ninu S.Lal Assistant Professor from the Department of Mathematics of SNM college. One of the members of Kudumbasree unit also expressed their sincere thanks to all the members of the team who were present there. The programme came to an end with a mutual understanding and happiness. 100 masks were distributed by the students to various wards in and around the college. Masks are a key measure to suppress transmission and save lives. Depending on the type, masks can be used for either protection of healthy persons or to prevent onward transmission.

A cloth mask is intended to trap respiratory droplets that are released when the wearer talks, coughs or sneezes. It also acts as a barrier to protect the wearer from inhaling droplets released by others. The most effective cloth masks are made of multiple layers of tightly woven fabric like cotton. A mask with layers will stop more droplets from getting through your mask or escaping from it. The World Health Organization (WHO) recommends that cloth face masks should be worn in public where social distancing is not possible to help stop the spread of coronavirus. It notes that wearing a cloth face mask is just one of a range of tools that can be used to reduce the risk of transmission.



Programme No: 40

On behalf of the village adoption programme 2021-2022 the activities organized by the Department of Zoology was the distribution of (N95 mask) 100 masks of which 50 mask was distributed to ward I & 50 mask was distributed to ward II. 50 mask was handed over to Ward I member Shahmol by the HoD & Co-ordinator village adoption programme and other faculties of the Department of Zoology. The remaining 50 mask was handed over to Ward II member Mr. Unnikrishnan by Dr. Jitha T.H, Principal and other faculties of the Department of Zoology on 31st March 2022.





Programme No: 41

Vadakkekkara Grama Panchayath, in collaboration with Moothakunnam Primary Health Center, organized a COVID-19 Mass Vaccination Campaign in association with the NSS and NCC units of SNM College Maliankara. This initiative took place on the 2nd and 3rd of April 2021, from 9:30 AM to 3:00 PM, at SNM Institute of Management and Technology (SNMIMT) in Maliankara. Distinguished attendees included Smt. Resmi Anilkumar, the President of Vadakkekkara Grama Panchayath, Mr. K.S. Sanish, the Vice President of Paravur Block, and Dr. Shobha, Assistant Surgeon at the Government Hospital in Moothakunnam. The camp was efficiently coordinated and managed by NSS Program Officer Dr. Resmi V.C. and NCC Officer Lt. Aghil J. During this campaign, approximately 500 individuals were successfully vaccinated on each of the two days of Vaccination Programme. NSS volunteers played a vital role by assuming responsibilities in the registration process, providing assistance in the vaccination rooms, and offering support in the resting area. The COVID-19 Mass Vaccination Campaign achieved its objectives by vaccinating a significant number of individuals in the community, fostering community awareness, and efficiently organizing the event. The active participation of NSS volunteers contributed significantly to its success and demonstrated their commitment to public health and community well-being.



Programme No: 42

Under the guidance of the NSS unit at SNM College, a significant initiative for free mask distribution was conducted. The event was inaugurated by Dr. Jith T.H., the Principal of SNM College. The distribution of masks to the public was led by Mr. K.S. Sanish, the Vice President of Paravur Block, and Dr. Shobha, Assistant Surgeon at the Government Hospital in Moothakunnam. During the event, Dr. Shobha emphasized the crucial importance of wearing masks as a preventive measure against COVID-19. Dr. Resmi V.C., the NSS Program Officer, efficiently coordinated the entire program. Additionally, Kumari Silpa, NSS Secretary, addressed the gathered participants. The mask distribution adhered strictly to COVID-19 safety protocols and took place at the NSS unit of SNM College, Irimpanam vaccination camp. The mask distribution event served as a proactive and community-focused initiative to combat the COVID-19 pandemic. It not only provided essential protective



equipment to the local people but also promoted awareness and community engagement in the fight against the virus. Through the Free mask distribution at the vaccination camps, NSS Unit and SNM College could spread the message that NSS Unit is undertaking works of great human values and social welfare. Volunteers also got the satisfaction that they could do something worth for the society at the time of covid pandemic



Programme No: 43

Under the leadership of the NSS unit of SNM College Maliankara, the indigent bed patients under the palliative care of Vadakkekara Grama Panchayat were given SNEHA SAMMANAM on the occasion of Vishu Day. Principal Dr. Jitha T. H Inaugurated the function. Volunteers had collected various essential items for the bed ridden patients.



This included shirt, Linki, bed sheets, nighty, towel, toothpaste, brush, soap, etc. NSS Program Officers Dr V C Resmi and Shri K D Vipin handed over these materials to Shri. Saneesh, the Block Panchayath Vice President and Palliative unit Staff Coordinator Mrs. Liji. NSS Volunteer Secretary Shahir Muhammad, Gokul Krishna MG and Anujith K S coordinated the programme very much efficiently. Students in the college got an opportunity to be a part of a social welfare programme. They could give a great use for some amount of money which they otherwise would have spent on



unnecessary things. Some very poor patients under palliative care got some essential goods which they were lacking and struggling to get.

Programme No: 44

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. 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.

YouTube Link: <https://www.youtube.com/watch?v=OKvfRxCI5BY>

YouTube Link: <https://www.youtube.com/watch?v=5TbOZ3ECfn0>



3.4.1: Outcomes of Extension activities in the neighborhood community in terms of impact and sensitizing the students to social issues for their holistic development during the academic year – 2021-2022

Programme No: 45

At the time of college reopening in the month of June 2021, people were having the fear of spreading covid. SNM college NSS volunteer secretary Shahir Mohamed took accepted the mission of vaccinating the people to prevent the covid spreading with the help of other volunteers. This was a period when covid pandemic was at its peak. Our NSS volunteers took this as a challenge and helped the doctors and nurses in the CHC Moothakunnam. This became a yearlong programme and every day alternative group of few volunteers reached at the health center and worked with the medical staff there. NSS volunteers faced many challenges such as shortage of transportation and Food due to LOCK DOWN situation prevailing at that time even all over the state. However, these issues and difficulties are nullified by the bold mind of the NSS Volunteers of the college. They worked every day from 9am to 4pm and on some days it extended to 7pm too. NSS Volunteers did Data Entry works on Sundays and other holidays. It was a remarkable service by the NSS Volunteers of SNM college for reducing the impact of Covid Pandemic and they performed that without considering their health and Life.

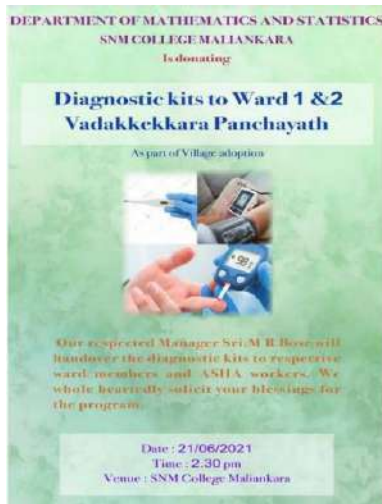


Programme No: 46

On 21-06-2021, the Department of Mathematics and Statistics, in collaboration with teachers and students, organized a distribution of health check-up equipment as part of their village adoption programme. The initiative aimed to provide health check-up equipment to wards one and two of Vadakkekara Panchayat. To fund the diagnostic kits, contributions were raised from all the UG and



PG students and faculty members of the department. This collective effort demonstrated the commitment of the department towards the well-being of the adopted village. Each diagnostic kit included essential medical devices such as a blood pressure monitor, a Glucometer, and a digital thermometer. These kits were issued to members of both wards during the event. College Manager, Mr. Bose, played a crucial role in delivering the kits to the recipients. The kit distribution ceremony was attended by members of both wards, Asha workers, and esteemed guests. Principal Dr. T. H. Jita presided over the function, emphasizing the college's dedication to the village adoption programme. In addition, Mr. Ajan K A, HOD of the Mathematics Department, Mrs. Reena T S, Village Adoption Programme Program Coordinator, Mrs. Neenu S. Lal, Dr. Neelima C A, Mr. Binshad, Mr. Unni Krishnan, Mrs. Prema, Mr. Dileep Kumar, and Mr. Rajesh MP, along with other faculty members, graced the occasion with their presence and support.



Improved Healthcare Access: The distribution of health check-up equipment has significantly improved the accessibility of healthcare resources in wards one and two of Vadakkekara Panchayath. Residents now have access to essential diagnostic tools to monitor their health regularly and take necessary preventive measures. **Enhanced Health Awareness:** The provision of diagnostic kits has raised awareness among the residents about the importance of regular health check-ups. The



availability of these devices will encourage individuals to prioritize their health and seek timely medical assistance, leading to early detection and prevention of health issues. Positive Community Engagement: The participation of the Department of Mathematics and Statistics, along with the collective efforts of students and faculty members, has fostered a sense of community engagement and collaboration. By actively contributing to the village adoption programme, the college has strengthened its relationship with Vadakkekara Panchayath and its residents. Sustainable Impact: The distribution of diagnostic kits is a sustainable initiative that will have a long-lasting impact on the healthcare infrastructure of the adopted village. By empowering individuals to monitor their health and seek timely medical intervention, the program contributes to the overall well-being and quality of life of the residents.

Programme No: 47

In order to ensure timely reopening after summer vacation and normal functioning of the college while facing the threat of Covid pandemic situation, NSS volunteers involved in the cleaning class rooms, college office, staff room, library, laboratories and other areas of the college campus where students and teachers may spend their time. Volunteers made sanitizer with the help of NSS programme officer Dr. V C Resmi who is also an Asst. Professor in the Department of chemistry.





NSS volunteers prepared handmade poster under the leadership of NSS volunteer secretary Shahir Mohamed T M and Lidhiya Krishna M D which included covid pandemic related instructions to be strictly followed by the students and other stakeholders in the college campus. College could reopen and start its functions without causing the emergence new covid cases among students or teachers. NSS Volunteers and numerous other students of the college could take the message of right behavior for tackling covid to their own houses and their community. Institution could restart teaching and learning works without much apprehension about covid pandemic.

Programme No: 48

NSS volunteers of the college joined together at Government Hospital Moothakunnam and expressed their Happiness and gratitude for the appreciable service being provided by the doctors and other medical staffs of the hospital. Since the volunteers had worked with the staff at hospital to do vaccination duties, they had understood the commitment of the staff in the hospital.



Dr Shobha and other nursing staff were found giving much confidence to the patients arriving at hospital for medication and vaccination purpose. Even the students and staff of the college got vaccine from the same hospital. Volunteers expressed their respect and gratitude to all the doctors and staffs in the medical sectors and as a representative of medical community, NSS Volunteers handedover gifts and flowers to Dr. Shoba and Nursing staffs in Moothakunnam Government Hospital. Doctors



and other nursing staff in the hospital became very much happy upon the affection and respect expressed by the volunteers of the college. The mutual service being provided between hospital and NSS Unit got more bondage through this event. Many of the volunteers became more familiar with the medical staff in the hospital and benefit them during personal medical requirements.

Programme No: 49

As a part of SNM College adopted village Induction program Dept. of chemistry organised a workshop on Soap making to the Kudumbasree unit in ward 1 and 2. The aim was to give training on how to make Soap using Natural coconut oil, water, caustic soda, colours and fragrances. The Kudumbasree Unit members actively participated in the workshop with the teachers. Soap making was a successful event and soaps were all proved to be great in their quality and use.



Programme No: 50

NSS Unit of the college planned Onam celebration by doing some service to the society. Volunteers collected food packets from among the volunteers and fellow students within the campus and distributed such food packets among the homeless people without anyone to care for them. This was a great work aiming the nss vision of social inclusivity of all. On the day of Thiruvonam NSS volunteer secretary Shahir and other 4 NSS volunteers took up the mission of DISTRIBUTION OF SADHYA including a PAYASAM to Homeless people having nobody to look after. NSS secretary Shahir Mohamed T M and Lidhiya Krishna M D coordinated the distribution work. Onam kit was distributed to poor daily wage workers in the college also. Onam Kit was comprised various vegetables for Sadhya and an envelope containing 1500 rupees. This programme could foster compassion among the participated students. It could raise their awareness about the problems of many aged and homeless people in the society. This found encouraging for the student volunteers to engage in many similar social welfare activities in future. This programme not only brought smiles to the faces of those who received onam kit but also instilled a sense of social responsibility and empathy in the college students, creating a lasting impact on their understanding of community service.



Programme No: 51

SNM College NSS unit conducted Road Safety awareness campaign. SNM college principal Dr. T H Jitha inaugurated the programme. She briefly narrated the news events related to accidents and deaths of elderly people going for earning their living and those young students who are doing careless driving near the college premises and facing accidents and death in recent years. NSS programme officers Dr. V C Resmi and Sri. K D Vipin, Dr. Krishnakumar U R , Shri Ajeesh attended the inaugural session. Following the prevailing covid protocols, notices / palm lets containing traffic rules were distributed to the people who have been riding vehicle in front of the college. Necessary supervision was there from the side of NSS volunteer secretaries Shahir Mohamed T M and Lidhiya Krishna while other volunteers aware doing this road safety campaign among the passengers and drivers who are found riding vehicles by violating the traffic rules like riding at over speed or without helmet. College decided to bring some traffic rules within the campus. Parents and students were given necessary guidance regarding bringing vehicles in to college campus. The usage of vehicles by the students at college premises were decided to be watched using CCTV within and in front of the campus.



Programme No: 52

In connection with Nava Kerala Puraskaram program SNM College Maliankara NSS volunteers and programme officers participated in the formal inaugural function of ‘DON’T BURN PLASTIC AND DON’T BECOME SICK BY BURNING’ Campaign started at Ernakulam district. SNM college NSS volunteer secretary Shahir Mohamed tm NSS program officer Dr. V C Resmi and Sri. K D Vipin and other NSS volunteers together received the “Board for Anti Plastic Campaign” from the honourable minister P Rajeev. After this day NSS Volunteers engaged in plastic wastes management campaign and cleaning activities Different types of plastic waste were collected from within the college premises and dumped in waste bins. The closing session of the district level campaign jointly conducted by District sanitation mission and SNM College NSS UNIT NO.47 took place on 02/12/2021 at Moothakunnam. College principal Dr. T H Jitha. District panchayath members, sanitation mission coordinators, Vadakkekara panchayath President Resmi Anil kumar and NSS programme officer Dr.V C Resmi attended the program. Around 25 NSS Volunteers participated in the program under the leadership of NSS Secretaries Shahir Mohamed T M and Lidhiya Krishna M D. Students within the campus became more aware about the adverse impact of burning plastic. They decided to avoid burning practices at their house. College authority also decided to manage plastic wastes through haritha Karma sena in the ward .



Programme No: 53

In association with Nehru Yuva Kendra, Red Cross, NSS Unit conducted FIT INDIA FREEDOM RUN on 20th September at Moothakunnam. National volley ball player Sri. Akhil B inaugurated the program by flag off. HMDP Sabha President Sri. B Rajeev, Secretary Sri. T S BijilKumar, Manager Sri. M R Bose, College Principal Dr. T H Jitha. NSS Programme officer Dr. V C Resmi, Sri. K D Vipin, Red cross programme officer Smt. Saipriya sudarshan, Nehru yuva Kendra volunteer Manju sudheeshkumar took initiative to the program and about 25 students participated in this program.





This programme is conducted on the bases of AAZADI KA AMRUTH MAHOLSAV. This Marathon was started from Moothakunnam to Labour junction and returned to Moothakunnam. NSS Secretary Shahir Mohamed presented the vote of thanks. After Reaching back to Moothakunnam refreshment to the students were provided by the coordinators. 10. Outcome of the event/Evaluation by Program Coordinator: Volunteers participated in this programme with their own will. Many of them are encouraged to continue this running practice to maintain their fitness. This programme and narration about the purpose of such a programme is expected to motivate students and public to maintain a healthy lifestyle.

Programme No: 54

As a part of observing National Nutrition Day, SNM College NSS UNIT and ICDS Noth Paravur observed POSHAN MAAH (Month of Nutritious food) from 1st to 30th September. In accordance with program NSS volunteers were instructed to make sprouted pulses. Volunteer secretary 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. 10. Outcome of the event/Evaluation by Program Coordinator: The practice of growing micro green provided the 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.



Programme No: 55

In association with Kerala Forest Department, Social Forest Division Ernakulam, SNM College Maliankara NSS Unit Cleaned Malipuram Beach. NSS volunteers and Social Forest Division staff collected plastic wastes that are accumulated in the sea shore particularly in and around the Kattadi plantation maintained at Malipuram beach to protect the society from tidal attack and also as part of growing new forest by the Social Forest Division. This program was inaugurated by college Principal Dr. Jitha TH. Assistant Forest Conservator Officer A Jayamadhavan, Ernakulam range officer M K Renjith, NSS Programme officers Dr. V C Resmi, Sri. Vipin KD, Deputy Rangers Srikanth and Forest officer Sreekumar participated in the programme. Collected wastes are classified into different categories as hard plastic / rubber waste, thin plastic cover waste and glass or bottle waste, etc. NSS Volunteer secretary Shahir Mohamed and Lidiya gave necessary supervision for the efficient beach cleaning work by the NSS volunteers.

Beach cleaning helped to retain the natural beauty of the beach. Volunteers got practical experience of contributing to the environmental sustainability. Tree plantation activity will become more effective through the removal of plastic waste from beneath the soil in the sea shore. Programme became helpful to enhance volunteers awareness and encourage them to be more responsible in their waste management practices at the household level and ensure a cleaner and healthier ecosystem.



Programme No: 56

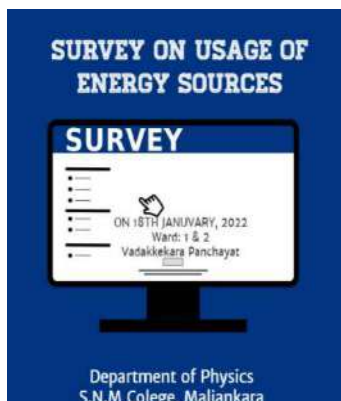
A waste management assessment survey was initiated under the leadership of North Paravur Municipal Corporation involving NSS volunteers and NCC cadets of SNM College Maliankara. A survey was organized to identify the methods of waste management being followed in the houses situated in the 29 wards belonged to Paravur Municipality. On the first day, Saturday (6-11-2021), Shyamala Govindan, chairperson of the Health Standing Committee of Paravur Municipality, inaugurated the survey proceedings 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 inquire 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 VIPIN KD, NCC Officer Lt. Akhil J, NSS Secretaries Shahir Mohammad TM and Lydia Krishna MD provided necessary guidance and suggestion to all the volunteers from SNM College. City Councilor Jahangir, Health Inspector Jinci Lazar, Junior Health Inspector Anoop Kumar AM etc. gave necessary instructions to the students for conducting the survey. SNM 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. NSS volunteers could interact 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 report 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.





Programme No: 57

As part of village adoption activity the UG students of the Department of Physics has prepared a questionnaire for taking surveys related to energy sources in Ward 1 Ward II of the adopted village. Nearly 5 students participated in the activity under the guidance of Dr. Sunil Kumar C P, Assistant Professor, Department of Physics, SNM college, Maliankara. The activity was held on 18st January 2022. 9. Outcome of the event/Evaluation by Programme Coordinator: All students actively participated in the event and they were welcomed very well by the people in the village. Survey was helpful to analyse and reduce usage of energy by creating awareness among them. The event was thus successful and was of great benefit to the students.



Programme No: 58

The Department of Economics organized its extension activity this year on behalf of the Village Adoption program of SNM College, Maliankara on 14-02-2022 at Kudumbasree units of Vadakkekara panchayath. The department distributed vegetable seeds to these units, in association with the Krishi Bhavan in Vadakkekara panchayath. 10. Outcome of the event/Evaluation by Program Coordinator: The program was well organized and the staff and students of the Economics department participated in this program. The department distributed vegetable seeds to the needy rural kudumbasree units, in association with the Krishi Bhavan in Vadakkekara panchayath.



Programme No: 59

As a part of the village adoption program Department of commerce conducted a seminar for the kudumbasree members of ward on the topic ‘Investment awareness about post office savings by Mr. Renjith Asok, Development officer, (PLI). The program was in association with post office Moothakunnam. The venue for the session was seminar hall.



The program started at 2 PM with a prayer. Welcome speech was done by Dr.U.R Krishnakumar. The resource person thoroughly explained about various post office saving schemes useful for the students and kudumbasree members. Vote of thanks was rendered by Theertha Joy. The session was really helpful for the beneficiaries. 10. Outcome of the event/Evaluation by program coordinator: The program provided awareness to villagers regarding investments on post office savings. This was done as part of village adoption program in association with post office Moothakunnam.



Programme No: 60

On the occasion of the golden jubilee celebration of the Malayalam department Organized book Publishing ceremony in association with Alumni Association. The former teacher of the Malayalam department, Dr. VS Sumadavi's 'Women's Advancement and Feminist Philosophy in Malayalam' book is published on 21/03/2022 at College Seminar Hall. Prof. K. N. Vishnunamboothiri released the book and Principal Dr. T.H. Jitah accepted. It helped to build excitement about the newly published book.

എസ് എൻ എം കോളേജ് മലയാളം സുവർണ ജൂബിലി ആഘോഷം പൂസ്തകപ്രകാശനം

ഡോ. എസ്. വി. സുമാദവി 'സ്ത്രീകളുടെ പുരോഗതിയും സ്ത്രീകളുടെ സമത്വത്തിനുമായി' എന്ന പുസ്തകം പ്രകാശനം

കോളേജ് സെമിനാർ ഹാളിൽ 2022 മാർച്ച് 21 തിങ്കൾ രാവിലെ 10.30

എസ്. എൻ. എം. കോളേജ് മലയാളം വിഭാഗം അദ്ധ്യക്ഷൻമാർ

പ്രൊഫ. കെ. എൻ. വിഷ്ണുനമ്പൂതിരി

പ്രൊഫ. എസ്. വി. സുമാദവി

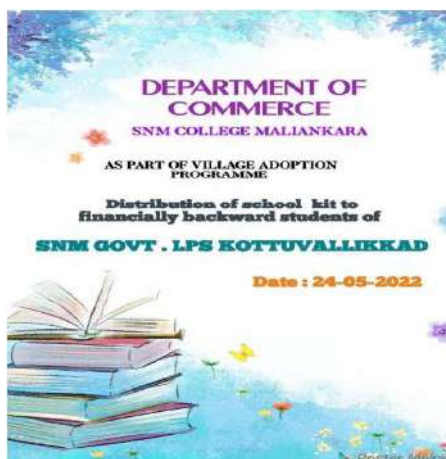
പ്രിൻസിപ്പൽ ഡോ. ടി. എ. ജിതാ

എസ്. എൻ. എം. കോളേജ്



Programme No: 61

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. This programme was coordinated by HOD Dr. Reena T S. On 24-05-2022, The Head of the Department and one faculty jointly handed over the study materials to the Headmistress of SNM Govt. L P School, Kottuvallikkad, Volga teacher. Afterwards, the study materials were distributed by the Headmistress to the economically backward students of each class. Parents of the concerned students also attended the session. The headmistress conveyed her gratitude. The main beneficiaries of the programme were economically backward students of each class of SNM Govt. LP School, Kottuvallikkad. The programme inculcated social responsibility among the college students. The programme ended up very well.





3.4.1: Outcomes of Extension activities in the neighborhood community in terms of impact and sensitizing the students to social issues for their holistic development during the academic year – 2022-2023

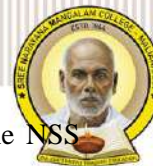
Programme No: 62

As part of environmental protection and Asadi ka Amrith Maholsav, the Research Department of Botany S N M College Maliankara conducted a Seed collection of fruit plants at the college level in collaboration with the Zoology Department and Fruitful Future, (An initiative of Grassroute, NGO, working for environmental conservation for sustainable future) Edavanakad on 5th June 2022. The concept of this program was that the thrown-away seeds of local varieties were collected and prepared for seed banks and creating fruit forests even in limited space. Students and teachers from various Departments collected different types of seeds and handed them over to the Green activist Manoj I B, of Grassroute organization. Sri, Manoj, is an engineer by profession, but now serving for sustainable environmental activities.



Programme No: 63

NSS unit conducted planting seedlings in and around the campus. The Volunteers organized a planting seedlings program at the college campus. The volunteers also distributed seedlings of various fruit plants to all the participants to encourage them to grow plants at their homes. The event was organized on 5th June, 2022 in the presence of SNM College principal Dr TH Jitha, NSS programme officers Dr VC Resmi Vipin KD and it was attended by over 50 NSS volunteers. The volunteers were divided into groups, and each group was assigned a specific area of the campus to plant trees and plants. The volunteers were instructed on the proper technique of planting trees and maintaining them. The plantation drive began with a brief introduction by the NSS coordinator about the significance of



World Environment Day and the importance of planting seedlings. After the plantation, the NSS volunteers distributed plant samples to all the participants. Each volunteer received a plant sample to take home and grow. The plantation drive organized by the NSS volunteers on World Environment Day was a great success. The event not only helped in enhancing the green cover of the college campus but also created awareness among the volunteers about the importance of planting trees and the need to protect our environment. This day helped students to encourage awareness and to protect environment.



Programme No: 64

On 5th June 2022, the NCC unit of SNM College, Maliankara virtually conducted a tree plantation programme. All the cadets planted a sapling in their home premise. Reducing the impacts of air pollution Natural noise barrier Arrest of land erosion Providing much needed shade during the day time Prevention of vehicle glare from vehicles coming from opposite direction Enhancement of aesthetic view of the corridors Climatic amelioration.



Programme No: 65

On 8th June 2022, as a part of the Saving the Ocean and Environment, Cycle rally was conducted to convey the importance of environment protection to the citizens. Cadets made posters about saving the ocean. Reporting time was at 2:30 pm. A total of 10 SD and 6 SW were present in the programme. The rally began from the portico of SNM College, Maliankara. Flag-off was done by our principal Dr T H Jitha and ANO Lt. Akhil J. Programme was aimed to inform the public of the impact of human actions on the ocean, develop a worldwide movement of citizens for the ocean, and mobilize the world's population on a project for the sustainable management of the world's oceans.



Programme No: 66

NSS unit organised an event on 14th June 2022 to inaugurate the newly created Blood Donor Cell of the College. The event aimed to create awareness about the importance of blood donation and encourage students to become blood donors. The event was attended by a large number of volunteers, and it was a great success. The Blood Donor Cell was inaugurated by the Principal of SNM College, Dr. T.H Jitha and spoke about the importance of blood donation and how it can help in saving lives. The NSS Program Officers, Dr VC Resmi& Vipin .K.D., also addressed the volunteers and spoke about the newly created Blood Donor Cell. As a part of the event, NSS volunteers created a short film on blood donation named "UYIR TULLI" was screened. The film showcased the importance of blood donation and how it can save lives. It also highlighted the misconceptions and fears surrounding blood donation and how they can be overcome. Two volunteers were selected to coordinate the Blood Donor Cell. They were given the responsibility of organizing blood donation camps, registering blood donors, and maintaining a database of donors. The volunteers were excited to take up this responsibility and were committed to making the Blood Donor Cell a success. The program highlighted the misconceptions and fears surrounding blood donation and how they can be overcome.



Programme No: 67

Pokkali is a unique saline-tolerant rice variety that is cultivated using extensive aquaculture in an organic way in the water-logged coastal regions and it is endemic to coastal regions of Alapuzha, Thrissur and Ernakulam districts. It is the oldest variety of rice in Kerala which is believed to be a tradition of at least 3000 years in rice cultivation. The entire farming is done in a completely organic way. It is under threat due to mismanagement of infrastructure and lack of sufficient laborers for the



practice. To create awareness about Pokkali rice farming, Grassroute Organization Nayarambalam has conducted a Pokkali farming workshop in Sanjo Ecofarm Negugad. Students of Botany, NSS Unit, and Bhoomitrasena Sena Club, SNM College Maliankara sowed seeds in the rice field which was prepared by Rajagiri College of Social Science. Four experienced farmers explained the different methods of sowing. Students sowed seeds in the rice field and also understand the different sowing methods. It was a wonderful experience in all senses because this was a real time practice for them. Teachers also participated along with students.



Programme No: 68

To bring together the stakeholders of the coastline of Vypin Island area for proposing a sustainable mangrove restoration plan, One-day Consultation programme on Mangrove Conservation and Management in Coastal Villages of Ernakulam was organized under the HDFC Bank Parivartan, M S Swaminathan Research Foundation in partnership with Research Department of Botany, NSS unit, Grassroute Nayrambalam, and the local self-governments. The first talk on Diversity and Ecology of Mangroves was delivered by Dr. C. N. Sunil, Associate Professor (Rtd), SNM College, Maliankara and the second talk on Community-centered approaches to restore and sustain mangrove wetlands of India, was handled by Dr R. Ramasubramanian, Senior Fellow, Coastal Systems Research, M S Swaminathan Research Foundation. Panel Discussion towards a plan for managing mangrove ecosystem in coastal villages of Ernakulam chaired by Prof.(Dr)V. R. Prakasam, Professor (retd.) from Mekelle University, Ethiopia.



Programme No: 69

Volunteers of NSS unit was participated in the campaign to promote awareness about menstrual health and hygiene and encourage the use of sustainable menstrual products. The "Cup of Life" program was a noble initiative aimed at promoting menstrual hygiene and creating awareness about the use of menstrual cups as an eco-friendly alternative to traditional menstrual products. which was held on August 10th 2022, at the IMA House in Kochi. The program was organized under the guidance of Sri. M.P HIBI EDAN, and it was conducted in the presence of Dr. RENU RAJ, the district collector of Ernakulam. The volunteers received training on menstrual hygiene and the use of menstrual cups from Dr. SMITHA SATHI MENON at the IMA House in Kochi. The program was focused on creating awareness about menstrual health and hygiene and promoting the use of menstrual cups as a sustainable and cost-effective solution. The volunteers distributed menstrual cups to women and girls from underprivileged communities, who often lack access to hygienic menstrual products. They also provided information on how to use and maintain the cups and addressed any concerns or doubts that the participants had. The initiative was well-received by the participants, and they expressed their gratitude for the opportunity to learn about menstrual hygiene and use of menstrual cups. The program was successful in promoting awareness about menstrual health and hygiene and encouraging the use of sustainable menstrual products.



The widespread adoption of menstrual cups revolutionized menstrual hygiene management, providing a sustainable, cost-effective, and comfortable alternative to traditional menstrual products. As a result, it significantly reduced environmental waste and empowered individuals by offering a convenient and eco-friendly option for managing their periods.

Programme No: 70

"HAR GHAR TIRANGA" is an online campaign from 13th -15th August 2022, as a part of Azadi Ka Amrit Mahotsav encourages people to bring the Tiranga home and to hoist it to mark the 75th year of India's independence. All the cadets of our SNM the unit participated and pinned a flag through the website <https://harghartiranga.com/>



Har Ghar Tiranga is a campaign under the aegis of Azadi Ka Amrit Mahotsav to encourage people to bring the Tiranga home and to hoist it to mark the 75th year of India's independence. Our relationship with the flag has always been more formal and institutional than personal. Bringing the flag home collectively as a nation in the 75th year of independence thus becomes symbolic of not only an act of personal connection to the Tiranga but also an embodiment of our commitment to nation-building. The idea behind the initiative is to invoke the feeling of patriotism in the hearts of the people and to promote awareness about the Indian National Flag.

Programme No: 71

On 19th August 2022, conducted a programme named "PUNEET SAGAR ABHIYAN AND CYCLE RALLY", which creates awareness about the importance of the ocean. The programme was conducted with the collaboration of the NCC unit of SNM College, Maliankara and UC College Aluva. Subedar Major Manoj sir, UC College's ANO Major Narayanan, our ANO Lt. Akhil J, PI staff from 22 (K)Bn. NCC, Eloor and Pallipuram panchayat member Smt. Ramani was present in the programme. At 9:30 AM, the programme started with the inaugural address of Subedar Major Manoj sir. It was Smt. Ramani, who did the flag off for the cycle rally conveyed the importance of saving the ocean to the citizens. After that cadet cleaned the beach premises. The programme ended around 11:30 AM. It is our collective responsibility to protect the environment for future generations to live a long and healthy life.



Programme No: 72

The objective of a health and wellness program is to promote and improve the physical, mental, and emotional well-being of individuals. It aims to educate, encourage healthy behaviors, and provide resources for individuals to achieve and maintain a balanced and healthy lifestyle.

NSS unit volunteers participated in the Vilambara Jatha on August 26, 2022 at Paravoor Block Panchayath during the health and wellness program. The Vilambara Jatha is a cultural procession that aims to promote and spread awareness about various social issues. It is impressive that the Vilambara Jatha started from Chakkummasheri at 9.00, and the Paravoor circle DYSP Sri K.M Murali flagged



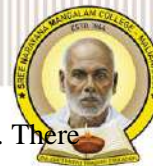
off the procession. The flash mob by SNM College students must have been an exciting and energetic performance that added to the vibrancy of the event. It is also great to know that the Vilambara Jatha reached the auditorium of Paravoor Vadakekara Service Co-operative Bank, where the function was inaugurated by Paravoor block panchayat president Smt. Honorable Enakulam District Panchayat vice president Mrs. Shiney George, and it was presided over by 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. It is good to know that there were many programs presented by different grama panchayats, which showcased the cultural diversity and richness of the area. To improved overall health and well-being of participants, including reduced health risks, increased physical fitness, and enhanced mental and emotional well-being. It also fosters a positive and sustainable lifestyle change, leading to increased productivity, satisfaction, and quality of life.



Programme No: 73

NASHA MUKT BHARAT ABHIYAN is a flagship campaign to enhance the evidence-based approach towards substance abuse.





The Ministry of social justice and Empowerment launched the campaign on 15th August 2020. There was a live session on YouTube on 12th September 2022 in which the chief guest was our country's honorable defense minister Shri Rajnath Singh. All cadets attended the session virtually from their homes.

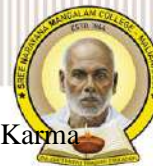
Programme No: 74

NSS Unit of the college participated in the largest coastal cleaning campaign organized at Kuzhupilly beach on 17th September 2022. The program was conducted with the fortunate presence of Honourable Governor of Kerala, Shri. Arif Mohamed Khan and thousands of the people. The program was jointly organized by NSS, NCC, and other NGO coordinators. The program commenced in the early morning and volunteers from NSS, NCC, and other organizations joined together at Kuzhupilly beach to participate in the cleaning programme. The volunteers were divided into groups and assigned specific areas for the beach cleaning. Each group was provided with necessary cleaning equipment such as gloves, masks, and bags. The Kerala Governor, Shri. Arif Mohamed Khan inaugurated the programme. After his speech about the importance of keeping our beaches and oceans clean, the program coordinators of NSS, NCC and other NGOs provided guidance and support to the volunteers. They ensured that the cleaning process was carried out safely and efficiently. The volunteers worked tirelessly throughout the day by collecting plastic waste and other debris from the beach. The massive turnout of the volunteers ensured that the entire beach area was thoroughly cleaned. Beach cleaning could help to conserve the bio diversity near sea shore and oceans. Public who are visiting Sea shore can enjoy very clean environment.



Programme No: 75

On 17th September 2022, NCC unit conducted a beach cleaning programme "SHUCHITA THEERAM, SURAKSHITHA SAMUDRAM" at the Cherai beach. Reporting time was at 7 AM.



Total of 30 SD and 20 SW were present in the programme. With the collaboration of Haritha Karma Sena, the NCC unit of SNM College Maliankara and SNVHSS Nandyattukunnam. Cadets cleaned the beach premises under the guidance of our ANO Lt. Akhil J, and two PI staff from the 22 K Bn. NCC Eloor.



Programme No: 76

NSS Unit volunteers were actively involved in the Waste Management Survey on the days 21 to 24 September 2022.



Survey was conducted in association Haritha Karma Sena functioning under Vadakkekara Grama Panchayath. This 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 survey also revealed that there was a lack of awareness among residents. 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.

Programme No: 77



Programme No: 78

NSS volunteers participated in the procession organized under the leadership of Paravoor block Panchayath. The procession started at 9 00 am at from Kottuvalli with the presence of members of different Grama Panchayath in the Block Panchayath. NSS Programme officers Dr VC Resmi, Vipin KD, NSS secretary Shahir Mohammad, Athul Krishna, Meenakshi Sunish and other leaders and volunteers participated in the procession from the beginning to its end. NSS Volunteers held placards on Kerala culture, against drugs and in support of Paliative care units. Volunteers presented a flash mob at Block panchayath Office at Kaitharam. Involvement of the student volunteers got good attention of the public towards Keralolsavam promotion activities by the panchayath. NSS volunteers could help the panchayath authorities to capture the attention of the public towards Keralolsavam promotion activities. NSS Volunteers got a platform to showcase their cultural talents and leadership skills.



Programme No: 79

NSS unit conducted a Kavalayogam on 9th December 2022 as part of the second phase of the Anti-Drug campaign. The program was held at Moothakunnam junction at 2:00 pm, with the presence of various dignitaries, including the SNM College principal Dr. TH Jitha, Paravoor Block Panchayath President Shri. Saneesh NSS NCC and Vimukthi Club Coordinators of the college, other Teaching and non-teaching staff. NSS Secretary Shahir Mohammad, Meenakshi Sunish, Athul Krishna, SNM Chairperson Arish P Vinod, NSS, NCC volunteers were the main participants of the programme. The program began with the inauguration by the Paravoor block Panchayath President Shri. Saneesh, followed by a message by the SNM College Principal Dr. Jitha TH regarding the importance of Anti-Drug campaigns. Self-financing department-coordinator CS Seeju recited the oath and the College Union chairperson offered greetings. NSS Secretary Meenakshi Sunish delivered the vote of thanks. Talk by the dignitaries in front of the public could create mass awareness against drugs. The Kavalayogam generated momentum and enthusiasm among the participants, reinforcing the significance of continued efforts to raise awareness, prevent drug abuse, and support individuals struggling with addiction.



Programme No: 80

NSS volunteers of SNM College actively involved in organizing the palliative care program on 18/1/2023. The NSS volunteers of the unit collected and handed over different necessary materials as their Gift of Love to needy bed patients. In the presence of the college principal Dr. Jitha T.H, these materials were handed over to Block Panchayath wise president Sri. Saneesh. NSS programme officers Dr. VC Resmi, Vipin KD, NSS secretaries Shahir Mohammad, Athul Krishna, Meenakshi Sunish and other NSS volunteers were present at the event. As a part of observing palliative care day, different programmes were organized at NSS volunteers presented different cultural programmes to entertain the patients and their bystanders who had gathered at the venue. NSS Volunteers could express NSS volunteers could spend few hours with the palliative care patients and their bi standers. They could understand the difficulties and needs of such people. Importance of providing various support to such families are well conceived. The attitude of showing empathy towards own aged family members are generated among the volunteers.





Programme No: 81

On 26th January 2023, the NCC unit of SNM College Maliankara celebrated India's 74th Republic Day. Reporting time was at 8:00 AM. All the cadets were present in the programme.

At 9:00 AM our principal Dr TH Jitha hoisted the flag. One of our cadets delivered a republic day speech. A guard of Honour was given to the dignitaries. After singing the NCC song and the National Anthem, the programme ended by distributing sweets. After the college programmes, the NCC unit of SNM College Maliankara visited an orphanage and contributed a sum of 4000rs to the orphanage authority.



Programme No: 82

NSS unit volunteers actively participated in the cleanliness drive at Moothakunnam temple premises on 8th February 2023. Volunteers did this work in association with Harithakarma Sena of Vadakkekara Panchayath. Since the Moothakunnam temple Festival is commenced numerous people were arriving and a lot of wastes were generated. For the environmental cleanliness, green protocol was encouraged and accordingly NSS volunteers of the college removed plastic waste from the festival ground. Vaddakekara Panchayat President Mrs. Resmi Anil Kumar, Vice President V.S. Santhosh and NSS Program Officer Dr. V.C. Resmi imparted all the primary directions for conducting this cleaning process.

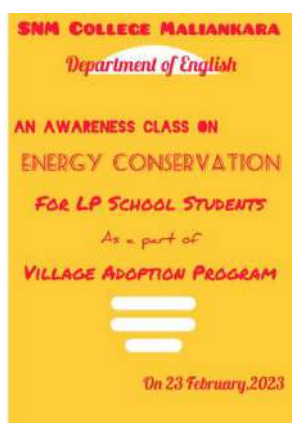


The cleanliness drive was conducted under the leadership of the NSS Secretaries Meenakshi Sunish, Athul Krishna and Sethu Lakshmi. The volunteers were divided into different groups for the faster and efficient removal of the garbages scattered at different parts of the festival grounds. The volunteers collected and disposed all types 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 good looking. The drive a significant work done by the volunteers as it could help them to extend their volunteer service to the society by removing the wastes created by the masses arriving at temple premises and spreading awareness about the importance of maintaining our surroundings very clean. The efforts of the volunteers not only made the festival grounds clean and tidy but also sent a message to festival attendees and the broader community about their role in avoiding the attitude of creating wastes at public places. Ultimately the cleaning drive enhanced the cleanliness and aesthetic appeal of the festival grounds. By involving in the cleaning drive, student volunteers were motivated to adopt similar practices in their own lives, contributing to a cleaner and more sustainable environment.



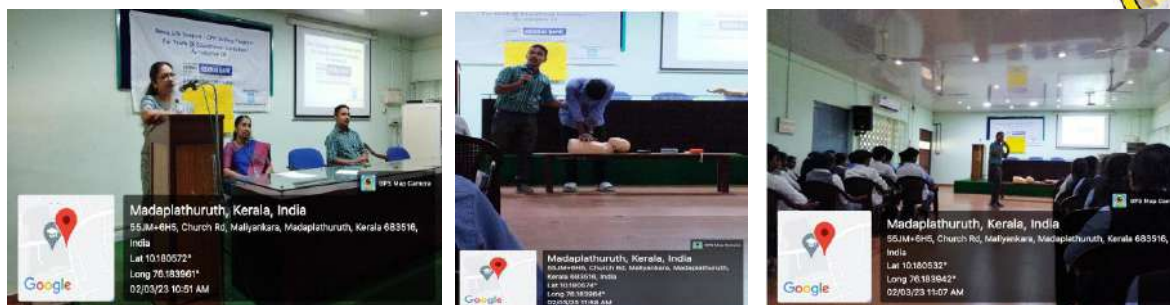
Programme No: 83

The village adoption programme for the academic year 2022- 23 was initiated with the objective of boosting the communication skills, creating awareness on energy conservation measures and environmental conservation. Our target was the development of the students of rural area (Ward 1) through improved output. As part of Energy Conservation, students had taken an awareness class for school students. The students actively participated in the session. It is the decision and practice of using less energy. Small tips and hints are given to them in order to control the wastage of energy. They participated in the quiz activity given to them. In addition to this, an interactive session was conducted to clarify the doubts of schools students. Thus, 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. Our students introduced some simple steps of energy conservation through video sessions which could be practiced from childhood. The students of LP Schools actively interacted with our students.



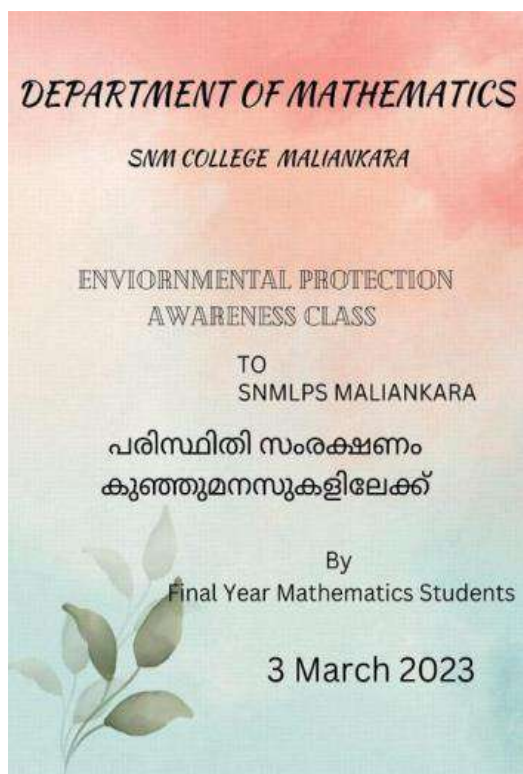
Programme No: 84

Youth Red Cross Club of SNM College Maliankara conducted an awareness and health care class of CPR for students on March 2, 2023. In association with federal bank, societal bondness was created through life support and CPR training session. SP of Global Educational Resources actively involved in the programme. The presidential address was delivered by our college principal Dr. T H Jitha. The keynote address was given by the Kodungallur federal bank branch manager Smt. Waheeda Beegum. The class was led by the American Heart Association Certified Trainer, Anish Isaac. Youth Red Cross Co-ordinator Anupa Asok K conveyed the welcome speech and Convenor Sonu V Sagar said Vote of thanks. The presence of teaching and non-teaching staff enlightened the whole session. There is a misconception about CPR, that it is only for medical professionals. The awareness of such skills is minimal among the youth. CPR is a life-saving technique that's useful in many emergencies, such as heart attack or near drowning, in which someone's breathing or heartbeat has stopped.



Programme No: 85

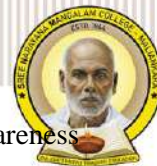
An awareness class on environment protection was organized for the students of SNMLP School Maliankara on 3rd March 2023 at 2 PM. The class was conducted by a group of 3rd year B.Sc Mathematics students, namely Ashapriya P A, Nikhisha M N, Aryananda T S, Aleena P A, and Sandra Santhosh, under their leadership. The session covered a wide range of subjects, including the significance of reducing plastic production, proper disposal of plastic, waste segregation, water pollution, water conservation, drought prevention, protection of plants and trees, ensuring future survival, and maintaining cleanliness in school and home surroundings. The students delivered the content in an interactive manner, using chart paper, baskets made from waste plastic pens, and flowers made from plastic covers to engage the children. Through singing, playing games, and dancing, they created an enjoyable and interactive learning environment. The children actively participated in the class, showing great interest in the topics discussed. The outcome of the awareness class was a heightened understanding and appreciation for environmental protection among the students. They gained valuable knowledge about the consequences of plastic production and improper disposal, the importance of waste segregation, the impact of water pollution, and the significance of water conservation and maintaining a clean environment. The class also emphasized the importance of preserving plants and trees for the future and instilled a sense of responsibility in the students to contribute to a sustainable future. The interaction and bonding between the students and the teachers conducting the class were heartwarming. Overall, the awareness class on environment protection for the students of SNMLP School was a successful initiative. The interactive and engaging teaching methods employed by the B.Sc Mathematics students created a lively learning atmosphere and ensured that the students actively absorbed the information. By instilling a sense of responsibility and inspiring actions towards environmental protection, the class contributed to fostering a generation of environmentally conscious individuals.



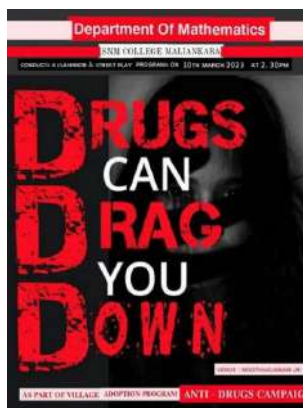
Programme No: 86

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. A flash mob and street play were organized at Moothakunnam Junction to engage the community and encourage them to take a stand against drug use. The anti-drug campaign consisted of two main activities: a flash mob and a street play. These activities were carefully designed to capture the attention of the public and effectively deliver the message about the dangers of drug abuse. Flash Mob: The event kick-started with a vibrant and energetic flash mob performed by the 3rd BSc Mathematics students. Clad in colorful attire, the students showcased their dance skills to popular, upbeat music. The flash mob's purpose was to create a lively and positive atmosphere while drawing attention to the upcoming street play. Street Play: Following the flash mob, an impactful street play was performed by the talented students. The play revolved around a narrative that highlighted the devastating consequences of drug abuse on individuals and their families. Through compelling dialogues and emotional performances, the actors effectively conveyed the importance of staying away from drugs and the need to support those struggling with addiction.

The anti-drug campaign organized by the Department of Mathematics received an overwhelming response from the community. The lively flash mob successfully captured the attention of passersby, creating curiosity and anticipation for the street play. The street play, with its emotional performances, evoked a strong response from the audience and left a lasting impact on their minds. The campaign



generated significant discussions among the community members, leading to a heightened awareness of the dangers associated with drug abuse. Many individuals expressed their commitment to supporting those struggling with addiction and taking preventive measures within their community.



Programme No: 87

Fifteenth March is the commemoration day of Faculty member Dr. T.H Smitha. On March 16, 2023, the staff and students of the Department of Economics visited an Old-age home in Kodungalloor as a part of our Extension activity.



Programme No: 88

Department of Commerce conducted a workshop on 'eco-friendly initiatives' on 24/03/2023 at 1:30 PM in seminar hall. The workshop commenced with a prayer song by Amitha (1st year B.Com student). The welcome speech was delivered by Dr. U R Krishnakumar. The resource person Ajitha Murali demonstrated how to convert old jeans into handbags.



The members of the adopted wards (Kudumbasree members) attended the programme. They were given practice of making useful handbags from waste jeans. Sufficient materials like jeans, scissors etc. were provided. Tea and snacks were provided to them. The programme came to an end with a vote of thanks by Krishnendu (2nd year B.Com) at 3:30PM.

The main beneficiaries of the programme were Kudumbasree members. The students could also learn how to make productive goods from the waste materials. The waste or torn jeans were used as the material for making bags Mrs Ajitha Murali demonstrated the simplest method of making bags. The beneficiaries both the students and Kudumbasree members found it very useful.

Programme No: 89

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. As part of our college's village adoption programme, we conducted conservation and restoration activities on Sathar Island. On 27th March 2023, a field trip was conducted.

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. The program was successful due to the active participation of students. Our continuous efforts to restore mangroves have been attaining our goals already set. Several new plants we planted in previous years have attained a height of 4-8 feet.



Programme No: 90

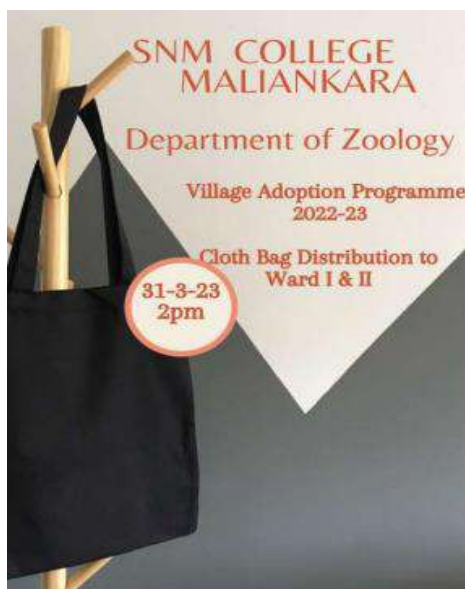
NSS Volunteers of SNM College Maliankara actively engaged in the cleaning program "Clean Muziris" as a part of the Muziris Fest held at Moothakunnam. The program was conducted on March 29, 2023, in the presence of Vadakekkara Block Panchayath Vice President Shri. Saneesh and the Panchayath President Resmi Anilkumar. The volunteers were divided into groups and assigned to different areas to clean. They helped Haritha Karma Sena members to efficiently collect and dispose the garbage by following the green protocol. NSS Program Officer Dr V.C Resmi, NSS Secretaries Athulkrishna, Sethulakshmi, and other NSS volunteers worked together to prepare the area suitable for conducting Muziris Fest. Their collective efforts of NSS Volunteers, Haritha Karma Sena and the Panchayath authorities could ensure a neat and good looking place for conducting Muziris fest





Programme No: 91

The distribution of cloth bags aimed to address the pressing issue of plastic pollution while promoting sustainable practices within the community. On March 31, 2023, the Department of Zoology at SNM College Maliankara organized an event as part of the Village Adoption Programme for 2022-2023. During this event, cloth bags were distributed to the residents of Ward I and Ward II in Vadakkekara Panchayath, Ernakulam Dist. Dr. Jitha T.H, the Principal of SNMC Maliankara, handed over the bags to Shamol, respected member of Ward I. The event also saw active participation from students, Smt. Archana K S (Coordinator of the Village Adoption Program), and faculty members from the Zoology Department. This initiative aimed to combat plastic pollution, foster stronger community bonds, ultimately working towards creating a more environmentally conscious village.



Programme No: 92

The volunteers of NSS Unit of SNM College Maliankara organized "Sneha Sammanam" program on the Vishu Day April 14, 2023. The programme was organized at Sneha Thanal Home, a shelter for the needy.

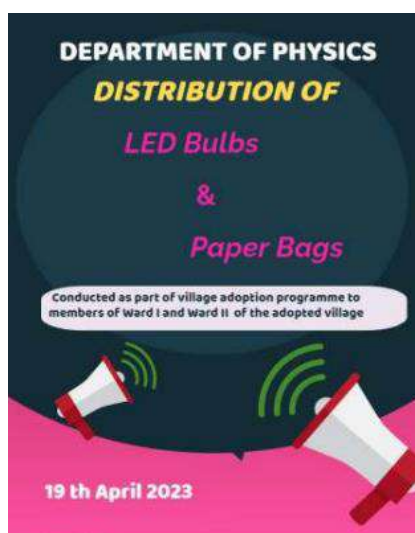


This programme aimed to spread love and joy of the Vishu days and bring happiness in the minds of mothers residing in a shelter for the aged people who have no one to look after them on day time. The program commenced at 10:00 AM, with the presence of the Block Panchayath Vice President Shri. K S Saneesh. NSS Program Officer, Dr. V C Resmi coordinated the programme. Under the leadership of the NSS Secretary Shahir Mohammad, volunteers like Sethu Lakshmi V U, Ajay, Anujith, and others made all the arrangements. As a token of affection and care, NSS Volunteers handed over the Vishukkodi, a traditional gift given on Vishu, to the aged people spending time at Sneha Thanal at Maliankara. Saraswathiamma, a resident at Sneha Thanal Home, expressed her heartfelt gratitude by delivering a vote of thanks during the program. Her words resonated with warmth and appreciation, acknowledging the efforts of everyone involved in the programme. By organizing such meaningful programs, SNM College Maliankara NSS Unit No. 47 continues to inspire others and serve as a shining example of community service and dedication. The "Sneha Sammanam" program could inculcate the feeling of sharing joy and kindness among the student volunteers. The program could demonstrate the NSS unit's commitment to serve the community, uphold the noble values of the NSS and inspire students for more similar activities.



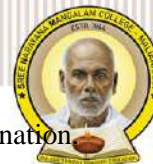
Programme No: 93

As part of village adoption activity, the 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. Nearly 5 students participated in the activity under the guidance of Dr. Sunil Kumar C P, Assistant Professor, Department of Physics, SNM college, Maliankara. The activity was held on 19th April 2023. LED bulbs that were distributed were assembled by the students themselves during LED bulb making workshop that was conducted as part of energy conservation club activity in collaboration with NSS unit of SNM college, Maliankara. They also described to the members about the merits of using LED bulbs and the various ways of reducing power consumption. They have also made paper bags and have distributed the same to all nearby shops. Students distributed LED bulbs and paper bags for free to members of Ward 1 & Ward II of the adopted village as part of village adoption program. All students actively participated in the event and they were welcomed very well by the members. The event was thus successful and was of great benefit to the students.



Programme No: 94

NSS and NCC Units of SNM College Maliankara together organized a blood donation camp on May 5, 2023. The event was conducted at College auditorium. Dr. TH Jitha, Principal of SNM College inaugurated the programme. Camp was organized with the support of IMA Blood Bank Aluva and BIRK Ernakula. Dr. Basil Aliyas Isac from IMA Blood Bank Aluva, Mr. Victor KT (IMA Incharge), Mr. Rafi Kodungallur (BIRK Ernakulam District President), Ms. Reena (District Committee Member), and Mr. Assis Kallumpuram (BIRK Founder) participated in the event. Whole programme was coordinated by the NSS Program Officers, Dr. VC Resmi, Vipin KD and NCC Officer Lt. Akhil J. All the necessary arrangements within the college was arranged by NSS Volunteers and NCC Cadets. NSS Secretaries Mr. Athul Krishna & Meenakshi sunish, along with Mr. Sayid Hafis and Ms. Sethulakshmi helped the medical team as per the direction given to them. The camp witnessed an overwhelming response, with more than 50 volunteers donated blood. The event not only aimed to



collect blood for that 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 blood donation camp organized by SNM College Maliankara NSS & NCC Units helped to increase student's awareness about doing blood donation. Fear that existed among some students about contributing blood from their body could be averted. IMA could collect sufficient units of blood from the students in the college. Camp organized in the college could promote social commitment of the institution for the well-being of the society.

As a part of village adoption programme, 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 at 1 PM. Teachers Dr. Linu M.N. and Smt. Manju N. along with students Ms. Pooja Manoj and Mr. Vineesh Francis visited financially backward students of the wards and distributed notebooks and other stationery items. 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 of wards 1 and 2. The program was a great success as it created happiness in donors and recipients.



Programme No: 95

NCC unit conducted a beach cleaning programme (PUNEET SAGAR ABHIYAN) at Munambam beach.



The programme was conducted in alliance with UC College, Aluva. 37 cadets were actively present in the programme. Cadets cleaned the beach premises under the guidance of the Commanding Officer-Col. Rajeevan, UC college ANO Maj. Narayanan, our ANO Lt. Akhil J and 2 PI staff from the 22(K)BN.NCC, Eloor. After that nourishment was provided by the battalion. The programme ended at 11:30 AM. It is our collective responsibility to protect the environment for future generations to live a long and healthy life.