

S.N.M. COLLEGE, MALIANKARA

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3. RESEARCH, INNOVATIONS AND EXTENSIONS

3.4. EXTENSION ACTIVITIES

3.4.3: Extension and outreach programs conducted by the institution through organized forums including NSS/NCC with involvement of community in the academic year 2020-2021





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3.4.3: Number of extension and outreach programs conducted by the institution through organized forums including NSS/NCC with involvement of community in the academic year – 2020-2021

Programme No: 1

Title: Few Hours with the Needy Ones on the Palliative Care Day

Organized by: National Service Scheme

Date: 10/10/2020

No. of Participants: 30

Summary of the Programme

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: 2

Title: Planting of saplings in nearby villages

Organized by: Department of Physics

Date: 05/11/2020

No. of Participants: 20

Summary of the Programme

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: 3

Title: Village Adoption Programme

Organized by: Department of Chemistry

Date: 23/12/2020

No. of Participants: 30

Summary of the Programme

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: 4

Title: Medical Survey in the Adopted Village of SNM College

Organized by: National Service Scheme

Date: 03/03/2021

No. of Participants: 50

Summary of the Programme

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: 5

Title: Webinar on Fruit and Vegetable Processing

Organized by: Department of Economics

Date: 10/03/2021

No. of Participants: 69

Summary of the Programme

Department of Economics organised a webinar on the topic ‘Fruit and Vegetable Processing’ as part of Village adoption programme on 10th March 2021 for Kudumbasree units of Vadakkekara Panchayat in the online platform-google meet. Dr. Jitha T H Principal of the college presided over the function. The resource person was Dr. Geethalakshmi, Assistant Professor, College of Vellayani, Kerala Agricultural University. She explained effective methods of preserving processed fruits and vegetable products. Fifteen Kudumbasree members, ten teachers, and seventy students participated in the programme. The programme started at 10 am and came to end by 12.45 pm. The programme was recorded and uploaded in the department youtube channel. The link to the recorded video has been uploaded in the WhatsApp group of kudumbasree workers. A follow-up has been made among the Kudumbasree workers about their intention of starting entrepreneurial activity relating to fruit vegetable processing.

Webinar was organised as part of Village Adoption Programme to Kudumbashree members of Vadakkekara Panchayat. It aims to develop entrepreneurial ideas among them. It enabled the women in the village to practice new methods of fruit and vegetable processing. It helps to create interest in developing value added products from farm products. It create new entrepreneurial ideas among students.



Video link: <https://youtu.be/bRkeGrWueBk>

Programme No: 6

Title: Medical Camp at SNM College Maliankara

Organized by: National Service Scheme

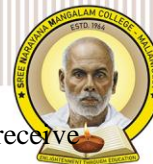
Date: 12/03/2021 to 13/03/2021

No. of Participants: 50

Summary of the Programme

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: 7

Title: Distribution of Drinking water to the public on World Water Day

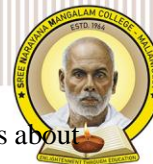
Organized by: National Service Scheme

Date: 22/03/2021

No. of Participants: 55

Summary of the Programme

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: 8

Title: Thulli Vellam Kilikalkkaay

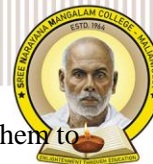
Organized by: National Service Scheme

Date: 22/03/2021

No. of Participants: 30

Summary of the Programme

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: 9

Title: Cloth Mask Making and distribution In the adopted Village

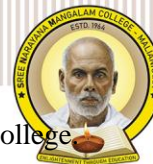
Organized by: Department of Zoology & Department of Commerce

Date: 31/03/2021

No. of Participants: 8

Summary of the Programme

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 cloths 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: 10

Title: Generating awareness amongst people regarding the utility of masks its Distribution in the Adopted Village

Organized by: Department of Zoology

Date: 31/03/2021

No. of Participants: 20

Summary of the Programme

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: 11

Title: COVID 19 Mass Vaccination

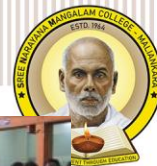
Organized by: National Cadet Corps

Date: 02 /04/2021 and 03/04/2021

No. of Participants: 1000

Summary of the Programme

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: 12

Title: Distribution of Hand Made Mask in Vadakkekara Panchayath

Organized by: National Service Scheme

Date: 09/04/2021

No. of Participants: 92

Summary of the Programme

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: 13

Title: Sneha Sammanam to Patients Under Palliative Care

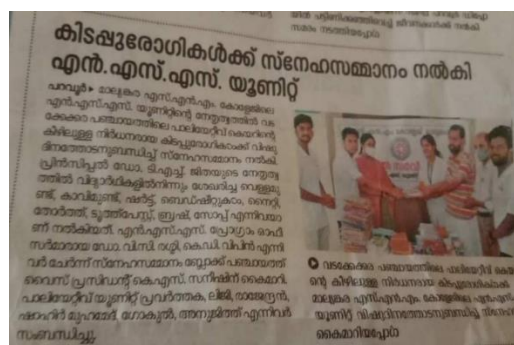
Organized by: National Service Scheme

Date: 13/04/2021

No. of Participants:

Summary of the Programme

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 Inaugrated 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: 14

Title: Village Adoption Programme

Organized by: Department of Mathematics

Date:



No. of Participants:

Summary of the Programme

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>

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