



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 2022-2023



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 – 2022-2023

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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 – 2022-2023

Programme No: 1

Title: 'Every Wednesday - Food Packet' - (Pothichoru) Distribution Program

Organized by: NSS in association with different departments of the College

Beneficiary: Society

The Distribution of Pothichoru (Food Packets) Program, organized by the National Service Scheme (NSS) at SNM College Maliankara, is a commendable initiative with the primary objective of providing nutritious meals to the underprivileged members of our community. This philanthropic undertaking has been successfully underway since the 19th of October 2022, thanks to the collaboration and unwavering support from various departments within the college. Every Wednesday, students from one or two different departments join forces to prepare approximately 40 food packets, consisting of complete lunch meals.



Collection of food packets from the College for distribution to needy

These meticulously prepared food packets are then gathered and transported to Kodungallur town, where they are subsequently distributed to individual beneficiaries. The seamless execution of this endeavor is made possible through the invaluable assistance of a non-governmental organization (NGO) called Karuthal Koottayma. This NGO plays a pivotal role in coordinating the beneficiaries, who assemble near the Police Control Room at Kodungallur

to receive their food packets. The core objective of this NSS Unit initiative is to address the nutritional needs of the less fortunate members of our community, reflecting the essence of the NSS mission, which is fundamentally oriented toward "Personality Development of Students through Community Service"

Table 1. The Days and Associated Departments involved in Pothichoru Distribution

SL No	Date	Organizing Cell	Associated Department/s	Number of people received food Packets	Number of students/volunteers involved
1	19/10/2022	NSS	Mathematics	39	24
2	26/10/2022	NSS	Malayalam	40	25
3	02/11/2022	NSS	Chemistry	42	32
4	09/11/2022	NSS	Economics	48	33
5	17/11/2022	NSS	B Com Tax (Regular)	46	30
6	23/11/2022	NSS	B Com Finance and Tax (SF)	44	28
7	14/12/2022	NSS	English	35	24
8	21/12/2022	NSS	Zoology	38	20
9	18/01/2023	NSS	BBA	40	22
10	23/01/2023	NSS	B Com (CA2)	40	25
11	01/02/2023	NSS	B Com (CA1)	43	20
12	15/02/2023	NSS	B Com OM&SP	40	30
13	22/02/2023	NSS	Physics and Malayalam	50	25
14	01/03/2023	NSS	Malayalam	40	22
15	08/03/2023	NSS	Mathematics & Statistics	39	21
16	15/03/2023	NSS	English	38	20
17	05/04/2023	NSS	NSS Volunteers	40	26
18	12/04/2023	NSS	B Com Finance and Tax (SF)	42	23
19	19/04/2023	NSS	B Com (CA 1 and CA 2)	42	29

Pothichoru Report -1

Organized by: NSS and Department of Mathematics

Date: 19/10/2022

In collaboration with the Mathematics Department of SNM College, NSS Unit 47 initiated the Pothichoru Distribution program on October 19, 2022. This heartwarming effort has touched the lives of 39 individuals hailing from diverse underprivileged backgrounds, offering them a vital source of sustenance. Karuthal Koottayma, the dedicated NGO based in Kodungallur, has played a pivotal role in ensuring the seamless procurement and distribution of these food packets. Their profound experience in community service and unwavering commitment to this noble cause have significantly contributed to the program's resounding success. The Mathematics Department of SNM College has been actively engaged in this initiative, taking charge of coordinating logistics and organizational aspects. Under the guidance of key teachers, including Sri. Ajan (Head of Department), Dr. Neelima, Dr. Sreejamol, Ninu S Lal, and Reji Ittiyeri, the students under their mentorship have been responsible for preparing and contributing food packets, showcasing remarkable enthusiasm and dedication.

The enthusiastic participation of NSS volunteers, including Shahir Mohammed (NSS Secretary), Samjad, Gokul Krishna, Meenakshi, Athulkrishna, Sayid Hafis, Ajai, Anujith, Sethu, and Nandana, was instrumental in the success of this initiative. College Principal, Dr. Jitha T.H, has played a pivotal role in fostering a culture of social responsibility within and beyond the college campus, exemplifying the college's commitment to community service. This collaborative effort truly embodies the spirit of selfless service and is making a positive impact on the lives of the less privileged in our community. Last but not least, Dr. Resmi V.C and Vipin K D, serving as the NSS Program Officers, have provided valuable guidance and supervision throughout the program. Their unwavering commitment to the NSS mission has been evident in the program's successful execution.

Pothichoru Report -2

Organized by: NSS and Department of Malayalam

Date: 26/10/2022

On the 26th of October 2022, the NSS Unit of SNM College Maliankara continued its remarkable initiative titled 'Distribution of Pothichoru as Lunch on Wednesdays.' This program is conducted every Wednesday, showcasing the unit's steadfast commitment to addressing the food needs of the less privileged in the community. The NSS cell, in collaboration with the

esteemed NGO, Karuthal Koottayma from Kodungallur, made a substantial impact through this meaningful outreach. The Department of Malayalam at SNM College played an active role in coordinating and executing this program.

A total of 40 beneficiaries were provided with nutritious food packets during this event, underscoring the program's growing reach and significance. The collection and distribution of the food packets were efficiently organized by the dedicated teachers from the Department of Malayalam, including Sreeja PR



(HOD), Ragi Sekharan, Viji, Shiji, Sonu, and Sajeev Sadanandan, who generously contributed their time and resources. The NSS Program Officers, Dr. Resmi V.C and Vipin K D, played a pivotal role in ensuring the successful execution of the program. The NSS volunteers, led by Shahir Mohammed (NSS Secretary), and comprising of Samjad, Gokul Krishna, Meenakshi, Athulkrishna, Sayid Hafis, Ajai, Anujith, Sethu, and Nandana, were instrumental in making this program a success. Under the visionary leadership of the college's Principal, Dr. Jitha T.H, the NSS Unit of SNM College Maliankara continues to set a commendable example of how educational institutions can actively engage with the community and promote social responsibility and empathy among students and staff. This program not only meets the immediate food needs of the beneficiaries but also fosters a sense of community and solidarity that transcends the boundaries of the college campus.

Pothichoru Report -3

Organized by: NSS and Department of Chemistry

Date: 02/11/2022

On the 2nd of November 2022, the NSS Unit of SNM College Maliankara continued its commendable initiative, 'Distribution of Pothichoru as Lunch on Wednesdays.' This weekly program reflects the NSS unit's unwavering commitment to addressing the nutritional needs of underprivileged individuals within the community. Once again, the NSS cell collaborated with the benevolent NGO, Karuthal Koottayma from Kodungallur, to ensure the seamless dissemination of food packets to those in need. The Department of Chemistry at SNM College actively participated in coordinating and executing this program.

A total of 42 beneficiaries received nutritious food packets, further expanding the program's reach and impact. The collection and distribution of the food packets were efficiently coordinated by dedicated teachers from the Department of Chemistry, including Anusree KU (HOD), Preena, and Gayathri, who generously contributed their time and resources. The NSS Program Officers, Dr. Resmi V.C and Vipin K D, played a pivotal role in ensuring the program's successful execution. The NSS volunteers, led by Shahir Mohammed (NSS Secretary), and including Samjad, Gokul Krishna, Meenakshi, Athulkrishna, Sayid Hafis, Ajai, Anujith, Sethu, and Nandana, played a vital role in making this program a success. Under the visionary leadership of the college's Principal, Dr. Jitha T.H, the NSS Unit of SNM College Maliankara continues to set a commendable example of how educational institutions can actively engage with the community, promote social responsibility, and nurture a culture of empathy and solidarity among students and staff. This program not only fulfills the immediate food requirements of the beneficiaries but also strengthens the bonds between the college and the community, fostering a sense of togetherness and shared responsibility.

Pothichoru Report -4

Organized by: NSS and Department of Economics

Date: 09/11/2022

The NSS Unit of SNM College Maliankara continued its impactful initiative, 'Distribution of Pothichoru as Lunch on Wednesdays, on the 9th of November 2022. This program, held weekly, embodies the unwavering dedication of the NSS cell to provide nutritional support to individuals in need within the community. Once again, the NSS unit collaborated with the esteemed NGO, Karuthal Koottayma from Kodungallur, to ensure the efficient distribution of food packets to beneficiaries. The Department of Economics at SNM College actively participated in coordinating and executing this program.

A total of 48 beneficiaries received nutritious food packets, underscoring the program's expanding reach and significance. The collection and distribution of the food packets were efficiently managed by dedicated teachers from the Department of Economics, including Shri. Nikhil M.B (HOD), Nitha A.U, Vipin



KD, Sreeja V.S, Saipriya Sudarsan, Jyothsna, and Kapil Chandran, who selflessly devoted their time and resources. The NSS Program Officers, Dr. Resmi V.C and Vipin K D, played a pivotal role in ensuring the program's successful execution. The NSS volunteers, led by Shahir Mohammed (NSS Secretary), and including Samjad, Gokul Krishna, Meenakshi, Athulkrishna, Sayid Hafis, Ajai, Anujith, Sethu, and Nandana, played an indispensable role in making this program a success. Under the visionary leadership of the college's Principal, Dr. Jitha T.H, the NSS Unit of SNM College Maliankara continues to set a commendable example of how educational institutions can actively engage with the community, foster social responsibility, and cultivate a culture of empathy and solidarity among students and staff. This program not only fulfills the immediate food needs of the beneficiaries but also nurtures a sense of community and shared responsibility, reinforcing the bonds between the college and the surrounding areas.

Pothichoru Report -5

Organized by: NSS and Department of Commerce (Regular)

Date: 17/11/2022

On the 17th of November 2022, the NSS Unit of SNM College Maliankara continued its significant initiative, 'Distribution of Pothichoru as Lunch on Wednesdays.' This weekly program demonstrates the NSS unit's enduring commitment to providing nutritional support to individuals in need within the community. Once again, the NSS cell collaborated with the esteemed NGO, Karuthal Koottayma from Kodungallur, to ensure the efficient distribution of food packets to beneficiaries. The Department of B Com Tax (Regular) at SNM College took an active role in coordinating and executing this program.



**Distribution of food packets at Kodungallur by NSS volunteers & students of
Commerce Department on 17/11/2022**

A total of 46 beneficiaries received nutritious food packets, underscoring the program's growing reach and impact. The collection and distribution of the food packets were efficiently managed by dedicated teachers from the Department of B Com Tax (Regular), including Dr. Reena T.S (HOD), Dr. Krishnakumar, and Theertha Joy, who generously contributed their time and resources. The NSS Program Officers, Dr. Resmi V.C and Vipin K D, played a pivotal role in ensuring the successful execution of the program. The NSS volunteers, led by Shahir Mohammed (NSS Secretary), and including Samjad, Gokul Krishna, Meenakshi, Athulkrishna, Sayid Hafis, Ajai, Anujith, Sethu, and Nandana, played an indispensable role in making this program a success. Under the visionary leadership of the college's Principal, Dr. Jitha T.H, the NSS Unit of SNM College Maliankara continues to set a commendable example of how educational institutions can actively engage with the community, foster social responsibility, and nurture a culture of empathy and solidarity among students and staff. This program not only meets the immediate food needs of the beneficiaries but also strengthens the bonds between the college and the surrounding community, fostering a sense of togetherness and shared responsibility.

Pothichoru Report -6

Organized by: NSS and Department of Commerce (SF)

Date: 23/11/2022

On the 23rd of November 2022, the NSS Unit of SNM College Maliankara continued its impactful initiative, 'Distribution of Pothichoru as Lunch on Wednesdays.' This weekly program reflects the NSS unit's unwavering commitment to providing nutritional support to individuals in need within the community. Once again, the NSS cell collaborated with the esteemed NGO, Karuthal Koottayma from Kodungallur, to ensure the efficient distribution of food packets to beneficiaries. The Department of B Com Finance and Tax (SF) at SNM College played an active role in coordinating and executing this program.



Distribution of food packets at Kodungallur by NSS volunteers & students and teachers of Department of Commerce (SF) on 23/11/2022

A total of 44 beneficiaries received nutritious food packets, underscoring the program's expanding reach and significance. The collection and distribution of the food packets were efficiently managed by dedicated teachers from the Department of B Com Finance and Tax (SF), including Smt. Seaju C.S (Self Financing Programmes Co-ordinator), Resmi V D and Sajitha T K (HOD) and Smt. Rohini who generously contributed their time and resources. The NSS Program Officers, Dr. Resmi V.C and Vipin K D, played a pivotal role in ensuring the program's successful execution. The NSS volunteers, led by Shahir Mohammed (NSS Secretary), and including Samjad, Gokul Krishna, Meenakshi, Athulkrishna, Sayid Hafis and Nandana, played an indispensable role in making this program a success. Under the visionary leadership of the college's Principal, Dr. Jitha T.H, the NSS Unit of SNM College Maliankara continues to set a commendable example of how educational institutions can actively engage

with the community, foster social responsibility, and nurture a culture of empathy and solidarity among students and staff. This program not only fulfills the immediate food needs of the beneficiaries but also strengthens the bonds between the college and the surrounding community, fostering a sense of togetherness and shared responsibility.

Pothichoru Report -7

Organized by: NSS and Department of English

Date: 14/12/2022

SNM College Maliankara's National Service Scheme (NSS) unit continues its commitment to community service with the 'Distribution of Pothichoru as Lunch on Wednesdays' program. On the 14th of December 2022, the college's NSS Unit, in association with Karuthal Kootayma NGO from Kodungallur, organized this initiative, emphasizing their dedication to community welfare.

This impactful program successfully provided nutritious food packets to 35 beneficiaries. The collaboration between the NSS Unit and the NGO ensured the efficient distribution of these essential food items. The Department of English at SNM College took the lead in coordinating and executing the program, with HOD Binsha Babu and faculty members Dr. Ajeesh S, Anupa



Asok K, Drishya Dileep, Arya, and Vismaya at the helm of collecting and distributing the food packets. Their dedication played a pivotal role in the program's success.

Distribution of food packets at Kodungallur by NSS volunteers & students and teachers of Department of English on 14/12/2022

The guidance of NSS Program Officers, Dr. Resmi V.C and Vipin K D, and active participation from NSS volunteers led by Shahir Mohammed (NSS Secretary), including Samjad, Gokul Krishna, Meenakshi, Athulkrishna, Sayid Hafis, Ajai, Anujith, Sethu, and Nandana, further reinforced the program's impact. The NSS unit's efforts are not only addressing immediate food needs but also underlining the college's commitment to social responsibility and community engagement. This program serves as an example of how educational institutions like SNM College Maliankara can positively impact society while fostering a culture of empathy and solidarity. The college looks forward to more such meaningful initiatives in the future, under the visionary leadership of Principal Dr. Jitha T.H.

Pothichoru Report -8

Organized by: NSS and Department of Zoology

Date: 21/12/2022



Distribution of food packets by NSS volunteers & students of Department of Zoology on 21/12/2022

In an unwavering display of community engagement, the NSS (National Service Scheme) Unit of SNM College Maliankara conducted its weekly program, 'Distribution of Pothichoru as Lunch on Wednesdays,' on the 21st of December 2022. This initiative has been a consistent feature of the college's commitment to serving the local community and addressing nutritional needs.

The NSS Unit of SNM College joined hands with the esteemed NGO, Karuthal Koottayma, from Kodungallur, to seamlessly distribute food packets to those in need. The Department of Zoology at SNM College actively coordinated and executed this program, reflecting a multidisciplinary approach to community welfare. This week, 38 beneficiaries had their nutritional needs met as the collection and distribution of food packets were skillfully managed by teachers from the Department of Zoology, including HOD Minu M, Dr. Rekha Parthasarathy, Archana K S, Liji CB, Sibi M.B, Soumya, and Jishma, who have consistently demonstrated dedication to community service. Under the guidance of NSS Program Officers, Dr. Resmi V.C and Vipin K D, the NSS volunteers, led by Meenakshi (NSS Secretary), and including Athulkrishna, Sayid Hafis, Ajai, Anujith, Sethu, and Nandana, played a pivotal role in ensuring the program's success. This program exemplifies the college's commitment to social responsibility and community engagement and reinforces the bond between the institution and the local community. Under the visionary leadership of the college's Principal, Dr. Jitha T.H, the NSS Unit of SNM College continues to set an admirable example of how educational institutions can actively contribute to society, promoting empathy and solidarity among students and staff. The program not only fulfills the immediate food requirements of the beneficiaries but also instills a sense of community and shared responsibility, fostering a spirit of togetherness and collaboration.

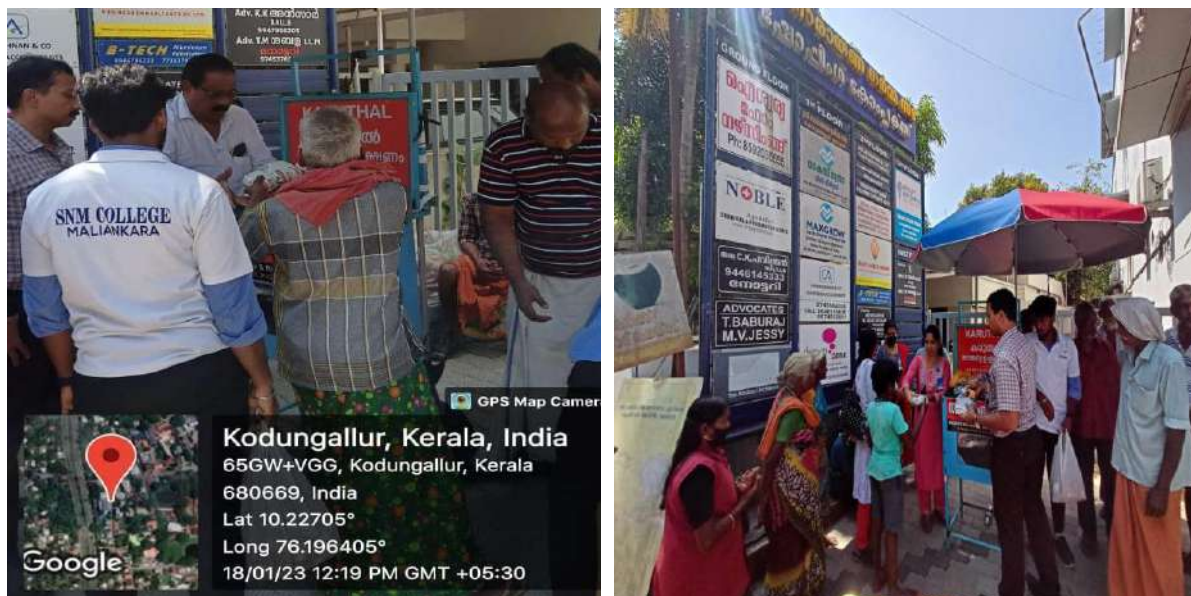
Pothichoru Report -9

Organized by: NSS and Department of Business Management

Date: 18/01/2023

The NSS (National Service Scheme) Unit of SNM College Maliankara has reaffirmed its dedication to community welfare through the 'Distribution of Pothichoru as Lunch on Wednesdays' program, conducted on the 18th of January 2023. This recurring program showcases the college's sustained commitment to addressing the nutritional needs of the local community.

In collaboration with the Karuthal Koottayma NGO from Kodungallur, the NSS Unit of SNM College orchestrated the efficient distribution of food packets to 40 beneficiaries. This week, the Department of BBA at SNM College took charge of coordinating and executing the program, reflecting the college's multidisciplinary approach to community service. Teachers from the Department of BBA, including HOD Nikhil A B, Raghi K.K, Aswathy Babu P, SREEDEVI K S, and Athira N.S, played an instrumental role in the program's success, showcasing their unwavering dedication to community engagement. Guided by NSS Program Officers, Dr. Resmi V.C and Vipin K D, and with active participation from NSS volunteers led by Meenakshi (NSS Secretary), and including Athulkrishna, Sayid Hafis, Ajai, Anujith, Sethu and Nandana, this program extends beyond meeting immediate food needs; it reinforces the college's commitment to social responsibility and community involvement. Under the visionary leadership of the college's Principal, Dr. Jitha T.H, the NSS Unit of SNM College continues to set an admirable example of how educational institutions can actively contribute to society, fostering a culture of empathy and solidarity among students and staff. This program not only fulfills the immediate food requirements of the beneficiaries but also strengthens the bonds between the institution and the local community, promoting a sense of community and shared responsibility.



Distribution of food packets by NSS volunteers & students and faculty of Department of Zoology on 18/01/2023

Pothichoru Report -10

Organized by: NSS and Department of Commerce (SF)

Date: 23/01/2023

SNM College's NSS (National Service Scheme) Unit in collaboration with Karuthal Koottayma NGO conducted another successful round of their 'Distribution of Pothichoru as Lunch on Wednesdays' program. On the 23rd of January 2023, this initiative aimed to contribute positively to the local community by ensuring access to nutritional meals.



Distribution of food packets at Kodungallur by faculty of Department of Commerce (SF) on 23/01/2023

Under the meticulous organization of the NSS Unit, the Department of B Com (CA2) at SNM College actively participated in coordinating and executing this program. The collection and distribution of food packets were seamlessly managed by a dedicated team of teachers, including Smt. Seaju C.S (Self Financing Programmes Co-ordinator), Smt. Resmi V D (HOD), Raghi Ravi, Sujapriya, Jinny P J, Divya K Mani, SRUTHY T. P, Komal K.R, and SHARY K G. These educators' unwavering commitment played an instrumental role in the program's success. With 40 beneficiaries receiving nutritious food packets, the initiative's positive impact is undeniable. Under the guidance of NSS Program Officers, Dr. Resmi V.C and Vipin K D, and the active participation of NSS volunteers, including Meenakshi (NSS Secretary), and

including Athulkrishna, Sayid Hafis, Ajai, Anujith, Sethu, and Nandana, this program not only addresses immediate food needs but also strengthens the bonds between the college and the local community, promoting a culture of social responsibility and shared solidarity. The NSS Unit of SNM College, under the visionary leadership of Principal Dr. Jitha T.H, continues to be a beacon of how educational institutions can positively impact society and nurture empathy among students and staff.

Pothichoru Report -11

Organized by: NSS and Department of Commerce (SF)

Date: 01/02/2023

In a remarkable display of social responsibility, the National Service Scheme (NSS) unit of SNM College Maliankara initiated a program on the 1st of February 2023 that has been touching the lives of the underprivileged in the region. The program, aptly titled 'Distribution of Pothichoru (Food Packets) as lunch on Wednesdays,' has become a beacon of hope for those in need, with its weekly distribution of nutritious meals. This initiative was made possible through the collaborative efforts of several stakeholders. Karuthal Koottayma, a dedicated non-governmental organization (NGO) based in Kodungallur, played a pivotal role in facilitating the distribution of food packets to the beneficiaries. The program was associated with the B Com (CA1) department of SNM College, and the collection and distribution of food packets were seamlessly coordinated by a team of passionate teachers, including Seaju C.S, Smt. Resmi V D, Raghi Ravi, Sujapriya, Jinny P J, Divya K Mani, Sruthy T. P, Komal K.R, and Shary K G.

On this particular Wednesday, a total of 43 individuals in need received these food packets, ensuring that they had a nourishing meal to sustain them. Dr. Resmi V.C and Vipin K D, the NSS Program Officers, provided invaluable guidance, and NSS volunteers, led by Meenakshi (NSS Secretary), and including Athulkrishna, Sayid Hafis, Ajai, Anujith, Sethu, and Nandana, demonstrated their unwavering commitment to the cause. The Principal of SNM College, Dr. Jitha T.H, extended her full support to this noble endeavor, emphasizing the institution's dedication to community welfare.

Pothichoru Report -12

Organized by: NSS and Department of Commerce (SF)

Date: 15/02/2023

On the 15th of February 2023, the National Service Scheme (NSS) unit of SNM College Maliankara reaffirmed its commitment to serving the local community through the 'Distribution of Pothichoru (Food Packets) as lunch on Wednesdays' program. This initiative, organized by the NSS cell, has been a testament to the power of collective effort and compassion, as it continues to provide vital meals to those in need. Karuthal Koottayma, a dedicated non-governmental organization (NGO) based in Kodungallur, remained steadfast in facilitating the distribution of food packets to the beneficiaries. The program now extended its reach to the B Com OM&SP department of SNM College, allowing more students and faculty to be actively involved. Coordination of the collection and distribution of food packets for this phase was overseen by a devoted team of teachers, including Smt. Aparna C S (HOD), Athira S, DEEPA D.S, Nisha T X, and Dhanitha MS.



Collection and Distribution of food packets at Kodungallur by faculty of Department of Commerce (SF) on 15/02/2023

On this Wednesday, the program successfully provided nourishment to 40 individuals, ensuring that they had a meal to sustain them. Dr. Resmi V.C and Vipin K D, the NSS Program Officers,

continued to play a pivotal role in the program's organization, and the NSS volunteers, led by Meenakshi (NSS Secretary), and including Athulkrishna, Sayid Hafis, Ajai, Anujith, Sethu, and Nandana, demonstrated unwavering dedication and commitment to the cause. Dr. Jitha T.H, the Principal of SNM College, continued to express her unwavering support for this noble endeavor, emphasizing the college's enduring commitment to community welfare.

Pothichoru Report -13

Organized by: NSS in association with Department of Physics and Malayalam

Date: 22/02/202



Collection and Distribution of food packets by NSS Volunteers and faculty members of Departments of Physics and Malayalam on 22/02/2023

The National Service Scheme (NSS) unit of SNM College Maliankara expanded its efforts to support the community on the 22nd of February 2023, as it continued its 'Distribution of Pothichoru (Food Packets) as lunch on Wednesdays' program. This initiative, organized by the NSS cell, has garnered widespread recognition for its continuous impact on the lives of those in need. Karuthal Koottayma, the dedicated non-governmental organization (NGO) from Kodungallur, remained an invaluable partner, facilitating the distribution of food packets to the

beneficiaries. The program now extended its reach to the Physics and Malayalam departments of SNM College, further broadening its impact. The collection and distribution of food packets for this phase were meticulously coordinated by teachers such as Sreeja PR (HOD Malayalam), Ragi Sekharan, Viji, Shiji, Sonu, and Sajeev Sadanandan, and Dr. Neena P (HOD Physics), Priya S Nair, Sunil Kumar C P, Dr. Lakshmi S Bose, Dr. Urmila K S, Mr. Namith Navakrishnan, and Dr. Vidyarajan

This Wednesday, the program successfully provided nourishment to 50 individuals, making a significant difference in their lives. Dr. Resmi V.C and Vipin K D, the NSS Program Officers, played an instrumental role in organizing the program, and the NSS volunteers, led by Meenakshi (NSS Secretary), and including Athulkrishna, Sayid Hafis, Ajai, Anujith, Shahir Mohammed, Sethu, and Nandana, continued to demonstrate unwavering dedication and commitment to the cause. Dr. Jitha T.H, the Principal of SNM College, reiterated her steadfast support for this noble endeavor, highlighting the college's enduring commitment to community welfare and social responsibility.

Pothichoru Report -14

Organized by: NSS and Department of Malayalam

Date: 01/03/2023

In an exemplary display of community service and compassion, the National Service Scheme (NSS) unit of SNM College Maliankara conducted a heartwarming program on March 1, 2023.



Collection and Distribution of food packets by NSS Volunteers and faculty members of Departments of Malayalam on 01/03/2023

The program, titled "Distribution of Pothichoru (Food Packet) as Lunch on Wednesdays," is an ongoing initiative organized every Wednesday of the week. Collaborating with the associated NGO, Karuthal Koottayma from Kodungallur, the NSS unit successfully distributed 40 food packets to beneficiaries in need. This noble endeavor was coordinated by the Malayalam Department, under the able leadership of Ms. Sreeja P.R (HOD), and a dedicated team of teachers, including Ragi Sekharan, Viji, Shiji, Sonu, and Sajeev Sadanandan. The enthusiastic NSS volunteers, under the guidance of Program Officers Dr. Resmi V.C and Vipin K D, played a crucial role in executing this program. The NSS Secretary, Shahir Mohammed, along with volunteers Samjad, Gokul Krishna, Meenakshi, Athulkrishna, Sayid Hafis, Ajai, Anujith, Sethu, and Nandana, displayed unwavering commitment to the cause. Such acts of selflessness are a testament to the spirit of community service, and we commend SNM College Maliankara for their contribution to society.

Pothichoru Report -15

Organized by: NSS and Departments of Mathematics and Statistics

Date: 08/03/2023

The National Service Scheme (NSS) unit of SNM College Maliankara continued its commendable initiative, the "Distribution of Pothichoru (Food Packet) as Lunch on Wednesdays," on March 8, 2023. This program, organized by the NSS unit, in collaboration with Karuthal Koottayma from Kodungallur, is dedicated to providing essential sustenance to those in need. On this particular Wednesday, they successfully distributed 39 food packets to beneficiaries, making a significant impact on the community. This week's program was spearheaded by the Mathematics & Statistics Department. Mr. Ajan, HOD of Mathematics, and Dr. Linu M.N, HOD of Statistics, led the charge, alongside teachers Dr. Neelima, Dr. Sreejamol, Ninu S Lal, Reji Ittiyeri, Ms. Manju. N, Ms. Shifa K.M, Ms. Farhana K.M, Ms. Reshma K.R, Ms. Soorya Sajeevan, Ms. Haritha Haridas, and Ms. Sreemol R.



Collection and Distribution of food packets by NSS Volunteers and faculty members of Departments of Mathematics and Statistics on 08/03/2023

The NSS Program Officers, Dr. Resmi V.C and Vipin K D, worked tirelessly to ensure the success of the program, while NSS Secretary Meenakshi and volunteers, Athulkrishna, Sayid Hafis, Ajai, Anujith, Sethu, and Nandana played an instrumental role in its execution. Such dedication and commitment from SNM College Maliankara's NSS unit highlight the positive impact a collective effort can have on the community.

Pothichoru Report -16

Organized by: NSS and Department of English

Date: 15/03/2023

SNM College's NSS (National Service Scheme) Unit, in association with Karuthal Koottayma NGO, continues its commitment to community welfare through the 'Distribution of Pothichoru as Lunch on Wednesdays' program. This recent initiative, conducted on the 15th of March 2023, was efficiently organized by the English Department at SNM College. Under the guidance of English Department Head, Binsha Babu, and faculty members Dr. Ajeesh S, Anupa Asok K, Drishya Dileep, Arya, and Vismaya, the collection and distribution of nutritious food packets were skillfully managed.



Distribution of food packets by NSS Volunteers and faculty members of Departments of English on 15/03/2023

With 38 beneficiaries receiving these vital food packets, the program continues to demonstrate its wide-reaching impact. Guided by NSS Program Officers, Dr. Resmi V.C and Vipin K D, and with active participation from NSS volunteers, including Meenakshi (NSS Secretary), Adhitya, Athulkrishna, Ajai, Anujith, Sethu, and Nandana, the NSS Unit emphasizes not only addressing immediate food needs but also reinforcing the college's commitment to social responsibility and community engagement. Principal Dr. Jitha T.H's visionary leadership continues to inspire the NSS Unit of SNM College, exemplifying how educational institutions can play an active role in fostering a culture of empathy and solidarity within the community. This program strengthens the bonds between the college and the local community, showcasing a shared sense of responsibility and community spirit.

Pothichoru Report -17

Organized by: NSS

Date: 05/04/2023

On April 5, 2023, the NSS Unit 47 of SNM College Maliankara organized a remarkable program, "Distribution of Pothichoru (Food Packet) as Lunch on Wednesdays." This program, in collaboration with the NGO Karuthal Koottayma from Kodungallur, demonstrates the

unwavering commitment of NSS volunteers to support the community. On this occasion, they successfully distributed food packets to 40 beneficiaries, providing essential sustenance. In a unique approach, this week's program was coordinated by the NSS volunteers themselves. The selfless service of these young individuals, guided by NSS Program Officers Dr. Resmi V.C and Vipin K D, and led by NSS Secretary Shahir Mohammed, is truly commendable. Volunteers including Samjad, Gokul Krishna, Meenakshi, Athulkrishna, Sayid Hafis, Ajai, Anujith, Sethu, and Nandana demonstrated their dedication to the cause. Their collective effort serves as an inspiring example of how unity and compassion can positively impact the community. SNM College Maliankara continues to shine as a beacon of hope and service in these challenging times.

Pothichoru Report -18

Organized by: NSS and Department of Commerce (SF)

Date: 12/04/2023

In an effort to serve the local community, the National Service Scheme (NSS) unit of SNM College Maliankara organized a commendable initiative on the 12th of April 2023. The program, aptly named 'Distribution of Pothichoru (Food Packets) as lunch on Wednesdays,' aimed at providing nutritious meals to the underprivileged in the region. This noble endeavor was made possible through a collaborative effort involving various stakeholders. Karuthal Koottayma, an associated non-governmental organization (NGO) from Kodungallur, played a pivotal role in facilitating the distribution of food packets to the beneficiaries. The program was affiliated with the B Com Finance and Tax (SF) department of SNM College. The collection and distribution of food packets were efficiently coordinated by a group of dedicated teachers, including Smt. Seaju C.S, Resmi V D, and Sajitha T K. Additionally, the efforts of Sujapriya, Jinny P J, Divya K Mani, Geethu C.S, and Keerthi Unnikrishnan M from the college's faculty were instrumental in the success of this initiative.

A total of 42 individuals in need were recipients of these food packets, ensuring that they had a nourishing meal on that Wednesday. The NSS Program Officers, Dr. Resmi V.C and Vipin K D, played a pivotal role in organizing and supervising this program. The NSS volunteers, led by Meenakshi (NSS Secretary), and including Athulkrishna, Sayid Hafis, Ajai, Anujith, Sethu, and Nandana, worked tirelessly to ensure that the distribution went smoothly. Dr. Jitha T.H, the Principal of SNM College, extended her full support and encouragement to this humanitarian effort. This activity underscores the commendable efforts of the NSS unit of

SNM College Maliankara in providing much-needed support to the local community through the distribution of Pothichoru.



**Distribution of food packets by NSS Volunteers and Department of Commerce (SF) on
12/04/2023**

Pothichoru Report -19

Organized by: NSS and Department of Commerce (SF)

Date: 19/04/2023

The NSS unit of SNM College Maliankara continued its unwavering commitment to community service on the 19th of April 2023 by conducting the 'Distribution of Pothichoru (Food Packets) as lunch on Wednesdays.' This laudable program, organized by the NSS cell, aimed to provide nourishing meals to those in need and was made possible through the collaborative efforts of various stakeholders. Once again, Karuthal Koottayma, the associated NGO from Kodungallur, played a vital role in facilitating the distribution of food packets to the beneficiaries. The program was now affiliated with the B Com (CA 1 and CA 2) departments of SNM College, expanding its reach to more students and faculty members. The collection and distribution of food packets were efficiently coordinated by Seaju C.S, Smt. Resmi V D, and a team of dedicated teachers, including Raghi Ravi, Sujapriya, Jinny P J, Divya K Mani, Sruthy T. P, Komal K.R, and Shary K G.



Distribution of food packets by NSS Volunteers and Department of Commerce (SF) on 12/04/2023

Just like the previous week, 42 individuals in need received these food packets, ensuring that they had a nutritious meal on that Wednesday. The program continued to be overseen by NSS Program Officers, Dr. Resmi V.C and Vipin K D, who played an instrumental role in its success. The NSS volunteers, led by Meenakshi (NSS Secretary), and including, Adwaith Joshy, Sayid Hafis, Anujith, Sethu, and Nandana, exhibited unwavering dedication and commitment to serving the community. The Principal of SNM College, Dr. Jitha T.H, remained a pillar of support, endorsing and encouraging the continuation of this compassionate initiative. This second report highlights the consistent and impactful efforts of the NSS unit in making a difference in the lives of those less fortunate through the distribution of Pothichoru.

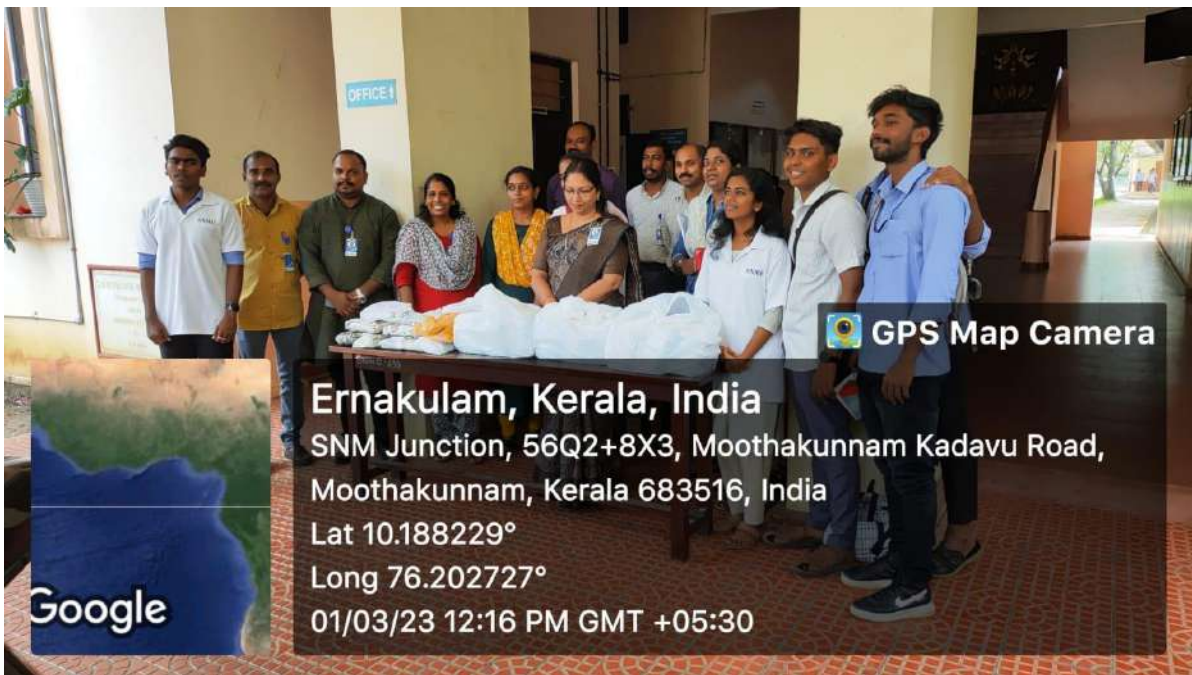
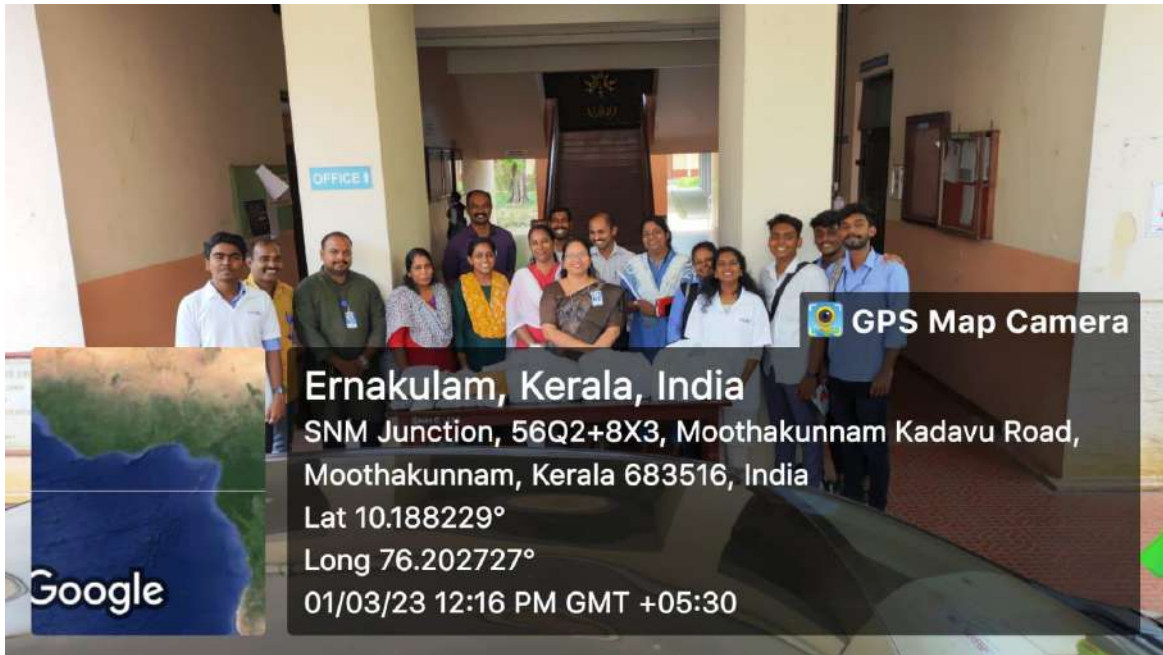
Pothichoru - Karuthal



PothiChoru Program



PothiChoru Program



PothiChoru Program

Programme No: 2

Title: Pokkali Farming at Nayarambalam

Organized by: Department of Botany in collaboration with NSS, Bhoomitrasena Sena Club, Grassroute Organization Nayarambalam & Rajagiri College of Social Science.

Beneficiary: Community of Nayarambalam Village

Date: 21/06/2022

No. of Participants: 32

Summary of the Programme

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.



Seed sowing at Nayarambalam as a part of Pokkali farming

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 were also participated along with students.

Programme No: 3

Title: One-day Consultation programme on Mangrove Conservation and Management in Coastal Villages of Ernakulam

Organized by: Department of Botany, NSS Unit, MS Swaminathan Research Foundation, HDFC Bank Parivartan

Date: 26/07/2022

No. of Participants: 87

Summary of the Programme

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 Nayarambalam, 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.

1. As a first step, a mapping of the area is to be completed, covering the distribution of natural populations of Mangroves and Mangrove associates, and by spotting the deteriorated/degraded areas. Towards this, a good effort is required including GIS

experts and community volunteers. Land ownership details are also required along with the map (Govt or Pvt land).

2. The environmental and economic evaluation of the mangrove ecosystem needs to be done.
3. Identify the threats and challenges to the mangrove ecosystem.
4. Identify the possible areas for restoration and identify the most suited species. We have to be careful while selecting the restoration sites on private land as the CRZ compliances are high and much of the private land is owned by public limited companies like Cochin Port Trust, PetronetLNG, and BPCL.
5. Restoration can be done alongside the small islands in the area.
6. Increase Environmental and Genetic literacy - Aware the community of the importance of the Mangrove Ecosystem. The concepts like Carbon sequestration need to be simplified so as to communicate better to the community. A documentary may also help in this.
7. Prepare a micro-plan along with the Local Self Governments, refer to the Joint Mangrove Management plan of MSSRF for the East Coast of India.
8. Anticipatory research to be initiated against sea-level rise and resulting issues.
9. There should be a sustainable alternative for sea walls/canal walls made up of granite/tetrapod. A pilot seawall with Mangroves – Bioshield can be thought of, for which the Vypin Block has been selected as committed by the VP. The Mangrove shield can be 50m East of the high-tide line. 1 km challenge?
10. Planting can be also done along the sides of the fish/prawn farms.
11. MNREG scheme has to be sourced for planting and monitoring.
12. The monitoring of the programme should be from all angles – environmental, economical, and social. We have to also look at the soil and water quality and other parameters like the changes in biodiversity including that of fish, crustaceans, plants, and importantly algal/plankton diversity.
13. Mangroves can be planted in burrows across the sea/river coast. The burrows can be filled with mud, food waste, or any other organic waste from the rivers and canals.
14. Instead of more true Mangrove species, we should be able to plant a mixed forest with the representation of Mangrove associates (Around 25 species can be identified according to the area of restoration).
15. The Biodiversity Management Committees (BMCs) need to be strengthened towards the action. The People's Biodiversity Registers (PBRs) to be evaluated for the inclusion of Mangroves and Mangrove associates.
16. Plastic pollution needs to be also discussed and sorted out along with the Mangrove restoration programme.
17. A community-centered Joint Mangrove Management (including microplanning and joint monitoring) is the need of the hour by strengthening the village-level institutions.
18. Vypin Block Panchayat has welcomed the organizers to join with their 'TheeraValayam' initiative.

Programme No: 4

Title: Puneet Sagar Abhiyan & Cycle Rally

Organized by: NCC Units of SNMC and UC College, Aluva

Beneficiary: Adjacent Community of Munambam Beach

Date: 19/08/2022

No. of Participants: 72

Summary of the Programme

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.



Beach Cleaning at Pallipuram jointly by NCC Cadets of SNM College Maliankara and Union Christian College, Aluva on 19/08/2022.

Programme No: 5

Title: Puneet Sagar Abhiyan

Organized by: NCC Units of SNMC and UC College, Aluva

Beneficiary: Adjacent Community of Munambam Beach

Date: 31/05/2023

No. of Participants: 37

Summary of the Programme

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.



Beach Cleaning at Munambam jointly by NCC Cadets of SNM College Maliankara and Union Christian College, Aluva on 31/05/2023

Programme No: 6

Title: Webinar on How to convert organic waste to manure?

Organized by: Department of Economics

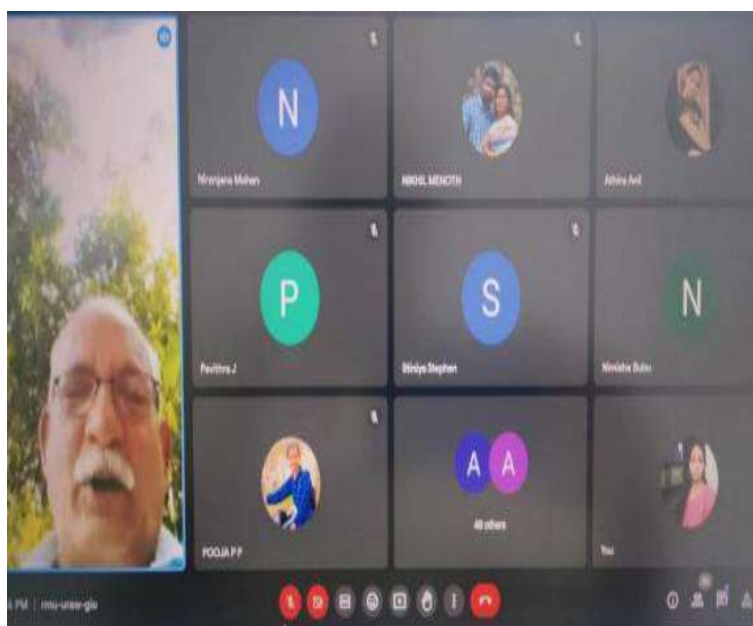
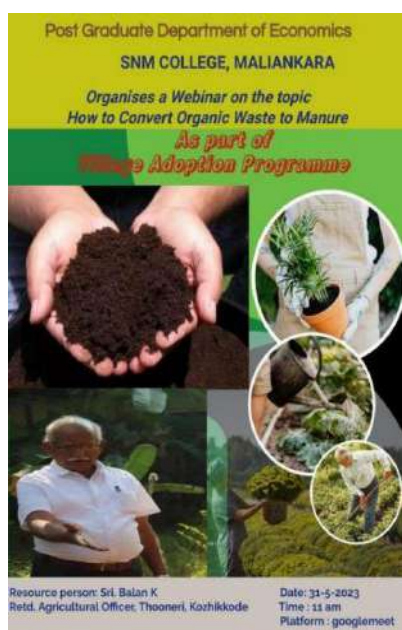
Beneficiary: Kudumbasree Units of adopted village

Date: 31/05/2023

No. of Participants: 56

Summary of the Programme

As part of the Village adoption program, the Department of Economics organized a webinar on the topic 'How to convert organic waste to manure' on 31st May 2023 for Kudumbasree units of Vadakkekara Panchayat in the online platform Google Meet. Sri. Nikhil M B Head of the Department presided over the function. The resource person was Sri. K Balan, Retd. Agricultural officer, Thooneri of Kozhikkode District. He explained different methods of converting biodegradable waste to organic manure. He also demonstrated how to make manure from food waste and plant products.



Google meet on How to convert organic waste to manure conducted by Department of Economics on 31/05/2023

Ten Kudumbasree members, six teachers, and forty students participated in the program. The webinar was followed by a question-answer session. The program started at 4.30 pm and came to an end by 5.30 pm. The program was recorded and uploaded to the department's you-tube channel. The recorded video link has been uploaded to the WhatsApp group of Kudumbasree

workers. The webinar was very effective in giving insight to the Kudumasree members as well as to the students about organic manuring. Participants could clear their doubts about the application of organic farming practices for different vegetables and plants. They know what to do when insects are found spoiling the leaves or growing vegetables.

Video link: https://drive.google.com/file/d/1aRxo_4Xzs7TakQ-UxnWobRnwd33Cfz59/view?usp=drive_link

Programme No: 7

Title: Distribution of study materials

Organized by: Department of Commerce

Beneficiary: Adopted Village of Vadakkekara

Date: 26/05/2023

No. of Participants: 3

Summary of the Programme



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 26-05- 2023, Dr. Krishna kumar U R, Assistant professor, and two second year students, namely, Shibir Babu and Jyothy V 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. The headmistress conveyed her gratitude. The main beneficiaries of the programme were economically backward students of each classes of

SNM Govt. LP School, Kottuvallikkad. The programme inculcated social responsibility among the college students. The programme ended up very well.

Programme No: 8

Title: Distribution of notebooks and other stationery to adopted wards

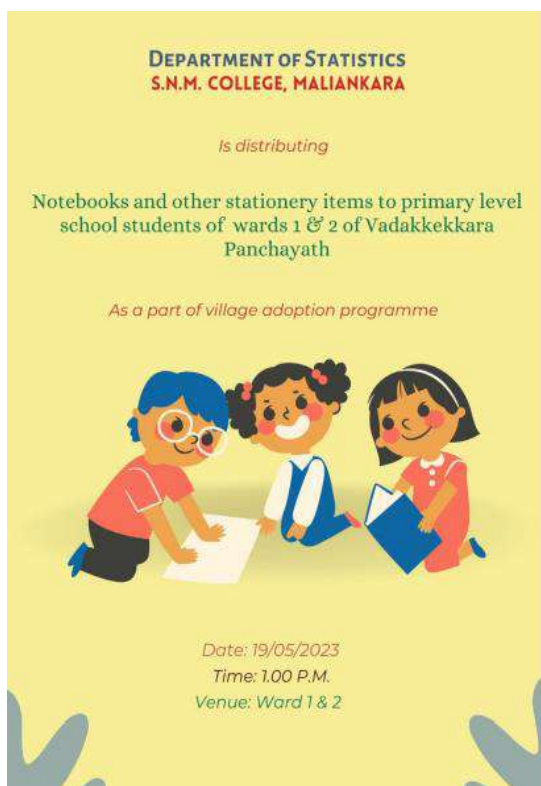
Organized by: Department of Statistics

Beneficiary: Students of Adopted village of Vadakkekkara

Date: 19/05/2023

No. of Participants: 10

Summary of the Programme



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 Vadakkekkara 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: 9

Title: Blood Donation Camp

Organized by: National Service Scheme & National Cadet Corps

Beneficiary: Adjacent Community of the College

Date: 05/05/2023

No. of Participants: 60

Summary of the Programme

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.



Blood Donation Camp organized by NSS & NCC of the College for the Community on 05/05/2023

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.

Programme No: 10

Title: Distribution of LED bulbs and Paper Bags

Organized by: National Service Scheme & Department of Physics

Beneficiary: Adopted Village

Date: 19/04/2023

No. of Participants: 5

Summary of the Programme

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 19st 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.



Distribution of LED bulbs and paper bags in the adopted village on 19/04/2023

Programme No: 11

Title: Sneha Sammanam- Sharing Time with the Aged People

Organized by: National Service Scheme

Beneficiary: Community

Date: 14/04/2023

No. of Participants: 10

Summary of the Programme

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. KS 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.



Sharing the time Sneha Thanal Home on 14/04/2023

Programme No: 12

Title: Clean Muziris - Programme for Cleaning the Ground for Muziris Fest

Organized by: National Service Scheme

Beneficiary: Community

Date: 29/03/2023

No. of Participants: 30

Summary of the Programme

NSS Volunteers of SNM College Maliankara actively engaged in the cleaning program "Clean Muziris" as a part of the Muziris Fest held at Moothakunnam.



Cleaning at Moothakunnam on 29/03/2023

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: 13

Title: Cloth Bag distribution to Vadakkekkara Pachayath Ward 1 &2

Organized by: Department of Zoology

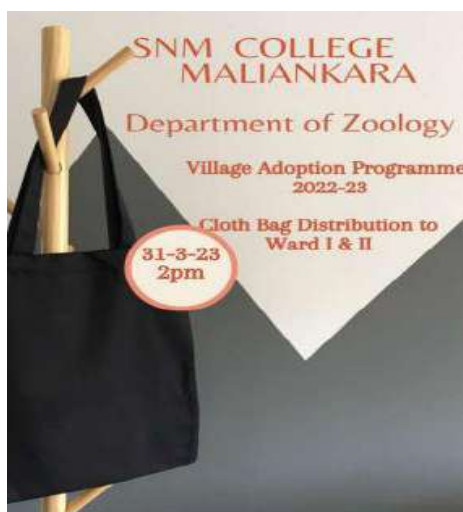
Beneficiary: Adopted village of Vadakkekkara

Date: 08/04/2023

No. of Participants: 50

Summary of the Programme

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 Vadakkekkara 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.



Cloth bag distribution to Ward member of adopted village by Principal Dr. Jitha on 08/04/2023

Programme No: 14

Title: Conservation and restoration of Mangrove ecosystems at Sathar Island

Organized by: Department of Botany

Beneficiary: Community of the adopted Village

Date: 27/03/2023

No. of Participants: 27

Summary of the Programme

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.



Planting of Mangrove seedlings by Students of Botany Department at Sathar Island – a part of adopted village on 27/03/2023

Programme No: 15

Title: Volunteer Assistance to Muziris Fest 2022-23

Organized by: National Service Scheme

Beneficiary: Community of Vadakkekkara Grama Panchayath

Date: 31/03/2023

No. of Participants: 20

Summary of the Programme

NSS Unit of the college actively participated in the Muziris Fest 2022-23 held at Moothakunnam under the leadership of Vadakkekkara Grama Panchayath. The festival showcased the rich cultural heritage of the region and provided a platform for cultural exchange and engagement. SNM College Principal Dr.T H Jitha, NSS Program Officers Dr V.C Resmi, Shri K D Vipin, NSS Secretaries Athul Krishna, Meenakshi Sunish, Sethulakshmi and other NSS volunteers participated in the concluding session of the festival. The NSS volunteers presented cultural programs to entertain the audience. With the whole hearted support of the NSS volunteers of the college, the organizers of the Muziris fest could conduct their public cultural events more efficiently. Volunteers also got a platform to present their cultural programs outside the campus.



Volunteers actively took part in the Cleaning Drive as a part of Muziris Fest conducted by Vadakkekkara grama Panchayath on 31/03/2023

Programme No: 16

Title: Workshop on Eco-friendly initiatives

Organized by: Department of Commerce

Beneficiary: Kudumbasree members of adopted village and students

Date: 24/03/2023

No. of Participants: 43

Summary of the Programme

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 to Kudumbasree members of adopted village 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.



Training session on eco-friendly initiatives by Ms. Ajitha Murali on 24/03/2023

Programme No: 17

Title: Distribution of food to Old-age Home

Organized by: Department of Economics

Beneficiary: Members of Ashrayam Agathi Mandiram, Kodungallur

Date: 16/03/2023

No. of Participants: 15

Summary of the Programme

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. 12 students and 3 teachers participated. We students and teachers managed to provide that days breakfast to the inmates of the Old-age home. The students performed different programmes to entertain the inmates of this old age home. It was really an inspiring and wonderful day for us. This memorable day was arranged in Aashrayam, Agathi Mandiram, Kodungalloor by our staff and students. The program was well organized and the staff and students from the departments actively participated in the extension activity by serving food for the needy people and they spent some quality time with them by entertaining the old age people with programmes.



Distribution of food materials to Old-age Home at Kodungallur on 16/03/2023

Programme No: 18

Title: Awareness class on Environment protection

Organized by: Department of Mathematics

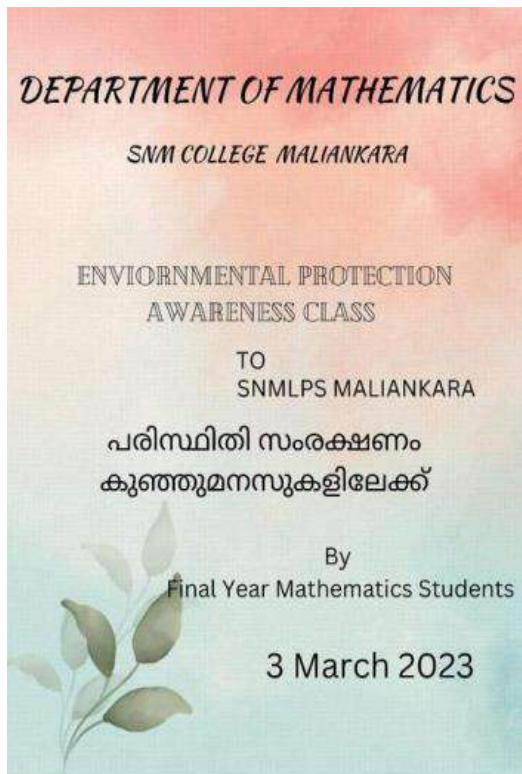
Beneficiary: Students of SNMLP School, Maliankara

Date: 03/03/2023

No. of Participants: 47

Summary of the Programme

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.



Awareness class on environment protection by students of Mathematics Department on 03/03/2023

Programme No: 19

Title: Awareness programme at adopted Village

Organized by: Department of English

Beneficiary: School Students of adopted village

Date: 23/2/2023 & 28/2/2023

No. of Participants: 80

Summary of the Programme

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 for school students of the adopted village to creating awareness on energy conservation by Department of English conducted on 28/02/2023

Programme No: 20

Title: Cleaning Programme at Moothakunnam

Organized by: National Service Scheme & Haritha karmasena

Beneficiary: Community of Vadakkekara Grama Panchayath

Date: 08/02/2023

No. of Participants: 47

Summary of the Programme

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.



Cleaning drive at Moothakunnam as part of Temple Festival on 08/02/2023

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 garbage 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: 21

Title: Beach Cleaning at Kuzupully

Organized by: NSS, NCC and NGOs

Beneficiary: Community of the Kuzhupully

Date: 17/09/2022

No. of Participants: 60

Summary of the Programme

NSS Unit of the college participated in the largest coastal cleaning campaign organized at Kuzhupully 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.



NSS volunteers & NCC cadets involved in the Beach Cleaning Drive at Kuzhupully on 17/09/2022

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: 22

Title: Suchita Theeram Surakshitha Samudram – Beach Cleaning Programme

Organized by: NCC, Haritha Karmasena, SNVHSS, Nandyattukunnam

Beneficiary: Community of Cherai

Date: 17/09/2022

No. of Participants: 50

Summary of the Programme



NCC cadets of the College involved in Beach Cleaning at Cherai on 17/09/2022

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: 23

Title: Waste Management Survey for Policy Decision Making

Organized by: National Service Scheme

Beneficiary: Community of Vadakkekkara Grama Panchayath

Date: 21/09/2022 to 24/09/2022

No. of Participants: 60

Summary of the Programme

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



Waste Management Survey at Vadakkekkara Grama Panchayath

(22-24, September 2022)

Survey was conducted in association Haritha Karma Sena functioning under Vadakkekkara 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: 24

Title: Seminar on Women entrepreneurship

Organized by: Entrepreneurship Development Club

Beneficiary: Kudumbasree members of adopted village

Date: 02/11/2022

No. of Participants: 120

Summary of the Programme

Women-owned business enterprises are playing a prominent role in society by generating employment opportunities in the country. On 2nd November, 2022 Club successfully organized one day Seminar on “Women entrepreneurship” in collaboration with Khadi Gramodyog Vidyalaya, Training Centre for Khadi and village industries commission, under the Ministry of Micro Small and Medium Enterprise Govt. of India. Sessions were conducted by Ms. Anitha C C and Mr. Vinod Kakkara, training coordinators of Khadi Gramodyog Vidyalaya. 120 participants from various categories such as students of our college, faculties and Kudumba Sree workers of the village adoption wards attended the workshop. Seminar enhanced their knowledge in the field of women entrepreneurship and throw light on different enterprises they can start with low cost and training. Club is planning to start a training course in collaboration with Khadi Gramodyog Vidyalaya, Training Centre for Khadi and village industries commission for interested students of the college. Resource persons elaborated the important role of women in country’s development process. Inclusion of women in workforce speed up the country’s economic growth. The resource persons explained the source of financial assistance to a women entrepreneur, various programmes, trainings implemented by the government to promote their entrepreneurship. Participants were responded that the seminar

provide a clear idea about various programmes to promote women entrepreneurship and also got awareness about various business to start at low cost.



Seminar on Women entrepreneurship conducted for the Kudumbasree units of the adopted village and students on 02/11/2022.

Programme No: 25

Title: Volunteer Assistance in the District Kalolsavam

Organized by: National Service Scheme

Beneficiary: Community of Vadakkekara Panchayath

Date: 28/11/2022, 29/11/2022, 30/11/2022, 01/12/2022 & 02/12/2022

No. of Participants: 20

Summary of the Programme

NSS volunteers associated with the organizers of Ernakulam District Kalolsavam conducted at SNM IMT. The event was held from 28th November 2022 to 2nd December 2022. The objective of District Kalolsavam (also known as the District Youth Festival) is to provide a platform for the school students to showcase their talents in various cultural and artistic fields. It is an event organized every year by the Department of Education, Kerala. Students showcasing their events are graded and best performing students are provided Certificates and grace marks by the department. Annual cultural festival at District level brings together students from different schools in Ernakulam district to showcase their talent in various art forms, including dance, music, and literature. The festival started on 28th November 2022, with an impressive opening ceremony at the venue. After the inauguration, the first set of competitions started, including

classical dance and folk dance. On the second day of the festival, more competitions were held, including group and individual singing, poetry recitation, and monoact.



Voluntary assistance by NSS volunteers in District Kaloltsavam (28/11/2022 to 02/12/2022)

The participants from different schools showed great talent and enthusiasm in all the events. The third day of the festival witnessed various competitions in art forms, including painting, drawing, and sculpture. The students displayed their creativity and skills in these competitions and the judges were impressed by their work. The fourth day of the festival started with competitions in instrumental music, followed by various other events, including mimicry, storytelling, and elocution. The participants showed great talent and confidence in all the events, making it difficult for the judges to select the winners. On the final day of the festival, the remaining competitions were held, including fancy dress, quiz, and group dance. The closing ceremony was held in the evening, where the winners of different competitions were

announced and awarded trophies and certificates. NSS Volunteers could give all kind of support to the organizing committee for the efficient running of the Kalolsavam events in the venue. Volunteers could watch different programmes and could conceive the skills and abilities needed for different programmes. Volunteers also got the experience of organizing similar events more efficiently. They could provide all physical support to provide all necessary facilities for running the programme efficiently.

Programme No: 26

Title: Keralolstavam - Promote Drug Free Society

Organized by: National Service Scheme

Beneficiary: Society

Date: 04/12/2022

No. of Participants: 20

Summary of the Programme



Awareness campaign at Paravur Block Panchayath on 04/12/2022

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: 27

Title: Kavalayogam - Second phase of the Anti-Drug campaign

Organized by: National Service Scheme

Beneficiary: Society

Date: 09/12/2022

No. of Participants: 23

Summary of the Programme

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.



Kavalayogam as part of Second phase of the Anti-Drug campaign conducted at Moothakunnam Junction on 09/12/2022.

Programme No: 28

Title: Thettillatha Malayalam Then Malayalam

Organized by: Department of Malayalam

Beneficiary: Students of SNM LP School, Maliankara

Date: 06/03/2023

No. of Participants: 27

Summary of the Programme

A language instruction class was conducted for LP school students of SNM LPS Maliankara . PG students of the Malayalam department took a class on the language and its traditions. They were displayed in charts to make children aware of the Malayalam alphabet and its antecedents. When you reflect a person's own metaphors back to them, you enable them to spot patterns and associations in their thinking. This can give them new insights into their own thoughts and behaviors. Clean Language also helps you to build rapport, or personal connections with people. Based on this idea department of Malayalam organizing a program titled “Thettillatha Malayalam then Malayalam” Clean Language also helps you to build rapport, or personal connections with people. Based on this idea department of Malayalam organizing a program titled “Thettillatha Malayalam then Malayalam”. By learning about this topic students feel encouraged and motivated. Listening to any prominent personality in any seminar or workshop

helps the student to gain information about their way of work or how things take place. Also, SNM LPS students were asked their doubts at the end of the program and they evaluated the program as very informative and effective.



LP School students participated in the Thettillatha Malayalam Then Malayalam on 06/03/2023

Programme No: 29

Title: Anti-Drug Campaign “a flash mob and a street play

Organized by: Department of Mathematics

Beneficiary: Community of Vadakkekara Panchayath

Date: 10/03/2023

No. of Participants: 19

Summary of the Programme

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.



Street play and Flash Mob by Students at Moothakunnam Junction on 10/03/2023

Programme No: 30

Title: Aksharanjali

Organized by: Department of Malayalam

Beneficiary: LP Students of nearby Schools

Date: 01/11/2022

No. of Participants: 71

Summary of the Programme

On November 1, 1956 – nearly a decade after India gained independence – the state of Kerala was created with the merger of three Malayalam-speaking regions. Department of Malayalam and Alumni association jointly organize a program “Aksharanjali” to honoring the Malayalam letters. Department of Malayalam and Alumni association jointly organize a program “Aksharanjali” to honoring the Malayalam letters. By learning about new topics and meeting leaders in their field, students feel encouraged and motivated. Listening to any prominent personality in any seminar or workshop helps the student to gain information about their way of work or how things take place. Also, students were asked their doubts at the end of the program and they evaluated the program as very informative and effective.



Aksharanjali organized by Department of Malayalam on 01/11/2022

Programme No: 31

Title: Distribution of Essential Materials on Palliative Care Day

Organized by: National Service Scheme

Date: 18/01/2023

No. of Participants: 27

Summary of the Programme

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.



Volunteers and programme officers involved in the collection materials to Palliative care unit



Hand-overing of collected materials to block member of vadakkekara Block Panchayath by the Principal

Programme No: 32

Title: Training Programme on Swimming

Organized by: National Service Scheme & Department of Youth Welfare

Beneficiary: Childrens of Vadakkekkara Grama Panchayath

Date: 21/03/2023

No. of Participants: 30

Summary of the Programme

NSS unit organized a swimming training program on 21st March 2023 in association with the Department of Youth Welfare and Vadakkekkara Grama Panchayath for the children of Vadakkekkara Grama Panchayath. The programme was inaugurated by Shri. Saneesh, Block Panchayath Vice President. SNM College Principal Dr. T.H. Jitha, NSS program officer Dr. V.C. Resmi, NSS Secretaries Shahir Mohammad, Athul Krishna, Meenakshi Sunish, Sethulakshmi and other volunteers were present. The Paravoor Block Panchayath President Saneesh inaugurated the program and spoke on the importance of swimming and the need for such training programs. He praised the NSS unit for organizing such a useful program for the students. College Principal Dr. T.H. Jitha presided over the program and urged the students to actively participate in the training program. The NSS volunteers were divided into different groups according to their swimming abilities and professional trainers were given the charge of providing training to children of the village. The program concluded with a vote of thanks by the NSS Secretary Shahir Mohammad, who thanked the principal, the program officer, the Paravoor Block Panchayath President and all the volunteers for making the program a grand success. The swimming training program was beneficial the students who had no basic experience on swimming. For the students who had some experience on swimming could improve their skill with the monitoring and support of the experts.



NSS volunteers given swimming training given to students of adopted village on 21/03/2023

Programme No: 33

Title: Thettillatha Malayalam Then Malayalam

Organized by: Department of Malayalam

Date: 26/04/2023

No. of Participants: 5

Summary of the Programme

As part of the Dutt Grama project, a problem solving competition was organized for the youth of one and two wards. Prizes were given to the winners by Principal TH Jitha. The program was conducted in the seminar hall by the program coordinator Shiji TS Clean Language also helps you to build rapport, or personal connections with people. Based on this idea department of Malayalam organizing a program titled “Thettillatha Malayalam then Malayalam”. By learning about this topic students feel encouraged and motivated. Listening to any prominent personality in any seminar or workshop helps the student to gain information about their way of work or how things take place. Also, SNM LPS students were asked their doubts at the end of the program and they evaluated the program as very informative.



Inaugural session of Thettillatha Malayalam Then Malayalam on 26/04/2023.

Programme No: 34

Title: Kootayottam to Promote a Healthy Lifestyle

Organized by: National Service Scheme

Beneficiary: Society of Vadakkekara Panchayath

Date: 02/11/2022

No. of Participants: 68

Summary of the Programme

In association with Vadakkekara Panchayath and NCC Unit in the college, NSS Unit actively participated in a mass run (Kootayottam) on 12th November 2022. The program was held as a part of Kerala festival to spread the message against alcoholism. The mass run commenced at Maliankara bridge at 7 am and reached Chakkamassery temple by 9 AM. The event was held in the presence of Vadakkekara Grama Panchayath President Resmi Anil Kumar, Vice President Santhosh, NSS programme officers Dr VC Resmi, Vipin KD, NSS senior secretary Shahir Mohammad, NSS secretaries Athul Krishna, Meenakshi Sunish, Sayid Hafis, and other NSS leaders, NSS NCC volunteers. Vadakkekara Grama Panchayath President Resmi Anil Kumar presided over the Kerala festival Mass run programme. The mass run organized by NSS Unit and Block Panchayath could create a fresh thought among the participants to pursue a healthy life for them. By doing such physical refreshment activities, youth and any grown up can overcome their attraction towards alcohol. Program could spread awareness about the harmful consequences of alcoholism. The active participation of the attendees showcased their dedication to promote a healthier and alcohol-free lifestyle.



Brochure



Flag off of Kootayottam on 02/11/2022

Programme No: 35

Title: Volunteer Assistance to Azhak Kalolsavam

Organized by: National Service Scheme

Beneficiary: Society

Date:18/11/2022, 20/11/2022 & 26/11/2022

No. of Participants: 20

Summary of the Programme

NSS volunteers of SNM College Maliankara actively participated in the Azhak Kalolsavam cultural festival held in Vadakkekara Grama Panchayath from 18th November 2022 to 26th November 2022. The program aimed to spread joy and happiness among children with disabilities. The three-day festival was filled with various cultural programs, including group songs, dance performances, and a procession. NSS volunteers engaged with children with disabilities and created pleasant environment for the children through various cultural programs, including group songs and dynamic dance performances by the NSS volunteers. As a part of the programme, there was a procession displaying placards and charts. NSS volunteers actively participated in this procession and presented a flash mob also. The procession and flash mob were a great effort to showcase Kerala's rich culture and tradition. Azhag Kalolsavam, in which NSS volunteers from SNM College Maliankara actively participated enormous positive outcomes. Programme could increase the happiness and Joy among the children with disabilities who had gathered there. This programme was organized particularly for entertaining such affected members of the society. For the NSS Volunteers also the moments spent with such children were mind touching.



Programme No: 36

Title: Distribution food to Ashram Orphanage

Organized by: National Cadet Corps

Beneficiary: Members of Ashramam Orphanage, Kodungallur

Date: 26/01/2023

No. of Participants: 71

Summary of the Programme

On 26th January 2023, the NCC unit of SNM College Maliankara visited Ashramam Orphanage at Kodungallur and spend one day with the members of the orphanage. About 71 cadets participated in the programme. Reporting time was at 8:00 AM. All the cadets were present in the programme and reached orphanage at 10 am. Volunteers interacted with the members of Ashramam and distributed breakfast and lunch to them. Moreover, volunteers contributed an amount Rs. 4000/- to the orphanage for their proper functioning.



Distribution of food to the members of orphanage



Cadets with Orphanage members

Programme No: 37

Title: Road Safety Awareness Programme

Organized by: National Service Scheme & National Cadet Corps

Date: 27/10/2022

No. of Participants: 71

Summary of the Programme

NSS and NCC Units functioning in SNM College Maliankara organized a Road Safety Awareness Class on 27th October 2022 for the students of nearby schools of Moothakunnam. The program was held at college auditorium. This session started at 2:30 PM with a prayer, followed by a welcome speech by the NSS Program Officer. SNM College Principal Dr. T. H.

Jitha presided over the program. The Motor Vehicle Inspector North Paravoor Shri. Vinod Kumar took classes on road safety measures and it was well-received by the students. The class covered various aspects of road safety, including the importance of wearing helmets and seat belts, following traffic rules, avoiding distractions while driving, and being aware of the surroundings while walking on the road. The students were actively engaged in the program and interacted with the Motor Vehicle Inspector by asking questions and sharing their doubts. NSS Program Officers Dr. V. C. Resmi and Vipin K. D, NSS Senior Secretaries Shahir Mohammad and Lidhiya Krishna, NSS Secretary Meenakshi Sunish, NCC ANO Lt. Akhil J, NCC Cadets and other Teachers and staffs attended this programme. The program ended with a vote of thanks by NCC Officer Lt. Akhil J.



The Road Safety Awareness Class conducted by the NSS Unit at SNM College Maliankara resulted in increased awareness among the students and teachers regarding road safety practices. This programme had a positive outcome among the students while driving their vehicles to and from the college. Even the students and teachers could share this information to their friends and family members. The program successfully educated the students about road safety practices and motivated them to adopt responsible behaviors while using vehicles on the roads. By promoting a culture of road safety and responsible driving, the program helped to contribute to a safer travelling environment within and outside the college campus.

Programme No: 38

Title: Awareness of Blood Donation & Blood donation camp

Organized by: National Service Scheme

Beneficiary: Community of the adopted village

Date: 14/06/2022

No. of Participants: 80

Summary of the Programme

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.



Inaugural session of Blood Donation camp on 14/06/2022.

Programme No: 39

Title: Awareness campaign on harmful effects of drugs

Organized by: National Service Scheme

Beneficiary: Society

Date: 26/06/2022

No. of Participants: 7

Summary of the Programme

NSS unit conducted an awareness programme against drug abuse and illicit trafficking and raised awareness about the harmful effects of narcotics in nearby villages of the campus. The notice created by NSS volunteers containing guidelines to stop the use and sale of drugs can play an important role in educating people about the dangers of drug abuse. By distributing the notice to students of nearby schools and colleges. Volunteers have ensured that the message reaches a wide audience of the community. This can be an effective way to encourage people to adopt a drug-free lifestyle and deter them from engaging in drug-related activities. It is important to continue such efforts in the future to combat the menace of drug abuse and illicit trafficking. Leave drugs and live a healthier life. The program given an insight to avoid drug usage in their entire life.



Inauguration of programme by Principa Dr. T H Jitha



Distribution of notice to students of nearby schools and colleges by NSS Volunteers