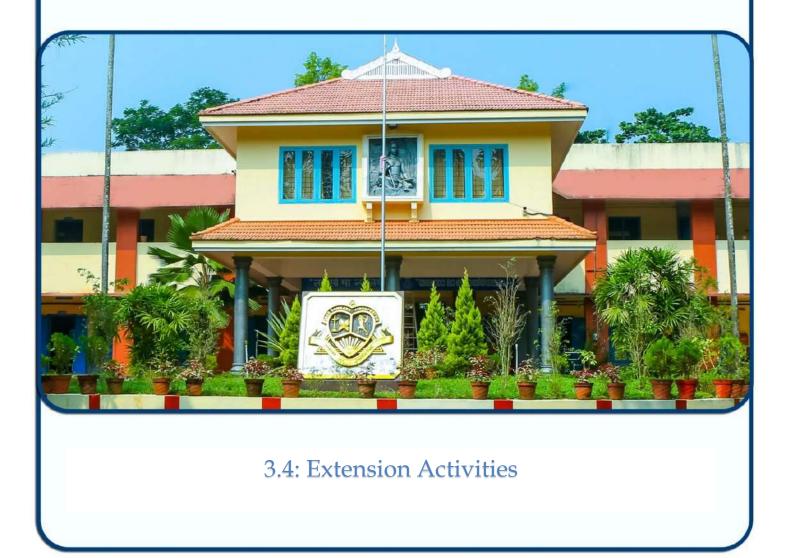


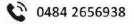
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Criterion 3. Research, Innovations and Extension



2018 - 2023







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3.4.3: Detailed report of extension and outreach program during 2022-23

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SREE SANKARA VIDYAPEETOM COLLEGE, VALAYANCHIRANGARA

Report on Extension Activity - Two day Environmental Conservation Programme on "Rejuvenating the Nature" - Promoting Green Initiative

	Program Details in a nutshell					
Name of the Event	Two day Environmental Conservation Programme on "Rejuvenating the Nature" - Promoting Green Initiative					
Nature of the Event	Extension Activity					
ObjectivesThe objective of World Environment Day celebrations is inspire and empower people to take action to protect the environment and create a sustainable future for all.						
Date and Time	05/06/2022 & 06/06/2022					
Duration	2 Days					
Beneficiaries	Students and Public					
Venue or Platform	SSV College					
Organizing dept/ Cell	National Service Scheme Unit No. 49					
Coordinator	Sri Jebin Jacob and Dr Nisha Unnikrishnan					
Associating Agency	Nature Club & PG. Department of Chemistry					
Outcome/ Benefit of the Program	The celebration of World Environment Day can have a range of positive outcomes, from increased awareness and behavior change to policy and community action, all leading towards creating a more sustainable and healthier planet for current and future generations.					



Program Report

On 5th and 6th June 2022, the NSS unit No. 49 of SSV College organized an extension activity "Rejuvenating the Nature" to celebrate World Environment Day. The activity aimed to raise awareness about the importance of protecting the environment and encourage individuals to take action towards a sustainable future. The event was organized in collaboration with the Nature Club and PG Department of Chemistry. The beneficiaries of the activity were students and the neighborhood community.

Program Description in detail

The event was conducted over two days, 5th and 6th June 2022. On the first day, the event began with a brief session on the importance of protecting the environment and the role of individuals in creating a sustainable future. This was followed by the planting of tree saplings by the students and members of the neighborhood community. The saplings were provided by the Nature Club, and a variety of species were planted, including fruit trees and native species.

On the second day, the participants were involved in the renovation of a bottle garden, which was set up on the college campus. The bottle garden was created using recycled plastic bottles, and it was designed to promote the concept of vertical gardening. The participants cleaned the bottles and refilled them with soil and compost. They also planted a variety of plants, including herbs and vegetables.

The activity was a great success, and it had a positive impact on the participants and the community. The planting of tree saplings helped to increase the green cover in the area, which will have a positive impact on the environment. The renovation of the bottle garden promoted the concept of recycling and reuse of materials, which is essential for creating a sustainable future. The activity also helped to raise awareness among the participants about the importance of protecting the environment and encouraged them to take action towards a sustainable future.

The "Rejuvenating the Nature" activity organized by the NSS unit No. 49 of SSV College had a positive impact on the environment and the community. The activity helped to raise awareness about the importance of protecting the environment and encouraged individuals to take action towards a sustainable future. The collaboration with the Nature Club and PG Department of Chemistry was a great initiative, and it helped to promote the concept of sustainability and environmental protection. The activity was a great example of how individuals and communities can come together to protect the environment and create a sustainable future.



Poster

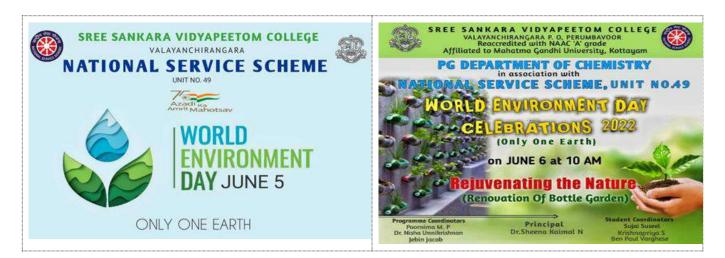


Photo Gallery SREE SANKARA VIDYAPEETOM COLLEGE VALAYANCHIRANGARA MATIONAL SERVICE SCHEME IN THO. 49 In association with NATURE CLUB MOREO ENGROSSION DAY, SUBS S



Participants Attendance



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Principal



College Seal



SREE SANKARA VIDYAPEETOM COLLEGE, VALAYANCHIRANGARA Report on "Yoga Technologies for Wellbeing" - Awareness Programme for Students & Public

	Program Details in a nutshell			
Name of the Event	"Yoga Technologies for Wellbeing" - Awareness Programme for Students & Public			
Nature of the Event	Extension Activity - Workshop			
Objectives	The objective of International Yoga Day celebrations is to promote physical, mental, and spiritual health and well- being, raise awareness about the benefits of yoga, celebrate cultural diversity, create a sense of community, and encourage environmental sustainability.			
Date and Time	21/06/2022 ; 10.00 am			
Duration	2Hrs.			
Beneficiaries	Students, Teachers and Public			
Venue or Platform	PNN Hall, SSV College			
Organizing dept/ Cell	National Service Scheme Unit No. 49			
Coordinator	Sri Jebin Jacob and Dr Nisha Unnikrishnan Dr. Saritha K S and Sri. Anup Jain M J			
Associating Agency	Yoga Club, SSV College and "Isha Yoga"			
Outcome/ Benefit of the Program	The celebration of International Yoga Day can lead to improved physical and mental health, increased awareness and appreciation of different cultures, increased sense of community, increased environmental awareness, and promotion of healthy habits.			

Program Report

On June 21st, 2022, the NSS Unit of SSV College organized an extension activity titled "Yoga Technologies for Wellbeing" to celebrate International Yoga Day. The event was held at the PNN Hall of SSV College and lasted for 2 hours from 10.00 am to 12.00 pm. The event was attended by students, teachers, and members of the public.



Program Description

The main objective of the event was to promote physical, mental, and spiritual well-being through the practice of yoga. The event was coordinated by Sri. Jebin Jacob and Dr. Nisha Unnikrishnan from the NSS Unit of SSV College. The Yoga Club of SSV College and "Isha Yoga" also participated in the event.

- The event started with a welcome speech by Sri. Jebin Jacob (Coordinator NSS, SSV College) who introduced the importance of yoga in maintaining physical, mental, and spiritual health. Dr. Nisha Unnikrishnan (Coordinator NSS SSV College) then gave a brief introduction to the different yoga technologies and their benefits.

- The event featured various yoga sessions led by experienced yoga instructors from the Yoga Club of SSV College and "Isha Yoga". The sessions included asanas, pranayama, and meditation. The instructors explained the correct techniques for each posture and emphasized the importance of breathing and relaxation.

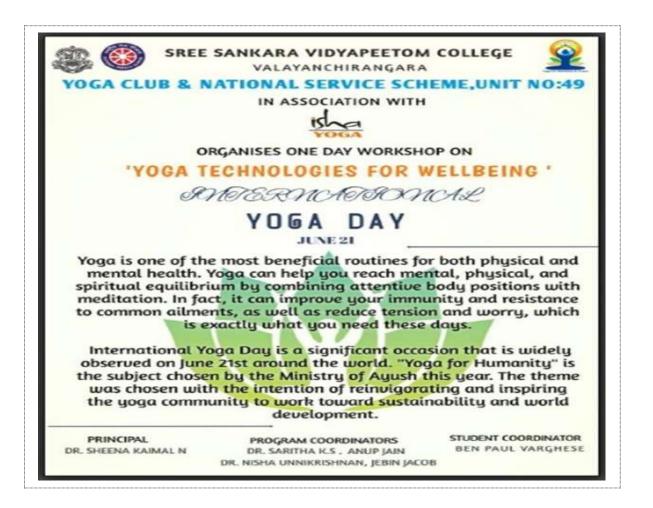
- The event also featured a lecture on the science behind yoga and its benefits for health and well-being. The lecture was delivered by a renowned yoga expert from "Isha Yoga". The lecture covered the history and philosophy of yoga, the different types of yoga, and the benefits of yoga for physical and mental health.

The event concluded with a vote of thanks by Sri. Ben Paul Varghese (Student Coordinator - NSS, SSV College), who thanked all the participants and the organizing team for making the event a success. The participants expressed their gratitude for the opportunity to learn and practice yoga, and many of them committed to incorporating yoga into their daily lives.

Overall, the event was a great success and achieved its objective of promoting physical, mental, and spiritual well-being through the practice of yoga. The event helped to create awareness about the benefits of yoga and encouraged participants to adopt healthy habits for a better life.

Poster / Brochure











Participants Attendance

	Valayanchin	VIDYAPEETOM COLL angura (P.O.), Perumbayoor,		/	Name	Course	Signature
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8	SANJANA SATHEESAN	Ast year BSC COMPUTER SCIENCE	Seyman	2.6	AKHILA PN		the .
9	SIDHARTH V KRISHNAN	1st year BSC COMPUTER SCIENCE	Steel	21	SHIKA & SASI	ast year BA ECONOMICS	Sleter.
10	RIZWANA SHAHUL	1st year BA HISTORY	(Algun				
u	ABHUITH & MANDI	Ast year BSC computer science	- AD				
12	SUGANDHY MURUKAN	Ist year BA HINDI	Suby				
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Principal



College Seal



SREE SANKARA VIDYAPEETOM COLLEGE, VALAYANCHIRANGARA Report on "Nation First, Always First" - Aazadi Ka Amrit Mahotsav - Public Awareness Campaign

	Program Details in a nutshell
Name of the Event	"Nation First, Always First" - Aazadi Ka AmritMahotsav - Public Awareness Campaign
Nature of the Event	Extension Activity
Objectives	Independence Day celebrations serve as a reminder of the
	country's rich history and heritage and encourage citizens to
	work towards the betterment of the nation and its people.
Date and Time	11/08/2022 to 15/08/2022
Duration	One Week
Beneficiaries	Students and the Public
Venue or Platform	SSV College
Organizing dept/ Cell	National Service Scheme Unit No. 49
Coordinator	Sri Jebin Jacob & Dr Nisha Unnikrishnan
Associating Agency	Unnat Bharat Abhiyan Cell, SSV College
Name of the Scheme	Azadi ka Amrit Mahotsav
Outcome/ Benefit of the Program	Independence Day celebrations can have several positive outcomes and benefits for the country and its people, inspiring a sense of pride, commitment, unity, and progress.

Program Report

Azadi ka Amrit Mahotsav with the theme "Nation first, always first" was held at SSV College from 11/08/2022 to 15/08/2022. The event was organized by SSV College National Service Scheme Unit No. 49 in association with the Unnat Bharat Abhiyan Cell, SSV College, as part of the Azadi ka Amrit Mahotsav commemoration.

Program Description in detail

The program began on 11/08/2022 with the hoisting of the Indian national flag by the



principal, Dr. Sheena Kaimal. This was followed by a speech competition held on the same day, in which students from various departments of the college participated.

On 12/08/2022, an Independence Day quiz was held, which saw active participation from students and the public. Later that day, a flash mob was organized, where students performed a patriotic dance to the beats of nationalistic songs.

On 13/08/2022, a patriotic song competition was held, which witnessed enthusiastic participation from students. A photography contest was also organized on the same day, in which students captured the essence of the Independence Day celebrations through their lenses.

The program concluded on 15/08/2022 with a tree plantation drive and a cleaning campaign, where students planted saplings and cleaned the college premises.

Overall, the one-week program was a great success, and it helped inculcate a sense of patriotism and national pride among the students and the public. The event also encouraged students to participate in various activities, showcasing their talents and skills while contributing to the betterment of the nation.

Poster / Brochure



Photo Gallery











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Participants Attendance





Principal





SREE SANKARA VIDYAPEETOM COLLEGE, VALAYANCHIRANGARA

Report on Two – Day Village Halt and Public Hearing in Association with

CUSAT - Legal Awareness and Legal Aid Clinic

Programme Details in a nutshell						
Name of the Event	Two – Day Village Halt and Public Hearing In Association					
	with CUSAT – Legal Awareness and Legal Aid Clinic					
Nature of the Event	Extension Activity					
Objectives	To spread legal awareness and legal aid among the residents					
	of AAirapuram Village in Kunnathunadu Thaluk.					
Resource person	Dr. Binumole K, Faculty Co-coordinator and Assistant					
	Professor of SLS, CUSAT					
Date and Time	28-08-2022 to 29-08-2022 Full Day Residential Camp					
Duration	Two Days					
	Residents of AAirapuram Village, Students and staff of SSV					
Beneficiaries	College					
	PNN Hall and Advaitha Hall of SSV College and survey in					
Venue or Platform	the field.					
Feedback link (if collected	Offline					
online)						
Organizing dept./ Cell	IQAC, National Service Scheme, and Unnat Bharat Abhiyan,					
	SSV College and CULAC, SLS, CUSAT					
Coordinator	Viswan M G, Dr. Nisha Unnikrishnan, Jebin Jacob					
Associating Agency	School of Legal Studies, CUSAT					
Fund datails if one	Total expenses came to RS. 8500 divided equally by SLS					
Fund details if any	CUSAT and SSV college					
	(a) Awareness on Legal and Social Issues					
	In terms of the legal awareness pertaining to particular legal and					
Outcome/ Benefit of the	social problems, the legal awareness programme was able to					
Programme	impart basic awareness among the attendees and majority					
Tiogramme	expressed positive feedback. People were able to recognize their					
	rights and learned about the importance of protecting their rights.					



(b) Knowledge of Concerned Authorities to be Approached
When questioned on their knowledge of the concerned authorities
to be approached for legal assistance and for seeking justice on
various legal and social issues, most of the surveyed individuals
and attendees of the awareness class displayed lack of awareness.
The legal awareness class provided information about various
redressal mechanism channels and distributed a pamphlet
containing information about various helpline numbers. Feedback
taken from the attendees showed that the class was effective and
that would now make use of the helpline channels to seek redress.
(c) Legal Advice to Resolve Various Grievances
In the public hearing, most displayed a lack of awareness about
handling disputes and grievances and the committee constituted
for the public hearing provided them advice as to the mechanisms
available and the various methods by which an individual can
seek redressal to their grievances.

PROGRAMME REPORT

The Internal Quality Assessment Cell (IQAC), Unnat Bharat Abhiyan (UBA) and National Service Scheme (NSS), Sree Sankara Vidyapeetom College, Valayanchirangara, Ernakulam and the Cochin University Legal Aid Clinic (CULAC), in its endeavor to spread legal awareness among the community and to analyze, study and provide redress to the grievances faced by resident had, organised a 2-day village halt and public hearing at Airapuram Village on 28.08.2022 and 29.08.2022.

In the two-day programme, the volunteers of CULAC and NSS and UBA, SSV College, along with faculty coordinators worked as a team to disseminate necessary legal awareness among the community and took efforts to provide redressal to the grievances faced by the local community. The volunteers carried out surveys to identify socio-legal issues faced by the residents of AAirapuram village and legal awareness classes were held at the college with active public participation. Further, a public hearing was conducted where the attendees raised several of the issued faced by them and the committee provided appropriate legal advice.

The volunteers of CULAC along with student volunteers of NSS surveyed eighty-one



households in AAirapuram Village. Two pre-identified socio-legal issues, namely 1. Lack of knowledge about government programmes and 2. Problems related to guest labour, were the focus of a survey that was done by volunteers. The survey was conducted to study and analyze the position of these issues in the village. Another survey was conducted in the village to identify problems to be discussed in the public hearing.

Further, on 28-08-2022, a legal awareness class was conducted on the subject of law generally and specifically on the following topics:

- 1. Domestic violence
- 2. Child sexual harassment and Child abuse
- 3. Child marriage
- 4. Rights of the elderly/senior citizens
- 5. Dowry Prohibition and Matrimonial Issues
- 6. Various Government Schemes
- 7. Helplines and Redressal Mechanisms

There was active public participation and most of the attendees expressed great interest and provided feedback that the classes helped them gain awareness about several legal provisions, government schemes and redressal mechanisms.

On 29.08.2022, a Public Hearing was conducted on the issues identified through the survey conducted by the volunteers. The major issued faced by the villagers were; 1. Lack of awareness about legal aid and, 2. Poor access to welfare schemes and redressal mechanisms. The Hearing was presided by the three-member committee consisting of:

- 1. Dr. Binumole K, Faculty Co-ordinator
- 2. Mr. Babukuttan, Retired Tahasildar and social worker
- 3. Mrs. Praseela Ashokan, ADS Secretary, Aiarapuram.

In the hearing some of the attendees raised problems about issues such as nuisance, delay in grant of benefits of welfare schemes etc., and the committee provided appropriate legal advice to the aggrieved in order to assist them avail quick redress. The Right to Information Act of 2005 and the rights granted to individuals under the Act were explained to the audience.



Additionally, provisions dealing to the maintenance of parents, wives, and children under the CrPC and other laws were introduced.

INFERENCE

A survey among the villagers about their educational qualification revealed that nearly 86% of them had completed their matriculation.

The major inference from the survey and public hearing is that the residents lacked basic legal awareness and had little interest in becoming cognizant about law and personal rights. Most of the surveyed individuals showed no interest in learning about legal provisions and the redressal mechanisms available and they showed reluctance in answering to the questions related to migrant workers. The survey also pointed that residents faced huge delay in availing benefits of welfare scheme due to complex application procedures and difficulty to follow up on any of their requests or applications.

However, it is important to note that the villagers who attended the class were highly attentive and showed great interest in becoming aware of basic legal provisions and the helpline channels and redressal mechanisms. The resident's association(CARA) expressed their interest in hosting such legal awareness classes to impart legal awareness among the community.

Feedback showed that the attendees had gained cognizance of the several channels and mechanisms available and the services provided by legal services authority and legal aid clinics. The attendees expressed their acceptance towards these instrumentalities and conveyed that they shall approach and make use of the services available to avail remedy.

The camp ended by 5 PM with the valedictory session.

Class on Various Government Schemes by Rekhi S, Student Co-Ordinator





Class on Child Marriage



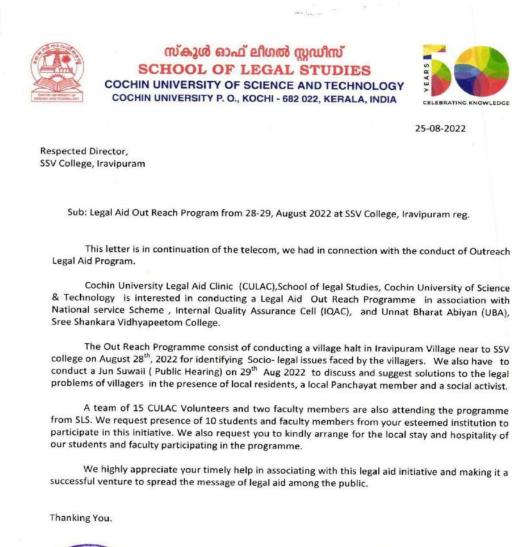
Legal Aid Clinic-Public hearing







Proposal from CULAC, SLS, CUSAT





ars Sincerely, 25.08 22 DIRECTOR DIRECTOR SCHOOL OF LEGAL STUDIES COCHIN UNIVERSITY OF SCIENCE AND TECHNOLOGY KOCHI - 682 022

Tel. +91 9383445550, +91 484 2862481, E-mail: slcusat@gmail.com, sls@cusat.ac.in



Acceptance Letter



SREE SANKARA VIDYAPEETOM COLLEGE

SREESANKARAPURAM, VALAYANCHIRANGARA P.O., PERUMBAVOOR, KERALA, PIN: 683 556 (Affiliated to Mahatma Gandhi University) Accredited by NAAC with 'A' grade Phone: Office: 0484 - 2657038, Principal: 0484 - 2656938 (Fax) E-mail: ssvidyapeetom@gmail.com Web: www.ssvcollege.ac.in

Ref: No. M4/2643/2022

Date 26.08.2022

Dr. Sheena Kaimal N Principal in Charge

The Director School of Legal Studies Cochin University of Science and Technology Kochi – 682022

Sub: Acceptance of invitation to collaborate in conduct of 2 day Legal Aid Out Reach Programme by Cochin University Legal Aid Clinic (CULAC), School of legal Studies, Cochin University of Science& Technology

We the IQAC, UBA & NSS of Sree Sankara Vidyapeetom College herewith express our whole hearted interest in associating with Cochin University Legal Aid Clinic (CULAC), School of legal Studies, Cochin University of Science & Technologyin conducting a Legal Aid Out Reach Programme in Irapuram Village near to SSVcollege on August 28th2022 for identifying Socio- legal issues faced by the villagers.

We also offer all the facilities and support to conduct a Jun Suwaii (Public Hearing) on 29th August 2022 to discuss and suggest solutions to the legal problems of villagers in the presence of local residents, a local Panchayat member and a social activist.

We are glad to arrange for the local stay and hospitality for the students and staff of SLS, CUSAT.

Looking forward to working with you.



Thanking You

Yours Faithfully

PRINCHPALKAIMALNAGE REE SANKARA VID YAPEETOM COLLEGE VALAYANCHIRANGARA PERUMBAVOOR - 683 556

Attendance Register-Legal Awareness Class and Public Hearing











College Seal



SREE SANKARA VIDYAPEETOM COLLEGE, VALAYANCHIRANGARA

Report on Public Awareness Programme under Ek Bharath Shreshta Bharath Scheme - on Unity, a Way to India's Prosperity

	Program Details in a nutshell					
Name of the Event	Public awareness programme under EkBharath Shreshta Bharath Scheme- on Unity, a way to India's Prosperity					
Nature of the Event	Webinar					
Objectives	The objectives of the webinar would be to emphasize the importance of unity and collaboration in achieving India's prosperity and to inspire and motivate students to work towards this common goal.					
Resource person	Dr. Priya A, Assistant Professor, Kuriakose Gregorios College, Pampadi, Kottayam Kerala					
Date and Time	31/08/2022 ; 7.30 pm					
Duration	One Hour					
Beneficiaries	Plus Two Students					
Venue or Platform	Google Meet					
Organizing dept/ Cell	National Service Scheme Unit No. 49					
Coordinator	Sri Jebin Jacob and Dr Nisha Unnikrishnan					
Name of the Scheme	EK Bharat Shrestha Bharat					
Outcome/ Benefit of the Program	The outcome of the webinar would be to create a more informed and engaged citizenry that is committed to working towards India's prosperity through greater unity					



and collaboration.

PROGRAM REPORT

The webinar "Unity, a way to India's Prosperity" was conducted on 31/08/2022 at 7.30 pm via Google Meet to general public including plus two students. The resource person for the webinar was Dr. Priya A, Assistant Professor at Kuriakose Gregorios College in Pampadi, Kottayam, Kerala. The webinar was organized by the NSS Unit of SSV College, as part of the EK Bharat Shrestha Bharat scheme.

Program Description in detail

The beneficiaries of the webinar were students and public who were interested about the importance of national unity and its role in contributing to India's prosperity. The webinar aimed to increase awareness among participants about the importance of national unity and foster greater collaboration, understanding, and empathy towards people from different backgrounds and communities.

The webinar was coordinated by Sri. Jebin Jacob and Dr. Nisha Unnikrishnan, and it was well-received by the participants. Dr. Priya A shared her insights on the topic and engaged the participants in a lively discussion. The webinar provided a platform for students to share their perspectives and exchange ideas on how to promote unity and collaboration in India.

Overall, the webinar was a success, and it helped to raise awareness among the participants about the importance of national unity and its role in contributing to India's prosperity. The participants left the webinar feeling motivated and inspired to take action towards promoting greater unity and collaboration in their communities.







Principal

PRINCIPAL SREE SANKARA VIOVAPEETOM VALAYNCHRANGRA P.O (VIA) PERUMBAVOOR

College Seal



SREE SANKARA VIDYAPEETOM COLLEGE, VALAYANCHIRANGARA

Report on "Sparkling Streets: A Community Cleanup Initiative"

Program Details in a nutshell		
Name of the Event	"Sparkling Streets: A Community Cleanup Initiative"	
Nature of the Event	Extension Activity	
Objectives	The celebrations of Gandhi Jayanti aim to inspire and motivate people to live a life of simplicity, humility, and service to others, as exemplified by Mahatma Gandhi.	
Date and Time	02/10/2022	
Duration	One Day	
Beneficiaries	Students and the Public	
Venue or Platform	SSV College and neighborhood community	
Organizing dept/ Cell	National Service Scheme Unit No. 49	
Coordinator	Sri Jebin Jacob & Dr Nisha unnikrishnan	
Outcome/ Benefit of the Program	The celebration of Gandhi Jayanti can help promote peace, unity, and social harmony in the country, and inspire people to work towards a better future, guided by the principles of Mahatma Gandhi.	



Program Report

On 2nd October 2022, the NSS Unit No. 49 of SSV College organized a day-long celebration of Gandhi Jayanti to commemorate the birth anniversary of Mahatma Gandhi. The celebration was held at the college premises and the surrounding neighborhood community, and it aimed to promote the values and principles of Mahatma Gandhi among the students and the public.

Program Description in detail

The event was coordinated by Sri. Jebin Jacob and Dr. Nisha Unnikrishnan, who are Coordinators of NSS, SSV College. The NSS volunteers of the college actively participated in the event and contributed to its success.

The celebration started with a cleaning drive conducted by the NSS volunteers in and around the college premises. The volunteers cleaned the college grounds, the surrounding areas, and the nearby streets, as part of the Swachh Bharat Abhiyan initiative. This activity aimed to promote cleanliness and hygiene among the students and the public and to raise awareness about the importance of a clean environment.

The event also included a speech by the college principal, who highlighted the significance of Gandhi Jayanti and urged the students and the public to follow the principles of Mahatma Gandhi in their daily lives. The principal emphasized the importance of non-violence, truth, and peace in creating a better society.

The Gandhi Jayanti celebration organized by NSS Unit No. 49 of SSV College was a grand success, and it helped promote the values and principles of Mahatma Gandhi among the students and the public. The event also provided an opportunity for the NSS volunteers to contribute to the community and to make a positive impact on society.



Poster

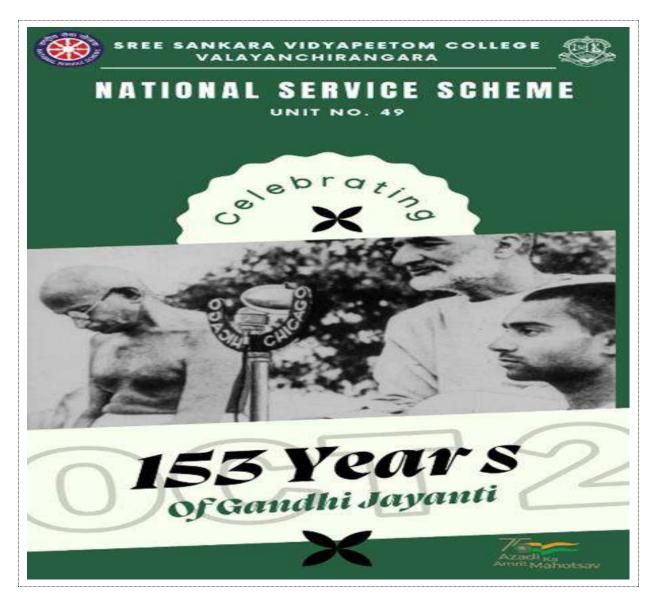




Photo Gallery



Cleaning in College Grounds, Surrounding Areas, and Nearby Streets



Participants Attendance

Programme Name: Manchi Jayanthi Colebrations Date: 02/10/2022. Organised By: ALSS UNIT NO: 49, SSV COLLEDIE					
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Principal



College Seal



SREE SANKARA VIDYAPEETOM COLLEGE, VALAYANCHIRANGARA

Report on Anti -Drug Public Awareness Campaign - D.E.A.D. - Drugs End All Dreams

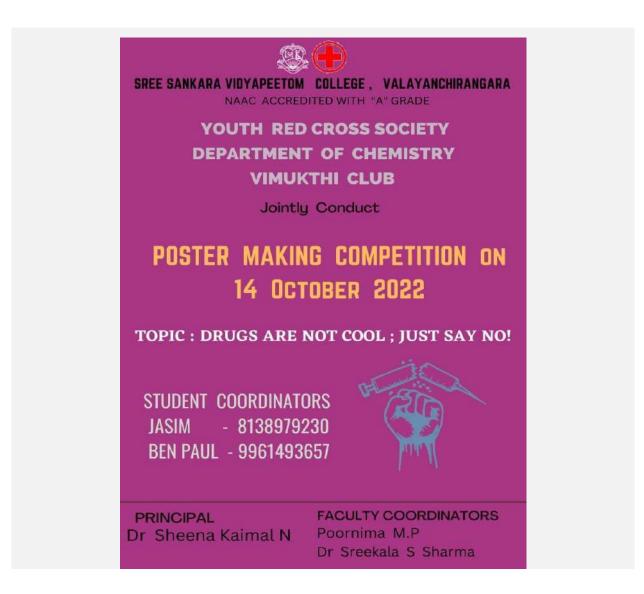
Program Details in a nutshell		
Name of the Event	Anti -Drug Public Awareness Campaign - D.E.A.D Drugs End All	
	Dreams	
Nature of the Event	Anti-Drug Public Awareness campaign	
Objectives	Provide a general awareness to students about the ill-effects	
	of drug usage	
Date and Time	14/10/2022, 10.00 am	
Duration	6 hours	
Beneficiaries	Students and the Public	
Venue or Platform	SSV College, Valayanchirangara	
Organizing dept/ Cell	Youth Red Cross Society (YRCS), Department of Chemistry	
	and Vimukthi club	
Coordinator	Smt. Poornima M P, Dr. Sreekala S Sharma	
Outcome/ Benefit of the	Students were able to understand the harmful effects of drug	
Program	abuse	

Program Report

Anti Drug public awareness campaign "D.E.A.D. – Drugs End All Dreams" was conducted in the College by Youth Red Cross Society in association with the Department of Chemistry and Vimukthi club. Core members of YRCS joined together and made a large model of cigarette and wrote their names and other student's names on a sticky note and stuck the board. The board and the model was kept in the front and outside of the college to understand the ill effects of drug. To bring out the importance and awareness of the day, many posters were pasted all over the college. A



poster making competition was held at the college, and the winners got cash prizes given by the college principal. The Program concluded in the evening.



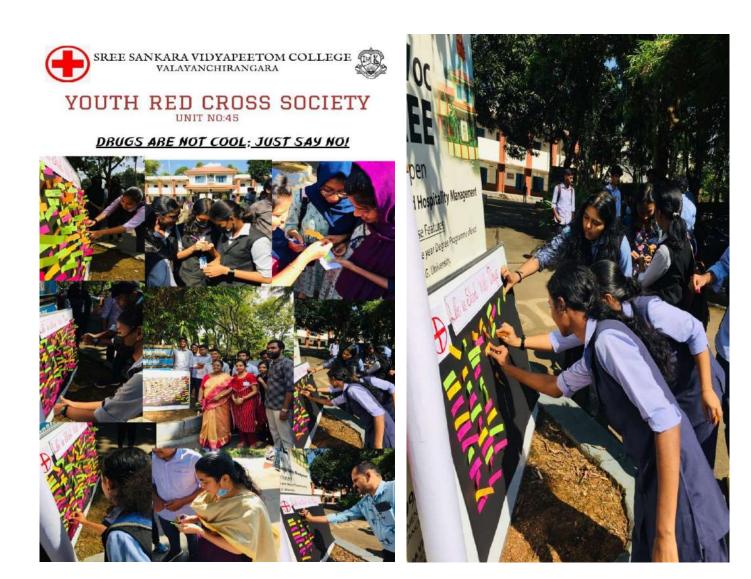
Brochure



Photo Gallery







Poster Making



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Principal



College Seal



SREE SANKARA VIDYAPEETOM COLLEGE, VALAYANCHIRANGARA

Report on One Day Plastic Free Campaign

Program Details in a n	nutshell
Name of the Event	One Day Plastic free campaign
Nature of the Event	Extension Activity
Objectives	To make the students aware of the harmful effects of plastic in our surroundings
Date and Time	30/10/2022, 2.00 pm
Duration	2.5 Hours
Beneficiaries	Staff and Students of the college and the Public
Venue or Platform	SSV College, Valayanchirangara
Organizing dept./ Cell	National Service Scheme (NSS), Youth Red Cross Society (YRCS) and Unnath Bharath Abhiyan
Coordinator	Dr. Nisha Unnikrishnan, Sri. Jebin Jacob and Smt. Poornima M P
Outcome/ Benefit of the Program	The Program gives an opportunity to inform the students about the ill effects of plastic waste pollution on the environment and human health

Program Report

National Service Scheme (NSS), Youth Red Cross Society (YRCS) and Unnath Bharath Abhiyan jointly organized a plastic free campaign on 30 September 2022 at 2.00 pm to educate the students and the public about the ill effects of plastic waste pollution on the environment and human



health

NSS Program coordinator Dr. Nisha Unnikrishnan, Sri. Jebin Jacob sir and YRCS Program officer Ms Poornima M.P carried out all the arrangements along with the volunteers for the smooth conduct of the Program. More than 200 students and volunteers engaged themselves in various activities including cleaning the surroundings of the campus.

The students cleaned the entire campus and collected all plastics for disposal. Presiding the valedictory function, college principal Dr. Sheena Kaimal delineated the importance of a plastic free environment. At the end refreshments were distributed to the volunteers and students. The campaign was successfully concluded at 4:30 pm.



Photo Gallery





Collecting and Responsibly Disposing of Plastics from the College and its Surroundings Participants Attendance



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Principal



College Seal



SREE SANKARA VIDYAPEETOM COLLEGE, VALAYANCHIRANGARA

Report on Extension Activity - "Vision for a Brighter Tomorrow": Ophthalmology Camp

Program Details in a 1	nutshell
Name of the Event	"Vision for a Brighter Tomorrow": Ophthalmology Camp
Nature of the Event	Extension Activity
Objectives	To provide free eye check-ups and comprehensive eye care services to individuals of all age groups.
	To raise awareness about the importance of regular eye check-ups and eye health among the community.
	To detect and provide early intervention for eye diseases and vision impairments.
	To empower NSS volunteers with practical experience in healthcare and community service.
	To promote collaboration between educational institutions and healthcare organizations for community welfare
Date and Time	01/11/2022 Tuesday, 10.00 am
Duration	10.00 am – 1.30 pm
Beneficiaries	The "Vision for a Brighter Tomorrow" Ophthalmology Camp had a wide-reaching impact, benefiting individuals of all ages and backgrounds, promoting a culture of eye health, and fostering collaboration between educational institutions, healthcare organizations, and the local community.
Venue or Platform	SSV College
Organizing Dept. / Cell	National Service Scheme Unit No.49
Coordinator	Sri Jebin Jacob and Dr. Nisha Unnikrishnan
Associating Agency	Ahalya Foundation, Muvattupuzha



Outcome/ Benefit of	"Ophthalmology Camp" conducted by NSS Sree Sankara
the Program	Vidyapeetom College has not only improved eye health for many
	individuals but has also promoted awareness, community
	engagement, and a culture of eye health. It has had a positive,
	lasting impact on the community and the volunteers involved in the
	initiative.

Program Report

On the 1st of November 2022, a significant extension activity, titled "Vision for a Brighter Tomorrow," took place at SSV College in Valayanchirangara. The camp, organized by the National Service Scheme (NSS) Unit of SSV College in association with the Ahalya Foundation, Muvattupuzha, aimed at providing comprehensive eye care services and vision assessments to the local community. The event was actively coordinated by Sri Jebin Jacob and Dr. Nisha Unnikrishnan, NSS Program Coordinators at SSV College.

The primary objectives of the Ophthalmology Camp were as follows:

- To provide free eye check-ups and comprehensive eye care services to individuals of all age groups.
- To raise awareness about the importance of regular eye check-ups and eye health among the community.
- To detect and provide early intervention for eye diseases and vision impairments.
- To empower NSS volunteers with practical experience in healthcare and community service.
- To promote collaboration between educational institutions and healthcare organizations for community welfare.

The Ophthalmology Camp began at 10:00 AM and continued until 1:30 PM. The event featured the following key highlights:

- Registration: Community members, college students, and volunteers were warmly welcomed and registered for the camp.
- Vision Assessments: A team of qualified ophthalmologists and eye care professionals conducted vision assessments, including eye tests, refraction, and intraocular pressure measurements.
- Eye Health Education: Educational sessions were conducted to create awareness about the significance of regular eye check-ups, preventive practices, and the importance of early diagnosis.
- Consultations: Participants had the opportunity to consult with experienced ophthalmologists who provided expert advice and recommendations based on their individual eye health.



- Distribution of Eye Care Materials: Eye care materials, including information pamphlets and protective eyewear, were distributed to the participants.
- Referrals: Individuals with more complex eye issues were referred to specialist eye care providers for further evaluation and treatment.
- Community Engagement: The camp encourage active participation and community bonding, with individuals and volunteers coming together for a common health-related cause.

The "Vision for a Brighter Tomorrow" Ophthalmology Camp achieved the following outcomes:

- Numerous community members received eye care services, leading to improved vision and early intervention for eye health issues.
- Awareness about the importance of regular eye check-ups and preventive practices was raised among participants.
- NSS volunteers gained practical experience in healthcare, empowerment, and community service, furthering their sense of social responsibility.

Collaboration between SSV College, Ahalya Foundation, and other healthcare organizations was strengthened, creating opportunities for future healthcare initiatives.

The "Vision for a Brighter Tomorrow" Ophthalmology Camp, organized by the NSS Unit of SSV College in association with the Ahalya Foundation, was a resounding success. It left a lasting impact on the community by providing essential eye care services, promoting awareness about eye health, and empowering individuals to take charge of their vision. The event exemplified the spirit of community service and collaboration for a healthier and brighter tomorrow.



Poster



Photo Gallery



Inauguration of the Program













Consultation and Vision Assessments

Participants Attendance



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Principal





SREE SANKARA VIDYAPEETOM COLLEGE, VALAYANCHIRANGARA Report on Social Outreach Programme - Blood Donation Camp

	Programme Details in a nutshell
Name of the Event	Social Outreach Programme - Blood Donation Camp
Nature of the Event	Extension Activity
Objectives	 To provide support to the underprivileged by collecting blood donations for those in need. To raise awareness about the significance of blood donation within the adopted village community. To foster a culture of voluntary blood donation among students and villagers.
Date and Time	09/11/2022 10.00 am – 2.00 pm
Duration	Half Day
Venue or Platform	Advaitha Hall, SSV College
Organising dept/ Cell	National Service Scheme (NSS) Unit No. 49, Unnath Bharath Abhiyan, Blood Donors Club - SSV College
Coordinator	Sri. Viswan M G, Sri. Jebin Jacob, Dr. Nisha Unnikrishnan
Associating Agency	District Hospital, Aluva, Ernakulam
Outcome/ Benefit of the programme	Created awareness about the importance of blood donation and the benefits of donating blood.

Programme Report

On 9th November 2022, a significant extension activity, the "Blood Donation Camp," was organized by the National Service Scheme (NSS) Unit No. 49 UBA and the Blood Donors Club at SSV College, Valayanchirangara. The objective of the camp was to encourage voluntary blood donation and contribute to the critical need for a safe and steady blood supply. The event was conducted in association with the District Hospital in Aluva, Ernakulam. The program was coordinated by Sri Viswan M G, Sri Jebin Jacob, and Dr. Nisha Unnikrishnan.

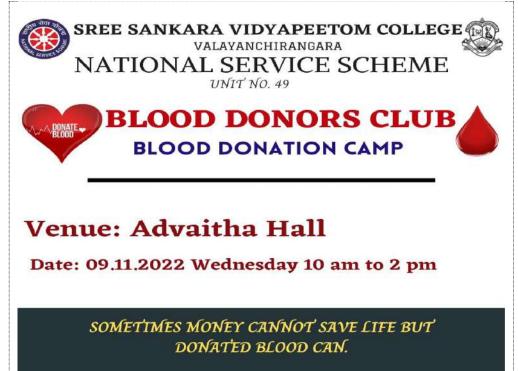
The primary objectives of the Blood Donation Camp were as follows:



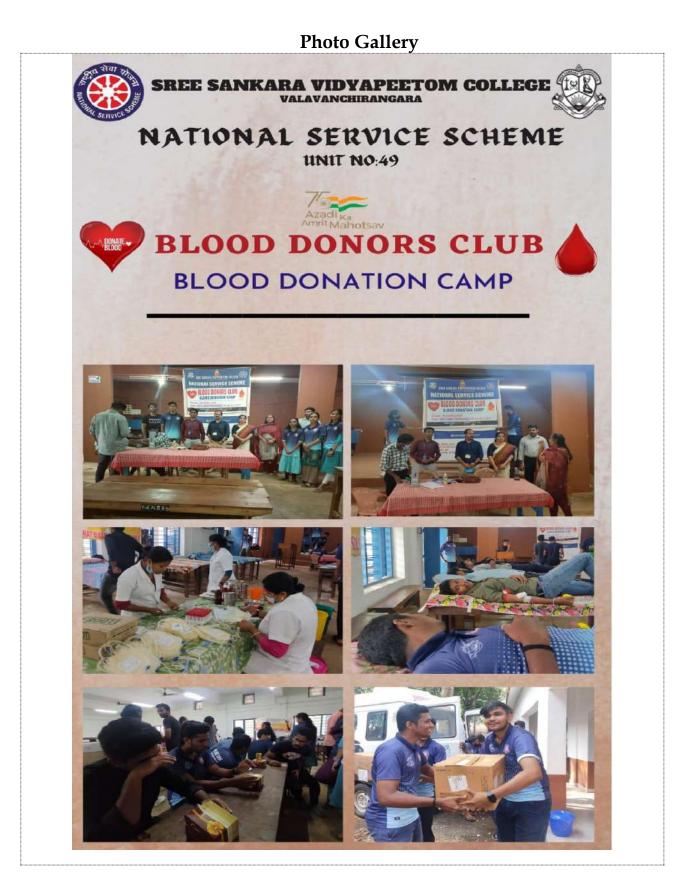
- To promote voluntary blood donation and create awareness about its importance in saving lives.
- To encourage students, faculty, and local community members to donate blood.
- To provide a safe and hygienic environment for blood donation, adhering to all necessary protocols.
- To foster a sense of social responsibility among the community members.
- To strengthen collaboration between the educational institution and the District Hospital for community welfare.

The "Blood Donation Camp" conducted by NSS Unit No. 49 and YRCS at SSV College in association with the District Hospital in Aluva, Ernakulam, was a remarkable success. The event showcased the spirit of community service, selflessness, and collaboration, as it provided a valuable contribution to the local healthcare system by ensuring a consistent and safe blood supply. The initiative also highlighted the college's commitment towards society.

Brochure







Participants Attendance



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Principal



College Seal



SREE SANKARA VIDYAPEETOM COLLEGE, VALAYANCHIRANGARA

Report on "Rock the Ribbon" - AIDS - Public Awareness Programme

Program Details in a nuts	hell
Name of the Event	"Rock the Ribbon" - AIDS- Public Awareness Programme
Nature of the Event	Extension Activity
Objectives	Oath taking, Aids awareness class, Solidarity Ribbon distribution
Date and Time	01/12/2022, 10.00 am
Duration	3 Hours
Beneficiaries	College Staff and Students and the Public
Venue or Platform	P.N. Namboothiri Hall, SSV College, Valayanchirangara
Organizing dept/ Cell	B.Voc Department of Tourism and Hospitality Management in Association with Youth Red Cross Society (YRCS)
Coordinator	Sri. Ajay, Smt. Poornima M P
Outcome/ Benefit of the Program	The Program gives an opportunity to spread awareness about the status of the pandemic and encourage progress in HIV/AIDS prevention, treatment, and care around the world



Program Report

The World AIDS Day was celebrated on December 1st by Department of B.Voc Tourism and Hospitality Management, Sree Sankara Vidyapeetom College, Valayanchirangara in association with YRCS – Youth Red Cross Society, Sree Sankara Vidyapeetom College, Valayanchirangara to raise awareness about HIV/AIDS and show support for people living with HIV.

The event was held at the PNN Hall, SSV College and was attended by 39 people includes Students, Staff and the Public.

The event started with an awareness walk, which involved participants walking through the campus with banners, placards, and red ribbons. The aim of the walk was to spread awareness about HIV/AIDS and encourage people to get tested and seek treatment if necessary.

The seminar session of the event inaugurated by Dr. Sheena Kaimal, Principal In-Charge, SSV College, Valayanchirangara. Followed by that an HIV awareness class was conducted, which provided information about HIV transmission, prevention, and treatment.

The class was facilitated by Mr. Jobins K J, Assistant Professor, Department of B.Voc Tourism and Hospitality Management, Sree Sankara Vidyapeetom College, Valayanchirangara and was attended by 39 people. The attendees were provided with brochures and pamphlets containing information about HIV/AIDS.

A solidarity ribbon distribution activity was conducted, where red ribbons were distributed to participants, and they were encouraged to wear the ribbon throughout the day to show their support for people living with HIV. A photo booth was set up where participants could take pictures with the ribbon and post them on social media with the hashtag #WorldAIDSDay.

The World AIDS Day celebration was a success, with individuals coming together to raise awareness about HIV/AIDS and show support for people living with HIV. The event helped in breaking down the stigma surrounding the disease and encouraged people to get tested and seek treatment if necessary. The Department of B.Voc Tourism and Hospitality Management, Sree Sankara Vidyapeetom College, Valayanchirangara hopes to continue organizing such events in the future to promote HIV/AIDS awareness and support.



Brochure

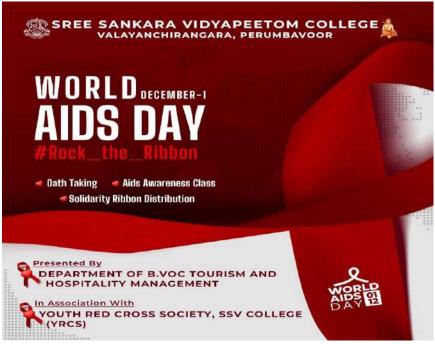


Photo Gallery







AIDS Awareness Rally and Oath-Taking



Participants Attendance

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SREE SANKARA VIDYAPEETOM COLLEGE, VALAYANCHIRANGARA

Report on Public Awareness Programme on Importance of YRCS & Human Rights

Program Details in a nutshell						
Name of the Event	Public Awareness Programme on Importance of YRCS & Human Rights					
Nature of the Event	Extension Programme					
Objectives	Quiz Program on Human Rights, Origin and importance of Youth Red Cross Society (YRCS)					
Resource Person	Sri. Sanal Raj					
Date and Time	09-12-2022, 10.00 am					
Duration	3 hours					
Beneficiaries	Students of Different Colleges					
Venue or Platform	SSV College, Valayanchirangara					
Organizing dept. / Cell	Youth Red Cross Society (YRCS)					
Coordinator	Smt. Poornima M P					
Outcome/ Benefit of the Program	Students got a brief idea on human rights and the importance of implementing YRCS in colleges.					

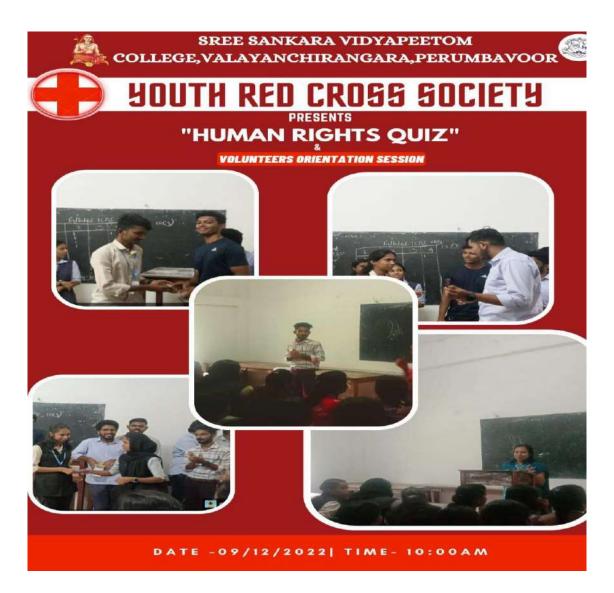
Program Report

Quiz competition and orientation Program on Human Rights and the importance of implementing YRCS in Colleges was conducted by the YRCS coordinators on 9th December 2022. The teacher in charge of the program was Smt. Poornima M P, YRCS Coordinator of the College. The Program started by giving a brief introduction on YRCS by Smt. Poornima M P, followed by Sri. Jasim, Secretary, YRCS, College Chapter. Later Mr. Sanal Raj, the former YRCS



student coordinator of SSV College gave a class on the importance and merits of YRCS. It was an interactive session and was beneficial for the first year students. After the session, a quiz on Human Rights was conducted by the senior YRCS volunteers. At 12:30 pm, Secretary Sri. Jasim concluded the meeting.

Photo Gallery







Orientation Class for Students



Participants Attendance

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Principal





SREE SANKARA VIDYAPEETOM COLLEGE, VALAYANCHIRANGARA

Report on Basic Life Support / CPR Skill Training

	Program Details in a nutshell						
Name of the Event	Basic Life Support / CPR Skill Training						
Nature of the Event	Extension Activity						
Objectives	Prevention and identification of Heart attacks/ Myocardial infarction						
Resource Person	Sri. Ajo Joseph, Trainer, SB Global Educational Resource Pvt Ltd						
Date and Time	01-02-2023, 10.00 am						
Duration	3 hours						
Beneficiaries	Students of Different Colleges						
Venue or Platform	P.N. Namboothiri Hall, SSV College, Valayanchirangara						
Organizing dept./ Cell	Youth Red Cross Society (YRCS) and National Service Scheme(NSS)						
Coordinator	Smt. Poornima M P, Dr. Nisha Unnikrishnan and Sri. Jebin Jacob						
Associating Agency	Federal Bank of India						
Outcome/ Benefit of the Program	The training supported the students to understand the basic life support skills						

Program Report

The Youth Red Cross Society and the National Service Scheme of SSV College, Valayanchirangara had jointly organized a CPR skill training Program for Youth @ the educational institutions under the initiative of Federal Bank on 1st Feb 2023 at the college. The event started at 10:00 am, and the welcome address was given by Sri. Jebin Jacob, the N.S.S.



Program officer.

The presidential address was delivered by the principal Dr. Sheena Kaimal N. The resource person of the Program, Sri. Ajo Joseph, Trainer, SB Global Educational Resource Pvt Ltd, elaborately described the various methods to prevent choking and cardiac arrest etc.

The main features of the Program were the prevention and identification of heart attack, cardiac and respiratory arrest, use of AED and management of choking. The three hours program explained the various methods of prevention of cardiac problems focused mainly on Life support and CPR skill training for the youth. It also emphasized cardiopulmonary resuscitation (CPR) for children, infants and adults. The importance of basic life support was explained. A total awareness among the participants could be created regarding the cardiac problems and their prevention.

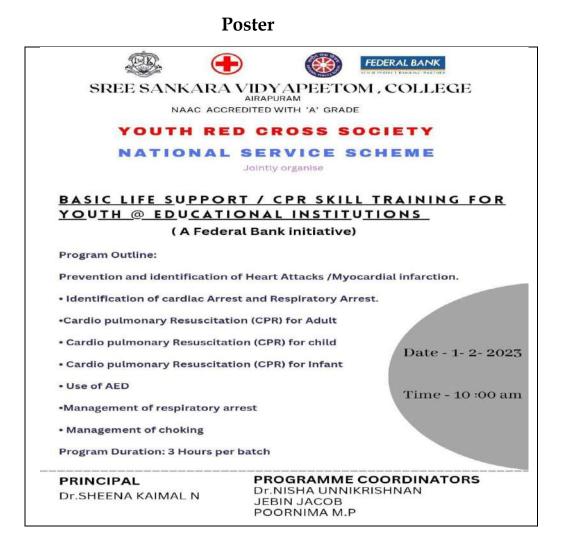


Photo Gallery





CPR Skill Training Session by Mr. Ajo Joseph, Trainer, SB Global Educational Resource Pvt Ltd.

Participants Attendance



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Principal





SREE SANKARA VIDYAPEETOM COLLEGE, VALAYANCHIRANGARA

Report on - Bio Fertilizer Making and Farming

Programme Details in a nutshell						
Name of the Event	Bio Fertilizer Making and Farming					
Nature of the Event	Extension Activity					
Objectives	To inculcate the culture of organic farming among the staff and students of SSV College and nearby women in Kudumbasree units.					
Resource person	Sri. Sunil K S (Agriculture Officer) and Sri. Mohammed Salim, project coordinator, MKSP, Ernakulam East Federation					
Date and Time	20-02-2023 11 am to 4 pm					
Duration	One Day					
Beneficiaries	All Female Staff and Girl Students in SSV College and Nearby Kudumbasree Members.					
Venue or Platform	Training at PNN Hall and at the field for bio fertilizer making planting of saplings in 150 mud baskets.					
Feedback link (if collected online)	Offline					
Organizing dept./ Cell	National Service Scheme, Organic Farming Club, and Unnat Bharat Abhiyan					
Coordinator	Sri Viswan M G, Dr. Nisha Unnikrishnan, Sri Jebin Jacob					
Associating Agency	Mahila Kisan Swashaktheekaran Pariyojan (MKSP), Ernakulam, and Kerala Institute of Local Administration – KILA					
Fund details if any	Expenses for food and refreshments and promotion - Rs.2450 sourced from coordinating clubs and associating agencies. The expenses for fertilizer and mud baskets were borne by MKSP and KILA					



Outcome/ Benefit of the Programme	The programme achieved its objectives by the active participation of female staff and students of SSV College as swell as participation of kudumbasree members. One hundred and fifty mud baskets are filled with self-prepared bio fertilizers and planted 150 vegetable saplings including tomato, ladies finger, green chilly, and long beans.
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PROGRAMME REPORT

Training on Bio Fertilizer Making and Organic Farming

The programme was organized by the Organic Club, National Service Scheme and Unnat Bharat Abhiyan of SSV College in association with Mahila Kisan Swashaktheekaran Pariyojan (MKSP), Ernakulam, and Kerala Institute of Local Administration-KILA. As per the MKSP scheme, a group of 10 females are given training on bio fertilizer making and provide 25 mud baskets and vegetable saplings at free of cost. The college has formed six such groups and organized this programme. The training started at PNN Hall at 11 am and ends at 1pm. The practical training and preparation of bio fertilizer started afternoon and the NSS volunteers helped in mixing and filling of mud baskets with bio-fertilizers. The principal inaugurated the farming by planting the saplings. 24 College staff, 14 members of KudumbaSree and 42 volunteers participated in the programme. The watering and maintenance of vegetable garden entrusted to NSS volunteers and team of Organic Club. The programme concluded by 4.30 pm.









Preparation of Organic -Fertilizer



Participants Attendance



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Principal



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SREE SANKARA VIDYAPEETOM COLLEGE, VALAYANCHIRANGARA

Report on Mental Health Campaign - Mission Mano Dasha - The Secret of Happiness

	Programme Details in a nutshell
Name of the Event	Mental Health Campaign by Mission Mano Dasha- The Secret of Happiness
Nature of the Event	Extension Activity
Objectives	The primary objective of the program was to create awareness about mental health among the youth and equip them with tools to cope with mental struggles. The campaign aimed to refresh the minds of the youth and guide them towards happiness and mental well-being.
Resource person	Sri. Prasad Amore and Sri. Manikandan (Consultant Psychologists, Soft mind Wellness (P) Ltd, Edappally, Kochi)
Date and Time	28/02/2023
Duration	Half Day
Beneficiaries	Residents of Airapuram Village, Students and Staff of SSV College
Venue or Platform	PNN Hall of SSV
Organizing dept./ Cell	National Service Scheme (NSS)Unit No. 49 & Unnath Bharath Abhiyan (UBA)
Coordinator	Sri Viswan M G, Dr. Nisha Unnikrishnan, & Sri Jebin Jacob
Associating Agency	Regional Co-Ordinating Institute of UBA, Kerala Agricultural University, Mannuthy and Soft Mind Wellness (P) Ltd, Edappally, Kochi
Outcome/ Benefit of the Programme	Awareness about Mental Health, Coping Mechanisms, Positive Impact, Collaboration and Expertise etc.



Programme Report

Organizers: Unnat Bharat Abhiyan (UBA), National Service Scheme (NSS), and Counselling Cell of SSV College

Date and Venue: The health awareness program, Mission Mano Dasha, was organized on February 28, 2023, at PNN Hall.

The health awareness program, Mission Mano Dasha, was organized by UBA, NSS, and the Counselling Cell of SSV College. The program aimed to address the importance of mental health in the lives of young individuals. The UBA Coordinator welcomed the gathering, and the program was inaugurated by Dr. Sheena Kaimal N, Principal in charge of the college.

Training Sessions: The training sessions were conducted by Sri. Prasad Amore, MSc MPhil, and Sri. Manikandan MSc MS, who are consultant psychologists at Soft mind Wellness (P) Ltd, Edappally. These experienced professionals led the sessions, providing valuable insights and guidance on mental health and happiness.

Audience: The program was attended by 90 Students and Staff of SSV College, Residents of Airapuram Village, final-year degree students actively participated in the training sessions.

Vote of Thanks: Smt. Anju Paul, the convenor of the Counselling Cell, expressed the vote of thanks to all the organizers and participants for making the program a success.

Conclusion: The training program concluded by 1:10 PM, leaving a positive impact on the participants.

Awareness about Mental Health: The program successfully created awareness among the youth about the significance of mental health and well-being in their lives.

Coping Mechanisms: The training sessions equipped the participants with essential tools and coping mechanisms to handle mental struggles and stress effectively.

Positive Impact: The feedback analysis showed that the program had a positive and meaningful impact on the participants, helping them find ways to happiness and mental well-being.

Collaboration and Expertise: The collaboration with Soft Mind Wellness (P) Ltd and the expertise of the consultant psychologists added value to the training sessions, ensuring quality guidance and knowledge-sharing.

The health awareness program, Mission Mano Dasha, organized by UBA, NSS, and the Counselling Cell of SSV College, proved to be a successful initiative to promote mental health among the youth. The training sessions led by expert psychologists offered valuable insights, leaving a positive impact on the participants. The program's success highlights the college's commitment to the overall well-being and development of its students.

Photo Gallery







Participants Attendance

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PRINCIPAL SREE SANKARA VIDVAPEETOM VALAYANCHIRANGARA P.O (MA) PERUMBAVOOR



SREE SANKARA VIDYAPEETOM COLLEGE, VALAYANCHIRANGARA

Report on Social Outreach Programme - 'Hair Donation - A gift of Love' (Awareness Class)

Program Details in a nutsl	hell
Name of the Event	Social Outreach Programme - 'Hair Donation - A gift of Love' (Awareness Class)
Nature of the Event	Extension Activity
Objectives	Raise Awareness, Inform About Donation Process, Promote Empathy, Encourage Participation, etc.
Resource Person	P. K. Sebastian, Program Coordinator, Amala Institute of Medical Sciences, Thrissur
Date and Time	21/03/2023, 2.00 pm
Duration	2 Hours
Beneficiaries	Students of SSV college & Kudambasree Members
Venue or Platform	P. N. Namboothiri Hall, SSV College, Valayanchirangara
Organising dept/ Cell	National Service Scheme(NSS),Youth Red Cross Society (YRCS) and Swatch Bharath Abhiyan
Coordinator	Dr. Nisha Unnikrishnan, Sri Jebin Jacob and Smt. Poornima M P
Associating Agency	Amala Institute of Medical Sciences, Thrissur
Outcome/ Benefit of the Program	Increased Awareness, Informed Decision-Making, Empathy and Compassion, Desire to Contribute, Spread the Message, Positive Impact

Program Report



An awareness class was conducted on the topic of "Hair Donation - A Gift of Love" at P. N. Namboothiri Hall, S.S.V. College, Valayanchirangara on 21/03/2023. The program was organized by the National Service Scheme (NSS), Youth Red Cross Society (YRCS), and Swachh Bharath Abhiyan. The resource person for the class was P.K. Sebastian, the Program Co-ordinator of Amala Institute of Medical Sciences in Thrissur. The class emphasized the importance of hair donation and its role in helping cancer patients who have lost their hair due to chemotherapy. Mr. Sebastian explained the procedure of hair donation, the criteria for hair donation, and the process of making wigs from donated hair.

Dr. Nisha Unnikrishnan, Jebin Jacob, and Smt. Poornima M.P were the Program coordinators of the event, with Poornima M.P, the YRCS Program Co-ordinator, giving the welcome address. Dr. Sheena Kaimal N, the Principal of the college, gave the presidential address, and Ms. Anuvinda, an NSS volunteer, delivered the vote of thanks. The class was attended by students from the college and members of the Kudumbasree. The program was successful in creating awareness about the importance of hair donation and encouraging people to come forward to donate their hair for a noble cause.



Poster



Photo Gallery



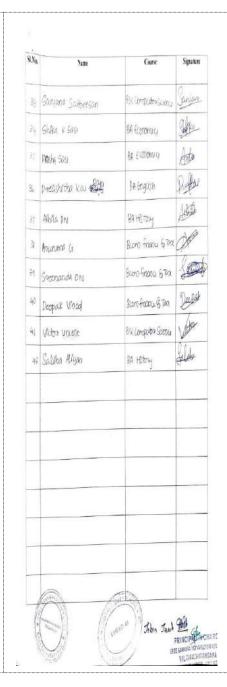
Awareness Class by P. K. Sebastian, Program Coordinator, Amala Institute of Medical Sciences, Thrissur



Participants Attendance

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College Seal



SREE SANKARA VIDYAPEETOM COLLEGE, VALAYANCHIRANGARA

Report on Swatch Bharat Abhiyan - Waste Management Drive

Program Details in a nut	shell
Name of the Event	Swatch Bharat Abhiyan - Waste Management drive
Nature of the Event	Extension Activity
Objectives	Raise Awareness, Educate About Waste Types, Promote Sustainable Practices, Highlight Organizational Initiatives, Engage Community Organizations etc.
Resource Person	Jose Augustine, Director (Business Development) Green Evo Tech Pvt Ltd. Kakkanad
Date and Time	21/03/2023, 10.00 am
Duration	2 Hours
Beneficiaries	Students Kudumbsree Members of Ward II, Mazhuvannur Grama Panchayat
Venue or Platform	P. N. Namboothiri Hall, SSV College, Valayanchirangara
Organising dept/ Cell	National Service Scheme(NSS),Youth Red Cross Society (YRCS) and Swachh Bharath Abhiyan
Coordinator	Dr. Nisha Unnikrishnan, Sri Jebin Jacob, and Smt. Poornima M P
Outcome/ Benefit of the Program	Increased Awareness, Informed Participants, Behavior Change, Inspiration and Knowledge, Collaboration Strengthened, Community Advocates, Long-term Impact etc.



Programme Report

Swatch Bharat Abhiyan - Waste Management was held on March 21, 2023, at P. N. Namboothiri Hall, SSV College, Valayanchirangara. The resource person for the event was Mr. Jose Augustine, the Director of Business Development at Green Evo Tech Pvt Ltd, Kakkanad.

The event was organized by National Service Scheme (NSS), Youth Red Cross Society (YRCS), and Swachh Bharath Abhiyan. The coordinators for the event were Dr. Nisha Unnikrishnan, Jebin Jacob, and Smt. Poornima M P. The event started at 10:00 am, and the welcome address was given by Sri. Jebin Jacob, the N.S.S. Program officer. Mr. Jose Augustine then took over and began his talk on waste management. He spoke about the importance of proper waste management and the role it plays in maintaining a clean and healthy environment. He also discussed the various types of waste, their characteristics, and their proper disposal methods.

Mr. Augustine emphasized the need for segregation of waste at the source and the benefits of composting and recycling. He also talked about the role of technology in waste management, such as the use of bioreactors and other innovative solutions. The attendees actively participated in the session and asked several questions, which Mr. Augustine addressed with clarity and expertise. The event concluded with a vote of thanks by Smt. Poornima M P, the YRCS Program Co-ordinator. Overall, the orientation class on waste management by Mr. Jose Augustine was informative and engaging, and the attendees gained valuable knowledge on the topic.



Photo Gallery











Participants Attendance

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SREE SANKARA VIDYAPEETOM COLLEGE, VALAYANCHIRANGARA

Report on Social Outreach Programme - Free Ascertainment of Lifestyle Diseases

	Program Details in a nutshell		
Name of the Event	Social Outreach Programme - Free Ascertainment of Lifestyle Diseases		
Nature of the Event	Free Medical Testing camp- (Blood, Urine testing)		
Objectives	To know the health status of staff, students and the public		
Date and Time	23-03-2023, 7.30 am to 9.30 am		
Duration	2 Hours		
Beneficiaries	Students and Staff of the College and Public		
Venue or Platform	SSV College, Valayanchirangara		
Organizing dept./ Cell	Unnath Bharath Abhiyan (UBA), National Service Scheme(NSS) and Youth Red Cross Society (YRCS)		
Coordinator	Sri. Viswan M G, Sri. Jebin Jacob, Dr. Nisha Unnikrishnan and Smt. Poornima M P		
Associating Agency	Muthoot Snehasraya Foundation		
Outcome/ Benefit of the Program	Health Awareness, Early Detection, Access to Healthcare, Education and Empowerment, Preventive Action, Community Engagement, Social Responsibility, Future Awareness etc.		

About the Program

A free medical testing camp was organized on 23rd March 2023 by the Unnath



Bharath Abhiyan (UBA), National Service Scheme (NSS), and Youth Red Cross Society (YRCS) in association with Muthoot Snehasraya Foundation at SSV College, Valayanchirangara. The purpose of this camp was to ascertain the health status of staff, students, and the public in terms of lifestyle diseases.

The testing camp included blood and urine testing, which are crucial in determining several health conditions such as diabetes, kidney disease, and liver disease. This camp provided the opportunity for the attendees to get their health status checked free of cost. It is a noble initiative by these organizations to promote and encourage the community to stay healthy and aware of their health status.

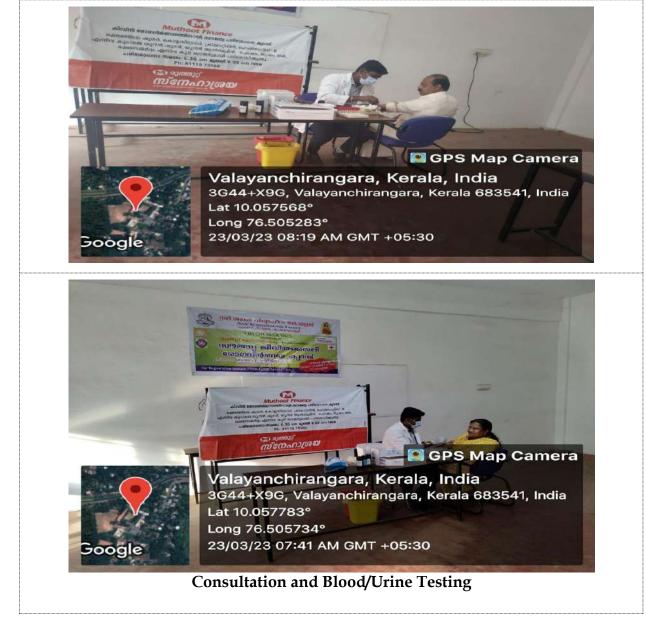


The event was inaugurated by Sri. Brigesh Pattassery, college Manager, and it was supervised by Sri. Viswan M G, Sri. Jebin Jacob, Dr. Nisha Unnikrishnan, and Smt. Poornima M P. It was held from 7:30 am to 9:30 am and was open to students, staff, and the public. Around 100 people tested their blood and it was useful to know their present



physical condition. The initiative taken by these organizations is commendable and should be appreciated as it helps in creating awareness about the importance of maintaining a healthy lifestyle and early detection of diseases.

Photo Gallery









Participants Attendance

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SREE SANKARA VIDYAPEETOM COLLEGE, VALAYANCHIRANGARA

Report on Social Outreach Programme - Hair Donation Camp

	Program Details in a nutshell	
Name of the Event	Social Outreach Programme - Hair Donation Camp	
Nature of the Event	Extension Activity	
Objectives	To create awareness about cancer and the importance of hair donation and to provide an opportunity for individuals to support cancer patients in a meaningful way.	
Resource Person	P. K. Sebastian, Program Co-ordinator, Amala Institute of Medical Sciences, Thrissur	
Date and Time	24/03/2023, 10.00 am	
Duration	2 Hours	
Beneficiaries	Cancer patients who have lost their hair due to chemotherapy or radiation therapy	
Venue or Platform	P. N. Namboothiri Hall, SSV College, Valayanchirangara	
Organizing dept./ Cell	National Service Scheme(NSS),Youth Red Cross Society (YRCS) and Swachh Bharath Abhiyan	
Coordinator	Dr. Nisha Unnikrishnan, Jebin Jacob and Smt. Poornima M P	
Associating Agency	Amala Institute of Medical Sciences, Thrissur	



Outcome/ Benefit of the Program	f Created awareness about the importance of hair donation for making wigs for cancer patients who have lost their hair due to chemotherapy or radiation therapy
	lost their hair due to chemotherapy or radiation therapy

Program Details

On March 24th, 2023, a Hair Donation Campaign was organized at the P.N. Namboothiri Hall in S.S.V. College, Valayanchirangara at 10.00am. The event was jointly organized by the National Service Scheme (NSS), Youth Red Cross Society (YRCS), and Swachh Bharath Abhiyan. The program coordinators of the event were Dr. Nisha Unnikrishnan, Jebin Jacob, and Smt. Poornima M.P. The resource person for the event was P.K. Sebastian, the Program Co-ordinator of Amala Institute of Medical Sciences in Thrissur.

The event was inaugurated by Dr. Sheena Kaimal, Principal of the college. In total, 12 students donated their hair during the campaign.

The purpose of the Hair Donation Campaign was to promote awareness about the importance of hair donation and to encourage people to donate their hair for a good cause. The donated hair would be used to make wigs for cancer patients who have lost their hair due to chemotherapy.

The program coordinators and the resource person, P.K. Sebastian, provided valuable information about the process of hair donation and its benefits. Overall, the Hair Donation Campaign was a successful event that raised awareness about the importance of hair donation and encouraged people to support the cause

Poster



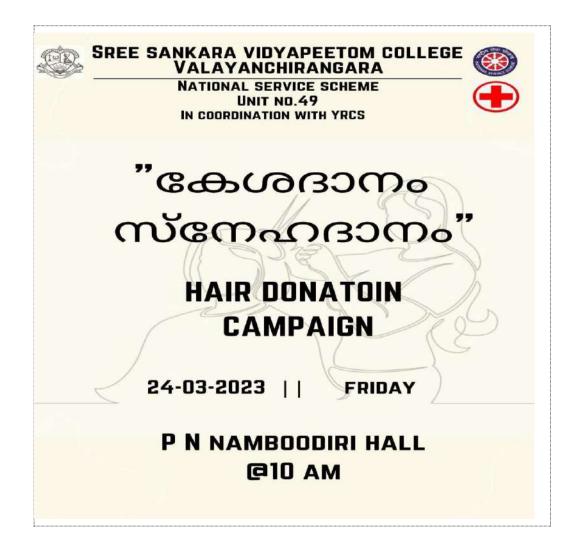




Photo Gallery







Hair Donation by Students

Participants Attendance



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Principal





SREE SANKARA VIDYAPEETOM COLLEGE, VALAYANCHIRANGARA

Report on Extension Activity – Cancer Awareness Class & Cancer Detection Campaign

	Program Details in a nutshell
Name of the Event	Cancer Awareness Class & Cancer Detection Campaign
Nature of the Event	Extension Activity
Objectives	1. To educate the community about cancer prevention, early warning signs, and the importance of a healthy lifestyle.
	2. To provide free, on-site cancer screenings and check-ups to individuals in the local community.
	3. To facilitate early detection and intervention for cancer cases, improving treatment outcomes.
	4. To empower students and volunteers with knowledge about cancer and community service.
	5. To foster collaboration between educational institutions and healthcare organizations for community well-being.
Date and Time	05 May 2023, 9.30 am onwards
Duration	One Day
Beneficiaries	Students, Staff & Public
Venue or Platform	P N Namboodiri Hall, SSV College
Organizing dept/ Cell	National Service Scheme, Unit No. 49
Coordinator	Sri Jebin Jacob and Dr. Nisha Unnikrishnan
Associating Agency	MBMMH – Karkinos Community Cancer Centre, Kothamangalam
Outcome/ Benefit of the Program	Enhanced community awareness about cancer prevention, early detection, and the importance of a healthy lifestyle.
	Numerous community members received free cancer screenings



and check-ups, leading to early detection and intervention for potential cancer cases.
Empowerment of students and volunteers with practical knowledge in healthcare and community service.
Strengthened collaboration between SSV College and the MBMMH – Karkinos Community Cancer Centre for future community health initiatives.

Program Report

On 5th May 2023, a comprehensive extension activity titled "Cancer Awareness Class & Cancer Detection Campaign" was conducted by NSS Unit No. 49 and the Youth Red Cross Society (YRCS) at SSV College, Valayanchirangara. The program aimed to raise awareness about cancer prevention, early detection, and offer on-site cancer screening services. This initiative was conducted in collaboration with the MBMMH – Karkinos Community Cancer Centre in Kothamangalam. The event was coordinated by Sri Jebin Jacob and Dr. Nisha Unnikrishnan, NSS Program Officers at SSV College.

The primary objectives of the Cancer Awareness Class & Cancer Detection Campaign were as follows:

• To educate the community about cancer prevention, early warning signs, and the importance of a healthy lifestyle.

• To provide free, on-site cancer screenings and check-ups to individuals in the local community.

• To facilitate early detection and intervention for cancer cases, improving treatment outcomes.

• To empower students and volunteers with knowledge about cancer and community service.

• To foster collaboration between educational institutions and healthcare organizations for community well-being.

The event was conducted as follows:

First Session (Cancer Awareness Class):

• Registration: The program began with the registration of participants, which included community members, students, and volunteers.

• Educational Workshops: Cancer awareness workshops and interactive sessions were conducted by experts from MBMMH – Karkinos Community Cancer Centre. These workshops covered topics like early warning signs, risk factors, lifestyle choices, and the importance of regular check-ups.



• Awareness Materials: Informational pamphlets, brochures, and resources on cancer prevention and healthy living were distributed to the attendees.

Second Session (Cancer Detection Campaign):

• On-Site Screening: A team of medical professionals and technicians from the MBMMH – Karkinos Community Cancer Centre provided free cancer screenings, which included breast examinations, oral cancer screenings, and other relevant tests.

• Consultations: Participants were offered one-on-one consultations with the medical team, where they received personalized advice and recommendations based on their health status.

• Counseling: Psychological and emotional support was available for individuals who required counseling and support after their screenings.

• Referrals: Individuals requiring further evaluation or specialized care were referred to appropriate medical facilities for comprehensive assessments.

The "Cancer Awareness Class & Cancer Detection Campaign" yielded the following outcomes:

• Enhanced community awareness about cancer prevention, early detection, and the importance of a healthy lifestyle.

• Numerous community members received free cancer screenings and check-ups, leading to early detection and intervention for potential cancer cases.

• Empowerment of students and volunteers with practical knowledge in healthcare and community service.

• Strengthened collaboration between SSV College and the MBMMH – Karkinos Community Cancer Centre for future community health initiatives.

The "Cancer Awareness Class & Cancer Detection Campaign" was a resounding success in raising awareness about cancer and providing on-site screenings for the local community. The event exemplified the spirit of community service and collaboration for better health outcomes, potentially leading to early detection and improved treatment for cancer patients. This initiative demonstrated the commitment of SSV College and its partners to community well-being and health education.



Poster



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Photo Gallery





Registration



Consultation and Counseling

GPS Map Camera

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Principal



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SREE SANKARA VIDYAPEETOM COLLEGE, VALAYANCHIRANGARA

Report on "Reviving Perumchira Reservoir - A Community-led Cleaning Initiative in Rayamangalam Panchayath"

Programme Details in	a nutshell
Name of the Event	"Reviving Perumchira Reservoir -A Community-led Cleaning Initiative in Rayamangalam Panchayath"
Nature of the Event	Extension Activity
Objectives	To address environmental concerns, promote community engagement, and create a lasting impact on the Perumchira Reservoir and its surroundings, contributing to a cleaner and more sustainable ecosystem.
Resource Person	Sri N. P. Ajayakumar: President of Rayamangalam Panchayath
Date and Time	12th May 2023, Friday, 10.00 am
Duration	One Day
Beneficiaries	Residents in Ward IX of Rayamangalam Panchayath
Venue or Platform	Perumchira Reservoir, Rayamangalam Panchayath
Organizing dept./ Cell	National Service Scheme, Unit No: 49, Sree Sankara Vidyapeetom College
Coordinator	Sri. Jebin Jacob, Dr. Nisha Unnikrishnan
Associating Agency	Kudumbasree Unit - Rayamangalam Panchayath



The Perumchira Reservoir Cleaning program has not only made a
tangible difference in the cleanliness and health of the Perumchira
Reservoir but has also had far-reaching positive impacts on the local
community's awareness, engagement, and quality of life. It serves as a
model for community-led environmental initiatives, fostering a sense
of collective responsibility and sustainability.

Programme Report

On 12th May 2023, the NSS volunteers from Sree Sankara Vidya Peetom College, Velayanchirangara, along with the active participation of Kudumbasree members, initiated a remarkable extension activity for the cleaning and restoration of the Perumchira Reservoir, located in the Rayamangalam Panchayath. The event began at 10:00 AM and featured an inauguration ceremony that was graced by several notable dignitaries:

Sri N.P. Ajayakumar: President of Rayamangalam Panchayath, who delivered the inaugural address and emphasized the importance of community participation in environmental conservation.

Subin N.S: Ward Member of the Rayamangalam Panchayath, who presided over the function and expressed his support for the noble cause.

Sri Jebin Jacob: NSS Program Coordinator at Sree Sankara Vidya Peetom College, who actively coordinated and supported the NSS volunteers in this environmental initiative.

The Perumchira Reservoir, a vital water resource for the region, had been facing issues of pollution and neglect. Recognizing the importance of preserving this natural asset, the NSS volunteers from Sree Sankara Vidya-Peetom College, in collaboration with the dedicated Kudumbasree members, undertook the responsibility of cleaning and restoring the reservoir. The NSS volunteers and Kudumbasree members engaged in an extensive cleaning operation around the Perumchira Reservoir. They removed litter, plastic waste, and other debris that had accumulated in the area over time. To enhance the ecological value of the surroundings, a plantation drive was carried out. A variety of native plants and trees were planted to promote a healthy ecosystem and improve the water quality. In addition to the cleanup, an



awareness campaign was conducted to educate the local community about the importance of keeping the Perumchira Reservoir clean and preserving its natural beauty. Pamphlets and informative sessions were part of this campaign. This collaborative effort between Sree Sankara Vidya Peetom College NSS volunteers, Kudumbasree members, and the Rayamangalam Panchayath serves as a shining example of community-led environmental conservation. The dedication and support of the dignitaries, including the Panchayath President Sri N.P. Ajayakumar, Ward Member Subin N.S, and NSS Program Coordinator Sri Jebin Jacob, were instrumental in the success of this endeavor. Together, they have taken a significant step towards the preservation and restoration of the Perumchira Reservoir, which will continue to benefit the environment and the local community in the years to come.

Brochure



Photo Gallery





Perumchira at Rayamangalam Panchayath



Before Cleaning





After Cleaning









Participants Attendance

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