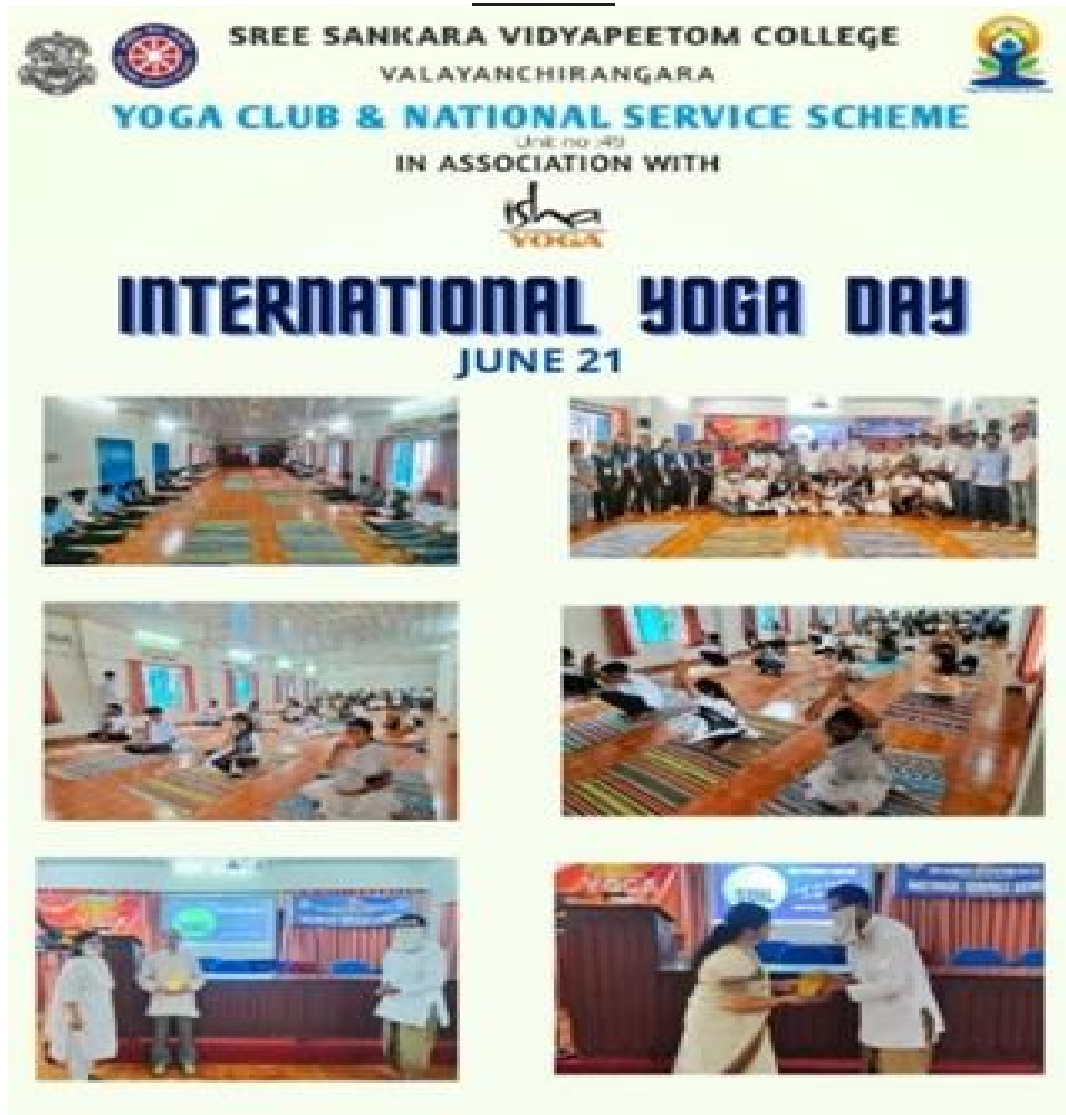


**"Yoga Technologies for Wellbeing" - Awareness Programme for Students & Public**



**Yoga awareness programme on June 21, 2022**

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.



## **Two – Day Village Halt and Public Hearing – Legal Awareness and Legal Aid Clinic**

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



**Class on Child Marriage**



**Legal Aid Clinic-Public hearing**

**Legal Awareness and Legal Aid Clinic on August 28 & 29, 2022**

In terms of the legal awareness pertaining to particular legal and social problems, the legal awareness programme was able to impart basic awareness among the attendees and majority expressed positive feedback. People were able to recognize their rights and learned about the importance of protecting their rights.



## One day Plastic Free Campaign



**SREE SANKARA VIDYAPEETOM COLLEGE, VALAYANCHIRANGARA**  
NAAC ACCREDITED WITH "A" GRADE

**NATIONAL SERVICE SCHEME**  
**YOUTH RED CROSS SOCIETY**  
**SWACHH BHARATH ABHIYAN**

Jointly organise

**PLASTIC FREE CAMPAIGN**  
**30 SEPTEMBER 2022**

**PRINCIPAL**  
Dr Sheena Kaimal

**PROGRAM COORDINATORS**  
Dr Nisha Unnikrishnan  
Jebin Jacob  
Poornima M.P



### **Plastic free campaign on September 30, 2022**

The Program gives an opportunity to inform the students about the ill effects of plastic waste pollution on the environment and human health. The students cleaned the entire campus and collected all plastics for disposal as part of the programme.





## Sparkling Streets: A Community Cleanup Initiative



**Community Cleanup Initiative on October 2, 2022**

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.



## “Vision for a Brighter Tomorrow”: Ophthalmology Camp



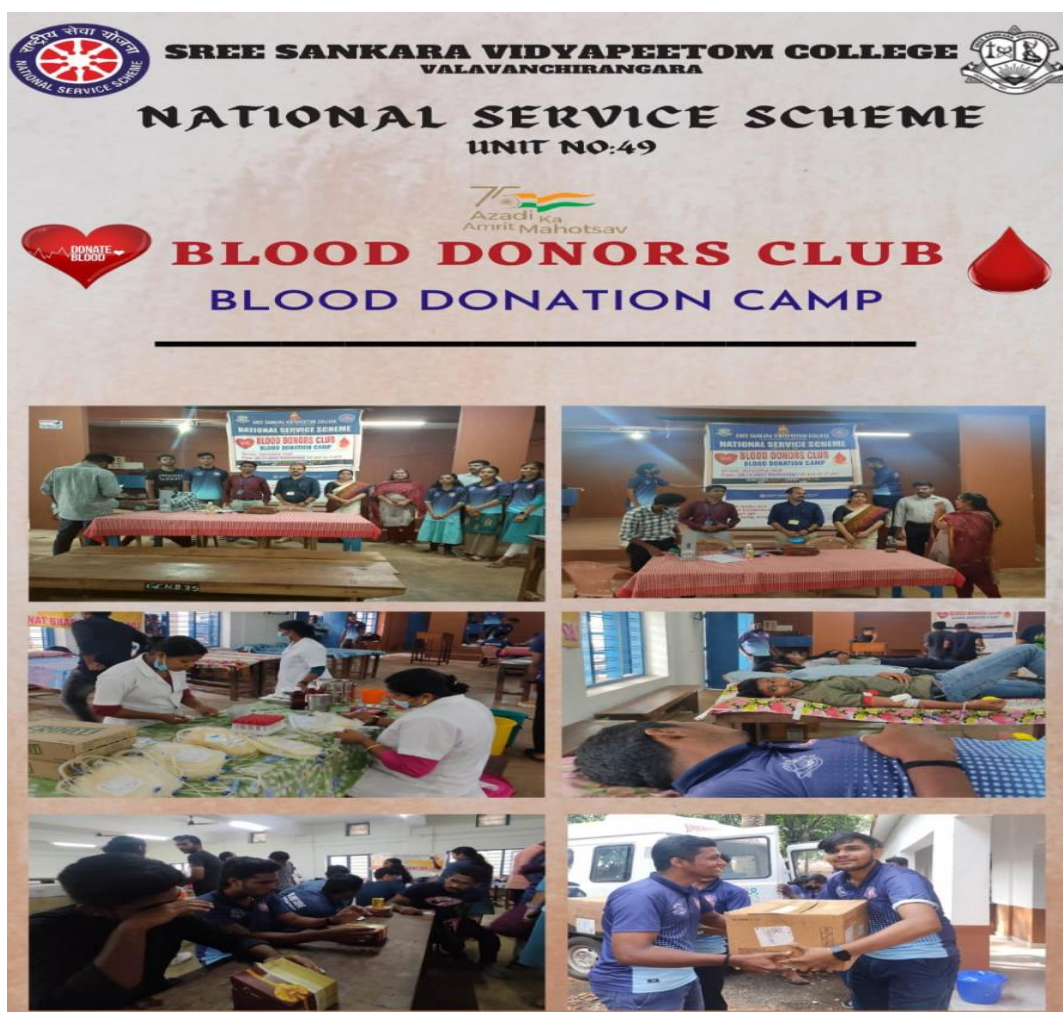
### **Ophthalmology Camp on November 1, 2022**

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.





## Social Outreach Programme - Blood Donation Camp



**Blood donation camp on November 9, 2022**

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.



## Basic Life Support / CPR Skill Training



### BASIC LIFE SUPPORT / CPR SKILL TRAINING FOR YOUTH @ EDUCATIONAL INSTITUTIONS ( A Federal Bank initiative)

**Program Outline:**

Prevention and identification of Heart Attacks /Myocardial infarction.

- Identification of cardiac Arrest and Respiratory Arrest.
- Cardio pulmonary Resuscitation (CPR) for Adult
- Cardio pulmonary Resuscitation (CPR) for child
- Cardio pulmonary Resuscitation (CPR) for Infant
- Use of AED
- Management of respiratory arrest
- Management of choking

Program Duration: 3 Hours per batch

Date - 1- 2- 2023

Time - 10 :00 am

**PRINCIPAL**  
Dr.SHEENA KAIMAL N

**PROGRAMME COORDINATORS**  
Dr.NISHA UNNIKRISHNAN  
JEBIN JACOB  
POORNIMA M.P



### **CPR skill training on February 1, 2023**

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.





## Mental Health Campaign by Mission Mano Dasha - The Secret of Happiness

=



### **Training Session**



### **Mental Health campaign on February 28, 2023**

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.





## Social Outreach Programme - Hair Donation Campaign



### Hair donation campaign on March 24, 2023

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.



# Cancer Awareness Class & Cancer Detection Campaign



**SREE SANKARA VIDYAPEETOM  
COLLEGE**

NATIONAL SERVICE SCHEME

UNIT NO. 49  
and YRCS

IN ASSOCIATION WITH

**MBMMH- KARKINOS COMMUNITY CANCER CENTER  
KOTHAMANGALAM**



conducts

## CANCER AWARENESS CLASS & CANCER DETECTION CAMPAIGN

100 രൂപ ബേസിക് സ്ക്രീനിംഗ് ക്യാമ്പിൽ നൽകുന്ന സേവനങ്ങൾ

1. പൊതുവായി കാണുന്ന 6 ക്യാൻസറുകളുടെ സാധ്യത വിലയിരുത്തൽ ചോദ്യവലിയിലൂടെ മനസ്സിലാക്കുന്നു. ( വായിലെ കാൻസർ, സ്തനാർബുദം, ഗർഭാശയ ഗുള കാൻസർ, വൻകൂടൽ കാൻസർ, ശ്വാസകോശ കാൻസർ, പ്രൊസ്റ്റേറ്റ് കാൻസർ )
2. രക്തസമ്മർദ്ദ പരിശോധന/ പ്രമേഹ പരിശോധന
3. സ്ത്രീകൾക്ക് സ്തന പരിശോധന ( CLINICAL BREAST EXAMINATION )
4. വായിലെ പരിശോധന (ORAL VISUAL EXAMINATION )
5. ഡോക്ടർ കൺസൾട്ടേഷൻ ( SCREENING BASED )
6. ഗർഭാശയ ഗുള കാൻസർ ടെസ്റ്റ് ആയ HPV ടെസ്റ്റ് ആവശ്യമുള്ളവർക്ക് 1250/- രൂപക്ക് ക്യാമ്പിൽ ചെയ്യാവുന്നതാണ്.
7. വൻകൂടൽ കാൻസർ സ്ക്രീനിംഗ് ടെസ്റ്റ് ആയ FIT KIT 100/- രൂപക്ക് ആവശ്യമുള്ളവർക്ക് വാങ്ങിക്കൊടുക്കുന്നതാണ്

**MAY 5 9.30 AM ONWARDS  
@P N NAMBOODIRI HALL  
"CHECK YOUR SELF"**



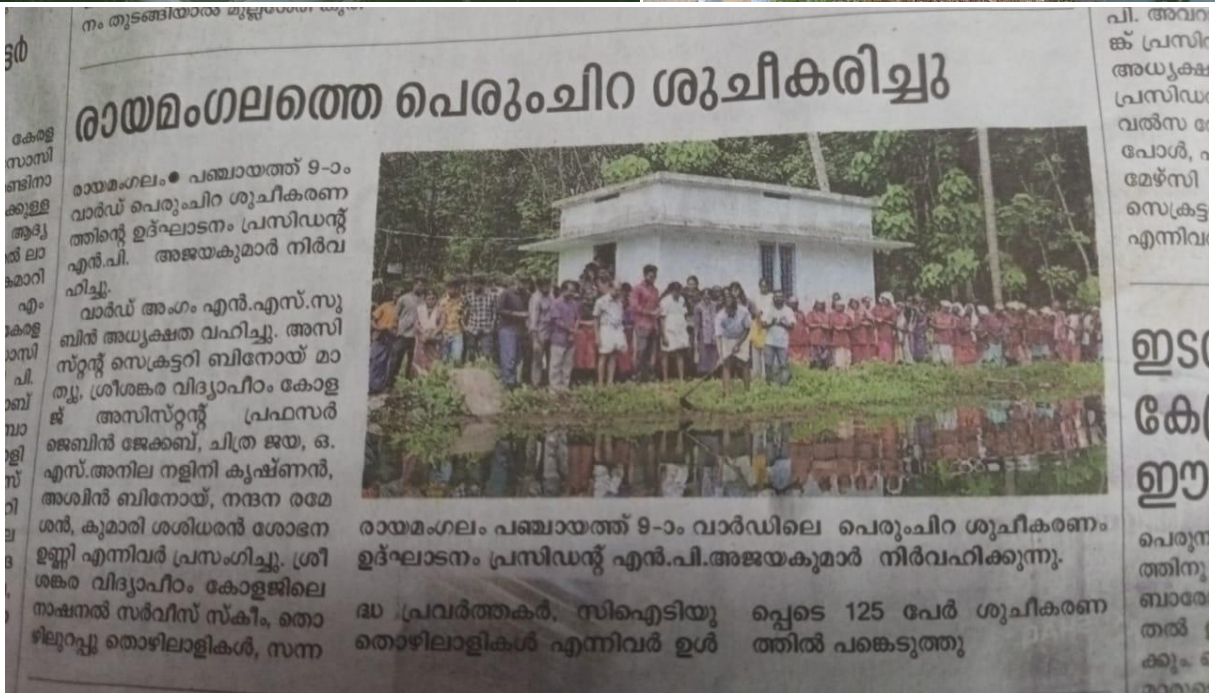
**Cancer detection campaign on May 5, 2023**

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.





**“Reviving Perumchira Reservoir - A Community-led Cleaning Initiative in Rayamangalam Panchayath”**



**Cleaning Initiative in Rayamangalam Panchayath on May 12, 2023**

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.





## **A Drive on Promoting Food Safety Practice - "Preparation & Distribution of Natural Veg-Wash and Non-Veg Wash"**



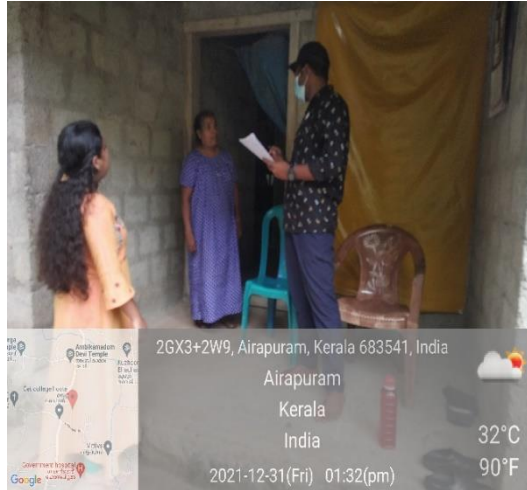
**Distribution of veg wash and non veg wash Members of College Area Residence Association on December 22, 2021**

The food safety campaign, along with the introduction of the Veg and Non-Veg Wash Plan, conducted by the Youth Red Cross Society of Sree Sankara Vidyapeetom College and the Post Graduate Department of Chemistry, was a resounding success. The event achieved its objectives of promoting food safety, preventing foodborne illnesses, and distributing effective products to the community. The positive response from the College Area Residence Association has encouraged the college to continue its efforts in organizing similar campaigns for a healthier and safer future.





## **Student Voluntered Socio-Economic Survey at Airapuram Village**



**Students conducting socioeconomic survey on December 31, 2021**

The Socio-Economic survey conducted by the UBA cell and NSS unit of SSV College in association with Mazhuvannoor Panchayath and Airapuram village was a significant step towards community development. The data collected would be instrumental in planning and executing projects to address the specific needs of the households in the Kuzhoor cluster. The successful execution of the survey demonstrated the college's dedication to community welfare and encouraged student volunteers to actively participate in such initiatives in the future.



## Hair Donation Campaign



SREE SANKARA VIDYAPEETOM COLLEGE  
VALAYANCHIRANGARA  
**NATIONAL SERVICE SCHEME**  
UNIT NO. 49



## **HAIR DONATION CAMPAIGN** **13 - 01- 2022**



### **Hair Donation as part of Campaign Program on January 13, 2022.**

Hair donation campaign can have a positive impact on both cancer patients and the community as a whole. It is a wonderful way to show support and compassion for those who are undergoing a difficult time, while also raising awareness and promoting charitable giving.





## First Aid Training Camp



### First Aid training camp on March 5, 2022

**SREE SANKARA VIDYAPEETOM COLLEGE**  
Valayanchirangara  
**NATIONAL SERVICE SCHEME**  
UNIT NO : 49

**KERALA VOLUNTARY YOUTH ACTION FORCE**  
**FIRST AID TRAINING CAMP**

**Date : 5/03/2022**  
**Time: 10.00 am - 3.00 pm**  
**Venue: College Campus**

**PROGRAM OFFICERS**  
Dr. Nisha Unnikrishnan  
Jebin Jacob

**PRINCIPAL**  
Dr. Padma P

**STUDENT COORDINATORS**  
Krishna priya S  
Sujai Suseel

The First Aid Training Camp organized by NSS SSV College and KVYAF was a successful event that provided participants with practical knowledge and skills related to first aid. The hands-on training sessions were particularly valuable, allowing participants to develop confidence and proficiency in performing a range of first aid techniques. The event was well-organized and conducted in a professional and engaging manner, and is likely to have a positive impact on the safety and well-being of participants and the community.



**Medical Camp for assessing lifestyle diseases**



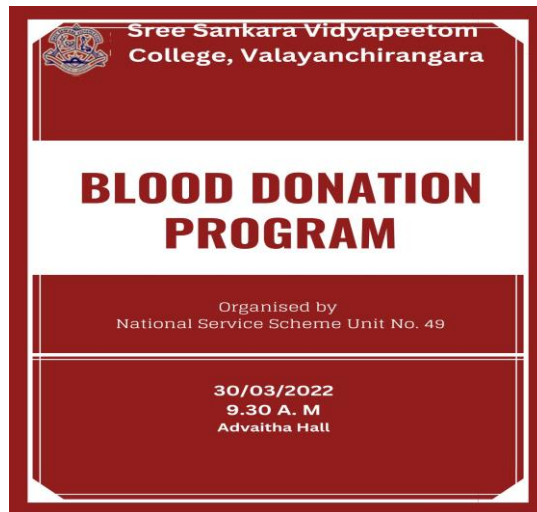
**Medical camp on March 7, 2022**

A lifestyle assessment gives a healthcare provider a better understanding of what has caused certain disorders or diseases. Lifestyle diseases such as diabetes, hypertension, and heart disease can be prevented and managed through lifestyle changes. Regular health check-ups and monitoring of key health indicators such as blood pressure, blood sugar levels, BMI, and cholesterol levels is important in assessing the risk of lifestyle diseases.





## Social Outreach Programme- Blood Donation Camp




**Blood donation camp on March 30, 2022**

The Blood Donation Camp organized by UBA, NSS, and the Blood Donors Club in association with the District Hospital, Aluva, was a commendable initiative that brought together students and villagers to contribute to the welfare of the community. The event not only provided support to those in need but also instilled a sense of social responsibility and empathy among the participants. The success of the camp encourages the organizers to continue such humanitarian activities to make a positive impact on society.




## Community Awareness Programme - "Mental health in Young People"

 **SREE SANKARA VIDYAPEETOM, COLLEGE**  
**VALAYANCHIRANGARA**  
**NATIONAL SERVICE SCHEME**  
Unit no : 49

**Anti - Tobacco Day**  
MAY 31

Seminar on,  
**"മാനസിക ആരോഗ്യം  
യുവജനങ്ങളിൽ"**

**RESOURCE PERSON**

  
**Bibin George**  
Psychiatric Social worker,  
Vimukthi De- addiction centre,  
General Hospital, Muvattupuzha

**Place :** PN Namboothiri Hall  
**Time :** 11:00 am  
**Date :** 31/5/2022

PROGRAM OFFICERS  
Dr. NISHA UNNIKRISSHANN  
JEBIN JACOB

PRINCIPAL  
Dr. PADMA P

STUDENT COORDINATORS  
SUJAI SUSEEL  
KRISHNAPRIYA S

 **SREE SANKARA VIDYAPEETOM COLLEGE**  
**VALAYANCHIRANGARA**  
**NATIONAL SERVICE SCHEME**  
UNIT NO. 49



## **ANTI - TOBACCO DAY, MAY 31**



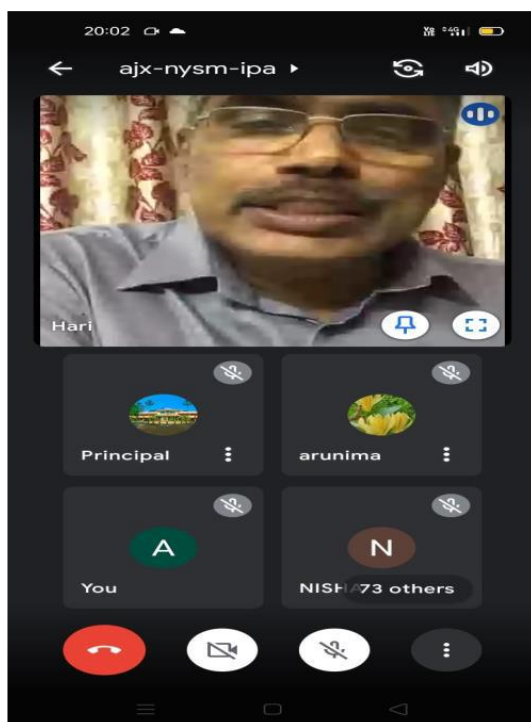
### **Community Awareness Program on Anti-Tobacco Day on May 31, 2022**

The program provided valuable information about mental health and the importance of maintaining good mental health, and it helped raise awareness about the negative impact of tobacco use on mental health. The rally was also successful in raising awareness about the harmful effects of tobacco use and promoting the importance of maintaining good mental health.





## Building a Nuclear - Free World-Energy Conservation Public Awareness Campaign



“Building a

Nuclear - Free World” on

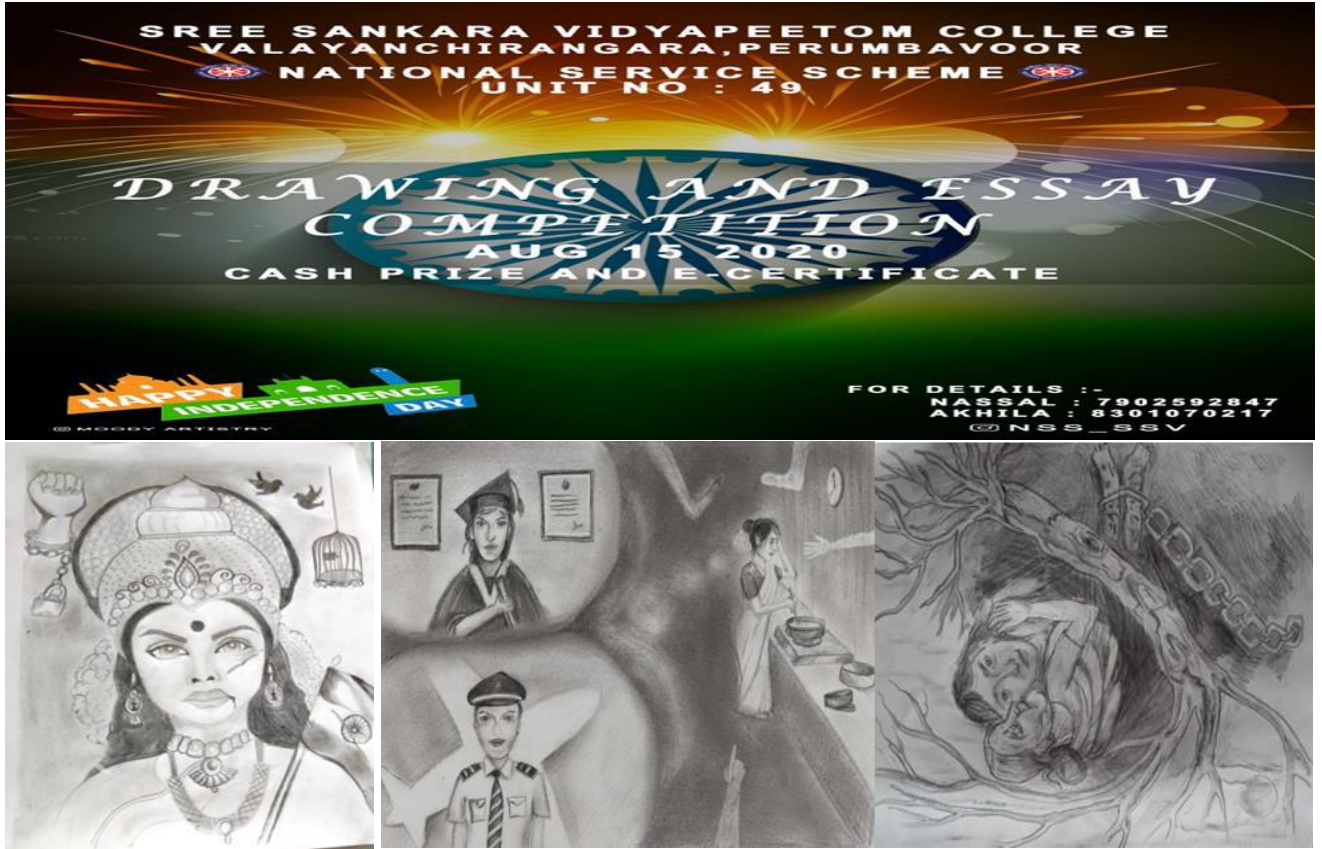


“Building a Nuclear - Free World” on August 6, 2020

NSS Unit No. 49 of SSV College organized observance of Nagasaki and Hiroshima Days as part of the extension Activity on ‘Building a Nuclear - Free World’ program for the college and nearby school students via online. The programme helped in engaging and empowering young people to take action for peace and nuclear disarmament.



**"Desh Bhakti Mahotsav" - Awareness programme for School & College Students**



**Drawing competition on August 15, 2020**

By this programme, awareness was created in the students about the significance of India's Independence Day and the sacrifices made by the freedom fighters to gain independence from British rule.





## Swachhata Abhiyan - Local Community Cleanup Initiative



### **Community Cleanup drive on October 2, 2020**

The programme has campaigns that included the use of eco-friendly materials and the promotion of good sanitation practices, such as washing hands regularly, keeping surroundings clean, and disposing of waste properly. The campaign also raised awareness among citizens about the importance of cleanliness and the harmful effects of open defecation and littering.





## “Face Mask Distribution” - A Helping Hand to College Area Residence Association



### **Face mask distribution during November - December 2020**

The NSS (National Service Scheme) unit of SSV College conducted a community-based initiative named "Kaithang" during the months of November and December 2020. The primary focus of this program was to combat the COVID-19 pandemic by making masks at volunteers' homes and distributing them to students, staff, and the local community.





**“Karuthal” - Health Awareness Programme for Residents of Vengoor**



**Karuthal - Health Awareness Program on June 18, 2019**

The Karuthal - Health Awareness Program on Extension Activity for the residents of Vengoor Grama Panchayath organized by the SSV College NSS Unit No. 49 was conducted in Two Phases on 18/06/2019 & 05/07/2019.



**Promoting Financial Literacy to Public in Association with India Post**  
**– “Financial Inclusion @SSV”**



**Inauguration**

**Account opening**



**Financial awareness program on July 25, 2019**

The financial awareness program, Financial Inclusion @ SSV as part of the Extension Programme for students and staff of the college and residents of Sauhrda Resident Association, Valayanchirangara organized by the NSS Unit No. 49 and Dept. of Commerce jointly was conducted on 25/07/2019. The objective of the program was to create awareness about the financial programs of India Post to promote the financial literacy and inclusion among the students of SSV College and extend the same to the public in collaboration with resident associations.





## Swachh Bharat Summer Internship (SBSI 2.0) - Training on Solid Waste Management and Survey on Cleanliness



### **Cleaning of the college campus and vicinity on July 31, 2019**

The cleaning of public places and survey on cleanliness on Swachh Bharat Summer Internship 2.0 (SBSI 2.0) as part of College Extension Activity Programme for Residents of Mazhuvannoor Grama Panchayath organized by the College NSS Unit No. 49 was conducted in 3 days from 27th July to 31st July 2019. The programme aims to engage youth across the country, develop their skills and orientation for Solid Waste Management (SWM) and sustain the momentum of the Swachh Bharat Jan Andolan. The 50 hrs. Internship Programme would require the Intern/Interns to visit one or more villages and conduct Swachata activities of their choice to contribute to the cause of rural sanitation of India.



## A Helping Hand for Nilambur: A Flood Relief Programme (“Nilamburinu Oru Kaithang”)

*Relief materials handing over to Chairperson,  
Eloor Municipality*

*Volunteers & P O at Eloor  
Township High School.*



**Volunteers sorting the collected materials to be packed in kits**



### **Flood relief activities in the month of August, 2019**

The Flood Relief Activity on “Nilambur Inu Oru Kaithang “as part of College Extension Programme for Flood affected areas of Nilambur at Malappuram Dist., Eloor at Ernakulam Dist. organized by the NSS Unit / College Management & Staff, was conducted in August 2019.





**“Plant a Volunteer, Plant a Tree” - Planting and Distribution of Saplings in Neighborhood Community**



**Planting and Distribution of Saplings on October 2, 2019**

On 2nd October 2019, the NSS Unit No. 49 of SSV College organized an extension activity called "Plant a Volunteer, Plant a Tree" in association with the "Suchitwa Saksharatha Yachnam" scheme and Gandhi Jayanthi celebrations. The event was held at SSV College and the neighboring community, with the aim of creating awareness about environmental conservation and promoting community service.



## Blood Donation Camps in Association with District Hospital Aluva



### **Blood donation camps in different phases during the months of July, September, October and November, 2019**

The Blood Donation Camp as part of College Extension Activity Programme in association with District Hospital Aluva organized by the College NSS Unit No. 49 & Blood Donors Club & Dept. of Commerce was conducted in four phases ie. on 30th July, 3rd September, 1st October and 28th November 2019. Blood donation helps to ensure that there is a sufficient supply of blood and blood products to meet the needs of patients. Blood donation is a way for individuals to get involved in their communities and make a positive impact on the lives of others.





## AIDS Awareness Programme for the Students and Local Community

Awareness Rally



Awareness Class



### **AIDS awareness programme on November 30, 2019**

The College NSS unit observed World AIDS Day by conducting an awareness rally to the local community and an awareness class to the volunteers and local community from Ward No. 2 of Mazhuvannoor Grama Panchayath on 30th November, 2019.



## “Zero Hunger Kerala” Project - Jaivam 2019 - Organic Farming



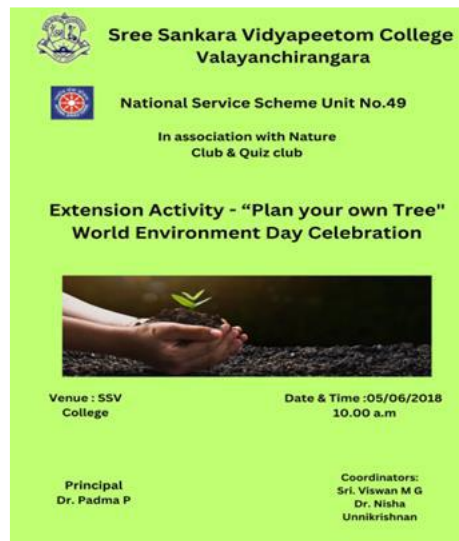
### **Organic Farming from April to November, 2019**

Mahatma Gandhi University, Kottayam launched a campaign for organic farming called Jaivam. The NSS wing of the college under Mahatma Gandhi University took up this initiative as “Jaivam at SSV”. organic vegetable garden consisted of 51 Yam and 150 Tapioca, in the portion of land allowed in the campus for NSS and Organic farming club. NSS Programme officers coordinated the planting and 14 Volunteers full time participated in this initiative.





## Greening our Neighbourhood: Planting and Distributing Saplings




### **Planting saplings on June 5, 2023**

Organizing World Environment Day programs can create more sustainable and prosperous future by raising awareness, promoting sustainable practices, and creating a positive impact on the environment. In alignment with the theme of the event, the college organized a tree plantation drive. The volunteers, along with 77 students, wholeheartedly participated in planting saplings around the campus. Each student took responsibility for planting and nurturing a sapling, fostering a sense of ownership towards the environment.




## "Mashithandu" - Distribution of Study Materials to Students at Mamalakandam Tribal School




**Sree Sankara Vidyapeetom College**  
**Valayanchirangara**

**National Service Scheme Unit No. 49**

In association with  
Aalthara Kootam Club, Keezhillam



**Distribution of Study Materials - Mashithandu**



**Principal**  
**Dr. Padma P**

**Coordinators: Sri. Viswan M G**  
**Dr. Nisha Unnikrishnan**

Date: 07/06/2018



### **Distribution of study materials on June 7, 2018**

Providing study materials helped individuals improve their academic performance and achieve their educational goals. Recognizing the broader needs of the underprivileged students in the region, the volunteers extended their support beyond Mamalakandam Tribal School. They identified other financially disadvantaged students and provided study materials to them as well, ensuring that a wider section of students benefited from the initiative.





## **Blood Donation Camp in Association with District Hospital Aluva**



**Blood donation camp on July 26, 2018**

Awareness and Education: Prior to the blood donation, an awareness session was conducted to educate the participants about the importance of blood donation and its impact on saving lives. The medical team conducted thorough health screenings of the donors to ensure their eligibility for blood donation. All necessary precautions were taken to prioritize the donors' well-being. All blood donations were voluntary, and donors willingly came forward to contribute to this noble cause. The selfless act of donating blood showcased the humanitarian spirit of the NSS volunteers and students.



**Flood Relief Initiatives in Affected Areas: Koovappadi, Paravoor,  
Perumbavoor**



**Distribution of flood relief materials on August 15, 2018**

The objective of flood relief activities is to provide immediate and long-term support to those affected by floods, with the ultimate goal of helping them rebuild their lives and communities. The immediate goal of flood relief activities is to provide emergency aid and shelter to those affected by the floods, which can help save lives in the short-term.





## Cleaning of flood affected Houses and Distribution of Onakkit



**Distribution of onakkit on august 23, 2018**

SSV college N SS unit In association with college staff distributed 20 onakkits containing essential items ((worth Rs.900) among 20 families staying at Ambedkar Colony, Thottuva, Koovappady. College Principal, NSS PO Viswan M G, Staff Secretary Sri P. Parameswaran Namboothiri, Volunteers Secretary Sri Abhai A were also participated in distribution of Onakkit. Our unit had cleaned 27 houses altogether and 30 volunteers actively participated in it. They were able to feel the difficulties of life and become really a socially responsible citizen.



## Library Setting at Balamandir Orphanage, Mazhuvannoor (Aksharakkoottu)



### **Book donation on September 10, 2018**

The NSS Unit of SSV College organized a book donation and cultural interaction programme at Balamandir, Mazhuvannoor. The objective of the programme was to contribute to the education and well-being of the 40 student inmates studying from 5th Std. to Plus Two at Balamandir. The volunteers, along with programme officers, visited the institution and donated around 350 books to their library. Setting up a library for the public can have a positive impact on the community by providing access to information, educational and learning opportunities, community building, preservation of cultural heritage, improved literacy and reading skills, and economic benefits.





## **Flood Impact Survey: Mazhuvannoor, Aikkaranadu, and Poothrikka Grama Panchayaths**



### **Flood impact survey on September 14-16, 2018**

A survey on flood-affected houses to assess the damage, identify priority areas, assess needs, identify vulnerable populations, plan for recovery, and monitor progress was conducted in September. Survey completed in Mazhuvannoor, Aikkaranadu and Poothrikka panchayaths within a short period successfully. Volunteers were already given training for entering data on the mobile app. 42 volunteers participated in all the three days at different locations and completed very efficiently. After the survey, the team assessed the damage, identified priority areas, assessed needs, and identified vulnerable populations.




## Cultural Engagement with 'Bethlehem Abhaya Bhavan' Charitable Society



### **Christmas celebration on December 25, 2018**

Christmas celebration at Bethlehem Abhaya Bhavan was a heartwarming and joyous occasion. The NSS Unit of SSV College successfully spread the spirit of Christmas and brought cheer to the inmates of the Charitable Society. The cultural activities, gift distribution, and the shared feast created a sense of unity and compassion among all participants. The event not only celebrated the festive season but also highlighted the importance of giving back to the community and making a positive impact on the lives of others.

  
PRINCIPAL  
SREE SANKARA VIDYAPEETOM  
VALAYANCHIRANGARA P.O  
(VIA) PERUMBAVOOR

