

3.4.3. Extension/Outreach Programmes (2022-2023)

1. Cloth collection campaign

On July 26, 2022, the National Service Scheme (NSS) organized a poignant Cloth Collection Campaign themed "A Helping Hand to Cancer Patients." Ten dedicated NSS volunteers actively engaged in collecting a significant amount of clothing donations from the community for cancer patients at Palliative Care Alphonsa Hospital Murickassery. The initiative, beyond providing physical warmth, symbolized solidarity and care during challenging times. The thoughtful distribution of collected clothes exemplified the NSS's commitment to holistic and empathetic service, showcasing the power of collective efforts in meeting the specific needs of those in need. This compassionate drive not only demonstrated the NSS's social responsibility but also emphasized the profound impact of community engagement in extending meaningful assistance to individuals facing health challenges.

PAVANATMA COLLEGE
Murickassery, Idukki Dist., Kerala, India
www.pavanatmacollege.org

Govt. Aided
NAAC Re-Accredited 'A' Grade College under UGC
Affiliated to Mahatma Gandhi University, Kottayam

01 August 2022

Nss cloth collection Campaign

NATIONAL SERVICE SCHEME
PAVANATMA COLLEGE
MURICKASSERY

"A helping hand to the Cancer Patients"

CLOTH COLLECTION CAMPAIGN
Expect your cooperation

Those who willing to donate feel free to contact NSS Program Officers
Dr. K.K.Sunish Tijo Antony
+919961810427 +919562097545

26-07-2022 to 29-07-2022 1.30pm

ALPHONSA CENTRE
ALPHONSA PAIN & PALLIATIVE CARE

#todayatpavanatma...

2. Medical Camp

On July 31, 2022, the National Service Scheme (NSS) joined forces with Alphonsa Hospital Murickassery to orchestrate a impactful Free Medical Camp, epitomizing their dedication to community well-being. Twenty committed NSS volunteers, in collaboration with medical professionals from the hospital, spearheaded this initiative aimed at providing essential healthcare services to the community, particularly those facing barriers to accessing medical facilities. The camp offered a spectrum of services, including consultations, basic health check-ups, and the distribution of necessary medications—all provided free of charge. This collaborative effort not only addressed immediate healthcare needs but also showcased the potent synergy between educational institutions and healthcare providers. The Free Medical Camp stood as a testament to the NSS's unwavering commitment to promoting community health, emphasizing the transformative impact of partnerships in extending vital services to underserved populations and contributing to the overall improvement of public health.

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31 July
2022

അൽഹോസൽ ഹോസ്പിറ്റൽ മുരിയ്ക്കാശേരി സൗജന്യ മെഡിക്കൽ ക്യാമ്പ്

ഹോസ്പിറ്റൽ ഡയറക്ടറുവുമായി ചുരുക്കമുള്ള അൽഹോസ്പോൾ-പിറ്റിമെന്റുമാർ പങ്കാളിത്തം കൈമാറ്റം എൻ. എസ്. എസ്. യൂണിറ്റിന്റേതും ആഭിമുഖ്യത്തിൽ 31.07.2022 അതാൻ്റെ റാഫിൾ കൂലി മുതൽ പെന്ഷനുകൾക്ക് സൗജ്ജ്വീകരണ പദ്ധതികളിൽ വെച്ച് സൗജന്യ മെഡിക്കൽ ക്യാമ്പ് നടത്തപ്പെടുന്നു

ക്യാമ്പിൽ ലഭിക്കുന്ന സേവനങ്ങൾ

W344+8MW, Vathikudy, Kerala 685604, India
Latitude: 9.90572169° Longitude: 77.05667575°
Local 10:48:51 AM Altitude 476.37 meters
GMT 05:18:51 AM Sunday, 31-07-2022

W344+8MW, Vathikudy, Kerala 685604, India
Latitude: 9.9058206° Longitude: 77.05624127°
Local 12:12:04 PM Altitude 476.37 meters
GMT 05:18:51 AM Sunday, 31-07-2022

മെഡിക്കൽ ക്യാമ്പ്

മുരിക്കാശേരി: ഹോസ്പിറ്റൽ ഡയറക്ടറുവുമായി ചുരുക്കമുള്ള അൽഹോസ്പോൾ-പിറ്റിമെന്റുമാർ പങ്കാളിത്തം കൈമാറ്റം എൻ. എസ്. എസ്. യൂണിറ്റിന്റേതും ആഭിമുഖ്യത്തിൽ 31.07.2022 അതാൻ്റെ റാഫിൾ കൂലി മുതൽ പെന്ഷനുകൾക്ക് സൗജ്ജ്വീകരണ പദ്ധതികളിൽ വെച്ച് സൗജന്യ മെഡിക്കൽ ക്യാമ്പ് നടത്തപ്പെടുന്നു

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3. Blood Donation Camp

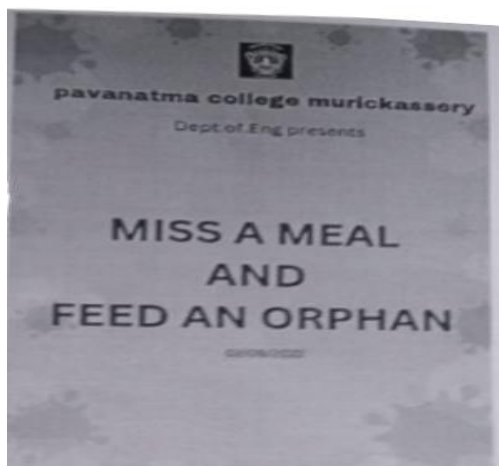
On August 23, 2022, the National Service Scheme (NSS) orchestrated a significant social service endeavour—the Blood Donation Camp, aimed at addressing the crucial demand for blood in healthcare. The event, marked by the selfless spirit of NSS volunteers, witnessed the active participation of 20 students who generously donated their blood. This collective act not only contributed to the replenishment of blood banks but also underscored the NSS's unwavering commitment to community welfare and healthcare support. The Blood Donation Camp served as a powerful platform for instilling a sense of responsibility and altruism among the students, highlighting the NSS's pivotal role in promoting health initiatives and overall community well-being. In essence, the event stood as a testament to the NSS's impactful contributions in meeting vital societal needs through meaningful and selfless service.



Blood Donation Camp, 23.08.2022

4. Miss a Meal

The Department of English successfully organized the "Miss a Meal & Feed an Orphan" program on September 2, 2022. This initiative was driven by the noble objective of addressing the nutritional needs of orphaned and underprivileged individuals within the community. The event, marked by compassion and social responsibility, exemplified the commitment of the Department of English to contribute positively to society. Through the collective efforts of participants and organizers, the program not only provided much-needed meals but also fostered a sense of community and solidarity. The impact of such initiatives extends beyond the immediate assistance, serving as a reminder of the power of collective action in creating meaningful change.



Details of the activity: [View File](#)

5. Plastic Removal Campaign

On September 24, 2022, the National Service Scheme (NSS) embarked on a commendable social service initiative centered on public place cleaning, with a targeted focus on a plastic removal campaign. With the objective of tackling the urgent issue of plastic pollution in public spaces, 50 dedicated NSS volunteers devoted their time and energy to systematically remove plastic waste from various locations. This initiative not only made a tangible impact on environmental sustainability but also served as an educational platform, raising awareness about the detrimental effects of plastic pollution. The NSS volunteers' collective efforts highlighted the organization's unwavering commitment to civic responsibility and its integral role in fostering a cleaner and healthier community.



Plastic Removal Campaign, 24.09.2022

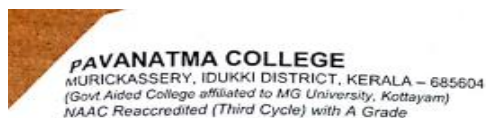
6. Old Age Home Visit

On October 1, 2022, the National Service Scheme (NSS) orchestrated a compassionate social service initiative—an Old Age Home Visit, with the objective of providing support to elderly individuals residing in such facilities. Ten devoted NSS volunteers dedicated their time to interact with and offer companionship to the elderly residents, acknowledging the significance of addressing the emotional well-being of this often overlooked demographic. The visit encompassed a range of activities, including heartfelt conversations, engaging recreational games, and the thoughtful distribution of essential items. This initiative not only exemplified the NSS's commitment to fostering a sense of community and empathy but also underscored the importance of recognizing and addressing the needs of our elderly population.



7. We Care Fund Raising

On the 13th of October 2022, the National Service Scheme (NSS) orchestrated an impactful "We Care Fundraising" initiative with the sole objective of raising funds for a Government of Kerala project dedicated to supporting patients with chronic diseases. The event drew enthusiastic participation from NSS volunteers, students, and the local community, showcasing a collective commitment to making a positive impact on the lives of individuals grappling with chronic illnesses. Through a multifaceted approach involving awareness campaigns, creative fundraising activities, collaborations with local businesses, and an online fundraising campaign, the NSS not only surpassed its fundraising target but also successfully heightened community engagement and awareness about the challenges faced by those with chronic diseases. The funds raised were channelled toward the designated government project, affirming the effectiveness of collaborative efforts between the NSS and government initiatives in addressing critical healthcare needs. This event stands as a testament to the NSS's dedication to creating meaningful change and improving the quality of life for vulnerable populations.



ACTIVITY REPORT for WE CARE FUND RAISING PROGRAMME

Program Objectives

TO raise fund for a project under government of Kerala for supporting patients with chronic diseases

1	Program Type	Awareness Programme
2	Nature of the Program	Extension
3	Theme	Social Issue Sensitisation
4	Date	From 13-Oct-2022 To 13-Oct-2022
5	Target Group	Staff, Students
6	Organiser/s	NSS
7	Scope	Institutional
8	No of Participants:	Faculty :27
		Students :300
		Alumni :
		NTS :
		Public :
9	Organising Faculties	0102-Mr. TIJO ANTONY, 0802-Dr.SUNEESH K.K.
10	Organising Students	21020129-FEBIN SAJU

Mr. TIJO ANTONY
Name of the Coordinator



Dr BENNICHEN SCARIA
PRINCIPAL the Principal
PAVANATMA COLLEGE
MURICKASSERY IDUKKI DIST

A
DIST



 **NATIONAL SERVICE SCHEME**
PAVANATMA COLLEGE , MURICKASSERY 

organizes

FUND RAISING PROGRAMME

In connection with
WE CARE

"A support for people who suffered from chronic diseases."

TIME :10.00 AM
DATE :13.10.2022

**SOCIAL SECURITY MISSION,
SOCIAL JUSTICE DEPARTMENT , GOVERNMENT OF KERALA**



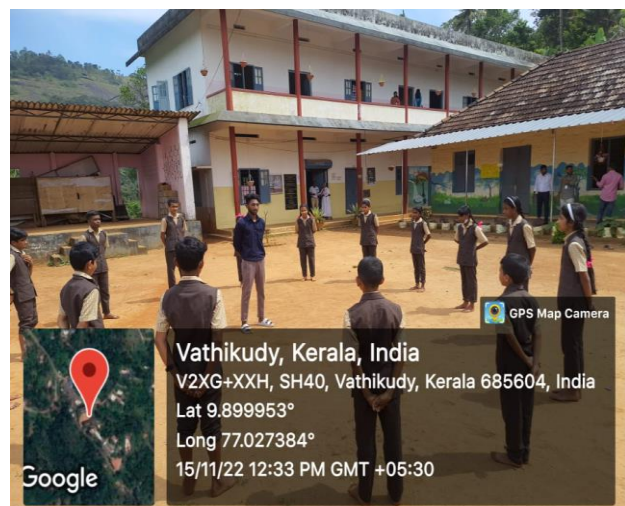
8. Antidrug awareness among public and students

On the 28th of October 2022, the National Service Scheme (NSS) organized a crucial Anti-Drug Drive with the specific objective of spreading anti-drug awareness among the public and students. With a targeted focus on public and student communities, the event aimed to raise awareness about the detrimental effects of drug abuse. Fifty NSS volunteers played a crucial role in executing this initiative, conducting informative sessions, interactive workshops, and distributing educational materials to instil a robust understanding of the perils associated with substance misuse. The Anti-Drug Drive not only sensitized participants to the dangers of drug abuse but also fostered a collective commitment to creating a drug-free environment. Aligned with the NSS's broader mission of community service and social responsibility, the event underscored the organization's advocacy for healthier lifestyles and the overall well-being of individuals.



9. Adhyayanam 2k22

On November 15, 2022, the National Service Scheme (NSS) orchestrated "Adhyayanam 2k22," a impactful anti-drug drive with a special focus on engaging with school students. Throughout this one-day event, 15 NSS volunteers dedicated their time to spend a meaningful day with the students, imparting knowledge and creating awareness about the dangers of drug abuse. The initiative aimed not only to educate the students on the detrimental effects of drugs but also to foster positive interactions between NSS volunteers and the younger generation. Through interactive sessions and discussions, the NSS volunteers sought to empower the school students with information that could guide them in making informed and responsible choices in their lives. "Adhyayanam 2k22" not only contributed significantly to the ongoing efforts to combat drug abuse but also served as a testament to the NSS's unwavering commitment to community engagement and education.



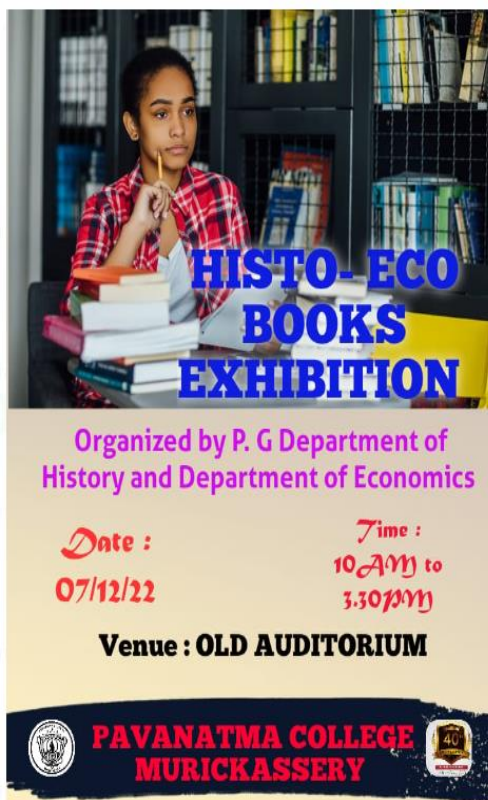
10. Waiting shed and signboard cleaning

On the 19th of November 2022, a dedicated group of 50 students rallied together for a public service initiative under the aegis of the National Service Scheme (NSS), centering on the cleaning of public spaces. This project specifically targeted the meticulous cleaning of waiting sheds and signboards within the community. The NSS volunteers carried out the cleaning initiative with diligence, focusing not only on enhancing the cleanliness but also on improving the aesthetic appeal of these public spaces. Beyond addressing the immediate need for maintenance, the event played a crucial role in fostering a heightened sense of community involvement and responsibility among the participating students. This endeavor underscored the NSS's commitment to civic duty and showcased the positive impact that collective efforts can have on the overall well-being of the community.



11. Histo-Eco Book Exhibition

The Histo-Eco Book Exhibition, organized jointly by the Department of Economics and the Department of History, took place on December 7, 2022, with a total of 103 enthusiastic students and 30 members of the public as participants. The event's primary objective was to introduce a diverse array of new books to the attendees, fostering a deeper understanding and appreciation for the intersection of history and economics. This collaborative effort provided a valuable platform for academic exploration and knowledge dissemination, serving as a successful endeavour in promoting intellectual engagement among the student community.



Details of the activity: [View File](#)

12. Histo Interface

On the 19th of December 2022, a program titled "Histo Interface" Tribal Settlement Visit was organized by the Dept. of History, under the guidance of our HoD Dr. Jobi John, bringing together a total of 2 teachers and 30 second Year UG students. This event took place in the Urali Settlement, located in Kannampady, Idukki. The objective of this program was to provide students with a unique learning experience by allowing them to interact with and learn about tribal settlements. It aimed to foster a better understanding of the culture, lifestyle, and challenges faced by tribal communities. The event was a great success, as participants actively engaged with the tribal community and conducted programmes for them, gaining valuable insights and knowledge about their way of life. The visit facilitated cultural exchange and contributed to the overall awareness and education of the students. This program was a commendable initiative to bridge the gap between different communities and promote cultural understanding and empathy among the youth.



Details of the activity: [View File](#)

13. Miss a Meal

On December 23, 2022, the Department of English orchestrated the impactful "Miss a Meal & Feed an Orphan" program, reinforcing their commitment to social service. The primary objective of this initiative was to extend a helping hand to the orphaned and underprivileged members of the community by ensuring they received nourishing meals. The event not only demonstrated the department's dedication to academic pursuits but also underscored its active role in addressing broader societal challenges.



Details of the activity: [View File](#)

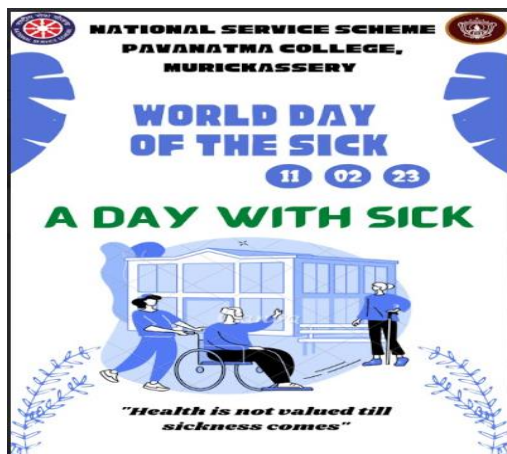
14. Water Quality Checking

On the 1st of January 2023, the National Service Scheme (NSS) conducted an impactful program focused on water quality checking as part of its Health and Hygiene initiative. The primary objective was to equip participants with the skills needed for water quality assessment while emphasizing the broader advantages of this practice on public health. Through expert-led training sessions, hands-on field practicals, and an extensive community awareness campaign, the event highlighted the critical role of regular water quality checking in preventing waterborne diseases, fostering community empowerment, promoting environmental stewardship, and encouraging essential hygiene practices. By instilling a sense of responsibility and understanding among participants, the NSS not only contributed to individual skill development but also actively promoted a culture of community-driven initiatives for ensuring the safety of water sources and overall public well-being.



15. A day with sick

On the 11th of February 2023, the National Service Scheme (NSS) organized a profound initiative titled "A Day with the Sick" to commemorate the World Day of the Sick. The primary objective of this event was to immerse students in the realities faced by individuals grappling with health challenges, fostering human values such as empathy and social responsibility. The day unfolded with visits to local hospitals, where participants engaged in meaningful conversations and offered companionship to patients. Interactive sessions with healthcare professionals and community outreach activities further deepened the participants' understanding of the human side of healthcare. The reflective session at the end of the day allowed students to share their experiences and highlighted the personal growth and heightened awareness achieved through this initiative. "A Day with the Sick" stands as a testament to the NSS's commitment to cultivating a sense of empathy and social responsibility among students for the betterment of society.



A day with sick, 11.02.2023

Details of the activity: [View File](#)

16. Seminar For SHGs

The seminar for empowering Self-Help Groups in Idukki District, held in the month of November, brought together 30 second-year students to various Self-Help Group (SHG) venues across the district. The Programme is conducted on a Periodic basis. The awareness programme was organized by the Dept. of History under the guidance of Dr. Jobi John, HoD of History. Self-help groups (SHGs) play a pivotal role in community development, particularly in rural areas like Idukki District. This seminar aimed to raise awareness among 30 second-year UG students about the significance of SHGs and their potential for fostering community empowerment. During the programme, attendees shared their opinions and thoughts and asked for further clarification. The Seminar was organized successfully, and it served its intended purpose of spreading awareness on the chosen topic in History.

ECO SEMINAR FOR SHGS

2022-23

DEPARTMENT OF HISTORY
PAVANATMA COLLEGE
 Murickassery, Idukki - 685604,
 Ph. 04868-263235
SEMINAR FOR SHGs

1	Name of the Student (in BLOCK letters)	ASHIN BINOLY
2	Course & Year of Study	B.A HISTORY 2nd Year
3	Age & Date of Birth	21 27 08 2001
4	Place of Residence during Study	MURICKASSERY
5	Address for Communication	VALLAYIL (H) AYYAPPANCOVIL P.O AYYAPPANCOVIL PIN- 685507

Declaration by the Student

I ASHIN BINOLY declare that the information given above is correct to the best of my knowledge and belief. I will abide by the rules of the College and I am undertaking full responsibility of all my acts and behaviour during the tenure of the activity.

Place : AYYAPPANCOVIL
 Date : 30/11/2023

Signature of the Student [Signature]
 Name: ASHIN BINOLY

കോളേജ് അദ്ധ്യക്ഷൻ്റെ സമ്മതപത്രം

എൻ്റെ പേര്/പേര് അശ്വിൻ ബിനോയ് പാവനാത്മ കോളേജിലെ ചരിത്ര വിഭാഗം നടത്തുന്ന
 Eco - Seminar for the Self Helping Groups of പാവനാത്മ എൻ്റെ ഹാജരാവലി അനുവദിക്കുന്നു എന്നു സമ്മതം രേഖീകരിച്ചിരിക്കുന്നു.

സ്ഥലം : അയ്യപ്പൻകോവിലിൽ
 തീയതി: 30/11/2023

കോളേജ് അദ്ധ്യക്ഷൻ്റെ ഒപ്പ് [Signature]
 പേര്: ജിജിയാർ ജോസഫ്

Name of the SHG: Kripa Maniya NHO
 Name of the Student conducting seminar: Asbia Binogy
 Place: Pyyappanai
 Date: 30/4/2023

Sl. No.	Name and Address of the participants	Signature
1	നവാബി റാജി, വാഴയിൽ	[Signature]
2	ലീലാദാ മോദൻ, വല്ലൂരിൽ	[Signature]
3	ജിജുലാൽ ജോസഫ്, വല്ലൂരിൽ	[Signature]
4	അനന്ദ തങ്കൻ, തോടിക്കുളം	[Signature]
5	മാമൻ ഗോവി, തൊട്ടാനപാറപ്പാടം	[Signature]
6	വീര തങ്കൻ, തളവർ	[Signature]
7	ലീലാദാ മോദൻ, തോടിക്കുളം	[Signature]
8	ജിനാബ് ഫാറൂഖ്, വല്ലൂരിൽ	[Signature]
9	സുലൈഖ്, തൊട്ടാനപാറപ്പാടം	[Signature]
10	മുഹമ്മദ് ഹാമിദ്, വല്ലൂരിൽ	[Signature]
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സംഘം: കൃപാ മനിയ നോ
 തീയതി: 30/4/23
 (സ്ഥലം) പയ്യപ്പനൈ

സംഘം: കൃപാ മനിയ നോ
 തീയതി: 30/4/23
 (സ്ഥലം) പയ്യപ്പനൈ



Remarks:
 Date of submission: 02.05.2023
 [Signature]
 Coordinator

Satisfied / Not Satisfied
Satisfied
P. J. 2064
 -HOD