



3.4 Extension Activities

3.4.3 Number of extension and outreach programs conducted by the institution through organized forums including NSS/NCC with involvement of community during the last five years.

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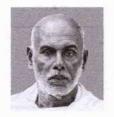


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LIST OF EXTENSION AND OUTREACH PROGRAMS



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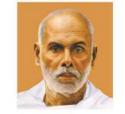


List of Extension Activities

SI. No.	Contents	Date	AY
1	Rudhiram 1.0 Blood Donation Camp 2023	12-10-2023	2023-2024
2	Rudhiram 2.0 Blood Donation Camp 2024	11-03-2024	2023-2024
3	LED Bulbs Supply	06-04-2024	2023-2024
4	Sassneham Oru Onnu	11-09-2023	2023-2024
5	Grocery and Vegetables Distribution to Economically Weaker Localities Of Mampoil	09-03-2024	2023-2024
6	Primary Health Centre Cleaning Programme - Mampoil	07-03-2024	2023-2024
7	Plastic Wastes Collection and Disposal with Garden Making in Mampoil Town	07-03-2024	2023-2024
8	Vegetable Garden Making - Sacred Heart L.P school in Mampoil	09-03-2024	2023-2024
9	Grocery and Vegetables Distribution to Economically Weaker Localities Of Mampoil	09-03-2024	2023-2024
10	Study Kit Distribution To Economically Backward Students of GLPS Thalavil	14-05-2023	2022-2023
11	Thalavinu oru Thanal	11-05-2023	2022-2023
12	Family Health Centre Cleaning Programme - Thalavil	10-05-2023	2022-2023
13	Let us Clean Kanayi Kanam	24-04-2023	2022-2023
14	Clean Home Challenge	22-05-2023	2022-2023
15	Plantation drive	05-06-2023	2022-2023
16	Paper Pen Distribution	05-06-2023	2022-2023
17	Blood Donation Camp	05-11-2019	2019-2020

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DETAILS OF EXTENSION AND OUTREACH PROGRAMS



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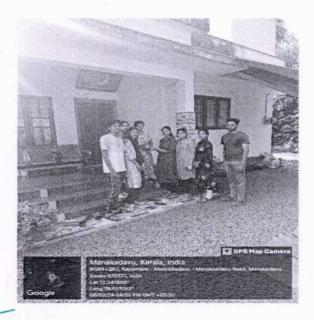
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NATIONALSERVICE SCHEMEUnit No.610



LED BULB DISTRIBUTION IN MAMPOIL

On 6th march 2024, As part of 7 days residential camp an orientation session for the locals of Mampoil was held on energy conservation through home visits. Volunteers distributed LED Bulbs, manufactured as part of National Energy Conservation Day at college, free of cost, and demonstrated how LED bulbs reduce energy consumption.



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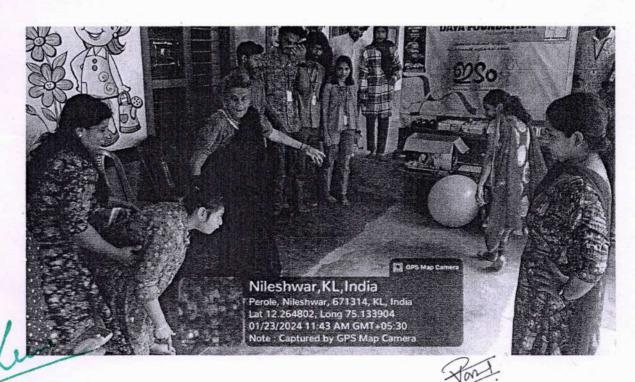


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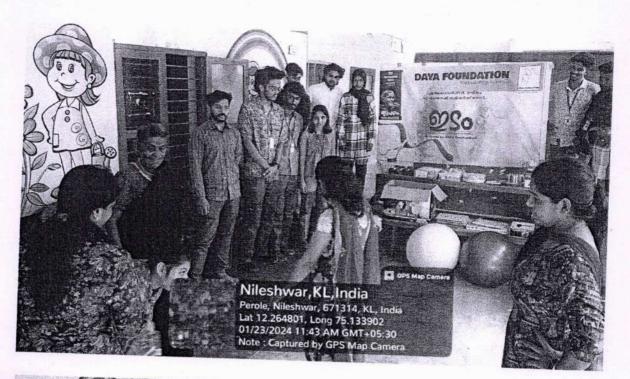
IDAM REHABILITATION CENTRE VISIT

IDAM is a rehabilitation and therapy center located in Nileswar, initiated by the DAYA Foundation under the guidance of Sri. Daya Bai, a renowned national social worker. Essentially, IDAM was established to offer free physiotherapy facilities to children affected by endosulfan exposure. To support this noble cause, NSS SNGCET organized a toys and equipment challenge among college students and staff, raising an amount of 14,000 rupees to provide toys and materials for their therapy sessions.

On January 23, 2023, NSS volunteers visited IDAM and handed over these toys and equipment to Sri. Daya Bai. Following this, the volunteers engaged in a discussion with Sri. Daya Bai regarding the future plans and activities at IDAM. Additionally, they pledged to develop a website for IDAM at no cost, demonstrating their commitment to supporting the center's endeavors.



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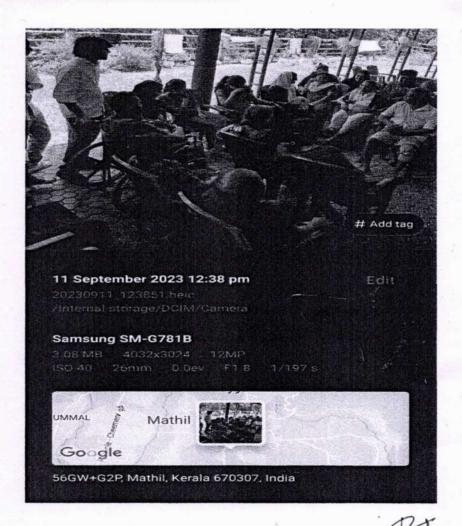


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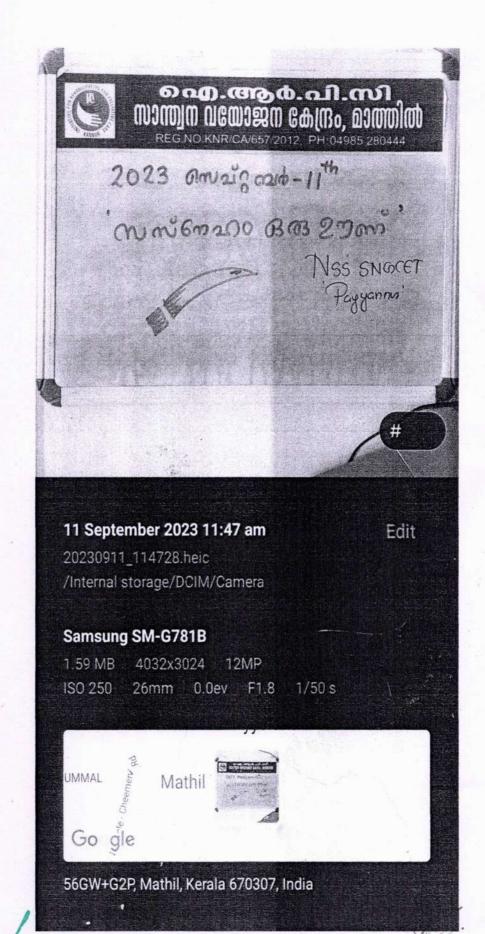
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"SASNEHAM ORU OONU – OLD AGE HOME VISIT AND FOODDISTRIBUTION"

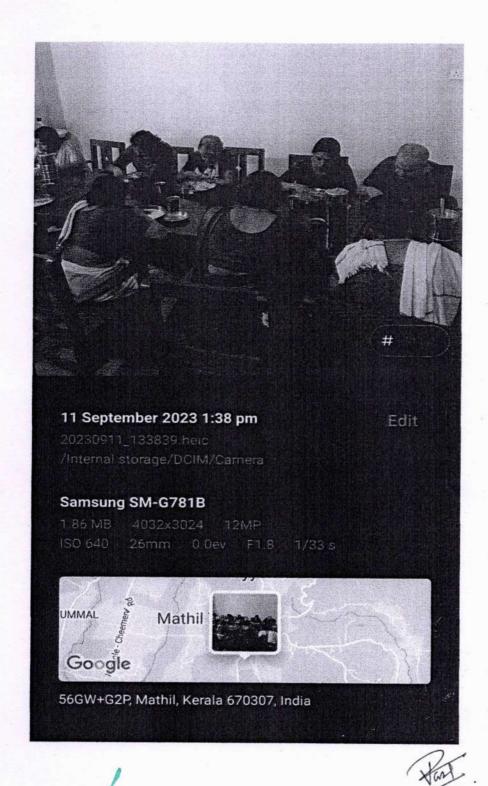
On September 11, 2023, the NSS unit of SNGCET organized a visit to an old age home and distributed food at IRPC Mathil. NSS volunteers devoted an entire day to spending time with the elderly and infirm members of IRPC Mathil.



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"STUDY KIT DISTRIBUTION TO ECONOMICALLY BACKWARD STUDENTS"

During the 7-day NSS residential camp held at Thalavil, the NSS unit of SNGCET distributed study kits to economically disadvantaged students of Govt. LP School Thalavil on May 14, 2023.





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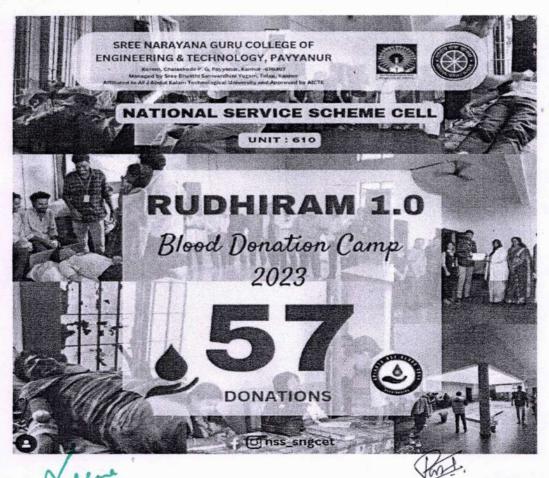


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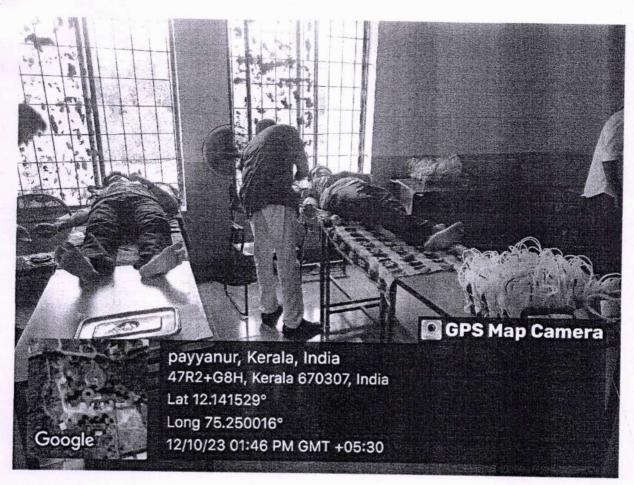
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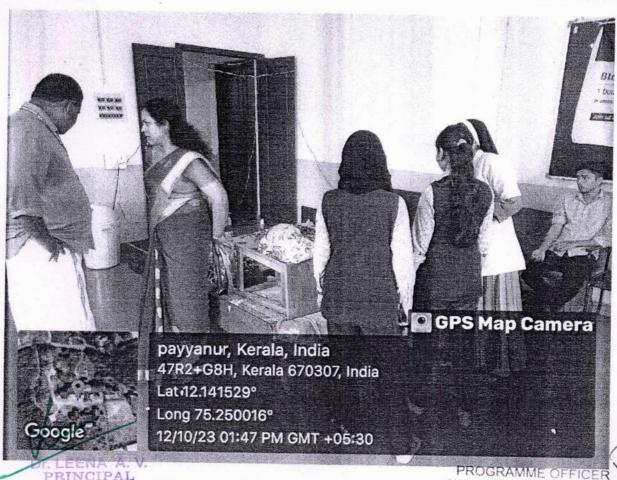
RUDHIRAM 1.0 BLOOD DONATION CAMP 2023

The NSS Unit of SNGCET, in collaboration with Lions Club and Angels Wing of BDK, organized RUDHIRAM 1.0, a Blood Donation Camp on October 12, 2023. The camp was inaugurated by College Principal Dr. Leena AV. With an overwhelming response, the camp received over 100 registrations, and a total of 57 donations were completed.



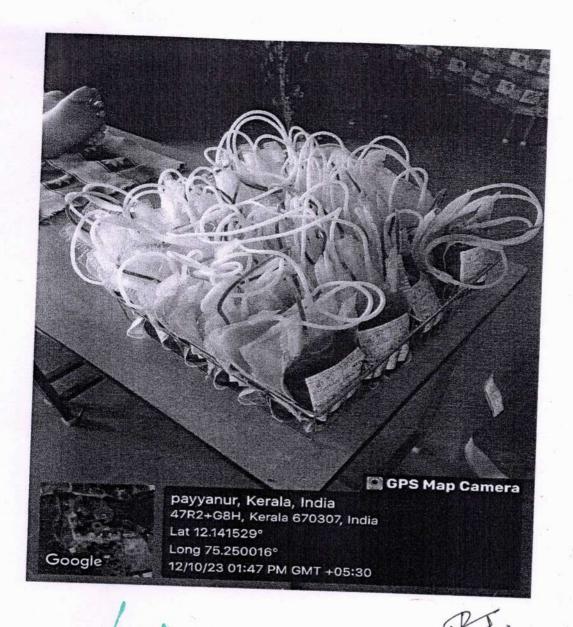
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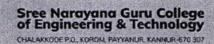


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RUDHIRAM 2.0 BLOOD DONATION CAMP 2024

The NSS Unit of SNGCET, in collaboration with Trikaripur Blood Donors, organized RUDHIRAM 2.0, a Blood Donation Camp on March 11, 2024. The camp was inaugurated by College Principal Dr. Leena AV. With an overwhelming response, the camp received over 100 registrations, and a total of 37 donations were completed.







NSS UNIT: 610

RUDHIRAM 2.0

Blood Donation Camp 2024





Donations

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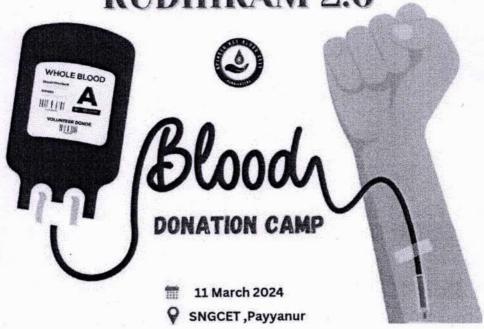
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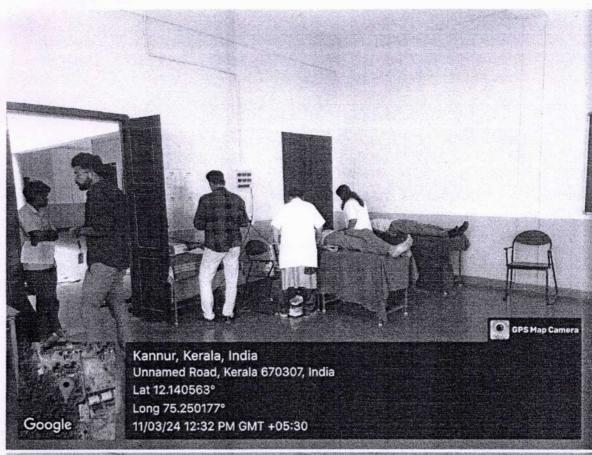
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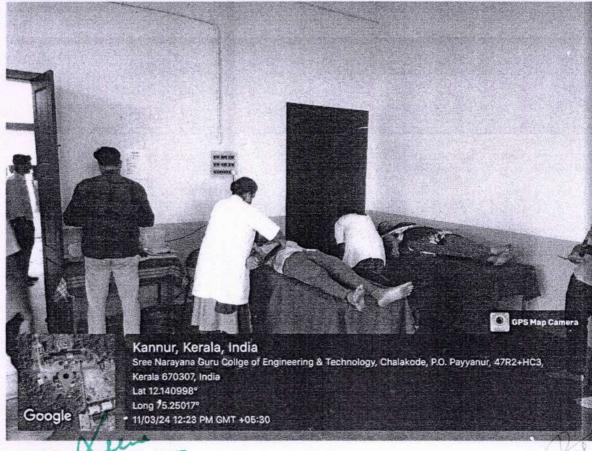
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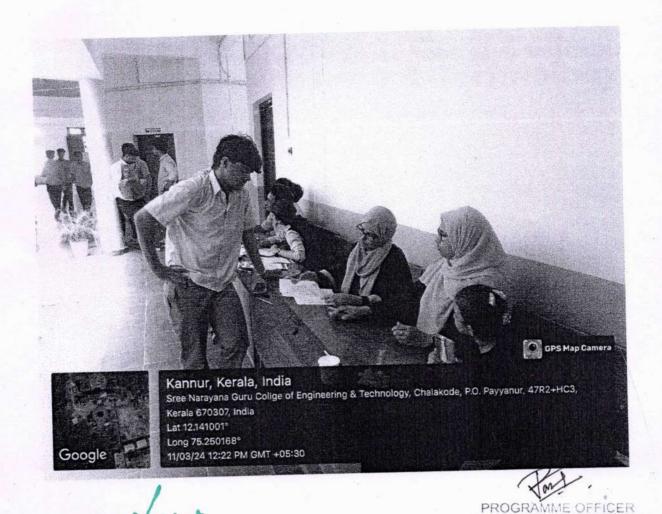
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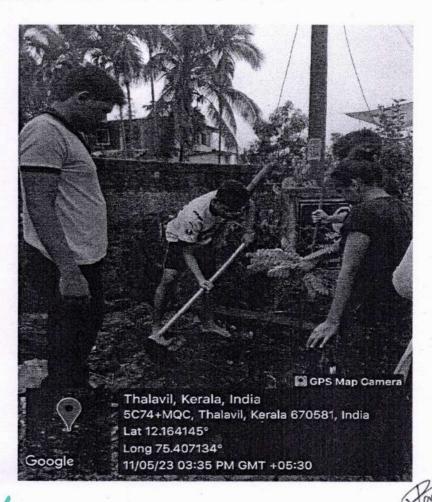




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"THALAVINU ORU THANAL" TREE PLANTATION DRIVE AT THALAVIL JUNCTION

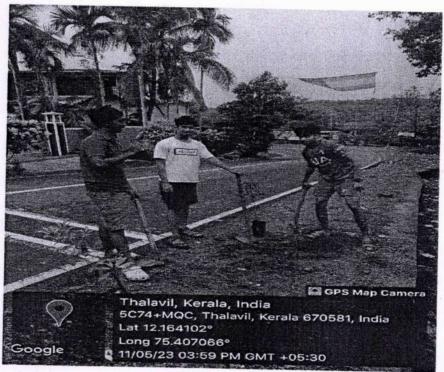
During the 7-day NSS residential camp held at Thalavil, NSS volunteers organized a plantation drive titled "THALAVINU ORU THANAL" on May 11, 2023.



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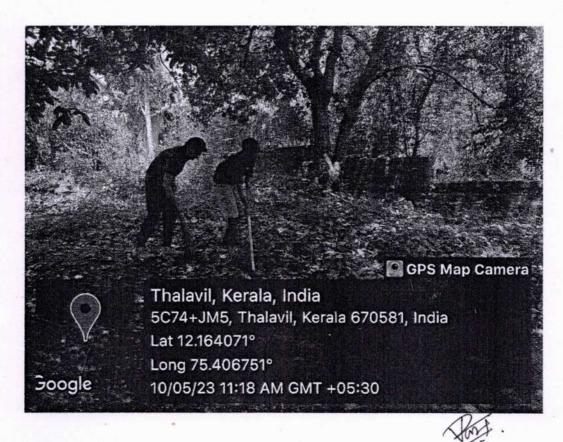




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CLEANING ACTIVITY HELD AT PRIMARY HEALTH CENTER THALAVIL

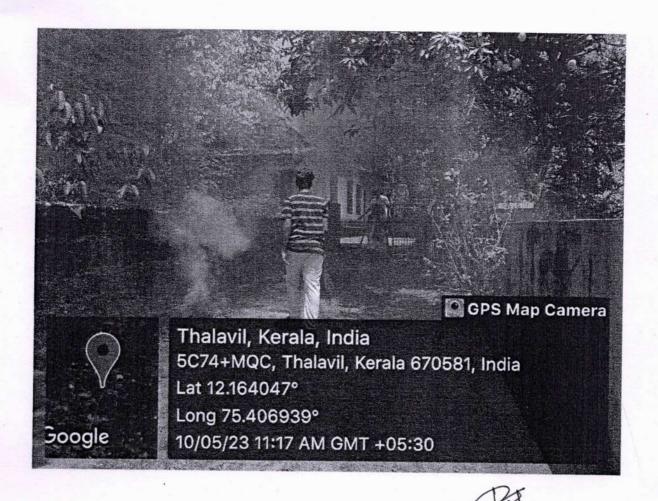
As part of 7 days NSS residential camp held at thalavil, NSS volunteers had conducted a cleaning activity at Primary health centre thalavil on 10th may 2023.



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"VEGETABLE GARDEN MAKING FOR ECONOMICALLYBACKWARD HOUSES OF THALAVIL"

During the 7-day NSS residential camp at Thalavil, the NSS unit of SNGCET established a vegetable garden for selected households (in the Economically Backward Category) of Thalavil on May 12, 2023.



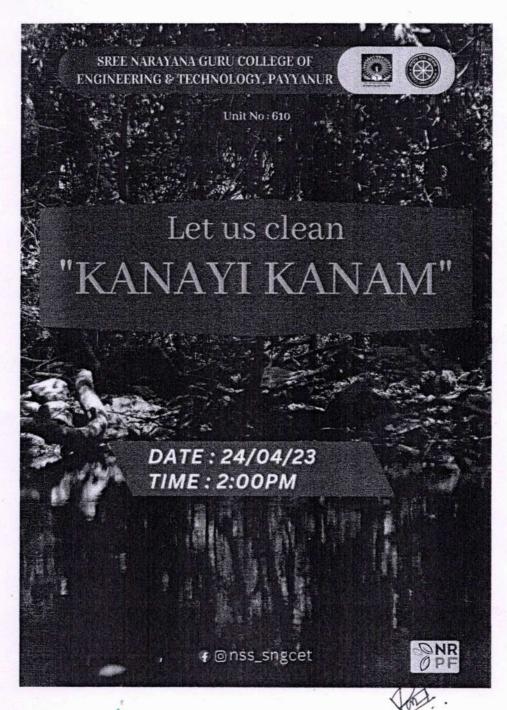
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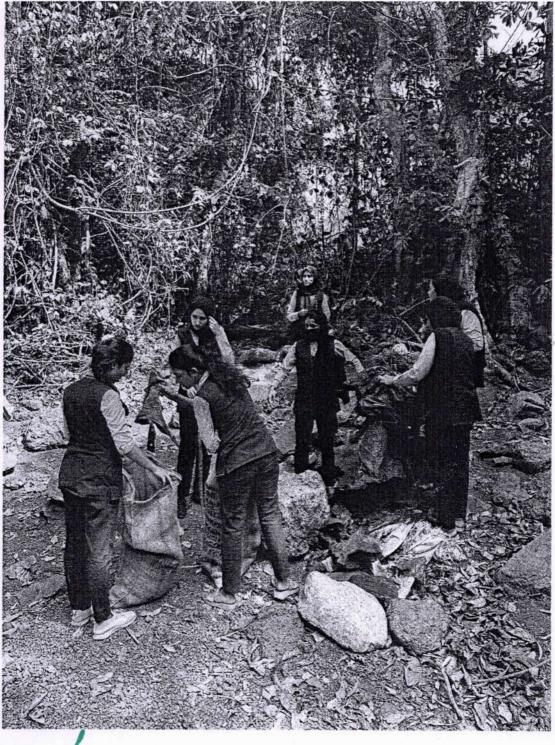
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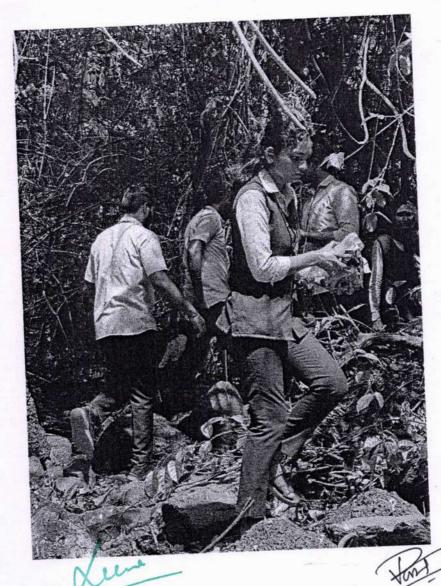


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Kanayi Kanam, situated near Payyanur, is a picturesque water body that attracts numerous travelers and photographers, especially during the rainy seasons. However, the natural ecosystem of this area has been adversely affected by the accumulation of plastic bottles and covers. To address this issue, the NSS unit of SNGCET organized a cleaning drive at Kanayi Kanam on April 21, 2023, to clear away all plastic waste before the onset of the rainy season. Several students, alongside NSS volunteers, actively participated in this program.

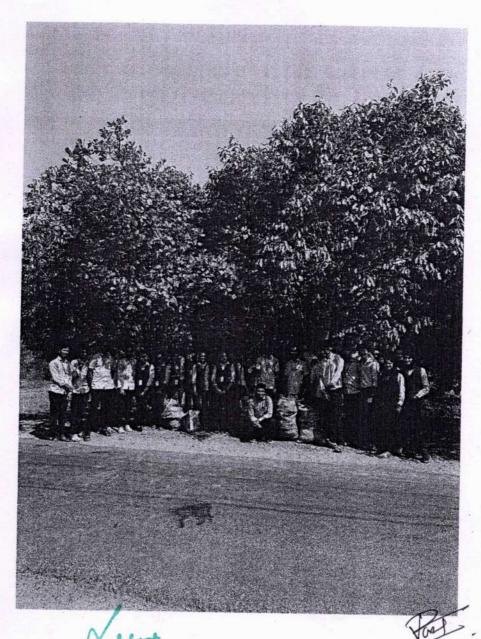


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NATIONAL SERVICE SCHEME

UNIT NO: 610

"CLEAN HOME CHALLENGE"

DATE: 22/05/23

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On May 22, 2023, the NSS Unit of SNGCET orchestrated a challenge for all college students to tidy up their own residences and submit pictures to NSS coordinators. The objective behind this initiative was to prevent the widespread of diseases caused by unsanitary environments.

Numerous students alongside nss volunteers were participated

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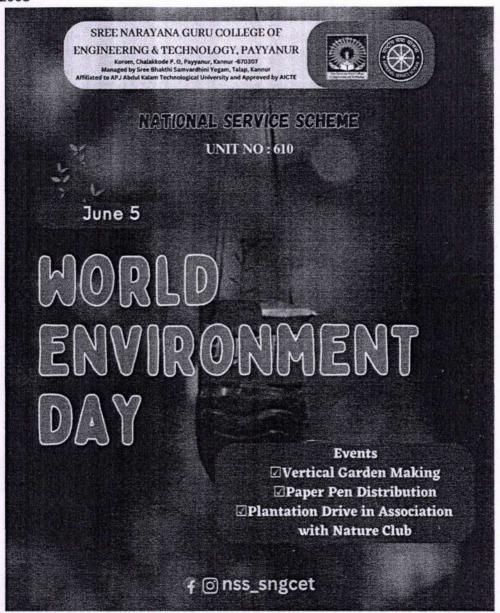


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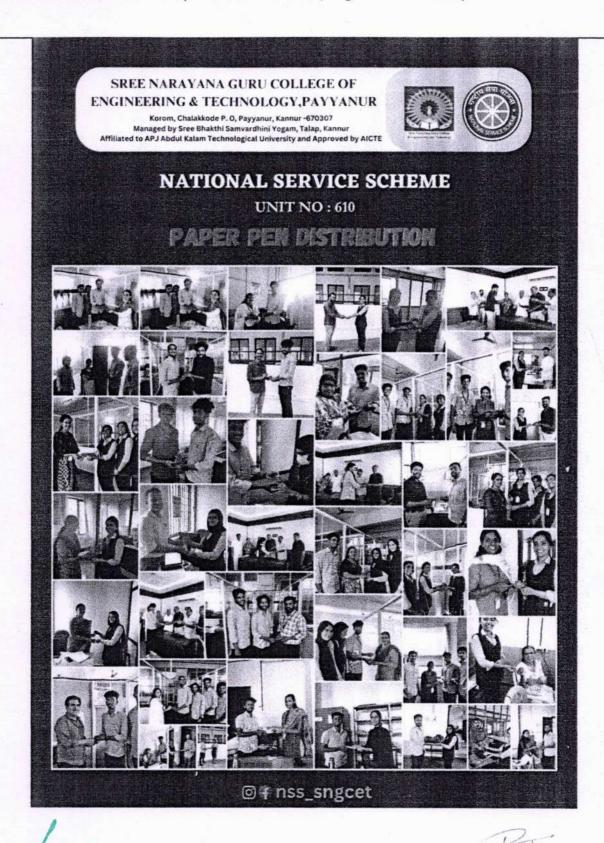
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The NSS Unit of SNGCET, in collaboration with the Nature Club of SNGCET, organized a World Environment Day celebration at the college on June 5, 2023. The event was formally inaugurated by Sri. Rajeevan M, Assistant of Social Forestry in the Kannur division. Inside our campus, Sri T K Rajaendran, Vice President of SBSY Talap, inaugurated the paper pen distribution challenge, following which paper pens were distributed to all college staff. Additionally, Dr. Leena A V, the college principal, formally inaugurated the vertical garden

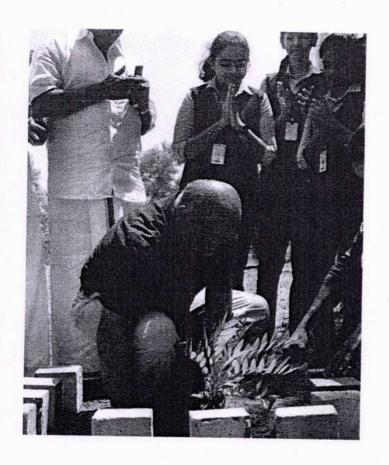
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created on our campus using recycled plastic bottles. As part of the collaboration with the Nature Club, NSS volunteers planted numerous saplings across our campus.



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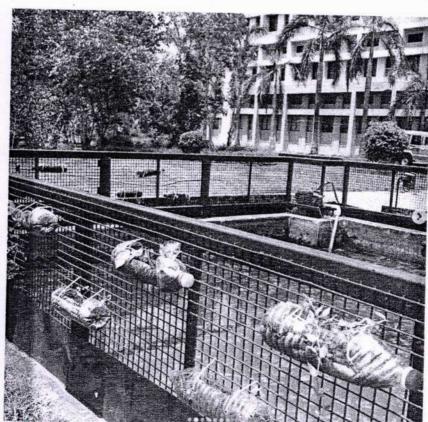


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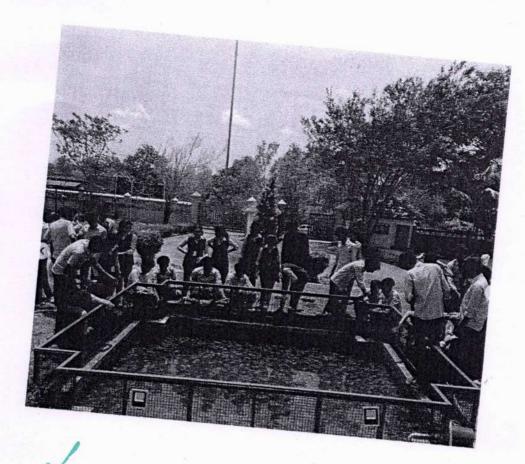
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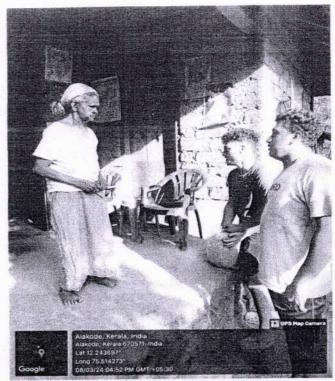


Grocery and Vegetables Distribution to Economically Weaker Localities of Mampoil

During the afternoon session of a residential camp on March 9th in Mampoil, students engaged in distributing food materials and vegetables to economically disadvantaged individuals of the area. Demonstrating a touching blend of compassion and community solidarity, a team of committed NSS volunteers recently initiated a campaign to aid the economically vulnerable residents of Mampoil. Acknowledging the urgent requirement for support, particularly amidst challenging economic conditions, these students assumed the responsibility to bring about a concrete positive change in the lives of those experiencing hardship



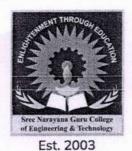
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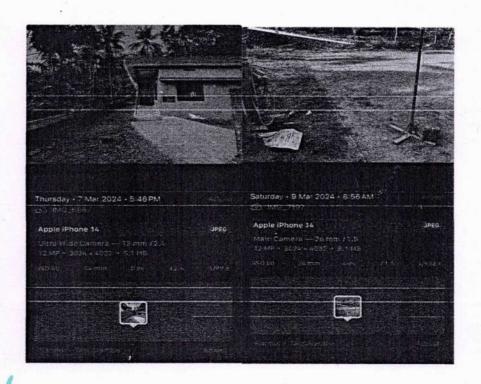
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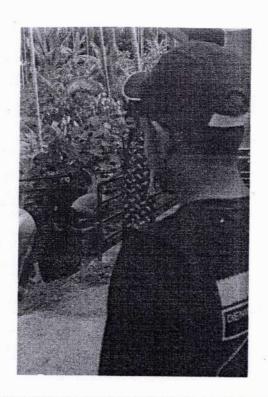


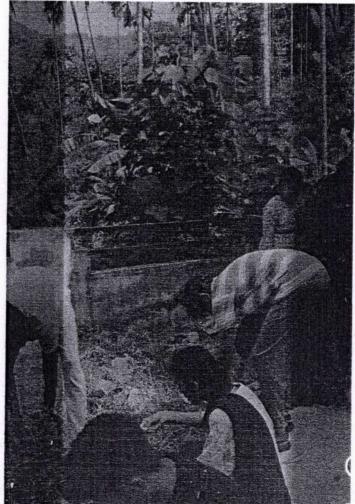
Primary Health Centre Cleaning Mampoil

During the Forenoon session of a residential camp on March 7th in Mampoil, On March 9th, volunteers conducted a cleaning drive at the primary health center in thalavil, which is the sole medical emergency facility available for the locals of Mampoil.



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NATIONALSERVICE SCHEMEUnit No.610



Plastic Waste Collection and Disposal in Mampoil

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Garden Making

On the 7th of March, 2024, a commendable environmental initiative took place at Mampoil Junction, led by a dedicated group of National Service Scheme (NSS) volunteers. The event focused on the critical issues of plastic waste management and urban greening, showcasing the volunteers' commitment to environmental sustainability and community welfare.

The day commenced with a plastic waste collection drive, where NSS volunteers meticulously scoured the area, gathering discarded plastic items that littered the junction. This activity was not only about cleaning the environment but also served as a strong message to the local community about the detrimental effects of plastic waste on our planet. By disposing of the collected waste in an eco-friendly manner, the volunteers ensured that their efforts contributed positively to reducing pollution and promoting recycling practices.

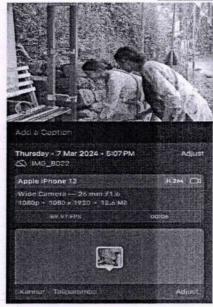
The garden creation was a testament to the volunteers' hard work and creativity, embodying the spirit of 'green activism'. Through their efforts, they demonstrated that small actions can lead to significant environmental improvements. The garden stands as a symbol of hope and a reminder to the community of the importance of nurturing and preserving our natural surroundings.

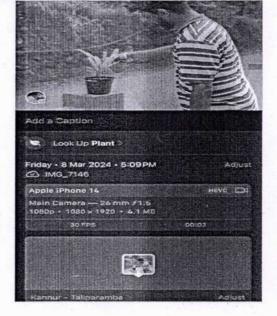
The NSS volunteers' initiative at Mampoil Junction is a shining example of how youth can lead the way in environmental conservation and community improvement. By addressing the twin issues of plastic waste and the lack of green spaces, they have made a tangible difference in their local community.

PRINCIPAL

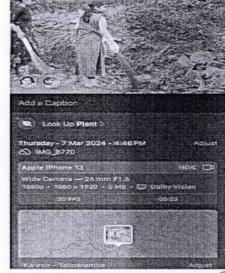
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Vegetable Garden Making – Sacred Heart L P School Mampoil

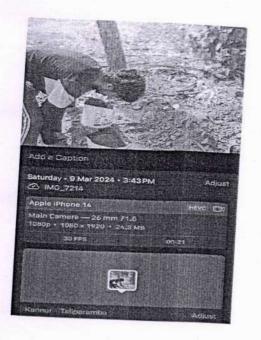
The initiative began early in the morning, with volunteers gathering at the designated area in the school grounds. The site was carefully chosen for its optimal sunlight exposure and accessibility to ensure the successful growth of the garden. The first step involved preparing the soil, a crucial process that involved clearing the land of weeds, tilling the earth, and enriching it with organic compost to create a fertile ground for the vegetables to thrive

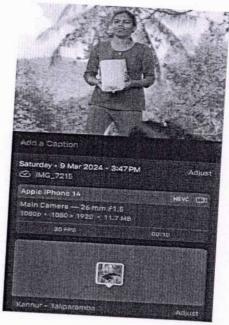
Once the soil was ready, the volunteers, alongside interested students and teachers, began the planting process. The selection of vegetables was strategic, focusing on varieties that were not only easy to grow but also beneficial for the school's lunch program. Tomatoes, carrots, spinach, and beans were among the chosen crops, planted with care and precision to ensure they would yield a bountiful harvest.

The vegetable garden at Sacred Heart LP School, Mampoil, stands as a testament to the power of community and the positive impact of youth-led initiatives. Through their hard work and dedication, the NSS volunteers have created more than just a garden; they have sown the seeds of change, inspiring a future generation to carry forward the torch of sustainability and care for our planet. This project marks a significant step towards a greener, healthier future, rooted in the principles of self-sufficiency and environmental respect.

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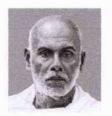


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CHALAKKODE P.O., KOROM, PAYYANUR, KANNUR-670 307



The NSS Unit of SNGCET, in collaboration with district hospital kannur, organized, Blood Donation Camp on November 11th 2019. The camp was inaugurated by College Principal Dr.Janardhanan V K. With an overwhelming response, the camp received over 150 registrations, and a total of 35 donations were completed.

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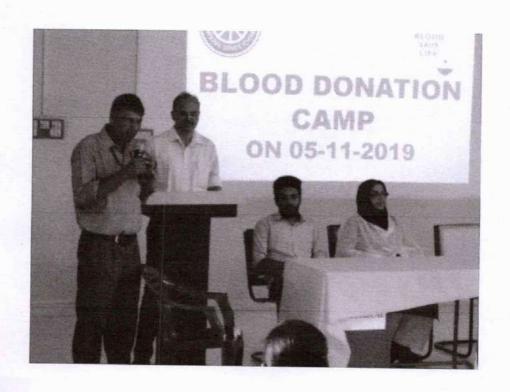
PAYYANUR-NSS UNIT NO. 610

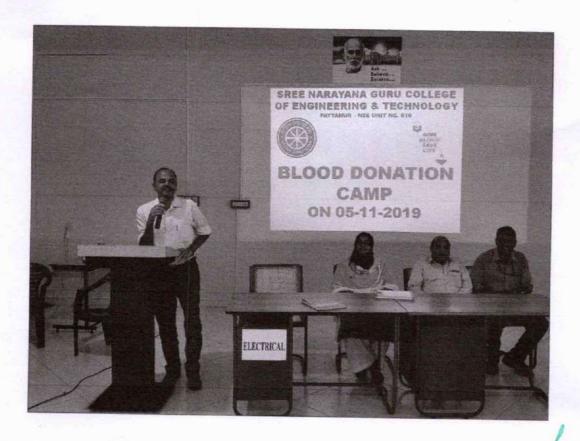




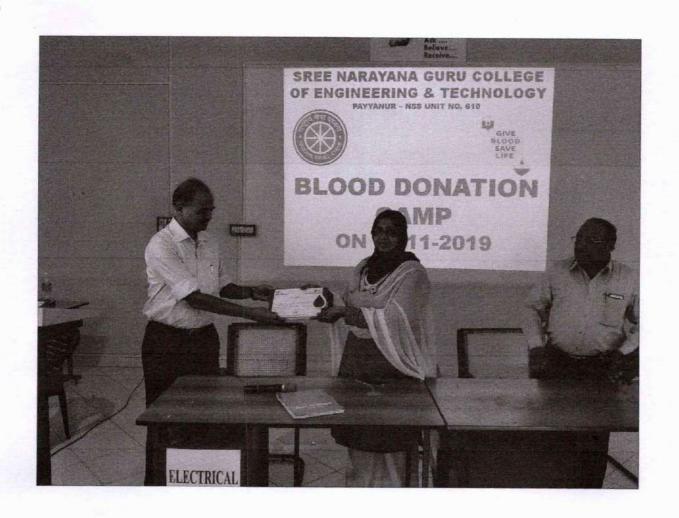
BLOOD DONATION CAMP ON 05-11-2019

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