

3.4.3 & 3.4.4

Extension and Outreach Programmes Conducted by The Institution through NSS/ NCC/ Red Cross/ YRC etc.

2018 - 2019

1. Bhoomitrasena

'Bhoomitrasena', a dream initiative of the National Service Scheme Unit was launched on 5th June, 2018 as part of the 'Green Campus Clean Campus Project'. The aim of this initiative is to sustain the green wealth of our land by the proper interventions through our volunteers. Bhoomitrasena volunteers were able to distribute 3200 saplings during the year 2018-19.64 students of NSS and other Departments had participated in the programme.



2. Sapling Distribution

The Environment Day programmes were inaugurated by the Principal,Dr.Jancey Thomas on 05/06/2018 by planting a sapling in the college courtyard. The volunteers took an oath pledging to undertake initiatives propelled towards sustainable development and abstaining from activities that lead toenvironmental degradation. A stall was set up in the college where saplings were distributed freely. The saplings were bought from Vaikkom Nursery, Kerala Forest Department. 927 saplings were distributed at Paythrikam Residency, Pampady as part of the programme. 114 students of Zoology and Botany departments and NSS Unit had participated in the programme.



3. Puthuppallyk Oru Puthu Namb

The National Service Scheme Unit, Baselius College has conducted a programme named Puthuppallyk Oru Puthunamb on 09/06/2018 in Puthupally. The unit distributed about 1000 saplings in Puthupally Panchayat. The programme was conducted at Government Boys High School, Puthupally, in coordination with the Kudumbasree units of the Panchayat. The programme was inaugurated by Nibu John, Panchayat President, by handing over the saplings to the Kudumbasree members. 82 students had participated in the programme.



Distributing Saplings at Puthupally Panchayat area

4. Drug Awareness Rally

On 26/06/2018, as part of Anti-Narcotics Day, a rally starting from Baselius College to Nagampadam bus stand was coordinated by the NSS unit in association with Vimukthi, Excise Division Kottayam, Mount Carmel School and CMS College.Sri.

ThiruvanchoorRadhakrishnanMLA flagged off the rally in the presence of Baselius College Principal, Dr.Jancey Thomas and Head of Physical education Department Dr. Biju Thomas. The rally was led by Captain Murali Kumar. An oath against the use of drugs was taken at Nagampadam in the presence of Dr. Abu Joseph and MrAbdul Salim, Excise Department.45 students participated in the rally.



5. Swanthanam – Visit to differently abled school

Students of Commerce and Management Department were part of a venture for the benefit of the mentally challenged children. They visited the Jyothis school on 29/06/2018. They pooled financial resources and contributed for the welfare of the children at Jyothis School- a school exclusively for mentally challenged children. The whole contingent spent time with the children and participated in the activities performed. 9 students participated in the programme





6. Kaithangu-Flood relief activity

'Kaithangu' was organized by the National Service Scheme to help flood victims of Kuttanadu and Kumarakom during 26/07/2018 to 4/8/2018.600students participated in the activity.



7. Expo on Nutrition Awareness

A nutrition expo was organised by the Department of Zoology in association with the Department of Botany, as per the order of the Department of Health, Government of Kerala, on 3/8/2018. The expo was mainly focused on the nutrition that the foods we eat in our everyday life provide us. It also aimed at the ill effects of Junk food as well as the balanced diet and its importance. The expo was inaugurated at 11.30 am by our respected principal Dr. Jancey Thomas. 180 students participated in the program.





6

8. Health Camp

A health camp was conducted by Zoology Association along with District Hospital, Kottayam on 14/08/2018. Ms. Mini, the Dietician, inaugurated the camp with a brief awareness class on the importance of nutrition. It was followed by health check-ups and eye testing. The healthcheckup reports of each beneficiary were then analysed and suggestions based on the report were given by the dietician to follow a healthy diet. Eye testing was co-ordinated by Ms. Sreekala, the optometrist. 250 individuals, including students, teaching staff and non-teaching staff benefited from the Medical camp. The camp which started at 10.30 a.m. and winded up at 3 p.m. was found to be a grand success.





9. Blood Donation Camp

A blood donation camp was conducted on 16/08/2018 in the college in association with Pulse Polio

Unit of District Hospital Kottayam and Red Ribbon Club. Dr LintoLaserHead of PP Unit was the resource person. Eighty-three studentsdonated blood on that day.



10.Flood Relief Activities

A helping hand for the flood victims was provided by National Service Scheme unit, Baselius College in association with District Administration Kottayam from 17/08/2018 to 21/08/2018. CollegeAuditorium has severed as the collection centre for flood relief supplies. Students and teachers collected the materials, sortedthem and also did the loading and unloading of these. They helped authorities to distribute the supplies. The infrastructure of the college was shared with the district authorities to mobilize help for the flood victims. 60 students had contributed towards the initiative.



11.Flood Relief Activity

About 200 bottles of cleaning lotions were prepared by the NSS volunteers under the guidance of Asst. Prof. Kiran Philip of Physics Department at the college on 25/08/2018 to 26/08/2018. These were distributed to many of the above mentioned camps. 60 students participated in the program,



12.Flood Relief Activity

Cleaning, chlorination and survey on health & cleanliness in the flood affected regions such as Thiruvathukkal; Paarappadam was done in association with the PP Unit of General Hospital Kottayam, Asha workers, Kudumbasree members and Anganwady teachers on 27/08/2019 & 28/08/2018 from 9:30AM to 1:30PM. 50 NSS volunteers participated in the program.



13.Student Health Inspectors

Two students from the Department of Chemistry worked as health inspectors from 30/08/2018 to 27/09/2018. For their service, they received experience certificate from government of Kerala.

COMMUNITY HEALTH CENTRE SACHIVOTHAMAPURAM, KOTTAYAM

(GOVERNMENT OF KERALA)

chcspuram@gmail.com, Ph: 0481 - 2431700

Dated 29/09/2018

EXPERIENCE CERTIFICATE

This is to certify that Vishnuraj V, Vishnavam, Thuruthi P.O, Changanacherry, has been working in the post of JHI Gr II (On temporary basis) in this Hospital from 30/08/2018 to 27/09/2018. The services rendered by his during the period is good.



Medical Officer-an-Charge Community Health Centre Sachivothamapuram Setta yam Dist. Pin-686 533

14.Flood Relief Activity

On 03/09/2018, NSS unit of the college donated notebooks and pens to the students of Sree Narayana Trusts School, Chengannur who were affected on account of flood.Dr. A.V. Anand Raj, Chairman, SN Trust RDC inaugurated the program. Prof. Sany Mary Benjamin, NSS Program Officer, Baselius College handed over the books and pens to Sri. T. Prasannakumar, SNT School Principal.120 students of NSS Unit and subject to all associations contributed towards theinitiative.



15.Sevanavaram

Sevanavaram 2018 was observed from 15/09/2018 to 2/10/2018. As a part of it, 72 volunteers from the NSS unit and Nature Club cleaned the premises of Kottayam Railway station on 15th September 2018 from 9 AM to 1 PM. A valedictory meeting was held where the railway officers addressed the volunteers and delivered messages on Swachata..



16.Inter collegiate Cultural Festival

The NSS unit of Baselius college celebrated NSS day on 24/09/2018 by conducting an intercollegiate cultural festival 'Walk With Gandhiji' for the NSS volunteers which aimed at spreading Gandhian philosophies and thoughts. The flag was hoisted by Principal, Baselius College Dr.Jancey Thomas and the cultural festival was inaugurated by Adv. Sunny Pampady, District Panchayat President. The competitive events of the cultural fest were quiz, extempore, poster designing, debate and patriotic song. The topics for the events were related to Gandhian life and philosophies. The winners were awarded with cash prizes and certificates by the honourable MLA Sri Thiruvanchoor Radhakrishnan. Mar Ivanios College, Thiruvananthapuram was awarded Prof. P C Alias Memorial Ever Rolling Trophy. 40 students participated in the fest.





17. Plastic Bottle Challenge

As part of Swachh Bharat Mission plastic bottle challenge was conducted in the college in association with Jewel Autism Centre, Kottayam from 27/09/2018 to 2/10/2018. 2000 plastic bottles were collected from students and staff and was donated to 'Samagamam' trust in the presence of Fr .David Chirammel (social worker and environmentalist) and Sri.Suresh Kurup MLA on 2nd October 2018 at SH Mount School, Choottuveli.70 students participated in the program.





18. Chekkutty Dolls -preparation

On 02/10/2018 the NSS volunteers of the unit went to St. Mary's HSS, Manarcadu to learn the making of Chekkutty dolls under the guidance of Sri. Biji Ann Kurian, NSS Program Officer of the school. Sri. Soji Abraham, Principal of the school inaugurated the program. The importance of the coming back of the handloom workers of Chethamangalam and the people of Kerala as a whole is depicted through the Chekkutty dolls.30 students participated in the programme.



19. Walk With Gandhiji

WALK WITH GANDHIJI -one day seminar was conducted by the NSS unit and students from various departments of Baselius college in collaboration with Dr. Sukumar Azhikode Trust and Kerala NSS Cell on 06/10/2018.110 students participated in the programme.



20.Palliative care visit

As part of 'Snehasparshm' the palliative care club of the Economics Department. The students and teachers of our department visited 'Ammaveedu', Manarcadu on 06/10/2018. The club members spent a day with the inmates of Ammaveedu performing entertainment programmes. 30 students participated in the program.



21.Voters list Enrolment

The National Service Scheme unit conducted free registration of the students into the Voters' list online enrolment in the college as a part of Systematic Voters' Education and Electoral Education (SVEEP) from 29/10/2018 to 01/11/2018. 400 students of the college were able to enrol in the Voters' list.



22.Beat The Plastic - 'Green Campus Clean campus'

The NSS unit and students of Botany department with an aim of building eco-friendly campus, collected plastic bottles in the college campus and also from nearby shops and houses on 01/11/2018. The aim was to convey the message of keeping the campus clean and to make it as green as possible. A piece of land was identified for a special greenery project. Students created a Butterfly Garden with the support and advice of Zoology department. 73 students participated in the programme.



23. Cleaning and cultural activities

On 14/11/2018 The NSS volunteers of the unit conducted cleaning and cultural programs at Government U.P. School, Thiruvarppu. Plastic wastes were collected from in and around the school campus. Cultural programs were also conducted for the students of the school by the NSS volunteers.70 students participated in the programme.



24.Sakhi: Breast Cancer Awareness Campaign

In association with the students of Medical College, Kottayam SAKHI, breast cancer awareness program was conducted by the unit in the college on 24/11/2018. Dr. Amrutha Varshini, Dr. Irshad Muhammad, final year medical students led the session. Self examination techniques and the information on the cause and diagnosis methods were discussed among the students and members of the staff of the college. 270 students participated in the program.



25. World AIDS Day Rally

On 01/12/2018 a rally from Baselius College to District Hospital, Kottayam was conducted by the National Service Scheme unit at 9:30a.m. The volunteers wore badges and held placards as a mark of their protest against the discrimination doled out to AIDS affected people in the society. The rally was flagged off by the college Principal, Dr Jancey Thomas. The NSS unit presented a street play at the District Hospital, Kottayam at 10a.m. as part of the AIDS day programme followed by the rally. A pledge was taken by the volunteers and the people gathered there, to act against the situations which contributed to the spread of AIDS and to accept the discriminated people in the society. Mr.ThomasKuruvila and Ms. Sany Mary Benjamin, NSS Program Officers and Dr.Linto Laser, PP Unit, District Hospital, Kottayam, gave messages to the gathering, about the causes and effects of AIDS. 40 students had participated in the rally.



26.Charity Programme

Students and faculty of the Department of Malayalamvisited the 'Navajeevan Trust' and spent time with the inmates with the motive of social inclusion on 15/12/2018.50 students visited the Navajeevan Trust.50students participated in the program



27.Flood Related Survey

On 22/12/2018 National Service Scheme unit volunteers were divided into groups. Each group was accompanied by an Asha worker and a senior volunteer. The survey was conducted in the 15th and 16th wards of Thiruvarppu and the information of detail regarding the flood, damages occurred, and the health status of the villagers were collected.70 students participated in the survey.



28. Enrichment Programme For School Children

The Department of Chemistry organised remedial classes in Chemistry for the students of classes 9th, 10th, 11th and 12th of SreeVidhyadhirajaVidhyaBhavan EMHSS, Kottayam from 15/01/2019 to 30/1/2019. Four final year BSc students served as Resource Persons.Four final year BSc students of Baselius college served as Resource PersonsThe students of classes 9th, 10th, 11th and 12th of SreeVidhyadhirajaVidhyaBhavan EMHSS, Kottayam had attended the same.





29. Cleaning Programme

The volunteers of the NSS unit cleaned the DD Office, Kottayam from 9:30AM to 2PM on 19/01/2019. 30 volunteers indulged in the cleaning program for which they were provided certificates of appreciation. 70 students participated in the programme.

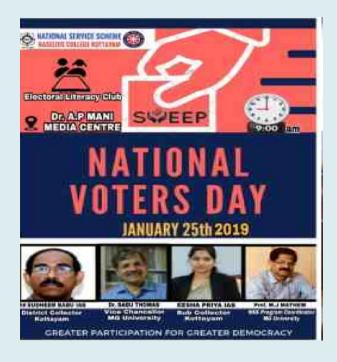


30.Electoral Literacy Programmes

Electoral Literacy Club is an initiative by the NSS unit at Baselius College which provides the platform to engage the students and volunteers through interesting activities and hands-on experience to sensitive them on their electoral rights and familiarize them with electoral process of registration and voting. On 25/01/2019 National Voters' day was observed by the unit in the college in association with the Revenue Department, Collectorate, Kottayam. The unit conducted free registration of the students into the Voters' list online enrolment in the college as a part of Systematic Voters' Education and Electoral Education (SVEEP). 30 students participated in the program.

31. National Voters Day

National Voters' day was observed by the unit in the college in association with the Revenue Department, Collectorate, Kottayam, on 25/01/2019. Dr.SabuThomas, Vice Chancellor, MG University, Sri. P K Sudeer Babu IAS, Kottayam Collector, Eesha Priya IAS, Kottayam Sub collector, Prof.M J Mathew, NSS Program Co-ordinator, MG University, Sri.Premalatha, Deputy Collector, Kottayam, Prof.Ashok Alex Luke, SVEEP Nodal officer, Kottayam, Prof.Sany Mary Benjamin, NSS Program Officer, Baselius College and Unnikrishnan M J, College Union Chairman had addressed the gathering. The importance of the role of each voter in the society was highlighted. The eldest voter in Kottayam and a younger voter from the college were honoured. Thirty eight people including students and staffs attended the programme.



32.Mega Medical Camp

A medical camp was conducted at BaseliusCollege Auditorium from 9 a.m. to 4.30 p.m on 27/01/2019 by the National Service Scheme unit, subject to all departments in association with Revenue Division Office, Kottayam, Caritas Hospital and Medical Office, Kottayam. The camp was successful in helping the old people with their medication and free medicines were distributed. The camp was inaugurated by Sri. ThiruvanchoorRadhakrishnan, MLA, and the honoured guests Sri. P.K. Sudeer Babu IAS, Kottayam district collector, Eesha Priya IAS, Kottayam district sub-collector, the officials of Revenue Division Office and Caritas Hospital

marked their presence and support throughout the camp. Around 45 students participated in the programme.







33.SVEEP Campaign

On 28/01/2019 SVEEP campaign was conducted by the volunteers in the College for making Kottayam the first 100% voting district by creating awareness amongst voters. Sri. P K Sudeer Babu IAS, District Collector, Kottayam, inaugurated the program. Eesha Priya IAS, Sub collector Kottayam, gave the presidential address followed by the address by Suresh Kumar M V, Deputy collector, Miya George (Goodwill ambassador, SVEEP) and Prof. M J Mathew, NSS Program coordinator, M G University. Ashok Alex LukeSVEEP Nodal Officer, Kottayam presented the vote of thanks.30 students participated in the program.





34.Cancer Awareness Programmes

The National Service Scheme unit in association with Global Cancer Concern, India (GCCI) and District hospital, Kottayam conducted an awareness rally on World Cancer Day on 04/02/2019, starting from Collectorate to district hospital andthen to Baselius College at 10 a.m. Later an awareness class on the various types of cancers and their cure was held at Baselius College. Dr.Sindhu G. Nair, district hospital, Kottayam took the seminar. Mrs.ManjuSujith, GM, GCCI addressed the gathering. 38 students attended the programme.



35.Eye Camp

A free eye camp was conducted by the NSS unit, subject to all associations in the college collaborating with EdimannickalOptical, Kottayam for the students, faculty members and people from nearby establishments on 11/02/2019 & 12/02/2019. The service of the camp was utilized by 420 people.



36.Namaste English- Education in Schools through Theatre

Every year the students of the Department of English would conduct an extension programme-"Namaste English" to make English learning interesting to students in schools. This year, under the initiative of Mr. Jithin John, our students enacted the well-known play- Matsyagandhi (play by M. Sajitha) Amala Public School, Vaikkom on 11/02/2019. 30 students participated in the program







37. Friendly cricket match

Arjunas v/s Dhronas, the friendly cricket match between the students and teachers of the college was conducted by the NSS unit in the college ground on 13/02/2019. The student's team Arjunas was lead by union chairman Unnikrishnan M.J and the teachers' team Dhronas was lead by Head of the Physical Education Department Lt. Dr. Biju Thomas. The players wore jerseys with messages "Say No To Drugs" and "No Drugs Only Hugs". The students team won the match by 4 wickets. Dr. Jancey Thomas, Principal, Baselius College, Kottayam and Prof. M.J. Mathew, NSS Program Coordinator, MG University addressed the teams. Prof. Thomas Kuruvilla, NSS Program Officer, English Department faculty Dr. Joy Joseph and the officials from Excise department gave anti-narcotics message.20 students participated in the programme.





38. Making the choice: Life or Cigarettes – an Awareness program

On 13/02/2019 the National Service Scheme unit Baselius college conducted an awareness program as part of No Smoking Day. A mobile phone photography competition was conducted on the theme "Making the choice: Life or Cigarettes". The best photographs were given prizes and these were posted in online platforms as part of awareness against smoking. Volunteers performed a mime in the college campus and at Gandhi Square, Thirunkara which exhibited the various harmful effects that smoking causes to the individuals and to the entire society. 45 students participated in the programme.



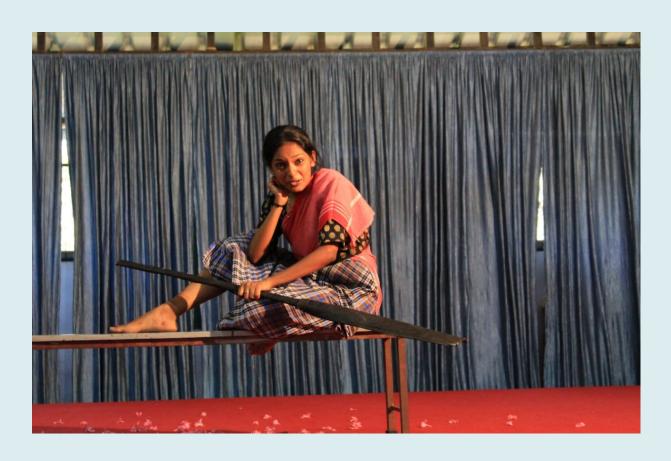
39. Plastic Surgery - 'A Clean Campus Mission'

As part of 'Green Campus Clean Campus' mission the volunteers of the NSS unit initiated a plastic bottle collection during the MG University Arts Fest, "Alathaalam" (01/03/2019 to 04/03/2019). Bins were placed across the campus and posters were designed to make people aware about how plastic affects the nature through improper disposal. It was done in collaboration with "I Challenge Plastic Bottle" and 520 plastic bottles were later handed over to the recycling unit. 70 students participated in the mission.



40.Namaste English- Education in Schools through Theatre

"Namaste English" is an extension programmeheld every year by the Department of Englishto make English learning interesting to students in schools. This year, under the initiative of Mr. Jithin John, students enacted the well-known play- Matsyagandhi (play by M. Sajitha) at St. Philomena's Public School, Elanji on 05/03/2019.30 students participated in the program.





41.Blood Donation Campaign

The volunteers of National Service Scheme Unit, Baselius College, went for blood donation campaign in the college itself on 05/03/2019 with the help of Staff of Govt. Hospital, Kottayam. It enlightened the students on matters relating to various precautions to be taken before donating the blood. It encouraged more students in participating in Blood Donation programmes. 850 students and 8 NSS volunteers participated in the campaign.



42.Kilikkudam program

On 11/03/2019 the National Service Scheme, Baselius college has undertaken a new project to distribute clay pots for birds to quench summer thirst. As a part of Kilikkudam project we placed clay pots in our college, houses and Govt. UP School, Thiruvarppu which is in our adopted village. 78 students participated in the program.













43.Model Poll

A Model Poll was conducted on14/03/2019 by the National Service Scheme unit along with the Election wing by giving demonstration on the VVPAT. Students got the chance to know how to use the machine and they mark their first demo vote.130 students participated in the program.



44.Street Play

On 16/03/2019 & 26/03/2019 a Street Play on the promotion of voting has been conducted by the NSS volunteers in association with SVEEP at Collectorate, Kanjikuzhy, Kalathipady and Manarcadu. The public got awareness about election and its procedures. 20 students participated in the street play.







45.Enrichment Programme For School Children

Students of the Department of Mathematics, Baselius College, Kottayam conducted a 12-hour course in numerical ability for the students of standards 5th, 6th, 7th, 8th and 9th of Model Higher Secondary school on 22/3/2019. 25 students participated the same.



46.Blood Donation Camp

A blood donation camp was conducted by the NSS volunteers in the college with the co-operation of District hospital, Kottayam on 27/03/2019. It was the second blood donation camp that was organized by the NSS unit. 71 students volunteered to donate blood.



47.Electoral Survey

Students of the Department Of Political Science participated in the Election Survey conducted by Centre for Electoral Studies, Trivandrum in March 2019. 11 students participated in the programme.

		Baselious College				я
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Total			38500	65599		

48.Mega Votethon

Votethon, the Mega marathon by SVEEP Kottayam for the promotion of "100% Literacy to 100% Voting" was conducted on 13/04/2019 starting from Collectorate to old police ground, Thirunkara at 4PM. The mega Votethon was conducted in co-operation with SVEEP Kottayam. Kumari Mia George, Goodwill Ambassador, Kottayam, P.K.Sudeer Babu IAS, District Collector, Kottayam and Eesha Priya IAS, Sub Collector, Kottayam were a part of the Votethon. A flash mob was conducted by the NSS volunteers of the unit which highlighted the importance of voting. 50 students participated in the rally.





49. Snehapoorvam Odisha

When Odisha experienced the aftermath of a catastrophe, the volunteers of National Service Scheme unit Baselius college collected various materials and handed over the same to the District Administration on 07/05/2019.30 students participated in the programme.



50. Chengathicheppu

Cloth recycling was undertaken by students of National Service Scheme unit Baselius

collegeKottayam; promote the culture of upgrading instead of wasting. Basic lessons of environmental protection and maximum utilization of available resources were conveyed through this venture. Bags were made from used clothes and distributed on 09/05/2019. Twenty Five students participated in this initiative.



51. Pre-Monsoon Cleaning

A Pre-Monsoon cleaning drive was initiated at M.G. University on 18/05/2019. NSS Volunteers and students from Science departments of our college served as Green Ambassadors and actively participated in the drive. The plastic waste that was collected from various spots was handed over for recycling. 28 students participated in this programme.





52.Flash Mob

On 31/05/2019 'World No Tobacco Day' was observed by conducting a flash mob at Gandhi Square and Mall of Joy, Kottayam. The programme was conducted in association with Global Cancer Concern, India (GCCI) and the Excise department. GCCI Kerala Coordinator Mrs. Manju Philip and the officials from the Excise department addressed the gathering. 45 students participated in the flash mob.



53.Pothichoru

The Kottayam District has scripted history as it spared no effort in getting tag of the only hungerfree district in the country. Pothichoru, the most valuable program of our unit, had played an important role to make sure that no one is going hungry in the district. Every Friday around 50 Pothichoru (food packets) were distributed among the needy in Thirunkara Maidan, Nagampadam and various places in town. Our unit joined hands with Navajeevan Trust on many occasions in making Kottayam, a hunger free district. 580 NSS volunteers engaged in the program. Around 1700 food packets were distributed this year.





54.Flood Relief Activities

The Chemistry Association extended a helping hand to the flood victims of Kavanattinkara, a village in Kottayam district on 30/07/2018. Students under the guidance of two teachers visited the affected areas and supplied all necessary grocery, cloths and cleaning materials.10 students visited the affected areas.



55.Installation of water purifiers

Pre-Monsoon Awareness Campaign was conducted by National Service Scheme in May 2019 at Puthupally village and awareness was given about the contagious diseases that spread during Monsoon season. 50 students of the unit actively participated in the initiative. 27 families benefited from installation of water purifier.





56.Snehaveedu

The second phase of Snehaveedu house construction was initiated at ThiruvarppuGrama Panchayat, the adopted village by the NSS Unit of Baselius College on 23 May 2019. The

volunteers helped in reconstructing and maintaining the flood affected houses of the village. The unit aimed to rebuild 25 houses and the fund was raised from the students, members of the staff and from well wishers. The volunteers did all the manual labour that was required for the house construction which included painting, carrying bricks, cement, mettle etc.40 students participated in the program.





A TAYAM - 686

Dr. BIJU THOMAS
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