#### 1. OUTREACH PROGRAM AT RAMANKARY SPECIAL SCHOOL

The Marian College Extension Department associated with M-Com PGDM conducted an outreach programme at Ramankary Special School on 14/09/2018. Twenty eight students participated in the program. Students interacted with disabled children and arranged entertainment programs for them. They presented their programs. Main aim of this visit was to understand their needs and wants. The students also helped in cleaning, and many other activities and also interacted with the children.





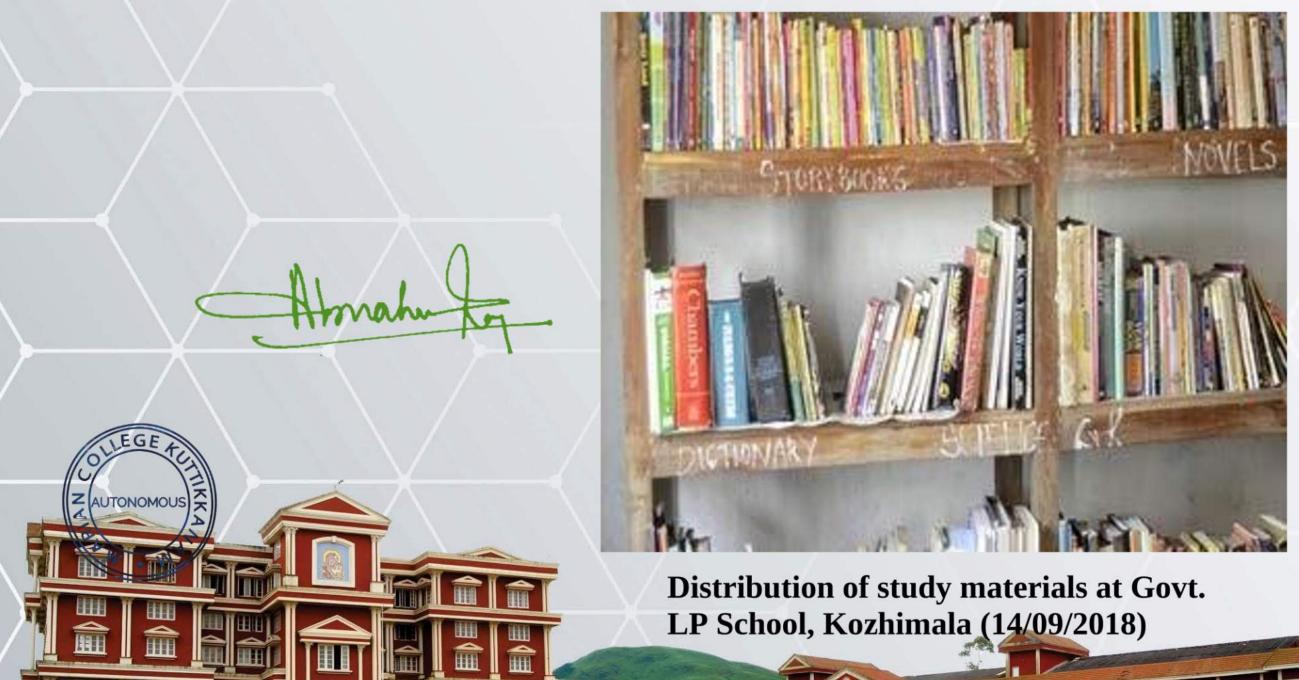
Outreach at Ramankary Special School (14/09/2018)



## 2. DISTRIBUTION OF STUDY MATERIALS AT GOVT. LP SCHOOL, KOZHIMALA

Distribution of Study Material was held at Govt. L.P. School Kozhimala with association of NSS on 14\09\2018. 28 NSS volunteers participated in this program. Objective of this program was to promote education for poor people; different kinds of novels, story books and dictionaries were provided to the children. The School Headmistress and other school members cooperated with the volunteers.

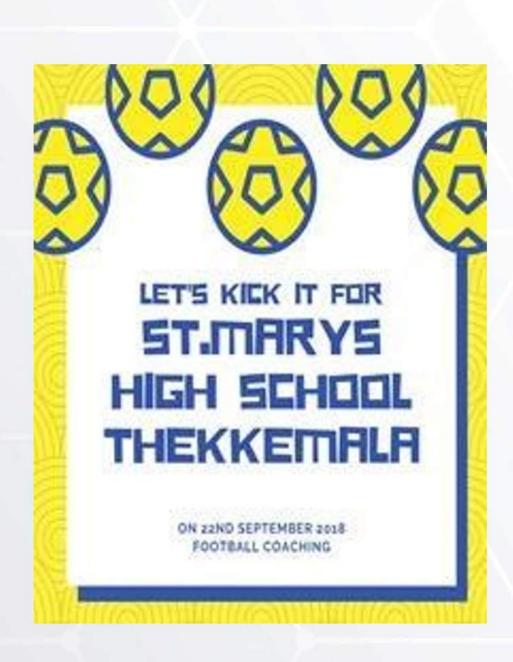




### 3. FOOTBALL COACHING AT ST MARY'S HIGH SCHOOL, THEKKEMALA

The Extension Department associated with the College Football Team conducted coaching at St Mary's High School Thekkemala on 22/09/2018. To help our players grow without frustration, enhance their thinking of themselves as strongplayers, and staying realistic about their ability to focus, coaches will have players focus only on a few major self-improvement goals at one time. Coaches will teach the importance of giving effort to deliberate training, encourage our players to refine and speed their best skills, and improve in those areas in greatestneed. 15 students participated in this training.

Football coaching at St Mary's High School, Thekkemala(22/09/2018)







# 4. KOODE -OUTREACH PROGRAM AT MALAYATOOR DAIVADAN CENTRE

The Extension Department associated with Department of M-Com PGDM conducted an outreach programme "Koode" at Malayattoor Daivadan centre on 25\09\2018. Forty students participated in this program and interacted with inmates. The inmates shared their life experience and about their ashram. Main purpose of the visit was to know their life and make them a handrail. Inmates mingled with students and showed their programs,30 students participated.





**ITONOMOUS** 



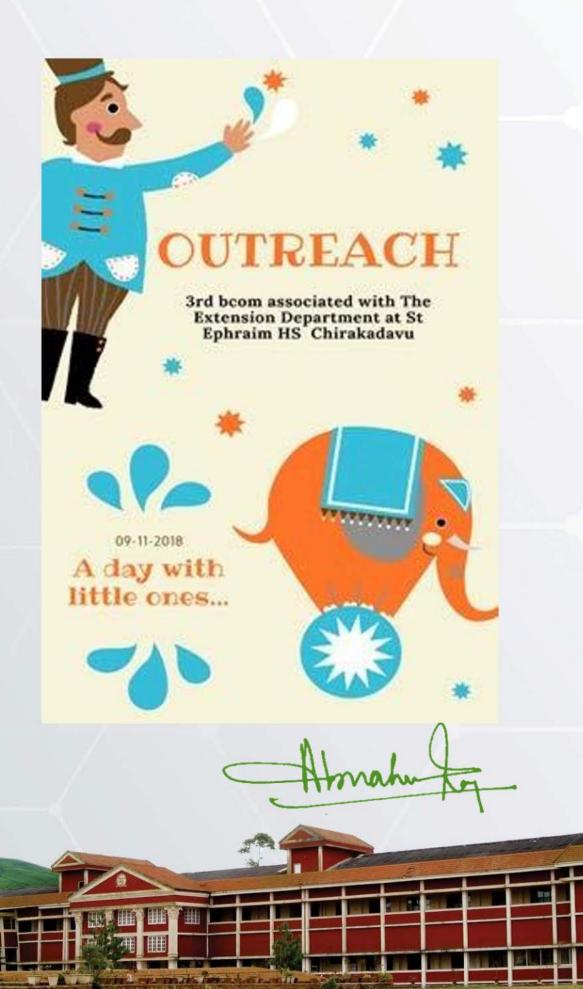
Koode at Malayatoor Daivadan Centre (25/09/2018)

#### 5. OUTREACH PROGRAM AT ST. EPHREM H.S. CHIRAKKADAVU

The Extension Department associated with the Department of 3<sup>rd</sup> BCom conducted an outreach programme at St. Ephrem H.S. Chirakkadavu on 09/11/2018. Students provided motivational classes, skill training programs, promoted the garden of medicinal plants, and Vegetable garden. Sixty studentsparticipated in the program, Main objective was to promote the personality development of children. Teachers and students cooperated with this program.



Outreach at St. Ephrem H.S. Chirakkadavu (09/11/2018)



#### 6. OUTREACH AT ST. GEORGE UPS KORUTHODU

The Extension Department associated with the Department of 2<sup>nd</sup> BCA conducted an outreach programme at St. George UPS Koruthodu on 04/12/2018. Students provided motivational classes, skill training programs, promoted the garden of medicinal plants, and Vegetable garden. Sixty students participated in the program. Main objective were to promote the personality development of children. Teachers and students cooperated with this program.







Outreach at St. George UPS Koruthodu (04/12/2018)



# 7. MEDICAL CAMP AT PALLIKUNNU IN ASSOCIATION WITH MEDICAL TRUST HOSPITAL, MUNDAKKAYAM

The NSS Unit of Marian College Kuttikanam in association with the Extension Department and Medical Trust Hospital Mundakayam organized a medical camp at Pallikkunnu. The camp was held on 9<sup>th</sup> December 2018 at St.George CSI Church Parish Hall Pallikkunnu from 10.00 AM to 2.00 PM. The aim of the health camp was to administer Health Assessment, spread Health Awareness and provide Health Counselling. 80 participants attended the Medical Camp,30 students conducted the program.



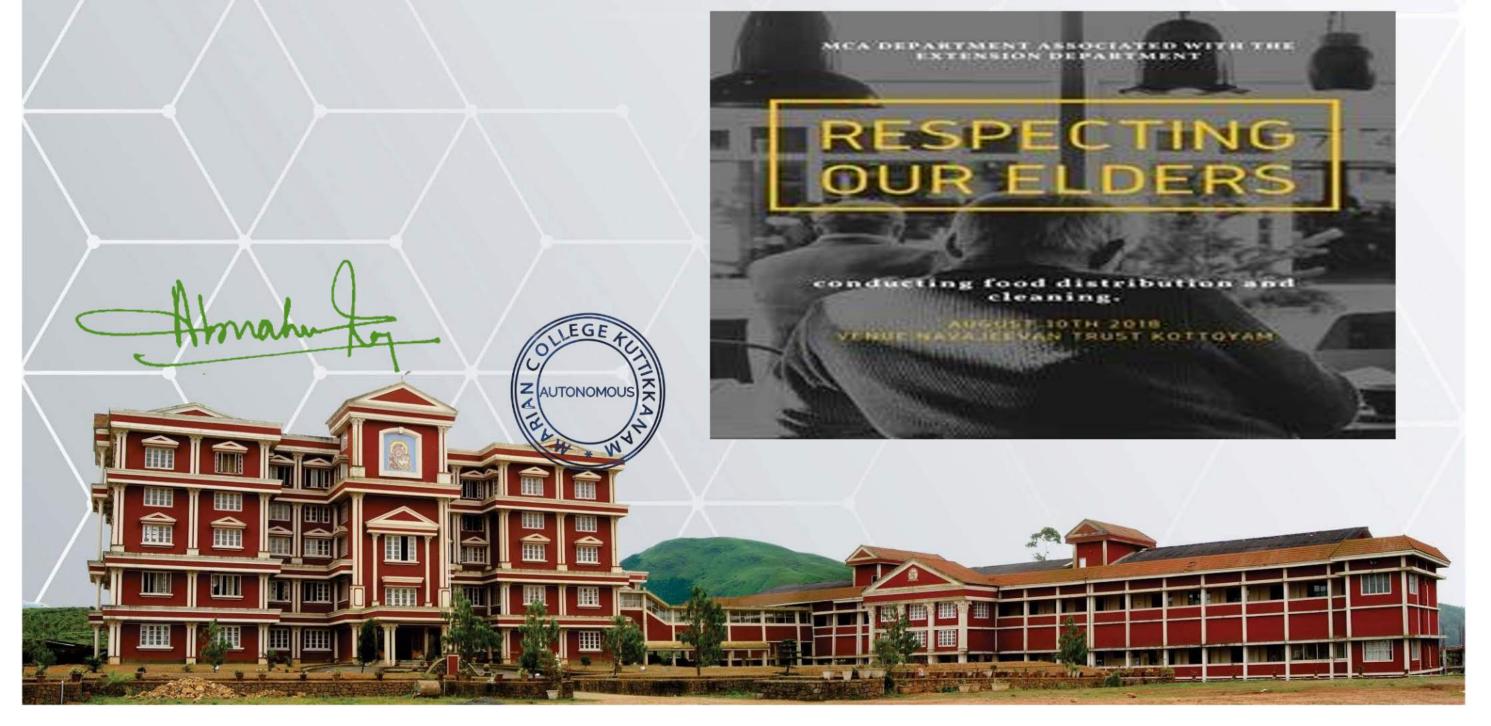


#### 8. OUTREACH PROGRAM AT NAVAJEEVAN TRUST KOTTAYAM

Department of MCA in association with Extension Department conducted an outreach programme at Navajeevan Trust Kottayam on August 10<sup>th</sup> 2018. On this particular day MCA students helped with different types of activities of this institution. Especially helped for food distribution and cleaning the surroundings. Twenty eight students participated in the program. Through this activity, the students were able to get a first-hand understanding of the various activities of this institution.



Outreach at Navajeevan Trust Kottayam (10/8/2018)



# 9. FREE MEDICAL CAMP RELATED TO GYNECOLOGY AT MARIAN COLLEGE

The Women Cell and Extension Department conducted a Medical Camp related to Gynecology in Marian College at Kuttikanam on 27/01/2019. Twelve students participated in the program and the main aim of this program was to help the upliftment of women. Dr. Sr. Rose Mavelikunnel SABS and staff provide their services on this particular day.

Sebastian George (Ex. Program co-ordinator) took the initiative of this program. This camp provided free medical check-ups, diagnosis and follow-up treatment.









#### 10. HOUSE CONSTRUCTION BY NSS VOLUNTEERS FOR A FAMILY

The NSS Volunteers of Marian College took a radical step to build a house for the homeless family. On 18<sup>th</sup> January 2019 on a hartal day students of Marian together did work to make a beautiful house for a very poor family. The students travelled 35 kilometers by bike and private vehicles. Twenty eight students participated in this program. Lincy teacher of Murikkattukudy school initiated this venture and the students of Marian College helped whole heartedly in this big humanistic activity.

House construction by NSS (18/01/2019)





#### 11. OUTREACH- HOUSE CONSTRUCTION AT VANDIPERIYAR

Department of 2<sup>nd</sup> BA Economics conducted an outreach programme – house construction in association with Marian College Kuttikanam at Vandiperiyar on September 14,2018. 27 students participated in this program. It was a kind of great experience for the students to corporate and work for the poor family. They also were able to make a friendship with those people. The main purpose was to cultivate in the students an interest in working life.







#### 12. OUTREACH - CLEANING AT GOVT. SCHOOL KOZHIMALA

The Department of 2<sup>nd</sup> BBA conducted an outreach programme at Govt. School Kozhimala on 15/02/2019. Teachers and students worked together to clean the school classrooms and the school premises. Also, they removed the unwanted grasses found in and around the school premises. The students planted new saplings around the school. The main purpose of this programme was to create awareness among the students regarding Cleanliness and its benefits 60 students participated in this program.



Cleaning at Govt. School Kozhimala (15/02/2019)



### 13. ENTREPRENEURSHIP TRAINING AT PODIMATTAM PARISH HALL

The Extension Department conducted an Entrepreneurship Training programme in association with Vimal Jyothi social Service Society at Podimattom parish hall on 03/02/2019.Sr Flowerlit led the training program. Sister made different types of pickles of Mango and jackfruit. It was very inspirative for the group members, and they decided to start a new group for making different types of pickles and this section motivated them. Program outcome was to help

the economic stability of group members. Hundred group members joined in this program along with 7 students.







## 14. COLLEGE VISIT OF STUDENTS FROM ST. GEORGE U.P. SCHOOL KORUTHODU

St. George U.P. School Koruthodu visited Marian College Kuttikanam in association with the Extension Department 21 September 2018. They visited college and surroundings, especially College Library, Computer lab etc. Main aim of this program was to develop an interest in higher education in children. Thirty children and 10 college students participated in this program. Two teachers from their school also accompanied them.







College visit of students from other college (21/09/2018)

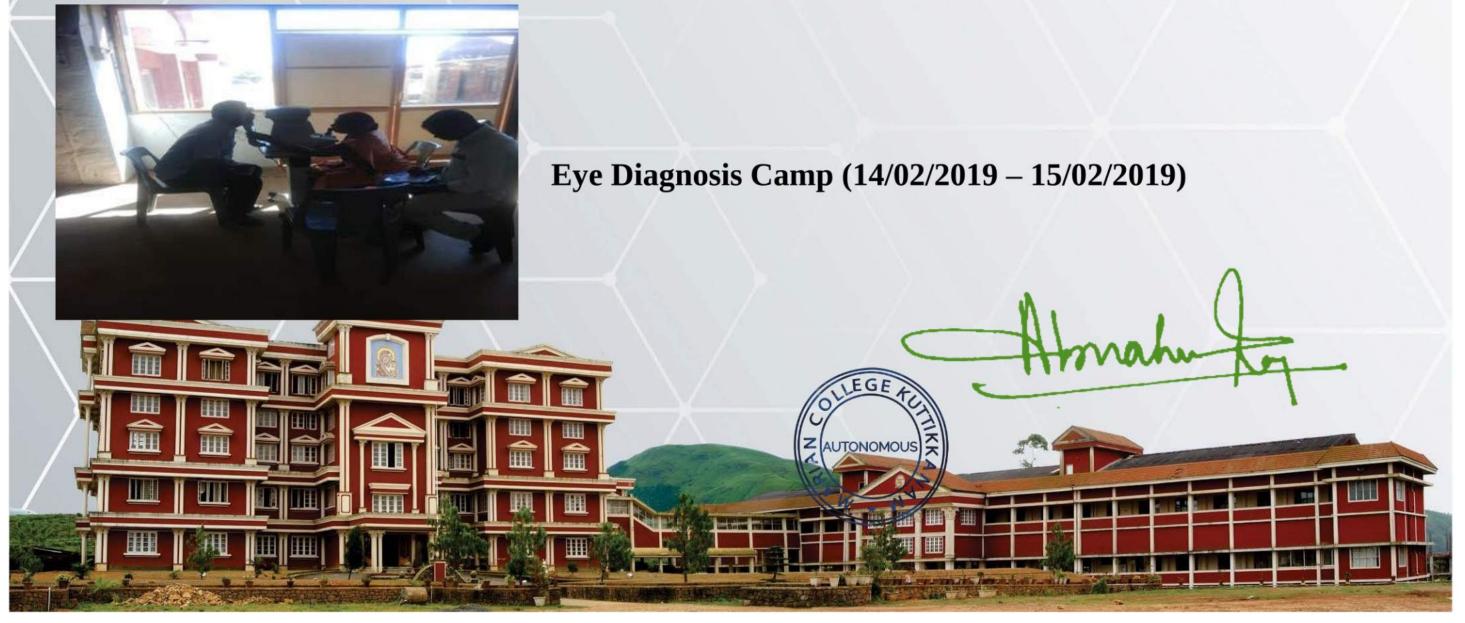


## 15. EYE DIAGNOSIS CAMP IN ASSOCIATION WITH THENI VASAN EYE CARE HOSPITAL

Marian College NSS Unit conducts Eye Diagnosis Camp in collaboration with Theni Vasan Eye Care Hospital. It was held in the college auditorium on February 14<sup>th</sup> and 15<sup>th</sup> from 9 am to 4 pm. Medical Camp gave an opportunity for the students to have a better experience of community life and improve their professional skills by organizing need based programmes and awareness campaigns with the support and collaboration of local people. It also provides ample opportunity for students to learn the importance of adjustment and coordination in life. Twenty community people and 32 students joined this program and it was very helpful for the elderly people in the society.



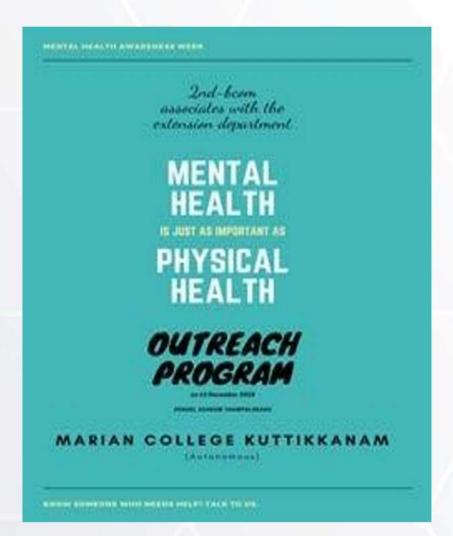




# 16. OUTREACH PROGRAM(DISTRIBUTION OF FOOD) AT PENUEL ASHRAM,THAMPALAKADU

2<sup>nd</sup> Bcom C conducted an outreach programme on 12<sup>th</sup> December 2018 at Penuel Ashram, Thampalakadu. Students interacted with inmates and engaged with them in all kinds of entertainment activities. They prepared food for them on that day. They cleaned the Ashram thoroughly. Fifty students participated in this program, the main aim was to understand the life situations of the institutionalized physically, mentally sick people in the society.

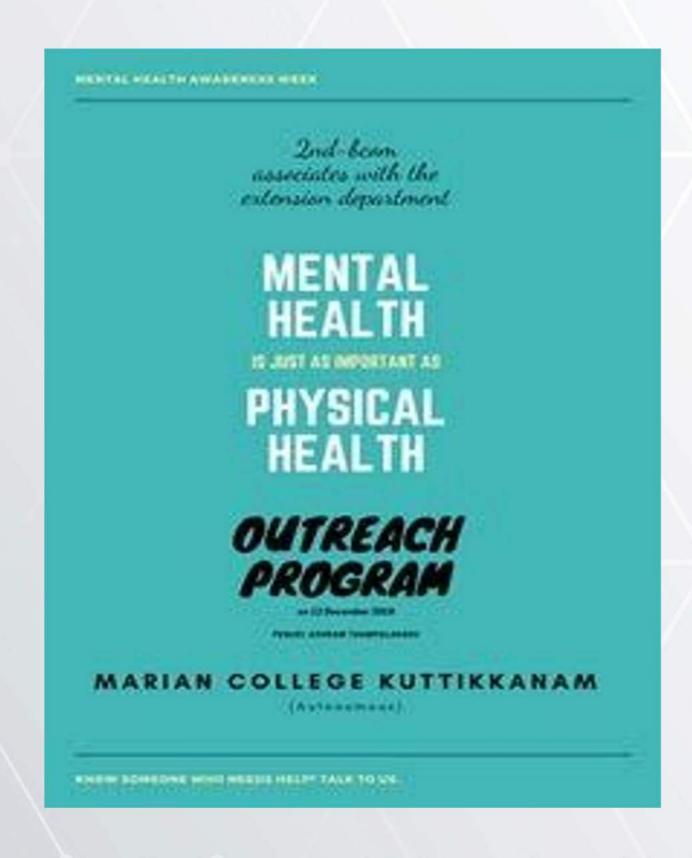
Distribution of food at Penuel Ashram, Thampalakadu(12/12/2018)





# 17. OUTREACH PROGRAM(FOOD PREPARATION AND PREMISE CLEANING AT PENUEL ASHRAM, THAMPALAKADU.

On 12 January, 2019, the second BCom B class held an outreach activity at Penuel Ashram Thampalakadu. Students talked with prisoners, provided them with entertainment activities, assisted with food preparation, and cleaned the ashram. At least fifty students took part in this programme. Understanding the daily struggles faced by physically and mentally ill persons in society was the major goal.



Food preparation and premise cleaning at Penuel Ashram, Thampalakadu (12/01/2019)



## 18. HOUSE CONSTRUCTION IN ASSOCIATION WITH ELAPPARA PANCHYAT

Department of 2<sup>nd</sup> BCA conducted a house construction in association with Elappara Panchayath at Elappara on February 20<sup>th</sup> 2019. Sixty students participated and the aim of this program was to help those who are financially backward in the community. Sixty students participated in this program. Through this activity students were able to understand the need for hard work.



**House Construction (20/02/2019)** 



### 19. OUTREACH - HOUSE CONSTRUCTION IN ASSOCIATION WITH ELAPPARA PANCHAYAT

The Department of 1<sup>st</sup> BBA conducted an outreach programme – house construction in association with Elappara Panchayath at Elappara on August 13<sup>th</sup> 2018. Sixty students participated and every one tried to finish the work together as quickly as possible. The aim of this program was to help those who were financially backward in the community.



House Construction (13/08/2018)

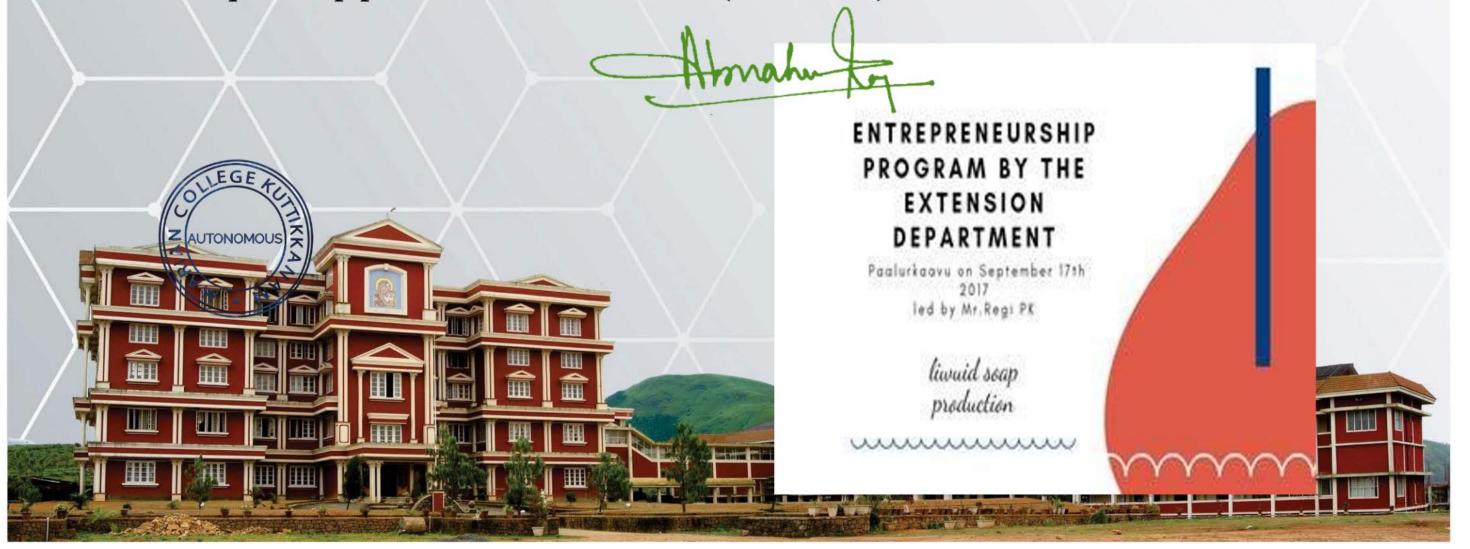


## 20. ENTREPRENEURSHIP TRAINING - LIQUID SOAP PRODUCTION AT PALOORKAVU

The Extension Department conducted an Entrepreneurship training programme for liquid soap production at Paloorkavu panchayat hall on September 17<sup>th</sup> 2018. Mr. Reji P.K led the training program. It was to increase the entrepreneurial skills and knowledge of soap making workshops were provided and it focused on the concepts of entrepreneurship and what it means to be an entrepreneur. The participants presented on the current status of entrepreneurship and business activities. 7 students participated. Main objective of this program was to help those who are financially backward in the community.



Liquid soap production at Paloorkavu (17/09/2018)





Criterion III - Research, Innovations and Extension

#### 21. OUTREACH-FOOD DISTRIBUTION, PREMISE CLEANING IN KATTAPPANA

The Department of 1<sup>st</sup> BA Economics in association with Extension Department of Marian College conducted an outreach programme at Akashaparava on July 10<sup>th</sup> 2018, at Kattappana. 28 students visited the inmates and spent time with them and prepared food and cleaned the premises of the institution. Through this activity students were able to understand how to help others.

Food distribution, premise cleaning (10/07/2018)

Economics associated with The extension Department
An OUTREACH
PROGRAM

Venue: Akashaparava kattapana

Marian college kuttikkanam

Department of 1st Ba

(mirtonomoun)



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# 22. OUTREACH(TEACHING TECHNIQUE FOR DIFFERENT DISABILITIES) - ASANILAYAM PONKUNNAM

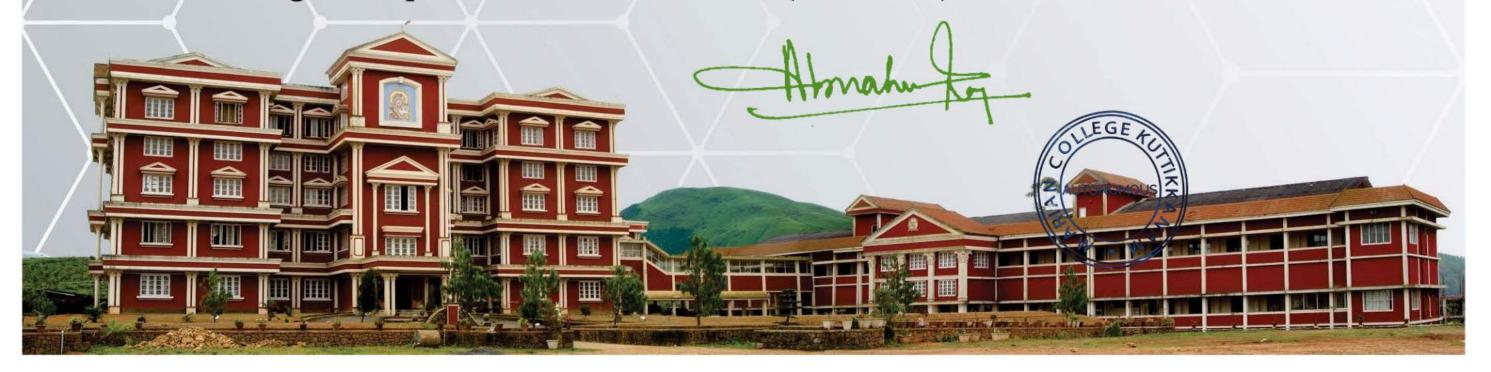
Department of 3<sup>rd</sup> BBA in association with Extension Department on their annual sports meet of Asanilayam Special School Ponkunnam on 20<sup>th</sup> September 2018. 69 BBA students found that the teaching method of Teachers at this school have grouped ordinary special needs of students. These disabilities include communication disabilities, learning disabilities, poignant and behavioral muddles, improvement disabilities, and corporeal disabilities. They believe that their students are expected to be benefited from certain special forms of education such as different materialization of coaching, the exploitation of latest technologies, or an exclusively customized training place. On this particular day 69 BBA students helped the organizers for the smooth functioning of the day. Also sponsored Rs 25000 and a Television for the welfare of this institution.







Teaching technique for different disabilities (20/09/2018)



# 23. LUMINOUS VACATION CAMP-PERSONALITY AND SKILL DEVELOPMENT(JUNIOR)

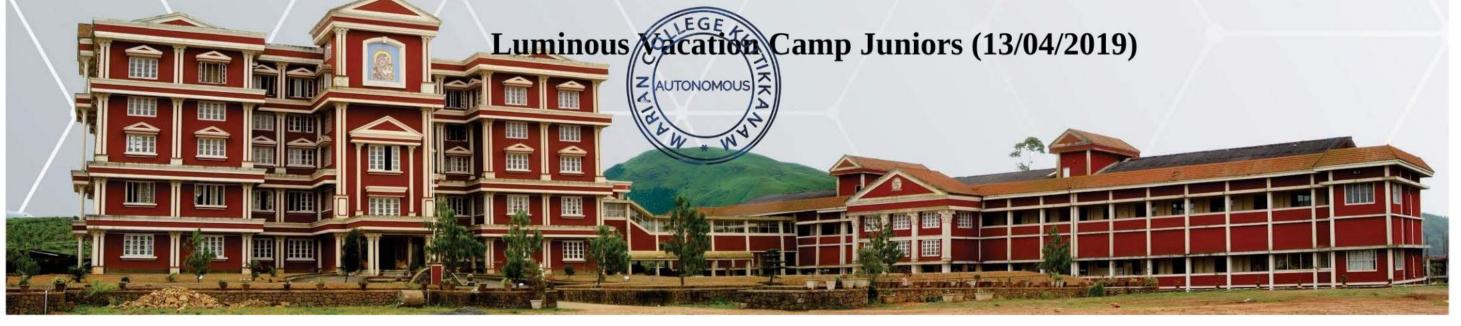
The Extension Department conducted Luminous Vacation Camp-Junior from 09/04/2019 to 13/04/2019 at Kuttikanam. The camp provided skill training programs, Personality development programs etc. 60 students participated in this program. Experts in various fields took classes for the children. Extension Department Director Fr. Siju and Extension Department program coordinator Sebastian George took the initiatives along with 42 volunteers for the camp.







Ahmahu tag



# 24. LUMINOUS VACATION CAMP -PERONALITY AND SKILL DEVELOPMENT(SENIORS)

The Extension Department conducted Luminous Vacation Camp-Senior from 09/04/2019 to 13/04/2019 at Marian College Kuttikanam. The camp provided skill training programs, Personality development programs etc. 60 students participated in this program. Experts in various fields, they took classes for the children. Extension Department Director Fr. Siju and Extension Department program coordinator Sebastian George along with 42 volunteers took the initiatives of the camp.











**Luminous Vacation Camp Seniors (13/04/2019)** 



#### 25. MEDICAL CAMP IN ASSOCIATION WITH MMT HOSPITAL MUNDAKAYAM

The Extension Department of Marian College and 12 students conducted a Medical Camp with the help of the health team from MMT Hospital Mundakayam at Kumily old age home on 05-05 2019. The medical camp was inaugurated by Ms. Asa Antony the Block Panchayat President of Kattappana. In this medical camp 50 patients came for check-up. The free check-up provided in this medical camp was very useful and helpful for the poor and needy people of Kannampady tribal area.







Medical Camp (05/05/2019)



#### 26. MEDICAL CAMP AT KUMILY OLD AGE HOME

Astra Welfare Society, Medical Trust Hospital Mundakayam and Extension Department of Marian College along with 12 students collaborated for conducting a Medical Camp at Kumily Old Age Home on 19/05/2019. This program was inaugurated by Dr. P.Sajil and Dr. Thara V. Nair, Dr Sijil. P took initiatives of this camp. 150 inmates participate in this program. It was very helpful for the inmates and authorities of the institution.



Medical Camp at Kumily (19/05/2019)



# 27. TRAINING - SOAP MAKING FOR STUDENTS AT KANCHIYAR GOVERNMENT L.P SCHOOL

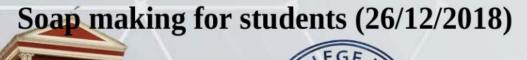
NSS unit of Marian College in association with the Extension Department conducted a soap making Training at Kanchiyar Government L.P School, on 26/12/2018. Sebastian George and Lincy George took the initiative for the training. Soap is made by combining liquid, oil or fat and sodium hydroxide, better known as lye. Once you have the ingredients at hand, the process of making soap takes a couple of hours; however, following production, the soap needs to be cured for 4 to 6 weeks before it can be used. Thirty students participated in this program and students were able to make soap for their own needs.







Almahuta



## 28. TRAINING - VEGETABLE GARDEN MAKING HIGHER SECONDARY SCHOOL MURIKKATTUKUDI

The Extension Department of Marian College took initiatives on vegetable garden making Training at Kanchiyar L.P. School on 23/12/2018, for the students of NSS unit of Higher secondary School Murikkattukudi .The classes were organized with the aim of promoting organic farming methods among the children, the children participated in the program sincerely and were more interest- ed in learning about the organic methods. There were 75 students participating in this program. Extension Department Coordinator Mr. Sebastian George led the training.



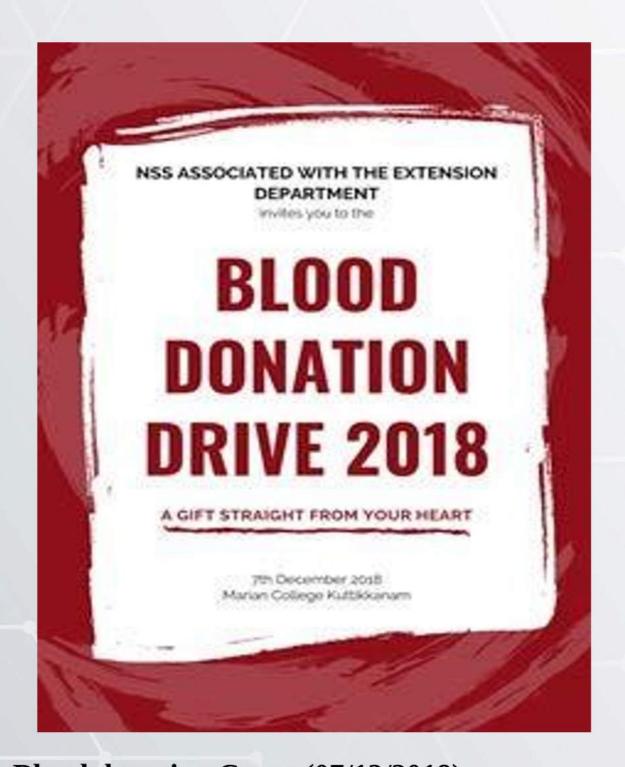




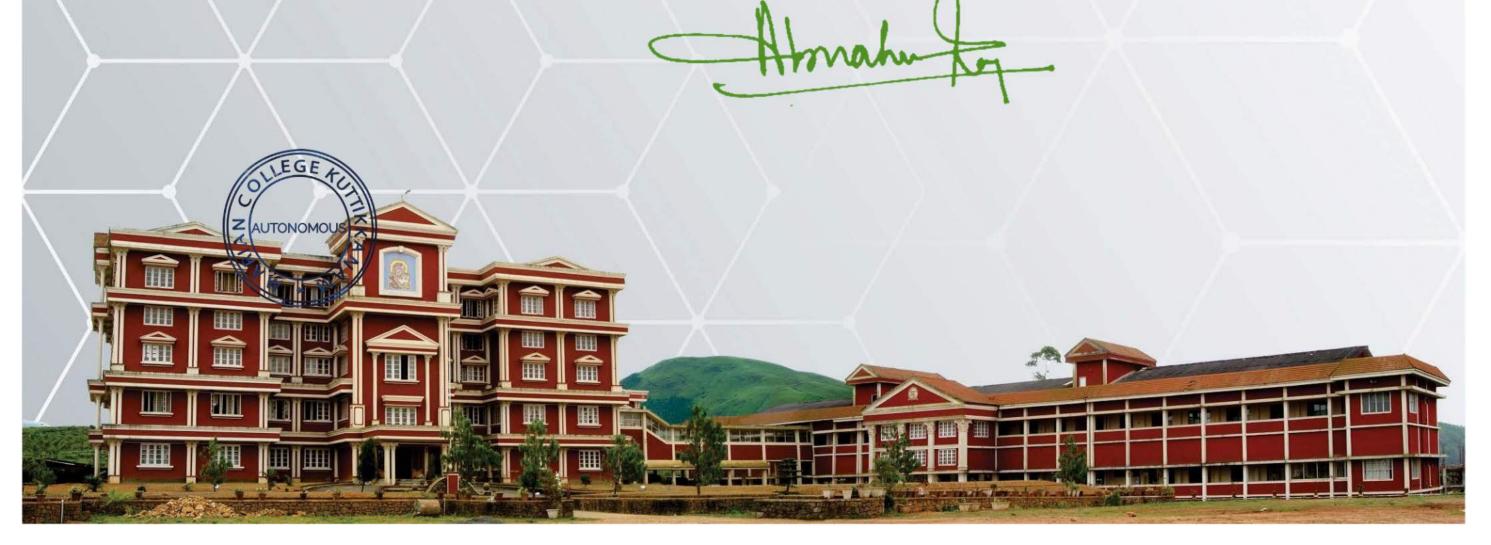


#### 29. BLOOD DONATION CAMP ORGANIZED BY NSS UNIT

The Extension Department associated with the NSS unit of the college conducted a Blood Donation Camp at Kuttikanam on 07/12/2018 before the donation, checking weight, pressure, and body temperature were measured so that the one donating blood does have to face further. The program was held in the physical education room of the college's new building. The one donating blood was taken to the relaxation room for the rest of a few minutes and given certificates and refreshment. It was an auspicious day for the volunteers of NSS being very proud to say that around eighty students and staff of the college were the donors, along with 8 NSS volunteers.



Blood donation Camp (07/12/2018)



## 30. DRIVING SCHOOL (LORD'S) FACILITIES FOR STUDENTS AT MARIAN

Marian Extension provides Driving School facilities for the students in Marian College (Autonomous) Kuttikanam. During this period 16 students are studying driving and this institution provides the license. From June 2015 as a continuous activity.



**Driving school facility** 

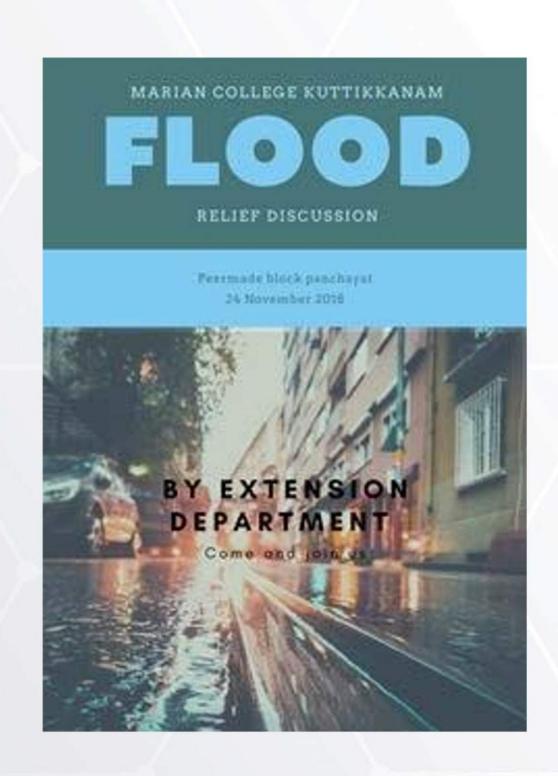


### 31. DISCUSSION FOR FLOOD RELIEF ACTIVITY IN PEERMADE PANCHAYAT

Conducted a discussion for flood Relief activity at Peermede Block Panchayath on 24/11/2018. Extension group leaders took the initiatives of this program. 42 members participated in this program and the main purpose of this meeting was the idea to find out what the flood relief activities needed to do in the neighborhood.

Discussion for Flood Relief (24/11/2018)







# 32. ENTREPRENEURSHIP TRAINING PROGRAM FOR COMMUNITY MEMBERS OF CHAPPATHU

The Marian College Extension Department in association with Peermade Development Society Conducted Entrepreneurship Training program at Chappathu on 18/11/2018. M.S.W Trainee Arunima took the initiative of this program and the main activity was how to make curry masala. Thirty community people joined in this program. It Was very useful and helpful for them.



**Entrepreneurship Training (18/11/2018)** 



### 33. CHILDLINE AWARD DISTRIBUTION AT KATTAPPANA FOR PEOPLE INVOLVED IN FLOOD RELIEF ACTIVITIES

Childline awards for participating in flood relief activities in Idukki district Marian College Extension Department were presented with the award at Kattappana on 10/11/18. Extension Department Director and Program coordinator and with their colleagues, were awarded for their outstanding and timely efforts for helping the flood affected people in Idukki District during monsoon of 2018.



Childline Award distribution (10/11/2018)



### 34. DEVELOPMENT DISCUSSION OF KUTTIKANAM IN MARIAN COLLEGE

Under the leadership of Panchayat member Smt.Beena Jacob in association with the Extension Department conducted a Development Discussion about Kuttikanam at the Extension Department on 29-10-2018. Fr. Sijo Pannalakunnel, Ex. Department Director, NSS Program officer Mr. Santo Cheriyan And Ex. Program coordinator Sebastian George presented this meeting.13 students of Marian College Kuttikanam also participated for the same.





**Development discussion (29/10/2018)** 



### 35. SALE OF CURRY POWDERS PREPARED BY MARIAN SMART PLUS AMONG MEMBERS OF MARIAN COLLEGE

Marian Smart Plus is a startup for Women Empowerment, A team of 10 members, grouped as an institution. Operating under the supervision of Extension Department of Marian College Kuttikanam (Autonomous) prepared non-toxic curry powders such as sambar powder, chicken masala, fish masala, meat masala, rasam, pickle powder, turmeric powder, etc., for sale. These items were much appreciated among the members of the college and the vegetables that are cultivated inside the college campus were also put for sale.



Sale of curry powders



## 36. ENTREPRENEURSHIP TRAINING PROGRAM FOR WOMEN IN ARAYANJILIMANNU

The Marian College Extension Department conducted an Entrepreneurship Training Programme for women in Arayanjilimannu on 05/09/2018. Program coordinator Sebastian George took a class on different types of curry masala and how to make non-toxic groceries. 10 members participated in this program. They were very interested in preparing the non-toxic massalas.6 students from Marian College were also volunteered for the same.





Entrepreneurship training program for women (05/09/2018)



#### 37. NSS CAMP CONDUCTED AT KANCHIYAR ST MARY'S L.P SCHOOL

The Extension Department in collaboration with the NSS unit conducted an NSS Camp from 21/12/2018 to 26/12/2018 at Kanchiyar St Mary's L.P School. Mr Joice George M. P was the chief guest of this program and he inaugurated this program. NSS unit which has been established with a rudimentary objective of providing a dais for the interested students to partake in social

work during their free time. 15 NSS Volunteers conducted various activities such as skit and debate on different topics 'Save Girl Child', 'Cancer Awareness' etc. Talks were organised for the Volunteers on different topics such as consumer Awareness, Anti-superstition and moral values, Social Networking- Boon or Bane and NSS objectives. The purpose of the camp was to inculcate various values such as social, cultural, moral, educational and ethical.









#### 38. FLOOD RELIEF SURVEY AT KANCHIYAR GRAMA PANCHAYAT

The Extension Department of Marian College joined with NSS Idukki Volunteers,took the request from the Collectorate to participate in flood voluntary activities on 15-08-2018 to 05-09-2018. Volunteers distributed food materials and other necessities for Vandiperiyar, Kumily, Ranni, Alappuzha, Chennadu, Perrmadu, Kuttanad and Panniyarkutty. 25 members participated in these activities.











Flood relief survey (15/08/2018)

### 39. FLOOD RELIEF SURVEY AT KANCHIYAR GRAMA PANCHAYAT

Taking the request from the Collectorate, Idukki Volunteers made a survey at Kanchiyar Grama Panchayat on 13<sup>th</sup> and 14<sup>th</sup> of September 2018. The aim of the survey was to collect the data of the people affected by the Kerala Floods 2018. 42 volunteers collected the data of the affected with the help to rebuild Kerala App. Volunteers were able to complete the survey in two days of the whole Grama Panchayath.







Flood relief survey (13/09/2018 - 14/09/2018)



# 40. AWARD FROM MINISTER FOR THE COMPLETION OF HOUSES FOR FAMILIES OF PEERMADE GRAMAPANCHAYAT

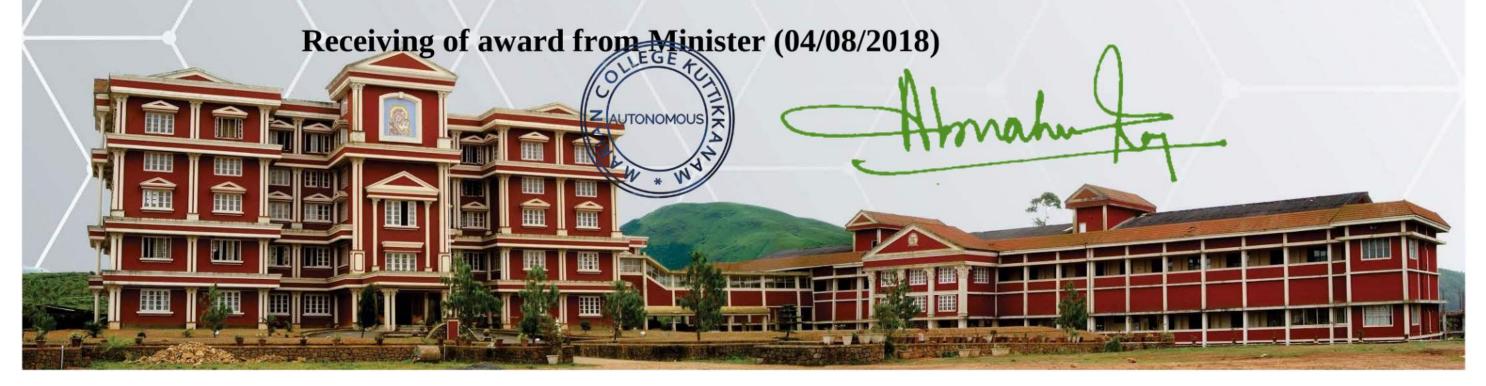
Award from Minister Life project 04/08/2018, five students of Marian College, Kuttikanam under the guidance and supervision of the Extension Department, rendered the hard work towards the completion of the uncompleted houses for nine families under Life Mission Phase 1 Scheme for the poor and homeless of Peermade Grama Panchayat. Extension Department Mr. Sebastian George program coordinator of extension department of Marian College Kuttikanam received the award from the Minister M. M. Mani.











#### 41. CHAIR MAKING TRAINING PROGRAM AT MARIAN COLLEGE

The Extension Department conducted a Chair Making Training Program at Marian Campus on 07-07-2018. The main aim was to provide income for the poor people. There were 10 members who participated in this program.





Chair making training program (07/07/2018)



### 42. ORUMA- II BCOM A - INTERACTION WITH PEOPLE OF POTHUPARA.

The BCom Department of College associated with the Extension Department conducted a program "ORUMA" on 2<sup>nd</sup> December 2018. The starting point for all happiness is that moment you decide to focus away from yourself. To make our Christmas days more meaningful, we take an initiative to look into our neighbours with a view to understand the difficulties faced by them. We organized a one day programme to visit our nearby village Pothupara. This is an opportunity to care about the needs of those around us. The programme is named as "ORUMA", an occasion to understand the physical and other day-to-day issues faced by the people. We visited families and they shared their life events. It was a good experience for us.50 students participated in this program.



Interaction with people of Pothupara (02/12/2018)



### 43. AWARENESS CLASS ON MEDIA FOR TEACHERS AT PATTOM MEMORIAL, BALAGRAM

The Extension Department of Marian College joined with the 2<sup>nd</sup> BACE students to conduct an outreach program at Pattom Memoriyal at Balagram on 11/12/2018. Students provided exam tips for children, awareness class for teachers related to media, and helped to make a fruit garden and entertainment programs for children. They shared that it was an unforgettable day for the children and teachers.31 students participated in the program.





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#### 44. BLOOD DONATION CAMP AT MARIAN COLLEGE

The NSS Unit of Marian College Kuttikanam organized a blood donation camp in association with IMA Thodupuzha and HDFC Bank. The camp was held on 6<sup>th</sup> of December 2018 from 10.00 am to 1.00 pm in the Old BBA classroom. There was an overwhelming response from students and other donors. Some of the donors who could not donate this time were assured for donation in the next camp. A certificate of appreciation, donation card, refreshment was given to each donor as a token of gratitude. 60 donors were there to donate blood. 8 NSS volunteers conducted the program







Blood donation camp (06/12/2018)



### 45. SNEHASPARSHAM – 3 DAY CAMP AT NALLA SAMARAYAN ASHRAM, THAMPALAKADU

NSS volunteers of Marian College Kuttikanam had decided to stay with socially, mentally, and physically challenged people for a short period during the summer vacation of 2018. It paved the way for the 3 day camp named 'SNEHASPARSHAM' at the Nalla Samarayan Ashram, Thampalakadu near Kanjirappally. The camp days were from 15th May to 17th May 2018. Fifty students participated in this program.



3 day camp (15/05/2018 - 17/05/2018)

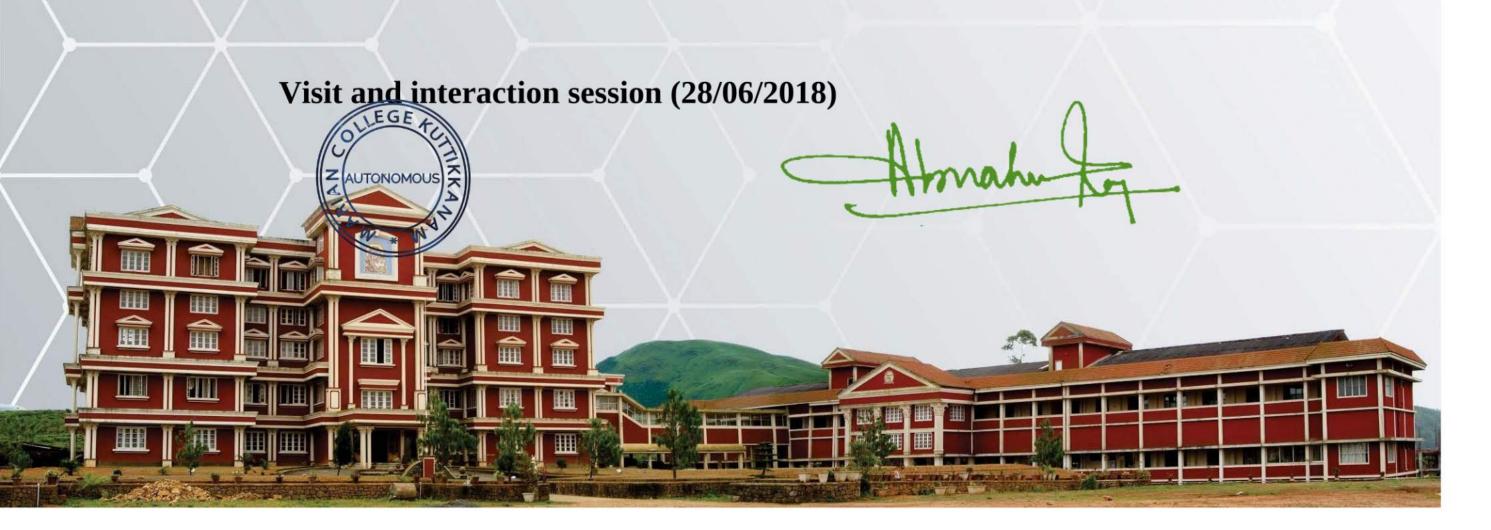


#### 46. VISIT AND INTERACTION SESSION AT DARE DE-ADDICTION CENTRE PEERUMEDU

As part of the observance of Anti-narcotics day a team of six NSS Volunteers visited DARE de-addiction Centre Peerumedu on 28<sup>th</sup> of June 2018. They spent a whole day there at the Centre. At the beginning of the activities, the director of DARE gave us an introduction on DARE and the activities happening there. He said that being alcoholic is an illness and those who are coming there are patients. There were 13 patients. We made them entertained by organizing games and activities for them in the forenoon session. We also got an opportunity to have an interaction with the patients there. It was a fruitful session. By the end of the day we played a skit on drug abuse.







### 47. EXTRA – ONE, INITIATIVE TO PROVIDE BASIC SCHOOL STATIONERY TO THE NEEDY

'Extra -One Sharing Smile'; it was an initiative by the NSS unit of Marian College Kuttikanam on 12<sup>th</sup> August 2018. The aim was to provide basic school stationery to the needy. Extra one was conducted in the very beginning of this academic year (2018-20). A lot of students took it as a challenge and hence bought one extra item (book, pencil, pen...). Later it was collected by the vol- unteers.10 NSS volunteers conducted the program.



Providing basic school stationery to the needy (12/08/2018)



#### 48. FLOOD RELIEF CLEANING PROGRAM AT VANDIPERIYAR

Taking the request of the Chief Minister of Kerala Sri. Pinarayi Vijayan, the NSS Volunteers of Marian College Kuttikanam had participated in a number of cleaning activities conducted all over Kerala. The NSS unit of Marian College Kuttikanam organized a one day cleaning programme at Vandiperiyar on 27<sup>th</sup> of August 2018. A total of 20 volunteers participated in the cleaning. By the end of the day 3 houses were cleaned. Another programme conducted in regard to the flood relief programmes was Extra-one. The aim of Extra - one was to share a smile by providing necessary study materials to those students who were lost in the massive flood. Collection centre was opened in front of the academic block of the college. The idea of sharing a notebook and pen to the affected students was taken as a challenge by the students and teachers of the college.





Flood relief cleaning program (27/08/2018)



#### 49. FLOOD RELIEF SURVEY AT KANCHIYAR PANCHAYAT

Taking the request from the Collectorate, Idukki volunteers made a survey at Kanchiyar Grama Panchayat on 13<sup>th</sup> and 14<sup>th</sup> of September 2018. The aim of the survey was to collect the data of the people affected by the Kerala Floods 2018. 29 volunteers collected the data of the affected with the help of Rebuild Kerala App. Volunteers were able to complete the survey in two days of the whole Grama Panchayath.



Flood relief survey (13/09/2018 – 14/09/2018)



### 50. KOODAL – 3 DAY CAMP TO BEAUTIFY THE COLLEGE AND ITS SURROUNDINGS

'Koodal 2018' was the first camp of volunteers enrolled in the year 2018-19. The three day camp was held at the college itself from 19<sup>th</sup> September to 21<sup>th</sup> September 2018. The students took active participation in cleaning, construction, painting etc., in the college premises. The objective of the camp which had 113 participants was to beautify the college and its surroundings in association with Suchitwa Mission.



Koodal -3 day camp (19/09/2018 - 21/09/2018)



### 51.LIVE EYES- MEDICINE, LUNCH PACKS, LENSES AND SPECTACLES DISTRIBUTION TO THE PATIENTS

"Live Eyes" is one of the greatest initiatives by 10 NSS volunteers of Marian College Kuttikanam on 10-01-2019. The organizers also distributed free medicines and lunch packs to the visitors in the camp. Free lenses and spectacles were also given to the patients. "Such initiatives are helpful for poor people like them who cannot afford expensive procedures and medicines. Live Eyes is a group of students who volunteer to convert PDF documents to Audio.

Medicine, lunch packs, lenses and spectacles distribution to the patients (10/01/2019)







### 52. BLOOD DONATION CAMP BY NSS VOLUNTEERS AT MARIAN COLLEGE KUTTIKANAM

The NSS Unit of Marian College Kuttikanam organized a blood donation in association with IMA Thodupuzha and HDFC Bank. The camp was held on 7<sup>th</sup> of December 2018 from 10.00 am to 1.00 pm in the old BBA classroom. The one donating blood was taken to the relaxation room for the rest of a few minutes and given certificates and refreshments. The college assured that the donor card will reach the respective ones in the coming dates. 60 donors along with 19 volunteers were there to donate blood.



Blood donation camp (07/12/2018)



#### 53. MEDICAL CAMP AT PALLIKUNNU

NSS Unit of Marian College Kuttikanam in association with the Extension Department and Medical Trust Hospital Mundakkayam organized a medical camp at Pallikkunnu. The camp was held on 9<sup>th</sup> of December 2018 at St. George CSI Church Parish Hall Pallikkunnu from 10.00 am to 2.00 pm. 80 participants along with 15 NSS volunteers attended the Medical Camp.



Medical camp (09/12/2018)

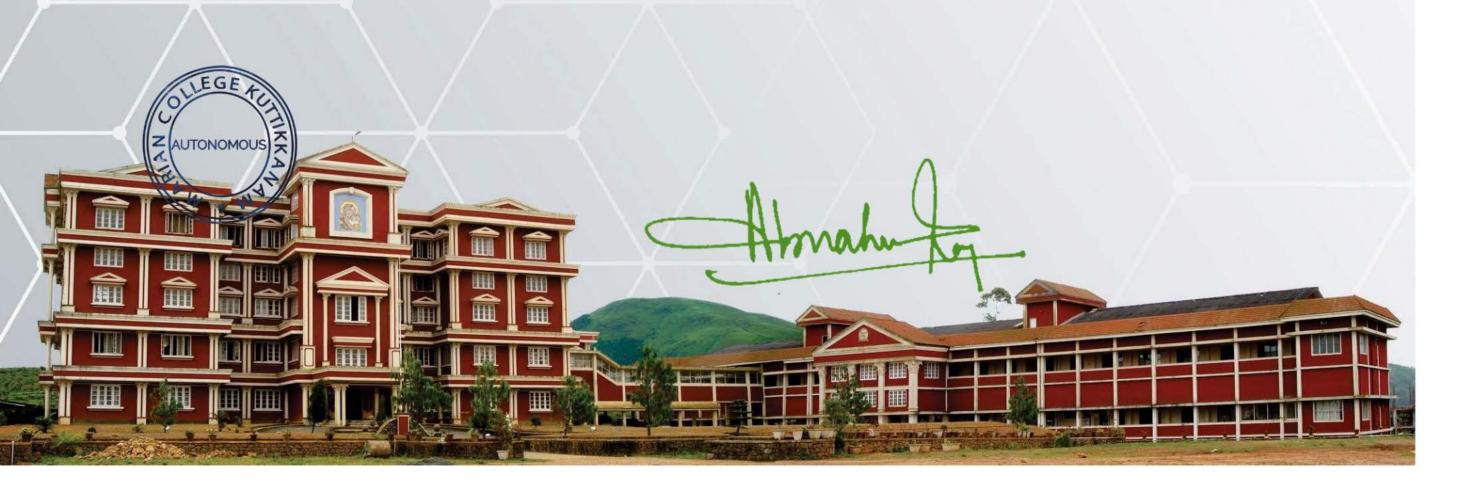


### 54.SUKRUTHAM – 7 DAY ANNUAL CAMP FOR NSS VOLUNTEERS AT ST. MARY'S LP SCHOOL KANCHIYAR

Sukrutham 2018 was the annual seven day camp for the year 2018-19 of the NSS units under MG University. Sukrutham 2018 focused on the activities for Rebuilding Kerala. The NSS Unit of Marian College Kuttikanam chose Kanchiyar Grama Panchayath for its annual seven day camp for the year 2018-19. The camp was held at St. Mary's L.P School Kanchiyar from 21<sup>st</sup> December to 27<sup>th</sup> December 2018. A number of programmes were initiated by the volunteers as part of Sukrutham 2018. There were 35 volunteers for the camp.



7 day annual camp for nss volunteers (21/12/2018 – 27/12/2018)



### 55. FLOOD RELIEF CAMP BY MCOM PGDM STUDENTS AT ALAPPUZHA

In association with Government of Kerala and Extension Department of Marian college Kuttikanam (Autonomous), 2017-19 and 2018-20 M.Com PGDM Batch students lent their hands to flood relief work at Alappuzha in the year 2018 October 14. It was a time when people struggled a lot as their land and even houses were divided under the water and they had to move to the camp.

Our students made a decision to work for them in whatever ways they wanted to. They cleaned the house after the water left off and prepared the home like before and also they helped them with buying the items required for their living. Students actively participated in flood relief work in various places and by this they developed their social commitment and human values 55 students were part of the program.







Flood relief camp (14/10/2018

#### 56. FLOOD RELIEF CAMPS AT PANNIYARKOOTI

The students of Marian College Kuttikanam (Autonomous), organized Flood Relief Camps at Panniyarkooti on 21 October 2018, near Rajakkad in Idukki district. 46 students along with their faculty members organised the event. Each and every student worked really hard and thus it created a social service mentality for everyone.







Flood relief camp (21/10/2018



## 57. CHRISTMAS CELEBRATION AND DISTRIBUTION OF NOTEBOOKS,PENS AND SWEETS TO STUDENTS OF ST. JOSEPH'S SCHOOL KUTTIKANAM

Women cell celebrated X'mas with over 150 students of St. Joseph's school, Kuttikanam on 20<sup>th</sup> December 2018. We distributed note books, pens and sweets to them and made the day memorable for the children. It was with the aim to share the joy of the season by bringing smiles to the faces of young children who are less fortunate. The Christmas celebration began with singing Christmas carols, followed by their performance on dance. 32 Students from Marian College conducted the program.

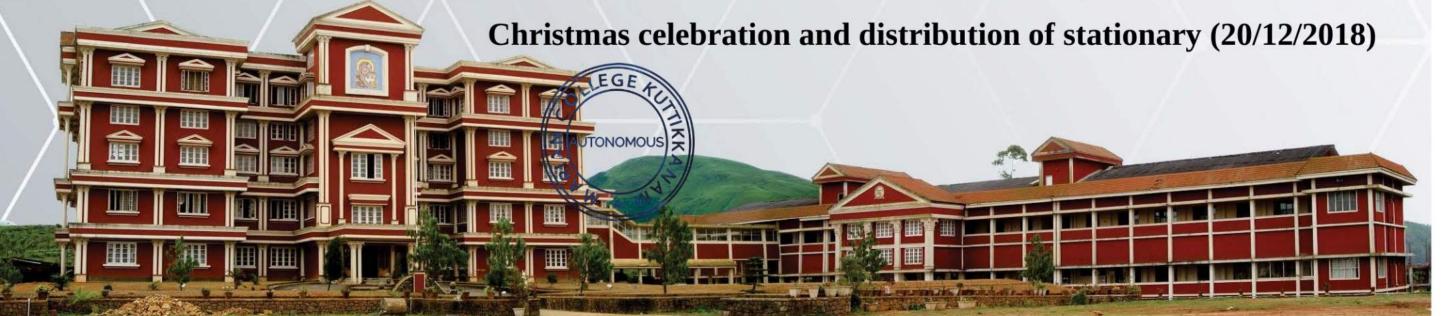








Almahufa



### 58. WOMEN EMPOWERMENT TRAINING PROGRAM THROUGH TAILORING CLASS

The objective of this training programme is to enhance the quality of life of women and teenage girls through enhancement of their skills and knowledge. Twelve students are being trained by a qualified professional tailoring teacher. The classes are arranged from 3.30 to 4.30 every day. Certificates are given to those who successfully complete the course. These tailoring classes enable the students to earn on their own, making them self-confident and self-dependent.

#### Tailoring class for Marian girls





Women empowerment training program(28/01/2019)



## Extension Activities in association with Social Work Department of Marian College, Kuttikanam

### 59. FLASH MOB AT ELAPPARA BUS STAND TO PROVIDE AWARENESS ABOUT TOBACCO PRODUCTS

The Social work Department associated with Extension Department conducted a Flash Mob at Elappara Bus Stand on 15 February 2019. Conducted a flash mob as part of NTCP-COPTA, in collaboration with the health department, Idukki. 29 students and seven teachers participated. Program Outcome was Local people get awareness about tobacco products and its harmful effects.





Flash mob (15/02/2019)



#### **60. STREET PLAY ON ENERGY CONSERVATION AT KUTTIKANAM**

The Social work Department MSW Students Conducted a street play on energy conservation at Kuttikanam in collaboration with Vimal Jyothi Service Society on August 13<sup>th</sup> 2018. The main aim was to create awareness about energy conservation among students and local people. 29 Students Participated in this program.





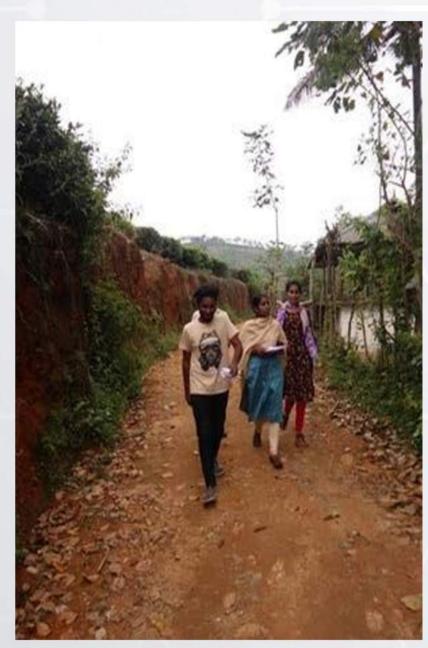
**Street play (13/08/2018)** 



### 61. FLOOD RELATED SURVEY AT VANDIPERIYAR TO GIVE PSYCHO SOCIAL SUPPORT TO THE FAMILIES

The Social Work Department associated with Extension Department of Marian College and conducted a flood related survey at Vandiperiyar on12<sup>th</sup> November 2018. Two teachers accompanied them and students gathered at Vandiperiyar Panchayat hall and the Panchayat President gave the instructions after the stu- dents divided into two different groups and took a flood related survey at Vandiperiyar. The social work trainees met with flood affected families and spent time with them.29 students participated in this program. The aim of this program was to give psycho-social support to the families.





Flood related survey (12/11/2018)



#### 62. LUNCH SUPPLY AT TALUK HOSPITAL PEERUMEDU

Lunch supply was an initiative program organized by the students of the Mathematics Department of Marian College Kuttikanam (Autonomous) on 13 October 2018. The objective of the program was to supply lunch at the Taluk Hospital Peermade for about 2 to three weeks students who are day scholars collected money from college students and made home food for the people admitted in the taluk hospital Peermade. 26 students actively took part in the program. Social service was the main impact.





**Lunch supply (13/10/2018)** 

