

SANATANA DHARMA COLLEGE ALAPPUZHA



AQAR 2021-2022

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3.4.1 Extension activities are carried out in the neighborhood community, sensitizing students to social issues, for their holistic development, and impact thereof during the last five years. Response: Extension Activities:

Through a variety of initiatives, Sanatana Dharma College encourages students to regularly engage with their local community. This fosters both community development and individual student growth. The institution encourages its students' involvement in society and works toward achieving its objective of delivering higher education to create equitable society with ethical values. The Institute has started a number of community development initiatives because it is aware of its role in the relationship between the campus community and its neighbourhood.

Major outreach and extension programs are offered by our college and are coordinated under the auspices of NSS and NCC. Both NSS student volunteers and NCC cadets often visited communities and provided assistance. Blood donation camps, camps for general awareness, rally for social awareness, cleaning up the surrounding villages, etc. were all organized by NSS volunteers and NCC cadets. Students who are exposed to outreach and extension activities become more aware of social issues, as well as of the legal and social remedies available for problems like domestic violence, dowry, child abuse, female child, etc.

All departments were urged to help clean their own facilities and, to the greatest extent feasible, eliminate plastic from the campus in order to instil a sense of responsibility. Students frequently visit orphanages and old age homes, take part in palliative care programs, and raise money for causes that specifically serve the underprivileged section of society.

EXTENSION ACTIVITIES OF NSS UNIT, SD COLLEGE

MEGA PROJECT - PUNARJJANI

SD College NSS unit decided to build a house for our classmate from a poor economic background as the Mega Project this year. We have selected a needy family from the village of Thakazhi, a family consisting of a sick woman, and three children who are dependent on her. One of them is a student of our college. The house construction started on February 11 with a Pooja. Dr. Unnikrishna Pillai (Principal, SD College Alappuzha), Dr. E. Krishnan Namboothiri (Vice Principal, S D College), NSS Programme Officers Dr. S. Lekshmi, Smt. Neetha Prasad and NSS volunteers were present on the occasion. It is estimated that Rs 5 lakh will be required for the construction of the house. As a first step in raising funds, volunteers sold coupons at various locations. Later, due to the pandemic scenario it was found to be difficult to raise funds to complete the housework. Hence the volunteers actively offered their support as labourers in constructing the house. They also collected old newspapers and sold them to find enough money for completing the work. SD College staff also donated funds for completing the project.

https://youtu.be/1_Ec01SRPnQ (YouTube video showing the efforts put in by our volunteers)

- **No of Beneficiaries : 6**



PRAYANAM HANDING OVER CEREMONY

A tricyclic scooter was handover to a physically challenged lottery ticket seller by NSS unit of SD College. The hand-over ceremony was held on 03/10/2021. NSS Programme Officer Smt Neetha Prasad welcomed the gathering. Dr S Lekshmi presided over the function. Dr P R Unnikrishna Pillai, Principal SDC inaugurated the ceremony. College Vice Principal Dr. E Krishnan, Head of the Malayalam Section and Member of the Senate; Dr. S Ajayakumar, IQAC Coordinator; P S Parameswaran, Head of Chemistry Department Krishnakumar, Head of Hindi Department Dr. J Veena also felicitated the function. Vote of Thanks was delivered by Project Convenor Tibin Varghese.



YOGA TRAINING

A Yoga Training Programme as a part of 75 Crore Suryanamakar conducted virtually by the NSS unit of S. D. College, Alappuzha in connection with the auspicious occasion of the 75th anniversary of Indian Independence. The main objective of the programme was to promote a healthy lifestyle for all, as a token of gift to our beloved motherland India.



THELINEER OZHUKUM NAVA KERALAM

The project named 'Thelineer Ozhukum Nava Keralam' was launched on 22nd March 2022 is a continuation of the successful project of the Suchitwa Mission 'Ini Njan Ozhukatte', a programme for the rejuvenation of water bodies including the rivers, streams, ponds and lakes. The NSS Volunteers of S. D. College registered as Volunteers in the 'Thelineer Ozhukum Nava Keralam' project to co-ordinate the activities in their respective local bodies as well as Suchitwa Mission. The main objective of the project is to protect all the rivers, streams and lakes. As part of the campaign, a wide range of activities will be formulated and implemented, including water management, water quality testing of water bodies, detection of pollutant sources, public sanitation, waste disposal, treatment and mass elimination of pollutant sources. The activities regarding renovation and preserving the premises are going on Thanakulam under the leadership of NSS Unit of S. D. College, Alappuzha in collaboration with Team Thanakulam.

- **No of Beneficiaries : 10000 (People in Kalarkode Ward)**



PALLIATIVE CARE

Counselling session

As in the previous year's our palliative care activities this year too began with a counseling session for the volunteers to equip themselves with the activities they have to undertake. Counseling session was led by Sri Abdul Azeez and Sri Shafiq. The session helped the volunteers understand the necessity of palliative care. The session made a positive impact on the volunteers.



Medical bed donation

The unit donated medical bed to a patient who is the parent of one of the student of our college, who was bedridden in an accident. The adjustable cot was very helpful to the family to move the patient. Frequent visits were also made to the family to help them in caring the patient.



Palliative Care Survey

NSS volunteers of SD College participated in the survey to collect the details regarding the needs of patients who require palliative care. Based on the data collected medicines and proper care were given to patients identified.



Providing fruits to patients

NSS volunteers of SD College provided fruits to poor patients of General hospital. Students themselves prepared paper bags for carrying the fruits. Fruits were bought and equally distributed.

- **No of Beneficiaries : 40 (Cancer Patients in MCH Vandanam, Alappuzha)**



Donated Dialysis Kits to patients

Dialysis kits were distributed to 20 patients selected from the list of those who are undergoing dialysis on a regular basis in Medical College hospital, Vandanam.



REGULAR HOME VISIT

NSS volunteers of SD College visited the homes of patients in need of palliative care and provided them with necessary care.



JEEVITHANANDA LAHARI

NSS SDC released official album named "Jeevithanandalahari" in association with Vimukthi cell under Alappuzha Excise Department. The Album was directed and starred by NSS volunteers of SD College Alappuzha. The programme was inaugurated by Shri. Ashok Kumar (Deputy Excise Commissioner). Stage performance of the same was done also on the releasing day.

Online Release

Online release of the album was made through Facebook page of Shri. BinuAdimali, Shri. BeeyarPrasad, Shri. Madhu Punnapra and Smt. Manju Vijeesh.



RANGAVISHKARAM AND FLASH MOB

NSS Volunteers of SD College conducted a flash mob to raise awareness about social safety measures. Flash mob was conducted at public places like KSRTC bus stand and Alappuzha Beach. A Rangavishkaram was presented to the public to spread the message about the ill effect of drugs as part of vimukthi programme.



RED ARMY : BLOOD DONATION PROGRAMMES

Blood donation was done as camps as well as on individual level whenever needed. A blood group directory is maintained to enable the volunteers to provide immediate help and donate blood in emergency situations.

01-10-2021-BLOOD DONATION CAMP

SD college NSS volunteers donated blood in Vandanam MCH as a part of National Blood Donaton Day.



30-03-2022-BLOOD DONATION CAMP

A Blood Donation camp was organized by SD College NSS .17 volunteers donated Blood at Vandanam Govt Hospital.



ECO FRIENDLY ACTIVITIES

Maintaining a green plastic free environment is one another major initiative of NSS unit of our college. The green army moves forward with great steps like collecting plastics, making the public aware of the need of a green earth, promoting making of small vegetable gardens to provide nontoxic vegetables etc.

HARITHAM SANATANAM

NSS Volunteers planted vegetables to promote green campus as well to spread the message of Adukkalathottam and usage of nontoxic vegetables. Various vegetables where cultivated as part of “*Haritham Sanatanam*”. 52 bundles of spinach,32 kg of bringal, 46 kg of tomato and 4 varieties of chillies where cultivated.



25-03-2022-VILAVEDUPPU

NSS volunteers of SD College took the first harvest from the vegetables they cultivated in the college. This was inaugurated by Sri. R Krishnan, President of Sanatana Dharma Vidyasaala and Sri. P Krishnakumar, Hon Manager of S D College. The event also marked the honouring of farmers who contribute a great deal to our society. The cultivated produces were donated to a local orphanage.



GARDENING (09/05/2022)

NSS volunteers of SD College arranged a garden around the premises of the NSS room.



DISTRICT LEVEL GANDHI CAMP

District level Gandhi camp was held at TKMM College, Alappuzha. The camp succeeded in motivating the volunteers to understand the ideologies popularised by Gandhiji. A total of 15 volunteers from our college participated in the camp.



NATIONAL CAMP (MADURAI)

Eight volunteers representing the NSS unit of SD College participated in the National camp conducted by CESCO (Centre for Socio Cultural Interaction). The camp consisted of selected volunteer representatives from around the country. The camp gave the volunteer participants, a great deal of knowledge about the various facets of nation and nation- building. The camp inspired our volunteers a great deal and they could in turn convey the knowledge and motivate the volunteers of our college to aspire for new avenues of thought and knowledge. Our volunteers were selected to this camp based on their participation in the first level camp organised at TKMM College Nangiarkulangara.



THANAKULAM ACTIVITIES

Thanakulam is a water body located near to S.D. College, Alappuzha. The three acre pond was polluted and surrounded by weeds. Subsequently a group of youngsters formed 'Team Thanakulam' and took over the rejuvenation of Thanakulam. NSS Unit of Alappuzha S.D. College cooperates with the activities of Team Thanakulam since 26th December 2021 during the Punarjjani Camp. Every month NSS volunteers involve themselves in the renovation activities of Thanakulam. As part of conservation activities in the first phase, native mango saplings were collected from the National Bureau of Plant Genetic Resources and planted near the bank of the pond. The main varieties like Karimeenakanni, Madathilpulisseri Mango, Aanapuliyan, and Sarkkarakatti. Shudham Sivamayam, Devaranyakam etc were planted there. A Nakshatravanam project also implemented in Thanakulam. Every third Saturday of a month, NSS volunteers are participating in the cleaning and preservation activities of Thanakulam. The project focuses on conserving the fragile ecosystem around the Thanakulam pond in view of preserving it for the generations to come. Also the project is an instance of community participation.

- **No of Beneficiaries : 10000 (People in Alappuzha Municipality)**



ELECTION DUTY DURING THE PANDEMIC

NSS volunteers of our college actively offered their participation in the Assembly elections conducted on April 5 and 6, 2021. They worked as volunteers in efficiently managing the crowd. Around 100 volunteers of our college were there, offering their support.

05-06-2021-ENVIRNMENT DAY

Volunteers of S D College NSS unit along with Shri Shankaracharya College NSS unit planted more than 100 tree saplings as a part of BREATH campaign from 5th June to 10th JUNE.



SD College NSS unit started a 16 DAYS Yoga Session named “PRANA” for the mental stress relief of the people.



SD College NSS unit donated a small fund raised by the Volunteers for a 54 days old baby facing various health issues.



15-06-2021-WORLD ELDER ABUSE DAY

National Service Scheme Unit of S D C ollege Alappuzha organized various programmes along with “Social Justice Department & Education Department, KERALA GOVT.

*A live webinar was organized through Google meet.

*Short film presentation”The Sound Of Age”

Along with this S D College NSS unit organized a live interactive session”SARGA SALLAPAM” on 15\06\2021 . Grandparents of NSS Volunteers interacted with all the Volunteers and Programme Officers in online mode.



08-07-2021-MOBILE PHONE CHALLENGE

Two mobile phones were handed over by SD College NSS unit to District Collectorate Alappuzha as a part of mobile phone challenge.



AWARENESS PROGRAMME AGAINST DOWRY

NSS SDC along with Legal Service Authority organized a webinar against dowry. The programme was inaugurated by Smt Jalaja Rani (Sub judge) and classes were taken by Adv Jayan C Das .



LIBRARY @ DOORSTEPS

Volunteers of NSS SDC took an initiative to make the library books of S D College available to the Students of the college at their doorsteps during this pandemic. S D College Students can order request for books through the official website of S D College Library, Volunteers collect the book and deliver the books on a specific date.



18-08-2021-SUBIKSHAM

S D College NSS Unit distributed vegetable kits for the daily wage employees of SD College and economically poor of the adopted village during this Pandemic as a part of Platinum Jubilee celebrations of S D College. Vegetable Kits were handed over to the employees by College Principal Dr P R Unnikrishna Pillai .



A mobile phone was distributed by SDC NSS to a Student of BBMHS Vaishumbhagom who was in need of a smart phone for attending online classes.



BOOK FARM

SDC NSS donated 100 books as a part of KITE FOUNDATION’s library renovation activities.



BEACH CLEANING

SD College NSS unit conducted beach cleaning in association with Nehru Yuva Kendra on 31/11/2021

10 NSS volunteers participated in the programme Plastics were removed by nss volunteers as part of this programme.



KSHEERAVARDHINI

Donation of cow to a poor family



PATHRADHANAM

NSS SDC conducted a programme for collecting Newspapers. This is for the purpose of raising funds. Volunteers regularly collect newspapers from students and teachers.



07-11-2021-CANCER AWARENESS DAY

NSS SDC Conducted a poster making competition on National Cancer awareness day on the topic "No one fights alone". 14 students participated in the programme



KNOW YOUR RIGHTS

SD College NSS unit organized a webinar on the topic "Know your rights" on National legal services day with Adv Jayan C Das as resource person. The programme was conducted as part of Azadi ka Amrit Maholtsav



THIRIKE VEENDUM VIDHYALAYATHILEK

A programme was conducted by NSS SDC on 14/11/2021. Volunteers of SD College NSS unit visited Govt L P school Aravukad as part of Children's day celebration to spread awareness among the students.



25-11-2021-DEEPASHIKA

Soldiers of East Venice charitable society Alappuzha conducted a programme on Constitution day in association with NSS SDC



26-11-2021-EKAM THULYANEETHIKKAYI

NSS SDC conducted a seminar on Anti-dowry day on 26/11/2021 in association with Kudumbasree mission and NCC SDC 50 NSS volunteers participated in the programme.



SD College NSS unit organized a programme on 23/12/2021 'Dhe Kappa Kada' by distributing food items in the campus for raising fund. 23 NSS volunteers participated in the programme.



LAUGHTER DAY

SD College NSS unit organized a programme named 'Chiri' on 10/01/2022 as part of laughter day. Volunteers shared pictures of spending time with their families.



25-01-2022 - NATIONAL VOTERS DAY

NSS unit of SD College organized a programme on National Voters Day. "Sammadhidaanaavakasham: Annum innum" on National Voters Day as part of platinum jubilee celebration. NSS Volunteers asked old generation about the difference between old and new voting methods. A YouTube video containing this information has also been uploaded.



11-02-2022-DAYCARE CLEANING

NSS Volunteers of SD College volunteered to clean the college's own Daycare and helped sanitize the building to welcome the children



SD College NSS unit organized a cleaning programme on 22/02/2022 as part of platinum jubilee celebration. Volunteers cleaned Thanakulam temple area as part of cleaning process. 40 NSS volunteers participated.



THANNERMATHAN DINANGAL

NSS volunteers of SD College arranged stalls distributing watermelon juice .The income generated will be used in the future ventures of SD College NSS



1. **COVID RELIEF ACTIVITY-** on 1st June 2021 the NCC Unit along with the SDC Warriors (Alumni group of Veterans and serving officers of the Unit) launched Covid Relief Project by distributing 400 N 95 masks , 35 Pulse Oximeters, 35 provision kits worth Rs 500 each, Bleaching powder and lime packets etc to the affected people and areas. 60 SD and SW Cadets, NCC Officers Capt Anupama V, Lt Dr. K Narayanan, Kerala University Senate Member Dr. S Ajayakumar, IQAC Coordinator Dr P.S. Parameswaran, Head of the Dept of Economics Prof V C Asokan were the part of the event. The following distributions were undertaken.



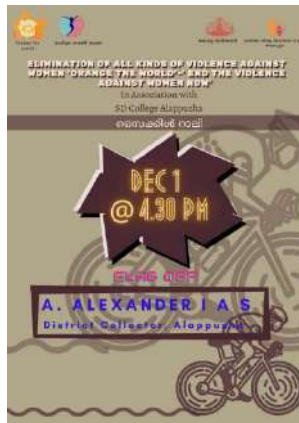
- N 95 Mask to Fire force station, Alappuzha
- N 95 masks to SI, South police station
- N 95 masks to SI, North police station
- Pulse Oximeters to Secretary, Alpha Palliative care unit, Alappuzha
- Pulse oximeters to ward councilors and Asha workers, Kaniankulam ward
- Bleaching powder distribution , Kaniankulam ward
- Provision kit distribution to auto drivers , Thookukulam Junction and to college security personnels

2. **Environment Day-** On June 5th 2021 Environment Day was celebrated by the unit. Cadets planted tree saplings at home and home premises . Cleaning activities were also conducted in the college campus. Cadets also carried out diverse activities like poster making, painting, short videos etc on environment and its significance in human life.

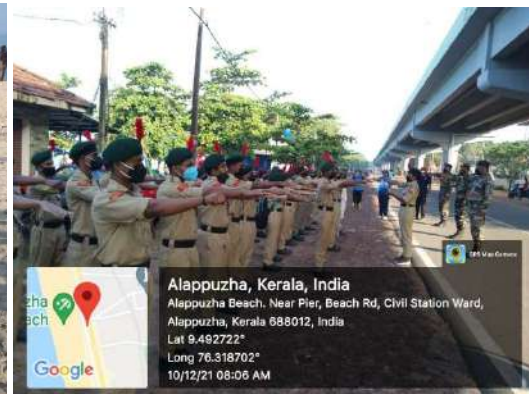




5. On 1st Dec, on the occasion of the “International Day for the Elimination of Violence Against Women”, the unit joined hands with the district administration and took part in the cycle rally organized by the Department of Women and Child Welfare which aimed to spread awareness among “The general public about the need to safeguard and protect the women. The event was named as ‘Orange the World’ Around 25 cadets participated in the rally which was flagged off by the respected Collector Alexander Jacob IAS.



6. **Puneet Sagar Abhiyan-** On 19th Dec the Unit took part in the Puneet Sagar Abhiyan organized on behalf of the 11 Ker Btn. 80 cadets of the SD College unit along with 150 cadets from the surrounding institutions under the bettalian participated in the event . The cadets cleaned the beach and non biodegradable materials and plastics were collected in sacks from the beach side and deposited with the municipality. The event was inaugurated by the CO, 11 Ker Btn Col Abhijeeth Bhambere. The pollution control board assistant engineer sri Aniker K R and sri Biju were present on the occasion. Tree saplings were distributed to the cadets by the officials. Sri Rajappan from Kottayam who was applauded by the prime minister in ‘Man ki Baat’ was felicitated on the occasion.



7. **Nature camp**- Unit organized a nature camp to Muthanga forest on 5th and 6th March 2022, 40 cadets took part in the camp in which they visited the elephant training camp at muthanga, attended

various awareness classes by the forest personnels and also had a trejking experience through the forest.



8. Nature camp- Unit organized another nature camp to Athirampally -Vazhachal on 25th and 26th March 2022, 40 cadets took part in the camp in which they attended various awareness classes by the forest personnels and also had a wonderful trekking experience through the forest and enjoyed the waterfalls.



9. **Puneet Sagar Abhiyan**- On 22nd April another session of beach cleaning was conducted on behalf of the battalion and the cadets collected plastics and took pledge on reducing, reusing and recycling the products and developing environment friendly habits.



CLEANING CAMPAIGN OF COLLEGE PREMISES BY ALL DEPARTMENTS – THE ACTIVITY ORGANISED BY SDC GREEN ARMY



DEPARTMENT OF MALAYALAM



DEPARTMENT OF COMMERCE



DEPARTMENT OF ZOOLOGY



DEPARTMENT OF HISTORY





DEPARTMENT OF MICROBIOLOGY



DEPARTMENT OF HISTORY

DEPARTMENT OF MATHEMATICS



DEPARTMENT OF CHEMISTRY

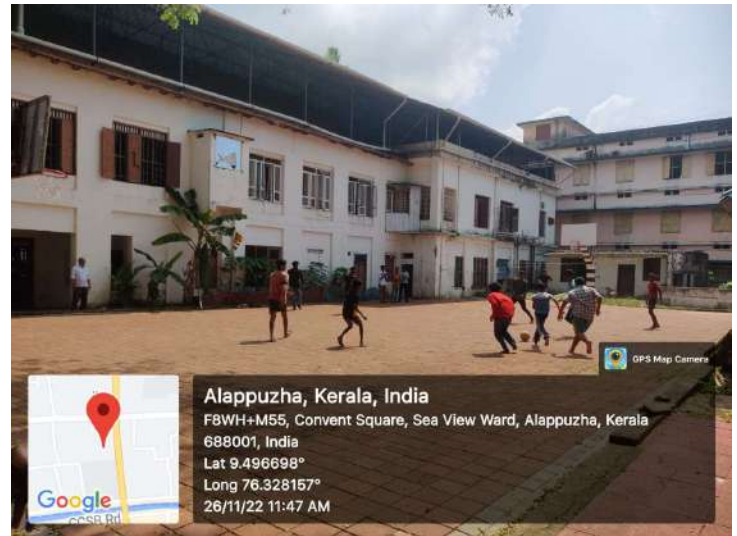
DEPARTMENT OF BOTANY



DEPARTMENT OF HINDI

VISIT TO ORPHANAGE

Second year B.A. English Literature students went to St. Antony's Orphanage, Alappuzha today, as a follow up of their Children's Day initiative. Shared sweets and interacted with them. An impromptu football match was also held. (School vs College!). From the fund raising events and other personal contributions, they bought and handed over the books, sports kit, stationery items (notebooks, pens, pencils, colour crayons), dress and towels to Father Tobias, Director and Head of the Institution.



Conducted training at Kayal Island Retreat, Kakkathuruth on Value-addition of Aquatic weeds by Centre for Research on Aquatic Resources (CRAR).

Hands-on workshop on value-addition of aquatic weeds were conducted at Kayal Island Retreat in Kakkathuruth. Kakkathuruth has been listed in National Geographic's 'Around the World in 24 Hours,' a photographic tour of travel-worthy spots in the world. The water bodies in the region are infested by water hyacinth. The training was a CSR Activity of the resort. Women inhabitants of the island attended the training for making pulp products, mushroom cultivation and composting.



MEGA PROJECT- PUNARJJANI

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