

MALA, THRISSUR, KERALA 680732

Re-accredited with 'A' Grade by NAAC (Fourth Cycle)



NSS UNITS 2 & 89

HARITHAMITHRAM

App Installation

EXTENSION PROGRAMME

a

Mala Gramapanchayat Ward 11

30 & 31 December 2023

Ms.Smitty V. Isidhore

Dr. Merin Francis

NSS Programme Officers

Sandra P.

Zahra

Student Co- ordinators

Dr. Kochuthressia K.P.

Principal



Re-Accredited By NAAC with 'A' Grade (4th Cycle)

Thrissur Dt. Kerala-680732, www.carmelcollegemala.ac.in. 0480-2890247

Program Outcome Report: Extension Activities at Annamanada Grama Panchayath by NSS Units(2, 89)

Dates: December 30, and 31, 2023

Location: Mala Grama Panchayath

Over the course of three days, a total of 96 enthusiastic NSS volunteers actively participated in the extension activities in collaboration with Mala Grama Panchayath on December 30 and 31, 2023. The event aimed to promote environmental sustainability and community engagement through the installation of the "Harithamithra App," a smart waste management solution developed by Suchitwa Mission, in households across ward 11 of the panchayath. The primary objective was to raise awareness about efficient garbage collection and instill a sense of responsibility among residents towards waste management.

Program Outcomes:

Technological Empowerment: Residents gained technological proficiency by using the Harithamithra App, enhancing their ability to participate in waste management efforts actively.

Increased Environmental Awareness: The program significantly raised awareness about sustainable waste management practices, promoting a cleaner and greener environment.

Community Collaboration: The program strengthened community bonds and instilled a sense of shared responsibility by involving residents directly in the waste management process.

In conclusion, the extension activities at Mala Grama Panchayath served as a testament to the positive change that can be achieved through collective efforts and community engagement. We remain committed to organizing similar initiatives in the future, furthering our mission of creating sustainable, eco-friendly communities.



7 Day Special Camp (26/12/2023 - 01/01/2024)

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MALA, THRISSUR, KERALA 680732

Re-accredited with 'A' Grade by NAAC (Fourth Cycle)



NSS UNITS 2 & 89

BALA SOUHRUDA PANCHAYAT SURVEY

ANNAMANADA GRAMAPANCHAYATH

Date: 18/02/2024

Ms. Smitty V. Isidhore
Dr. Merin Francis
NSS Programme Officers

Angel Mariya Joy Student Co- ordinator Dr. Kochuthressia K. P. Principal



Re-Accredited By NAAC with 'A' Grade (4th Cycle)

Thrissur Dt. Kerala-680732, www.carmelcollegemala.ac.in. 0480-2890247

On February 18, 2024, NSS volunteers conducted a Bala Souhrdha Panchayath survey in association with Annamanda Panchayath. This initiative aimed to assess the well-being of children in the community and gather insights to support the development of child-friendly policies and programs. Volunteers carried out a comprehensive survey across Annamanda Panchayath, focusing on various aspects of child welfare. The survey involved collecting data from children, parents, and local stakeholders through interviews, questionnaires, and focus group discussions. Key areas of assessment included health, education, safety, and living conditions.

Outcomes:

- Comprehensive Data Collection: The survey successfully gathered detailed information on the status of children's health, education, and safety in the panchayath.
- **Identification of Key Issues:** The data highlighted critical areas requiring attention, such as gaps in healthcare access, educational resources, and child protection services.
- **Community Engagement:** The survey fostered active participation from community members, enhancing awareness and collaboration on child welfare issues.
- Volunteer Experience: Volunteers gained practical experience in conducting community surveys, enhancing their research, communication, and organizational skills.

In conclusion, the Bala Souhrdha Panchayath survey was a significant step towards creating a child-friendly environment in Annamanda Panchayath. The active involvement of NSS volunteers and the support of the local community played a crucial role in the success of this initiative.

Date......



CARMEL COLLEGE CAUTONOMOUS) MALA NISS UNITS 2,89

SURVEY and FOR BALASOUHRUDA PANCHAYATH at Annamanada Crrama Panchayaths on 18/02/2024

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Mala, Thrissur Dt., Kerala-680732 www.carmelcollegemala.ac.in, 0480-2890247



NSS UNIT 2 & 89





CENTRAL BUREAU OF COMMUNICATION MINISTRY OF INFORMATION & BROADCASTING

GOVERNMENT OF INDIA

FIELD OFFICE: THRISSUR, KERALA



INTEGRATED COMMUNICATION AND OUTREACH PROGRAMME (I.C.O.P)

സംയോജിത ബോധവത്ക്കരണ പരിപാടിയും പ്രദർശനവും

2023 ജൂലൈ 25,26,27

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In Association With:

» KUZHUR GRAMA PANCHAYATH

» KUDUMBASHREE » ICDS » INDIA POST » KERALA STATE EXCISE DEPARTMENT FIRE & RESCUE DEPARTMENT » KERALA POLICE » NCC/NSS CARMEL COLLEGE MALA

July 25,26,27 - 2023

Suhaila. T Nandhana. P. S

Student Co-ordinators

Ms. Smitty V. Isidhore

Dr. Merin Francis

NSS Programme Officers

Dr. Sr. Rini Raphael

Principal



Re-Accredited By NAAC with 'A' Grade (4th Cycle)

Thrissur Dt. Kerala-680732, www.carmelcollegemala.ac.in. 0480-2890247

From July 25 to 27, 2023, NSS volunteers actively participated in the Integrated Communication and Outreach Program in association with Kuzhur Grama Panchayath. This comprehensive initiative aimed to provide essential services and educational sessions to the local community. The program featured a variety of services and awareness activities, including:

- Ayurveda Medical Camp: Provided traditional healthcare consultations and treatments.
- **Homeopathy Medical Camp:** Offered homeopathic medical services to the community.
- Free Aadhaar Services: Facilitated Aadhaar card registrations and updates for residents.
- Awareness Classes: Conducted educational sessions on various topics, enhancing community knowledge and awareness.

Outcomes:

- **Skill Development:** Volunteers enhanced their skills in event management, communication, and coordination, gaining valuable experience in organizing community programs.
- **Increased Awareness:** Exposure to public health and administrative processes broadened volunteers' understanding of community issues and challenges.
- Community Bonding: Direct interactions with local residents helped volunteers build stronger connections and develop a deeper empathy for the community's needs.
- **Personal Growth:** The initiative fostered a sense of social responsibility and personal development, encouraging volunteers to continue contributing to community welfare.

In conclusion, the Integrated Communication and Outreach Program successfully provided essential services and educational opportunities to the community, with NSS volunteers significantly contributing to its success through their active participation and dedication.





CARMEL COLLEGE (AUTONOFOOUS) MALA NSS UNITS (2,89)

Volunteering in Awareness Programme (3-lays) Central Bureau of Communication at Ruzhedr ChramaPanchayath (25/7/23 to 27/7/28)
Panticipants List.

25/7/2023

- 1. Fathima PS
- 2. Nandhana PS
- 3. Lithiya C M
- 4. Baina
- 5. Anitta

26/7/2023

- 1. Suhaila T
- 2. AmmuVinod S
- 3. Asna N
- 4. L. Linta
- 5. DhinaTheressa James

27/7/2023

- 1. Anjana MR
- 2. Krishna Gayathri
- 3. Simple Babu
- 4. Anjana Sunil Kumar
- 5. Anusha R

Thanking you in Advance

NSS Programme Officer NSS Unit (2 & 89)

Carmel College (Autonomous)

Mala - 680732



MALA, THRISSUR, KERALA 680732

Re-accredited with 'A' Grade by NAAC (Fourth Cycle)



NSS UNITS 2 & 89

MEDICAL CAMP

In Collaboration with

Gurudharmam Medical Mission Hospital, Mala

DATE: 31/12/2023

TIME: 9.30 AM

VENUE: MITHRALAYAM SPECIAL SCHOOL, SNEHAGIRI

WARD II

Ms. Smitty V. Isidhore Dr. Merin Francis NSS Programme Officers

Nandana P. S.
Student Co- ordinator

Dr. Kochuthressia K. P. Principal



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On December 31, 2024, a collaborative medical camp was organized in partnership with Guru Dharmam Mission Hospital, Mala. This healthcare initiative focused on addressing lifestyle diseases and was open to both volunteers and local community members. The medical camp offered a range of health services, including consultations, screenings, and educational sessions on lifestyle diseases. Medical professionals from Guru Dharmam Mission Hospital provided personalized care and advice to the attendees. Volunteers assisted in coordinating the event, ensuring smooth operations and supporting participants throughout the day.

Outcomes:

- **Healthcare Access:** Nearly 100 individuals benefited from the medical camp, gaining access to essential health services and expert consultations.
- Increased Awareness: The camp raised awareness about lifestyle diseases, their
 prevention, and management, empowering participants with knowledge to make
 healthier choices.
- Community Engagement: The initiative fostered a sense of community involvement, with volunteers and medical professionals working together to improve local health outcomes.
- **Preventive Health Measures:** Early detection and preventive advice provided during the camp helped participants take proactive steps towards better health.

In conclusion, the collaborative medical camp with Guru Dharmam Mission Hospital was a significant step towards enhancing community health, particularly in the area of lifestyle diseases. The event successfully combined healthcare services with community education, making a positive impact on the well-being of both volunteers and locals.



7 Day Special Camp (26/12/2023 - 01/01/2024)

SI.	Name of the Volunteer	Class	Subject	T		T						_		_			
No.		Class	Subject		26/12/23		27/12/23		28/12/23		29/12/23		30/12/23		31/12/23		01/01/24
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5.	GAYATHRI P.T	B.Sc	Botany		goy ally	Coulch	Conord	P. Wille	(wester	Rusto	Constitution	- Joseph	- whole	C HAND	Boyeth	1.5	Bueth
6.	SREELAKSHMI T R	B.Sc	Botany	-	82	See	162	60	lo	152	162	LD	10	19	10	The second	300
7.	KHADEEJA .T.S	B.Sc	Chemistry			No.	~	N. C.		~				4	7	4//	
8.	NANDANA.O.K.M	B.Sc	Mathematics		Jungage	Jayor	eldo:	Last	New	Joseph	Jude	Jack.	s.da	Jose C	Just.	نالاساد	
9.	HAYA ROSE SHAJI	B.Sc	Applied Physics		Page	Reg	Roa	Day	No.	Des	Nap	New	No	VA	Shape .	No.	
10.	AKSHARA RAJESH	B.Sc	Applied Physics		Media	Made	The state of the s	THE.	AGE.	FEB !	Acille .	Aid !	TOUR !	Fra.	A.	inte	
11.	LAKSHMI ANAND	B.Sc	Applied Physics		- Neshani	No.	NA STOOL	NOW!	Kinn	JXX.	NAME	NET?	NODO	SH	NO.	39	NAS
12.	ANUSHA.R	BA	Functional English		A.	d	de	1	1	de	de	de	de	-	2	2	24
13.	MANEESHA.M	BA	Functional English		00	W.	W.	08	1	W.	an	3	N.	N	d.	T.	A
14.	ANJANA SUNILKUMAR	BA	Functional English		A	A PE	A P	A	1		No.	N	1	4			700
15.	SNEHA SAJAN	BA	Political Science	-	(8)	49	ESTA		100	Copy!	1	139		3	1	and a	1
16.	ANTONIYA MARY T.B	BA	Political Science		DE TON	J. XX	DICH	Drigh	11.100x	00	W. COM	No.	AN YOU	1	Ankon	- way	ANY
17.	ADITHYA ML	BA	Sociology		DATE I	a a	CONTRACT OF	Add	B. W.	colife	dillo	Delley	A STATE	DATE	N. Tarrey	Life	DE S
18.	AKARSHA SHAJU S.D	BA	Sociology		W .	Dr.	B.	D.	A.	M.	Or.	W.	A.	O.	W	D.	
19.	AKSHAYA DAS	BA	Sociology		ANTO	MARK	AM	ARSON	ARRES	TEN	History	40	All	de	MOS	AND	1
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MALA, THRISSUR, KERALA 680732

Re-accredited with 'A' Grade by NAAC (Fourth Cycle)



NSS UNITS 2 & 89

HARITHAMITHRAM

App Installation

EXTENSION PROGRAMME

Annamanada Gramapanchayat

10, 11 & 25 August 2023

Ms.Smitty V. Isidhore
Dr. Merin Francis
NSS Programme Officers

Sandra P. Zahra S Student Co- ordinator Dr. Kochuthressia K.P. Principal



Re-Accredited By NAAC with 'A' Grade (4th Cycle)

Thrissur Dt. Kerala-680732, www.carmelcollegemala.ac.in. 0480-2890247

Program Outcome Report: Extension Activities at Annamanada Grama Panchayath by NSS Units(2, 89)

Dates: August 10, 11, and 25, 2023

Location: Annamanada Grama Panchayath

Over the course of three days, a total of 125 enthusiastic NSS volunteers actively participated in the extension activities in collaboration with Annamanada Grama Panchayath on August 10, 11, and 25, 2023. The event aimed to promote environmental sustainability and community engagement through the installation of the "Harithamithra App," a smart waste management solution developed by Suchitwa Mission, in households across the panchayath. The primary objective was to raise awareness about efficient garbage collection and instill a sense of responsibility among residents towards waste management.

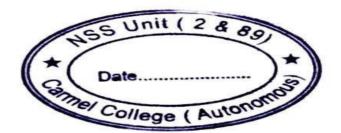
Program Outcomes:

Technological Empowerment: Residents gained technological proficiency by using the Harithamithra App, enhancing their ability to participate in waste management efforts actively. **Increased Environmental Awareness:** The program significantly raised awareness about sustainable waste management practices, promoting a cleaner and greener environment.

Community Collaboration: The program strengthened community bonds and instilled a sense of shared responsibility by involving residents directly in the waste management process.

Skill Enhancement: Volunteers developed communication, teamwork, and organizational skills, valuable assets that will serve them well in their future endeavors.

In conclusion, the extension activities at Annamanada Grama Panchayath served as a testament to the positive change that can be achieved through collective efforts and community engagement. We remain committed to organizing similar initiatives in the future, furthering our mission of creating sustainable, eco-friendly communities.





CARMEL COLLEGE CAUTONO MOUS), MALA NOS UNITS (2,89) Harithamithram App Installation on 10/8/2023 PARTICIPANT'S LIST'

Sl. No	Name of the Student	Department	Signature
1.	Josna Joy	B.com Finance	Tone
٤.	ANTONINE MERY T. B	11 BA Poli-Sci	Sour
3.	Avina Balachandran	Blom coopenation	And
4	Ascha.T.A	Brom Finance	delloan
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List of the NSS Volunteers participating in the Extension activity at AnnamanadaPanchayat

On 11/8/2023

SINO	Name	II Year &	
1.	Sandra P	B A Sociology	
2.	Archana k	B A Sociology	
3.	Avinabalachandran	B Com Co-operation	
4.	Pranathynp	B Com Co-operation	
5.	Aiswarya T V	B Com Co-operation	
6.	Amritha NM	B Com Co-operation	
7.	Archa T. A	B Com Finance	
- 8.	Nandhakrishnaps	B Com Finance	
9.	GOPIKA JAYAN	B Com Finance	
10.	Krishna Priya V R	B Com Finance	
11.	AkshayaPrasannakumar	B Com Finance	
10	Neethu Johnson	B Com Finance	
12. 13.	Devika E S	B Com Finance	
14.	AparnaBabu	B Com Finance	
15.	Atheena C S	B Com Finance	
16.	AbhiramiBibish	B Com Finance	0
17.	Suhaila T	B Sc. Botany	3
18.	Akshara M. S	B Voc. Accounting &	
10.	AKSIMIN III	Taxation	
19.	Libiyasabu	B Voc. Accounting &)
		Taxation	
20.	Ansaba K S	B Voc. Accounting &	-
		Taxation	
21.	L. Linta	B Voc. Agriculture	1
22.	AnnamolGinesh	B Voc. Banking, Financial	+
		Services and Insurance	
23.	VrindhaVinod	B Voc. Banking, Financial	Ali.
		Services and Insurance	ALC: Y
24.	Shamsiya P B	B Voc. Banking, Financial	·sa
		Services and Insurance	
25.	Aswanipd	B Voc. Software	/
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26.	Fascela EN	B Voc. Software	132
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27.	Diya kp	B Voc. Software Development	S
28.	Sona M.B	BBA	Nov.
29.	Ardra Paul	BBA	And
30.	Saniya Thankachan	BBA	Soria



EXTENSION ACTIVITY at ANNAMANDA CARAMAPANCHATH HARITHAMITHRAM APP INSTALLATION ON 25/8/2023 PARTICIPANTS LIST

No	Name	class	Sign.
1	Haya Rose Shiji	M'd BSz Applied	Staye
2	Latishan Anound	Physics	ich
3.	Akshara Rajesh	h	That I
4	Sayana k.s	3rd BSc chemistry	gayena
5-	Fathima Shamou.	3rd Brom France.	the
6.	Bhavana p.s	v	Baranal
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15	Andra A.S	ν	- ARDRA.
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19	Ashly sebastian	り	Addy
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58	Nasriya Shilin	Il ad BSL Botany	Gazathei
59	Mousiya Jannath KJ	!†	A/O
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	Conege (Autonomas)	Mala - 680702	/



MALA, THRISSUR, KERALA 680732





NSS UNITS 2 & 89



AMRIT VATIKA CAMPAIGN

Date: 15/08/23

Time: 9.30 am

Venue: Puzhayoram, Annamanada



Re-Accredited By NAAC with 'A' Grade (4th Cycle)

Thrissur Dt. Kerala-680732, www.carmelcollegemala.ac.in. 0480-2890247

As part of the Meri Matti Mera Desh programme, NSS volunteers participated in the Amrit Vadika - 75 Tree Plantation Programme at Puzhayoram, Annamanada, organized by Annamanada Grampanchayat on August 15, 2023. This initiative aimed to enhance environmental conservation and promote greenery in the community. Volunteers actively took part in planting 75 saplings at Puzhayoram. The program included preparing the site, planting a variety of native trees, and providing initial care to ensure their growth. The event also featured educational sessions on the importance of tree plantation for environmental sustainability.

Outcomes:

- Environmental Impact: The plantation of 75 trees contributed to increased greenery, improved air quality, and enhanced biodiversity in the area.
- Volunteer Engagement: NSS volunteers demonstrated their commitment to environmental sustainability through active participation.
- Community Involvement: The program fostered a sense of responsibility towards environmental conservation among community members.
- Educational Awareness: The initiative educated participants on the significance of tree plantation and its role in combating climate change.

In conclusion, the Amrit Vadika - 75 Tree Plantation Programme successfully engaged NSS volunteers and the community in a meaningful environmental activity, promoting sustainability and enhancing the natural landscape of Puzhayoram.

NSS Programme Officer
NSS Unit (2 & 89)
Carmel College (Autonomous)



Extension Adivity Under Meri Matti Amnit Vadika Nirmithi at Mera Desh Annamanada Graman Panchayat on 15/8/2023

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Mala, Thrissur, Kerala - 680732 Re-Accreditted by NAAC with 'A' Grade(fourth Cycle)

NSS UNITS 2 & 89

As part of Manava Mythri Celebration



<mark>പുസ്തകത്തണൽ</mark> ` (Shelter of Books)

ON 10/10/2023 | Tuesday

Dr. Merin Francis Ms. Smitty V Isidhore

Programme Officers

Dr. Sr. Kochuthressia, K.P Principal



Re-Accredited By NAAC with 'A' Grade (4th Cycle)

Thrissur Dt. Kerala-680732, www.carmelcollegemala.ac.in. 0480-2890247

On October 10, 2023, the Pusthaka Thanal initiative was conducted, focusing on distributing books in public places to promote reading and literacy among the community. Volunteers collected old library books and magazines and placed them in key public areas such as the KSRTC stand in Mala, the Private stand in Mala, and the college bus steps for passengers to access and read during their commute.

Outcomes:

- **Increased Accessibility to Books:** The initiative made a variety of reading materials available to the public, fostering a culture of reading and continuous learning.
- Promotion of Literacy: By providing easy access to books and magazines, the program encouraged reading habits among passengers and the general public.
- **Community Engagement:** The initiative engaged volunteers and the community, promoting a sense of shared responsibility for educational enrichment.
- Sustainable Use of Resources: The collection and redistribution of old library books and magazines gave new life to previously unused resources, promoting sustainability.

Overall, the Pusthaka Thanal programme successfully achieved its goal of enhancing access to reading materials, encouraging literacy, and engaging the community in a meaningful educational activity.

NSS Programme Officer
NSS Unit (2 & 89)
Carmel College (Autonomous)
Mala - 680732



CARMEL COLLEGE CAUTONOMOUS)

PUSTHAKA THANAL PROGRAMME

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	Sneha Sajan	Ind BA Political Science	e Grebe
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NSS Unit (2 & 89)
Carmel College (Autonomous)
Mala - 680732



MALA, THRISSUR, KERALA 680732

Re-accredited with 'A' Grade by NAAC (Fourth Cycle)



NSS UNITS 2 & 89

ELDERFIT WELLNESS PROGRAMME

Will provide the following services:

Weight Check: Monitor and maintain a healthy weight.

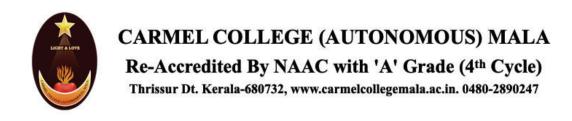
Blood Pressure Check: Ensure a healthy heart and overall well-being.

Blood Sugar Check: Manage and monitor blood sugar levels effectively.

Blood Group Detection: Essential information for emergency medicalcare.

Section Co -Ordinator
Sr.Annie Jose
Palliative Care Trainer

Date : 20/10/23 Time : 2 pm Venue:St Joseph's Aged home ,Pyliyilakkunnu



The ElderFit Wellness Program

The ElderFit Wellness Program, jointly organized by NSS Units (2,89) with Department of Zoology, Carmel College (Autonomous), Mala brought together enthusiastic NSS volunteers, expertise of the Department of Zoology under the leadership of dedicated healthcare professional Sr. Annie Jose, Nurse, Carmel Palliative to create a holistic health initiative tailored for our senior citizens of Aged Home Puliyalakkunnu . ElderFit Wellness Program held on October 20, 2023, at St. Joseph's Aged Home. The event aimed to enhance the well-being of our elderly community members by providing essential health services, including weight checks, blood pressure checks, blood sugar checks, and blood group detection.

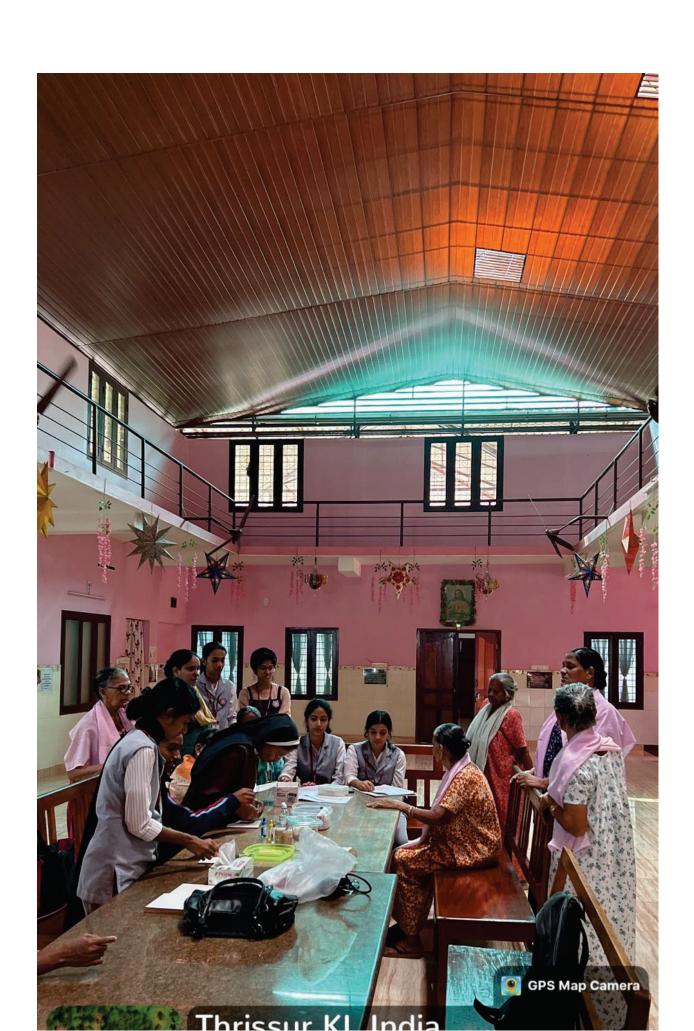
Outcomes:

- Health Awareness: Increased understanding of regular health monitoring.
- Early Detection: Identified potential health issues for timely intervention.
- Community Engagement: Strengthened bonds between the college and community.
- **Volunteer Experience:** Enhanced empathy and social responsibility among NSS volunteers.

Conclusion:

The ElderFit Wellness Program effectively enhanced the health of the elderly, showcasing the value of community collaboration in healthcare.

NSS Programme Officer
NSS Unit (2 & 89)
Carmel College (Autonomous)
Mala - 680732



GPS Map Camera

Maps

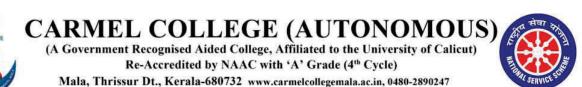
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CARMEL COLLEGE (AUTONOMOUS), MALA
NOS UNITS (2,89)
ELDERFIT WELLNESS PROGRAMME ON 20/10/23

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NSS UNIT 2 & 89



06/12/2023



Re-Accredited By NAAC with 'A' Grade (4th Cycle)

Thrissur Dt. Kerala-680732, www.carmelcollegemala.ac.in. 0480-2890247

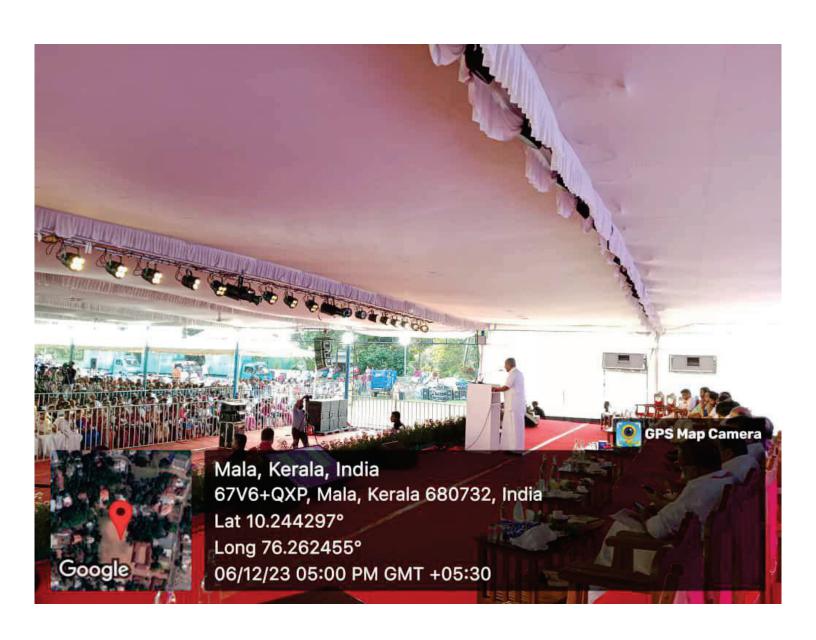
On December 6, 2023, volunteers participated in the Navakerala Sadassu, an outreach program of the Kerala government where the Chief Minister and ministers traveled through all assembly constituencies of the state. This significant event aimed at fostering community engagement and development by bringing together various stakeholders, including local authorities, community leaders, and volunteers, to discuss and implement strategies for regional development.

Outcomes:

- Enhanced Community Awareness: The event successfully raised awareness about regional development initiatives and encouraged active community participation.
- Improved Event Execution: The involvement of volunteers contributed to the efficient management of the event, ensuring a seamless experience for all participants.
- **Strengthened Community Bonds:** The collaborative effort fostered a sense of unity and shared purpose among the attendees, volunteers, and organizers.
- Skill Development for Volunteers: Participation in the event provided volunteers
 with valuable experience in event management, communication, and community
 service.

In conclusion, the volunteering efforts at the Navakerala Sadassu significantly contributed to the success of the event, promoting community development and engagement. The collaborative spirit displayed during the program underscored the importance of collective efforts in achieving regional progress.

NSS Programme Officer
NSS Unit (2 & 89)
Carmel College (Autonomous)
Mala - 680732







CARMEL COLLEGE (Autonomous)

Nationally Re-accredited with 'A Grade' (Fourth Cycle)

Affiliated to University of Calicut MALA – 680 732, Thrissur (Dt), Kerala

Phone: 0480 2890 247, Fax: 0480 2890247
E-mail: mail@carmelcollegemala.ac.in web: www.carmelcollegemala.ac.in

Date: 6.12.2023

Time: 10.30 am

Venue: St. Antony's School, Mala.

Activity: Nava Kerala Sadasu

Sl. No	Name of the Student	Department	Signature
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MALA, THRISSUR, KERALA 680732

Re-accredited with 'A' Grade by NAAC (Fourth Cycle)



NSS UNITS 2 & 89





Suchitwa Mission

Sneharamam Project

Date:29/12/2023
Mala Grampanchayat
Valiyaparambu Junction
Ward 13

Ms. Smitty V. Isidhore
Dr. Merin Francis
NSS Programme Officers

Suhaila T Nandana P S Student Co- ordinators Dr. Kochuthressia K P Principal



Re-Accredited By NAAC with 'A' Grade (4th Cycle)

Thrissur Dt. Kerala-680732, www.carmelcollegemala.ac.in. 0480-2890247

On December 29, 2023, volunteers actively participated in the creation of Senhararam at Valyaparambu Junction. This initiative aimed to address environmental cleanliness and promote sustainable practices through a series of impactful activities. The volunteers engaged in collecting plastic waste from the area, which helped reduce litter and prevent environmental hazards. Following this, the junction was thoroughly cleaned, significantly improving its hygiene and aesthetic appeal. Additionally, a garden was established in waste accumulation-prone zones by repurposing waste materials, enhancing the area's beauty and promoting sustainability.

Outcomes:

- Improved Environmental Cleanliness: The collection of plastic waste and area cleaning significantly reduced litter, contributing to a cleaner and healthier environment.
- **Promotion of Sustainable Practices:** By repurposing waste materials to establish a garden, the initiative encouraged sustainable practices and highlighted the value of waste management.
- Enhanced Community Aesthetics: The creation of the garden and the cleaning efforts beautified Valyaparambu Junction, making it a more pleasant space for the community.
- **Increased Community Awareness:** The initiative raised awareness about the importance of environmental cleanliness and sustainability, inspiring others to adopt similar practices.

In conclusion, the Senhararam initiative at Valyaparambu Junction successfully achieved its goals of improving environmental cleanliness, promoting sustainability, and enhancing the community's aesthetic appeal. The volunteers' dedication and hard work played a crucial role in transforming the area and fostering a culture of environmental responsibility.

NSS Programme Officer

NSS Unit (2 & 89)

Carmel College (Autonomous)

Mala - 680732



7 Day Special Camp (26/12/2023 – 01/01/2024)

SI.	Name of the Volunteer	Class	Subject	T		T						_		_			
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MALA, THRISSUR, KERALA 680732

Re-accredited with 'A' Grade by NAAC (Fourth Cycle)



NSS UNITS 2 & 89





Swach Bharat Abhiyan



Suchitwa Mission

Cleaning Drive

Date:28/12/2023
Mala Grampanchayat
Ward 11

Ms. Smitty V. Isidhore Dr. Merin Francis NSS Programme Officers Suhaila T Student Co- ordinator Dr. Kochuthressia K P Principal



Re-Accredited By NAAC with 'A' Grade (4th Cycle)

Thrissur Dt. Kerala-680732, www.carmelcollegemala.ac.in. 0480-2890247

On December 28, 2023, NSS volunteers conducted a comprehensive cleaning drive in Ward 11 of Mala Panchayath as part of the Swachh Bharat Abhiyan and Suchitha Mission. This initiative aimed to promote cleanliness, environmental hygiene, and community awareness regarding waste management. Volunteers collected plastic waste, biodegradable waste, and other litter from streets, public spaces, and residential areas. The collected waste was carefully segregated into recyclable and non-recyclable categories to ensure proper disposal.

Outcomes:

- Improved Cleanliness: The drive significantly improved the cleanliness and hygiene of Ward 11, creating a more sanitary living environment for residents.
- Enhanced Community Awareness: The awareness campaign educated residents on sustainable waste management practices, encouraging them to adopt cleaner habits.
- Waste Management Practices: Proper segregation and disposal of waste were promoted, contributing to the Panchayath's broader environmental goals.
- **Volunteer Impact:** Volunteers developed a stronger sense of civic responsibility and gained valuable experience in community service and environmental stewardship.

In conclusion, the cleaning drive in Ward 11 of Mala Panchayath was a successful initiative under the Swachh Bharat Abhiyan and Suchitha Mission. The active participation of NSS volunteers and the support of the local community played a crucial role in achieving a cleaner and healthier environment.



7 Day Special Camp (26/12/2023 – 01/01/2024)

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MALA, THRISSUR, KERALA 680732

Re-accredited with 'A' Grade by NAAC (Fourth Cycle)



NSS UNITS 2 & 89

As part of
Nasha Mukt Bharath Abhiyan



Anti - Drug Awareness Campaign

Date: 29/05/2024

Ms. Smitty V. Isidhore
Dr. Merin Francis
NSS Programme Officers

Angel Mariya Joy Student Co- ordinator Dr. Kochuthressia K. P. Principal



Re-Accredited By NAAC with 'A' Grade (4th Cycle)

Thrissur Dt. Kerala-680732, www.carmelcollegemala.ac.in. 0480-2890247

On May 29, 2024, NSS volunteers organized an Anti-Drug Awareness Campaign as part of the Nasha Mukt Bharat Abhiyan. This initiative aimed to raise awareness about the dangers of drug abuse and promote a drug-free community through direct engagement and informational distribution. NSS volunteers actively participated in distributing informative leaflets to nearby shops and local establishments. The leaflets contained crucial information about the harmful effects of drug abuse, resources for help, and contact information for support services. Volunteers also engaged with shop owners and customers, discussing the importance of staying drug-free and encouraging community participation in the fight against drug abuse.

Outcomes:

- Community Engagement: Volunteers effectively connected with the local community, fostering a collective sense of responsibility towards maintaining a drugfree environment.
- Educational Impact: The campaign provided valuable information on drug abuse prevention and available support services, empowering individuals to make informed decisions and seek help if needed.
- Promoted Nasha Mukt Bharat Abhiyan: The initiative reinforced the goals of the Nasha Mukt Bharat Abhiyan, contributing to the nationwide effort to combat drug abuse.

In conclusion, the Anti-Drug Awareness Campaign by NSS volunteers successfully disseminated crucial information and engaged the community in meaningful conversations about drug prevention. The volunteers' dedication and proactive approach played a vital role in promoting a healthier, drug-free society.

NSS Programme Officer
NSS Unit (2 & 89)
Carmel College (Autonomous)

Mala - 680732



7 Day Special Camp (26/12/2023 – 01/01/2024)

SI.	Name of the Volunteer	Class	Subject	T		T						_		_			
No.		Class	Subject		26/12/23		27/12/23		28/12/23		29/12/23		30/12/23		31/12/23		01/01/24
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