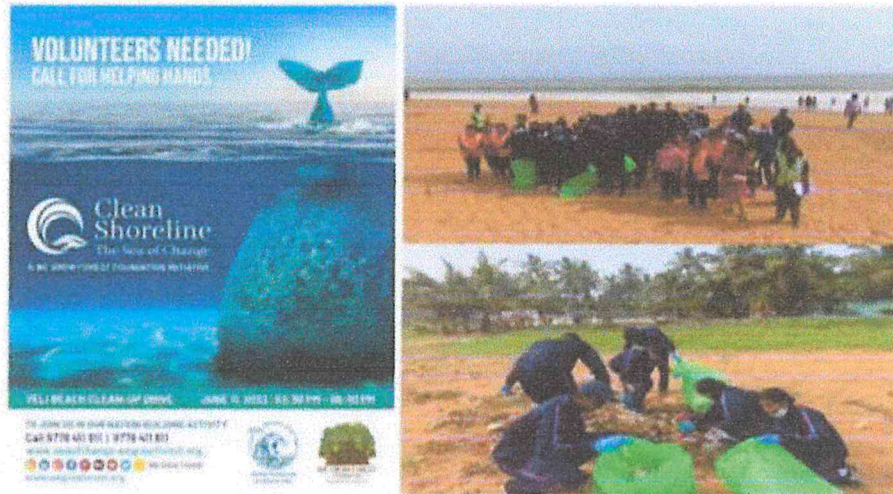


3.4.3. Report of Extension Activities (2022 – 23)

1. Swachh Bharat – Beach Cleaning Activity by NCC Naval Wing at Veli Beach in association with “We Grow Forests – an NGO” – 11th June, 2022

In association with ‘We grow forest foundation’, cadets from Mahatma Gandhi College participated in “Clean shoreline, the sea of change” programme , which is an initiative to clean beaches and to aware people about the necessity to keep shoreline neat. The programme was conducted on 11th of June, 2022 at 3pm in Veli beach. As a part of this, 20 cadets from Mahatma Gandhi College were informed to assemble in front of Veli tourist village at the scheduled time. After the cleaning programme, refreshments were provided to all attendees. Further the gathering was dispersed.



2. Food Materials And Medicines To Sarvodaya Santhi Bhavan Vattapara By The Students Of Department Of Zoology – 11th June 2022

The students from the Department of Zoology collected food materials and dress from the students and faculty members of the department and handed over the same to the destitutes of Sarvodaya Santhi Bhavan Vattapara, Thiruvananthapuram. The students has spend time with the inmates. They did many cultural activities and also had lunch with the inmates. The students were accompanied by Dr. Biju Kumar B S, Associate Professor of the Department.



3. Donating Radio to the students of Government School of Visually Impaired, Vazhuthacaud by NCC Naval Wing – 14th June, 2022

The cadets of Mahatma Gandhi college 1(k) Naval unit NCC, have performed a social service on 14th June 2022 by donating Radio to the students of Government School of Visually Impaired, Vazhuthacaud. Radio and Sweets handed over to Mr. Vinod the Instructor of the school. Cadets sung group and solo songs, narrated a story for with the inmates.



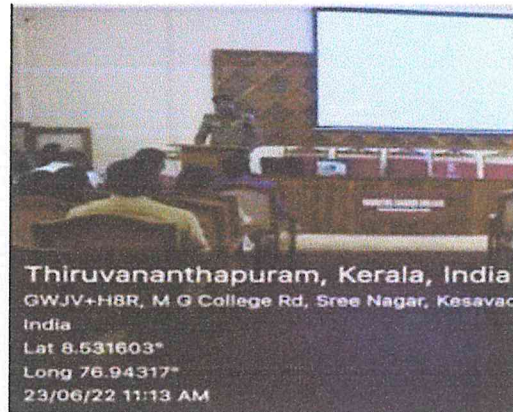
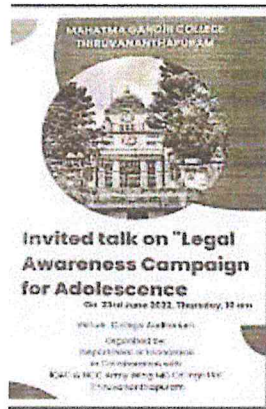
4. Visit to Psychopark by the Students of Department of Psychology – 11th June 2022

Sem 2 students from the Department of Psychology visited Psychopark on 8-06-2022. Under the guidance of Dr. Jayaraj B and Dr. Aneesh V Appu, Students got an opportunity to explore the psychological world organized by Psychopark authorities on the guidance of Dr Madhujen.



5. Legal Awareness Campaign for Adolescence organised by Dept of Economics - 23rd June, 2022

The Department of Economics conducted a seminar on “Legal Awareness Campaign for Adolescence”, and classes were handled by Sri Baiju A, SHO, Kerala Police, Mananthala Police Station, Thiruvananthapuram.



He talked about drug abuse and its implications on the society as well as in one's family. He also spoke about the rehabilitation and also about counselling of these drug users. He explained the importance of being aware of laws. He introduced the IPC sections and punishments.



6. SOCIAL SERVICE ACTIVITY - NCC Naval Wing provided lunch and food materials to the destitutes of Sarvodaya Santhibhavan, Vattappara – 8th July, 2022

[Signature]
Principal
Mahatma Gandhi College
Thiruvananthapuram

As part of the monthly charity initiative, the cadets of 1(K) Naval Unit NCC Mahatma Gandhi college provided lunch for the Sarvodaya Santhibhavan, Vattappara. The institution provides shelter to the people who are devoid of homes and straying on streets, with the assistance of police. Around 70 packets of lunch was handed over to the Secretary Mr. John R on 8th July 2022.



7. NCC Naval Wing donated Rice to Sneha Sadanam Charitable Trust for the destitute and differently abled – 1st August, 2022

As part of the monthly charity initiative, the cadets of 1(K) Naval Unit NCC Mahatma Gandhi college donated 35 kg of rice to the President of Sneha Sadanam Charitable Trust, Mr Rajeesh Srinivasan. Snehasadanam takes care of people who are mentally and physically challenged and deprived of any societal support. Most of them are orphans. There are around 37 inmates in the age range of 12 to 85 years.

8. Extension Activity, at Government Girls High School, Attingal, Thiruvananthapuram By The Department Of Hind, In Commemoration of 142nd Birthday Of Great Poet Munshi Premchand

– 4th August 2022



As a part of extension activities of Hindi Department of Mahatma Gandhi College, Thiruvananthapuram Research students visited Government Girls High School Attingal on 4th August 2022 and interacted with Hindi Club students. Sariga, Sajitha, Akhil, Anjana and former researcher Arya led the said programme as part of the 142nd Jayanti celebrations of the great emperor of stories Premchand. Various competitions such as Quiz, Debate were conducted and prizes were distributed among the students.

9. Pollution Assessment of the second largest pond, Charachira Pond in Thiruvananthapuram District by Department of Zoology & NSS – 26th August 2022

As part of the extension activities to the society, the S4 postgraduate students from the Department of Zoology visited the second largest pond in Trivandrum city, Charachira pond, Nanthancode, Thiruvananthapuram. The Charachira pond in Nanthancode, Thiruvananthapuram which had once been a large water body, has reduced to less than half its size in the passing decades. It has been a source of drinking water supply and the tankers of the municipal corporation has filled water from this pond till 2016. But now, it has been turned into an yard for dumping construction waste and domestic waste. The edges of the ponds were filled with plastic waste. Due to the accumulation of domestic waste, there is large amount of eutrophication, which is evidenced by the growth of eichhornia.

The students collected the water samples from the pond and analysed its drinking quality at the college laboratory. It was seen that the water is not at all fit for drinking and has high growth of coliform bacteria. The report was handed over to the ward councillor and urged for further conservation plan to save this fresh water resource from further degradation. The students were accompanied by Faculty advisors Dr Asha V G (NSS program Officer) and Dr. Adhira M Nayar.



10. Book And Stationaries Donated To The Children Of Agasthya Kudeeram Balika Sadanam, Kottoor by the Department of Zoology– 28th August 2022

The students and faculty members from the department of Zoology contributed books and other stationaries for the children of Agasthya Kudeeram Balika Sadanam, Kottor, Thiruvananthapuram, which is a non-governmental organisation functioning to support education of the tribal students of Agastyamala Biosphere Reserve.



11. Supplied mathematical aids to the students of Govt UP School, Kusavarkal, Thiruvananthapuram by Department of Maths as part of Ganitholsavam – 25th August 2022

The program was held at Govt UP School, Kusavarkal, Thiruvananthapuram on 25th August 2022. Students from the Department of Mathematics alongwith 4 faculty members visited the school, conducted maths exhibition to inculcate the interest in maths and easy problem solving methods. Mathematical aids were handed over to the school authorities. The school students actively participated in the games and puzzles. Dr Ramkumar R, Dr Geetha C, Dr Vineetha K and Dr Ullas Chandran accompanied the students.



12. Distribution Of Food Kits To The Korakulam, participatory Village, by NSS Unit - 05 September 2022

On 05 September 2022, five student volunteers, accompanied by Dr.Chitra.V.S and Dr.Asha.V.G, programme Officer and Asha Worker Sandhya visited the houses of members, Mrs.Susheela,, cancer patient,Smt.Leela,Smt. Santha , Smt. Nagammal and Sri Suresh (NSP Nagar , whose legs undergo amputation due to chronic diabetic condition)and distributed Onam Kits to them. Food kits were distributed to cancer survivor in Parottukonam Smt. Nisha. Milk powder and Health mix were also donated to Asraya (NGO) to be handed over to the paediatric cancer patients.



13. Anti narcotic awareness campaign By NSS Unit at Sanghumukham in association with Rotary club of Trivandrum – 2nd October, 2022


Principal
Mahatma Gandhi College
Thiruvananthapuram

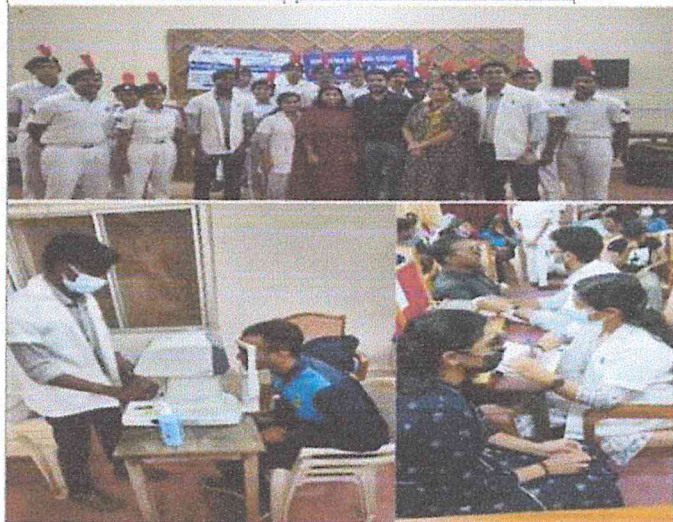


In association with Rotary club of Trivandrum, Empire, the volunteers participated in an awareness program on drug abuse at Sanghumukham on 2/10/2022 to spread the anti drug message in the society. Thiruvananthapuram city police Commissioner Sri, Sparjan Kumar was the chief Guest. Our volunteers recited a song against anti drug abuse , signature campaign and flash mob which were greatly appreciated by the audience and the office bearers of the Rotary club.



14. Free Eye Check-Up Camp By NCC Naval Wing For The People Of Kesavadasapuram Ward In Collabration With Dr Agarwal's Eye Hospital – 12th October, 2022

In connection with World Sight Day, the NCC Naval wing of Mahatma Gandhi college in association with Dr Agarwal's Eye Hospital conducted a free eye check-up camp on 12th October 2022. World Sight Day is observed to bring focus on the importance of eye care and to call global partners and members to help show the world how important eye health is along with World leaders to ensure eye care is accessible, inclusive and affordable to everyone, everywhere.




Principal
Mahatma Gandhi College
Thiruvananthapuram

15. Swacch Bharat Diwas - Cadets Of The NCC Naval Wing Of Mahatma Gandhi College Cleaned The Ground Near Akulam Tourist Village - 24th October 2022



As part of Swatch Bharat Diwas, cadets of the NCC Naval wing of Mahatma Gandhi College cleaned the ground near Akulam Tourist Village on 24th October 2022 from 9:30 am to 10:30 am. {Swatch Bharat Divas is celebrated on October 2nd to honour the dream of Mahatma Gandhi to build a clean India. The waste collected by the cadets was transferred to the municipal corporation to be discarded.

16. Anti-narcotic campaign – Vimuthi - Wall painting and awareness campaign to the residents of Sreenagar Residence Association, Paruthipara, Thiruvananthapuram, By NSS Unit – 24th October 2022 & 29th October 2022


Sree Nagar residence Association is located in paruthipara near to Mahatma Gandhi College. Our volunteers led by Principal, Dr. V.M. Anandakumar, Officials of Excise department, Sri. Hari Kumar, Executive member and Programme Officers, Dr.Chitra.V.S. and Dr.Asha.V.G conducted a no to drugs campaign on 24/10/22. The volunteers visited all the houses and interacted with the members.

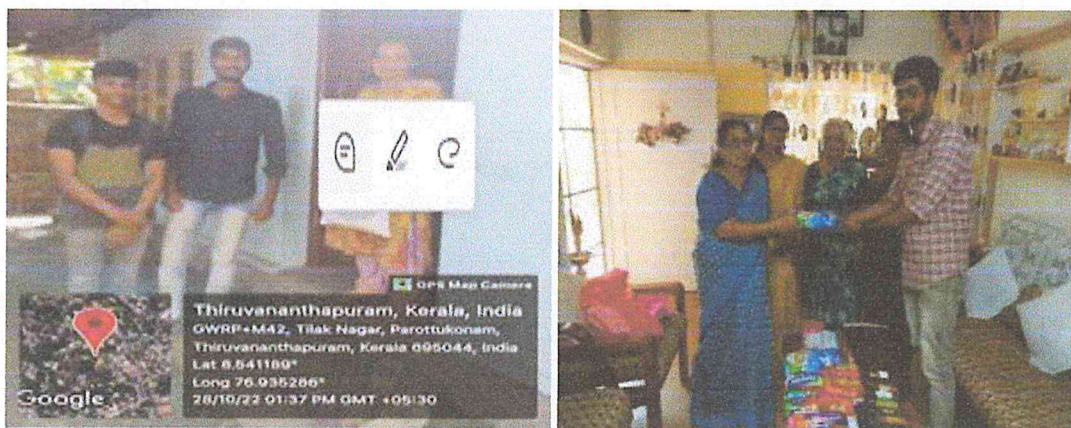
As part of awareness program, wall painting at Sreenagar Residence Association was done by Abinav and team on 29/10/22. This was done as per the request of Sri.Harikumar, Association Secretary.



17. Distribution Of Clothes and Dress Materials to Cancer Survivor By NSS Unit – 28th October 2022

Churidar materials and dresses were distributed to Cancer survivor Smt. Nisha in Tilaknagar, parottukonam. The NSS Unit also donated clothes and other accessories to RCC patients through Ashraya, an NGO organisation


Principal
Mahatma Gandhi College
Thiruvananthapuram



18. Naval NCC Unit Provided lunch to the inmates of Anugraha Dementia Care Centre

– 4th December, 2022

As part of Navy day, cadets of 1(K) Naval NCC Unit Mahatma Gandhi College provided lunch to the inmates of Anugraha Dementia Care Centre an institute dedicated to caring for people suffering from dementia and other memory and movement disorders. The institution is headed by Ms. Chandini and Ms. Reena. The cadets provided lunch to the inmates at the two branches of the institution in Pongumoodu and Chalakuzhy.



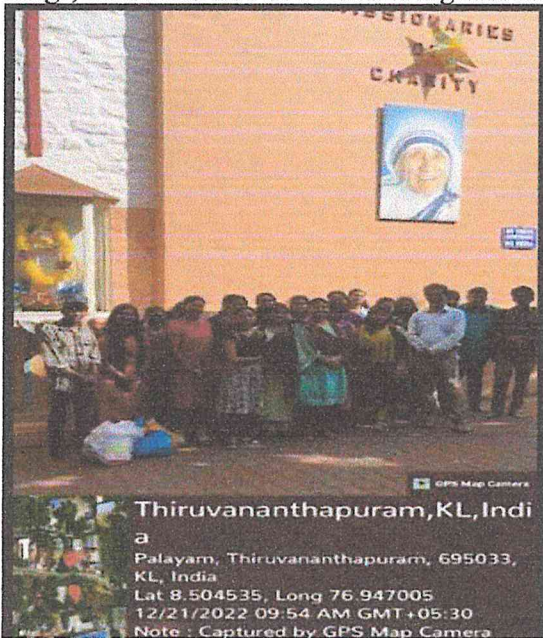
19. Beach cleaning programme at Vettukkad on Navy Day by NCC Naval Wing – 4th December, 2022

As part of Indian Navy Day, 1(k) Naval NCC Unit has organised a beach cleaning programme at Vettukkad beach. The programme was conducted from 8 30am to 9.30 am. The beach cleaning was done by NCC Naval Cadets. They have been provided a helping hand by the natives of the locality with great enthusiasm.



20. Handed over food materials and stationaries to the Missionaries of Charity, Thiruvananthapuram by the Department of Economics – 21st December, 2022

As part of the extension program of Department of Economics, named “Hridyapoorvam”, the PG students of the department visited the orphanage under Missionaries of Charity, Thiruvananthapuram on 21/12/2022 and provided the children with books, stationaries, toys, food items and vegetables. The students celebrated Christmas with the children by cutting cake, songs, dance and also had lunch alongwith them.



21. Distribution of study materials and toys to students of LMS Centre for Disabled By NSS Unit - 26th December 2022

[Signature]
Principal
 Mahatma Gandhi College
 Thiruvananthapuram

Study materials were also donated to Children in Centre for rehabilitation Centre for rehabilitation of Differentially abled, LMS Compound.



22. Anti – drug Awareness Campaign in Korakulam- Our participatory Village By NSS Unit


– 27th December, 2022

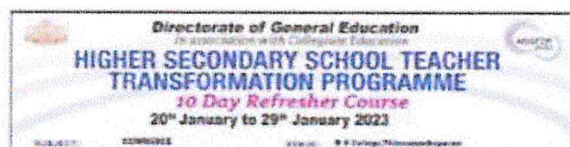
Drug free awareness campaign was conducted by the members of Vimukthi Club to the inhabitants of Korakulam Village, the adopted/participatory village of NSS Unit. The students took awareness classes for the adolescent students of the village, explained about the impacts of drugs on their physical and mental health.



23. Transformation Programme for Higher Secondary School Teachers– 10 Day Refresher Course on Commerce in Association with Directorate of General Education and Collegiate Education – 20th January to 29th January, 2023

Refresher training, as the name suggests, is training offered to refresh memory. It is a well-structured course curriculum specially designed for training the teachers so that it adds more value to the course as well as credibility to the profession. Ten days refresher course for Higher Secondary School Teachers of Commerce named Higher Secondary School Teachers Transformation Programme was conducted from 20 January – 29 January 2023 organised by Directorate of General Education in association with Collegiate Education at Mahatma Gandhi College, Thiruvananthapuram.


Principal
Mahatma Gandhi College
Thiruvananthapuram



INAGUARATION PROGRAMME

VENUE : SEMINAR HALL, MAHATMA GANDHI COLLEGE

9.30 AM Registration

10.00 AM

Inauguration session

Prayer and Acharya Anusmaranam

Welcome speech – **Dr Vinod A S**
(Coordinator College level)

Presidential Address- **Dr Lailas**
(Principal HSST)

Inauguration and

Inaugural Address – **Dr Anand Kumar**
(Principal Mahatma Gandhi College Trivandrum)

Keynote Address – **Renjith Subhash**
(Research Officer SCERT)

Felicitation – **Dr Ratheeshkumar**
(Convener IQAC Mahatma Gandhi College Trivandrum)

Vote of Thanks – **Dr Bineesh B**
(Coordinator HSSTIP)



The programme was started with the registration process of the selected teachers of the programme at 9.00 am followed by prayer and Acharyanusmaranam. Dr. Vinod A.S. (Assistant Professor, Department of Commerce, Mahatma Gandhi College, Thiruvananthapuram) who is the co-ordinator of the programme at the college level welcomed the gatherings followed by presidential address by Dr. Lailas (Principal-HSST). The programme was inaugurated by Dr. Anand Kumar, Principal, Mahatma Gandhi College, Thiruvananthapuram. Later, Renjith Subhash who is research officer at SCERT gave keynote address followed by felicitation by Dr. Ratheesh Kumar (Convener-IQAC, Mahatma Gandhi College). Dr. Bineesh (co-ordinator of HSSTIP) proposed vote of thanks for the inaugural ceremony.



The first session of the programme was handled by Dr. Thomas George K, Chairman & Director- LEAD College of Management on the subject 'How to deal with Z Students' from 10.45 am to 2.00 p.m. Afternoon session which resumes from 3.00pm was handled by Dr. Anand Kumar (Principal, Mahatma Gandhi College, Thiruvananthapuram) on the topic 'An introspection into my teacher personality' which lasts till 4.00 pm. Later the evening session was managed by Prof. Dr. Simon Thattil (Professor & Head, Department of Commerce, University of Kerala) on the topic 'Innovative Teaching in the transformative Mode' from 4.30pm onwards. After this session comes to an end, interactive session starts. Eight groups were formed within 40 participants in the programme. Groups were identified with the help of song shuffling game. Poonthenaruvi, Punyasramam, Maniykaveena, Maniykka kallu, Kannadi, Poonthingal, Devamritham and raagamalika were the group names. Finally, the day ended with cultural programmes.



Second day (21/01/2023- Saturday), the session was handled by Prof. S. Kevin (Emeritus Professor, Department of Commerce, University of Kerala) on the topic 'An introduction to financial derivatives. After lunch break, the session was addressed by Dr. Vineeth K.M. (Assistant Professor, Government College, Tripunithara) on the topic 'Nudges in daily life ; A research perspective'. Next, the day was ended by the interactive sessions and cultural activities by participants.



On **third day** (22/01/2023), the session was addressed by Dr. Baiju Ramachandran FCS on the topic 'Legal Way of Doing business in the Governance Era'. Later the afternoon session was managed by Dr. Vinod A.S. on the topic 'Innovative Teaching and Learning Methods'. After the session, the participants interact themselves on group basis and engage in cultural activities.



The first session of **fourth day** (23/01/2023) was handled by Dr. B. Gopakumar (Principal ,SVV NSS College ,Vazhur) on the topic 'Entrepreneurship and start-ups - A creative Space for students of Commerce to Explore' and Dr. Madhulal M (Assistant Professor, School of Management and Business Studies, Mahatma Gandhi University , Kottayam) addressed the afternoon session on the topic 'Changes and Development in Commerce Education '. After the session there was an interactive session between the research scholars of department of Commerce, M.G.College .The session was interesting and both the parties exchanged good ideas. The **fifth day** (24/01/2023) was started with the session of Dr. Vinod G. (Associate Professor, Government Women's College Trivandrum) on the topic 'Conceptualisation of Accounting Principles and Standards'. The participants raised their queries about the accounting principles and policies. Dr.K.S. Chandrasekhar (Professor, IMK , University of Kerala) addressed the afternoon session on the topic 'Leadership and Team Building ' and the session continued till 5.30pm. Next to this session, there was an interactive session with teachers from various disciplines of M.G.College.


The cadets of Mahatma Gandhi College 1 (K) Naval unit NCC handedover a wheelchair to a differently abled 7 year student of GOV Mohamthan LP School Pulluvila. Also shared dress to him and gave sweets to the school children. The place is densely populated and Asia's largest panchayat having more number of differently abled population. Naval cadets also gave pediasure to a 12 year bedridden child's father at their residence.



25. Naval unit NCC handing over diapers and food materials for the bed ridden differently abled child as part of community service – 4th February 2023

The cadets of Mahatma Gandhi College 1 (K) Naval unit NCC gave pediasure to a 12 year bedridden child's father at their residence in Baramapuram. Naval cadets also gave diapers to a differently abled child, received by his sister at their residence.




Principal
Mahatma Gandhi College
Thiruvananthapuram

26. Extension Programme Flashes For The Students Of St Marys Higher Secondary School Organised By The Department Of Chemistry – 23rd February, 2023

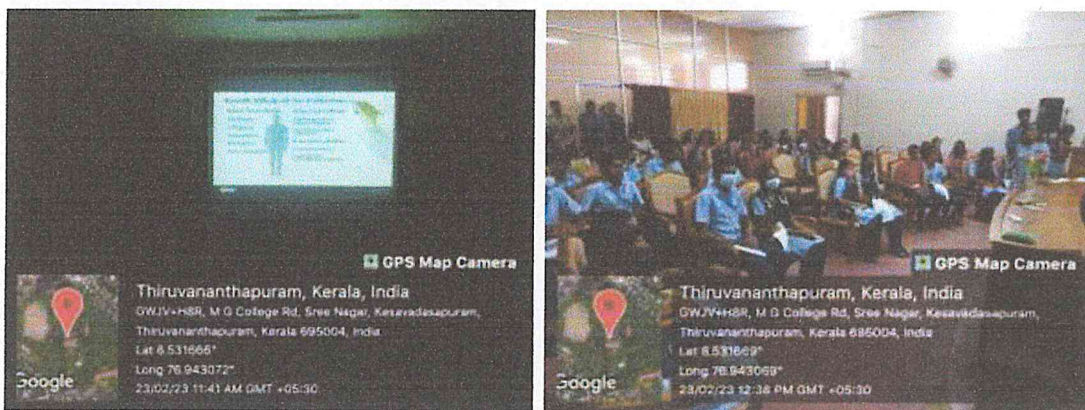
Postgraduate and Research Department of Chemistry of Mahatma Gandhi College, Thiruvananthapuram in association with IQAC had organized the extension program “FLASHES” on 23rd February 2023. The program included flash presentations based on scientific concepts along with a Quiz competition for school students. 30 Students from class IX of St. Mary’s Higher Secondary School, Pattom participated in the programme. The programme started with a prayer. Dr. Sikha T.S., Head of the Department delivered the welcome address. Formal inauguration of the programme was done by the respected Principal, Dr. Nanthyath Gopalakrishnan. Dr. V K Ratheesh Kumar, IQAC Coordinator addressed the gathering. Dr. Dhanya V S proposed the vote of thanks. Science education allows students to gain a better knowledge of how and why things function. Science creates curiosity that helps students understand and formulate questions on the information they have accumulated. Undergraduate as well as Postgraduate students participated in flash presentations. Five different and interesting Chemistry topics were presented before the school students in the form of flash presentations. Priyadersini P S presented about Proteins, their classification, and structure. The students found it interesting to learn about the proteins they have heard



of in a different light.

Learning about the environment and ways to conserve is the need of the hour. The presentation on pollution, its cause and effect were conducted by Parvathy Nair A V. Through her presentation she was able to draw the attention of the students to this very alarming scenario and the discussion on the measures to control pollution with those young minds was a ray of hope.

A basic introduction to Polymers was given by Lipson Raju of I M.Sc. The presentation was interesting as the students got to know about a variety of polymers around them. Presentation on Colloids, their classification, and properties was done by Anupama A S of I M.Sc.. Students were able to understand the concept clearly as the idea was given through a lot of examples.



Chemistry is not just about some equations or reactions. It plays a major role in our lives and touches almost every aspect of our existence in some way or the other. Anandhu A S of III DC presented the importance of chemistry in everyday life vividly to the students. They were fascinated to learn about the chemistry behind common things like soaps, detergents, drugs, preservatives, etc. Quiz competition “GeNiUS” was organized by the final year postgraduate students. A preliminary round was conducted to shortlist 10 students for the main quiz. A questionnaire of 20 questions was given to each one of them and the top 10 were selected. They were paired into 5 teams – Curium, Nihonium, Moscovium, Tennessine, and Oganesson. The main quiz had 4 rounds – Periodic Table Round, Who Am I Round, Buzzer Round, and Rapid Fire. Team Curium won the competition and the winners were awarded gifts. Honest feedbacks from the participants were the ending note of the program.



27. Handing over the amount collected by the students of Commerce Department to Sanadhalayam Cancer Care Centre – 9th March, 2023

As part of the department's best practices, students used the occasion of "Comfest," a day recognized at Mahatma Gandhi College in Trivandrum where students in the commerce department will have the chance to showcase their various talents, to donate money to the Sanadhalayam Cancer Care Center in Thiruvananthapuram. The representative of the Sanadhalayam cancer care center receives the money from the dignitaries collectively. The program was organised with an objective to fulfil the best practice of the department from the fund raised for a celebration event in the campus. The event was inaugurated by Prof. (Dr.) NandyathGopalakrishnan, principal,

Mahatma Gandhi College, Trivandrum and the chief guest of the program, Sri. Job Kuriyan. Sri. Mahesh M., representative of the Sanadhalayam cancer care centre, Thiruvananthapuram, attended the function to receive the donation from the organisers of the event. The members of the COMET NGO made an celebration event more fruitful with the utilisation of the opportunity to make a donation



28. Distribution of health care equipments to UPHC, Muttada By NSS Unit – 13th March 2023

The NSS Unit contributed 80 bed sheets and nebulization masks for children and adults to the Urban Public Health Centre, Muttada, Thiruvananthapuram


Principal
Mahatma Gandhi College
Thiruvananthapuram



29. Training on Mushroom Cultivation by the Department of Botany – 26th April, 2023
 The department arranged a programme for the chosen Mushroom participants in Cultivation. The technical session, which is led by Ajay K, the managing director of Surya Agrotech, Pirappancode, and Tvm, follows the official inaugural session. He has received several honors' in the Training and Growing of Mushrooms. A technical session is followed by Hands' on practical training.



According to the instructions given, mushroom beds were built by 5 groups. The students and participants were competent in building the mushroom beds, and we gave the team members mushroom spawns to test in their homes. Women from the nearby Kudumbasree Unit also attended the Hands on training session.




Principal
Mahatma Gandhi College
Thiruvananthapuram