

7.2. Best Practice 1

Samvedana Sadhaka

REPORT ON BUTTERFLY GARDEN

“Shalabodyanam”



POST GRADUATE AND RESEARCH DEPARTMENT OF ZOOLOGY
MAHATMA GANDHI COLLEGE,
TRIVANDRUM, 65004 ,
KERALA, 2018

REPORT ON ESTABLISHING A BUTTERFLY GARDEN IN CAMPUS

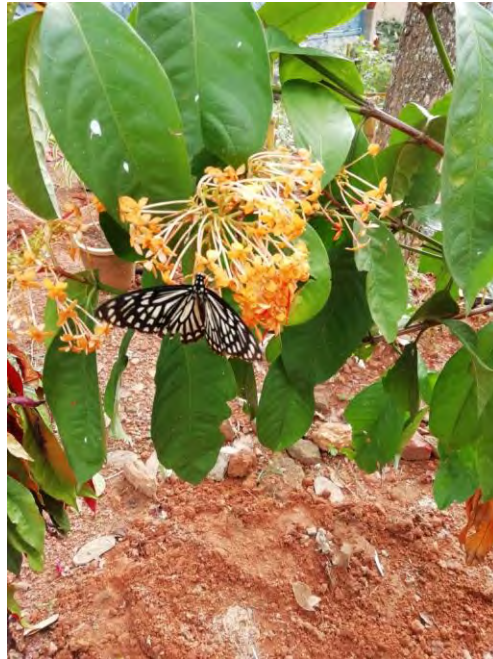
Butterflies are beautiful and delightful members of the insect family, not only fun to watch ,but also to raise. For those interested in observing and enjoying numerous butterfly species ,there is no better way to attract them than to create a butterfly garden . Throughout this activity, students learn how to attract butterflies based on their species and focusing on planting the types of flowers they prefer. Creating butterfly-friendly habitats means designing an eco-friendly butterfly garden that provides butterflies with adequate sources of food, sunlight, and shelter. When considering a butterfly garden, students will also learn different approaches to raising butterflies and how to care for them at all stages of development. The importance of choosing the right kind of plants and flowers that produce life-giving nectar is essential while setting up a butterfly garden . In addition, students learn how to watch for and identify a variety of butterfly behaviors including feeding, basking, and mating.

A butterfly garden requires not only routine grounds maintenance, but also considerations for providing butterflies with a variety of housing options, feeders, and protection against pests and predators. While butterflies are perfectly capable of surviving in a wild environment, it never hurts to provide them with a backup, and there are several easy and inexpensive ways to provide shelter, food, and water for butterflies. Students were encouraged to use their own imagination when creating a butterfly garden. Hence the butterfly garden was established in the campus.

LIST OF HOST AND NECTAR PLANTS IN BUTTERFLY GARDEN

SCIENTIFIC NAME	COMMON NAME
1. <i>Azadirachta indica</i>	Aryaveppu
2. <i>Catharanthus Roseus</i>	Shavam Nari Poo
3. <i>Calotropis gigantea</i>	Erukku
4. <i>Ruta graveolens</i>	Arootha
5. <i>Crotalaria verrucosa</i>	kilukilukki
6. <i>Strelitzia reginae</i>	pathumani
7. <i>Cinnamomum verum</i>	karuvapatta
8. <i>Cinnamomum malabatum</i>	vayana
9. <i>Clitoria ternatea</i>	shankupushpam
10. <i>Mussaenda glabrata</i>	vellila
11. <i>Tabernaemontana divaricate</i>	nandyarvattam
12. <i>Mussaenda erythrophylla</i>	Musanta
13. <i>Ixora coccinea</i>	Thechi
14. <i>Cycas revolute</i>	Cycas
15. <i>Ficus benjamina</i>	Ficus
16. <i>Bougainvillea glabra</i>	Paper flower
17. <i>Cassia fistula</i>	Kanikonna
18. <i>Jasminum coarctatum</i>	Kattumulla
19. <i>Aristolochia indica</i>	Garudakkodi
20. <i>Bryophyllum pinnatum</i>	Ilamulachi
21. <i>Nerium oleander</i>	Arali
22. <i>Hibiscus rosa-sinensis</i>	Chemparathi
23. <i>Tylophora indica</i>	Vallipala
24. <i>Nyctanthes arbor-tristis</i>	Parijatham

25.	<i>Ocimum tenuiflorum</i>	Tulsi
26.	<i>Clerodendrum paniculatum</i>	Krishna kireedam
27.	<i>Citrus limon</i>	Narakam
28.	<i>Murraya koenigii</i>	Karivepp
29.	<i>Bellis perennis</i>	Jamanthi
30.	<i>Calendula officinalis</i>	Chendumalli
31.	<i>Bauhinia variegata</i>	Mandaram
32.	<i>Allamanda cathartica</i>	Kolambi poovu
33.	<i>Heliotropium indicum</i>	Thelkada
34.	<i>Crateva religiosa</i>	Neermathalam
35.	<i>Crateva magna</i>	Mathalam
36.	<i>Zenia insignis</i>	Zenia
37.	<i>Caesalpinia pulcherrima</i>	Rajamalli
38.	<i>Hydnocarpus kurzii</i>	Marotti
39.	<i>Lantana camara</i>	Kongini
40.	<i>Aegle marmelos</i>	Koovalam



COMMON BUTTERFLIES AND THEIR HOST PLANTS

COMMON BUTTERFLIES IN KERALA AND THEIR HOST PLANTS

BUTTERFLIES



Delias eucharis

HOST PLANTS



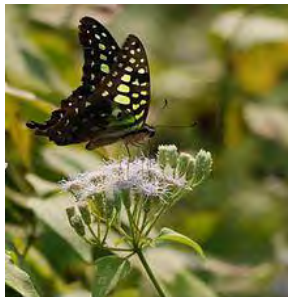
Loranthus



Catopsilia pomon



Cassia fistula



Graphium agamemnon



Lantana camera



Chilades parrhasius



Dichrostachys unerea



Leptosia nina



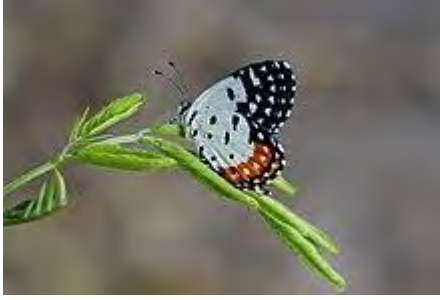
Capparis zeylanica



Papilio demoleus



Citrus limon



Talica da nyseus



Bryophyllum calycinum



Colotis danae



Indian cadaba



Euthalia aconthea



Bambusa



Rohana parisatis



Celtis sinensis



Pachilopta hector



Aristolochia indica



Ariadne ariadne



Ricinus communis



Hypolimnys bolina



Sida rhombifolia

INAUGRAL FUNCTION OF BUTTERFLY GARDEN IN THE CAMPUS

Inauguration of butterfly garden by Principal Dr.M.R.Sudarsanakumar on 5th February 2018
KFRI Peechi Forest entomology research scholars and biodiversity team members at
inaugural function of butterfly garden on 15th February 2018

ESTABLISHING THE BUTTERFLY GARDEN

Enjoy with nature!

The team of students of zoology establishing the butterfly garden.





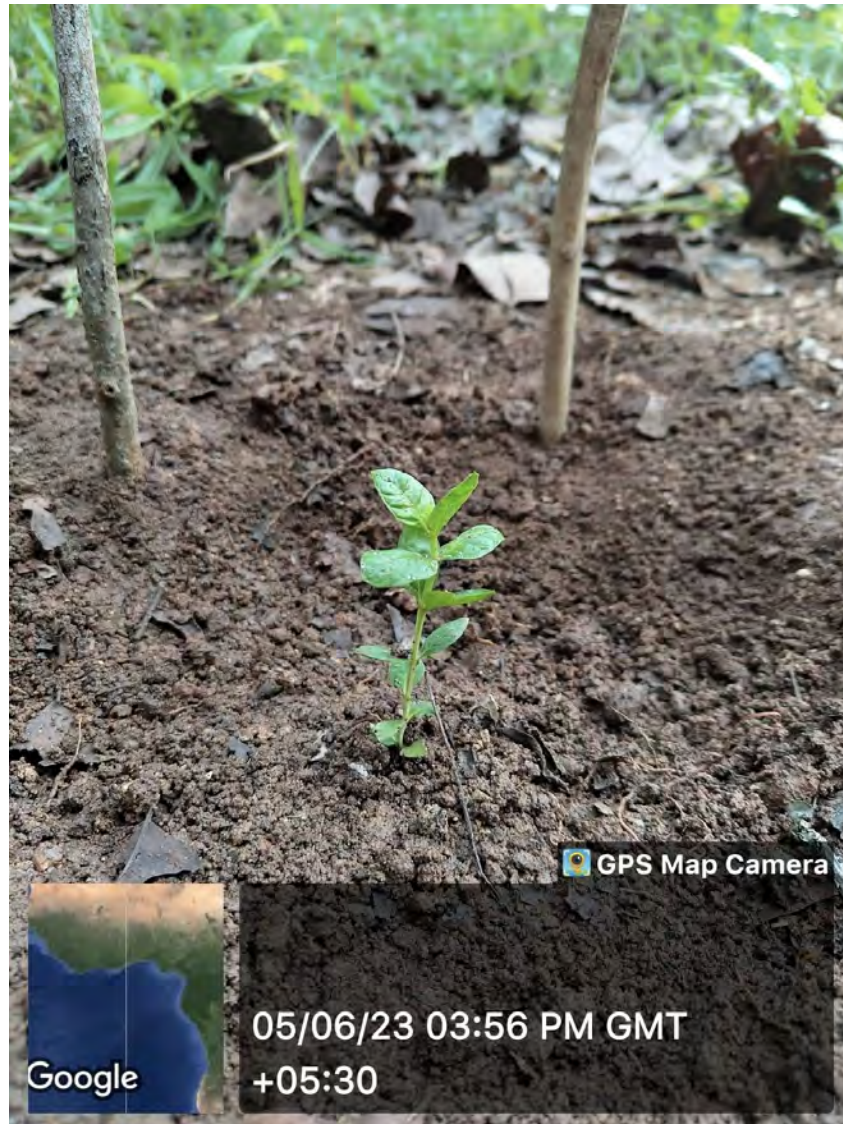


Tree Plantation Initiatives from 2018 onwards









Every year, the college undertakes a tree plantation initiative. This annual event is a commitment to environmental conservation. Students and faculty alike participate actively in this green endeavour, and still it continues.

Community Support Initiatives from 2018

Agriculture/Farming Activities in the Campus & Community

As a part of attaining self-sufficiency in food production, vegetables were cultivated within the campus. More than that, students were encouraged to cultivate crops in organic way. To avail homemade vegetables to other students, Friday market organic bazars were conducted. Vegetables were collected by the volunteers which helped out to be an additional income for the family and support for farmers.





Flood Relief & Rehabilitation

The monsoon of 2018 was shocking for its feisty and arrogance. The destruction it caused went on with almost 200 persons missing and more than 400 death cases. Economy got shattered and people were struggling for basic amenities despite their affluence.

M.G. college came up, willing to help the affected. Collection campaign for gathering necessary food, clothes and healthcare essentials was organized.



Food collection

Physics department giving the dress purchased for Onam celebration to the collection campaign.



The aftermath of flood was as appalling as the deluge itself. Mud and vile creatures added to the loss caused by the flood. Students and Faculties took part in the

cleaning process at flood affected Chengannoor in the neighbouring district of Alappuzha.





skillhac



K K Shailaja Teacher

കൃത്യമായ കാര്യപര്യായം നന്നാലായും വിധി രീപളയ
രൂപീകരണവും കയ്യാളകളിലേക്ക് ആവശ്യസാധനങ്ങൾ
കയർന്നി അയക്കുന്ന ശയ്യാകുമാരനെ എം.ജി കോളേജ്
വിശ്വരൂപിയെക്കുറിച്ച് സോഷ്യൽ മീഡിയയിലൂടെ അറിയാൻ
സാധിച്ചു. തിരുവനന്തപുരം മെഡിക്കൽ കോളേജിൽ ക്ലിപ്തി
സംബന്ധമായ ഗുരുതര രോഗത്തിന് ചികിത്സ ചെയ്യുന്ന ആ
ചെറുപ്പക്കാരനെക്കുറിച്ച് കൂടുതൽ അറിയുന്നതിനായി അപ്പോൾ
തന്നെ ശയ്യാമിനെ ചികിത്സിക്കുന്ന ഡോക്ടറുമായി
ബന്ധപ്പെടുകയും ചികിത്സാകാര്യങ്ങളെക്കുറിച്ച്
അന്വേഷിക്കുകയും ചെയ്തു.

എന്നെ എർവ്വം കൂടുതൽ അന്വേഷിച്ചത് ശയ്യാകുമാരിനെ
ചികിത്സിക്കുന്ന ഡോക്ടറുടെ വാക്കുകളായിരുന്നു. ഡോക്ടറുടെ
വാക്കുകൾ ഇങ്ങനെ

'ശയ്യാകുമാർ എന്നെ എന്നും അതിശയ്യപ്പെട്ടുകൊണ്ടിരിക്കുന്ന
ചെറുപ്പക്കാരനാണ്. ഇരുന്നൂറും പോസിറ്റീവ് ആയ ഒരു രോഗിയെ
തൊൻ ഇതുവരെ കണ്ടിട്ടില്ല. മറ്റേ രോഗികളോട് ഇടപെടും
പോലെയാലേ ശയ്യാകുമാരിനോട് സംസാരിക്കട്ടെമ്പോൾ ആ
ചെറുപ്പക്കാരൻ ജീവിതത്തോടുള്ള കാഴ്ചപ്പാട് മറ്റെല്ലാവർക്കിട
മാതൃകയാണ്. ശരിക്കും ഒരു ഡോക്ടറെന്ന നിലയിൽ എനിക്ക്
അഭിമാനമുണ്ട്.'

വളരെയധികം ആവേശത്തോടു കൂടിയാണ് ഡോക്ടർ ശയ്യാമിനെ
കുറിച്ച് പറഞ്ഞു നിർത്തിയത്. ഈ ശാരീരിക
കേൾക്കലുകളിലേയും ശയ്യാ മൈസകലിംഗ് നടത്തുമെന്നതും
എന്നെ ഏറെ വിസ്മയിപ്പിച്ചു. തികഞ്ഞ ഇച്ഛാശക്തിയാണ്
ശയ്യാമിൻറെ രീപരേയകര. അത് തന്നെയാണ് ഈ
ചെറുപ്പക്കാരൻറെ കരുത്തും എന്ന് മനസ്സിലാക്കാൻ സാധിച്ചു.

രോഗവിവരങ്ങളെക്കുറിച്ച് ഏതാനും ഡോക്ടറുമായി
സംസാരിച്ചു. ശയ്യാമിൻറെ എലിം ചികിത്സയും സൗജന്യമായി
നൽകുവാൻ നിർദ്ദേശിച്ചിട്ടുണ്ട്. ശരീരത്തിലേയ്ക്ക് ആവശ്യമായി
വരുന്ന സാഹചര്യത്തിൽ ചികിത്സാചെലവ് സർക്കാർ
വാഹിക്കുകയും അതിനാവശ്യമായ നടപടികൾ
സമ്പാദിക്കുകയും ചെയ്യും. ശയ്യാമിൻറെ രോഗം എഴുത്തും
പെട്ടെന്ന് ഭേദമാവട്ടെയെന്നും, ഇനിയും കൂടുതൽ
സാമൂഹ്യസേവകർത്തനങ്ങളിൽ വയ്യാപ്രതിനാവാൻ അത്ഭുപരത്തിന്
സാധിക്കട്ടെയെന്നും ആശംസിക്കുന്നു.

View insights

Boost post

2/2

പക്ഷേ, കൂടുതൽ സംസാരിച്ചപ്പോൾ കൗതുകം അമ്പരപ്പും
സങ്കടവും വേദനയും അത്ഭുതവുമൊക്കെയായി കൂടിക്കലർത്തും
ശയ്യാമിൻറെ ശരീരത്തിൽ മൂന്നു വൃക്കകളുണ്ട്. ഡയലൈസിസ്
സീഷൻ എന്ന വൈദ്യശരീരം വിശ്വസ്യ പരയും.
വലതുവശത്ത് രണ്ടുവൃക്കകൾ ഒന്നിനു മുകളിൽ ഒന്നായി സ്ഥിതി
ചെയ്യുന്നു. അതുകൊണ്ടുതന്നെ ഇവയുടെ രീപരേത്തനം
സാധാരണനിലയിലേയ്ക്ക്.

ശയ്യാമിൻറെ മുൻസഞ്ചിപ്പാക്കട്ടെ മൂന്നു വയസ്സുകാരൻറെ
മുൻസഞ്ചിപ്പാക്കട്ടെ വലുതുമായുള്ള. അതിനാൽ വൃക്കകളിൽ
നിന്ന് മുൻസഞ്ചിപ്പാക്കട്ടെ മുൻസഞ്ചിപ്പാക്കട്ടെ കവിഞ്ഞ തീർക്കെ
വൃക്കകളിലേയ്ക്ക് പടരും. റിപെലക്ട് ആക്ഷൻ എന്നാണ് ഇതിനു
പറയുന്നതെന്ന് ശയ്യാമിൻറെ വിശദീകരിച്ചു തന്നു. ഇത്തുടർ
മൂന്നാമത്തെ വൃക്കയുടെ തകരാറിലായി, ട്രെയിൻ ഉപയോഗിച്ചാണ്
ഇപ്പോൾ മുൻസഞ്ചിപ്പാക്കട്ടെ കൂടുതൽ.

ശയ്യാമിൻറെ വലതുവശത്ത് ജന്മനാ മടങ്ങിയ
സ്ഥിതിയിലായിരുന്നു. കാലി നിവർത്താനാകാതെ വന്നപ്പോൾ
ശരീരത്തിലേയ്ക്ക് ചെയ്ത് നീക്കം ചെയ്തു. പത്താമത്തെ
വയസ്സിലായിരുന്നു കാലി മുറിച്ചുമാർന്നത്.

ഇതിനോടകം പതിനാലു ശരീരത്തിലേയ്ക്ക് നടത്തിക്കഴിഞ്ഞു
ആയുർത്തെ പരിരണങ്ങളെത്തിന്നു. ആര്യയുടെ സംവാഹം
തേടിയിലേ. പക്ഷേ, പണപ്പെലവുണ്ടായ പതിമൂന്നും പതിനാലും
ശരീരത്തിലേയ്ക്ക് മറ്റെല്ലാവരുടെ സംവാഹം തേടേണ്ടി വന്നു.
അപ്പോൾ രീപരേയകര കൂലിപ്പണിക്കാരനാണ്. കഴിഞ്ഞ
മൂന്നുമാസമായി കോളേജിൽ പോരുന്നോടും മറ്റെ മൂർത്തം
പോകാനുള്ള ട്രെയിൻ സഞ്ചിപ്പാക്കട്ടെ ശരീരത്തിലുണ്ടാകും.

ഇപ്പോൾ കഠിനമായ രീപരേയകരങ്ങളാണു ചെയ്യാൻ
ശയ്യാമിനാകിലേ. ഭാരമൊന്നും ഉയർത്താനാകിലേ. കളക്ഷൻ
ബെൻറിൽ പായ്ക്കിലേയും കോർഡിനേഷനുമായി ശയ്യാ
ട്രെയിനുകളെക്കുറിച്ചു കഴിഞ്ഞ രണ്ടുമാസം ദിവസമായി ഉറക്കമില്ലാത്ത
പണി.

രോഗത്തിൻറെ മുൻസഞ്ചിപ്പാക്കട്ടെ കാരണം ഇപ്പോൾ
മൈസകലിംഗ് ഒന്നും ചെയ്യാൻനാകുന്നില്ലെന്നു പറയുമ്പോൾ
ശയ്യാമിൻറെ കണ്ണു നിറയുകയും വാക്കുകൾ ഇടവുകയും
ചെയ്യുന്നുണ്ട്. രണ്ടാഴ്ച ഒരേ ക്ലിപ്തിയിലുണ്ടു. ഇനി ചെയ്യാതെ
ശരീരത്തിലേയ്ക്ക് വളരെ വലിയ തുക വേണം. അത്
സങ്കീർണമാണ്. വൃക്കകളുടെ രീപരേത്തനം ഇപ്പോൾ 23
ശതമാനം മാത്രമാണ്. 20 ശതമാനത്തിലേയ്ക്ക് താഴ്ന്നാൽ
ഡയാലിസിസ് വേണ്ടിവരും. പല രോഗങ്ങൾക്കായി 30
ഗുളികയോളം ശയ്യാ കഴിക്കുന്നുണ്ട്. എന്നിട്ടും തളരാതെയാണ്
ട്രെയിൻ ഘടിപ്പിച്ച ശരീരമായി ശയ്യാ രൂപീകരണവും കയ്യാളകൾ
ട്രെയിൻ നടക്കുന്നുണ്ട്.
ആ രോഗങ്ങളെത്തിന്നു മുന്നിൽ വിസ്മയം പൂർവ്വം കഴിയും.
ഇത്തരംവലുതുള്ള മനുഷ്യവുമായ ആത്മബലത്തോടെ കേരളം
കരകയറുക തന്നെ ചെയ്യും.



In 2019, Kerala witnessed similar indications as the previous year flood. Dams were stable, so, casualties were limited the second time. But scarcity of basic amenities was always a problem. Students of MG College collected and packed essentials in the campus including medicines, diapers, baby food and sanitary napkins and essential which was worth 2.75 Lacks rupees then handed over to Trivandrum Corporation. It was the biggest collection from a college in Thiruvananthapuram District.

Samvedana Sadaka – the Practice, helps the students in contributing by means of money and goods as well as volunteering at various camps and collection centres at Trivandrum. (namely Cotton Hill, SMV Public School, Women’s College, Vazhuthacaud, Tvm Corporation office).



Collected food items and sanitary essentials.

Presenting the collected items to the principal, Dr. Anil Kumar.



Medical Camp

A free medical camp was conducted at Korakulam residential area (The adopted village of M.G. college) with doctors and medicines provided by the General hospital, Trivandrum. The camp was very helpful for the villagers, especially for the senior citizens.



Doctors on their duty.



Giving free medicines on doctor's description.

Blood Donation

24.07.19 - A team of doctors and staff from Sree Ramakrishna Hospital, Sasthamangalam in Assosiation with Peroorkkada police station conducted a blood donation camp for about 50 volunteers. 10 volunteers donated blood and facilitated donation of more than 20 non volunteers from college.



Cotton Hill school is one of the major Government school in the city where thousands of student's study. Due to the dangerous situation of road crossing an over bridge was constructed but majority of the students did not use the facility. The **Psychology** students during January 2019, through various methods and

interventions made the students understand the importance of using the bridge. A newspaper published this as an article.



- **ORU PIDI CHORU**

Oru Pidi Choru is a program where every student bring one packet of Lunch and this is collected and distributed to the needy people in different parts of the city. This was a program organized by Sri Aravindan, Assistant Professor of English. The students of the Psychology Department actively participated in bringing lunch, collecting, and taking it to the respected people. This was a program that instilled social responsibility in the students.

Food Packets for Needy Person

08.08.19 – Oru Pidi Choru (GIVE A MEAL PROGRAM)

600 food packets were distributed to Valiathura. NSS volunteers actively participated in the program.



TALES OF SURVIVAL

Sri Syam Kumar of 1st BSc Psychology is a fighter. He was born with 3 kidney and none of the kidneys are properly working them were working. He has a false leg and yet he cycles, does trekking and does sculpturing. He also gives motivational talks. For his kidney surgery, Syam Kumar was given fund donated by Indiana Malayalee Association and faculties of MG College. Syam and his mother Smt Syamala shared the survival tale of Syam. IQAC and Department of Psychology had organized the program titled "Tales of Survival" on 25/11/2019. Dr M.S Anil Kumar Principal MG College, presided over the function which was inaugurated by Dr M R Sudarsan Kumar, Former Principal of MG college. Tales of survival were told by them and the other speakers which included Sri Anil Arjunan, Director of NGO Anania, Dr. Lakshmi Priya, Senate Member, Kerala

University, Dr S R Jayasree, Council Secretary, and Dr Ramesh Kumar, IQAC member.



13th August 2019

Kerala went through a disaster, NCC Naval cadets collected the dry food items from various sources and handed over to the Principal of MG college.



nd
2 October 2019

NCC Naval wing conducted a programme on October 2nd 2019 in connection with Swachtha pakkado, national level. The programme started with the parade, then rally till Keshavadasapuram and cleaned the statue of PM Varghese as well as the park. After that a formal session inauguration by the principal and the chief guest was RJ Sumi. On that day key note address were given by DR B Jayaraj, 37 cadets presented for the same.



th
7 December 2019 Shakumukham Beach Cleaning



12th DECEMBER 2019 CLEANING THE COLLEGE CAMPUS



th
16 December 2019

Naval cadets provided blankets to ward 9 inmates...



30th October 2019

Naval cadets extended their activities outside the campus by giving food to the Bethania Rehabilitation center. Bethania Rehabilitation Centre is a center for the rehabilitation of the physically disabled women at Kumarapuram, Trivandrum, Kerala, India. The center was started on 1 June 1988. The center is managed by the Bethany Sisters.



14th NOVEMBER 2019

Naval Wing again extended their arms of humility to the needy. On children's day Naval wing celebrated with Nirmala Shishubhavan, Mother Teresa unit which consists of 23 childrens of age range from 2-6 years. They were given fruits, food materials, balloons while joining celebration.



9 th December 2019

Naval wing cadets provided food package for the inmates of SANTHVANA CANCER CENTER



എംജി കോളേജിലെ എൻസിസി നാവിക വിഭാഗത്തിന്റെ നേതൃത്വത്തിൽ 'പട്ടിണി ഇല്ലാ പട്ടണം' പരിപാടി സംഘടിപ്പിച്ചപ്പോൾ

'പട്ടിണി ഇല്ലാ പട്ടണം' പരിപാടി

തിരുവനന്തപുരം: എംജി കോളേജിലെ എൻസിസി നാവിക വിഭാഗത്തിന്റെ നേതൃത്വത്തിൽ 'പട്ടിണി ഇല്ലാ പട്ടണം' പരിപാടി സംഘടിപ്പിച്ചു. വിശക്കുന്നവർക്ക് ഭക്ഷണം നൽകുന്ന പദ്ധതിയിൽ 92.7 ബിഗ് എഫ്എം ആർജെ സൂമി പദ്ധതിയുടെ നന്മകളെപ്പറ്റി കേന്ദ്രകളോട് സംസാരിച്ചു. 50 ഓളം കേന്ദ്ര

ഗാന്ധി കോളേജ് പ്രിൻസിപ്പാൾ ഡോ. എം.എസ്. അനിൽ കുമാർ, നേവൽ കമാൻഡിംഗ് ഓഫീസർ അബ്ദുൾ സത്താർ, സൈക്കോളജി വിഭാഗം അസിസ്റ്റന്റ് പ്രൊഫസർ ഡോ. സുഭാ സച്ചിത്താനന്ദ് എന്നിവർ സംസാരിച്ചു. എൻസിസി നേവൽ വിംഗ് കേന്ദ്രകൾ സാമ്പന്ത കാൻസർ സെന്ററിന്

16th December 2019

Naval cadets provided blankets to ward 9 inmates...

സ്നേഹ പുതപ്പുമായി എൻസിസി നേവൽ ഗ്രൂപ്പ്

Friday 17 January 2020 3:22 pm IST



തിരുവനന്തപുരം: ആശുപത്രിയിൽ ആരോഗ്യമില്ലാതെ ചികിത്സ തേടിയ അന്തഃവാസികൾക്ക് സ്നേഹ പുതപ്പുകളുമായി എൻസിസി കേഡറ്റുകൾ. മഹാത്മാ ഗാന്ധി കോളജിലെ വൺ കേരള നേവൽ കേഡറ്റ് കോർ യൂണിറ്റിന്റെ നേതൃത്വത്തിലാണ് തിരുവനന്തപുരം ജനറൽ ആശുപത്രിയിലെ അന്തഃവാസികളായ രോഗികൾക്ക് സ്നേഹ പുതപ്പുകൾ വിതരണം ചെയ്തത്.

2020-21

COVID RELIEF ACTIVITIES BY COLLEGE

Our covid relief activities include Handing over relief materials, Video on quarantine activities and covid volunteers duty. Saranya Devi T.S herself made 50 masks and provided two days provisions, vegetables, fruits and hand sanitizers to 82 inmates of St.Ignatius charity kendram. The inmates were also given awareness about Covid 19 by students.



COMMUNITY DEVELOPMENT PROGRAM

We organized a Webinar in connection with the community development program in rural area, on the topic“Future of career in pandemic” for the students of S.N college, chathanoor on **18th Jul y 2020**.The webinar was conducted on the google meet platform. The resource person for the webinar was Dr.Jayaraj .B, Department of psychology, M. G. College.

The session was ended up by the vote of thanks of Kiran mohan, Asst Professor of Malayalam in S. N College. Altogether 101 students participated in the webinar on google meet .



In connection with NCC day cadets prepared 20 liters of cleaning lotion and provided to General Hospital Tvm, in the occasion of COVID-19. This is also highlighted the importance to maintain environmental cleanliness especially during pandemic times. Lotion was prepared by L/cdtAromal S A, CdtHarikrishnan S, Cdt Sachin Kumar and it is provided by L/CdtAromal S A, Cdt Rijith Raj R and Cdt Bihil B Nair.



2021-22

As part of India's 75 th Independence Day celebration 'Azaadi Ka Amrit Mohotsav', Sanjeevani; the Sociology subject association of Mahatma Gandhi College alongside NSP Nagar Residents' Association conducted a cleaning drive in Kesavadasapuram on 13 th August 2022, Saturday. Corporation Councilor Adv. Amsu Vamadevan inaugurated the programmed. Principal Dr. V.M Anandakumar presided over the function. The Cleaning drive was led by College Council Secretary Mr. N.K. Sunilkumar, Resident's Association Secretary Adv. Ravikrishnan N.R. and Mr. Johnny. The welcome speech was delivered by Mr. Rajan and student Representative Ms. Nirupama A.V. proposed vote of thanks.

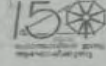


COVID RELIEF ACTIVITIES(04/06/2021)

As the COVID-19 crisis continues to loom over us,the naval cadets of Mahatma Gandhi college has taken a decision to donate rice to Community Kitchen.

Hence planned to donate 40 kg rice to Vellanad gramapanchayat community kitchen. Leading cadet Abhijith vs and cadet Dipin D S were handover the rice to vellanad panchayat in the presence of MP Adoorprakash,panchayat president SmtRajalekshmi, vice president Sreekandan and other members of panchayat





**District Disaster Management Authority
Thiruvananthapuram**

District Collector's Office, Kudappanakunnu – 695043
Phone: +91 471 2731200, 2730047(24 Hrs)
Fax: 91 471 2731166, 2730120
e-mail: ddmavpm.rev@kerala.gov.in

DDMA/01/2021/COVID/Duty Certificate/12

Date: 12/07/2021

TO WHOM IT MAY CONCERN

This is to certify that **Anakha S, B1, Covil Villa, KK Gardens, Indira Nagar, Peerorkada P.O** has been serving as Volunteer for Special Vaccination Drive conducted at Jimmy George Indoor Stadium which had been active from 25th February to 3rd May at the District Disaster Management Authority, for 32 days and she was engaged along with **Crowd Management/Data Consolidation**. Her service and conduct were good during this period

**Chief Executive Officer
District Disaster Management Authority
Thiruvananthapuram**



**Break
the
chain**
www.keraladepartmentofhealth.gov.in



← Vellanad Grama Panchayat 🔍

മഹാത്മാ ഗാന്ധി കോളേജ് നേവൽ എൻ സി സി വിഭാഗം വെള്ളനാട് ഗ്രാമപഞ്ചായത്തിലെ ജനകീയ ഹോട്ടലിന് വേണ്ടി 40Kg അരി സംഭാവന ചെയ്തു. ഇതിനായി 1 കേരള നേവൽ കമ്മാന്റിന്റെ ഓഫീസർ മനു പ്രാദാപ് സിംഗ് ഹൂടാ, പ്രിൻസിപ്പിൾ ഇൻ ചാർജ്ജ് Dr. ശക്തിബാബു, Dr. ശുഭ സച്ചിദാനന്ദൻ (ഡിപ്പാർട്ട്മെന്റ് ഓഫ് സൈക്കോളജി)ഇവർ നേതൃത്വം നൽകി. ലീഡിങ്ങ് കേഡറ്റ് അഭിജിത് വി.എസ്, കേഡറ്റ് ഡിപിൻ. ഡി. എസ് എന്നിവരിൽ നിന്നും വെള്ളനാട് ഗ്രാമപഞ്ചായത്ത് പ്രസിഡന്റ് ശ്രീമതി കെ എസ് രാജലക്ഷ്മി, വൈസ് പ്രസിഡന്റ് ശ്രീ.വെള്ളനാട് ശ്രീകണ്ഠൻ , മെമ്പർ ശ്രീ. സന്തോഷ് ജി എന്നിവർ ഭക്ഷ്യധാന്യം ഏറ്റെടുത്തു.





PRO Defence Trivandrum ✓


@DefencePROTvm

#NCCKerala

Cadets of 1 Kerala Naval Unit
#NCC from Mahatma Gandhi
College, Trivandrum donated rice
to Vellanad Grama Panchayat
Community Kitchen for **#Covid19**
relief activities.

#JanAndolan



 A. Bharat Bhushan Babu and National Cadet
Corps

(14/07/2021)

Mahatma Gandhi College 1 Kerala Naval unit handed over 80 notebooks to the Divine Children's Home Poojappura. It was received by Mrs Alice Thomas, Director of the organisation.



PRO Defence Trivandrum

@DefencePROTvm

Cadets of 1 Kerala Naval Unit #NCC from MG College, Trivandrum conducted an outreach activity & handed over education support material stationary to Divine Children's Home located at Poojappura Trivandrum. Mrs Alice Thomas, Director of organisation receiving it from cadets.



CHILDREN'S DAY CELEBRATION

(15/11/2021)

Mahatma Gandhi College students celebrated Children's day with the kids in Don Bosco Orphanage. Donated stationeries for kids to help them in their studies.



The cadets of naval unit ncc, as a part of world happiness day on 18/03/2022 has donated clothes which they have collected among themselves to kripalayam old age home , ulloor.The collected materials were handed over to Mrs sheeba, the manager of kripalayam old age home.The cadets visited the residents of kripalayam old age home.The program was led by L/Cdt saiganga , Cadet Jeeva , Cadet Arathi, Cadet Mathew and Cadet Ashwin.



Bridge Ln, Ulloor Garden, Ulloor, Thiruvananthapuram, Kerala 695011, India

Latitude 8.5297788°

Longitude 76.9313561°

Local 01:01:02 PM
GMT 07:31:02 AM

Altitude 0 meters
Friday, 18-03-2022

GPS Map
Camera Lite

BEACH CLEANING ACTIVITY

(11-06-2022)

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.



14-06-2022

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, 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.

08-07-2022



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.

DECEMBER 20,2022: SKIP-A-MEAL PROGRAM

After a while, the skip-a-meal program was officially brought back to life. students skipped their lunch, and nearly 100 meals were collected from the students. the same was packed and exchanged to the Santwana care home, where cancer patients and bystanders resided

01-08-22



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.

WORLD ALZHEIMER'S DAY (22/09/2022)

To raise the awareness of the condition of Alzheimer's and to discover the strategies to Combat with it ; The Cadets of Mahatma Gandhi college 1(K) Naval unit NCC conducted a Social service activity on world Alzheimer's day ,21th September 2022 by providing vegetables to the Kripalayam old-age home at Ulloor.The vegetables were handed over to the Manager of Kripalayam old-age home Mrs. Sheeba Vinayan.There is 40 female inmates,where most of them are suffering with Dementia



12-10-2022



FREE EYE CHECK-UP CAMP

In connection with World Sight Day, 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.

SWACHH BHARATH DIWAS (24-10-2022)

As part of Swatch Bharat Diwas, cadets 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.



CHILDREN'S DAY (14/11/2022)

BOOK DONATION PROGRAMME

In connection with Children's Day, NCC Naval Wing of Mahatma Gandhi College donated Books to lower primary school students of Govt. LP School Vavode on 14th November 2022. India observes Children's Day to promote awareness of the rights, protection, and education of children. A total of 75 books were handed over to Sri K. Prakash, Principal of the school and the students by the cadets along with sweets and balloons. Following which the cadets entertained the children by singing a song and narrating a story.



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 Pogummoodu and Chalakuzhy

PRO Defence Trivandrum Retweeted



NCC DTE KERALA ... @K... · Dec 4

As part of Navy Day, Cadets of 1(K) Naval NCC Unit Mahatma Gandhi College provided lunch to the inmates of Anugraha Dementia Care at two branches in Trivandrum



NCC DTE KERALA & LAKSHADWEEP and 3 others

8 30

NAVAY DAY VIDEO LINK :- https://twitter.com/ncc_mg/status/1599300866984783873?s=20&t=XASD08Nkj8IDcC7Dm4mcig

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



Video link : https://twitter.com/ncc_mg/status/1599300037430738944?s=20&t=aq5EctfLZC67yAKLYPURPw

WORLD BRAILLE DAY (04/01/2023)

As part of World Braille day, The Naval Cadets of Mahatma Gandhi college handed over New year Greeting cards written in Braille language to the Visually Impaired Students of Government School for the Visually Impaired Vazhuthacaud ,Tvm.

A. Bharat Bhushan Babu Retweeted



PRO Defence ... @Defen... · Jan 4

As part of [#WorldBrailleDay](#) the Naval Cadets of Mahatma Gandhi College, Trivandrum handed over [#NewYear](#) greeting cards written in Braille language to the Visually Impaired Students of Government School for the Visually Impaired Vazhuthacaud, Trivandrum. [#NCC](#)



A. Bharat Bhushan Babu and 2 others



NCC DTE KERALA &... @KE... · 26m

We are a Family
As part of World Braille day, Cadets of Mahatma Gandhi college from 1 KNU NCC handed over New year greeting cards written in Braille language to the Visually Impaired Students of Government School for the Visually Impaired



NCC DTE KERALA & LAKSHADWEEP and 3 others



NCC NAVAL WING M... @... · Jan 4 · ...

On Jan 4 2022 World Braille day, The Naval Cadets of Mahatma Gandhi college handedover New year greeting cards written in Braille language to the Visually Impaired Students of Government School for the Visually Impaired Vazhuthacaud,.
[@HQ_DG_NCC](#) [@KER_LAK_DTE](#)
[@DefencePROTvm](#)



Video link :

https://twitter.com/ncc_mg/status/1610620596148400128?s=20&t=m9cgV1LWn1n9awy9W XoXxg

1. Distribution of Books and study materials to the children of Korakulam –our participatory Village on 24/05/2022

Study materials and books collected and donated by the volunteers were distributed to the children in our adopted Village on 24/05/ 2022.



SUPPLY OF MEDICINES

Medicines were purchased and given to given Shri.Shyam Kumar, former student of Department of Psychology who had undergone kidney transplantation. Due to covid restrictions and avoiding the risk of getting infection to the patient, only one student is permitted to his house.



3.DISTRIBUTION OF FOOD KITS

. 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. Nagammaland 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 on 22/10/2022. Milk powder and Health mix were also donated to Asraya (NGO) to be handed over to the paediatric cancer patients.



4.DISTRIBUTION OF HEALTH CARE EQUIPMENTS

We also donated 180 suction urine tubes (single use) and 60 numbers of single use urobags Sri. Shyam Kumar, Former student of Department of Psychology as per his requirement. Nebulization masks for Children and adults were also distributed to UPHC, Muttada.



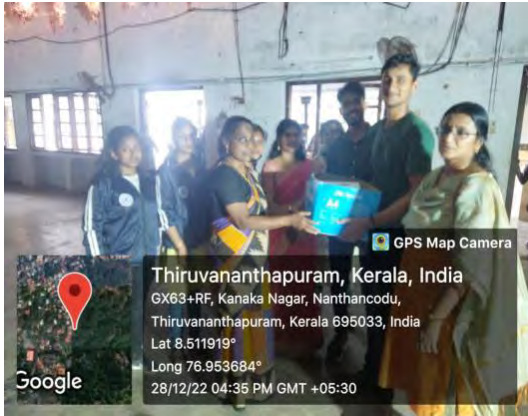
5. DISTRIBUTION OF CLOTHES AND DRESS MATERIALS

Churidar materials and dresses were distributed to Cancer survivor Smt. Nisha in Tilaknagar, parottukonam. We also donated bed sheets and pillow covers to UPHC, Muttada. We also donated clothes and other accessories to RCC patients through Ashraya , NGO.



Distribution of study materials and toys to students of LMS Centre for Disabled

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



25/01/2023)

Supporting Hand to the Needy.

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. Naval cadets also gave pediasure to a 12 year bedridden child's father at their residence.

Video link :-

https://twitter.com/ncc_mg/status/1618262203769180160?s=20&t=bAVW1PidlFtczhxfuHD A

Extending support to the Needy 04-02-2023

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 Balaramapuram. Naval cadets also gave diapers



NCC NAVAL WING M... @... · Feb 4 ···

Extending support to the Needy.
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 Balaramapuram. Naval cadets also gave diapers to a differently abled child, received by his sister at their residence.



National Cadet Corps and 5 others

to a differently abled child, received by his sister at their residence.

WORLD DISABILITY DAY(14/03/2023)

As part of World Disabled day, on 15-Mar, the cadets of Mahatma Gandhi College, 1(k) Naval Unit NCC spend time with Differently Abled children at Balavikas Special School, Peroorkada. Cadets conducted Cultural programs and played different games. Cadets distributed sweets as well. Smt Shylaja K L, Senior Teacher of Balavikas school supported us in coordinating everything. The program was conducted to nurture humility and compassion amongst the youth and spread the all inclusive culture in the society.



NCC NAVAL WING M... @... · Mar 16 ...

As part of World Disabled day, on 15-Mar, the cadets of Mahatma Gandhi College, 1(k) Naval Unit Ncc spend time with Differently Abled children at Balavikas Special School, Peroorkada.

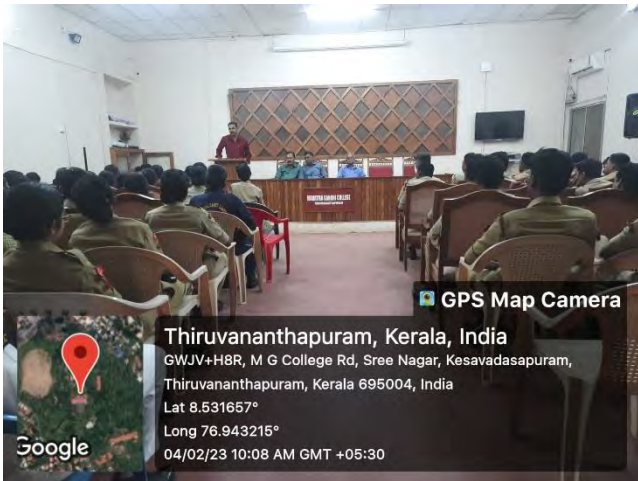


Video link

:https://twitter.com/ncc_mg/status/1636212705064538113?s=20



Vermi Composting



Evidence of Success



Samvedana Sadhaka has achieved success in numerous areas, with active participation in NCC, NSS, and various other activities by the students, a trend that continues to this day.

