

Extension Activities

2018-19

1. River Rejuvenation Activity – Rally for rivers by NSS Unit – 6th June, 2018

Lying within mountains and ocean the veins of freshwater are the origin of culture and livelihood in the God's own country. Karamana river is the main water source for the capital city. The days of glory were long lost to the waterbodies too, hence the NSS unit of M.G. college decided to pay visit and help rejuvenate the nearest river. The NSS Volunteers were provided with masks and nets for removing the floating plastic wastes and other materials.



2. Awareness Programme on Various Savings Schemes by the Department of Commerce – 22nd June 2018

Small savings schemes are designed to provide safe and attractive investment options to the public by various financial institutions. It aims to create the habit of thrift among the people and to mobilize resources for development of the economy. Realizing the importance of mobilization of rural savings the Research department of commerce has organized an awareness campaign to the nearby households. This programme was conducted on 22-6-18. This programme was conducted under the guidance of Dr.VS.Santhosh, Head of the Department of Commerce.



The focus of the programme was imparting knowledge to the rural households regarding the availability of best saving practices and the importance of various savings schemes to be followed for earning more returns to supplement their earnings. Mr.sumesh, one of the faculties of the department conducted an awareness class to the target audience. The programme was initiated in the Koliakode, Manickayal Grama Panchayath.

3. Literacy Survey – AKSHARASREE – by NSS unit- 14th July 2018

As part of the Saksharatha mission, NSS volunteers of the Mahatma Gandhi College, Thiruvananthapuram, participated in the literacy survey. The volunteers went to different places with survey form and sorted out the information collected to find out the illiterate. The NSS program officers created an awareness among the people about the importance of education, particularly to the girls.



4. Waste Management Awareness Programme To The Local Destination Nettayam by the Department of Commerce – 2nd August, 2018

The Department of Commerce visited houses in Nettayam Residence Association and handed over the materials needed for vermicomposting as well as compost maker to the inhabitants. The students demonstrated how to prepare vermicompost using earthworms provided. They explained what all items can be put in vermicompost bins. They also demonstrated how to use the compost bins for making compost using compost maker, thereby degrading the left over foods and other organic matter which could not be put in vermicompost bins.



5. Collection and packaging of food materials, clothing and other necessary items for Flood relief camps coordinated by the NSS Unit – 16th August 2018

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. Every volunteer in the NSS unit of M.G. college came up, willing to help the affected. Collection campaign for gathering necessary food, clothes and healthcare essentials was organized. It was the right time to serve the fellow people and our NSS unit is glad to have contributed our best.



Food collection



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

6. Cleaning of houses in the most flood affected region, Chengannur, Alapuzha District – by NSS Unit - 23rd August 2018

The aftermath of flood was as appalling as the deluge itself. Mud and vile creatures added to the loss caused by the flood. Program officers and NSS volunteers from Mahatma Gandhi College took part in the cleaning process at flood affected Chengannoor in the neighboring district of Alappuzha.



Program officer, Dr. Suresh Chandra Kurup coordinating the cleansing activities at Chengannoor.



7. Voluntary Programme for the Flood Relief Activities by Teachers and Students Organized by District Administration coordinated by the Department of Commerce – 24th August, 2018

Our department faculties and students have been vigorous and lively in relief activities related to the recent floods in Kerala caused by continuous heavy rains. A constant upsurge in rainfall, overflowing rivers, and frequent landslides has led to a horrific catastrophe in major regions of Kerala. The landslide and rains have hit about half the state, with more than 60,000 people rendered homeless. Our department faculties and students were also distributed drinking water, bags of food, grocery, clothes, blankets and bed sheets to the affected people. Moreover, we voluntarily participated clean-up drives in the flood-affected areas. More help will be planned out as the situation as per the direction of the District Administration. All faculties of the department, especially Mr. Sumesh and Lt. Dr. S. Priya actively engaged in the flood related activities.





8. Awareness Programme On Payroll Preparation To Kudumbasree Unit Of The Local Destination Nettayam by the Department of Commerce – 13th September, 2018

The P.G. Department of Commerce has conducted a seminar for Kudumbasree unit of the local destination Nettayam on 13-09-2018. The topic for the seminar was Easiness of Payroll preparation. Normally they got only theoretical knowledge from Panchayat books but the method of preparation is entirely different. So it is very essential to obtain practical experience in preparing pay rolls. In this situation the topic for the seminar was very pertinent. Dr.VS.Santhosh, Head of the Department welcomed the gathering and gave an introduction to the importance of preparing payrolls in companies and the need to obtain practical experience. The program was organized in the seminar hall of Vattiyookavu Panchayat inaugurated by Panchayat President. The program was conducted in collaboration with the Tandem Institute TVPM. The program was concluded 3.30 pm.



9. Friday Market Organic Bazar organised by the NSS Unit– 5th October, 2018

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.



**10. Environmental Awareness Programme by the Department of Commerce
6th October, 2018**

The students from the Department of Commerce actively engaged in cleaning the ground near Akkulam Lake, Thiruvananthapuram which is filled with plastic wastes and other non-biodegradable matter. The students segregated the materials into separate bags and handed over to the Thiruvananthapuram Municipal Authorities for its safe disposal



**11. Blood Donation Camp organised by the Department of Commerce at General Hospital,
Thiruvananthapuram – 6th October, 2018**

Human blood is an essential element of human life with no substitute. Voluntary blood donors are the cornerstone of a safe and adequate supply of blood and blood products. The safest blood donors are voluntary, non-remunerated blood donors from low-risk populations. Conducting voluntary blood donation camp in regular basis will increase the stock of blood units in blood bank which is needed for optimum functioning of the health-care system. The success of blood donation camp depends on people who organize the camp and blood bank team. To increase the awareness for voluntary blood donation and spread the message of '*safe blood for the human life*', the students of our department voluntarily donated blood organized for a blood donation campaign at General Hospital, Thiruvananthapuram on 6-10-2018.



**12. Mental Health Celebrations- Skit performed by the students of Psychology Department on 3rd
anniversary of Sanjeevani at Pensioners Bhavan Kesavadasapuram - 7th October 2018**

On 7th October 2018 Sanjeevani (with which Dept of Psychology has signed an MoU) celebrated its 3rd anniversary and mental health day. Eight Students went to Pensioners Bhavan Keshavadasapuram where they heard talk on Mental Health arranged by Sanjeevani Befrienders. Students also sang songs and performed a skit on 'Youth and Mental Health'.



13. Students of Psychology Department performed skit at Saigramam as part of Mental Health Day – 10th October, 2018

Department of Psychology celebrated mental health day on 10.10.2018 105 students visited by bringing smiles to the old people, autistic children and Down syndrome children at Sai gramam. Students of Psychology Department sang songs, danced, did skit while the Saigramam inmates joined with their dances and songs. Students of Saigramam Arts and Science College and the Vice Principal also participated. Students handed over gifts for the Sai Autistic children which they had collected. Psychologist of Saigramam, an Alumni of the Department of Psychology and faculty of Department for Psychology, MG College participated actively with the students to make it a very fruitful day.



Extension Activities

2019-20

1. Anti-Narcotics Day Rally & Street Play – 26th June 2019

Drug abuse is one of the major disasters of the new age. Despite the control imposed by the authorities, the use of drugs is not decreasing. That this is a threat of choice makes individual fully responsible. The aftereffects of drug abuse are not limited to the person who use but social and economic harmony gets disrupted. All these reasons make the prevention of drug abuse a need of the society. Drugs –the most dangerous and the very common thing that the youngsters are presently addicted to. One NSS volunteer (Meenakshi M A) was selected into the Anti-narcotic wing of the college. Volunteers attended an anti-drug campaign organised by the Kerala police on alarming the youth about the ill effects of using this life taking drugs. Indian cricket team captain Virat Kohli along with three others cricketers inaugurated the function held at Chandrashekaran Nair Stadium. ‘No to drugs, yes to cricket’ was the slogan of the campaign. As part of the anti-drug campaign, the NSS unit of Mahatma Gandhi College had conducted various activities to spread awareness among the other students and people around. Volunteers participated in the Anti Narcotic programme organised by the Kerala police at Jimmy George Indoor Stadium, Vellayambalam. Volunteers were able to mingle with so many renowned personalities from various fields.

The awareness campaign was conducted in multiple ways. As part of that, our NSS unit organized rally and street plays. Anti-narcotics day was conducted with popular support from the entire students and police. Vimukthi aimed at making the students aware of the serous aftermaths of drug abuse. The street play received very endearing feedbacks which the NSS unit took as incentives in contributing more towards this field.



The rally.



Presentation and posters.



2. Awareness Campaign on GST Return Filing on 30th June, 2019

As part of the extension programme of the PG Department of Commerce & Research Centre, Mahatma Gandhi College, Thiruvananthapuram, Post-Graduate (M.Com) Students and Research Scholars, along with the Co-ordinator of the program, Dr.Hari. K, Assistant Professor, PG Department of Commerce & Research Centre, Mahatma Gandhi College, Thiruvananthapuram conducted an awareness campaign to the shop owners at Kesavadasapuram, Thiruvananthapuram regarding 'GST Return Filing' on the forenoon of 30/06/2019. The programme envisages to create an awareness regarding the due date for filing of annual return, importance of filing the return and rates of tax applicable.



3. Blood Donation by NSS Unit at Peroorkada District Hospital – 24th July, 2019

The NSS Unit in Association with Peroorkkada police station conducted a blood donation camp at Peroorkada District Model Hospital. 10 NSS volunteers donated blood and facilitated donation of more than 20 non NSS volunteers from college.



4. Environmental Education to School Children of St. Mary's Higher Secondary School by NSS as part of Integrated Science Education Strategy (ISES) –25th July, 2019

As a part of environmental education, selected NSS volunteers (ISES) and program officers from M.G. college visited St. Mary's Higher Secondary School to provide awareness regarding the importance of mother earth. Awareness classes were conducted using presentations and simple games. The positive feedbacks from the students were an avid achievement for our NSS unit. Integrated Science Education Strategy (ISES) It is a strategy developed by Program officer Dr. Suresh Chandra Kurup R. On the basis of tutor recommendation. 35 NSS student teachers were selected. An orientation was given to

them by the Program officer. Program officer mentioned the importance of dedication and commitment from student teachers for the implementation of ISES. An opportunity was provided to quit from the program if they have any inconvenience during the implementation phase. As a result, 21 volunteers quit the program even though they offered all cooperation in future. Thus 14 NSS volunteers were selected in the final round. All of them are NSS Volunteers working with the investigator. They were new to the field of teaching and also available for investigator designed training. After successful completion of the training the actively participated in the implementation phase in St. Marys Higher secondary school, Thiruvananthapuram. Program was an excellent experience for volunteers and School students (seventh standard Students).



Students of St. Mary's school attending the classes.



Program officer, Dr. Suresh Chandra Kurup conducting the class.

5. Workshop on bee keeping and bee management by the Department of Zoology – 2nd August 2019



As part of our extension activity, an one day "workshop cum exhibition on bee keeping and management" was held on August 2, 2019 at seminar hall, Mahatma Gandhi college. The programe was sponsored by the Kerala State Horticultural Products Development Corporation (Hortincorp), under the Department of Agriculture, Government of Kerala.. The main objective of the program is to create an awareness on beekeeping and to generate interest in the field of bees and bee culture. The target groups include members from nearby residents associations, Kudumbasree members, faculty members from different departments, students and office staffs. The inaugural session began with a prayer by III

semester zoology students followed by Acharyanusmaranam. The Head of the Department of Zoology Dr.Balamurali.R.S welcomed the gathering.Dr. M.S.Anil Kumar delivered the presidential address. In his address, he mentioned about the need of such extension activities so that our colleges so that the students get more opportunity to interact with the society. Inauguration and inaugural address was given by Mrs. Steffy.J.George, Councillor.,Kesavadasapuram ward, Thiruvananthapuram Corporation. Felicitations were given by Dr.S.R.Jayasri. Council Secretary, Dr.Gopakumar.K, IQAC Coordinator, Vote of Thanks was delivered by Dr. Asha.V.G, Convenor of the programme.

During the Technical session, Mr.B.Sunil, Divisional Engineer, Kerala Agro Industries Development Corporation and Area manager of HORTICORP. Mavelikkara delivered the talk on Beekeeping & Management. He shared a handful of experiences about beekeeping, social behavior of bees, different types of beekeeping equipments used in apiculture, importance of honey its medicinal properties etc. The talk was very interesting as well as beneficial to the audience. Vote of thanks was extended by Dr. Suresh Chandra Kurup, NSS Programme Officer, Mahatma Gandhi College.



An exhibition as a promotional activity were also arranged by the Horticornp. Different types of honey like ginger honey, garlic honey, Jamun Honey Jackfruit honey,pine apple honey, different cosmetics made out of honey like body creams, soap, variety of beekeeping equipments, Newtons Hive etc were exhibited. This gave an opportunity among the students and the public to create an awareness on beekeeping and importance of honey. The programme ended by 4.00 PM

6. Food materials to the Flood Relief by NCC Navy Wing – 13th August 2019

Kerala state witnessed flash floods for the second time in 2019. The NCC naval cadets collected food materials and other essential commodities and handed over it to the Flood relief camp that was functioning at SMV school, Thiruvananthapuram



7. Flood relief activities by the NSS UNIT of the college – 17th August 2019 to 20th August 2019

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 and NSS volunteers jointly collected and packed essentials in the campus including medicines, diapers, baby food and sanitary napkins and essential which was worth 2.75 Lakhs rupees then handed over to Trivandrum Corporation. It was the biggest collection from a college in Thiruvananthapuram District. NSS volunteers joined hands as they took part 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 Cooperation office).



Collected food items and sanitary essentials:



8. Rally and Cleaning of Statue at Kesavadasapuram as part of Swachhata pakkoda by NCC Naval Wing – 2nd October 2019

NCC Naval wing conducted a programme on October 2nd 2019 in connection with Swachhata 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.



9. Distribution of food packages-Bethania Rehabilitation Centre by NCC Naval Wing – 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 centre was started on 1 June 1988. The centre is managed by the Bethany sisters.



10. Metro Learning by the Department of Psychology – 18th October, 2019

The Semester 1 students of the Psychology department had visited Metro Scans and Laboratory at Medical College, Uloor on 18th October 2019. The visit was aimed at getting to know more about the various Brain-Imaging Techniques and how they all differed from each other. The students got to witness the live scanning process and interact with the lab technicians and ask enough questions to satisfy their curiosity about various scans and how they all functioned. The visit to Metro Scans had made learning more appealing to the students.



11. Food materials distribution-Nirmala Shishubhavan, Mother Theresa Unit by NCC Naval Wing – 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.



12. Classes handled by the students of Department of Hindi to the students of St.Thomas Upper Primary School, Pothencode, Thiruvananthapuram - 22nd November 2019

As per the part of the extension activities of Department of Hindi, Mahatma Gandhi College, Teachers and Research students visited St.Thomas UP School, Pothencode, Thiruvananthapuram on 22nd November 2019 and interacted with Hindi Club students and teachers, Dr. Rajesh Kumar R, Assistant professor in Hindi, Dr.Anoopa Krishnan ,Assistant professor in Hindi, Dr. Lekha.S.Nair, Assistant professor, Dr.Gayathry.N, Assistant Professor in Hindi and Research Scholars named, Arya.V.S and Sunami.L.Vijayan led the said programme as part of the Hindi day Celebration and Extension activity. Various competitions such as Quiz, Debate were conducted and prizes were distributed among the students.



13. Shankumugham Beach Cleaning by NCC Naval Wing – 7th December, 2019

The cadets of NCC Naval Wing actively participated in the beach cleaning activities held at Shangumugam Beach. The cadets collected plastics separately and cleaned the beach.



14. Food Package for inmates for Santhwana Cancer Centre by NCC Naval Wing – 9th December, 2019

NCC NAVAL wing cadets provided food packages for the inmates of SANTHVANA CANCER CENTER – a stay place for the cancer patients taking treatment at Regional Cancer Centre, Thiruvananthapuram



15. Students and faculty members of Department of Commerce offering lunch packets to the inmates of SAANTWANAM, a charitable organization for caring cancer patients, Thiruvananthapuram – 16th December, 2019

The students and faculty members of the PG Department of Commerce and Research Centre, Mahatma Gandhi College, offered food (noon meal) to the inmates of SAANTWANAM, Chalakuzhi Road, Pattom, Trivandrum, a charitable organization for caring cancer patients on 16/12/2019



16. Snehaputhappu- Distribution of blankets to inmates of Trivandrum General Hospital by NCC Naval Wing -16th December, 2019

Naval cadets provided blankets to ward - 9 inmates of General Hospital, Thiruvananthapuram, which includes the old aged orphaned people as well as those rehabilitated from the streets of Thiruvananthapuram District.



17. Community Health And Support by NSS in the adopted village of Korakulam, Kesavadasapuram – 30th January, 2020

A free medical camp was conducted at Korakulam residential area (The adopted village of NSS unit, 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 descriptions

18. Training for Women Empowerment by NSS in the adopted village of Korakulam, Kesavadasapuram – March 8th 2020

Women's economic empowerment refers to their ability to enjoy their right to control and benefit from the resources, assets, income and their own time, as well as, the ability to manage risk and improve their economic status and well-being. Active steps were taken toward this. The NSS unit of M.G. college conducted awareness program for the women in the adopted village. Dr. K. Rajendra Babu, Emeritus scientist, dept of Physics, presided over the session. Dr. Suresh Chandra Kurup, Program officer, and Dr. Rajendra Babu took classes about vegetable gardening and several other small scale self income generators.



Volunteers interacting with the women.



Extension Activities

2020-21

1. NSS Volunteers Actively Participating To Control The Spread Of COVID 19 During The Exam Time – 2nd June to 15th June, 2020

World was unprepared for a pandemic. The fictitious concept of a viral epidemic in the 20th century shook the world around. The cure stays a hope and what people could do was controlling the spread. Central and state governments imposed regulations as an infinite lockdown strikes worse than the disease. Pending exams were finished with the active help from NSS volunteers and NCC Naval Cadets.



A voluntary checking the temperature.



Volunteers sanitizing the exam hall.



2. COVID RELIEF ACTIVITIES – NCC NAVY – Provided Food Materials, Medicines, Sanitizers To The Inmates Of St. Ignatius Charity Kendram, Thiruvananthapuram – 1st July 2020

NCC Naval wing organised Covid relief activities which included handing over relief materials, provided provisions, vegetables, fruits and hand sanitizers to 82 inmates of St. Ignatius Charity Kendram. The inmates were also given awareness about Covid 19 by cadets. Cadet Saranya Devi T.S herself made 50 masks and handed over to the inmates.



3. Webinar on the topic “Future of career in pandemic” conducted for the students of S.N college, Chathanoor, Kollam- 18th July, 2020

NCC Naval Wing organised 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 July 2020. The webinar was conducted on the Google Meet platform. The resource person for the webinar was Dr. Jayaraj .B, Department of Psychology, Mahatma Gandhi College. Welcome speech was delivered by Dr. Subha Sachithanand, Cadet Nikitha B.S introduced the resource person to the participants Dr . B. Jayaraj, the resource person said various career aspects to the students and how can we achieve the same. The session was ended up by the vote of thanks of Kiran Mohan, Assistant Professor of Malayalam in S. N College. Altogether 101 students participated in the webinar on Google Meet .



4. Distribution of lotion to the General Hospital Thiruvananthapuram- November 22nd 2020

In connection with NCC day we prepare 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.



5. Covid Duty By Faculty Member At The Airport From 23rd December 2020 To 13th January 2021

Dr. Dileep A S, Assistant Professor, Department of Commerce, has been appointed as Special Officer on Covid Duty at the Thiruvananthapuram International Airport to curb the spread to COVID and to send the immigrants to compulsory quarantine.



6. Beach Cleaning At Shankhumukham By NSS Volunteers – February 13th, 2021

NSS volunteers of KL 15 A&B underwent a campaign organised by an NGO to clean up Shankhumukham Beach on February 21. The campaign was successful and a continuation campaign is being planned.



7. Palliative Initiative by NSS unit- Distribution of medicines and essential commodities to the palliative care patients - February 13th, 2021

The major achievement of the new NSS batch (KL 15 A&B 2020) was the palliative initiative under Dr Suresh Chandra Kurup, NSS Program Officer. In the first phase, three persons were identified, who were needy of immediate help. Volunteers collected a sum of Rs 10,000 and contributed it to them. Visits to their places were organised to hand over the amount and some essential goods.



8. Covid-19 Vaccination Volunteering In Mass Vaccination Held At Jimmy George Stadium, Thiruvananthapuram – March 17th 2021

Vaccination to prevent corona virus came to wider recognition by the second week of March. Vaccination camps were conducted across the State and mass vaccination was launched at Jimmy

George Stadium in Thiruvananthapuram. It needed much volunteers and the NSS volunteers of MG College willingly participated under Dr Suresh Chandra Kurup R.



Extension Activities

2021-22

1. Donating Rice To Community Kitchen at Vellanad Grama Panchayat as part of Covid Relief Activity by NCC Naval Unit - 4th June, 2021

As the COVID-19 crisis continues to loom over us, the naval cadets of Mahatma Gandhi college donated rice to Community Kicthen of Vellanad gramapanchayat. With the well coordination of cadets and ANO Dr. Subha Sachidhanand, they donated 40 kg rice. Leading cadet Abhijith VS and cadet Dipin D S handed over the rice bags to the Vellanad Panchayat in the presence of MP Adoor Prakash, Panchayat President Smt. Rajalekshmi, Vice President Sreekandan and other members of the panchayat



2. Handing over stationaries to Divine Children's Home Poojappura by NCC Naval Unit - 14th July, 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. Divine Children's Home, is located at Trivandrum, is a warm and caring center for the children. Divine Children's Home was registered as a Non Profit charitable trust on July 26th, 2002.



DCH strives to nurture, protect and care the children. Its purpose is to promote the total development of children through loving care in a homely atmosphere with adequate nutrition and healthy social interaction and to educate all children till they are old and mature enough to venture out independently. Currently there are around 40 children at Divine Children's Home and the number is expected to increase with time. All children are school going.

3. Donating Stationeries to Don Bosco Orphanage by NCC Naval Unit as part of Children's Day Celebration – 15th November, 2021

1(K) Naval Unit Ncc, Mahatma Gandhi College is celebrating Children's day with the kids in Don Bosco Orphanage. The unit collated and donated stationeries for kids to help them in their studies. The activity was conducted on 15th November 2021 at the orphanage and was led by Cadet Captain Abhijith V.S, Cadet Arunima, Cadet Arathy and Cadet Abhiram. SLt (Dr) Subha Sachithanand and PI Staff accompanied with them.



4. PUNEET SAGAR ABHIYAN - Beach Cleaning Activity by NCC Naval Unit as Part of Swachh Bharat Programme at Veli Beach – 19th December, 2021



Swachh Bharat Abhiyan is a campaign launched by the Prime Minister of India to highlight the importance of cleanliness in the surroundings. It was inaugurated on October 02, 2014 to honour the vision of cleanliness of Mahatma Gandhi. NCC has always been at the forefront of the Swachh Bharat Abhiyans. NCC now plans to carry out a nationwide campaign to Clean Sea Shores/Beaches of the plastic waste & other waste along the Sea Shores and increase awareness about the importance of keeping the Sea shores free from Plastic waste. Trivandrum Grp NCC conducted 'PUNEET SAGAR ABHIYAN' by cleaning the Sea Shores/Beaches to propagate the message of 'Importance of Clean Sea Shores/Beaches' amongst the local population and future generation on Dec. 19, 2021 at Veli Beach, Thumba. The key Cleanliness drives, awareness and educational

activities of Clean Sea Beaches during the campaign to be conducted includes, Beach Clean-up, 1 Kerala Naval NCC Cadets were provided with cleaning material such as hand gloves, gunny bags. The cadets interacted with the general public, tourist, Local shopkeepers/vendors and fisherman along the coastal areas to spread awareness on the ill effects of Beach littering and its adverse harmful impact to the environment. The cadets distributed the pamphlets to increase awareness about Sea Beach pollution and its adverse effect. Cadets administered Pledge amongst the target population & tourists to keep the beaches clean and saying No Beach Litter. Signature campaigns was also be conducted. Theme based Nukkad Natak & rallies/foot patrols were conducted. Adequate placards and props were used drive home the message of importance of clean Sea Beaches.

5. Covid Relief Activity by NCC Naval Unit at Palliative Care Center, Pothencode – 26th January, 2022



1 Kerala naval unit ncc , Mahatma Gandhi college celebrated Republic Day in the midst of the pandemic, by giving 50 lts of cleaning lotion prepared by the cadets to Pothencode palliative care. Dr. Beena who is in charge of the Palliative care center received the same.

6. Social Service by NCC Naval Unit, as Part of World Happiness Day at Kripalayam Old Age Home, Ulloor – 18th March, 2022



The cadets of Mahatma Gandhi college 1(k) 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.

7. Distribution of Books and study materials to the children of Korakulam –our participatory Village on 24th May 2022

In view of new academic year that commenced from 1st June 2022, the NSS unit purchased note books, pencils, umbrella, water bottles, lunch boxes bags and other stationary items and distributed to the needy children of their adopted/participatory village, Korakulam, Kesavadasapuram. The children who received the items were very happy and delightful.

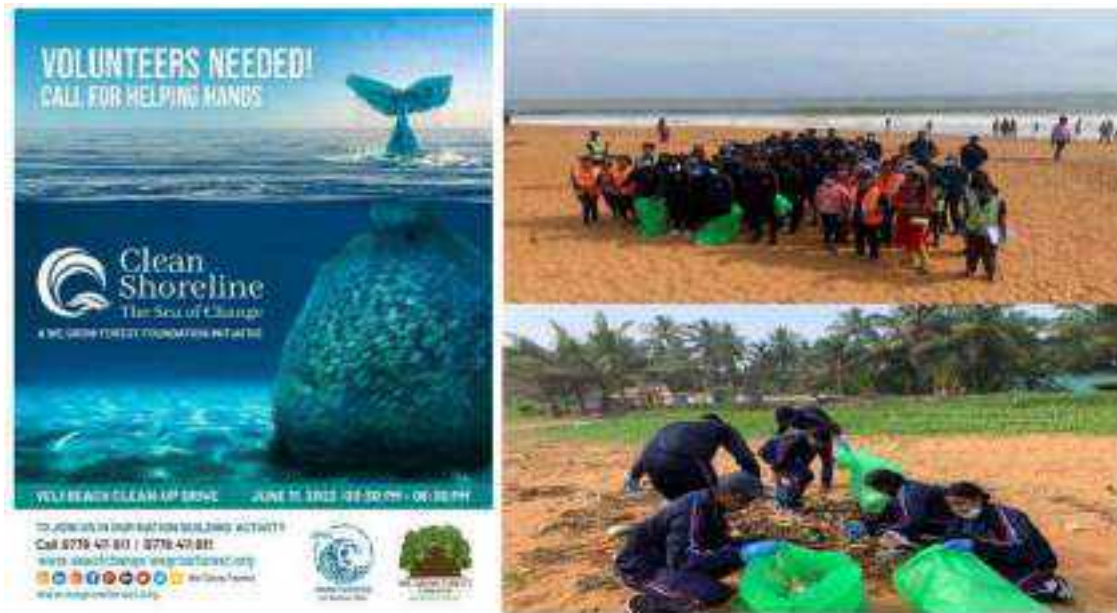


Extension Activities

2022-23

1. Swacch 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. Anesh 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 sessions and punishments.

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



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, Nanthencode, 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, Kottor 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. 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. Milk powder and Health mix were also donated to Asraya (NGO) to be handed over to the paediatric cancer patients.



13. NCC Naval Wing donated food materials and vegetables to the inmates Kripalayam old-age home at Ulloor on World Alzheimer's Day – 21st September, 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 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.



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



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.



15. 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.



16. Swachh 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 Swachh 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. {Swachh Bharat Diwas 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.

17. 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.



18. **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



19. **Donated books to Govt. LP School Vavode on Children’s Day by NCC Naval Wing – 14th November, 2022**



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. It is celebrated on 14 November every year on the birth anniversary of the First Prime Minister of India, Pandit Jawaharlal Nehru. 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.

20. **Visit to Govt H S Vavode – Psychological counselling to students by the department of psychology on Children’s Day – 14th Nov, 2022**

On 14th November, Department of Psychology conducted an outreach program, 22 Psychology students and 2 faculty visited the Govt High school, Vavode, a rural locality in Thiruvananthapuram. Psychology students took classes for high school students covered the topics of Motivation, Personality, Anxiety etc Psychology exhibition and a skit for High school students was also organised. This program was conducted in connection with Mental Health program in the school to celebrate Childrens Day.



21. 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.



22. 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.



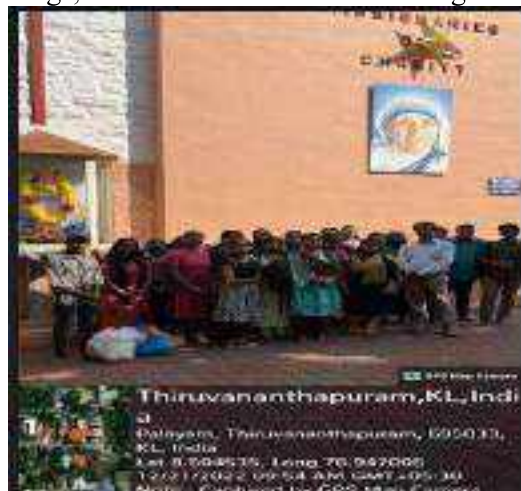
23. Awareness on Energy Conservation by the Naval unit NCC on National Energy Conservation Day - 14th December 2022

As part of national energy conservation day, cadets of 1K Naval unit NCC Mahatma Gandhi college created an awareness video to spread the message based on the importance of conserving energy. The National Energy Conservation Day is being celebrated every year on December 14 since 1991. The Bureau of Energy Efficiency (BEE), under Ministry of Power spearheads the celebrations every year. Energy conservation day remind us to use all sources of energy efficiently without wasting it.



24. 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.



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

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



**26. 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.



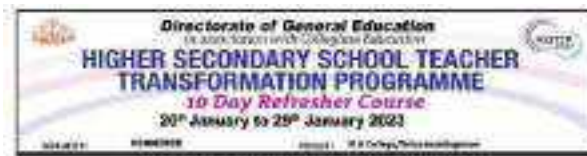
**27. Naval Cadets handing over New year greeting cards in Braille language to the Visually Impaired Students of Government School for the Visually Impaired Vazhuthacaud on World Braille Day
– 4th January 2023**

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. Every year January 4 is observed as World Braille Day to raise the importance of Braille, which serves as a communication medium for fully and partially sighted people. Kerala & Lakshadweep directorate, PRO Defence Trivandrum, Indian Armed forces, and principal Spokesperson, Ministry of Defence Government of India retweeted the post.



28. 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.



INAGURATION 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 Thiruvananthapuram)

Keynote Address – Renjith Subhash
(Research Officer SCERT)

Felicitation – Dr Ratheeshkumar
(Convener IQAC Mahatma Gandhi College Thiruvananthapuram)

Vote of Thanks – Dr Bineesh B
(Coordinator HSSTTP)



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 HSSTP) 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.

Dr. R. Vasanthagopal (Professor and Head, IMK &Dean, Faculty of Management Studies) started the first session of **day six** (25/01/2023)on the topic ‘ Process in Social Science Research’ and Manoj R. (Associate Professor, Department of Physical Education ,Mahatma Gandhi college) managed the afternoon session on the topic ‘ Life Plan-Personality Developments in Perspective with physical fitness’ .After the session, Manoj sir guided every participants to the Gym of college to accustom the gym equipment. After the gym visit, cultural activities and interactive session makes the day end. Dr. Pradeepkumar N. (Assistant Professor, Department of Commerce, M.G. College) was the speaker of the first session of **seventh day** (26/01/2023). Innovative banking was the discussed area. Many cyber frauds, difficulties in online payments were discussed during the discussion. The afternoon session was addressed by Dr. Binojoy (Associate Professor, Department of Commerce, Government College,Kottayam) on the topic ‘Financial Inclusion’. After the session , Dr. K.G.C.Nair (Former HOD, Commerce, Mar Ivanios College, Thiruvananthapuram)and Deepa Krishnan (Former HOD, Commerce - M.G.College) joined with participants for an interactive session.

Eighth day (27/01/2023) was completely addressed by Renjith Subhash (Research Officer-SCERT) on the topic ‘Capital Market-A Vehicle for Capital Formation’. He gives some practical sessions about the stock selection by quoting the shares listed on NSE on the same day. He introduced the way of participation in stock market to many participants. Cultural events and interactive session were the final activity of the day. There were no sessions during the **nineth day**. There was a trip with the participants and coordinators of the sessions to Kanyakumari. On **the final day**, Unnikrishnan (Managing Director of Garga Commerce pvt Ltd) was the speaker of the session. He focussed the need of entrepreneurs and entrepreneurship in an economy. Along with that, Virtual Reality is also introduced to the participants. The sessions end at 12.00 p.m. From 12.00 pm onwards, there was a session to honour the research scholar’s co-ordinators, P.G. students who helps in the easy-conduction of the programme. The participants gave gifts to the research scholars, co-ordinators and P.G.students who supported the programme. After lunch, the validity function begins at 2.p.m. The function was decorated by famous personalities such as Shihab sir, Lailas Sir, Bineesh sir and Vinod sir. The participants shared their experience of the programme during validity session and everyone was very happy with programme. The programme ended well at 5p.m.



29. Naval unit NCC handing over a wheelchair to a differently abled student of Government LP School Pulluvila – 25th January, 2023

The cadets of Mahatma Gandhi College 1 (K) Naval unit NCC handed over 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.



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



31. 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. Nanthiyath 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.



32. Naval Unit NCC conducted programs and provided lunch to the inmates of Mahila Mandiram Poojapura on World Women’s Day – 8th March 2023

As part of International Women’s Day ,cadets of 1 (K) Naval Unit NCC Mahatma Gandhi College conducted programs and provided lunch to the inmates of Mahila Mandiram at poojapura , An organization working with the aim of protection ,welfare and rehabilitation of Widows, Divorced, Deserted and Destitute Women above 18 years who have nobody to look after. The institution is run by State Government.The Superintendent Smt Beena S R commented that this is the first time college students are visiting them and it’s a cherishing moment for them.



33. 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



34. 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



35. Naval Unit NCC visited Balavikas Special School for Differently Abled children, Peroorkada distributed sweets and spend time with them as part of World Disability Day – 15th March, 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.



36. 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.

