



RAJAGIRI VISWAJYOTHI
COLLEGE OF ARTS AND APPLIED SCIENCES
VENGOOR , PERUMBAVOOR KERALA- 683546

An ISO 9001 : 2015 Certified Institution

Affiliated to Mahatma Gandhi University, Kottayam | Approved by AICTE



CRITERION 3

RESEARCH, INNOVATIONS AND EXTENSION

3.4 Extension Activities

2019-2024

Submitted to



INDEX

Extension and Outreach Programmes 2019-20

Sl. No	Title of the Programme	Page No
1	Healthcare for All: Anti-AIDS Awareness	3
2	Blood Donation Drive in Association with Indian Medical Association, Aluva	5
3	Campaign Madhu: Mid-Day Meals to Vagrants at Kothamangalam	7
4	Tribal Visit to Pinavoorkudy: Distribution of Books and Stationery	9
5	Oru Kaithangu: Flood Relief Programme at Panamkuzhy	11
6	Lahari Vimuktha Keralam: Drug Abuse Awareness Programme	13
7	Cultural Engagement at Government School, Mannamkamdam	15
8	Plastic-Free Awareness Programme	17
9	Book Donation and Reading Drive at Agappe	19
10	Disaster Relief Programme at Paniyeli	21



Rajagiri Viswajyothi College of Arts & Applied Sciences, Vengoor

1. Healthcare for All: Anti-AIDS Awareness

Programme Title	Healthcare for All: Anti-AIDS Awareness
Organising Department/Cell	National Service Scheme and Drama Club
Date	02.12.2019
Nature of the Programme	Outreach
Venue	In Front of Mar Kauma Church and Mar Kauma Higher Secondary School

Report on the Event

On December 2nd 2019, the National Service Scheme (NSS) and Drama Club, in collaboration with Vengoor Panchayat, organized an Anti-AIDS Awareness Programme in Vengoor Town. The event occurred at two separate venues, and featured a street play aimed at raising awareness about HIV/AIDS. With a duration of one hour and set at two venues, the programme focused on educating the local population about HIV/AIDS prevention, transmission, and treatment, while also addressing the stigma associated with the disease. The performance, tailored to be both engaging and educational, sought to present complex medical and social information in an accessible and memorable format.



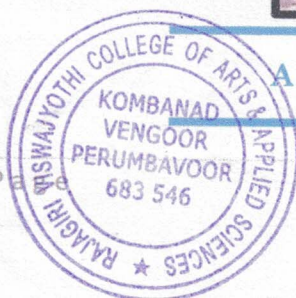
By using relatable characters and realistic situations, the play aimed to demystify HIV/AIDS and provide practical advice on how individuals can protect themselves and others. The interactive nature of the play encouraged audience members to engage in conversations about the stigma, fostering a more understanding and empathetic community environment. The outcomes of the programme were positive and aligned with its objectives. The street-play effectively communicated essential information about HIV/AIDS, and the audience reported a better understanding of preventive measures, treatment options, and the importance of regular testing. Feedback indicated that the play's engaging format made the information more relatable and memorable, contributing to a greater awareness of the disease.



Poster of the event



A still from the discussions related to AIDS



PRINCIPAL
Rajagiri Viswajyothi College of
Arts & Applied Sciences
Vengoor, Perumbavoor-683 546



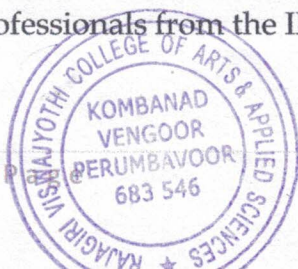
Rajagiri Viswajyothi College of Arts & Applied Sciences, Vengoor

2. Blood Donation Drive in Association with Indian Medical Association, Aluva

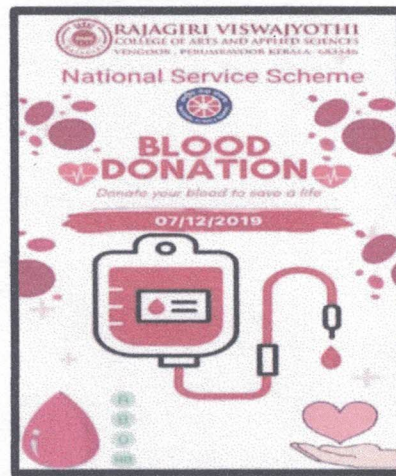
Programme Title	Blood Donation Drive in Association with Indian Medical Association, Aluva
Organising Department/Cell	National Service Scheme
Date	07.12.2019
Nature of the Programme	Outreach
Venue	Rajagiri Viswajyothi College of Arts and Applied Sciences, Vengoor

Report on the Event

On December 7, 2019, the National Service Scheme (NSS), in collaboration with the Indian Medical Association (IMA) of Aluva, organized a Blood Donation Drive in Vengoor. The event aimed to address critical health needs by facilitating blood collection and promoting awareness about the significance of blood donation. With 39 participants in attendance, the drive successfully achieved its objectives of supporting local hospitals and enhancing community engagement in life-saving activities. The primary goal of the Blood Donation Drive was to facilitate the collection of blood from voluntary donors to support local hospitals. This initiative was crucial in ensuring a steady and reliable supply of blood for patients requiring transfusions. The event was carefully coordinated to ensure a smooth and efficient process, with medical professionals from the IMA overseeing the collection procedures.



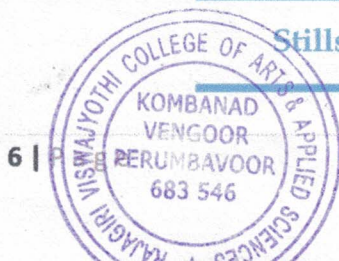
Another key objective of the programme was to raise awareness about the importance of blood donation and encourage more community participation. Throughout the drive, participants were provided with information about the vital role blood donation plays in saving lives. The event included educational materials and brief presentations on the benefits of donating blood, the process involved, and the impact of their contribution. Feedback from the medical professionals and participating donors highlighted the effectiveness of the drive in achieving its goal of bolstering blood reserves in the community. In conclusion, the Blood Donation Drive organized by the National Service Scheme, in association with the Indian Medical Association, Aluva, was a significant success.



Poster of the event



Stills from the blood donation drive at RVCAS





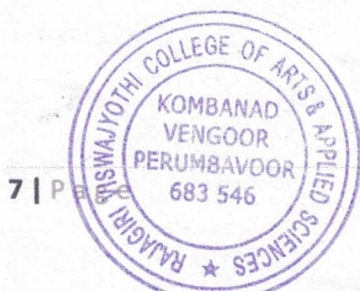
Rajagiri Viswajyothi College of Arts & Applied Sciences, Vengoor

3. Campaign Madhu: Mid-Day Meals to Vagrants at Kothamangalam

Programme Title	Campaign Madhu: Mid-Day Meals to Vagrants at Kothamangalam
Organising Department/Cell	National Service Scheme
Date	16.07.2019
Nature of the Programme	Outreach
Venue	St. George School and Surroundings at Kothamangalam

Report on the Event

On July 16, 2019, the National Service Scheme (NSS) launched "Campaign Madhu: Mid-Day Meals to Vagrants in Kothamangalam". The initiative was designed to provide much-needed nutrition to vagrants and to foster greater community awareness regarding the challenges faced by the homeless. The primary objective of the programme was to ensure that vagrants in Kothamangalam received essential mid-day meals. A total of 24 vagrants benefited from the distribution of nutritious meals, which were prepared with care to meet their dietary needs. This initiative aimed to offer more than just food; it sought to provide support and a sense of dignity to individuals who often struggle with food insecurity. By addressing their immediate nutritional needs, the programme contributed to improving their overall well-being.



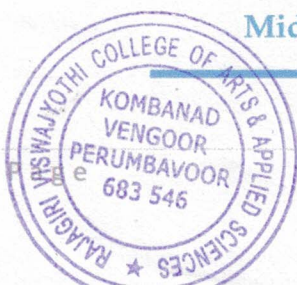
In addition to the meal distribution, the programme aimed to raise awareness about the challenges faced by vagrants and encourage community involvement in social welfare activities. Informational materials and brief discussions were conducted to highlight the issues of homelessness and the importance of social outreach. The educational component of the programme was designed to increase understanding of the factors contributing to homelessness and to inspire greater community action towards addressing these challenges. This act provided immediate relief and support to the vagrants in Kothamangalam. The feedback from the recipients indicated that the meals were not only appreciated but also made a significant difference in their daily lives.




Poster of the event



Mid-day meals provided by students of NSS




PRINCIPAL
Rajagiri Viswajyothi College of
Arts & Applied Sciences
Vengoor, Perumbavoor-683 546



Rajagiri Viswajyothi College of Arts & Applied Sciences, Vengoor

4. Tribal Visit to Pinavoorkudy: Distribution of Books and Stationery

Programme Title	Tribal Visit to Pinavoorkudy: Distribution of Books and Stationery
Organising Department/Cell	National Service Scheme
Date	22.07.2019 Extension
Nature of the Programme	
Venue	Pinavoorkudy and its Surrounding Areas within Tribal Limits

Report on the Event

On July 22, 2019, the National Service Scheme (NSS) organized a significant outreach programme titled "Tribal Visit to Pinavoorkudy: Distribution of Books and Stationery". This initiative aimed to support the educational needs of tribal students by providing essential learning materials. The programme focused on enhancing educational resources for the tribal community and raising awareness about their unique educational challenges. The event saw the successful allocation of various educational materials, including textbooks, notebooks, pens, and pencils, to a total of 32 students. The distribution was carried out with careful consideration of the students' specific requirements.

In addition to addressing immediate educational needs, the programme sought to raise awareness about the educational challenges faced by tribal communities. The



event included discussions and informational sessions aimed at highlighting the barriers to education that tribal students encounter, such as limited access to resources and infrastructure. This aspect of the programme was designed to foster a deeper understanding of these challenges and encourage community involvement in supporting educational development. The educational component of the visit helped participants gain insights into the struggles faced by tribal communities and inspired a commitment to supporting their educational growth. The successful distribution of books and stationery significantly enhanced the educational resources available to tribal students, directly supporting their academic progress. Feedback from the students and local community members indicated that the materials provided were greatly appreciated and would be instrumental in their learning.



Poster of the event



Students of RVCAS with teachers at Pinavoorkudy



PRINCIPAL

Rajagiri Viswajyothi College of Arts & Applied Sciences
Vengoor, Perumbavoor-683 546



Rajagiri Viswajyothi College of Arts & Applied Sciences, Vengoor

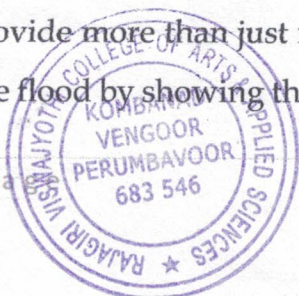
5. Oru Kaithangu: Flood Relief Programme at Panamkuzhy

Programme Title	Oru Kaithangu: Flood Relief Programme at Panamkuzhy
Organising Department/Cell	National Service Scheme
Date	24.09.2019
Nature of the Programme	Outreach
Venue	Panamkuzhy and Other Flood-affected areas Nearby

Report on the Event

On September 24, 2019, the National Service Scheme (NSS) conducted the "Oru Kaithangu: Flood Relief Programme at Panamkuzhy", focusing on community welfare and support. This initiative aimed to assist flood victims by providing essential relief supplies and offering emotional support. The relief kits included crucial items such as food staples, clean water, clothing, and basic hygiene products. By distributing these supplies, the programme helped the flood victims cope with the immediate aftermath of the disaster, ensuring that they had access to the necessities required for their survival and comfort.

Another significant goal was to offer emotional support and foster a sense of community solidarity among the affected individuals. The programme was designed to provide more than just material aid; it aimed to uplift the spirits of those affected by the flood by showing them that they were not alone in their struggle. The presence



of volunteers and the gesture of support helped to strengthen community bonds and instil a sense of resilience among the victims. The support provided through these kits played a crucial role in the early stages of recovery for the affected individuals. The collaboration between the NSS and the local community highlighted the importance of solidarity and compassion in recovery efforts, setting an example for future relief initiatives and fostering a stronger, more resilient community.



Poster of the event



Flood relief items provided by students of NSS



Rajagiri Viswajyothi College of Arts & Applied Sciences, Vengoor

6. Lahari Vimuktha Keralam: Drug Abuse Awareness Programme

Programme Title	Lahari Vimuktha Keralam: Drug Abuse Awareness Programme
Organising Department/Cell	National Service Scheme
Date	09.11.2019
Nature of the Programme	Outreach
Venue	St. Mary's School, Kuruppampady and Mar Kauma Church, Vengoor

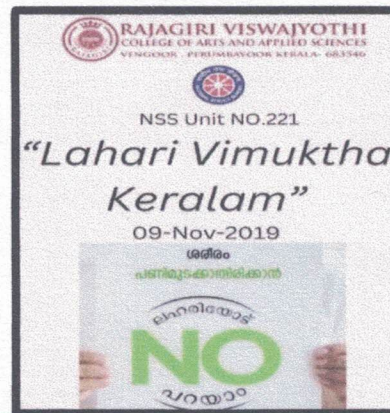
Report on the Event

On November 9, 2019, the National Service Scheme (NSS) organized the "Lahari Vimuktha Keralam: Drug Abuse Awareness Programme" at St. Mary's Public School, Kuruppampady and in front of Mar Kauma Church, Vengoor. This event was designed to address critical health and well-being issues related to drug abuse. The programme meant to educate students about the severe consequences of drug abuse. Through a combination of presentations, interactive discussions, and informational materials, the participants gained insight into how drug abuse can negatively impact physical health, mental well-being, and academic performance. The sessions highlighted the long-term effects of drug addiction, including the risks of developing chronic health conditions, mental health disorders, and the detrimental impact on educational achievements. This comprehensive approach aimed to provide students



with a clear understanding of the consequences associated with drug use, fostering a sense of urgency about avoiding such behaviours.

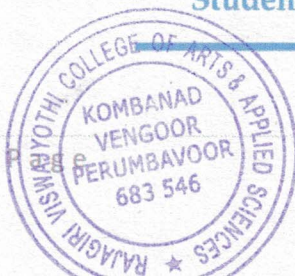
Another significant goal of the programme was to promote healthy lifestyles and effective coping strategies. The event included practical workshops that offered students alternative strategies for managing stress and peer pressure. Emphasis was placed on developing resilience, building self-esteem, and making informed choices that contribute to overall well-being. By the end of the event, students reported a heightened awareness of the harmful effects of drug abuse, demonstrating a better understanding of how drug use can adversely affect their health and academic performance. The programme demonstrated the importance of educational initiatives in combating drug abuse and fostering a culture of health and well-being.



Poster of the event



Students providing awareness to local population



PRINCIPAL
Rajagiri Viswajyothi College of
Arts & Applied Sciences
Vengoor, Perumbavoor-683 546



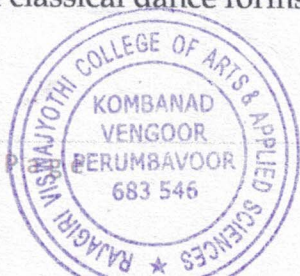
Rajagiri Viswajyothi College of Arts & Applied Sciences, Vengoor

7. Cultural Engagement at Government School, Mannamkamdam

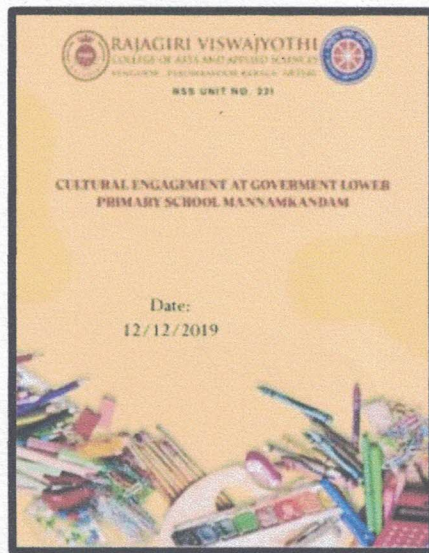
Programme Title	Cultural Engagement at Government School, Mannamkamdam
Organising Department/Cell	National Service Scheme
Date	12.12.2019
Nature of the Programme	Extension
Venue	Government School, Mannamkamdam

Report on the Event

On December 12, 2019, National Service Scheme (NSS), organized a cultural engagement event at the Government School, Mannamkamdam aimed to foster cultural awareness, creativity, and community bonding among the primary school students. The event began with an inauguration ceremony featuring speeches from the school principal, representatives from the college and NSS coordinators, emphasizing the significance of cultural awareness and community engagement. This was followed by a series of cultural performances by the primary school students, who showcased traditional dances, folk songs, and short skits, reflecting the rich cultural heritage of the region. College students also participated, presenting contemporary and classical dance forms, which added vibrancy to the event.



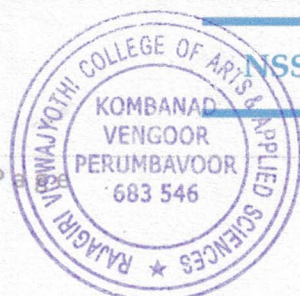
Interactive workshops and sessions on traditional arts and crafts, storytelling, and music classes provided hands-on experiences and encouraged active participation. Various games and competitions, such as drawing contests, cultural quizzes, and traditional games, were organized to engage the students further and promote teamwork and healthy competition. The event concluded with a feedback session where students and teachers shared their experiences and suggestions. The cultural engagement event had a profound impact on both the students and the volunteers. The event provided a valuable platform for cultural expression and community bonding, reaffirming the college's commitment to fostering a culturally rich and socially responsible generation.



Poster of the event



NSS volunteers engaging in activities with children



PRINCIPAL

Rajagiri Viswajyothi College of Arts & Applied Sciences
Vengoor, Perumbavoor-683 546



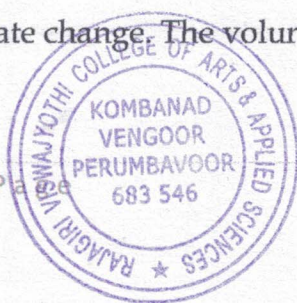
Rajagiri Viswajyothi College of Arts & Applied Sciences, Vengoor

8. Plastic-Free Awareness Programme

Programme Title	Plastic-Free Awareness Programme
Organising Department/Cell	National Service Scheme
Date	02.07.2019
Nature of the Programme	Outreach
Venue	Selected Houses in Vengoor and Nearby Areas

Report on the Event

On July 2nd, 2019, the National Service Scheme (NSS) unit of Rajagiri Viswajyothi College of Arts and Applied Sciences, Vengoor, spearheaded an impactful door-to-door awareness campaign focused on the detrimental effects of plastic misuse. The campaign aimed to educate local residents on the severe environmental consequences of plastic pollution, emphasizing its disruption of ecological balance, contribution to atmospheric contamination, and long-term effects on both wildlife and human health. During the campaign, volunteers engaged residents in informative discussions about how plastic waste endangers natural habitats and species. They highlighted the ways in which plastic pollution contributes to the release of toxic substances into the atmosphere, exacerbating air pollution and climate change. The volunteers also addressed the health hazards posed by plastic



waste, which can leach harmful chemicals into soil and water sources, impacting human health and safety.

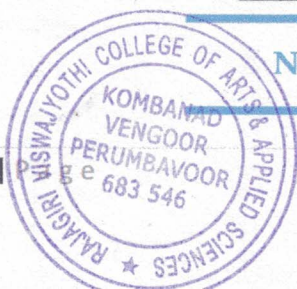
Residents were encouraged to adopt sustainable practices such as using reusable cloth bags, avoiding single-use plastics, and properly segregating waste for recycling. The campaign also served as an educational opportunity for the participating students, who gained valuable experience in environmental advocacy. The success of this initiative is reflected in the increased environmental awareness among the local residents and their willingness to adopt eco-friendly habits. The NSS unit of Rajagiri Viswajyothi College of Arts and Applied Sciences has set a commendable example of how targeted awareness campaigns can effectively address pressing environmental issues.



Poster of the event



NSS volunteers bringing awareness to homes



PRINCIPAL

Rajagiri Viswajyothi College of Arts & Applied Sciences
Vengoor, Perumbavoor-683 546



Rajagiri Viswajyothi College of Arts & Applied Sciences, Vengoor

9. Book Donation and Reading Drive at Agappe

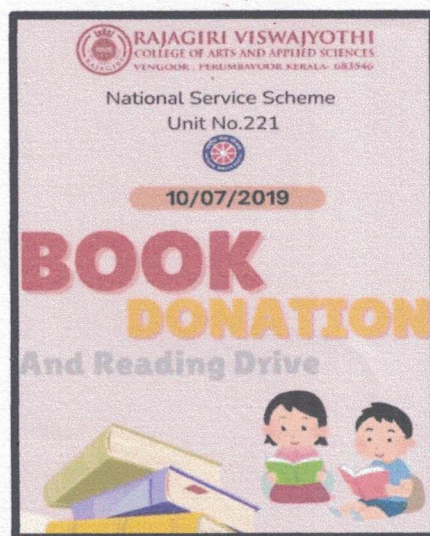
Programme Title	Book Donation and Reading Drive at Agappe
Organising Department/Cell	National Service Scheme
Date	10.07.2019 Extension
Nature of the Programme	
Venue	Agappe Orphanage, Vengoor

Report on the Event

The National Service Scheme (NSS) conducted the Book Donation and Reading Drive Initiative at Agappe Orphanage with an aim to support educational empowerment by enhancing literacy and fostering a love for reading among the orphanage's residents. The donated books were carefully chosen to cater to various age groups and interests, ensuring that the children had access to materials that could both educate and entertain them. The initiative was designed to make a significant impact on the literacy levels of the children and support their educational development. Another key objective was to foster a love for learning through organized reading activities. The programme included interactive sessions where the children engaged in group reading, book discussions, and storytelling. These activities were intended to make reading a more enjoyable and integral part of their

daily lives. By incorporating structured reading sessions, the programme sought to inspire a lifelong passion for learning and personal development.

Additionally, the programme successfully fostered a greater enthusiasm for learning and personal development among the orphanage residents. The organized reading activities were instrumental in creating a positive reading environment and motivating the children to embrace reading as a valuable and enjoyable activity. The structured sessions helped to build a routine around reading, which is expected to have long-term benefits for the children's educational journeys. The initiative not only provided immediate resources but also laid the groundwork for a sustained interest in reading and learning.



Poster of the event



A moment with books in front of the orphanage




PRINCIPAL



Rajagiri Viswajyothi College of Arts & Applied Sciences, Vengoor

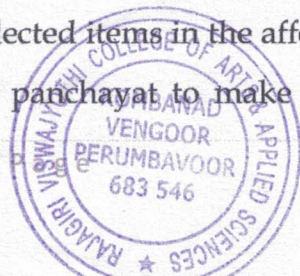
10. Disaster Relief Programme at Paniyeli

Programme Title	Disaster Relief Programme at Paniyeli
Organising Department/Cell	National Service Scheme
Date	27.08.2019
Nature of the Programme	Outreach
Venue	Paniyeli-Poru

Report on the Event

In response to the flooding that severely affected the Paniyeli area, the students of Rajagiri Viswajyothi College of Arts and Applied Sciences organized a flood disaster relief initiative, as the National Service Scheme took the initiative. The primary objectives of the relief initiative were to provide immediate assistance to the flood-affected families in Paniyeli and to raise awareness about the importance of community support during disasters. At the same time, the programme encouraged student involvement in social responsibility and service learning.

The students had initiated a fundraising campaign on campus, and they coordinated the collection of essential goods which were distributed at the Paniyeli area. The volunteers, along with faculty members, travelled to Paniyeli to distribute the collected items in the affected homes. They collaborated with local ward members of the panchayat to make sure that the distribution was as required. In addition to



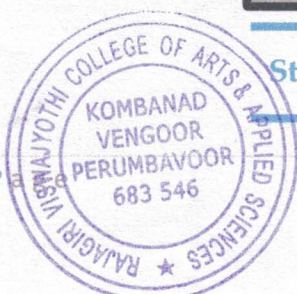
material support, the students conducted several awareness programs focusing on disaster preparedness and safety. They engaged in discussions with the community on long-term strategies for resilience against future floods. In the end, the student volunteers reported a heightened sense of community and connectedness. The awareness programme improved local understanding of disaster management principles, as it was noted down by the students. The experience gained from this initiative will serve as a valuable asset in future projects aimed at disaster response and recovery.



Poster of the event



Students distributing relief items at a home



PRINCIPAL
Rajagiri Viswajyothi College of
Arts & Applied Sciences
Vengoor, Perumbavoor-683 546