



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

An ISO 9001 : 2015 Certified Institution

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CRITERION 3

RESEARCH, INNOVATIONS AND EXTENSION

3.4 Extension Activities

2019-2024

Submitted to



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Rajagiri Viswajyothi College of Arts & Applied Sciences, Vengoor

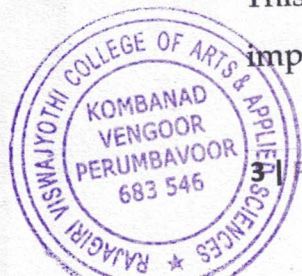
1. Food Safety: Kit Distribution

Programme Title	Food Safety: Kit Distribution
Organising Department/Cell	National Service Scheme
Date	07.09.2021
Nature of the Programme	Outreach
Venue	St. Thomas Orphanage

Report on the Event

On September 7, 2021, the National Service Scheme organized a commendable community welfare event at St. Thomas Orphanage with an aim to support and educate the orphanage's residents through the distribution of food kits and the promotion of food safety practices. Each food kit was carefully prepared, addressing both immediate nutritional requirements and promoting long-term health. This distribution was critical in providing the orphanage with necessary resources, thereby enhancing the quality of life for the residents. The food kits not only met their nutritional needs but also conveyed a sense of care and support from the broader community.

The programme also tried to raise awareness about food safety and proper nutrition. This educational component was designed to inform the residents about the importance of maintaining a healthy diet and adhering to hygiene standards. Through



interactive discussions and demonstrations, the community received valuable insights into effective food handling practices, meal planning, and the benefits of balanced nutrition. This awareness-raising effort was integral to fostering healthier habits and promoting a more informed approach to food safety. The distribution of food kits was conducted smoothly and efficiently. This was a highly impactful programme that achieved its dual objectives of providing essential nutritional support and enhancing community awareness about food safety. By combining practical assistance with educational outreach, the programme contributed significantly to the residents' well-being and equipped them with knowledge that will benefit them in the long run.



Poster of the Event



Students and teachers with kits to be distributed




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2. Cleaning Drive at Vengoor Panchayat Ward XII

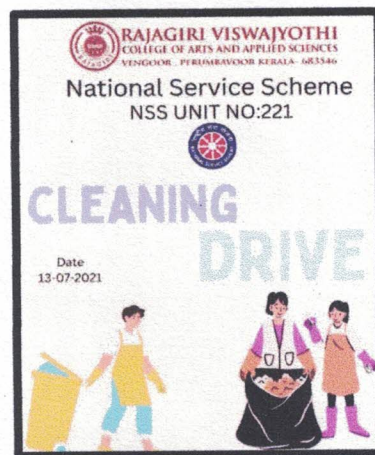
Programme Title	Cleaning Drive at Vengoor Panchayat Ward XII
Organising Department/Cell	National Service Scheme
Date	13.07.2021
Nature of the Programme	Outreach
Venue	Vengoor Panchayat

Report on the Event

On July 13, 2021, the National Service Scheme (NSS) organized Cleaning Drive in collaboration with Vengoor Panchayat. The Aim of the cleaning drive was to engage the community in a collective effort to clean and maintain public areas in Vengoor. By organizing this event, the NSS aimed to improve the local environment and instil a sense of shared responsibility among residents. The drive involved the thorough cleaning of streets, parks, and other public places, which significantly contributed to the enhancement of the area's overall appearance and sanitation. Participants were involved in activities such as collecting litter, clearing debris, and organizing waste, all of which played a crucial role in rejuvenating the community's public spaces.



In addition to the practical aspects of the cleaning drive, the event was also intended to raise awareness about environmental sustainability and the importance of maintaining clean public spaces. This awareness-raising component was designed to encourage residents to adopt and promote better waste management habits, ultimately leading to more sustainable and environmentally friendly practices. The thorough cleaning of public areas resulted in a visibly cleaner environment, which not only enhanced the aesthetic appeal of Vengoor but also contributed to a healthier living space for its residents. Additionally, the drive fostered a sense of collective responsibility and engagement among participants, who demonstrated their commitment to environmental sustainability through their active involvement. This engagement highlighted the effectiveness of community-driven initiatives in addressing local environmental issues.



Poster of the Event



Students cleaning the 12th ward of panchayat



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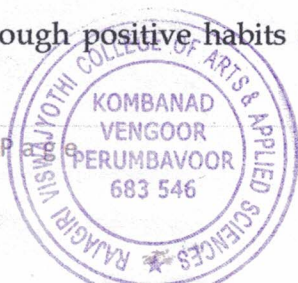
3. Say No to Drugs: Anti-Drug Awareness Programme

Programme Title	Say No to Drugs: Anti-Drug Awareness Programme
Organising Department/Cell	National Service Scheme
Date	26.07.2021
Nature of the Programme	Outreach
Venue	St Mary's Public School, Kuruppamady and Nearby

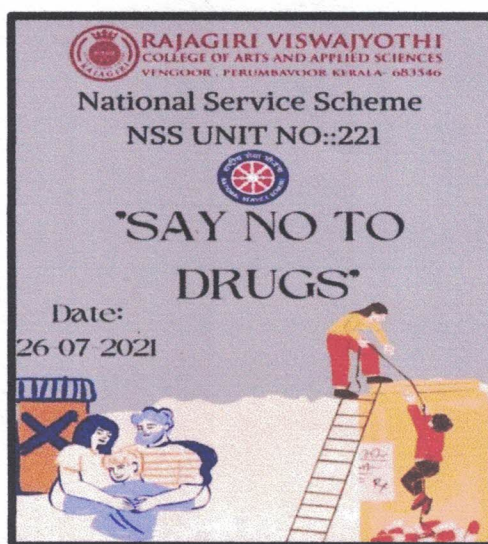
Report on the Event

On July 26, 2021, the National Service Scheme (NSS) conducted a programme to educate students about the dangers of drug abuse and promote healthy lifestyle choices. The event provided valuable information and resources aimed at educating students about the harmful consequences of drug use. Through presentations, discussions, and interactive sessions, participants learned about the physical, psychological, and social impacts of drug abuse. This knowledge was crucial in helping students understand the gravity of the issue and the importance of making informed choices to avoid drug use.

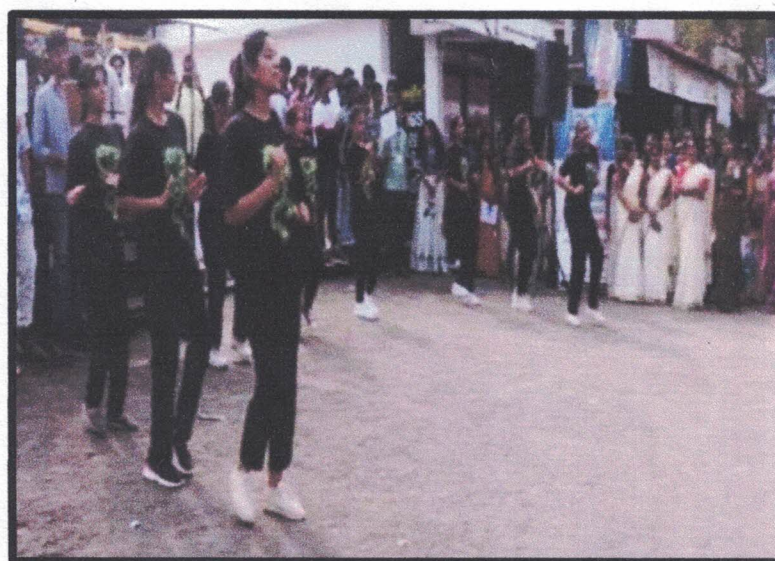
Another key objective of the programme was to promote healthy lifestyle choices and preventive measures against drug abuse. A flash mob was also part of the event. The initiative emphasized the importance of maintaining physical and mental well-being through positive habits and coping strategies. Students were encouraged to adopt



healthy lifestyle practices, seek support when needed, and utilize resources available for drug prevention. The programme included practical advice on managing stress, building resilience, and making healthy decisions, aimed at equipping students with tools to safeguard their health and well-being. Participants gained a clearer understanding of how drug abuse can affect various aspects of life, fostering a greater sense of responsibility and caution. Students demonstrated a heightened commitment to maintaining their physical and mental well-being, with increased engagement in discussions about healthy habits and coping strategies.



Poster of the Event



Flash mob during the programme





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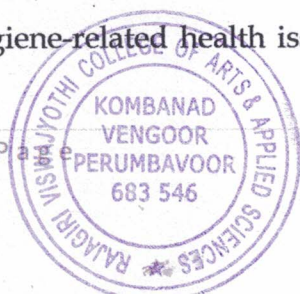
4. Distribution of Hygiene Kits to Local Residents

Programme Title	Distribution of Hygiene Kits to Local Residents
Organising Department/Cell	National Service Scheme
Date	08.09.2021
Nature of the Programme	Outreach
Venue	Vengoor Panchayat

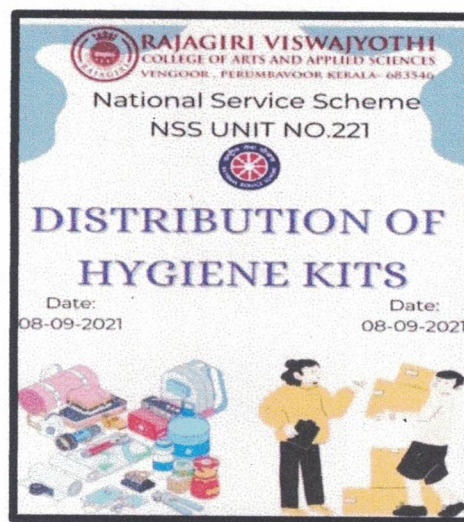
Report on the Event

On September 8, 2021, the National Service Scheme (NSS), in collaboration with the Public Health Centre of Vengoor, conducted a crucial extension activity focused on health and well-being. The event began with the preparation and organization of hygiene kits, which included items such as soap, hand sanitizers, toothpaste, toothbrushes, and sanitary products. The distribution process was designed to ensure that all local residents could benefit from these supplies. A total of 23 participants from the community received the kits, which were distributed over a two-hour period. The coordination with the Public Health Centre allowed for effective management and delivery of the kits.

The objectives of the programme were twofold. First, to provide essential hygiene supplies to local residents to promote better personal hygiene and reduce the risk of hygiene-related health issues. Second, to enhance community health awareness by



distributing these hygiene kits, thereby encouraging the adoption of effective hygiene practices. Additionally, the programme successfully raised awareness about the importance of proper hygiene. Through interactions during the distribution, residents were educated on effective hygiene practices and the role of these practices in preventing illnesses. The positive reception of the hygiene kits and the informative discussions held during the event contributed to an increased community understanding of hygiene's importance. Distribution of Hygiene Kits programme was a significant step towards improving the health and well-being of Vengoor's local residents.



Poster of the event



Student distributing a hygiene kit



Principal
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Perumbavoor 683 546



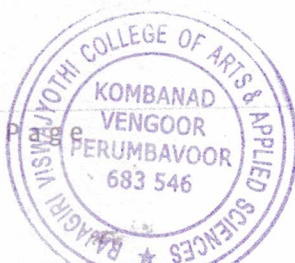
Rajagiri Viswajyothi College of Arts & Applied Sciences, Vengoor

5. Book Donation and Reading Drive

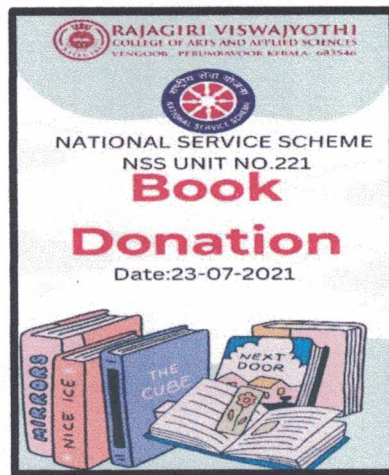
Programme Title	Book Donation and Reading Drive
Organising Department/Cell	National Service Scheme
Date	23.07.2021
Nature of the Programme	Extension
Venue	Agappe Orphanage

Report on the Event

On 23rd July 2021, the National Service Scheme (NSS) organized a Book Donation and Reading Drive Initiative in collaboration with Vengoor Public Library at Agappe Orphanage. The primary objective of the programme was to donate a diverse collection of books to the children at Agappe Orphanage. A number of sample books were already donated to the orphanage. By providing these educational resources, the NSS team aimed to enrich the children's learning environment and support their academic growth. The selection of books, curated in association with Vengoor Public Library, covered a wide range of subjects and genres, including literature, science and history. This variety was intended to cater to different interests and age groups, thereby broadening the children's exposure to various fields of knowledge and sparking their curiosity.



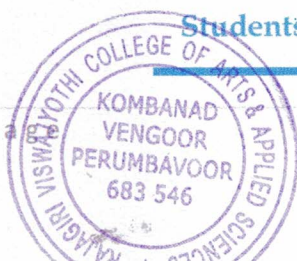
In addition to the book donation, the event featured a reading drive designed to engage the children in reading activities. The drive included storytelling sessions, group reading exercises, and interactive discussions about the books. These activities were tailored to encourage the children to actively participate and develop their reading skills. The presence of volunteers further enriched the experience, as they facilitated the sessions and provided guidance to the children who remained eager to learn. The diverse collection of books provided them with new opportunities to explore different subjects and genres, and would continue to contribute to their overall educational development.



Poster of the event



Students distributing sample books at Agappe





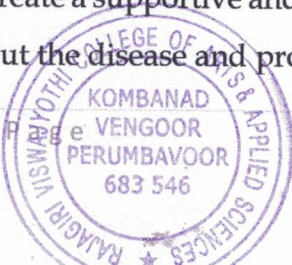
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6. Anti-AIDS Awareness Programme

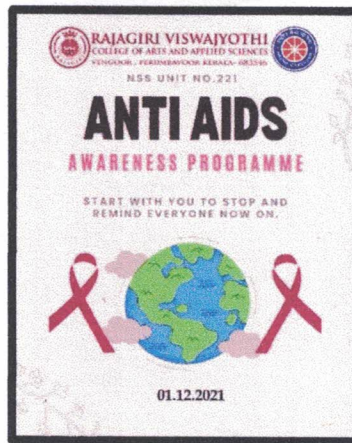
Programme Title	Anti-AIDS Awareness Programme
Organising Department/Cell	National Service Scheme
Date	01.12.2021
Nature of the Programme	Outreach
Venue	Vengoor Town

Report on the Event

The National Service Scheme of Rajagiri Viswajyothi College conducted an awareness session in Vengoor town. The programme staged a drama to address and inform the neighbourhood about HIV/AIDS. The programme also tried to create a friendly environment for those who were impacted by the disease in addition to increasing awareness. The objectives of the programme were twofold. Firstly, the initiative aimed to raise awareness about HIV/AIDS by using an engaging mime performance to educate the community about prevention, treatment, and the importance of early detection. By presenting critical information through an artistic and accessible medium, the programme intended to make the subject matter more relatable and impactful. Secondly, the event sought to combat stigma and misinformation surrounding HIV/AIDS. By addressing these issues directly, the programme aimed to create a supportive and informed environment, encouraging more open discussions about the disease and promoting public health education.



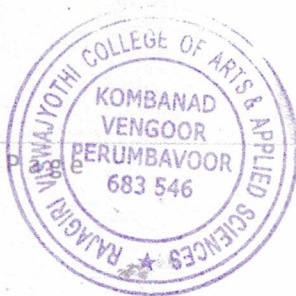
Drama was designed to effectively convey important messages about HIV/AIDS in a manner that was both engaging and educational. The performance depicted various scenarios related to prevention, treatment, and the social impact of HIV/AIDS, capturing the audience's attention and facilitating better understanding. The positive impact on community awareness and the supportive environment fostered by the programme highlights the importance of ongoing education and advocacy in the fight against HIV/AIDS.




Poster of the event



Volunteers in front of Mar Kauma Church, Vengoor




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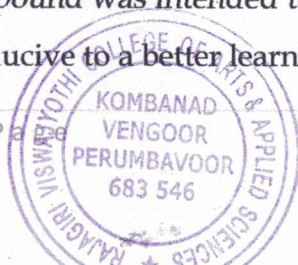
Rajagiri Viswajyothi College of Arts & Applied Sciences, Vengoor

7. Cleaning of St. Mary's School Compound

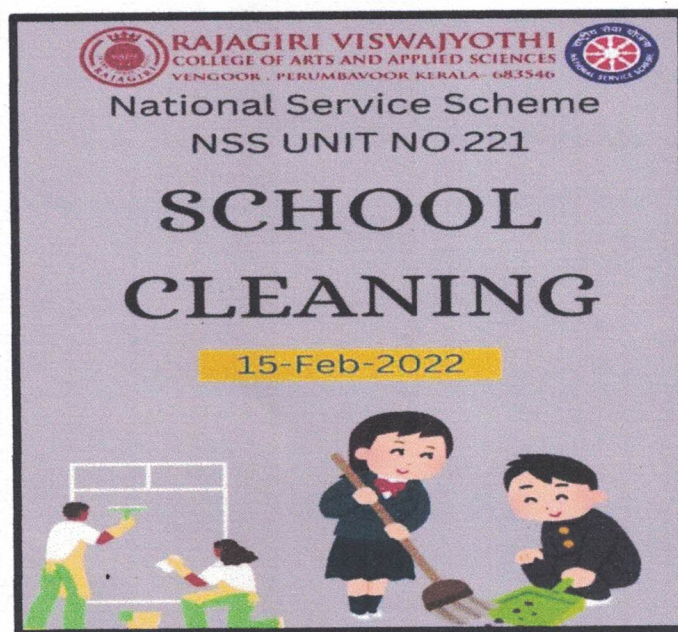
Programme Title	Cleaning of St. Mary's School Compound
Organising Department/Cell	National Service Scheme
Date	15.02.2022
Nature of the Programme	Outreach
Venue	St. Mary's School, Krariyeli

Report on the Event

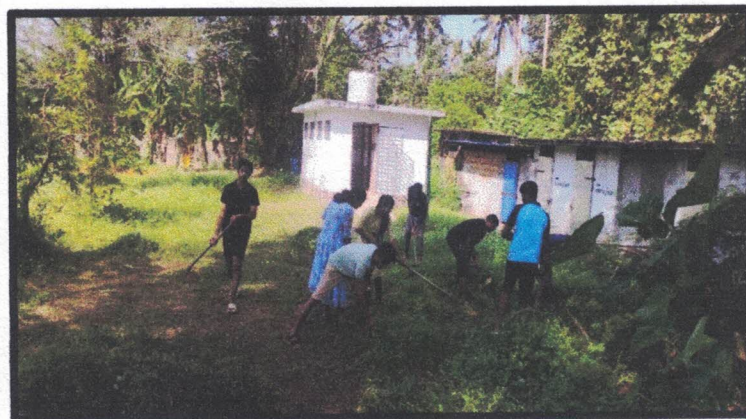
National Service Scheme (NSS) of Rajagiri Viswajyothi college conducted an extension activity as part of its commitment to environmental sustainability. This initiative focused on cleaning and enhancing the school environment at St. Mary's School in Krariyeli. The programme aimed to address cleanliness issues within the school compound and improve the overall hygiene and appearance of the facility. The programme aimed to clean and remove waste from the school compound. This objective was essential for addressing the problem of litter and debris that can accumulate in school grounds over time. By focusing on waste removal, the NSS sought to restore a cleaner and more organized environment for students and staff. Secondly, the programme aimed to enhance the overall appearance and hygiene of the school environment. Improving the cleanliness and visual appeal of the school compound was intended to create a more pleasant and health-conscious atmosphere conducive to a better learning experience.



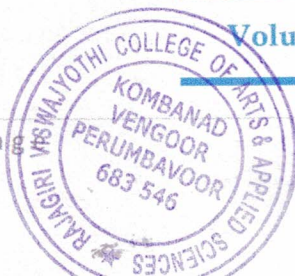
The team worked diligently to tackle various cleaning tasks, which included picking up litter, clearing debris, and properly disposing of waste. The programme was organized to cover different areas of the school compound, including classrooms, playgrounds, and surrounding grounds, to ensure comprehensive cleanliness. The programme successfully addressed immediate cleanliness issues and left the school in a much better condition, both visually and in terms of hygiene. This initiative not only provided immediate benefits but also underscored the importance of regular maintenance and care in promoting a sustainable and healthy community.



Poster of the event



Volunteers at work in the school compound





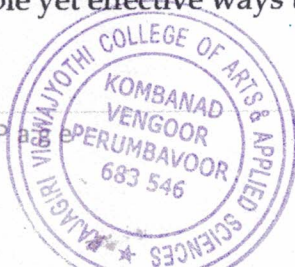
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8. Anti-Plastic Awareness Programme

Programme Title	Anti-Plastic Awareness Programme
Organising Department/Cell	National Service Scheme
Date	22.04.2022
Nature of the Programme	Outreach
Venue	Vengoor Panchayat

Report on the Event

The NSS unit of Rajagiri Viswajyothi College of Arts and Applied Sciences organized an impactful Plastic Awareness Programme, centred on educating the community about the harmful effects of plastic misuse. During the campaign, volunteers engaged in informative discussions with residents, highlighting how plastic waste disrupts ecological balance, contributes to air pollution, and poses risks to wildlife and human health. They emphasized the release of toxic substances from plastic into the atmosphere, exacerbating climate change, and the harmful effects of plastic leaching chemicals into soil and water sources. In addition to raising awareness, the campaign provided practical solutions to reduce plastic usage. Residents were encouraged to adopt sustainable practices such as using reusable cloth bags, avoiding single-use plastics, and segregating waste for recycling. These measures were presented as simple yet effective ways to mitigate plastic's environmental impacts.



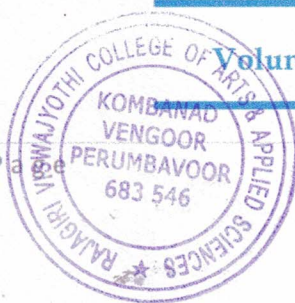
For the students involved, this initiative provided valuable experience in community outreach and environmental advocacy. Overall, the success of this initiative is evident in the increased environmental awareness among local residents and their commitment to sustainable habits. The NSS unit's efforts have not only educated the community but also instilled a sense of responsibility towards environmental conservation.

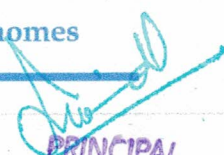


Poster of the event



Volunteers spreading awareness to homes




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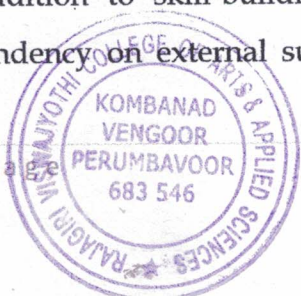
9. Training Camp on Mask and Sanitizer Making

Programme Title	Training Camp on Mask and Sanitizer Making
Organising Department/Cell	National Service Scheme
Date	11.11.2021
Nature of the Programme	Extension
Venue	RVCAS

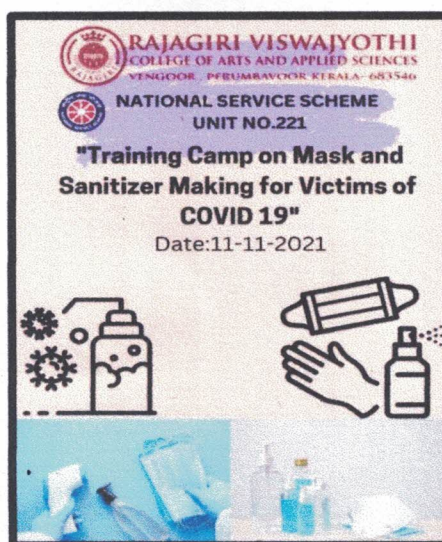
Report on the Event

On November 11, 2021, the National Service Scheme (NSS) organized a training camp on mask and sanitizer making. The primary objective of the training camp was to equip participants with practical skills for making masks and sanitizers. Given the high demand for these essential items during the pandemic, the NSS aimed to empower individuals by providing them with the knowledge and skills necessary to produce these items themselves. The session included detailed demonstrations on mask and sanitizer production, covering materials, techniques, and safety protocols. This hands-on training enabled participants to produce high-quality masks and sanitizers, thereby enhancing their ability to manage their own health needs and improve safety within their households.

In addition to skill-building, the training camp sought to reduce participants' dependency on external supplies. By learning to make masks and sanitizers, the



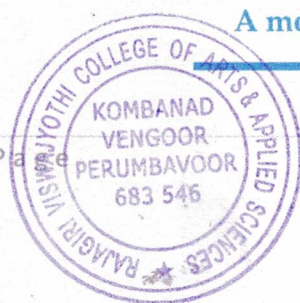
recipients were better prepared to handle their health and hygiene needs independently. This self-sufficiency not only reduced their reliance on commercial products but also provided a sense of empowerment and control over their health management. The provision of essential resources and knowledge aimed to improve the overall well-being of the participants and contribute to their resilience during the pandemic. The knowledge gained also helped participants feel more in control of their health and safety measures, contributing to improved mental and emotional resilience during a difficult time. The programme effectively demonstrated the value of community-based initiatives in providing practical support and fostering empowerment among individuals affected by COVID-19.



Poster of the event



A moment from the training programme



[Signature]
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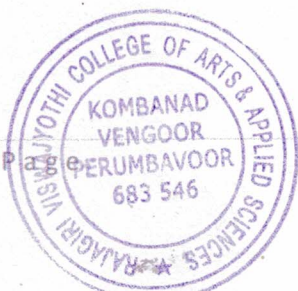
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10. Face Mask Distribution to Local Residents

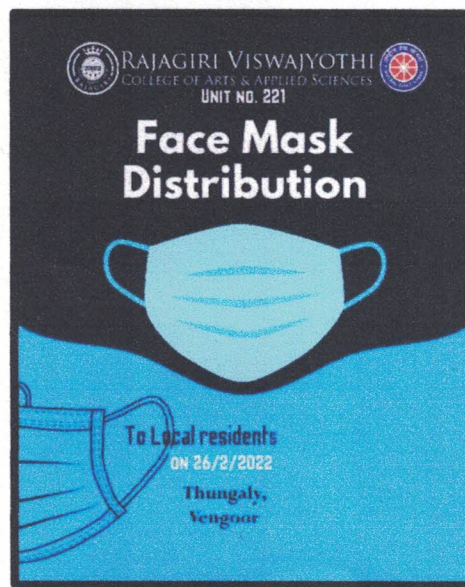
Programme Title	Face Mask Distribution to Local Residents
Organising Department/Cell	National Service Scheme
Date	26.02.2022
Nature of the Programme	Outreach
Venue	Thungali Junction and Nearby

Report on the Event

National Service Scheme (NSS) organized a face mask distribution" programme aimed at improving health and safety among the local residents of Thungali. The primary objective of the programme was to distribute face masks to the local community, thereby enhancing their protection against respiratory infections. Recognizing the critical role of face masks in preventing the spread of diseases, especially in densely populated or high-risk areas, the NSS team focused on providing high-quality masks to the residents. Each participant received a sufficient number of masks to use over an extended period, ensuring they were well-equipped to safeguard their health. This distribution was aimed at reducing the transmission of airborne pathogens and contributing to the overall public health strategy in the region.



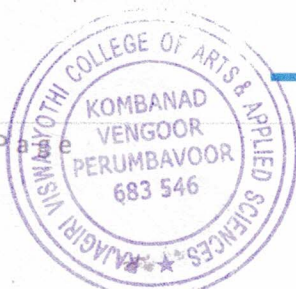
In addition to the distribution, the programme sought to raise awareness about the importance of wearing face masks as a preventive measure. To this end, the NSS team provided educational materials and engaged in discussions with the residents about the benefits of mask-wearing. Emphasis was placed on how masks can reduce the spread of infectious diseases and protect both individuals and the community. By addressing misconceptions and providing clear information, the programme aimed to foster a better understanding of health guidelines and encourage residents to adopt these practices consistently. The positive outcomes reflect the program's impact on improving health practices and ensuring the well-being of local residents.



Poster of the Event



Students going through the distribution





Rajagiri Viswajyothi College of Arts & Applied Sciences, Vengoor

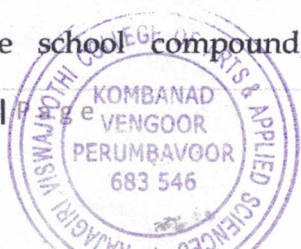
11. Cleaning at Government L P School, Koovappady

Programme Title	Cleaning at Government L P School, Koovappady
Organising Department/Cell	National Service Scheme
Date	28.12.2021
Nature of the Programme	Outreach
Venue	Government L P School, Koovappady

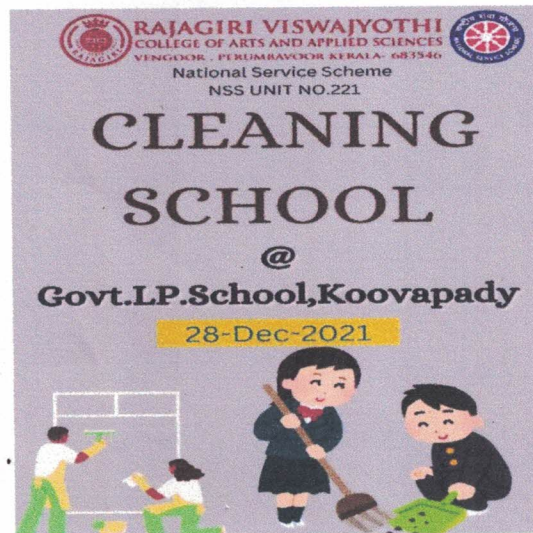
Report on the Event

In alignment with the principles of the National Service Scheme (NSS), the students of Rajagiri Viswajyothi College of Arts and Applied Sciences undertook a cleaning drive at Government L P School, Koovappady. This initiative aimed to promote environmental cleanliness and hygiene while fostering a sense of civic responsibility among students. The students were divided into teams, each assigned specific areas of the school premises to clean. Necessary cleaning materials such as brooms, dustpans, garbage bags, and disinfectants were procured early. After a brief orientation by NSS Programme Officer, the students commenced the cleaning work.

The teams began by cleaning the classrooms and corridors. They swept the floors, dusted the furniture, and wiped down surfaces to ensure a dust-free environment. The walls and blackboards were also cleaned, giving the classrooms a refreshed look. The school compound, including the playground, was thoroughly cleaned.



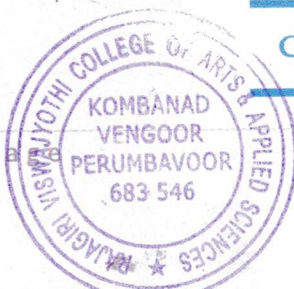
Volunteers removed litter, swept pathways, and trimmed overgrown bushes. Special attention was given to areas where waterlogging was observed, to prevent mosquito breeding. All collected waste was segregated into biodegradable and non-biodegradable categories. The biodegradable waste was disposed of in compost pits within the school premises, while non-biodegradable waste was collected for proper disposal by local waste management authorities. In addition to the cleaning activities, the students conducted a brief awareness session for the school children, emphasizing the importance of maintaining cleanliness. The session included demonstrations on proper waste disposal and handwashing techniques.



Poster of the Event



Cleaning process initiated by the students





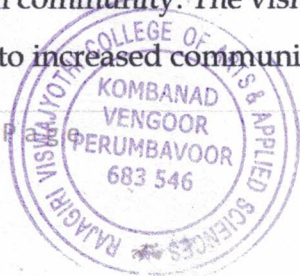
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12. Campaign Madhu: Mid-Day Meals to Vagrants at Kuruppampady

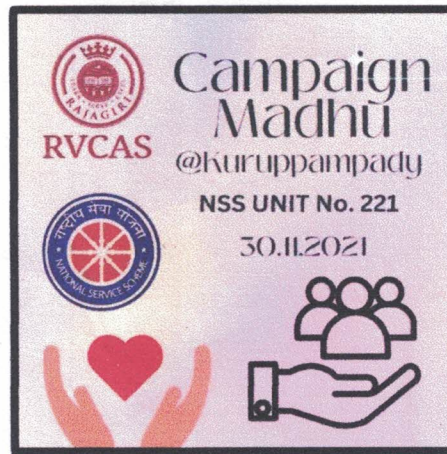
Programme Title	Campaign Madhu: Mid-Day Meals to Vagrants at Kuruppampady
Organising Department/Cell	National Service Scheme
Date	30.11.2021
Nature of the Programme	Outreach
Venue	Kuruppampady Jn and Near MGM School

Report on the Event

On November 30, 2021, the National Service Scheme (NSS) continued "Campaign Madhu," a social outreach initiative aimed at providing mid-day meals to vagrants in Kuruppampady. The NSS team, in collaboration with local food providers and volunteers, prepared a variety of wholesome dishes to ensure that the meals met essential nutritional standards. The meal preparation was conducted with a focus on hygiene and quality. During the event, 31 vagrants received the meals. In addition to providing immediate relief, the campaign aimed to raise social awareness about the challenges faced by vagrants. The outreach effort highlighted the issues of homelessness and hunger, drawing attention to the need for greater community support and involvement. By engaging with the vagrants directly and distributing meals, the campaign aimed to foster a sense of empathy and responsibility among the local community. The visibility of the initiative and the engagement with the vagrants led to increased community involvement and support.



The outreach not only provided immediate assistance but also contributed to a heightened awareness of the ongoing challenges faced by the homeless population. This increased awareness is crucial for fostering a more compassionate and proactive community response to issues of social welfare. In conclusion, "Campaign Madhu" was a successful and impactful programme that addressed both immediate and broader social needs. The positive outcomes of the campaign reflect the effectiveness of such initiatives in making a meaningful difference in the lives of underprivileged individuals and promoting a culture of support and awareness.



Poster of the event



Mid-day meals provided by students of NSS