



Estd: 1981
Sree Narayana College Chengannur

Alapuzha, Kerala

Aided College Affiliated to University of Kerala
(NAAC accredited with Grade B)



CRITERIA : 3

Research, Innovations and Extension

3.4 Extension Activities

2021-2022

3.4.1 Extension Activities carried out in the neighborhood community, sensitizing students to social issues, for their holistic development, and its impacts



1. Covid 19-Relief Activity - Covid Brigade

Sree Narayana College students participate in a project led by the District Collector for COVID relief under panchayath. Our volunteers are on duty from 6 am to noon and call centers have been set up to provide relief to those who are affected by the COVID epidemic. Each household was called and vaccinated. The elderly were given the opportunity to tell the Asha workers about their health conditions. They did field work and visited the containment zones and gave precise instructions to follow. Action was taken to collect the names of those who did not wear masks and those who walked unnecessarily in the containment zones. Vehicles passing through the containment zones were stopped, the vehicle number was noted and instructions were given to them. Food packages were prepared and distributed to those who are in need. NSS Volunteers went into each house and assessed the condition of the people, listened to everyone's problems and suggested solutions.



2. Palliative Care-Distribution of food packets and medicine

Palliative care is a specialized medical care for the people living with a serious illness. This type of care is focused on providing relief from the symptoms and stress of the illness. Palliative care is an interdisciplinary medical care giving approach aimed at optimizing quality of life and mitigating suffering among people with serious, complex illnesses. Engaging students in palliative care has a dual advantage. One is that their energy can be utilized for the benefit of patients with chronic disease. Another is that, inculcating the spirit of care can have a positive effect on the attitude of the students. The student palliative care unit is an initiative by the NSS unit (Unit No. 49 A & B) of SN College Chengannur. We are expressing our gratitude to Dr. Shaji A, Programme Coordinator, NSS, University of Kerala, Nishad Sir (NSS District Coordinator), Anzer Sir (State NSS officer) to provide students palliative care opportunity and the timely advice to complete this project. Student palliative care in our college had been inaugurated by our College Principal Ms. Sherin K. All the teachers and other staff of Sree Narayana College, Chengannur had supported to complete this project.



2.1 HOME VISITS

After unit, district and university level training our volunteers got the participant certificate and they formed a cell in our college for palliative care. In the NSS camp our cell organization members take an orientation class started by the volunteers. When we executed our plan into action we took ward 4, 2,3,8,1 of Cheriyanad Panchayat in Alappuzha for our project. From this ward we have selected the eligible persons and done our best to them. A small group of volunteers collect the

details of patients who must have the palliative care near to the college. The NSS volunteers (unit no: 49a&b) of our college have organized a palliative care program on 21st and 22nd December 2021, 2pm to 5:30pm. They are divided into two groups to interact with the patient's and bystanders home through this program. The spirit of palliative care can have a positive effect on the patients and on our team volunteers. The program was led by NSS volunteer Dhanya P S, Sreelekshmi, in the presence of volunteer secretary Avani Suseelan, Abin A and other volunteers .Then we got best support from our program officers Dr. Nishad .A & Smt. Bindu .VK, and the practical support and guidance were from Cheriyanad FHC Palliative nurse Bindu Udayakumar.



The main objective of SIP is to those under the tight grip of deadly disease, struggling with pain and living in a dark room is extended a helping hand and brought out into the light and the bedridden are supported and assisted by the members of the Students Initiative in Palliative Care Unit to relieve their troubles. On the 20th and 21st January 2022, we started the activity at 10:00am and the same day, we started our practical sessions from 1.30 pm to 5:30 pm. Our action team has done their job very happily and they all are excited to do this project as their own responsibility in the pandemic situation. Patients in the ward close to the college were given the high priority. We have completed this mission considering all the eligible families.



2.2 SUPPLY OF MEDICINES

The goal of palliative care is to relieve the suffering of patients and their families by comprehensive diagnosis and treatment. By engaging students in palliative care, their energy can be utilized for the benefit of patients with chronic disease and their participation will inculcate the spirit of care and positive effect. Student Palliative Care links the local palliative care units, which function in different parts of the local areas, by which students are becoming active volunteers in fund collection and home care. Our NSS Volunteers had promised to support the patients by selling products made by patients to raise the fund. For this our NSS Volunteers are planning to do the campaign in selected areas to spread the concept of helping palliative patients and the relevance of society to support the helpless patients.



The third group of volunteers prepared the medical facilities including medicines, diapers, stretching ball, stretching band etc., and the fourth group took the responsibility of preparing the food kit. Then the fifth group of volunteers had provided the transportation facilities, and the palliative care cell coordinators of our college, program officers, palliative care nurse, and Asha works had helped us to reach out to the patients. Another group of volunteers rechecked the data of palliative care patients and conducted the survey. Thereby we can understand the patient's situation and can suggest solutions to their problems. Through the survey palliative care volunteers got a better idea regarding the problems of the patients.

2.3 DISTRIBUTION OF FOOD KITS





2.4 COUNSELING FACILITIES PROVIDED

Our Palliative care volunteers provide the counseling facilities to the palliative patients. The volunteers who all got the university level and district level palliative care training had given the counseling to the palliative patients.





News Published in the news paper regarding SN College Chengannur NSS Volunteers

Palliative care activities

3. SEMINAR AND TRAINING ON FLOOD RELIEF



The NSS volunteers of Sree Narayana College Chengannur conducted a seminar and training on flood relief in associated with Kerala State Disaster Management Authority and Kerala State Fire and Rescue Service Chengannur unit on 3rd December 2021, at 10 am in the college auditorium. The seminar started with prayer. Anchoring was done by NSS volunteer Dhanya PS and then welcomes speech by NSS programme officer Dr Nishad A sir. Then one of our resource person

Hazard analysts of Kerala State Disaster Management Authority Smt. Anjaly Parameshwaran took a class about various types of disasters in our nearby flood affecting regions. And also says her experience at the time of flood in 2018. Then our other resource person station officer of the Fire and rescue office Chengannur Sri. Sunil Josheph took an interesting class about how to escape from disasters. He is especially concentrated on escaping from floods. Because flooding is the main problem in our region. Then he trained about how to make plastic safe jackets and other safeguard tools with plastic bottles and rope. NSS officer Dr Nishad sir distributed the endowment to the resources persons. After the training session vote of thanks by Avani. The seminar ended at 1 pm. Chengannur is one of the flood affected regions. So this seminar is very useful for the students.



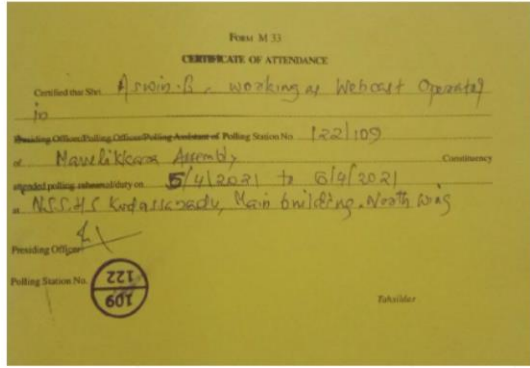
4. DISTRIBUTION OF FLOOD RELIEF MATERIALS

NSS volunteers collected flood relief materials and handed over the same at the collection center at Alappuzha Collectorate



5. Extension Activity- Kerala Legislative Assembly Election on April 5 & 6 2021

Aswin B. B.Com deputed as Web Casting Operator in Conduction of Kerala Legislative Assembly Election on April 5 & 6 2021

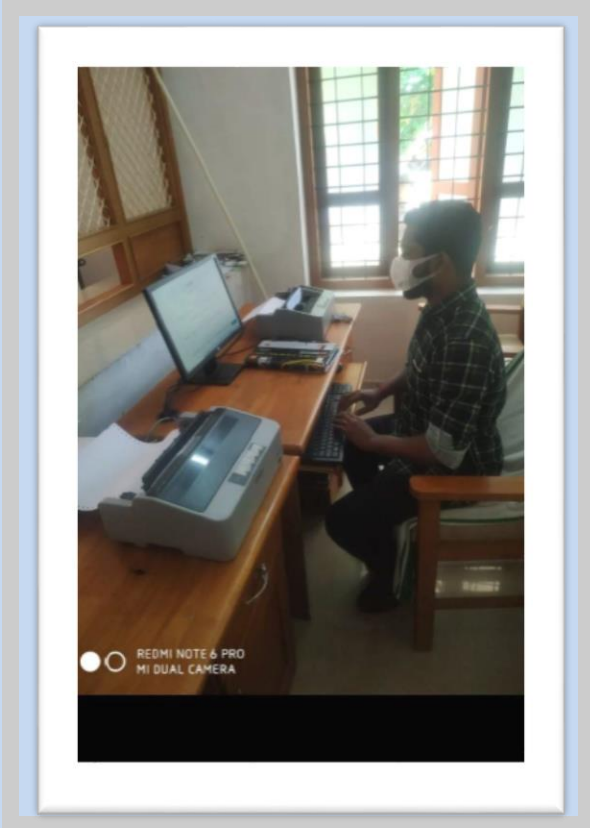


Form M 33
CERTIFICATE OF ATTENDANCE

Certified that Mr. Aswin B. working as Webcast Operator
is
Presiding Officer/Returning Officer/Presiding Assistant of Polling Station No. 122/109
of Naval Kona Assembly Constituency
attended polling administrative duty on 5/4/2021 to 6/4/2021
at N.S.H.C Kottayam, Main building, North Wing

Presiding Officer [Signature]
Polling Station No. 122/109





6. STAR (The Samoohika Sannadha Sena)-Covid 19

STAR under Alappuzha District Administration has achieved a grand total of 50000 day hours from a total deployment of 9000 volunteers in less than 4 months. This is a big and proud for Samoohika SannadhaSen volunteers of Alappuzha district who became the first in the state to obtain such achievement especially at the Covid 19 times.



