

BEST PRACTICE 2

TITLE OF THE PRACTICE: SAHAYOG - GASC RELIEF ACTIVITIES

PRACTICES

CONSTRUCTION OF HOUSE FOR THE POOR – ‘SNEHABHAVANAM’ PROJECT

Snehabhavanam is a project undertaken in 2021 as part of the Golden Jubilee of the Department of Economics. The initiative to build houses for two needy students as part of the Golden Jubilee of the Department stems from a profound commitment to address housing insecurity of two economically disadvantaged students of the Department. Recognizing this issue of housing insecurity being a significant challenge faced by many students from economically disadvantaged backgrounds, the Economics Department has undertaken the responsibility to provide stable housing for two deserving third year BA



Economics class who are economically backward and with strong academic record. The Economics Department constituted a committee to oversee the implementation of the project.



FUNDING DETAILS:

The funding for this project was sourced from various stakeholders, including teaching and non-teaching staff, students, former teachers, corporate sponsorships, alumni donations, and other fundraising initiatives organized by the Economics Department. Details given as follows:

Fundraising from College	10,00,000/-
From outside college	5,00,000/-
Through Local Committees	2,50,000/-
Through Voluntary work of various organizations.	2,50,000/-
Total amount	20,00,000/-

The 'Snehabhavanam' project was started on 17-01-2022 and the keys were handed over on 2nd April 2023. Timeline of the housing project was as follows: Preparation Phase: 2 months, Construction Phase: 10 months and Finalization and Handover: 1 month.



The committee maintained transparent communication with stakeholders throughout the project. The neighbouring community and various student groups volunteered throughout the construction. Upon completion, a final inspection of the houses was conducted before handing it over. The construction is a noble endeavour aimed at addressing housing insecurity and promoting better learning facilities among economically disadvantaged students. The project will positively impact the lives of the selected students and serve as a testament to the college's commitment to social responsibility. The successful execution of the project highlights the importance of collective action in addressing social challenges. The key of the second house has not yet been handed over. Currently it is in its final stages of construction. The second project is also completed in April 2024.



The retired teachers association 'AVIRAMAM' handed over an amount of Rs. 50,000/ towards Snehabhavanam project.

FOOD FEST CONDUCTED BY STUDENTS OF ECONOMICS DEPARTMENT FOR RAISING FUND FOR SNEHABHABAVANAM ON 20.10.2022

On October 20, 2022, the Economics Department organized a food festival with a purpose of fundraising for Snehabhavanam. The event was a blend of culinary delights. The funds raised during the festival served as a testament to their dedication towards supporting their fellow students in need, ensuring Snehabhavanam's mission.



FUND COLLECTION FOR HOUSE PROJECT OF NSS KOZHIKODE DISTRICT CELL

College NSS unit Organized major fund collection in Kozhikode town for the House Project of district NSS cell. Twenty students participated in the program and collected more than 15000/- rupees.



IRUPATHMURI REHABILITATION PROJECT

The *Irupathmuri* rehabilitation project may be considered to be one of the most commendable social projects undertaken by Govt. Arts and Science College Calicut. It pertains to the incessant measures pursued by the college officials in ensuring a proper rehabilitation to the residents in the twenty houses (*irupathmuri*) that existed in the central region of the college compound. As per G.O.No.372/08/Rev. dtd 01.11.2008, a land area of 45 cents in the southeastern part of the college compound was deposited in Kerala State Land Bank (KSLB) for the purpose of relocating the families.

A significant step towards the implementation of the project was initiated in the meeting convened by the Minister for Higher Education on 14.05.2014 in the presence of the Minister for Panchayats and Social Justice, wherein the execution of the work was entrusted to Kerala State Nirmithi Kendra, an accredited agency. It was also decided to utilize the Legislative Assembly Constituency Asset Development Fund (LAC ADF) to meet with the cost of the project.

The Kerala State Nirmithi Kendra officially commenced the work on 20.01.2017 and completed the work in different phases. The project was officially inaugurated on 30/01/2021. Throughout this period, the principal of this college remained the drawing and disbursing officer of the amount from Additional Sub Treasury Kozhikode.



Irupathumuri old homes



Irupathumuri new flat

LAND DONATION TOWARDS MEENCHANDA-ULLISSERIKKUNNU ROAD

There has been a decade-long desire among the public to construct a road from the Meenchanda-Ramanattukara highway to the Ullisserikkunnu-Thiruvachira-Payyanattu Padam areas. Addressing this urgent need, a meeting was convened with public representatives and college officials in the presence of the Honourable PWD Minister Sri Abdul Riyas and Port Minister Sri Ahammed Devarkovil. During the meeting, the college expressed the willingness to provide sufficient land for the road's construction. It was decided to acquire the necessary land from the college for this purpose, and the road will also serve as the approach road to the proposed college stadium.

മിഞ്ചന്ത ഉള്ളിലേരിക്കുന്നത് റോഡ് ഉടൻ

ഫറോക്ക്

മിഞ്ചന്ത ഹൈവേയിൽനിന്ന് ഉള്ളിലേരിക്കുന്നത്, തിരുവച്ചിറ, പയ്യന്നൂർ പാടം ഭാഗങ്ങളിലേക്ക് വാഹന ഗതാഗതത്തിന് സൗകര്യപ്രദമായ റോഡ് നിർമ്മിക്കാനുള്ള അടിയന്തര നടപടി സ്വീകരിക്കാൻ തീരുമാനം. പൊതുമരാമത്ത് മന്ത്രി പി എ മുഹമ്മദ് റിയാസ്, തുറമുഖ മന്ത്രി അഹമ്മദ് ദേവർ കോവിൽ എന്നിവർ നടത്തിയ ചർച്ചയിലാണ് തീരുമാനം.



മിഞ്ചന്ത ഉള്ളിലേരിക്കുന്നത് റോഡ് വിഷയം ചർച്ചചെയ്താണ് മുൻനിരക്കായ പി എ മുഹമ്മദ് റിയാസ്, അഹമ്മദ് ദേവർ കോവിൽ എന്നിവരുടെ നേതൃത്വത്തിൽ നടന്ന യോഗം

പതിറ്റാണ്ടുകളായുള്ള ജനങ്ങളുടെ ആവശ്യമാണ് മിഞ്ചന്ത രാമനാട്ടുകര പാതയിൽ നിന്ന് ഉള്ളിലേരിക്കുന്നത് ഭാഗത്തേക്ക് വാഹന സഞ്ചാരമുള്ള റോഡ്. മിഞ്ചന്ത ആർട്സ് കോളേജിന്റെ സ്ഥലമാണ് റോഡിനായി വിട്ടുകിട്ടേണ്ടത്. ഇത് സാങ്കേതികക്കുരുക്കിന്റേപ്പുട്ട് അനന്തമായി നിർമ്മിക്കാൻ ജനങ്ങൾ ആക്ഷൻ കമ്മിറ്റി രൂപീകരിച്ച് മന്ത്രി മുഹമ്മദ് റിയാസിന് നിവേദനം നൽകിയിരുന്നു. ഇതേ തുടർന്നാണ് കമ്മിറ്റി രാമവാഹി

കൾ, കോളേജ് അധികൃതർ എന്നിവരുടെ യോഗം വിളിച്ചത്. ഉന്നതവിദ്യാഭ്യാസ വകുപ്പിന് കീഴിലുള്ള കോളേജ് ഭൂമി റോഡിനായി വിട്ടുകിട്ടാനായി വകുപ്പുമന്ത്രിമാരുമായി ഉടൻ ചർച്ച നടത്തും. സ്ഥലം വിട്ടുനൽകാൻ കോളേജ് അധികൃതർ സന്നദ്ധത പ്രകടിപ്പിച്ചിട്ടുണ്ട്. ഇതനുസരിച്ചുള്ള വിവരങ്ങൾ വകുപ്പിനെ കോളേജ് അധികൃതർ ധരിപ്പിക്കും.

റോഡിന് വിട്ടുനൽകുന്ന സ്ഥലത്തോട് ചേർന്ന് കോളേജിന് സ്റ്റേഡിയം പണിയാനാണ് ആലോചന. കോർപ്പറേഷൻ ആരോഗ്യ സ്റ്റാൻഡിങ് കമ്മിറ്റി ചെയർപേഴ്സൺ ഡോ. ജയശ്രീ, കൗൺസിലർമാരായ ടി കെ ഷൈലിന, രമ്യ സന്തോഷ്, കോളേജ് പ്രിൻസിപ്പൽ ഡോ. എടക്കോട്ട് ഷാജി, ഡോ. ടി എ ആനന്ദ്

ഡോ. പി കെ ദിനേഷ്, ഡോ. അരുൺ, എം രജീവൻ, അബ്ദുൾ റിയാസ്, സിപിഐ എം ലോക്കൽ സെക്രട്ടറി ശ്രീരഞ്ജ്, ലോക്കൽ കമ്മിറ്റി അംഗം കെ പി എ ഹാഷിം, ആക്ഷൻ കമ്മിറ്റി രാമവാഹികളായ കി റുബീസ്, ചെയർമാൻ കെ പി അഹമ്മദ് കോയ, തിരുവച്ചിറ മോഹൻദാസ് എന്നിവർ ചർച്ചയിൽ പങ്കെടുത്തു.

PAIN AND PALLIATIVE CARE UNIT (PCU)

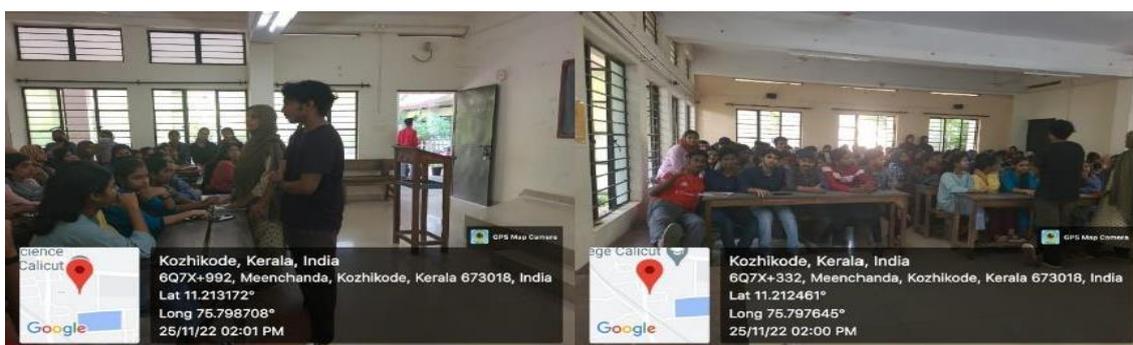
The palliative care unit (PCU) was started in the college in the year 2007. Dr. P.G. Usha and Dr. P. Shylaja Kumari of the Department of Zoology, were the first coordinators of the unit. Initially the PCU was given all guidance and directions by the Institute of Palliative Medicine (IPM), Medical College, Kozhikode. A large number of students underwent basic training in palliative care in subsequent years. Different programs were organized by the unit over the years, which included Exhibition cum Sale of Products prepared by bedridden patients, the 1010 Programme, observance of Palliative Care Day etc. The following practices have been conducted by the unit since its inception:

Formation of New Unit:

Every year the college forms a new unit for the smooth conduct of the programme. The unit consists of a teacher coordinator, a few teacher members, two student coordinators and a student representative from each class and a group of students from first year and second year UG.



A meeting of all first-year volunteers was conducted at SG-17 at 1 p.m. and coordinators were selected from each department on 25.11.2022. The student coordinator gave a brief introduction on the activities of the Pain and Palliative Unit of the college. Twenty volunteers were selected from first year UG to participate in the Orientation program conducted on 4.12.2022 by DAYA Pain and Palliative Unit Areekad.



ORIENTATION PROGRAMME FOR NEW VOLUNTEERS

Every year we select a group of students from first year UG and arrange an orientation class for them. Eminent personalities in the field are invited for the motivation classes.



An Orientation Programme was organized for the newly enrolled volunteers on 4.10.2019 at 2 p.m. at Chemilion. The resource person from IPMK, Mr. Sathyan handled the session. 45 students attended the programme.



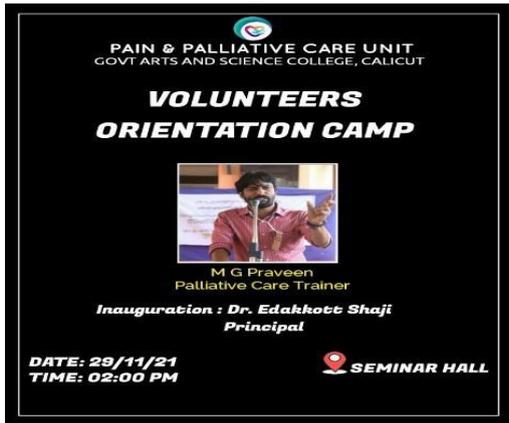


SAMVEDANAM TRAINING CAMP

40 volunteers attended a basic training programme, named “Samvedanam”, recognized by WHO, which was held on 26.10.2019 at IPMK. Certificates were issued to the participants.



The orientation class for second year volunteers for the year 2021-22 was held on 29.11.2021 in the seminar hall. The Principal inaugurated the function. Palliative care trainer Mr. Praveen M.G engaged a very effective class on palliative care. Another orientation class was arranged for the new volunteers from first year classes on 14.1.2022.



An orientation program for the volunteers for the year 2022-23 was conducted on 19.8.2022, 2.30 p.m. at the Seminar Hall in collaboration with DAYA Palliative centre, Areekad, Kozhikode. The Principal, Dr. Edakkott Shaji inaugurated the function and the program was presided over by Mr. Adam, General secretary of DAYA. A talk was given by Mr. Yoonus C. P., teacher and trainer of Velimukku Palliative Unit on the topic Awareness of Pain and Palliative Unit. Anoop Paravannur, Assistant Professor, MES College, trainer and counsellor of Malappuram Palliative Unit.

Orientation program for first year UG volunteers was conducted by DAYA Palliative Unit Areekad on 4.12.2022 at NOORJAS house, Areekad. Twenty volunteers participated. Sri. Majeed, Chairman of KIP Kozhikode engaged an effective class on Palliative Care.

The volunteers attended a Workshop on Palliative Care organized by Daya Palliative, Areekad on 27.12.2022.



A Basic Training Camp was conducted in Palliative Care at the Institute of Palliative Medicine, Calicut Medical College, as the volunteers of Palliative Care require practical training sessions. This is being done regularly in association with the Institute of Palliative Medicine, Calicut Medical College.



HOME CARE VISIT & OLD AGE HOME VISIT

The volunteers make Home Care Visit on a regular basis as most of the patients who require palliative care are bedridden.



32 students escorted by the coordinator visited the old age home Snehatheeram, at Kodambuzha, Farook college on 20.10.2022. Mr.Sidheek, President of Snehatheeram,

addressed the students and gave awareness on the importance of caring for parents and the activities of old age homes.

Cake cutting and cultural programs were arranged by students for inmates and an amount collected from the campus on World Palliative Day was donated to them.



BEACH VISIT OF PATIENTS OF THANAL-IQRAAH PALLIATIVE CARE UNIT

15 volunteers of the college participated and supported the patients for their gathering at Calicut beach on 24.11.2022 from 4 pm to 6 pm.

An Orientation Program for First year UG volunteers of the Pain and Palliative Care Unit was conducted at IPM Kozhikode on 1.2.2023. Mr.Saif Mohammed engaged a class on palliative care and its importance in the society. Students cooperated with the organisation of Curios Carnival conducted at IPM Kozhikode on 17,18 and 19th February 2023.

OBSERVANCE OF WORLD PALLIATIVE DAY, MENTAL HEALTH DAY & HOSPICES DAY

These days are observed every year. Eminent personalities and experts in the field give talks to students on these days.

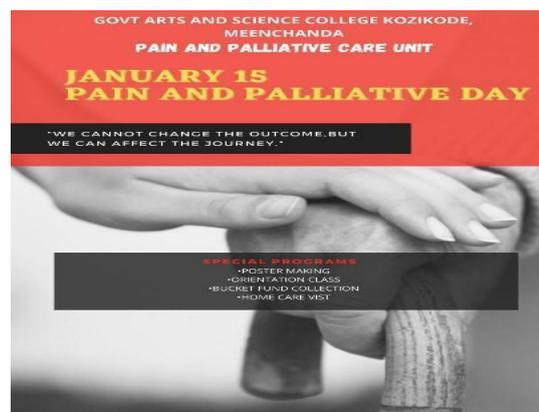
In connection with World Mental Health Day, a team of volunteers visited the house of Mr. Chandran, Nallur, Feroke on 10.10.2019 and handed over a sum of Rs. 1500/- towards the treatment of his mentally disabled daughter.



World Mental Health Day is observed on the campus in collaboration with IQRAA - THANAL on 10.10 2022. The Vice Principal and HoD of Hindi, Dr.Mini E, HoD of Chemistry and former coordinator of Pain and Palliative Care Unit, Dr. Muneer C P., and the current coordinator of the Pain and Palliative Care Unit, Dr Shaniba V, gave awareness on the importance of anti-drug campaigning in the present scenario. Campaigning against drugs was done on the campus by Poster Presentation in collaboration with the students wing of IQRAA - THANAL. 13 volunteers distributed awareness notices against drugs in Ramanattukara.

Every year Palliative Care Day is observed in the college and talks by experts of the field are arranged to inculcate understanding and awareness of palliative care principles, practices, and the importance of compassionate end-of-life care.

World Palliative Day was observed on October 9. Various competitions were organized among students of different departments on the occasion. The volunteers attended the volunteers meet organized by Daya Palliative Care, Areekkad on 10.10.2022, in connection with World Palliative Care Day.



Palliative Care Day was observed on January 15 by the unit. The volunteers attended the programme organized by Daya Palliative Care, Areekkad and participated in the Home Care Visit. The volunteers also participated in the **Message Rally** organized on the same day. A **pledge** was taken on the occasion.



Fund collected by PCU volunteers from the students, teaching and non teaching staff related to World Pain and Palliative Care Day on October 7 from 11.30 pm to 12.30 pm. Fundraising was inaugurated by the Principal in Charge, Mr.Ravi P., Associate Professor and HoD of Malayalam. Posters related to the theme of World Pain and Palliative Care Day 2022, “Healing Hearts and Communities” were displayed on the notice boards in various blocks in the college.

INTERACTIVE SESSIONS WITH EXPERTS IN THE FIELD

Such sessions are arranged every year to empower students to become the advocates of Palliative Care by raising awareness, promoting understanding, challenging stigma, and misconceptions, and influencing policy, practice, and public opinion.

SUPPORT TO BED-RIDDEN PARENTS

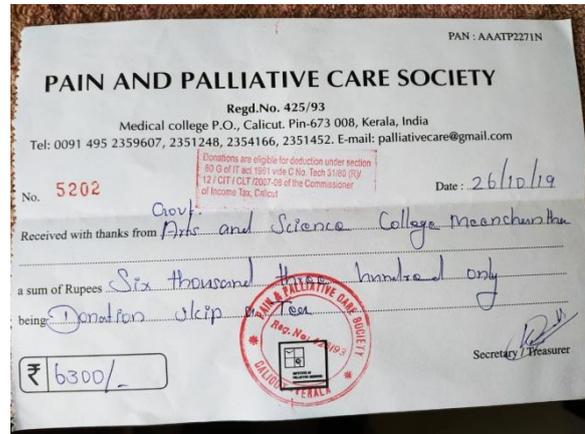
The unit conducts socio-economic surveys among the students of first UG and PG classes to identify bed-ridden patients among their parents, and they provide financial and other support to the identified parents.

SKIP A TEA AND EASE A LIFE- FUNDRAISING CAMPAIGN FOR CANCER PATIENTS OF IPMK

Under the aegis of the Pain and Palliative Care Unit, a charity fund is collected from students and staff of the college in various months, for the treatment of cancer patients of the Institute of Palliative Medicine, Kozhikode. The collected amount is handed over to IPMK.



In the year 2019-20, an amount of Rs. 6300/- was handed over to IPMK on 26.10.2019 as Charity Fund.



PREPARATION OF BLOOD GROUP DIRECTORY

The unit prepares the blood group directory of the students of the college.

ORGANIZING HEALTH CHECK-UP, MEDICAL AND EYE TESTCAMPS

Camps including health check-up, blood donation etc. are organized in association with various hospitals and NGOs in the field. In association with Aster MIMS, a free health check-up campaign was organized for students and staff on 7.10.2022. Many students and staff utilized the facility.



As part of the Health Awareness Program, an Eye Test Camp and an awareness class were conducted for the campus community on 29th and 30th October 2019. Around 600 people including students and staff utilised this opportunity. It was organised in association with Mayo Clinic Kozhikode. Serious cases were recommended for further check-up.



12 students participated as volunteers in the Onam celebration conducted for the Patients of IQRAA -THANAL on 3.9.2022 at Eranhipalam.

A family get together of Community Palliative Care Society Malaparamba was conducted at Sarovaram Biopark on 10.1.2023. Twenty-two students of the unit participated as volunteers. They also participated in the cultural programmes conducted for the patients. The coordinator wholeheartedly appreciated the students for their activities.

കൂട്ടുംബ സംഗമം
കമ്മ്യൂണിറ്റി പാലിയേറ്റീവ് കെയർ സൊസൈറ്റി
Malaparamba/Chevayur
Civil Station P. O., Kozhikode




നീണ്ട മൂന്നുവർഷത്തെ ഇടവേളക്ക് ശേഷം ഈ വരുന്ന ചൊവ്വ (10/01/23)ന് നാലുതോളം കിടപ്പ് രോഗികളും അവരുടെ കുടുംബവുമൊത്ത് "സ്വപ്ന നഗരിയിൽ"നമ്മൾ ഒത്തുകൂടുന്നു. എല്ലാവരും പിരിമുറുക്കങ്ങൾക്കും അവധിക്കൊടുത്ത് എന്തെന്നും ഓർത്തടുക്കാൻ ഒരു ദിനം. എവർക്കും സ്വാഗതം Govt. Arts and Science കോളേജിന്റെ കൂട്ടികൾക്കൊരുതാങ്ങായി കൂടെയുണ്ട്.

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FUNDRAISING PROGRAMMES

The unit organises various programmes like Cake Fest, Biryani Challenge, One Rupee Challenge to raise funds to assist the needy.

PCU volunteers associated with Institute of Palliative Medicine, Calicut Medical College in the fund-raising campaign named Cake Fest, held in December 2022. Hundreds of cakes costing about Rs. 30000/- were purchased and distributed on the campus among students and teachers.



A fundraising campaign was organized to support the treatment of Aswin M Mohan, a UG student of IHRD College, Vazhakkad. An amount of Rs. 9271/- was handed over to his classmates by the Principal.



An amount of Rs. 2000/- was given to Mr. Thanakai Velavan, a person with multiple disorders, for his treatment.

A Fund Collection for Community Palliative Care Society was done at the Beach Flower Show on 29.1.2023.



SUPPORTING PATIENTS TO EARN LIVELIHOOD

Smt. Reeja, an active palliative volunteer on wheelchair, of Sparsam Palliative, Mukkam came to the campus to sell out paper pens made by palliative patients and to participate in an interactive session with the volunteers on 1.2.2019. The program was inaugurated by the Principal. About 500 pens were sold out.



Pain and Palliative care unit stall was set up in the Biodiversity Congress conducted at Govt.Arts and science college Calicut on 18, 19 and 20 February. The stall aimed at making the local people aware of the activities of the Pain and Palliative Care Unit. The products of Kerala Blind Federation Unit, Cheruvannur were sold in the stall and the amount was transferred to Kerala Blind Federation. A part of the fund collected from the campus and from the stall was handed over to Daya Palliative Unit, Areekad.

BLOOD DONATION DRIVES

Blood donation awareness program

During the covid pandemic period, there was an acute shortage of blood in the blood banks of various hospitals. Considering the situation, the NSS unit organized a blood donation awareness program and blood donation camp in association with Kottaparamb Govt Hospital.



ആർട്സ് കോളേജ് NSS യൂണിറ്റും കോട്ടപ്പറമ്പ്
ആശുപത്രിയുടെ രക്തബാങ്കും സംയുക്തമായി

BLOOD DONATION AWARENESS PROGRAMME

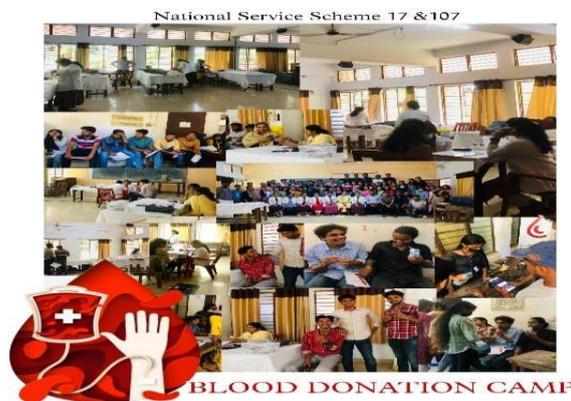
സംഘടിപ്പിക്കുന്നു

തിയതി - 16-4-2021 | സമയം

10.30AM (ഗൂഗിൾ MEET)

19-4-21 നു ആശുപത്രിയിൽ വെച്ച് NSS യൂണിറ്റ് സംഘടിപ്പിക്കുന്ന ഘോഷ
സാഹസങ്ങൾ ക്യാമ്പിൽ പങ്കെടുക്കാൻ ആഗ്രഹിക്കുന്നവർ മുൻകൂട്ടി പോൾ രജിസ്റ്റർ
പൊതുക്ക.

The NSS Units of the college in association with *Chiraku Charitable Trust* and *Meitra Hospital Calicut* conducted a Blood Donation Camp on the occasion of World Heart Day. The camp held in the college on 29.09.2022 from 10.00 am to 3.00 pm was a huge success owing to the participation of students, teachers and non-teaching staff, who selflessly joined the noble cause. Out of 99 registrations, 55 donated blood and made a vital contribution towards community service.





GOVT. ARTS & SCIENCE COLLEGE CALICUT

BLOOD DONATION CAMP

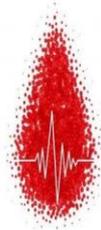
DATE: 16/12/2021
TIME: 9AM to 1PM

VENUE: GOVT. ARTS & SCIENCE COLLEGE CALICUT

Excuses never save a life, Blood donation does...

GOVT ARTS AND SCIENCE COLLEGE CALICUT

WORLD BLOOD DONOR DAY



"GIVE BLOOD AND KEEP THE WORLD BEATING"

PAIN AND PALLIATIVE CARE UNIT

GOVT ARTS AND SCIENCE COLLEGE CALICUT

Blood Directory

Donate your blood for a reason, let the reason be life

PAIN AND PALLIATIVE CARE UNIT



Blood donation camp

DISASTER MANAGEMENT

The staff, students and other stakeholders engaged in efforts to alleviate the suffering people during the flood that affected Kerala in 2018 and 2019 and during the COVID pandemic period. The college acted as a flood relief centre, provided food, clothes and other essentials to the inmates of relief camps, participated in the Rebuilding Kerala Movement, provided financial assistance to the affected students, offered mobile phones and recharge coupons during COVID pandemic period. All the staff members contributed two days' salary and their Onam Festival Allowance towards the CM's Relief Fund. Some of the faculty members contributed one month's salary towards the fund. PTA utilized an amount of Rs. 5 lakh in flood relief activities.

FLOOD RELIEF INITIATIVE: REBUILDING TOGETHER

FLOOD RELIEF CAMP

During the 2018 flood that affected Kerala, the Government Arts & Science College served as flood relief camp. The college provided shelter to around 3,000 people from 550 families from various locations, including Mundappuram, Vattamcheri Parambu, Aramkuniparambu, Thachilottu Parambu, Panangattu Madam, Mekkayil, Thazhathiyil, Kunnathiyil, Kizhuvanappadam, Poolakkadavu, Chalatty, and Niranilam. Separate shelters were arranged for ladies and gents. All the toilets, classrooms, auditorium, canteen, and other facilities were made available to the camp inmates. All stakeholders of the college unanimously worked together to ensure the safety, security, and welfare of the camp residents. This initiative was highly appreciated by government bodies and the media.





KAITHANGU – SUPPORT TO STUDENTS

The National Cadet Corps (NCC) and National Service Scheme (NSS) cadets of the college embarked on a noble initiative to alleviate the suffering of flood victims who had lost their belongings in the devastating flood. With unwavering dedication, they mobilized the college community, including both staff and students, to contribute essential educational aids such as notebooks, pens, and pencils. This effort aimed at providing physical and mental support to those grappling with the aftermath of the natural disaster. Collaborating closely with Daya Charitable Trust, Areekkad, the cadets facilitated the distribution of supplies on August 31, 2019. A total of 55 students actively participated in this commendable flood relief campaign, demonstrating the power of collective compassion and solidarity in times of adversity.



കൈത്താങ്ങ്

പ്രളയം കവർന്നെടുത്ത
പഠനോപകരണങ്ങൾ
ദുരിതമുഖത്തെ
വിദ്യാർത്ഥികൾക്ക് തിരിച്ചു
നൽകുന്നു.



ശേഖരിക്കുന്നവ : നോട്ടുബുക്ക്, പേന, പെൻസിൽ

Venue : Portico
19/07/2019 (Monday)

Palliative Unit GASC



FLOOD RELIEF CAMPAIGN

The floods that struck Kerala in 2018 & 2019 had a devastating impact on the state, its people, economy, infrastructure, and environment. Hundreds of people lost their lives, and millions were displaced from their homes. Huge damage occurred to infrastructure like roads, buildings, bridges and so on. Industries like agriculture,



tourism etc. were shattered. All students and staff of the college wholeheartedly offered a helping hand to the people who have incurred loss in the flood. All the staff members contributed two days' salary and their Onam Festival Allowance towards the CM's Relief Fund. Further, many of them contributed their one-month's salary towards the fund. Students of all departments participated in the relief campaign in the aftermath of the floods. They contributed money and basic entities to the needy. The students and teachers supplied provisions in the flood relief camp and helped those affected in cleaning their houses, rewiring of electrical connections and so on.

Students and teachers donated generously towards the Flood Relief Fund of the Chief Minister. In addition to the common move towards flood relief, students of the Department of Chemistry collected an amount of Rs. 12,270/- to support one of the students, for repairing his flood affected house.

FLOOD RELIEF ACTIVITIES BY NCC CADETS

In response to the floods that affected the Calicut region, the National Cadet Corps (NCC) Unit of Government Arts & Science College Calicut undertook flood relief activities. NCC cadets made efforts specifically focusing on the provision of groceries to flood rehabilitation centres.



The NCC cadets of the college gathered to provide support to those affected by the floods. Recognizing the immediate need for essential supplies, the cadets organized a grocery collection and distribution drive. A concerted effort was made by the cadets to collect essential groceries such as rice, lentils, cooking oil, spices, and other non-perishable food items. This initiative involved reaching out to the college community, local businesses, and residents for contributions. Upon the successful collection of groceries, the NCC cadets coordinated nearby various flood rehabilitation centres in Calicut area for the



effective distribution of collected goods. The efforts of NCC cadets significantly contributed to improving the immediate hardships faced by flood victims. Additionally, the initiative

garnered support and recognition from the local community, inspiring further acts of solidarity and assistance. Through their collective efforts, the cadets demonstrated compassion and solidarity with those in need, making a meaningful difference in the lives of flood-affected individuals and families. Their dedication serves as a testament to the importance of youth participation in humanitarian efforts during times of crisis.

STUDENT & STAFF CONTRIBUTION TO CMRDF

Students and teachers donated generously towards the Flood Relief Fund. 86% of the teaching & non-teaching staff participated in the salary challenge, initiated by the Government of Kerala and contributed a minimum of two days salary to Chief Minister's Disaster Relief Fund (CMRDF).

The teaching and non-teaching staff donated an amount of Rs. 42,78,243/- (Rs. Forty Two Lakh, seventy eight thousand, Two Hundred and Forty Three only) from their salary towards CMRDF. The effort was greatly appreciated by the public.

Staff, students and PTA together conducted flood relief worth RS. 5,00,000/- (Rs. Five Lakh only). An amount of Rs. 3.10 Lakh is directly contributed to CMRDF. In addition to the common move towards flood relief, students and teachers of the Department of Chemistry collected an amount of Rs. 23,000/- to support one of the students, a victim of flood, to meet his accommodation and mess fee. An amount of Rs. 4000/- was transferred to his account every month.

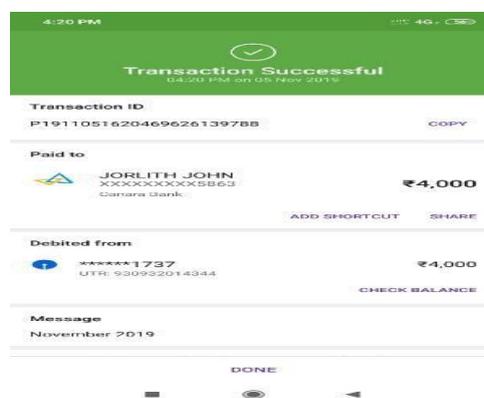




The college conducted fund collection activities in response to the flood that happened in 2018. The aim was to gather financial support to aid flood victims with immediate relief efforts and long-term rehabilitation.

The financial aid has been received as direct monetary contributions from faculty and students of Chemistry Department.

The second installment of Flood relief of Rs. 50,000/- was handed over to Jorlith John of the batch 2018-2021 who volunteered for rehabilitation of affected communities by providing emergency shelter, food, water, and medical assistance.



COVID CONNECT EXTENSION INITIATIVES



The outbreak of COVID - 19 has affected the educational system worldwide. Shutting down of the colleges and schools in response to the pandemic has created an impact on the educational sector. Instead of regular classes, educational institutions started providing online classes. Sudden change from offline mode to online mode affected the study plans and preparation strategies of students. This situation was overcome by arranging online classes. After the lockdown, several activities had to be arranged.

AWARENESS PROGRAMS

The compound wall of the college has been painted with pictures and captions in order to impart knowledge and raise awareness to the public in general about the importance of breaking the chain through social distancing and personal hygiene.



BREAK THE CHAIN INITIATIVES

Right from the beginning of the outbreak of novel coronavirus (COVID-19) the college had taken measures for the “Break the Chain “campaign by making temporary arrangements for hand-washing and now we have installed permanent taps near the main gate of the college.



COVID 19 VACCINE REGISTRATION HELP DESK AND AWARENESS PROGRAM

The NSS unit opened a help desk for the public to help them register for vaccination. Large numbers of the public made use of the facility. NSS unit actively participated in the Vaccine Challenge Campaign of Govt of Kerala.

 NSS UNIT 17 & 107
GOVT ARTS AND SCIENCE
COLLEGE, CALICUT

**COVID19 VACCINATION
ONLINE REGISTRATION
HELP DESK**

ആശങ്ക ഭവനം നെടുമുണ്ട് കൂടെ
രജിസ്ട്രേഷനാവശ്യമായ രേഖകൾ
• ഓൺലൈൻ നമ്പർ • ആധാർ / എഡി കാർഡ്

**MRIDUL-9074362104
JISHNU. K -7902930851
ANUSREE-90486 79823
SREELAKSHMI-90371 14202**

*"It is not how much we give
but how much love we put
into giving"*
-Mother Teresa

COVID-19 BATTLE

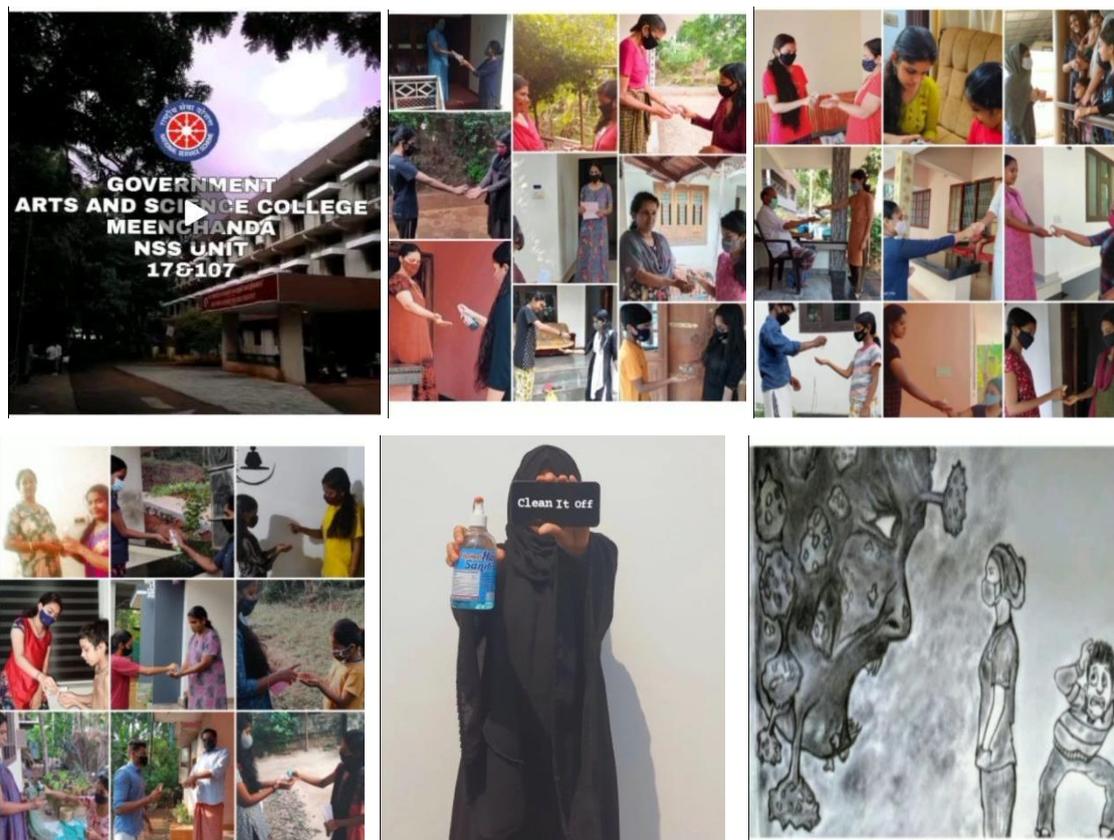
Donate Online

<https://donation.cmdrf.kerala.gov.in/>

 Govt. of Kerala
CMDRF

 NSS UNIT 17 & 107
Govt. Arts & science
college, Calicut





HAND SANITIZER PREPARATION AND DISTRIBUTION

The COVID-19 pandemic brought unprecedented challenges, prompting various institutions to contribute towards relief efforts. The Department of Chemistry took initiatives in preparing and distributing hand sanitizer to aid in combating the spread of the virus. Recognizing the necessity of hand sanitizer to combat the infection, the Chemistry Department undertook the task of formulating hand sanitizers according to WHO guidelines using readily available materials. The hand sanitizer was distributed to various groups, including students, faculty, non-teaching staff, and local communities. Parallel awareness campaigns were conducted to educate recipients on the proper use of hand sanitizer and other preventive measures against COVID-19. The initiative undertaken by the Chemistry Department in preparing and distributing hand sanitizer exemplifies the institution's commitment to community service and public health. Through collaborative efforts and adherence to quality standards, the department contributed significantly to the collective response to the COVID-19 pandemic.

The chemistry department of the college conducted a preparation demo of hand sanitizer for Media One channel on 16.3.2020. This was telecast by the channel on the YouTube link - (<https://youtube/ovhYZP4jB3w>).



The Chemistry Department also demonstrated the preparation of sanitizer to teachers from various departments of the college and distributed the same to all departments, office, library, exam section and to the ladies' hostel.



The Department of Chemistry in association with PTA and Chemistry Alumni Association prepared hand sanitizer in bulk (40L) and supplied it to various offices and institutions like Post office, Fire Rescue station, Meenchanda, Govt. College Tanur, Govt. College, Kunnamangalam, Govt. College, Koduvally, Beypore Service Cooperative Bank, Marad Police station, Policemen on duty on highways and Auto drivers in Meenchanda.



The Department of Chemistry also prepared sanitizer on behalf of Kozhikode District's Suchitwa Mission, SBI Calicut, and organizations like KSTA, DYFI.

PREPARATION AND DISTRIBUTION OF FACE MASKS

Few students volunteered in the preparation of face masks, which were distributed to the public.



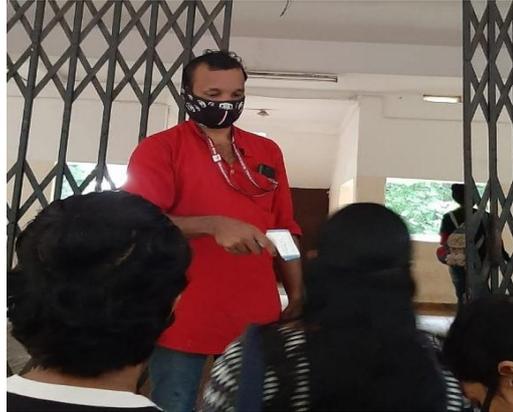
The college and its premises were cleaned and disinfected with the help of the Fire Service on the eve of the reopening day.



A hand sanitizer dispenser was installed in the portico of the college as a part of 'Break The Chain' Campaign.



For the smooth and safe conduct of various examinations, measures like thermal screening with IR Thermometers, gloves, hand sanitizers etc. were arranged.



Adequate measures were taken and special arrangements were made for a quarantined candidate from Kasaragod.



The 'Jeevani Centre' of the college addressed the worries and anxieties of the students with regard to the online classes and the spread of COVID 19. Classes and talks by eminent personalities in Humanistic Development Psychology, Clinical Psychology etc. are arranged for the students with the peer counselling group of the college.

STUDENT VOLUNTEER TEAM ON SANITIZATION WORK



Anirudh U, a Volunteer of the college at Covid centre, Beypore.



Volunteer Afra serving food for the destitute people.



Volunteer Shelma Sanitizing the houses in Feroke area

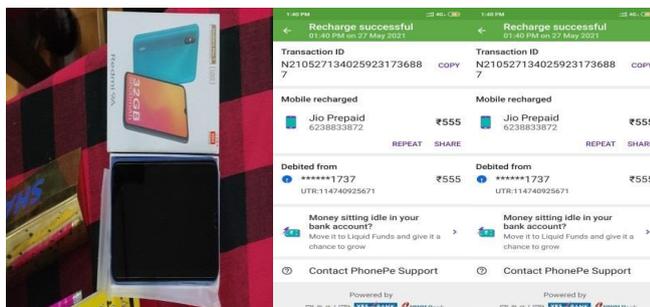


DONATION TO CMDRF

The teaching and non-teaching staff generously donated a total amount of Rs. 18,91,254/- (Rs. Eighteen Lakh, Ninety One Thousand, Two hundred and Fifty Four only)

IT SUPPORT (21-22) DURING LOCK DOWN PERIOD

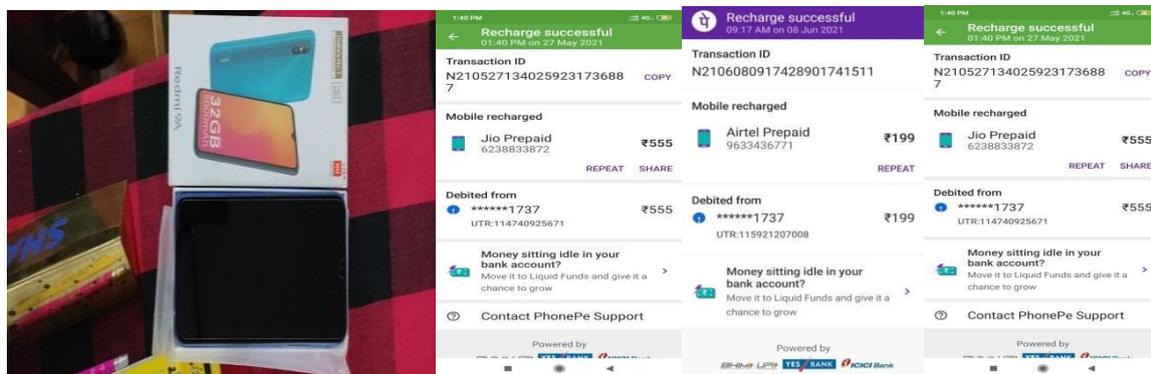
During Covid-19 pandemic Chemistry Department provided support to economically disadvantaged students. A new mobile phone is purchased for a needy student to help access



IT

online classes. Poor students were supported by mobile recharge by the department. These gestures reflect the college's commitment to supporting students during these unprecedented times.

MOBILE Recharge to needy students

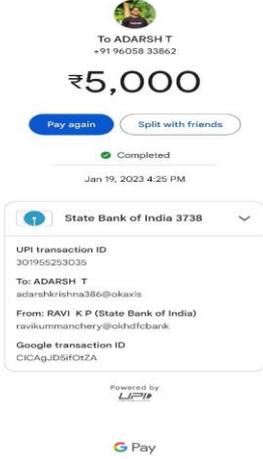


FINANCIAL ASSISTANCE TO THE STUDENTS AND PUBLIC

Financial assistance was given to students on demand, assuring the need of the students. When a second year UG mathematics student's father was critically ill and was admitted to the hospital for a surgery costing 8 Lakhs, NSS collected an amount of Rs. 88000/- and with the support of the Pain and Palliative Care Unit collected Rs. 30000/-. A sum total of Rs. 118000/- was handed over to the family of the student.


NSS UNIT 17 & 107
 GOVT ARTS AND SCIENCE
 COLLEGE, CALICUT

സഹപാഠിക്ക് ഒരു കൈതറാങ്ങ് എന്ന ഘണ്ടി
 റൈസിംഗ് ക്യാമ്പയിന്റെ ഭാഗമായി ആർട്സ്
 കോളേജിലെ NSS വളണ്ടിയർമാർ സ്വരൂപിച്ച
₹8,000 രൂപ ഗവ: ആർട്സ് & സയൻസ്
 കോളേജിലെ രണ്ടാം വർഷ ഗണിത വിഭാഗം
 വിദ്യാർത്ഥിനുടെ പിതാവിന്റെ കൾർ മാറ്റ
 ശസ്ത്രക്രിയക്ക് വേണ്ടി കൈമാറി



To ADARSH T
+91 96058 33862

₹5,000

Completed

Jan 19, 2023 4:25 PM

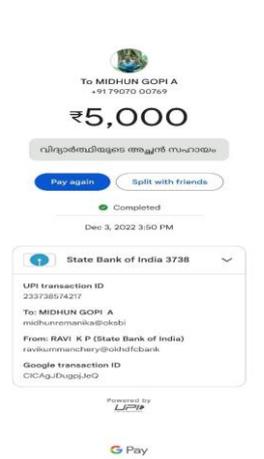
State Bank of India 3738

UPI transaction ID: 301952523035

To: ADARSH T
adarshkrishna386@okaxis

From: RAVI K P (State Bank of India)
ravikummanchery@okaxis

Google transaction ID: CICAgJD5H0tZA



To MIDHUN GOPI A
+91 79070 00769

₹5,000

Completed

Dec 3, 2022 3:50 PM

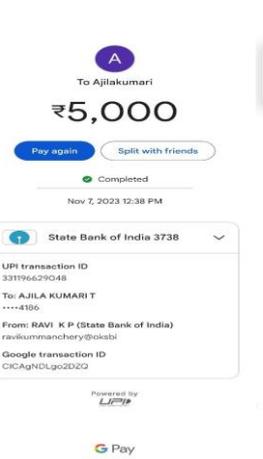
State Bank of India 3738

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To: MIDHUN GOPI A
midhunenmanika@okaxis

From: RAVI K P (State Bank of India)
ravikummanchery@okaxis

Google transaction ID: CICAgJDugpJxHG



To Ajilakumari

₹5,000

Completed

Nov 7, 2023 12:38 PM

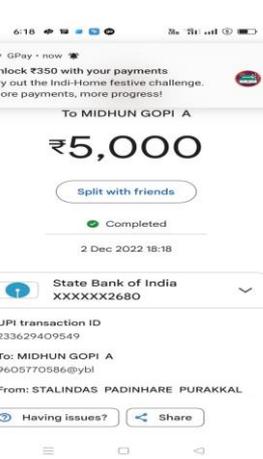
State Bank of India 3738

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To MIDHUN GOPI A

₹5,000

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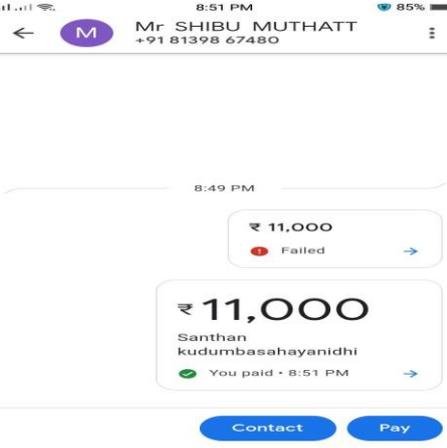
2 Dec 2022 18:18

State Bank of India XXXXXX2680

UPI transaction ID: 233629409549

To: MIDHUN GOPI A
9e05770586@ybl

From: STALINDAS PADINHARE PURAKKAL



Mr SHIBU MUTHATT
+91 81398 67480

8:49 PM

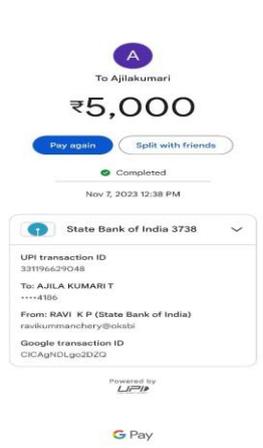
₹11,000

Failed

₹11,000

Santhan kudumbasahayanidhi

You paid • 8:51 PM



To Ajilakumari

₹5,000

Completed

Nov 7, 2023 12:38 PM

State Bank of India 3738

UPI transaction ID: 331196629048

To: AJILA KUMARI T
****4186

From: RAVI K P (State Bank of India)
ravikummanchery@okaxis

Google transaction ID: CICAgNDLgo2DZG



To imbichikoya Koutyamakanakam
+91 98471 63818

₹1,000

Completed

Aug 2, 2023 12:36 PM

State Bank of India 3738

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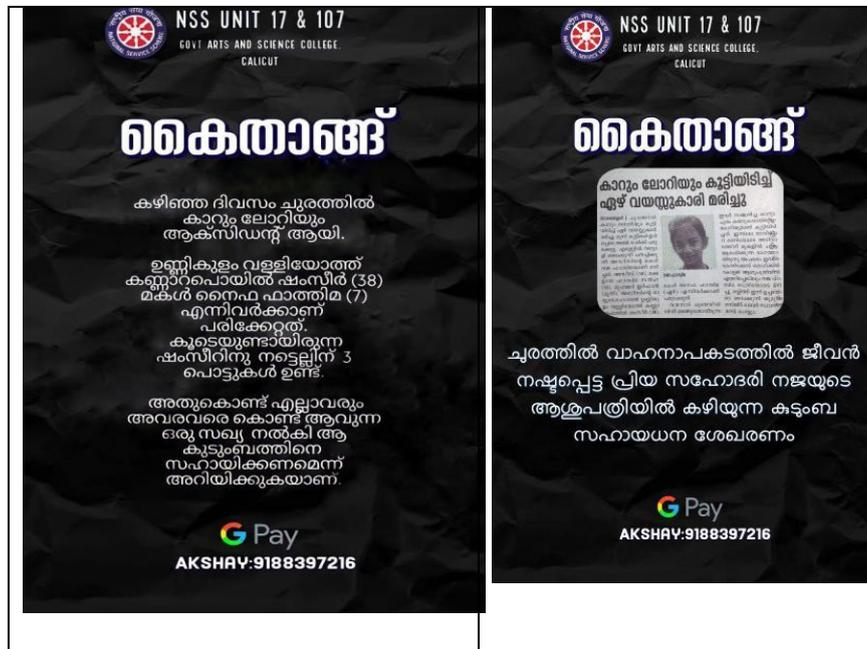
To: IMBICHIKOYA KOUTYAMAKANAKAM
Ippomani@okaxis

From: RAVI K P (State Bank of India)
ravikummanchery@okaxis

Google transaction ID: CICAgNca_r2hTA

SNEHANIDHI FUND COLLECTION

There was a fund rising on 17th December 2020 to help the family of Naja, a seven year old girl who lost her life in a car accident. Contributions of students and teachers were collected 8351 rupees through Google pay and donated.

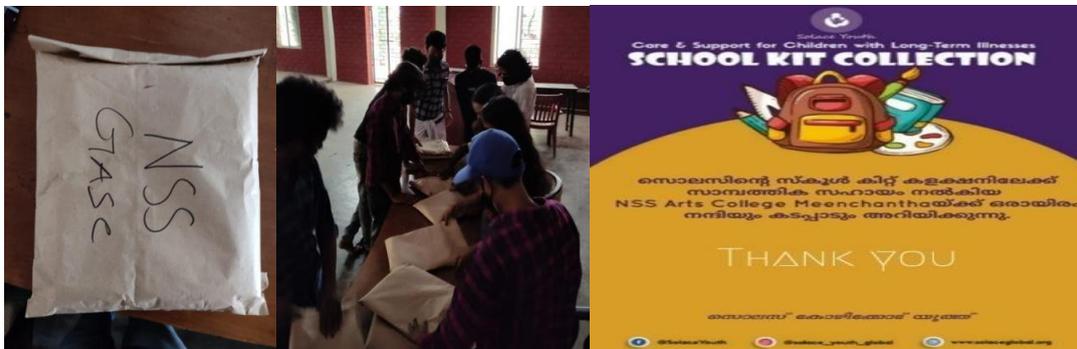


Sneha Nidhi collection was done by the NSS volunteers during the year 2019-20 for helping needy individuals.



BED SHEETS FOR POOR PATIENTS

The College NSS unit has collected money to fetch bedsheets and blankets for poor patients. Volunteers bought items from the wholesale market and packed well. After identifying needy persons, bed sheets and blankets were handed over in the presence of the principal on 8/3/2021.



On June 23rd 2020, there was a fundraising programme in association with 'Solace Youth Kozhikode'- an organisation which stands to support and to take care of children with long term illness. This financial support is given to provide them with school kits. Contributions of students and teachers were collected through Google Pay.

ZERO HUNGER INITIATIVES

HUNGER FREE CAMPUS

Hunger free campus scheme is a newly initiated programme by the Government of Kerala. This scheme started in the academic year 2022-23 to make the campuses of Kerala free from hunger. This programme is aimed at helping those students who are coming from poor families. This program guarantees 10 rupees meal for students on all the working days through which hundreds of students are benefited. Lunch worth Rupees 40 is supplied to the needy students by providing a subsidy of Rupees 30 by Kerala Government. The fund is transferred to the college account by the Government after giving a detailed proposal by the college principal. The selected students can have their lunch from the college canteen by giving only rupees ten per lunch.



This scheme was inaugurated on 30/11/2022 by the principal Dr. Shaji Edakkotte and after that an average of around 200 students regularly use this scheme to overcome their hunger. In the academic year 2023-24 this programme has identified 481 deserving students who are poor or required help in any one of the criteria. Dr. Kabeer KT, Assistant Professor of Economics is the coordinator of the program.

SUKRUTHAM

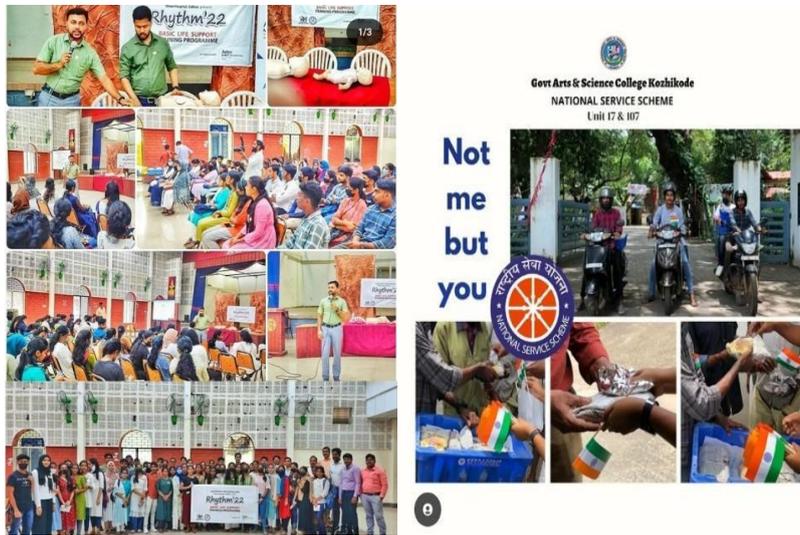
The "Sukrutham" scheme aims to feed hungry students of the campus and also the nearby schools for free. "Sukrutham" was initiated to improve the conditions of these students owing to the positive intervention of the NSS volunteers of the college. The beneficiaries of this program are 90 students who were carefully selected by their respective departments and the schools were selected on scrutiny. "Sukrutham" works with the help of sponsorships where students are given coupons by the NSS unit secretaries during lunch hour. Thottathil Textiles and Malabar Gold are the sponsors for this project.

The programme was inaugurated by the Vice Chancellor, University of Calicut. This project has been successfully active for a few years since 2017 and has been gaining popularity ever since.





In connection with Independence Day Celebration, Basic Life Support Training Class for NSS volunteers was conducted in the college auditorium in collaboration with Karunya Hrudayalaya, Chest Hospital Calicut and Aster Mims Hospital Calicut. Later in the day, homemade *Pothichoru* brought by volunteers was distributed to the needy in the Calicut Railway Station premises.



BUDS SCHOOL PRODUCT SALE

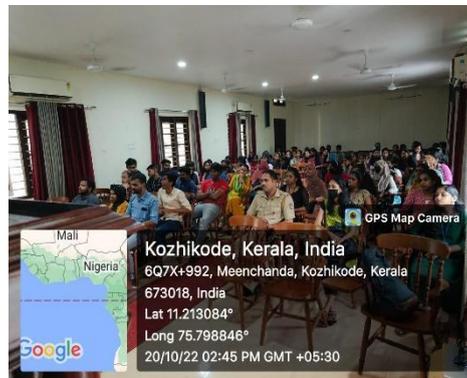
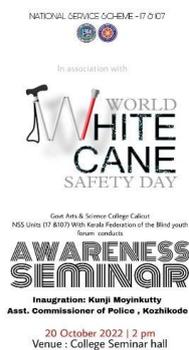
The NSS unit opened a sales outlet for the products of special schools adopted at Ramanattukara. Volunteers actively involved to sell and promote their products on various occasions. The unit sold out products for an amount of Rs.50,000/.





White Cane Awareness Seminar

Every year, World White Cane Day is celebrated on October 15 to recognise the importance of white canes for blind people to assure their safety and freedom. Kerala Federation of the Blind Youth Forum and the NSS units of the college jointly conducted a White Cane Awareness Seminar in the college. The Seminar was held on 20.10.2022 at 2.00 pm in the college seminar hall. The seminar was inaugurated by Kunji Moyin Kutty, Assistant Commissioner of Police, Kozhikode. C.K. Sathyasheelan (Vice President, Kerala Federation of the Blind), K. Nalin (Software Developer) and Ansar Ponnani (Joint Secretary, KFB Youth Forum) participated in the programme.



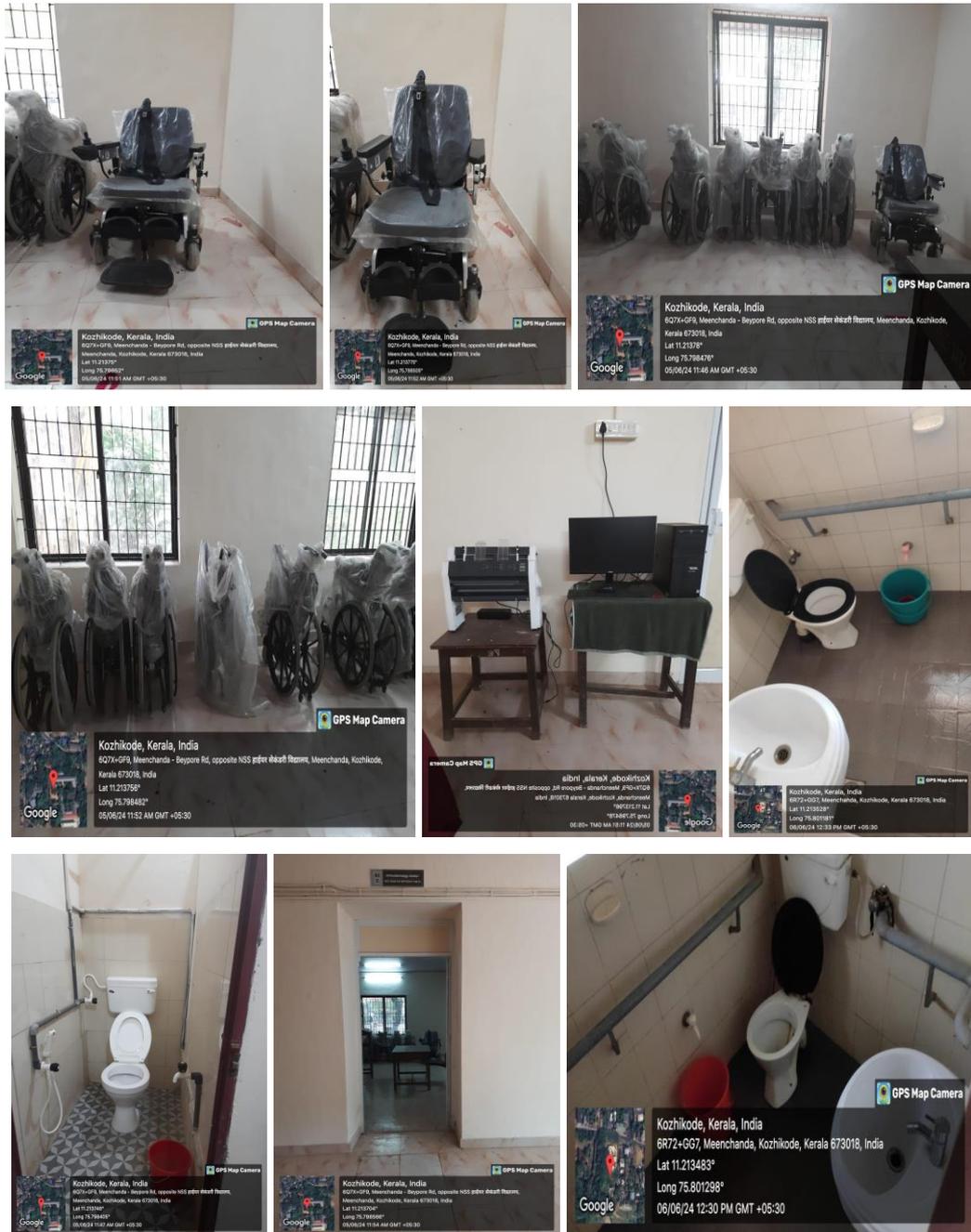
BARRIER FREE CAMPUS INITIATIVES

Creating an inclusive and accessible educational environment is essential for fostering equal opportunities for all students, regardless of their physical abilities. Under the project ‘Sahayog’, Government Arts & Science college has undertaken a comprehensive Barrier-Free Campus Initiative aimed at removing physical, technological, and attitudinal barriers that may hinder the full participation of students with disabilities.

The Barrier-Free Campus Initiative encompasses a variety of strategic measures and infrastructural improvements designed to enhance accessibility and inclusivity. These measures include the installation of ramps, elevators, and tactile pathways, as well as the adaptation of restrooms and classrooms to accommodate students with diverse needs. Additionally, the initiative integrates assistive technologies and support services to ensure that students with disabilities can access academic resources and participate fully in campus life.

Support Services

The Barrier Free Campus initiative is well functioning in the institution under the guidance of a faculty convener. A resting room is set up on the ground floor of the main building for the students. Wheelchairs and computers with advanced software facilities for visually impaired students are arranged in the resting room. Toilet facility is also made available in the room. Students gather, rest and discuss academics by using this facility. The room was set up by using the fund allocated, that is an amount of Rs. 7,14,125/- under plan fund. 2 digital recorders, 10 normal walking sticks and 10 smart walking sticks, 1 auto wheelchair, 10 normal wheelchairs, 1 desktop and 1 Braille printer are provided in the room.



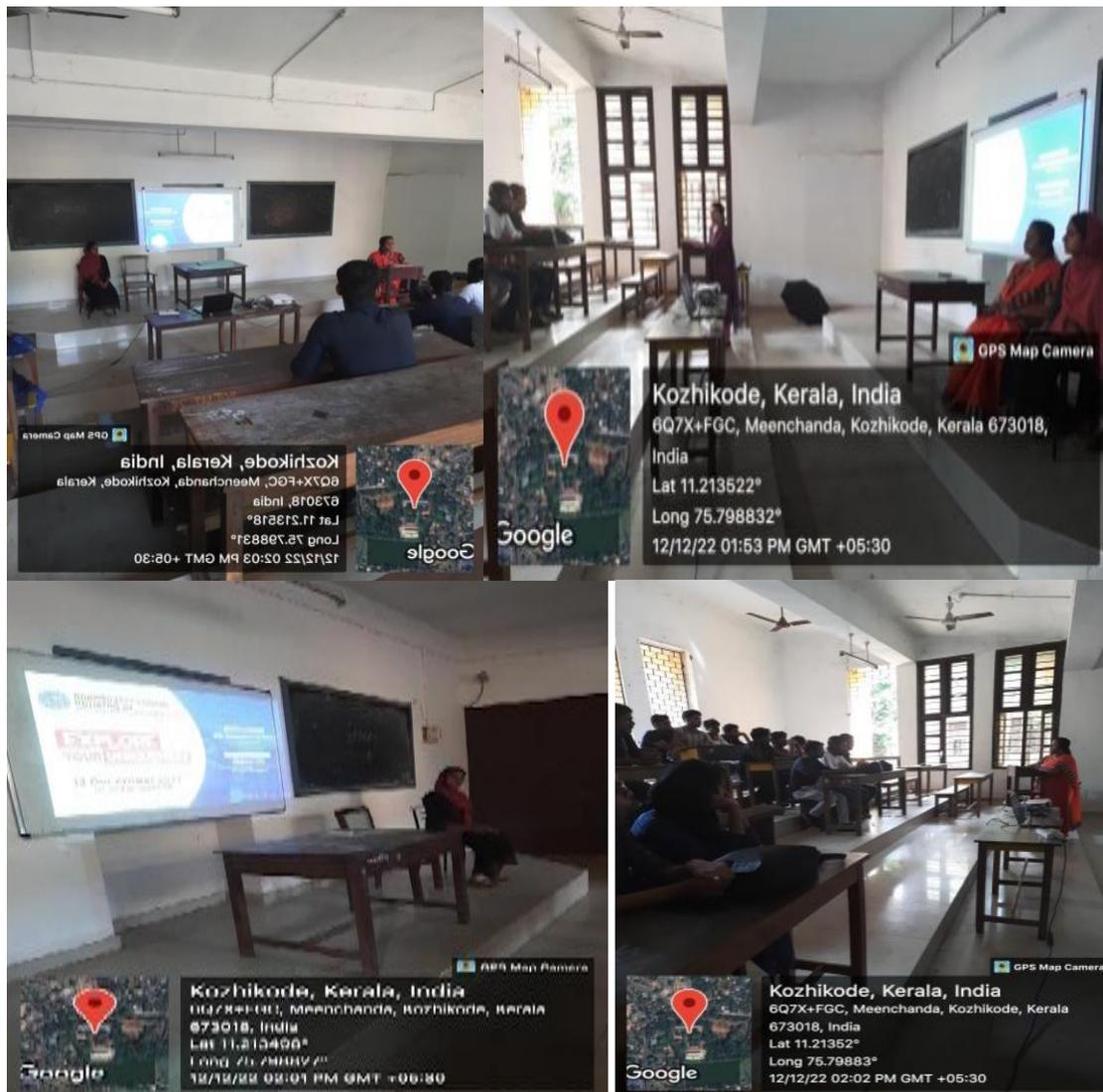
Disabled friendly toilets are arranged in the Ladies hostel.

Awareness Programs

The barrier free campus programme in the college conducted a variety of programmes to assist and support differently abled students. A program was conducted on 12.12.2022 at 1.30 pm in MG 08 class room, with the objective of discussing the problems of differently abled students and to motivate them by describing their uniqueness. 24 students from various departments participated in the program. The program was started with a welcome speech by

Ms. Jincy V K, Assistant Professor of Commerce and the Convener of Barrier Free Campus. The Barrier Free Campus initiative of Govt. Arts and Science College during 2022-23 was inaugurated by the Principal, Dr. Edakkotte Shaji. The Principal also made an interaction with the differently abled students. The students expressed their need for an audio library and audio books in the college. Students also expressed their concerns regarding lack of ramp, lift, handrail etc. in the college. They have also requested the principal to repair the room under the Barrier Free Campus urgently so as to make use of the equipment purchased under the Barrier Free Campus scheme. After the interaction of the Principal with the students, Ms. Febina U M, Counsellor, Jeevani Center for Students Wellbeing presented a talk titled '**Explore Your Uniqueness**' to motivate the students who were present in the program. She helped the participants to identify their strengths and weaknesses and also put forward constructive suggestions to manage their weaknesses. Some students also showcased their talents during this program. The program was concluded with a vote of thanks by Ms. Fathimathu Suhara, Ist year BA English student at 4.00 pm.





International Day of Persons with Disabilities

International Day of Persons with Disabilities is observed every year on 3 December. NSS Units 17 and 107 and Barrier Free Campus of the college together hosted an event to celebrate the International Day of Persons with Disabilities. “Phoenix”, an endeavor to support and encourage differently abled children was inaugurated by the Chief Guest Dr. Fathima Asla alias Pathumma. Dr. Fathima Asla led the Seminar organised to discuss the ways in which campuses can be made disabled-friendly. A Digital Library comprising a wide range of audio books for the disabled was inaugurated by the Principal Dr. Edakkotte Shaji. An exhibition was also arranged by Mr.Yousuf Changorath to create awareness on the topic. Articles related to differently abled students, their craft works and books on the topic were displayed in the exhibition. “Phoenix” operates on the campus under a Student Director. The

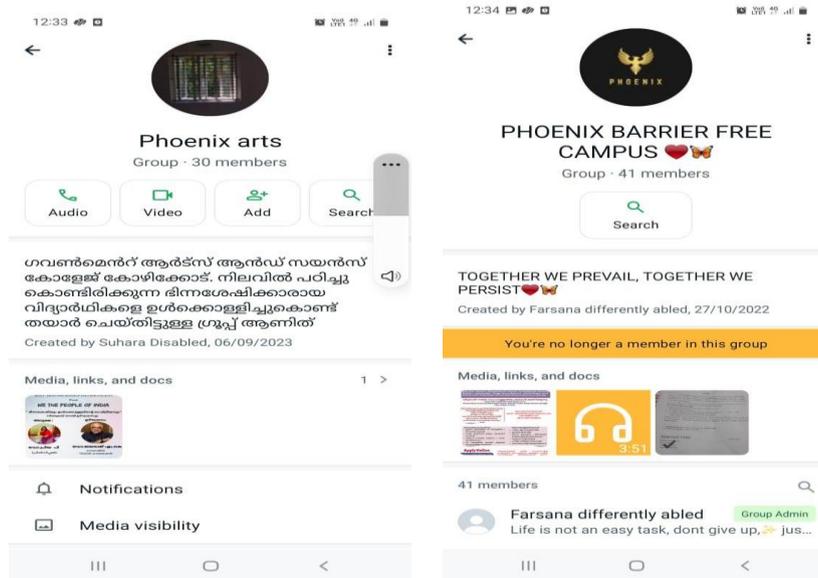
activities of the programme include various services for the differently abled students in the institution like arranging scribe for exams, helping them with everyday activities etc.

An exhibition of newspaper cuttings inspiring differently abled persons was organised by Mr. Yusuf Changorath, a social activist under the initiative of Barrier Free Campus on the same day.



Inauguration of Digital Library, Phoenix and Exhibition of Newspaper Cutting

A whatsapp group has also been created for discussing the issues of differently abled students during this academic year.



An alumnus of the institution, Sri. Rahees S. got selected to the Indian Cricket team for disabled persons. He had got selected as the Man of the Match in Renji Trophy and 20-20 Cricket competitions. He won bronze medal in Indian Inter University Soft-ball competition. He was the member of Kerala Base-ball team and now he is the Vice-captain of Kerala Base-ball team.

ചന്ദ്രിക

ഭിന്നശേഷി ക്രിക്കറ്റ് ഇന്ത്യൻ ടീമിൽ കോളത്തറ സ്വദേശിയും

ഫറോക്ക്: ഭിന്നശേഷിക്കാർക്കായുള്ള ഇന്ത്യൻ ക്രിക്കറ്റ് ടീം സെലക്ഷൻ കേമ്പിലേക്ക് കോഴിക്കോട് നിന്നും കോളത്തറ സ്വദേശി സി തിന്റുകത്ത് റഹീസിന് അവസരം ലഭിച്ചു. ഹൈദരാബാദിൽ വെച്ചു ആഗസ്ത് 4നാണ് ക്യാമ്പ് ആരംഭിക്കുന്നത്. ജയപുരിൽ വെച്ചു നടന്ന രഞ്ചിട്രോഫി മത്സരങ്ങളിലും, കിന്റീ -20 മത്സരങ്ങളിലും മൗൻ ഓഫ് ദി മാച്ച് ആയി തിരഞ്ഞെടുത്തിരുന്നു. റഹീസ് ആൾ ഇന്ത്യൻ ഇന്റർ യൂണിവേഴ്സിറ്റി സോഫ്റ്റ്ബോൾ മത്സരത്തിൽ വെങ്കല ജേതാവ് കൂടിയാണ് റഹീസ്. ബേസ് ബോൾ കേരള ടീം അംഗമായിരുന്നു. 2015-16 വർഷങ്ങളിലെ ബേസ് ബോൾ ചമ്പ്യനായ ഇദ്ദേഹം ഇപ്പോൾ ഭിന്നശേഷി കേരള കിമ്മിന്റെ വൈസ് ക്യാപ്റ്റൻ കൂടിയാണ്. കോളത്തറ അയ്യപ്പൻകണ്ടി സിതിന്റുകത്ത് ബഷീറിന്റെയും ഹസീനയുടെയും മകനാണ്. മുഹമ്മദ് ഇജാസ്, ഷിബില സഹോദരങ്ങളാണ് നാളെ ഹൈദരാബാദിലേക്ക് യാത്ര തിരിക്കും.



റഹീസ്

International Day of Persons with Disabilities was observed by the Volunteers on 03.12.2020. Digital Posters were made by the volunteers on the topic, “You are not Disabled by the Disabilities You Have, You are Abled by the Abilities You Have” and circulated it on various social media.

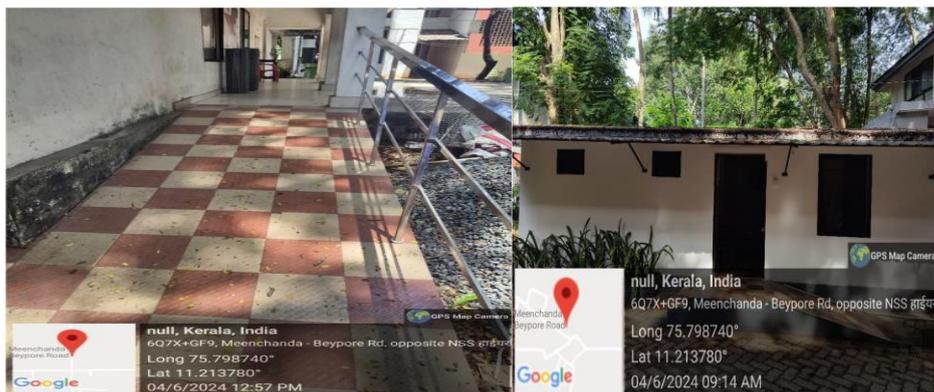
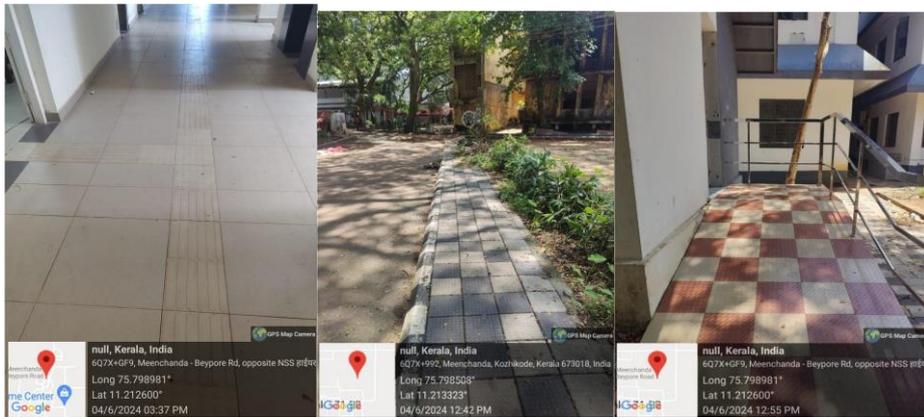
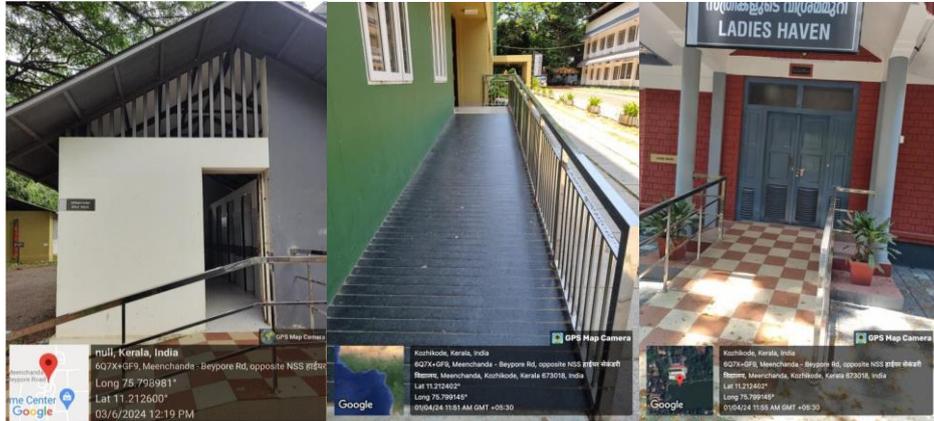
White Cane Awareness Seminar

Every year, World White Cane Day is celebrated on October 15 to recognise the importance of white canes for blind people to assure their safety and freedom. Kerala Federation of the Blind Youth Forum and the NSS units of the college jointly conducted a White Cane Awareness Seminar in the college. The Seminar was held on 20.10.2022 at 2.00 pm in the college seminar hall. The seminar was inaugurated by Kunji Moyin Kutty, Assistant Commissioner of Police, Kozhikode. C.K. Sathyasheelan (Vice President, Kerala Federation of the Blind), K. Nalin (Software Developer), Ansar Ponnani (Joint Secretary, KFB Youth Forum) participated in the programme.



Physical Facilities Provided

Ramps, tactile paths and pedestrian friendly walkways are provided on the campus towards maintaining barrier-free campus.



Lifts are installed in the Golden Jubilee building and Lift installing work is going on in the main building.

Divyangjan friendly toilets are provided at appropriate places.

