MES COLLEGE ERUMELY

TRIBAL TRANSFORMATION INITIATIVE

MES College strives to pursue the truth and knowledge so as to renew minds, enrich disciplines and transform the culture that grows into understanding and bears fruit in wisdom.The college stands for equality and equity, wishing to create more inclusive social activities that **Enrich the Rural Communities which can be accessible.**Rural development programmes of MES College enhances tribal enrichment which leads to social progress.

The main objective of the rural development programmes is to raise the economic and social bar of the selected community. **Tribal Transformation Initiative** implies both the economic betterment of people as well as greater social transformation within and outside the community. We strive to create an inclusive environment through various activities and enhance communal harmony.

UPLIFT OF TRIBAL AND MARGINALISED SECTIONS

1. GOTHRA RAKSHA

NSS Tribal Development Programme

The NSS Unit of MES College Erumely is associated with CARD-a social service society organised three days camp at Wayanad for implementing participatory tribal development programmes.The interventions consist of participatory rural appraisal in tribal settlement area and organisation of need based action programmes. The camp was supported and monitored jointly by the NSS unit and the CFCD project of CARD at Wayanad which aims to reduce the problems of adolescence. The NSS unit selected the Chekadi settlement area to conduct participatory appraisal and implemented the programmes in a systematic manner.

Visit and Discussion with Farmers

The volunteers conducted open discussion with tribal farmers to know the constraints they faced in farming. The volunteers sorted out the problems raised in the open discussion. And local remedial measures discussed by the forum.

Participatory Rural Appraisal

The participatory survey tools were adopted by the NSS volunteers so that they empowered the people while conducting data collection.

Participation in the Cultural Event

The Volunteers participated in a cultural event and a tradition of the tribe called Gadhika. Seminars were also taken by the peoples in relation to the subject

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2. AXSHYA VILLAGE AT KARINILAM

The NSS Unit of the College organised the Axshya village declaration ceremony at S N School, Karinilam with the active participation of the local leaders and community. The meeting was presided by Mrs. Jancy Thottippattu (Ward Member, 7 Ward). Declaration meeting was inaugurated by Mr. B Jayachandran (Block Panchayath President, Kanjirappally) and Dr. J Prameela Devi (State Women's Commission Member) gave an Anti TB Pledge for the community people.

3. TRIBAL LITERACY PROGRAMME

The Programme officer and some selected NSS volunteers visited the Nilackal area Of Sabarimala route and interviewed tribes that live in the forest. Two families with an age of 18 tribal peoples including children, old ages etc. Were observed in the area. The Peoples in the region belong to the Malai Pandaram community.The unit organised supply of food to the families. 7 people were informally literated By the visit.

4. VILLAGE LIBRARY ESTABLISHMENT

Establishment of village libraries is a precious activity in the history of the programmes the unit As per the motivations from Mahatma Gandhi University, MES College NSS established two village libraries in the adopted villages.Village library was established by the Koovakkavu Govt. UP School at Mukkada SC/ST colony, an area characterised with developmental backwardness. At the first stage, the NSS volunteers conducted library book collection campaigns in the community and in the colleges. 365 books for children were collected at the first stage. The collected library books were hand over to the school principal in a meeting with the declaration of the library at the Colony.Periodical visits by the NSS volunteers will be conducted to the library for frequent motivation and evaluation of library activities. A small amount for periodicals will be provided by the unit for the library every year.

A PRECIOUS BOOK COLLECTED

The NSS volunteers collected a precious book from the Mukkada colony as part of library establishment activities. It was published in the year 1977 and written by the famous soviet scientist Mr. Yakkov Perelman. The book was titled "Bhouthika Kauthukam" and was printed in the Soviet union.The book was collected from the house of Mr. Sasi Valuvelil and submitted to NSS Village Library by Mr. Rajeshkumar. NSS Volunteers Mr. Raza Habeeb and Programme Officer Mr. VG Harishkumar received the copy for the library.

5. SOCIAL DEBATE

The NSS unit adopted two villages and actively maintained effective partnership with people for planning and implementing social development programmes. The selected alpted wards for the purpose are Colony (Manimala Grama Panchayath) 1. Makkada 2 Muttappally SC/ST Colony (Erumely Grama Panchayath). SC/ST interventions in the adopted village are systematically planned and implemented by a committee formed at the community level. It is the representative body of all the grass root level organs functions in the adopted villages.The NSS unit **distributed**

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Wheelchairs for the disabled during the year. The programme was organised in association with the Police Department, Erumely.

The unit organised a social debate at the adopted village regarding the effectiveness of the decentralised planning process. The debate was inaugurated by Mr. James P Simon, ward member, Mukkada at Mukkada AK Kavala . The debate analysed various aspects of panchayat raj system, decentralised planning process, Grama Sabha system, funding system ,people's planning etc……The debate provided scientific orientation for the NSS volunteers and the local peoples regarding the implications of the panchayat raj system in India.

6. AWARENESS PROGRAMMES

- **ILL EFFECTS OF FAST FOOD CONSUMPTION**

The student social workers of MES College Erumely conducted an awareness class at kudumbasree pookkaattukonam, Kayamkulam about the ill effects of fast food consumption on 7th October 2017.The term fast food generally refers to food that people intend to consume quickly, either on or offsite. There is plenty of well researched evidence demonstrating the various negative health effects of eating and overeating fast food, in both the short and long term. Many fast food establishments now list the number of calories each of their items contains. However, this is only part of the consideration of whether it is healthy or not.

Fast food is typically very poor in terms of nutrition. According to a study paper in the journal Health Promotion Perspectives, fast food tends to contain various substances that are generally unhealthful. It is high in sugar, salt, and saturated or trans fats, as well as many processed preservatives and ingredients. It is also low in beneficial nutrients. Not all fast food is bad, and a person can make informed choices by doing research to find out the nutritional content of particular fast food items.

These are available on the website of most major restaurants however, even the more healthful fast food items are generally high in sugar, salt, saturated fats and trans fats . The Office of Disease Prevention and Health Promotion notes that the typical person in the United States consumes too much of these. Eating foods with more sugar as the first meal of the day could make a person feel hungrier at their next meal than if they ate a low sugar. Doctors, dietitians and other health experts believe that this is because sugary foods are worse at providing satiety., or a sense of fullness. Also, high carbohydrate foods increase the body's demand for insulin which also promotes more hunger within a shorter amount of time after the meal.

Fast food is also often very low in fresh fruit and vegetables, which makes it hard for people to reach their recommended daily intake of at least five servings. It may also be hard for them to reach their ideal fibre intake, which is at least 25 grams per day. Fast food is highly palatable, meaning that it is very quickly broken down in the mouth, does not require much chewing, and activates the reward centres in the brain rapidly. This combination trains the palate to prefer highly processed, highly stimulating foods. This reduces someone's desire for all fresh foods. Regularly eating fast food can harm a person's health. Another consequence of younger people regularly eating fast food is their unintentional lack of understanding of basic meal preparation, cooking and healthy eating. To preserve health, a person should try to identify fast food items that contain

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less salt, fat, sugar and total carbohydrates and generally try to restrict the amount of fast food they consume. The class ended with a thankyou note.

- **AWARENESS CLASS ON BLUE WHALE GAMES**

The Student Social Workers of MES College, Erumely conducted an awareness class on Blue Whale Game at Mahima Kudumbasree at Mukkoottuthara on 12th september 2017.Mahima Kudumbasree was established on 2nd April 2000.It consists of 18 members. This group is organised for the empowerment of women in Mukkoottuthara locality and developing their skills and financial support. The members are engaged in various activities such as organic farming, home made products, rice business etc. They are actively participating in charity programmes and palliative care. The meeting started at 2PM with prayer. Mrs Sally Joseph, President Mahima Kudumbasree delivered the welcome speech. Student social worker, MES College Erumely delivered the main speech on BLUE WHALE GAME. The blue whale is neither fish nor fowl but a 'killer' online game of inflating proportions that nobody has reliably encountered. It is a sequence of online 'cares' that participants must progressively engage in to get ahead. These include etching a blue whale on your skin and jumping off buildings. There have been atleast 3 reported suicides in India of youths who, according to media reports, where playing or had searched for the game online. Importantly police officials have so far claimed that there is no evidence that these youths took their lives following instructions from the game. There is also no report of authorities actually encountering this game online in India.

This, however, hasn't stopped members of parliament from demanding that Facebook and Microsoft work to remove all online links to the game. The origins of this game and reportage surrounding it have been in Central Asian countries, including Kazakhistan, Kyrgyzstan and Russia. This psychopathic game started in Russia 4 years ago on a social networking site called VKontakte. It has already claimed over 130 lives in Russia. It allegedly led to its first suiciding in 2015.Philipp Budeikin, a psychology student claimed that he invented the game. Budeikin, who was thrown out of his university, said he was attempting to weed out the society by encouraging those who have no value to take their lives. Other reports claim that the mastermind behind the

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game, a postman called Ilya Sidorov, 26 was arrested in Moscow, Russia. He used to encourage teenagers to hurt themselves and eventually commit suicide.

What is worrying is that despite the common knowledge that the deadly game started and spread on VKontakte, which is a hugely popular site in Russia, no checks were brought in place to contain the network. One can easily create a VKontakte account. And once you login, and search for blue whale, you come across psychotic, extremely depressing messages of young people desperately wanting to play the game and end their lives. Their profiles are as macabre as it can get . There are pictures of self injury, ghosts and horrifying sketches of people bleeding and crying to get themselves. So always ask your children how things are going. Ask if there have been things stressing them, or anything that has them worried. If your child is talking about any level of distress, do not hesitate to ask them about changes in mental health. Unless there is reason to believe your child already knows of or has played the game, don't discuss the blue whale game. By doing so, you increase the chance that your child will search for it on their own. Monitor your children's online and social media activity to ensure they are not engaging with this game. Keep your eyes open for unusually secretive behaviour, mostly related to their online activity. Parents should take reports from child counsellor present in the school at regular intervals. If you fear your child may be at risk, get professional help right away. Remind your child that you are there and support them as they face life challenges. The class ended with a thank you note from secretary, Mahima kudumbashree, Mukkoottuthara.

- **COLLABORATION WITH JALANIDHI PROJECT**

As part of field work practical, the student social workers had got the opportunity to work in association with the Jalanidhi Project in May 2018. The students conducted various awareness programmes and field surveys to collaborate the jalanidhi project with the various communities in Wayanad.Jalanidhi Project is an important player in the rural water supply and sanitation sector in Kerala. It has successfully developed a viable alternate model for service delivery based on the sound principles of community cost sharing and management of operation and maintenance by beneficiaries themselves.The World Bank approved Kerala Rural Water Supply and Environmental Sanitation Project (Jalanidhi) aimed to assist the Government of Kerala in improving the quality of rural water supply and delivery of environmental sanitation services to achieve sustainability of investments.

The Performance Audit focused on the implementation of Water Supply Schemes and GroundWater Recharge by the Kerala Rural Water Supply and Sanitation Agency. It revealed deficiencies in planning, procedural irregularities, failure in completion of projects on time.The project also envisaged rehabilitation of existing KWA water supply schemes by augmenting the source, protection of sources from pollution, construction of new facilities, repairs and replacement of the existing structures, machinery, equipment and pipelines to conform to the technical standards.Grama Panchayath is the nodal agency responsible for implementation of the project.

The Grama Panchayats in Kerala gathered a high degree of implementation efficiency through the devolved powers for the past ten years. The GPs now expand around 5-7 crores per annum through the plan process. This capacity of decentralised planning will be very helpful for shouldering the responsibility of project implementation.The student social workers had a great opportunity to work in collaboration with the Jalanidhi Project. They explore the functions and management of jalanidhi project and also the community where the project is implemented.

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- **COUNSELLING SESSION IN CHILDREN'S VILLAGE PAMPADY**

The student social workers of second year PG have conducted an extension activity at children's village Pampady on 9 th October 2018. The students organised a counselling session for children there to know their needs and wants. Child counselling is a therapy to assess the mind of the child and find the problem. It is important for a child who is dealing with emotional or mental distress.The students are involved in child counselling through assessment of the child, parents, their school environment, their temperament, habits, likes-dislikes and psychometric tests. This helps in identifying the problem and thus providing the best possible solution.The sole aim of student social workers is to bring the child out of the state of stress or trauma with supreme ease. They try to treat every possible issue so that nothing is left untreated and the child gets back to his or her normal life with the help of licensed child counsellors.

Children have a delicate mind that can get easily affected by one or the other reason. It is extremely important for parents to observe the changes in the child's behaviour. Parents can definitely try to talk to the child about the issues he/she is facing. But sometimes, kids fear to open up to their parents which is why child counselling is required. They have their own ways to connect with the child and find the weak points. Child therapists know the right way to diagnose the problem and resolve it.The students first establish a rapport with the kids and they try to communicate with them. To get more close to them, the students organised small cultural events by also promoting the children. It helps to break the ice. The event was successful. It was conducted with the supervision of a child counsellor.

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- **CHILD MENTAL HEALTH**

The student social worker named Meera M R of first year MSW in association with 'Karuna' Kudumbasree unit conducted an awareness class on the topic 'Child Mental Health' for the women who were part of Karuna Kudumbhashree unit of 9th ward of Vazhoor Grama Panchayath. The class was conducted on 10th September 2018, Monday at 3:30 pm.The class was hosted in one of the members' houses named Jalaja Gopi as they take part in their meeting among the members' home cyclically. Mental health of every child should be needed to know by their parents. It is good for a child friendly atmosphere.Mental health problems affect around one in six children. They include depression, anxiety and conduct disorder,a type of behavioural problem, and are often a direct response to what is happening in their lives.Children's emotional wellbeing is just as important as their physical health. Good mental health helps them develop the resilience to cope with whatever life throws at them and grow into well-rounded, healthy adults.

Child mental health, the complete well-being and optimal development of a child in the emotional, behavioural, social, and cognitive domains. Children's mental health is often defined as different from adult mental health and more multifaceted because of the unique developmental milestones that children experience.The student social worker highlighted the importance of parents, teachers, and other caregivers who can seek guidance from trained professionals. These people include child welfare workers, school psychologists, counsellors, psychologists, and psychiatrists.They may have a more challenging temperament, shown in impulsive or reactive behaviour. Sometimes this pattern can lead to difficulties with attention, aggression or oppositional behaviour. Externalising behaviours cause difficulties for others as well as for the children themselves. These facts to be learned by the parents as it is important for the parents to learn their child's mental health.

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From.

The Secretary.
Kudumbasree
Vazhoor
KOTTAYAM

To

The HOD
Social work Department
MGS College Erumely.

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[illegible] ഒന്നാം വർഷ [illegible] വിദ്യാർത്ഥിനിയായ [illegible], [illegible] "തണൽ" മുട്ടുംപുറത്തിൽ 10/9/18 തിങ്കളാഴ്ച 3.30 pm. ന് 'കുടുംബത്തിലെ മാനസിക സംഘർഷം' എന്ന വിഷയത്തെ കുറിച്ചുള്ള ക്ലാസുകൾക്കായി [illegible] അനുവദിച്ചിരിക്കുന്നതിനാൽ [illegible] അപേക്ഷിക്കുന്നു.

10/9/18
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Secretary : [illegible]

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- **IMPORTANCE OF HORTICULTURE AT HOME**

As a part of the academic requirements the student social work trainee had conducted an awareness class on Importance of horticulture at home . The programme was conducted with the members of Shakti kudumbasree of ward 4 of Perunad panchayath . The Class was conducted on 8 september 2018 at 3.00pm. The programme had started with a prayer song and Mrs. Aisha, president of Shakthi kudumbasree, had welcomed the members and Mrs. Saraswathi had presented the report of the previous meeting. After that the student social work trainee was welcomed by the secretary to give an idea about the importance of horticulture. As an introduction the social work trainee had an interactive section with kudumbasree members and had shared about the importance of horticulture.Horticulture gives more return than the field crops, the horticultural crops are important as its nutritional element is high, the fruits and vegetables gives enough nutrition and vitamins. The crops are sustainable for small and marginal farmers.

The importance of vermicomposting was also discussed.Vermicomposting is a type of composting in which certain species of earthworms are used to enhance the process of organic waste conversion and produce a better end-product. It can improve the biological, chemical, and physical properties of the soil. Among other things, organic farming avoids the use of synthetic fertilisers, pesticides, and genetically modified organisms, all of which can boost the amount of crops produced per acre. Instead, organic farmers rely on things like animal manure and compost, and practices such as crop rotation, which involves growing different plants throughout the year to improve soil health. Mrs.saleena, member of Shakthi Kudumbasree had thank the trainee for giving information on horticulture and the program concluded at 5.00pm

- **PROTECTION OF WOMEN**

The Department of Social Work conducted a class on the topic of protection of women. . The programme was conducted with the members of Aishwarya kudumbasree of ward 309/18 of Mundakayam panchayath . The Class was conducted on 1 september 2018 at 2.00pm. The programme had started with a prayer song and Mrs. Girija secretary of Aishwariya kudumbasree had welcomed the members .After that the student social work trainee was welcomed to conduct a class on protection of women.The issue of protection of women in India is a very important issue. The protection of women is very important whether it is home or office. We all know that our country, Hindustan, is famous for its different customs and culture throughout the world. In India, it has been a tradition since ancient times that women are given special honour and respect. India is a country where special care is taken of the safety and respect of women. In Indian culture, women have been given the status of Goddess Lakshmi. If we talk about the twenty-first century, then women are working on the shoulders of men in every field, whether it is politics, banking, school, sports, police, defence sector, own business or the desire to fly in the sky. We can not say that there is no problem in the security of women in our country, but we can not ignore some positive points too. The increasing number of acid attacks, rape cases and sexual harassments indicates that the safety of women is in danger. Mrs. Sumitha Abhilash, president of Aishwarya kudumbasree had thanked the social work trainee for conducting the class.

- **MISBEHAVIOUR AMONG CHILD AND YOUTH**

As part of the academic requirements the student social work trainee had conducted an awareness class on the Basis of misbehaviour among child and youth . The programme was conducted with the members of Pulari kudumbasree of ward 10 of Arpookara panchayath . The Class was conducted on 9 september 2018 at 3.30pm. The social work trainee had an interactive session with kudumbasree members. In recent years there has been a greater interest in the role of family environment in the development of children's behaviour including protective and risky behaviour.

Once children enter school, they get involved in activities which are beyond the direct supervision of parents. In such activities there is a need for more active parental monitoring to get information about the child. Monitoring practices can include a variety of information gathering strategies, maybe involving parents' awareness of their child's activities and also
their interests outside the home, knowledge of their whereabouts and getting to know their child's friends. Monitoring can be associated with elements of parental control like imposing rules and restrictions on children's activities. But if there is good parent-child communication, monitoring can have a greater impact than parental surveillance and control on decreasing delinquency. Good communication has been shown to be important for monitoring purposes, as more information can be gathered about adolescents' activities from their own willing disclosure than from active surveillance by their parents. The programme ended after the words of gratitude.

- **SAFETY MEASURES TAKEN IN EVERYDAY LIFE**

As a part of the academic requirements, MSW students from MES college had done an extension activity with kudumbasree. The focused panchayat were Meenadom Grama Panchayat in

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association with Jyothi Kudumbasree.The main objective of the extension activity was to take a session of awareness on the 'Safety measures which have to be taken in our daily life'. The session started with gaining opinions from the participants and made into an interactive session. All members actively listened and gave instructions to all members. After the class session, Smt. Susamma, president of the panchayath, gave a summarised information from the class session.

- **THE NEGATIVE EFFECTS OF MOBILE PHONE ON CHILDREN**

Department of social work conducted an extension activity based on kudumbasree, student social workers from MSW department organised this activity. The focused panchayat was Manimala grama panchayat ward 13. The session began at 11.30 am on Saturday and the topic selected was 'The negative effects of mobile phones on children'. There were almost 7 participants. The session begins after the inaugural function.Student social workers then took an awareness class about the topic. All the members were actively listened to and the session turned into a grand success.Thanks to the good communication skills of the students and the participants. After the session all the doubts were clarified.

- **IMPORTANCE OF HEALTHY ENVIRONMENT**

As part of the academic requirements the student social work trainee had conducted an awareness class on the topic 'Importance of healthy surroundings'. The focused municipality was Manangalloor municipality and the kudumbasree named Sneha. The session began with a prayer and then was inaugurated by the secretary Kunjumol. The class session was an interesting one. All the participants actively listened to the class and after the session there was an interactive session which clarified all the doubts and gained opinions about the session. Kudumbasree president Mrs. Daisamma gave vote of thanks by 5.30 pm and the session came to an end.

- **MOBILE ADDICTION AMONG CHILDREN**

Department of social work conducted an extension activity based on kudumbasree, student social workers from MSW department organised this activity. The focused kudumbasree was Navadeepam kudumbasreee and the venue was at an anganwadi building. The session begins with an official inauguration. The topic chosen was the mobile addiction among children. It was almost a 15 minutes session and within a short period of time the trainee conveyed the important messages that had to be conveyed. All the participants actively listened to the session and then came to an end by giving an official vote of thanks.

- **WOMEN WELFARE**

As part of the academic requirements the student social workers of MES College Erumely conducted an extension activity with Kudumbashree named "Udaya". They focused on Nedumkandam Grama Panchayat for conducting an awareness class on the topic 'Women Welfare'. The activity was conducted on 20 November 2018 at 3:00 PM. The president facilitated the function. The members collectively engaged with the interactive session.

Women welfare focuses on improving the social, economical, health and nutritional status of women and the physical, mental, intellectual, and nutritional status of children. There were 15 members who participated in the session which included the president, secretary and the members of the Kudumbashree. All the members actively listened and cooperated with the trainee and they shared their ideas and the trainee clarified their doubts.

- **PREVENTING CHILDREN'S SUICIDE PRACTICE**

MES College Erumely Department of Social Work first year social work students conducted a kudumbasree extension program named as "SNEHANJALI " at Karunapuram Panchayat 9th ward ,Idukki. The social work traniee conducted awareness class about the topic "Preventing Childrens' Suicide Practice". The class started with prayer then the welcome speech by President Mr.Mani Sukumaran. Then the social work traniee took effective session about preventing Childrens' Suicide Practice. Suicide is a serious public health problem that can have lasting, significant effects on youth, families, peers, and communities. The causes of suicide among youth are complex and involves many factors. Reducing risk factors and increasing protective factors and resilience is critical. And the traniee also discussed about which are the factors can help children from suicide. All the members actively participated in this session then the session was concluded with a vote of thanks .

- **PREVENTION OF FLOOD RELATED DISEASES**

MES College Erumely, Department of Social Work first year social work trainees conducted a kudumbasree extension program in **"SNEHA KUDUMBASREE "** at Kanjirappally Panchayat. The social work students took an awareness class about "Prevention Of Flood Related Diseases And Healthy Life" the class started with prayer and the secretary said the vote of thanks then students provided valuable information about flood are the common natural disaster occurring worldwide. The main reasons for floods are high intensive rainfall in a short duration, poor or inadequate drainage capacity of rivers, unplanned reservoir regulations and failure of flood control structure.Flood can potentially increase the transmission of communicable disease like typhoid fever, cholera, hepatitis etc . The session concluded with a vote of thanks by Ms.Jassi Mathew.

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For Kerala Pulamthoppu [illegible]
Reg.No [illegible] Ward VIII

President Secretary

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- **IMPORTANCE OF COMMUNICATION IN FAMILIES**

The social work trainees MES college Erumely 1st semester MSW department conducted a programme on Pazhavangadi panchayat Ranni taluk 17th ward 2nd number "Dhiya Kudumbasree" on 30/09/2018 Sunday 4pm on the topic "Importance of communication in families"The programme started with the prayer of student social workers.Mrs.Omana Rajan delivered the main speech on communication gap in families. Communication Gap is causing lack of trust among the family members that leads to frequent fights among them. People don't share problems and joys and remain confined to themselves. Lack of communication with children makes them vulnerable to bad habits.Its observed to say that communication gap or down in communication process are said to cause radical problems, business failure, divorce was and many other business problems.The overall session was very effective and productive.Most of the topics were discussed and it was very informative. The session ended with a thank you note at 5 pm.

- **MENTAL DISTRESS IN CHILDREN**

Department of Social work MES College Erumely in association with Karuna Kudumbasree, 9th ward in Vazhoor panchayat, conducted an awareness for Kudumbasree members on 10th September 2018. The theme of the session was Mental distress in Children. The programme was well organised by student social workers which started at 3.00 pm with prayer. Mrs. Jalaja Gopi, Member of Kudumbasree delivered the welcome speech. Mrs. Asha . P. G (Asha worker) inaugurated the function. After the report presentation and discussion by Sreeja Jayan (the Secretary) , Student Social workers conducted the awareness class. Due to many reasons like lack of communication, overuse of technology, lack of attention from parents, comparison with others, children get distress. Sometimes they show various types of symptoms. This can take the form of stomach aches, nausea or headache. Parents should ensure the mental condition of these children. Pay attention to them. If you notice something, treat it properly. The class was very helpful for most of the mothers and discussed their life experiences.

- **VIDYA DHANAM: AWARENESS CLASS ON IMPORTANCE OF EDUCATION**

Department of Social Work MES College Erumely in association with Erumely Grama Panchayath conducted an awareness for students at Santhome Higher School Erumely on 24th October 2019. The theme of the session was Importance of education. The program was well organised by student social workers which started at 10 AM with prayer. Mr. Athul Anand, (MSW 2019-21 Batch) from the Department of Social Work delivered the welcome speech. Mr. Anish Vazhayil, Ward Member inaugurated the function. Mrs. Joise K Joseph, Headmistress Santhom school, Erumely delivered the felicitation.

Then student social workers started the session at 10.45 AM. Mr. Omanakuttan AEO Kanjirappally sub district was the resource person for the session. As a well known expert in the field of education he shared lots of ideas and experiences with the students to achieve their goals. Education helps a person to acquire knowledge and improve their emotional well being all through their life. It plays a great role in career growth as well as in personal growth. It has no limitation. People of any age group can educate at any time. It helps us to determine good and bad things.the class was very helpful for every student for their future and higher studies. He gave an

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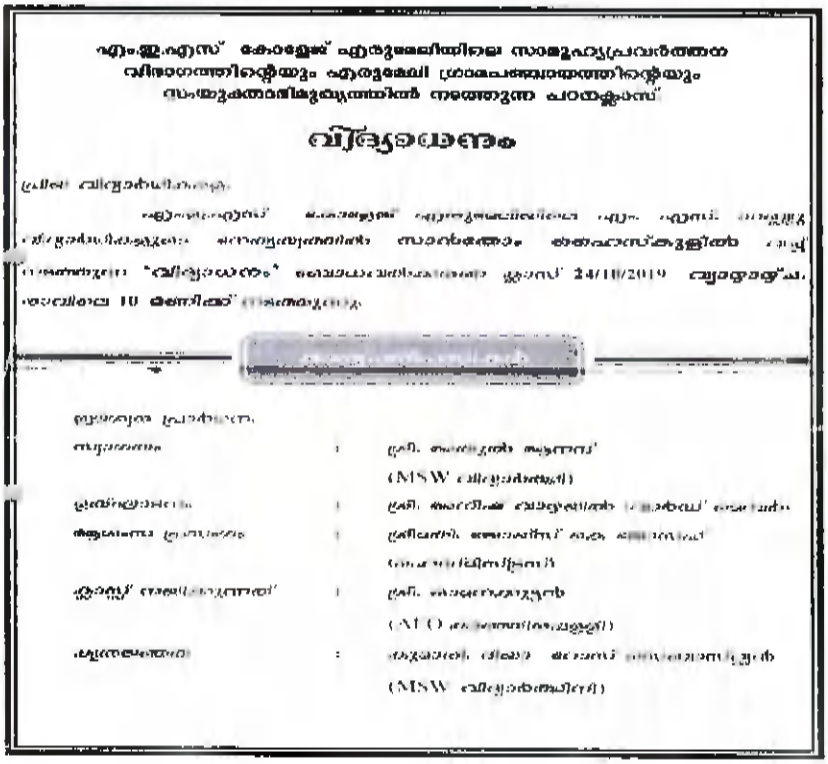
overview of career guidance and how to achieve their dreams. Students were very active and cooperative with the programme.



- **IMPACT OF SOCIAL MEDIA ON STUDENTS**

Globally the use of social media has significantly increased and it certainly has a far reaching impact on the academic and allied activities of the students. Social media is now a very popular and powerful new form of social communication among the present generation. It is an open platform for free and unrestricted conversation between millions of people worldwide without any borders. Use of Social media has been swiftly increasing during the last few years. It is not only being used by the working people but also there is a heavy rise in the use of social media by the students or we can say in education society. As the time passes by social media has started creating a negative impact by permeating today's society with millions of us engrossed, unhealthy addiction, in the latest happenings via apps such as Whatsapp, Facebook and Twitter. They create longer term friendships by being in touch online even when friends are no longer physically meeting.

Department of social work MES college erumely,and erumely grama panchayat conduct an awareness class for students at Chirakkadavu .Social work trainees reached government higher secondary school chirakkadavu on 24 October 2019 at 2 :pm .The social work trainees along with the facilities coordinated the entire programme.The session started at 2:30 pm . The inaugural address was given by HOD department of social work.The session was conducted by V K Vijayaragavan(inspector of SHO, ponkunnam PS) based on the topic Impact of Social Media on students. The session was all about how social media influences a student's life,the importance and drawbacks of social media.Social media has many positive effects on education including

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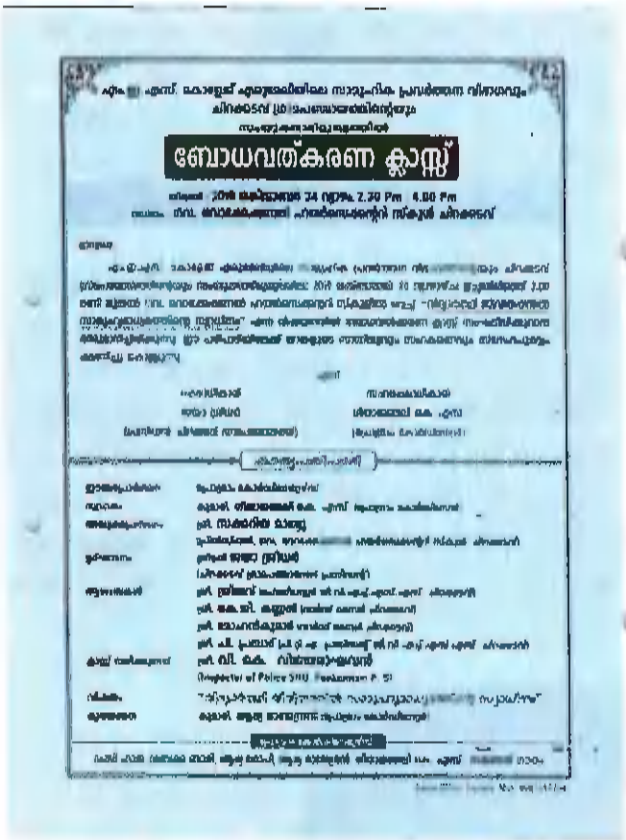
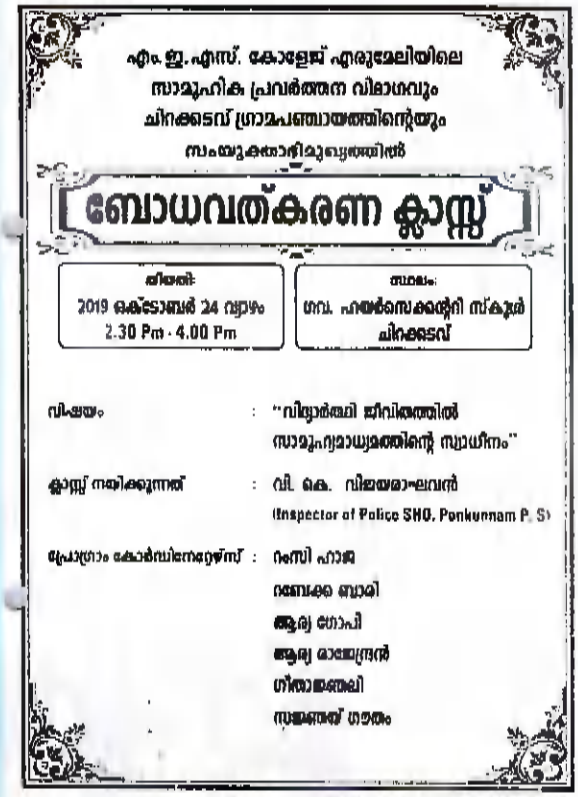
better communication, socialising online, learning etc at the same time negative effects are also there such as social isolation, cyber bullying etc.

Overall the session was very interesting and informative.Social work trainees came to know more about the topic as social media is playing an important role in today's living. The growth and popularity of social media has created a new world of collaboration and communication. Despite the importance of social media it also brings the drawbacks to those who misuse this technology. Throughout, the session was very effective and efficient. The session ended at 4 PM.


ബോധവത്കരണ ക്ലാസ്സ്


എം. ഇ. എസ്. കോളേജ് എരുമേലിയിലെ
സാമൂഹിക പ്രവർത്തന വിഭാഗവും
ചിറക്കടവ് ഗ്രാമപഞ്ചായത്തിന്റെയും
സംയുക്താഭിമുഖ്യത്തിൽ

ബോധവത്കരണ ക്ലാസ്സ്

തീയതി: 2019 ഒക്ടോബർ 24 വ്യാഴം 2.30 Pm - 4.00 Pm

സ്ഥലം: ഗവ. ഹയർസെക്കന്ററി സ്കൂൾ ചിറക്കടവ്

വിഷയം : "വിദ്യാർത്ഥി ജീവിതത്തിൽ സാമൂഹ്യമാധ്യമത്തിന്റെ സ്വാധീനം"

ക്ലാസ്സ് നയിക്കുന്നത് : വി. കെ. വിജയമോഹനൻ (Inspector of Police SHO, Ponkunnam P. S)

പ്രോഗ്രാം കോർഡിനേറ്റേഴ്സ് : റംസി ഹാജ
രഞ്ചേക്ക ബാബു
ആര്യ ഗോപി
ആര്യ മാധേന്ദ്രൻ
ഗീതാഞ്ജലി
സുജനന്ത് ഗാന്ധം

Kerala Officer Erumely Mob 9961614784

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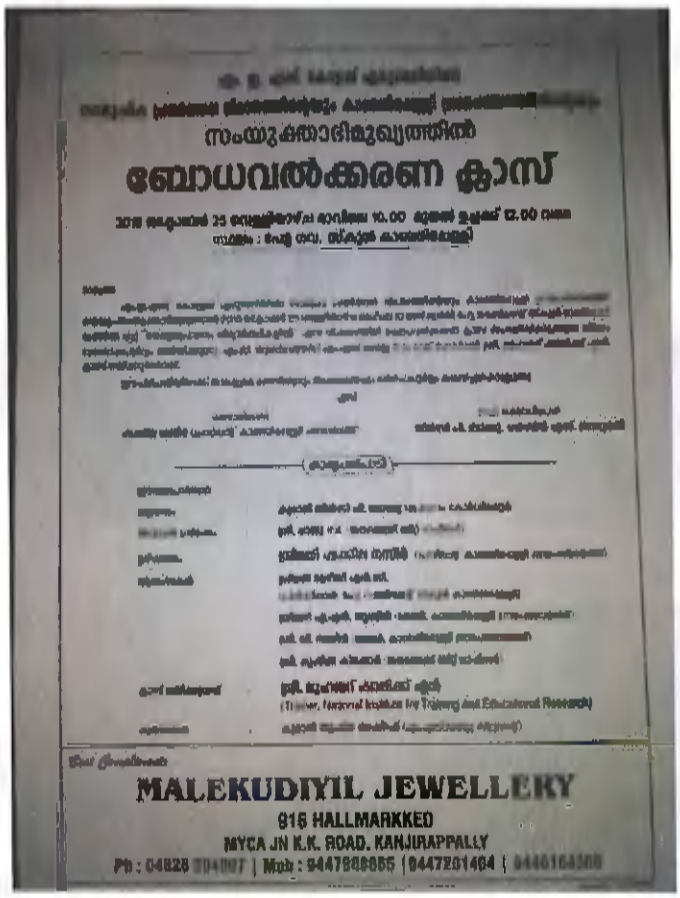
- **IMPORTANCE OF LEADERSHIP QUALITIES ON STUDENTS**

Department of Social Work MES College Erumely in association with Kanjirappally Grama panchayath conducted an awareness class for students at Pettah Government School on 25th October 2019. The theme of the session was the importance of leadership qualities in students. The programme was well organised by a student social worker which started at 10 am with prayer. Ms. Jincy. P. Babu (MSW 2019-21 batch) from the Department of Social work delivered the welcome speech. Mr. Raju. C, Janamaithri beat Officer delivered the presidential address. Mrs. Shakeela Nazir, President of Grama panchayat inaugurated the function. Mrs. Mercy. N. C, Principal, Pettah Government School Kanjirappally, Mrs. A. N. Subin, Member, Kanjirappally Grama panchayat, Mr. V. Sajin member, Kanjirappally Grama panchayat, Mr. Krishna Kishore, Janamaithri Best Officer delivered the felicitation.

Then Student Social workers started the session at 10 am. Mr. Mohammed Shalik.N, Trainer, National Institute for Training and Educational Research was the resource person for the session. This class on leadership qualities covers the top qualities and skills that make a good leader. A good leader has personality, courage, clear vision with ambition to succeed. He/she should have sufficient self-confidence to take drastic steps and engage in risky actions. The various skills and knowledge that a leader has directly influenced the ethics, character, values and beliefs of people. The class was very helpful for every student for their future. Students were very active and cooperative with the programme.The session ended with the thank you note of kumari. Ashna Ashraf, MSW student MES college Erumely.



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- **CYBER CRIMES AND TEENAGE PROBLEMS**

Department of Social Work in association with Parathodu Grama Panchayath conducted an awareness programme on 25/10/2019 at PGGM GOVT UP School pazhumala for the students of Parathodu grama panchayath. The awareness related to the topic "cyber crimes and teenage problems. The session at 10 AM. The session was taken by civil police officer sri. Navas K I. This was interesting and very helpful to the students.Any type of crime like leaking,checking personal or general information with the help of computers and the internet is called cyber crime. The Blue whale game is the latest example of cyber crime against society. At large scale teenage group did suicide without any reason. The government has taken steps to stop cyber crime by making "IT act 2000". There are different ways to overcome cyber crime by making different policies. Results indicate that teenagers using the internet have less knowledge about cyber crime. They are doing some types of cyber crime without knowledge. The session was very effective and the students have catched all the information about internet and online games and they are aware about how to prevent cyber crimes, teenage problems.The programme coordinators Aaba K Raj, Archana Raju, Aisha Ali,Neethu Shajan, Greeshma L D, Bahja Daleela K S had successfully done with the community programme and trainers windup the programme at 1 P M.

7. SAKHI SAHELI

- **FIELD LEVEL INTERVENTION WITH KUDUMBASHREE MEMBERS**

Sakhi Saheli is an initiative by the social arm of MES College Erumely, since 2017 which conceived and performed by the students of the institute. **SAKHI SAHELI**- the very name rings a bell. It is synonymous with concern, care, respect and companionship, with a human touch. The goal of this initiative is to learn from the empowered women from Kudumbashree, thus nourishing

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the knowledge and experiences of students and also it is an initiative that reaches out to the disenfranchising women and needy. Over the years, this activity of MSW students has become more organised and consolidated.This is considered as a great opportunity for the students to engage with empowered women even though they are vulnerable. The focus is to serve the women who are underprivileged. We, as a team, have a mission to accomplish not only empowerment or nourishment and physical presence but also to share our happiness with them.Our vision is the empowerment of women in rural as well as urban areas, bringing women together from all spheres of life to fight for their rights or for empowerment and also to develop skill among them.

Empowerment of women and their participation in the development process has been considered an essential feature of development. It is presumed that real development is possible only if the women and men work in equal terms. Empowerment of women is recognized globally as a key element to achieve progress in all areas. Rural women are regarded as voiceless and defenceless. So they are to be empowered to fight against the evils faced by them. Kudumbashree project was started in Kerala in 1998. Women empowerment is one of the important objectives of Kudumbashree along with poverty eradication. The aim of the Kudumbashree scheme is to improve the standard of living of poor women in rural areas by setting up micro-credit and productive enterprises. It opened a new string of expected events in our development history. Kudumbashree is the poverty eradication mission of the state of Kerala and also women want to identify their inner strength, opportunities for growth and their role in reshaping their own destiny through Kudumbashree.The mission of this initiative is to educate and empower women, with the skills and confidence, create a healthy lifestyle and acquaint the learners with the various social problems faced by women that often come across by given extension field work activity and to reach the root cause of these problems. In this manner the learners are encouraged to apply their theoretical knowledge in practice.

The objective of the initiative **'Sakhi Saheli'** is to understand the nature of collectivisation among Kudumbashree members, to identify the key thematic areas which need intervention through the preliminary study, to develop and implement plan of action for the challenges identified during the study, to analyse on how Kudumbashree empowering the women among the poor to improve their individual and collective capabilities by organising them into Neighbourhood Groups at the local level, Area Development Societies at the local government ward level and Community Development Societies at the local government level, also to develop skill in them, standing together and never giving up even when all odds stand in their way, to study the structure, functions and process of Kudumbashree and convergence of services at local level and how far they have been incorporated in the overall programme, to study the measures taken by Kudumbashree for economic empowerment of women with special focus on micro-credit and micro-enterprises development, to study how the Kudumbashree programme enhanced the decision making leadership and political empowerment of women.As part of Masters of Social Work external activity, the Department of Social work directed the students to do their field work in different Kudumbashree units. The students got the opportunity to do external field work in various Kudumbashree, which has been contributing in the field of women empowerment and poverty alleviation. Through this field work the trainees got an opportunity to know more about the Kudumbashree.Initially in 2017, the focus of students is to familiarise the structure and functioning of Kudumbashree. Also study the various stages of formation and growth of Kudumbashree and identify various factors for its growth.

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Over the years, the initiative ushered towards more organised and practical level in the field with the target of understanding the units and its activities, to integrate theoretical knowledge into practical level.to improve the practical skill, develop the skills in organisation and communication.to study the role of social worker in the agency, to conduct activities with proper planning with the involvement of women.Students usually choose the Kudumbashree unit from their own respective ward. In the present scenario they utilise various online platforms for conducting their interventions and programmes.Students engage in various programmes that are assets in rural as well as in urban areas for the development and empowerment of women and thus strengthening families. These programmes in general help to motivate these women in bringing out their inborn skills and employ it to create a stream of earning. Many of the beneficiaries of these programmes, who have gone to do well in their area of interest. It is essential to mention here that the programmes have been highly successful in instilling in the beneficiaries self-worth and self-confidence, which has enriched them to earn better positive acceptance and stature in their families as well as in their communities. This is a brief glimpse into the various activities that have been implemented: Skill training on reed craft, tailoring, manufacturing of handicrafts, organic farming and creation of jewellery. The students conducted workshops and awareness classes subsequently understanding those particular Kudumbashree units.Every year, the Masters of Social Work student's successfully complete field level intervention with Kudumbashree members. This field work gave the students a wonderful opportunity to understand more about the agency, especially their programs and developments. The student social workers could fulfil most of the objectives of fieldwork which was given by the department.

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The objective of the initiative 'Sakhi Saheli' is to understand the nature of collectivisation among Kudumbashree members, to identify the key thematic areas which need intervention through the preliminary study, to develop and implement plan of action for the challenges identified during the study, to analyse on how Kudumbashree empowering the women among the poor to improve their individual and collective capabilities by organising them.The initiative ushered towards more organised and practical level in the field with the target of understanding the units and its

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activities, to integrate theoretical knowledge into practical level.to improve the practical skill,develop the skills in organisation and communication.to study the role of social worker in the agency, to conduct activities with proper planning with the involvement of women.

MSW batch of 2020-22 conducted their field level intervention mostly in the month of June 2021. Students usually choose the Kudumbashree unit from their own respective ward. In the present scenario some students utilise various online platforms for conducting their intervention programmes and the rest of the students conduct their intervention activity offline by strictly following the covid protocol with a limited number of unit members.

Students engage in various programmes that are assets in rural as well as in urban areas for the development and empowerment of women and thus strengthening families. These programmes in general help to motivate these women in bringing out their inborn skills and employ it to create a stream of earning. Many of the beneficiaries of these programmes, who have gone to do well in their area of interest. It is essential to mention here that the programmes have been highly successful in instilling in the beneficiaries self-worth and self-confidence, which has enriched them to earn better positive acceptance and stature in their families as well as in their communities. This is a brief glimpse into the various activities that has been implemented: workshop on making cotton napkins, awareness of various topics like rainy season diseases, domestic upliftment, maintaining good physical health, cyber-crime, Health and hygiene: covid 19 and also conducted session on marketing strategies for Kudumbashree products, Mudra Yojana and so on. The students conducted their workshops and awareness classes subsequently understanding those particular Kudumbashree units. This field work gave the students a wonderful opportunity to analyse the institution, especially their programs and developments. The students fulfil most of the objectives of fieldwork intervention which are provided by the department. Through this field work the students utilise this opportunity to learn from the empowered women from Kudumbashree, thus nourishing the knowledge and experiences of students.

- **SAKHI SAHELI : FIELD LEVEL INTERVENTION WITH KUDUMBASHREE MEMBERS**

Roll No	Name of the Student	Name of the Kudumbashree Unit	Name of the Grama Panchayat/Municipality /Corporation	Name of the District	Theme of Intervention
1	Abin D Kumar	Mahadeva	Chadayamangalam Grama Panchayat	Kollam	Marketing strategies of the kudumbasree products
2	Achu Mol Tom	Pulari	Kamakshy Grama Panchayat	Idukki	Awareness class about rainy season diseases
3	Adeena Sadiq	Aishwarya	Athirampuzha Grama Panchayat	Kottayam	Domestic violence against women

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4	Akhil J Jacob	Devi kudumbashree	Thiruvarppu Grama Panchayat	Kottayam	Awareness class about Domestic upliftment
5	Albiya Shaji	Akshaya Kudumbasree	Vathikudy Grama Panchayat	Idukki	Covid Crisis Awareness
6	Aleena Denny	Sreelakshmi kudumbashree	Vellavoor Grama Panchayat	Kottayam	Menstrual Hygiene
7	Amith Lal Dious	Peruvanthanam kudumbasree	Peruvanthanam Grama Panchayat	Idukki	Awareness about Maintaining a good physical health in middle aged womens
8	Amritha Sajeev	Dwani	Kollam corporation	Kollam	Importance of educating girl child
9	Ananthu Ravi	Jyothis	Koottickal Grama Panchayat	Kottayam	Awareness class about Cyber crime
10	Aswathy subhash	Dhanya	Pala Municipality	Kottayam	Awareness class about the precautions and mask stitching
11	Bincy Raj B. R	Sithara	Thiruvananthapuram corporation	Thiruvananthapuram	Awareness class about domestic violence and helpline numbers
12	Chinchu Vijayappan	Sahrudaya	Kainakary Grama Panchayat	Alappuzha	Cancer Awareness
13	Devika Mohan	Soubhagya	Aryad Grama Panchayat	Alappuzha	Awareness about the increasing plastic pollution
14	Gayathri CM	Vinayaka	Thuravoor Grama Panchayat	Alappuzha	Workshop on making cotton napkins and awareness about its relevance
15	Jayalakshmi K J	Anaswara	Thuravoor Grama Panchayat	Alappuzha	Technology awareness
16	Josna Joseph	Sangamam N.H.G	Kanchiyar Grama Panchayat	Idukki	Self empowerment of women
17	Muhammad Shifas K S	Dhawni	Erumely Grama Panchayat	Kottayam	Health and Hygiene : covid 19
18	Navya Venu	Saubhagya	Pampadumpara Grama Panchayat	Idukki	Awareness of disaster management
19	Nikhitha Prasad	Soumya	Thanneermukkom Grama Panchayat	Alappuzha	Awareness class on plastic waste reduction and paper pen making
20	Salma Ali	Deepthi	Kattappana Municipality	Idukki	A session on the advantage of home vegetable gardens and the easy way to handle it

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21	Sangeetha Sajeevan	Samceksha	Vathikudy Grama Panchayat	Idukki	Awareness class on personality development
22	Shedha Shahul	Surabhi	Ranni Grama Panchayat	Pathanamthitta	Workshop on using virtual platform for communication /awareness class on domestic violence against women
23	Shiji.I	Mithram	Pangode Grama Panchayath	Trivandrum	Awareness about De-Addiction
24	Silla Anna Saji	Pratheeksha	Ranni Pazhavangadi Grama Panchayat	Pathanamthitta	Mudra Yojana for Women
25	Sreedevi vinod	Sreelakshmi kudumbasree	Nedumkunnam Grama Panchayat	Kottayam	Awareness class on Crime against women
26	Sreelakshmi s	Deepam kudumbashree	Chirakkadavu Grama Panchayat	Kottayam	Menstruation and hygienic
27	Thasneem. H	Sneha Kudumbasree	Navaikulam Grama Panchayat	Thiruvananthapuram	Women empowerment
28	Tom Jose	Nanma	Vellavoor Grama Panchayat	Kottayam	Use of internet for communication

- **AWARENESS CLASS ON MICRO FINANCE IN KUDUMBASHREE UNIT**

The meeting on Extension Activity and Awareness Class, Started with the Silent Prayer. Welcome Speech was delivered by Mrs.Achu Mol K M , Faculty Department of Economics. The Presidential Address was delivered by Mrs.Mubeena Gafoor, HOD Department of Economics. In her Speech he highlighted the importance of Micro finance in kudumbashree unit. Mrs.Sumi

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Ismail, Member of 8th ward Inaugurated the Programme and She delivers her Inaugural Speech and Convey her thanks to MES College Erumely for arranging such Programme. Finally the words of thanks are delivered by Vijitha Gopalakrishnan Students Representative).

TECHNICAL SESSION

The technical session on **An Awareness Class on Micro Finance in kudumbashree unit** was delivered by the students of Economics Department, MES College Erumely. A student from MA Economics, Ashna K Arif gives a clear definition to Micro Finance. Micro Finance generally refers to the Provision of basic financial services such as Loans, Saving Account and Insurance for low Income but Economically Active People . In most instances the term Microfinance refers to the Provision of Small loans (= micro credits) for Micro Enterprises.

Further they Explained the needs, characteristics and Importance of Micro finance. Security, Economic Growth and the Opportunity to take one's future into one's own hands are the 3 characteristics of the same.It includes Micro Credit, the Provision of Small loans to poor clients, Saving and Checking accounts, Micro Insurance and Payment systems, among other services. Micro Finance is recognized as a very effective developing tool for 4 basic reasons. Such as it is provided to poor , It Contributes to Socio-Economic status of the targeted Community, Empowering Women and the Institution that deliver these services can develop, with in a few years, into Sustainable Organization.At the ending, Vijitha Gopalakrishanan explained about the role of Kudumbashree in women empowerment. It's aim is to improve the standard of living of poor women in rural areas by setting up Micro credit and Productive Enterprises.

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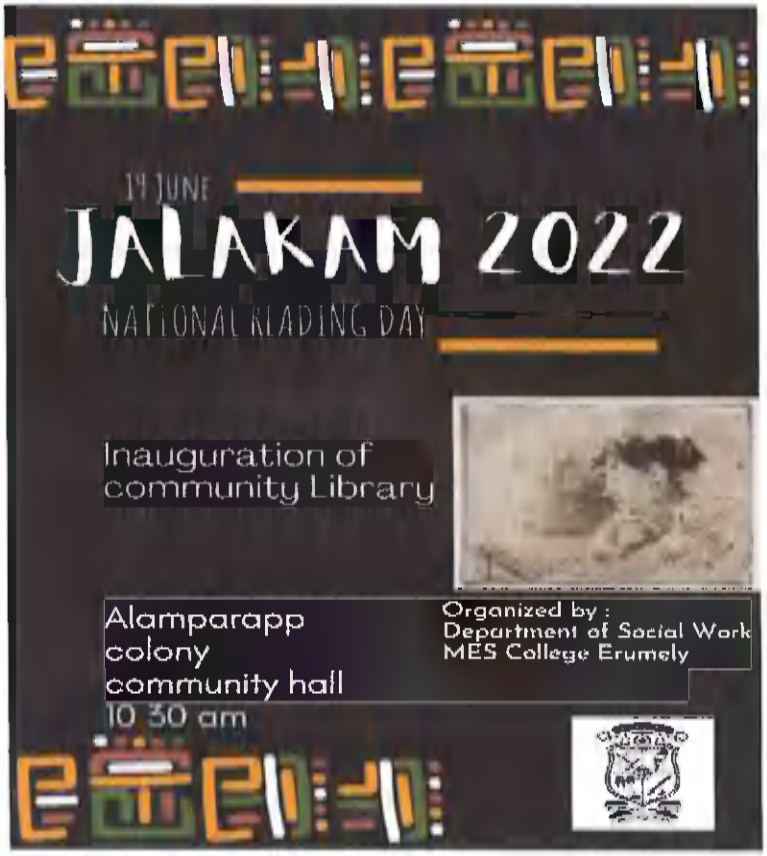
8. RURAL LITERACY PROGRAMME

- **'JALAKAM' : COMMUNITY LIBRARY INAUGURATION**



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Social work trainees planned an extension programme 'Jalakam' for the community members of Aalamparappu colony. Setting a library for the community was the main goal of the social work trainees and with the help of faculty members and Kanjirappally panchayath it was successfully inaugurated. Jalakam was inaugurated on 19th June 2022 in accordance with reading day at 10:00 am by the panchayath president Mr. K R Thankappan, ward members, higher officials of MES College and faculty members of social work department. Although it was a great successful event for the social work trainees and the department of social work.

Inauguration of 'Jalakam' was held on 19th June 2022 at the community hall in Aalamparappu colony, 10:00am by the panchayath president. Welcome speech was delivered by Dr. Samseer R H, H. O. D department of social work. Presidential address was given by Abdul Salam, Chairman MES College Erumely, special address was delivered by Ramadevi A, principal of MES College Erumely, pusthakasamarppanam K M Muhammad Najeeb, secretary of MES College Erumely, Vayanadinasandesham P H Najeeb, Chairman MES College. Facilitation was delivered by Shaheem Vilanguppara treasurer MES College Erumely, Shyamala Gangadharan ward member, Adv. P A Muhammed Shameer ward member, Rosamma Thomas vice-president Kanjirappally panchayath, Ayoob youth coordinator and lastly vote of thanks was delivered by student coordinator Fathima N. The programme ended at 1:00pm.

Social work trainees reached the venue (Aalamparappu community hall) on 18th June 2022 at 9:00 am for the arrangements of the programme. Social work trainees were divided into various committees and each committee was assigned with various works. The campaigning for 'Jalakam' was started a week before the inauguration. Most of the community members supported and contributed a little part of them for making Jalakam a successful event.

Social work trainees collected a bunch of books through campaigning. Around 400 books were collected and arranged in the library by the social work trainees, and sponsors too contributed a part of them. Social work trainees were divided among different committees and they were programme committee, documentation committee, Venue committee and finance committee. Each committee was assigned with particular works. Arrangements for the programme was done on 18th June by the social work trainees. Cleaning, decoration, arrangement of books etc. were done on that day and the action plan of the next day was planned by the social work trainees.
Panchayath president K R Thankappan, vice-president Rosamma Thomas, ward members Shyamala Gangadharan, Adv Shameer were of great help from the beginning till the end they supported and coordinated very well. Finally, social work trainees decided to inaugurate 'Jalakam ' on 19th june 2022 in accordance with reading day.

Mathrubhumi
മാതൃഭൂമി

വിദ്യാർഥികൾ ഒരുമിച്ചു, ആലമ്പരപ്പിൽ വായനശാലയായി

കോഞ്ഞിരപ്പള്ളി ▸ എരുമേലി എം.ഇ.എസ്. കോളേജിലെ സാമൂഹിക പ്രവർത്തനം വിദ്യാർഥികളും പഞ്ചായത്തും ചേർന്ന് ആലമ്പരപ്പിൽ വായനശാല ആരംഭിച്ചു. 16-ാം വാർഡിലെ ആലമ്പരപ്പ് കോളനി കമ്മ്യൂണിറ്റി ഹാളിലാണ് വായനശാല ആരംഭിച്ചത്. വിദ്യാർഥികളുടെ നേതൃത്വത്തിൽ അങ്ങനെയുള്ളം പുസ്തകങ്ങൾ ശേഖരിച്ച് വായനശാലയിലേക്ക് നൽകി. കുടുംബശ്രീ മെമ്പർമാർ രൂപവത്കരിച്ച പ്രവർത്തനം അതിലായിരുന്നു വിദ്യാർഥികൾ. വായനശാലയുടെ തുടർന്നുള്ള പ്രവർത്തനങ്ങൾക്കും വിദ്യാർഥികൾ നേതൃത്വം നൽകും. പഞ്ചായത്ത് പ്രസിഡന്റ് കെ.ആർ. തങ്കപ്പൻ വായനശാലയുടെ ഉദ്ഘാടനം നിർവഹിച്ചു.

എം.ഇ.എസ്. കോളേജ് ചെയർമാൻ പി.എം. അബ്ദുൾഖാദർ അധ്യക്ഷത വഹിച്ചു. കോളേജ് സെക്രട്ടറി അഡ്വ. കെ.എം. മുഹമ്മദ് നജീബ് പുസ്തകങ്ങൾ വായനശാലയ്ക്ക് സമർപ്പിച്ചു. കോളേജ് ട്രഷറർ ഡോ. വിജയകുമാർ, പി.എച്ച്. നജീബ്, പ്രിൻസിപ്പൽ ഡോ. ദേവി, വൈസ് പ്രസിഡന്റ് സുനിത ടീച്ചർ, സുരേഷ് കുമാർ, അഡ്വ. പി.എച്ച്.ഷരീഫ്, അസ്സൂസി കുടുംബശ്രീ പ്രസിഡന്റ് ലിസ്സി, സാമൂഹിക പ്രവർത്തന വിഭാഗം മേധാവി ഡോ. ഷംഷീനിന്റെ നേതൃത്വത്തിൽ കോളേജിലെ എം.എസ്.ഡബ്ല്യു. വിദ്യാർഥികളാണ് വായനശാല രൂപവത്കരണത്തിന് നേതൃത്വം നൽകിയത്.

ആലമ്പരപ്പിലെ വായനശാലയായി എം.ഇ.എസ്. കോളേജിലെ വിദ്യാർഥികൾ ശേഖരിച്ച പുസ്തകം കോളേജ് സെക്രട്ടറി അഡ്വ. കെ.എം. മുഹമ്മദ് നജീബ് കൈമാറുന്നു

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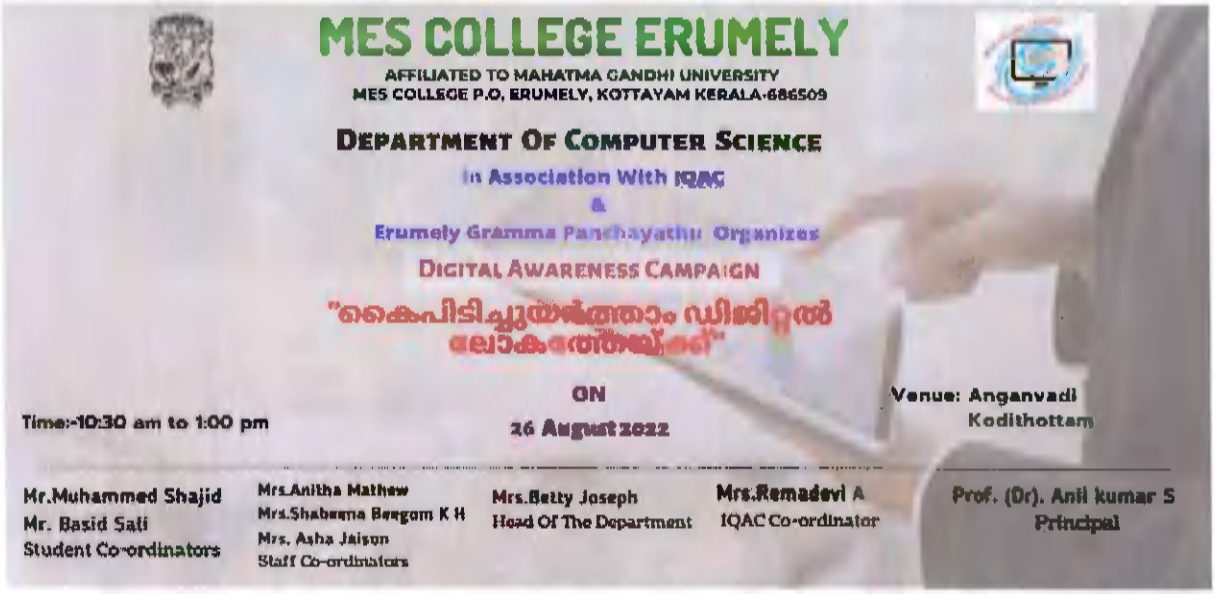
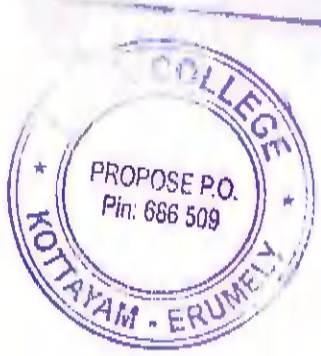
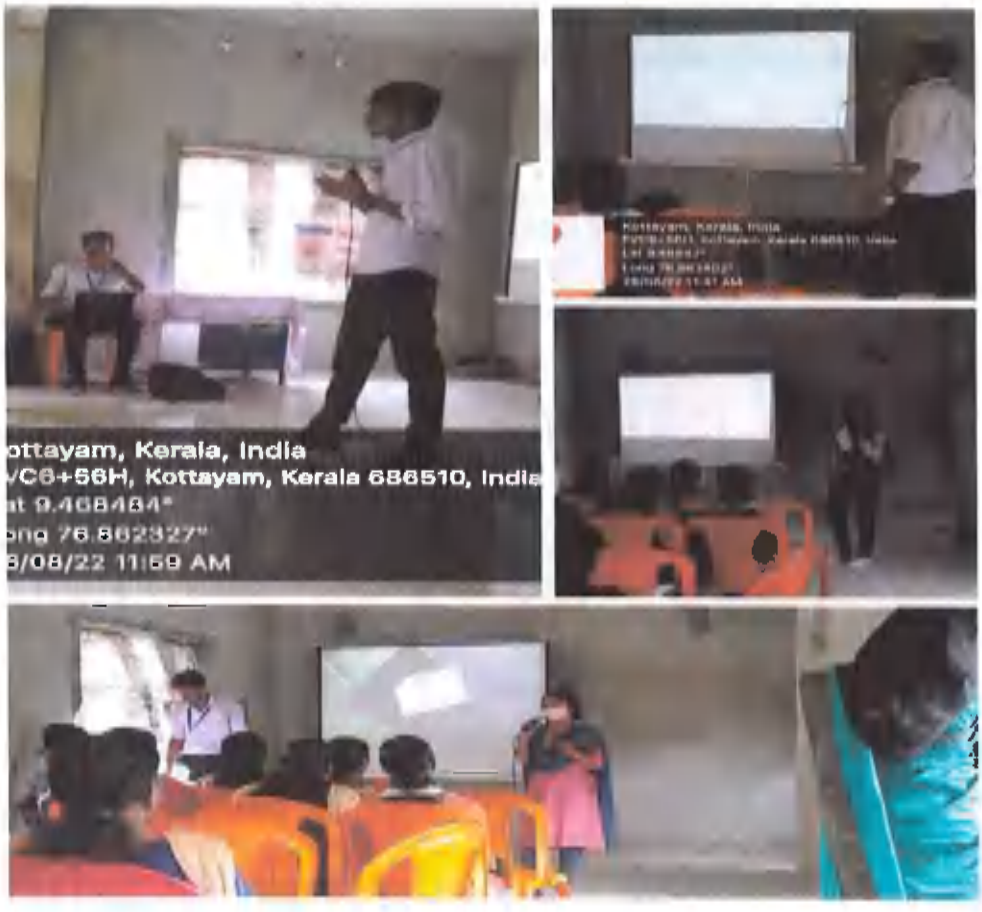
- **KAIPIDICHUYARTHAM DIGITAL LOKATHEEKU**

Department of computer science in association with Erumely Grama Panchayath and IQAC (Mes College Erumely) conducted a digital awareness campaign named " **Kaipidichuyartham Digital lokatheekku**" on **26/08/2022** at Kodithottam (Ward no 19, Erumely Grama Panchayath). The objective of the program was to provide awareness to the common man regarding E-banking, Application form uploading towards Government (That is often done through Akshaya) and also to make them aware of the mobile Apps that are frequently being used. 40 members from ward no 19 are attended the Programme

The programme was started with a prayer song by III year BCA students. Mrs. Betty Joseph, HOD, Department of Computer Science welcomed the gathering. Presidential address was delivered by Mr. Ajesh Kumar K R (Ward member, Erumely Gramapanchayath), Mrs.Remadevi A (Coordinator-IQAC, MES College Erumely) inaugurated the function. Felicitations are delivered by Mrs. Shamla beegom N S (Vice Principal- MES College Erumely) and Sukumari M P (CDS Member, Kudumbasree). Awareness Sessions are handled by III year BCA Students. Mr. Basid Sali gave a detailed explanation about Akshaya Services which are necessary for our day to day life, Mr. Muhammed Shajid explained E- banking facilities in Detail and Ms. Alfiya Ajeesh explained important mobile Apps that are frequently being used. The participants gave their suggestions and feedback through the feedback form provided. Meeting concluded at 1.30pm with a vote of thanks by Ms. Alfiya Ajeesh, III year BCA.







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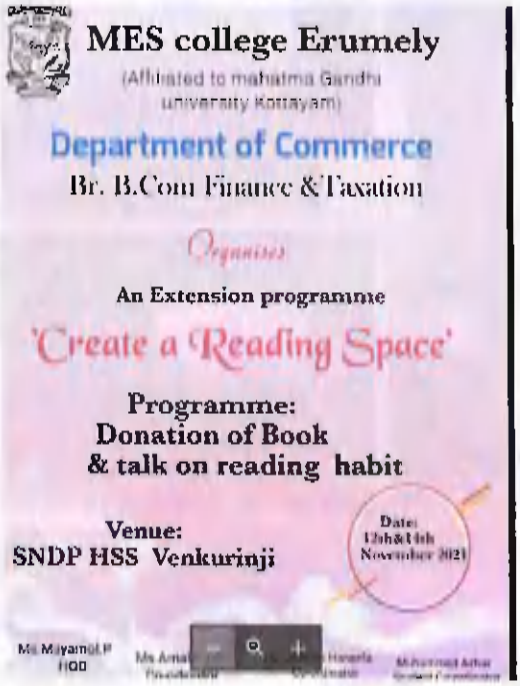
- **UNARVU:LEARNING SESSION**

Department of Social Work of MES College Erumely and IRDC, Palakkad jointly conducted a Learning session for the marginalised and common people of Kottathara in Palakkad district. The programme was named **'UNARVU-2018'**, scheduled on 18th May 2018, Friday. The venue is at Thamb Computer Centre, Chanthakkadu, Kottathara. The session was carried out by Charithra Maya (Lokh Manj Coordinator- Aadhi) about the topic "The secrets of life success".

Kottathara is a village in Sholayur grama panchayat of Palakkad district in Kerala state, India and belongs to the central division of Kerala.Kottathara village was earlier part of Mannarkkad taluk prior to the formation of Attappady taluk. The average literacy of Kottathara village is about 94%. The coordinator took the class in a simplest and humble way. Most of the people were tribes and a few people are literated there. Thus, only common language might be taken for their understanding and to upbring a new generation. She gives some general ideas about life and its basic ideas, their known tips and techniques of the modern generation. Also quoted some importance of education and its value. The obstacles of success in a common man's life are little things like a lack of self-discipline, fear, or insufficient motivation. Importantly, "Success doesn't come to them, they have to go out and get it for themselves" -she quoted this in the session.The students from MSW take part in this learning session. The people from the community also took part in this community event which was successful

- **CREATE A READING SPACE**

On promotion of reading habit among school students



Department conducted an extension programme **"Create a Reading Space"** at SNDP HSS Venkurinji by donating books to the school library on 12/11/2021 to encourage reading habit among students .On 14th November 2021 a class on reading habit was given in association with Lions Club Aruvithura and SNDP HSS Venkurinji to school students by Manoj T Benjamin ,M Sc BEd SET ,Higher Secondary Botany Teacher Chathamattom Govt Higher secondary School Ernakulam at 11 am through Google meet platform. Hundred students participated in the class.

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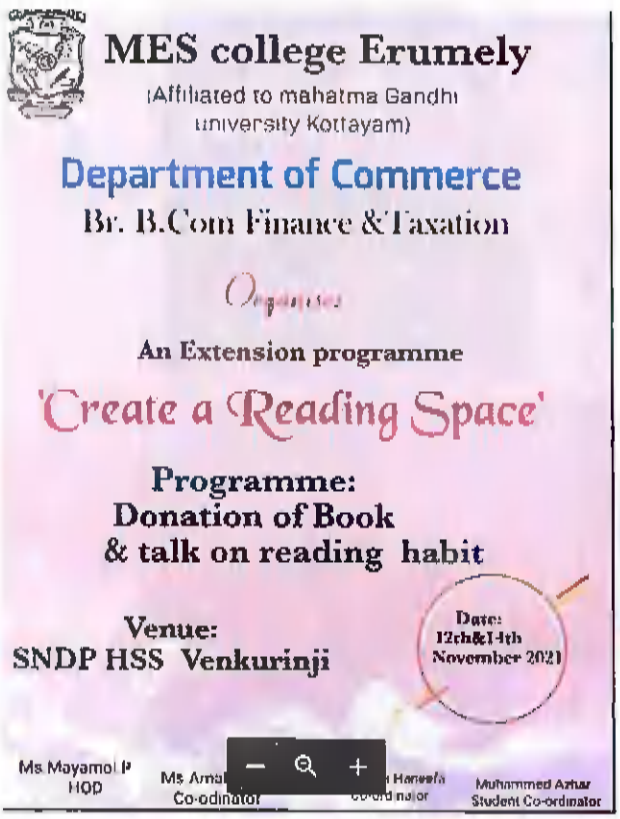
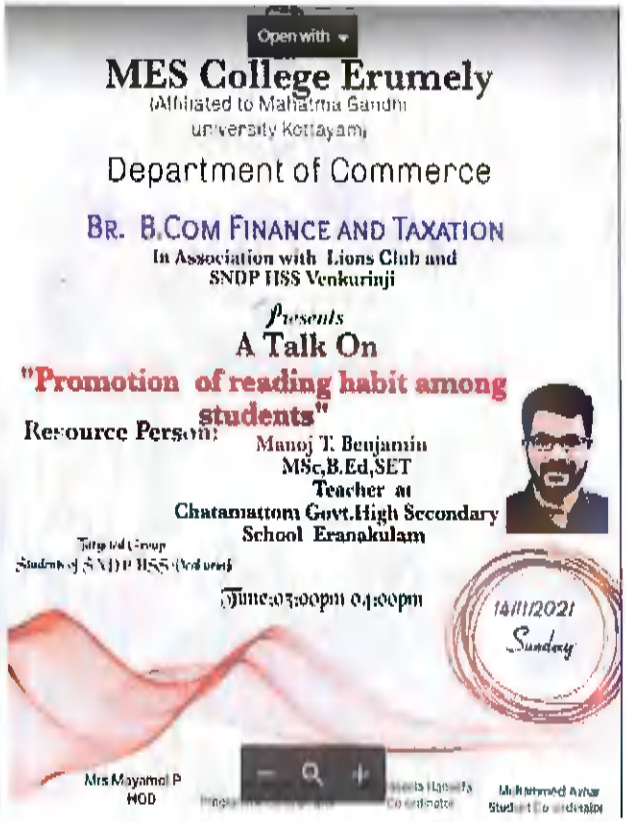


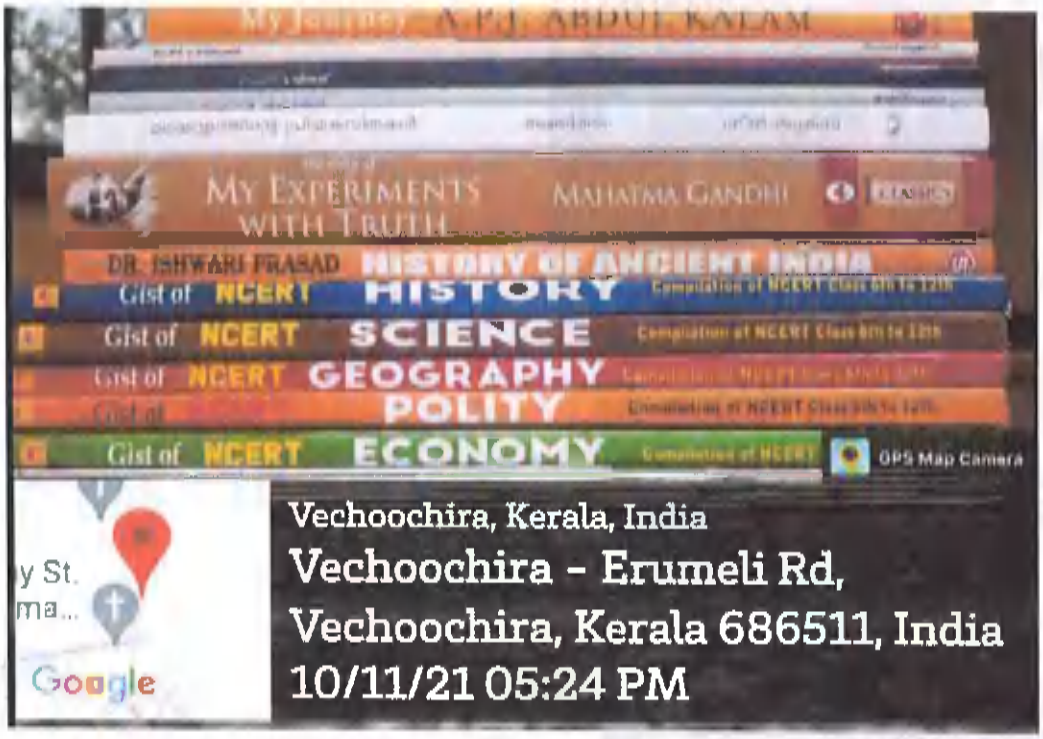


Rules and Regulations

1.Visit SNDP HSS Venkurinji a team consist of 8 members

2.Attend the meeting held at SNDP HSS Venkurinji .

3.Donating Books to library



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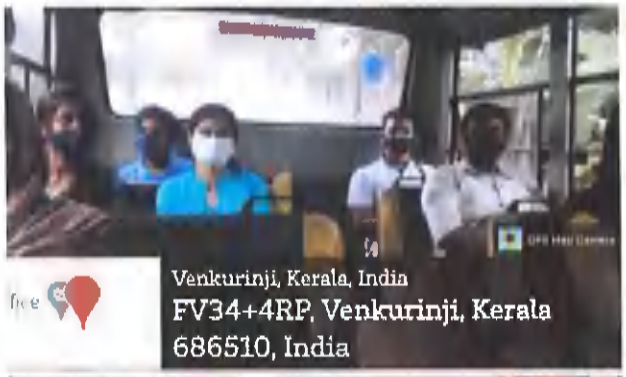

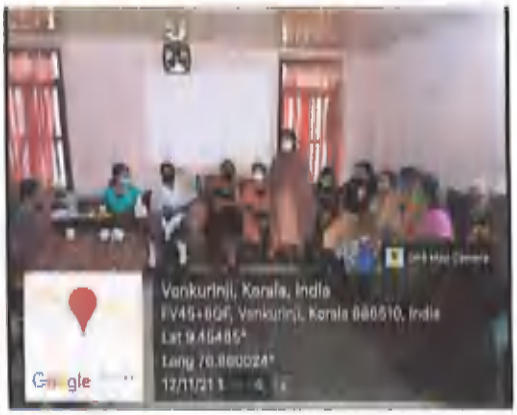

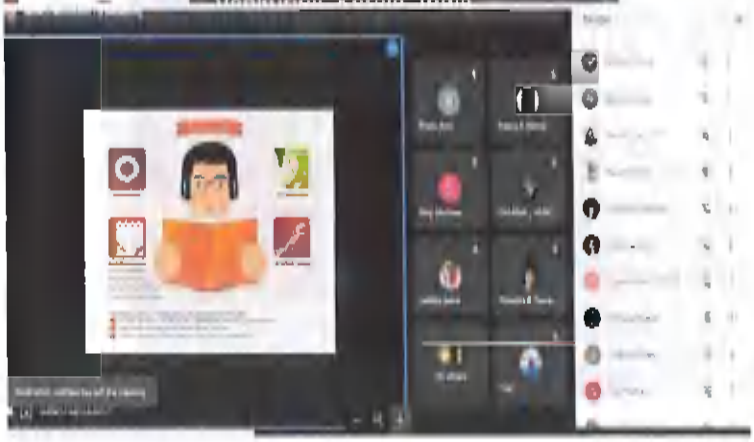

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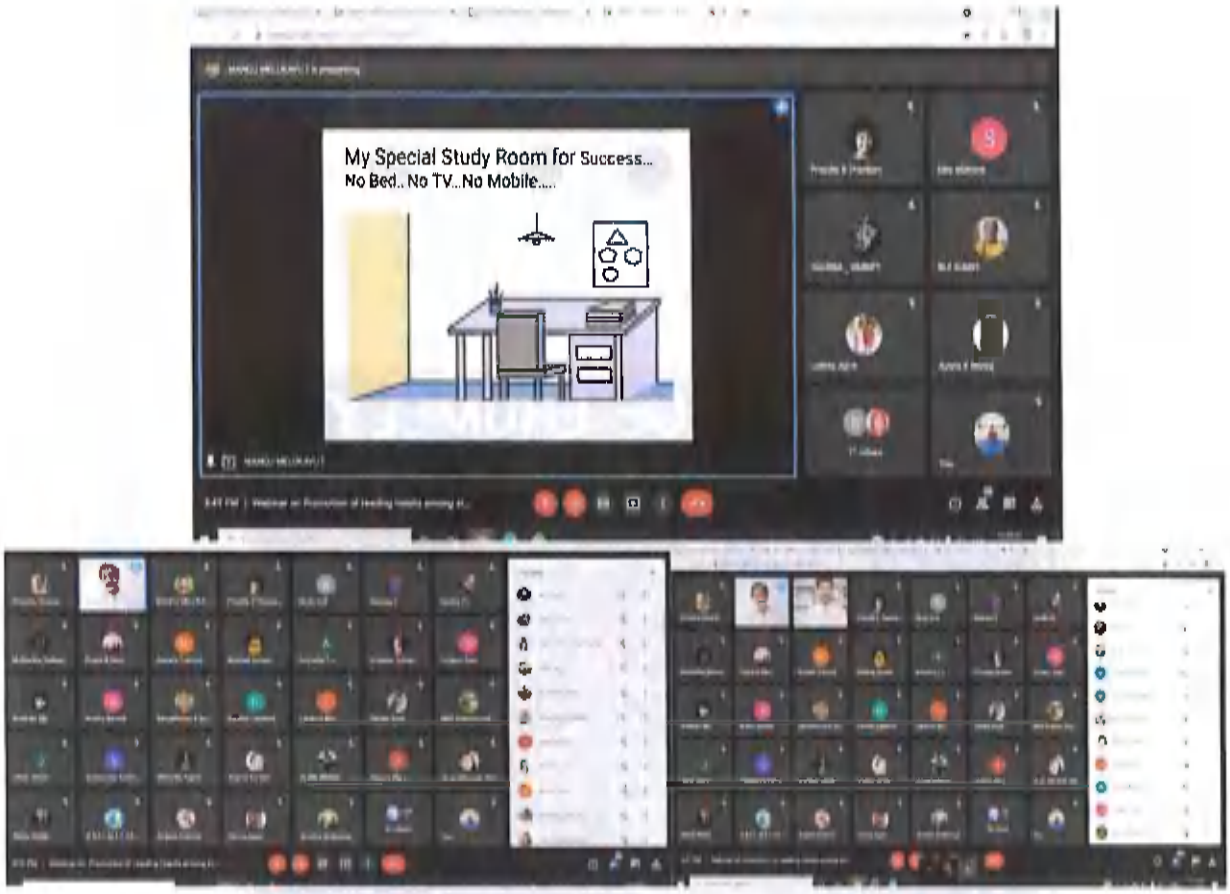

CLASS NEAR YOU

• ONLINE LEXICAL LEARNING PROGRAMME

INTRODUCTION

PG Department of English, MES College Erumely, has conducted an Online Lexical Learning programme in five different localities in Pathanamthitta and Kottayam district on 28 August 2021. Ability to read, write and comprehend a written document, these are the necessary needs of every individual. As part of modernization and development, the language of communication has also encountered tremendous transformations in recent times. Today we are living in a society where the English language has got much more attention and usage than our mother tongues. Thus, the ability to comprehend documents written in English language is a necessity of the time. But still there are many people who lack the efficiency to read and write in English.

Class Near You is an Online Lexical learning programme proposed as a guidance for those who lack proper English education. Because of the introduction of English as a medium of education the young generation are efficient in using English language. In many societies people above 40 years old who lack proper English education, as a result they are unable to understand basic English words used in normal communication. The programme was aimed at training people above 40 years. Students of the English department have conducted the training programme in their nearby places.

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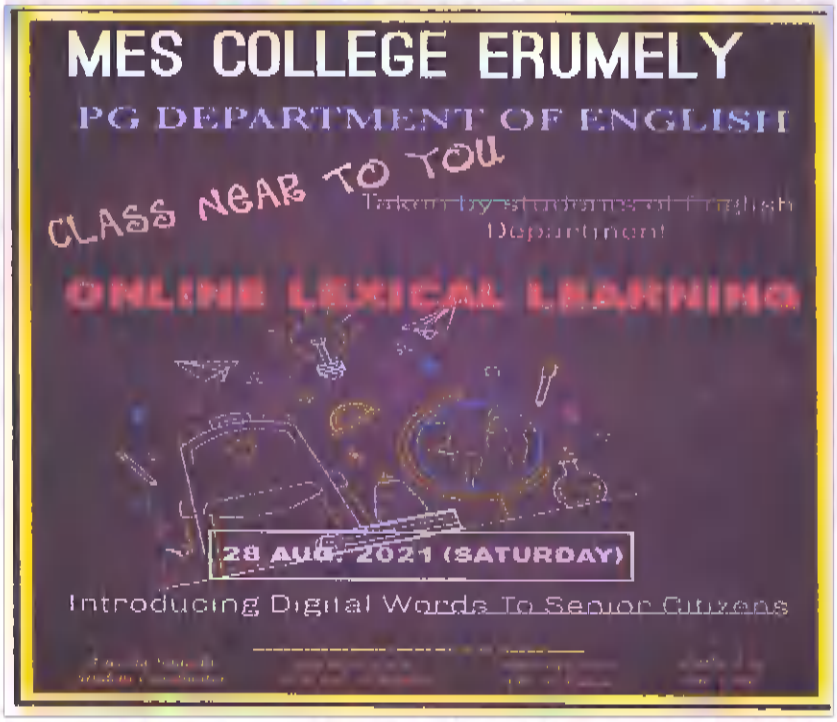
OBJECTIVES

- The programme aimed at teaching them the basic English words of daily life.
- Reading and filling of English application forms in English.
- Comprehending messages related to their bank statement, for example, meaning of the words debit and credit.
- Understanding notices from official authorities including officially used words.
- To enable the participants, learn and understand the usage of English words in daily life.



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- **Awareness Class on Banking Laws and Practices**

MES COLLEGE ERUMELY

PG Department of Economics

EXTENSION ACTIVITY

Awareness Class on Banking Laws and Practice

DATE: 28/09/2021

Athira Krishna S Sakeer KN	Dr. Anuraj K.R	Amala Job	Darly AG
Students Coordinator	HOD, Dept.of Economics	Coordinator Extension	Director CDC

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PG Department of Economics

Extension Activity: Awareness Class on Banking Laws and Practices

Rules and Regulations

Date: 28/09/2021 **Time: 2.00 pm -4.00 pm**

1. Keep student ID card
2. Visit minimum 5 houses (Keep Covid protocol)
3. Explain the purpose of visit
4. Introduce bank and banking services first
5. Keep photos of different forms on the phone. The class should be based on that
6. Topics to take,
    * Different type of bank accounts
    * Loans
    * Necessary documents for creating new account
    * How to apply ATM card and what documents are needed
    * How to fill cash deposit form, withdrawal form, cheque, DD Draft, etc
7. Take photos in Geo tag (must)

PG Department of Economics conducted an extension activity on " Awareness on Banking Laws and Practices" on 28th September 2021. The class was mainly focused on the backward community who lack proper knowledge of banking rules and regulations. The students from the Economics Department actively participated in the activity. The outcome of this activity is to provide the students an understanding of bank and banking services. Students can effectively take the class with different banking forms like, cash deposit form, cash withdrawal form, cheques, demand drafts through mobile phone and explain how they fill. Students also handled the topics like application of a new ATM card, necessary documents for opening a new bank account and bank loans and different types of bank accounts.

Participation List

Sl. No	Name of Student
1	Akhil mohan
2	Athira Krishna S
3	Medina Mathew
4	Sakeer KN
5	Vivek Vinod

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9. OUTREACH PROGRAMMES

- **Outreach Programme at Eruthuvapuzha Tribal Colony**

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The meeting of Awareness programme was presided by Mrs Mariyamma Thomas , Ward member 14 Ward , Erumely Panchayat she delivered the importance of March 15, world consumer day and its awareness in such a community . Welcome Speech by Mrs Soumya S HOD , PG Commerce, Special Addressing by Mr. Jithesh K S , Director Academics , Coordinator IQAC , M E S College Erumely he express the importance of such an awareness programme in such a community and and the days importance and the communication of the information to the succeeding generation , he appreciate the Department and students for their effort to consider a weaker community development activity . Mr. Gopi , The tribal head Malavedar colony , Eruthuvapuzha inaugurate the programme and he delivers his inaugural speech and he convey his and his communities thanks to M E S College Erumely for arranging such a programme to his people. Finally the words of thanks are delivered by Ms. Shincy Chacko , First year M.com Finance and Tax student.

Classes are arranged in two sessions , first session were handled by Athira Anish , First year M.Com Finance and Tax she express about consumer rights that is **Right to Safety,Right to be Informed,Right to Choose, Right to be Heard , Right to Seek redressal , Right to Consumer Education.** The second session 2 handled by Slipa Santhosh , first year M.Com Marketing students lead the class about **Right to Seek redressal,** Consumers must make complaint for their genuine grievances.Many a times their complaint may be of small value but its impact on the society as a whole may be very large. They can also take the help of consumer organisations in seeking redressal of their grievances.In Addition to these there is a cultural activity session by the tribal old age man he is at 99 years and a malayalam T.V. Show fame named as Kesavan Mooppan known as Eli Mooppan he is a rat hunter, good folk singer, he sang a folk song at the end of the programme .

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Participants List

Mr. Gopi Mooppan (Tribal Head)
Mrs Mariyamma Thomas (Ward member 14 Ward,Erumely Panchayat)
Mrs. Saradha
Mrs. Santha,
Mr. Kesavan Mooppan
Ammu M Reji
Binto S Panthalani
Devaprasad P S
Devi Lakshmi
Ammu M Reji
Binto S Panthalani
Devaprasad P S

Ammu M Reji
Binto S Panthalani
Devaprasad P S
Devi Lakshmi
Jesna Basheer
Jishamol James
P S Nilana
Shilpa Bal
Shilpa Santhosh
Tina Anns Samuel
Sneha Elsa Sunny
Sonia M Abraham
Shincy Chacko

Abhijith Madhu
Akhina Thomas
Anumol K Madhu
Sona Pramod
Sooraj V S
Sreelakshmi Sasikumar
Stency Susan Varghese
Thasni Haneefa
Ajit V A
Ajmi Usman
Thasni Sajeev
Vishnu Priya Balakrishna

Anandu P A
Ashwiny A Nair
Athira Anish
Athira T S
Aysha Sulaiman
Donna P Sabu
Jacob Cherian
Jasmi K I
Linchu Maria Abraham
Milu Maria Jose
Rintu Varghese
Salin P A

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EXTENSION PROGRAMME

ON

"OORINOPPAM"

18th August 2022

As part of the Azadi Ka Amrit Mahotsavam, the business administration department of MES College Erumely and the Tribal Development department jointly organized the celebrations on18/8/2022..Respected Oorumoopan Mr. Narayanan inaugurated the function . Opening ceremony of the program was organized at 10 am on Thursday at EDC Hall, Attathodu near Pampa.

Mrs. Anumol Joseph, Head of Business Administration, presided. In the said program, senior residents of the town were felicitated and gifts were distributed to children. Shri Jitesh KS (Faculty, Business Administration MES College Erumeli) conducted the class on the importance of higher education. The residents of Ooru presented various art forms to introduce their culture to the students. Students performed street plays and flash mobs. Mr. Sebin Benny (Kizakkara, Tribal Promoter) and Mrs. Shyama Pratinjarekara, Tribal Promoter, congratulating the said program.

Mrs. Yamuna (Former ST Promoter) Mrs. Darli A.G. (Faculty, MS College Erumeli)
Mrs. Safeena KM (Faculty, MES College Erumeli) also spoke.

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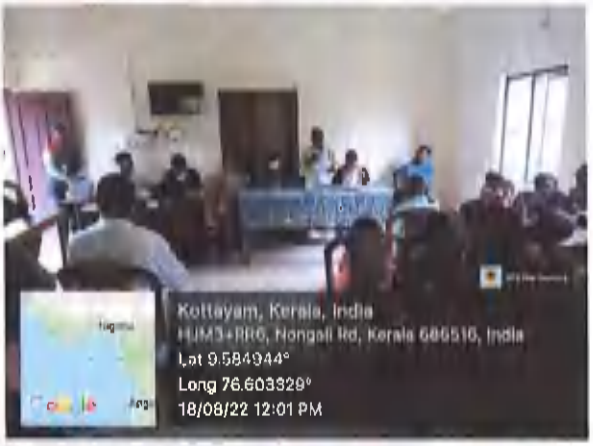

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10. UNNAT BHARAT ABHIYAN

Unnat Bharat Abhiyan conducted various activities in MES College Erumely. It is a national program implemented by the Ministry of Human Resource Development, Government of India, with a vision of involving professional and higher educational institutions in the development process of rural areas in the country. This program intended to create a framework of sustainable development in rural areas through active social involvement and interventions. MES College Erumely is actively taking part in Unnat Bharat Abhiyan.

- **VILLAGE STUDY**

The Unnath Bharat Abhiyan in association with the Department of Social Work conducted a 222 village study in two panchayats in order to achieve a deeper understanding regarding the resources, culture, social system, needs, wants, and livelihood of those two panchayats.

Unnat Bharat Abhiyan is inspired by the vision of transformational change in rural development processes by leveraging knowledge institutions to help build the architecture of an Inclusive India.The Mission of Unnat Bharat Abhiyan is to enable higher educational institutions to work with the people of rural India in identifying development challenges and evolving appropriate solutions for accelerating sustainable growth.

It also aims to create a virtuous cycle between society and an inclusive academic system by providing knowledge and practices for emerging professions and to upgrade the capabilities of both the public and the private sectors in responding to the development needs of rural India.In Order to make a preliminary study about panchayats student social workers from MES college erumley took an initiative to gain an understand about the two panchayat named Vellavoor and Manimala Grama Panchayath in Kottayam District.Student social workers were focused these panchayat as socially and economically in backward position. Through a better rapport students gained a good understanding about the conditions of those Panchayath .

Participant List

Aishwarya Vijayan	Haritha Krishnan	Ratheesh B
Akhil Mathew Shaji	Hasan Salim KC	Sarath k
Anisha A	Jebin Joy	Soju VS
Anju James	Jobin C Valsan	Sulu Sabu
Ashna Benny	Muhammaed Shalikh N	Swetha Girish

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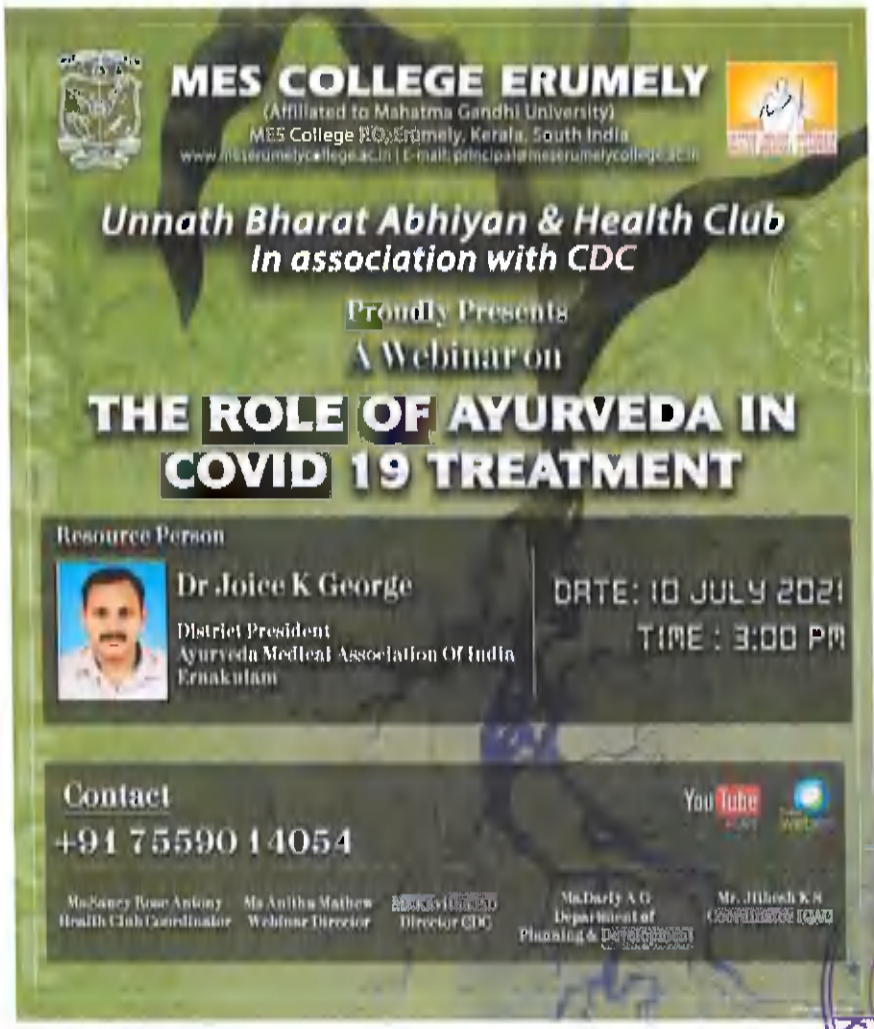
- **A Webinar on:The Role of Ayurveda on Covid 19 Treatment**

The webinar was organised by Unnath Bharat Abhiyan & Health Club in association with CDC of MES College Erumely, through CISCO Webex and Youtube live on 10th July 2021 from 3 pm to 4 pm. The resource person of the programme was Dr. Joice K George (District President Ayurveda Medical Association of India ,Ernakulam).

The programme commenced with recorded college prayer which was followed by a welcome address by Ms. Sancy Rose Antony (Coordinator, Health Club). Introductory speech was delivered by Mrs. Anitha Mathew (Director, Webinar) about the role of Ayurveda in Covid-19 treatment. Mr.Jithesh K. S (Director Academics and IQAC Coordinator) delivered the presidential address. Mrs. Darly A.G (Director Planning & Development) delivered the inaugural address. Total 49 students and faculties participated in this programme through webex and 88 viewers through youtube. The technical section on "The Role of Ayurveda in Covid 19 Treatment" was delivered by Dr. Joice K George (District President Ayurveda Medical Association of India ,Ernakulam). In his talk he specially gave the importance and scope of ayurveda in Covid 19 treatment and he also explained how to treat post Covid symptoms in ayurveda.

The participants directly asked their questions to Dr.Joice K George. Keynote address was delivered by Mrs.Kavitha P.D (Director CDC). Finally vote of thanks was delivered by Ms. Sreekutty K.S, Student Coordinator of health club MES College, Erumely. The programme ended with the National anthem.



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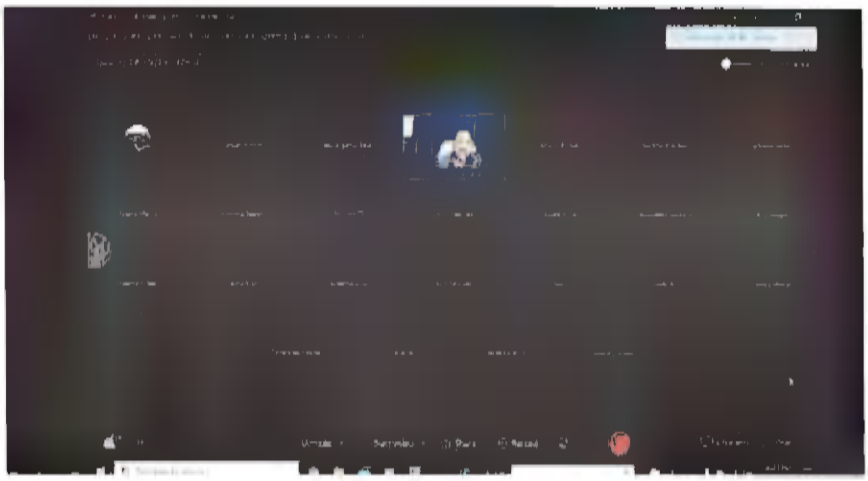

List of Participants

1. Ardra P
2. Sandra Saji
3. Vinaya P
4. Bismi P
5. Alfiya Nejmi
6. Amisha Saji
7. Alfina K Jessin
8. Keksa C B
9. Gopika Prasad
10. Abhirami S Kumar
11. Devika A S
12. Anaha T S
13. Vidhya Vijayan
14. Rahmh Usman
15. Josna Joseph
16. ThobiyaElizabath Thomas
17. Aneesha Haneefa.
18. Jomsy O.M
19. Athira Anish
20. Milu Maria Jose
21. Rintu Varghese
22. Athira A .B
23. Sona Promod.
24. Thasni Haneefa
25. Ajmi Usman
26. Thasni Sajeev
27. Sneha Elsa Sunny
28. Duniya P S
29. Rosmy Varghese
30. Darly A G
31. Sneha Varghese
32. Maria Manoj
33. Sulthana V M
34. Aparna Salam
35. Anjala Ayoob
36. Sruthi S Nair
37. Vidhya Vijayan
38. Sangeetha P S
39. Sanju Sara
40. Malu M
41. Malavika N.G
42. Athira R Nair
43. Jesna Salam
44. Juby P
45. Jumana K
46. Rithu P
47. Aswathi M
48. Ambika Raj
49. Asha K M

- **GANDHI GLOBAL SOLAR YATHRA**

Gandhi Global Solar Yathra is planned by IIT Bombay to promote self- sufficiency in energy for sustainability. This yathra mainly aims to spread the message of non-violence towards the environment and bring awareness on the severity of climate change and lack of energy access to billions.Mahatma Gandhi believed that "nature can satisfy each one's need but not greed". It is clear that scientific and technological development alone will not be sufficient for sustainable existence on earth. In this context we pay gratitude and adopt the Gandhian ideologies of nonviolence and respect towards all, while celebrating the 150th birth anniversary of Mahatma Gandhi.Increasing demand and usage of energy is causing catastrophic climate change. Atmospheric CO_2 concentration has increased substantially due to the increased use of fossil fuels owing to energy demand pressures, which causes global warming. To protect our environment there is a need to adopt 100% ren\ewable energy. Solar energy is the best solution. With the vision to promote the use of solar energy, IIT Bombay in association with the **Unnath Bharath Abhiyan** has organized a workshop to train students and sensitize them towards solar energy on October 2nd 2018, commemorating the 150th birth anniversary of Mahatma Gandhi, who epitomized the cause of nonviolence. This year around 1 million students participated in hands-on training on solar study lamp assembly, around the globe to mark the occasion.This year MES College Erumely was a partner of **Gandhi Global Solar Yathra**. As part of this yathra, IIT Bombay gave online training for the staff members of the Electronics Department.The grand ceremony of training section for the students was inaugurated by Adv. Sebastian Kulathumkal, District Panchyath President, Kottayam and was presided over by Jb. P. H. Najeeb, Chairman, MES College, Erumely on October 19th 2019. Principal Mr. Maheen M. N. delivered a brief description about U.B.A. project. The felicitations were given by Ms. Magy Joseph (Member, District Panchyath, Kottayam), K.P.Abdul Kareem (Member, GramaPanchayath,Erumely), Ms. Jisha C. K. (H.O.D Department of Electronics) and Mr. Jais John. 125 student solar ambassadors assembled their solar study lamps with the help of these staff trainers in this event. The program concluded with a pledge of non-violence towards the environment. According to the student participants, the workshop was a great and wonderful experience.

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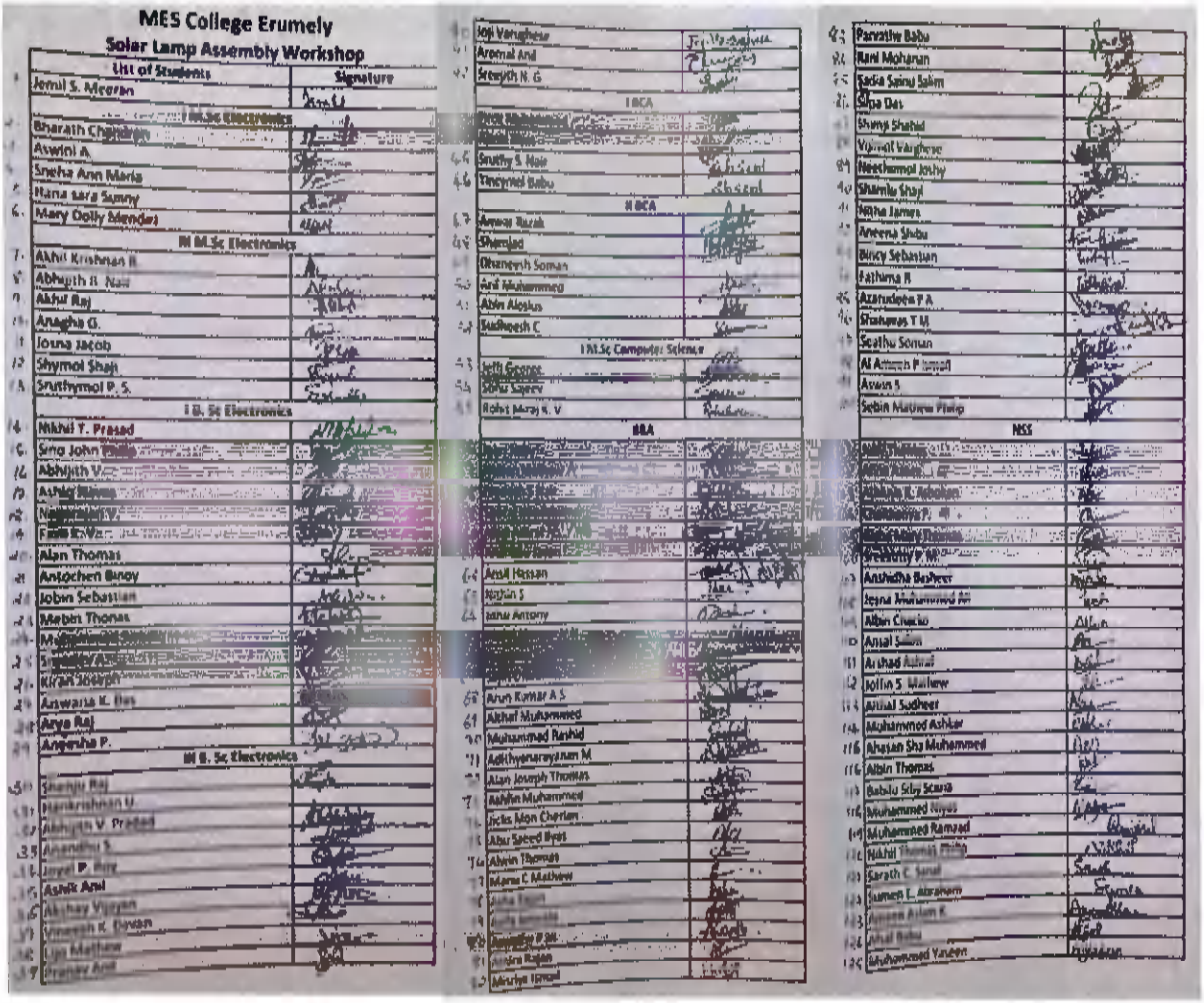
List of participants



MES College Erumely

Solar Lamp Assembly Workshop

List of Students | Signature

Jemil S. Meeran

M.Sc Electronics

Bharath Chandran

Aswini A.

Sneha Ann Maria

Mana sara Sunny

Mary Dolly Mendez

M.M.Sc Electronics

Akhil Krishnan R

Abhijith R. Nair

Akhil Raj

Anagha G.

Jisna Jacob

Shymol Shaji

Sruthymol P. S.

I B. Sc Electronics

Nikhil T. Prasad

Sing John

Abhijith V.

Ashly

Nandana V.

Fami Evan

Alan Thomas

Anjochen Binoy

John Sebastian

Mebin Thomas

Midhun

Sreehari

Kiran Joseph

Anwarsha K. Das

Arya Raj

Angesha P.

M. Sc Electronics

Sreejith Raj

Harikrishnan U.

Abhijith V. Prasad

Anandhu S.

Jinjel P. Roy

Ashik Anil

Akshay Vijayan

Vineesh K. Devan

Liju Mathew

Pranav Anil

Joji Varughese

Aromal Anil

Sreejith N. G

I BCA

Fazil Rahmathulla

Sruthy S. Nair

Thejymol Babu

II BCA

Anwar Razak

Shamjad

Dhaneesh Soman

Anil Muhammed

Abin Aleykka

Sudheesh C

I M.Sc Computer Science

Jeffi George

Sonu Sajeev

Robin Mary K. V

BBA

Assil Hassan

Noufin S

Jaisu Antony

Arun Kumar A S

Akhil Muhammed

Muhammed Rashid

Adithyanarayanan M

Alan Joseph Thomas

Ashfin Muhammed

Jacks Mon Cherian

Abu Saeed Biju

Alwin Thomas

Manu E Mathew

Jisha Rajan

Aparna Rajan

Mariya Ismail

Parvathy Babu

Rani Maharan

Sadia Sainu Salim

Silpa Das

Shany Shahid

Vipinlal Varghese

Neethumol Joshy

Sharmila Shaji

Nitha James

Aneena Shibu

Binsy Sebastian

Fathima R

Azarudeen P A

Shahanas T M

Sruthu Soman

Al Ameen P Ismail

Aswin S

Sebin Mathew Philip

NSS

Anshida Basheer

Albin Charles

Anjal Salim

Arshad Ashraf

Jolfin S. Mathew

Afsal Sudheer

Mohammed Ashker

Ahsan Sha Muhammed

Albin Thomas

Babily Siby Scaria

Muhammed Nyas

Muhammed Ramzal

Nikhil Thomas Philip

Sarath C. Sanal

Sumen E. Abraham

Aneena Arlam K

Afsal Babu

Muhammed Yaseen

- **NATIONAL WEBINAR**

Covid-19 pandemic explosion in India

The UBA of MES College Erumely in association with National Quality Assurance Cell conducted a national webinar on the topic " Covid-19 pandemic explosion in India". The ongoing COVID-19 pandemic, India has witnessed a massive surge of cases in the past months. As of April 30, 33 610 confirmed cases and 1075 deaths have been reported from 32 states/union territories in India.

Apart from the nationwide lockdown, India has increased its testing rate and has markedly strengthened the health care sector to combat COVID-19. With India's population of more than 1.3 billion people at a significant population density compared with the rest of the world, the lack of universal access to clean water and overall poor socioeconomic status, all have posed a major challenge to India's fight against COVID-19. Failure to contain the pandemic in India could have disastrous consequences with widespread cases and thousands of deaths that could easily overwhelm the health care infrastructure. Unabated spread of the pandemic could make India the next COVID-19 hotspot; hence the World Health Organization has recently stated that the "future of the pandemic will depend on how India handles it." So MES College Erumely, initiated a webinar on the present scenario of the pandemic in India and the myriad challenges being faced by the country in its fight against COVID-19.

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The webinar was conducted on 15th June 2020 from 4 to 6 pm. The resource person of the webinar was Colonel Isenhover. He took a fruitful class and a detailed understanding of the current Covid scenario was conveyed to the students. The session was successful.

- **NATIONAL WEBINAR**

Covid-19 impact on Agriculture: Problems and Opportunities

The UBA of MES College Erumely in association with National Quality Assurance Cell conducted a national webinar on the topic " Covid-19 impact on Agriculture: Problems and Opportunities ". The ongoing COVID-19 pandemic, India has witnessed a massive surge of cases in the past months. As of April 30, 33 610 confirmed cases and 1075 deaths have been reported from 32 states/union territories in India.

COVID-19 pandemic has disrupted the Indian agricultural system extensively. Nevertheless, the recent quarterly GDP estimates post-COVID scenario showcase robustness and resilience in Indian agriculture, the only sector to register a positive growth of 3.4% during the financial year 2020–2021. At the same time, the immediate past quarter growth was estimated at 5.9% witnessing a decline by 2.5% point. In this context, we aim to synthesize the early evidence of the COVID-19 impact on the Indian agricultural system viz., production, marketing and consumption followed by a set of potential strategies to recover and prosper post-pandemic. Survey findings indicate that the pandemic has affected production and marketing through labor and logistical constraints, while the negative income shock restricted access to markets and increased prices of food commodities affecting the consumption pattern.

The pandemic wreaked substantial physical, social, economic and emotional havoc on all the stakeholders of the Indian agricultural system. Seizing the crisis as an opportunity, the state

announced a raft of measures and long-pending reforms. We propose a 10-point strategy ranging from social safety nets, family farming, monetizing buffer stock, staggered procurement to secondary agriculture to revive and prosper post-pandemic. The college conducted a webinar based on the scenario in Agriculture.

The webinar was conducted on 16th July 2020 from 5:30 onwards. The resource person of the webinar was Jiju P Alex, Director Kerala Agricultural University and also Extension regional coordinator, UBA. He took a fruitful class and a detailed understanding of the current Covid scenario was conveyed to the students. The session was successful. There were sixty participants take part in this session.

11. ADOPTING A VILLAGE

Kerala, the God's Own Country, is currently battling against the most calamitous floods due to the relentless southwest monsoon rain in 2018. The ruinous repercussions of this rainfall on various cities and villages across Kerala is a bleak reminder to the fact that a regular vigilance is a necessity to tackle the uncertain natural disasters. The heavy monsoon rains left a trail of destruction with several cities, districts, and villages in Kerala submerging under flood waters.

Edakadathy is a village located near Mukkoottuthara in Erumely Grama Panchayat, Kottayam district, Kerala, India. It is situated near the border of Kottayam district and

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Pathanamthitta district, but officially recorded as a part of the former. It is located on the northern bank of Pamba River.The whole village was flooded. There was a lot of damage include loss of human life, damage to property, destruction of crops, loss of livestock, and deterioration of health conditions owing to waterborne diseases.The institution adopted the village on 1/11/2021 at Kerala Piravi Dinam incorporated with Shuchita Mission and Erumely Grama Panchayath.

1.Provide basic amenities on priority

Basic necessities which include eatables, drinking water, torches, ready-to-cook and ready-to-eat meals should be the priority, instead of cash. The College provides transportation facilities to the remote areas and educational institutions so that they can reach the flood-affected areas on time and provide help. Rescue operations must be strong and volunteers should be appointed. Old-age persons, children and patients should be at top of the list in rescue operations.

2.Implement land use planning measures

The primary effects of flooding include loss of life and damage to buildings and other structures, including bridges, sewerage, systems, roadways, and canals. Volunteers of the College should implement land use planning measures to reduce the probability of flooding and damages. Provide resources during significant floods and storms to assist communities in reducing flood risk and suffering.During 2019 the places of Kavalappara where also suffered due to immense flood and so many lost their life in that flood. The after effect of that flood almost destroyed the land and this land became the land of dirt and waste. The NSS Unit members cleaned and removed mud from the houses,shops & town in the area of Athikkayam, Vechoochira, Edakadathy, Kisumam, Angelvalley and Thulappally.

3.Rehabilitate victims

The NSS unit collected food items, clothes & medicines from various places and it distributed to flood affected areas with the help of respective local leaders.A' kit' including necessary household items were distributed to 23 floods affected families.Another kit including necessary food items and other material were also distributed to the various floods affected families in this areas under the leadership of Mr. Jithesh K.S (Relief coordinator MES College Erumely). The third stage of flood relief activities are the distribution of cleaning materials like lotion ,dishwash and bleaching powder produced by ED club of MES College Erumely in flood affected areas.

4.Organise medical camps

The medicines we collected were handed over to the hospital near Kavalappara and they were assured that they would deliver them to those in need.A cleaning programme was also conducted at Govt. Hospital Erumely on 14 th August 2018. The NSS volunteer cleaned Hospital premises. Some Volunteers planted some saplings in Campus also an awareness class conducted on 14th 2018 about cleaning.

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5.**Repaire Infrastructure**

The cleaning activities after the flood were started from 16th August 2018 under the guidance of Mr. Maheen M.N principal of the College . More than 100 students including NSS volunteers, programme officers and teachers participate in this help and around 85 new volunteers from first years.

5.**Help govt by donating money and relief material**

Our college students and staff collected one lakh seventy five thousand rupees to people those who are suffering from flood affected areas of the above mentioned places. And also distributed a special kit to the people of Thonikadavu and kisumu , with the help of Pravasi group.

6.**ANERT**

The survey focused on the Installation of Solar Panels for the entire village. The survey was made by Agency for Non Conventional Energy and Rural Technology which is also termed as 'ANERT'. The agency instructed the volunteers to cover 100 houses surrounding the village.

7.**Conducting Awareness Programmes**

NSS volunteers had visited almost every house in the village in order to make them aware about the reuse of plastics and to make an organic compost by In Anti Drug day an awareness programme conducted in Edakadathy And also conducted programmes about the harmful effect of plastic and how to manage plastic from households, how to reduce the use of chemical fertilisers and increase the use of natural fertiliser for agriculture. The NSS unit also conducts a census programme of Edakadathi and an opportunity to honour a farmer in Edakadathy.

- **Adopt village visit and programmes**

During these two years so many programmes were conducted in the adopted place of **Edakadathy**. In Anti Drug day an awareness programme conducted in Edakadathy And also conducted programmes about the harmful effect of plastic and how to manage plastic from households, how to reduce the use of chemical fertilisers and increase the use of natural fertiliser for agriculture. The NSS unit also conducts a census programme of Edakadathi and an opportunity to honour a farmer in Edakadathy.

NSS REPORT OCTOBER/NOVEMBER 2018

On 20th October 2018 NSS volunteers undertaking the Jaiva Krishi vile and to fix the lease on 'Hamal Project' under perennial maintanance system on 22nd October 2018.On 26th October, a seminar conducted for NSS volunteers in connection with discipline and obligation of NSS volunteers and take disciplinary action against three volunteers.Volunteer secretary Mr.Arun Anil and programme officer Mrs Rejeela O M were attend the meeting at MES College on 31st October and still in prison at Medical College Kottayam.

On November 1st 'Gramam Thediekkal Programme' a meeting conducted at Edakulathy to adopt the village-Edakulathy.The meeting inaugurated by President of Edakulathy Sri.Krishna Kumar, presided by ward member Mr.Salim Sheik and the adoption declared by principal MES College Erumely Mr.Maheen M.N, programme officers Mr.Santhosh K.K, Mrs.Rejeela O.M were attended.Volunteer secretary Mr.Arun Anil by vote of thanks.About 180 volunteers were participate in the meeting.

On 15th November another land were prescribed for 'Jaiva Krishi' in the college.

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NSS unit of M.E.S College, Erumely had conducted a 4-day awareness program related to the adverse effects caused by the plastic on the environment and thereby to humanity as well. The visit was aimed to avoid the usage of plastics and made the public aware about the reuse of plastics and plastic materials. The program started with a small meeting that was organised by the NSS Program officers Mr. Sajan Antony and Mrs. Rejoola O.M. Welcome speech was given by Mr. Sojan Scaria, ward member and later, inauguration was done by Fr. Joseph Kallooparampathu (Lourde Matha Church ,Ummikuppa).

NSS volunteers had visited almost every house in the village in order to make them aware about the reuse of plastics and to make an organic compost by using the food wastes and other biodegradable wastes to make manures. 40 of the NSS volunteers had participated in the program and due to their effort, almost 80 houses were covered by offering them a way for resolving the chaos which the use of plastics causes

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11. RURAL CAMPS

- **RURAL CAMP 2017**

MES college Erumely Department of social work conducted seven days rural camp PRAYANAM 2017 in Uzhamalakkal panchayath , Thiruvananthapuram district. The main activities included in the camp was community survey, food fest,Nethratha parisheelana kalari,and cultural programmes.The camp was started on the date 2017 December 17 to 23.The flag off ceremony was conducted in kottayam railway station.Food and accomodation was arranged on Mithra nikethan in Thiruvananthapuram.The first day of the camp was started with an official inaugural ceremony. After that an Ice breaking session was conducted and it was guided by Harikumar VG.

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Camp started with a yoga and exercise session.It gives energy boosting to all students and relaxation for all of them. It was done for a 10 minutes duration. After this session a field survey was done. After the survey a cultural programme was conducted by the group. The students are divided as groups and each group has a leader and a name.The aim of the cultural programme is to find hidden talents and encourage the different abilities of the students. Everyone has a memorable and joyful experience, a fulfilment of the mind and relaxation.

As part of the rural camp the students were able to conduct a food fest. And they coordinated an awareness program. **"Caring nature"** was the suggested name for the event. The aim of the programme was to create an in-depth knowledge about nature and awareness about the protection of nature . As part of the rural camp students collected the details of "Mitraniketan" and prepared a detailed study.

The main attraction of the rural camp was the Christmas celebration.The last but not the least the shining stars of the camp were suspense moments of the camp-Best male camper, Best female camper, Best entertainer both male and female ,Best group and best camp worker,Best camp group. These are the main positions for our camp. The following students were awarded various titles. The best female camper of the event was Haritha Krishnan., The best male camper in the event was Mohammed Shalik. The best male entertainer was :Hassan Salim and female was Anisha A. Jebin Joy received special appreciation for his hard work. The best group of the event was Poppins and the group members are Akhil, Mathew, Shaji, Ashna, Benny.

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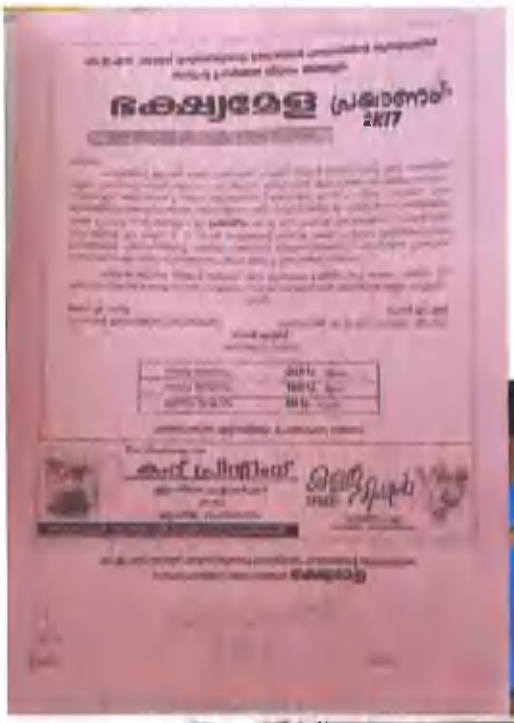

Participant List

1. Aishwarya Vijayan
2. Akhil Mathew Shaji
3. Anisha A
4. Anju James
5. Ashna Benny
6. Haritha Krishnan
7. Hasan Salim KC
8. Jebin Joy
9. Jobin C Valsan
10. Muhammaed Shalikh N
11. Ratheesh B
12. Sarath K
13. Soju VS
14. Sulu Sabu
15. Swetha Girish

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- **RURAL CAMP - 2019 : PADAVUKAL**

Rural Camp is an integral part of the training programme for the students pursuing Social Work Education. The rural engagement programme, PADAVUKAL 2K19, was conducted by Department of Social Work MES College Erumely from 23rd January to 29th January 2019 at Elappara Gramapanchayat. The objective was to create a platform for the students to understand and analyse the Rural Social System, Strategies used by the Non-Governmental Agencies, Nature of Government Intervention for the development of the poor, and to facilitate students' experiences of group living. During this camp, the students were encouraged to organise and carry out programmes and events for social awakening and development of the people and conduct a survey on socio-economic and educational status of people at Elappara Gramapanchayat.

The main aim of the camp was to provide an opportunity to the student to gain practical skills and get exposed to the rural areas. The students were divided into several committees and groups to take different tasks and responsibilities. The rural camp provides an opportunity to get rural exposure, rural lifestyle, understand their culture, education status, occupational style, social and economic aspects of individuals in their panchayat. The students could improve many of their social work skills and abilities through the camp. From the department, Mr. Sajan Antony(Head of the Department), Ms. Sulthana T Suliman (Faculty) and Ms. Dani Thomas (Faculty), coordinated the camp and provided instructions and guidelines for the students.

OBJECTIVES

- To understand the rural social system and community living.
- To acquire skills in planning, organizing and implementing camp programs.
- To understand the influence of social institutions such as grama panchayath on the life pattern of people.
- To identify the needs of the rural communities and to provide them with information.
- To understand the development level of government intervention and its impact on people.

ACTIVITIES

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The student social workers and faculties reached Elappara panchayat in Idukki District. The camp was inaugurated by Mrs Kanakamma Ravindaran, Vice President of Elappara Grama panchayat. Mr. Maheen M. N, Principal, MES College Erumely, Head of the Department of Social Work and other faculties splendid the event with their presence. The students performed a Kerala Style Dance performance for the audience. In the evening, an ice breaking session was conducted for the students by Mr. Hareesh. He established rapport with the students and made a positive attitude among students. Then the students had camp evaluation and the faculties provided instructions for the next day.

On the second day, the student social workers conducted a field survey on the functioning of the Grama Panchayat. The students were divided into five groups and with the instructions of faculties they achieved the target number. The afternoon session consisted of a seminar about Self Help Group (SHG), handled by Mr. Jayathis. In the evening session, the student social workers organised cultural events. Then the faculties and students evaluated the camp, findings and observations were discussed.

The Third day (25/01/2019) of Padavukal 2K19, the student social workers conducted field surveys in the 13 wards of Elappara Gramapanchayat. The students could analyse the problems faced by the people like transportation, water scarcity and high density of population. In the evening, the students organised cultural events. The day was splendid with the programmes performed by the students.

In the morning session of the fourth day, the students were preparing for the Training classes for the Kudumbasree members. The class was organised at the Community Hall at Elappara Gramapanchayat. Mr. Sajan Antony, Head of the Department of Social Work had welcomed the guests. Mr. Rajendara inaugurated the event. The event was facilitated by Mrs. Rasheeda, ICDS Chairperson. The student social workers conducted the awareness classes. The afternoon session was reserved for the preparations of cultural events. Each group of students were assigned to prepare a skit on the topic "Love". In the evening, the groups presented their programmes and Mr. Prakash, as a representative of the Panchayat joined with the students along with his family for

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the cultural programme. Then the students had camp evaluation and discussions about the next day programmes. On the Fifth day, the students prepared for the food fest in the morning session. The food fest was conducted in the community hall. The student social workers prepared different dishes for the food fest. Mr. Rajendran R, Panchayat President, and Mrs. Kannamma, Vice President also joined with the students. The food fest turned out to be a great success and the prizes were also distributed.

On the sixth day of the camp, the student social workers had evaluation and activity planning in the morning session. Then the student social workers went for trekking in Vagamon. In the evening, an overall camp evaluation about all the activities were conducted. The faculties and studentsThe sixth day (28/01/2019) The social work trainees start their day at 6.clock.The morning section programs such as newspaper reading, exercise, day Observation, activity planning are conducted. The day trekking to vagamon was a pleasure activity. It was the last night for the camp to conduct an evaluation section of all activities including the achievement and faults of the entire camp. The seventh day of our rural camp started as usual with the daily exercise and newspaper reading.It was the last day of the camp so the trainees packed their languages for the return. After the breakfast the trainees sent their evaluation and feedback to the authority.Then there was an ending ceremony, in which award distribution and account settlement were the main events. Mr Najil Chacko and Mrs Lija Esther Thomas were the best campers.Mrs Melbin Joseph and Mrs Aryaprasad are the best entertainers. At 1.pm the trainees were returned and at 3pm they joined the college.

11. FIELD SURVEY AT ITTIYAPPARA, RANNY

The student social workers of first year MSW had conducted a survey in association with the Social Justice Department, Pathanamthitta. The trainee had conducted a survey in 30 houses that were severely affected by the flood that hit Rani on 14th August 2018. The student social workers had a talk with the members of the family and made notes of their difficulties and observed their emotional and social difficulties. The field survey focused on collecting details regarding the loss and needs of the people. The student representative of the social justice department ensured that they were provided with the resources in an equal way. The field survey was conducted on 6th September 2018.The student also visited the flood relief camp and enquired about them. They complained about the kit they received. The health of the people was cared carefully by the panchayat as providing them with medical care and support.The survey was to know the needs and satisfactory level of people regarding distribution of resources equally or not.

Fieldwork plays a pivotal role and provides the basis to apply the theoretical content covered in the classroom to real-life situations as part of a student's preparation to become a professional social worker. It offers an environment where students are given opportunities to align theoretical knowledge and learning with the needs of society and the marketplace.

Furthermore, fieldwork is an opportunity for aligning theoretical knowledge and learning, with the needs of society and the marketplace. It also gives students the opportunity to take responsibility for addressing people's problems. If handled effectively, fieldwork becomes an important tool that is appropriate and responsive to social development issues. It is designed to give the student exposure and experience on the functioning of social welfare agencies and social welfare provisioning.The field survey was successful and even the students got appreciation from the social justice department.

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Prof. (Dr.) ANIL KUMAR S.
PRINCIPAL
MES COLLEGE ERUMELY