

EXTENSION ACTIVITIES

1. INAUGURATION OF ANTI DRUG CAMPAIGN OF UNIVERSITY OF KERALA

The Anti - Drug Campaign of the Department of Students Services, University of Kerala was inaugurated in a function organized at the Govt. College, Kariavattom on 22nd May 2019. Shri. T P Ramakrishnan, the hon'ble Excise Minister of Government of Kerala inaugurated the programme. Our Principal Dr. B. Unnikrishnan Nair presided over the function. The Kerala University Syndicate Members - Adv. Sugunan, Sri. Rajesh, Sri. Harikrishnan, Sri. Shijukhan etc.- felicitated on the occasion.

2. UNIVERSITY CAMPUS CLEANING

Twenty volunteers participated in the massive cleaning programme organized by the NSS Cell, University of Kerala on 9th May 2019 at Kerala University Campus, Kariavattom. The volunteers cleaned the premises of different Departments and collected plastic materials during the programme.

3. TWO-DAY SEMINAR ON GENDER EQUALITY

Gender equality is the state of equal access to resources and opportunities regardless of gender including economic participation and decision making. UNICEF says gender equality means 'women and men, girls and boys enjoy the same rights, resources, opportunities and protections. It does not require that girls and boys, women and men, be the same or that they be treated exactly alike'. Gender equality is not only a fundamental right but a necessary foundation

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for a peaceful, prosperous, and sustainable world. Providing women and girls with equal access to education, health care, decent work, and representation in political and economic decision making processes will fuel sustainable economies and benefit societies and humanities at large.

Kerala Women's Commission and NSS Cell, University of Kerala organized two-day National Seminar on *"Gender Equality – Problems, Strategies and Solution"* on 19 & 20 July 2018 at Senate Chamber, University of Kerala. Seven volunteers of our College participated in the Seminar.

4. OBSERVANCE OF INTERNATIONAL DAY AGAINST DRUG ABUSE

Excise Circle Inspector Sri. Shibu addressed the volunteers in the anti-drug seminar organized in the College on 21st June 2018. It was organized in connection with the observance of International Day against Drug Abuse and Illicit Trafficking (26th June). This year's theme is "health for justice, justice for health".

Drugs are one of the evils of our society. The youth today are widely using variety of narcotic products and drinks which create several social problems. It not only affects the individual but also the society. It causes loss of ability to take rational decisions. Most people start to take drugs for experiment, fun and curiosity while some succumb to peer pressure. Proper awareness is needed in this regard. The talk was very useful to the volunteers.

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5. PUPPET SHOW BY EXCISE DEPARTMENT

In connection with the *VIMUKTHI* Programme of Excise Department of Kerala a Puppet Show was conducted in the college Seminar Hall on 7th March 2019. The NSS units in association with the College Union and Anti- narcotic Club provided all the facilities and help for the show. They conveyed the ill- effects of the use of drugs through the show.

6. LITERACY SURVEY

As per the direction of NSS Programme Co-ordinator, 115 Volunteers of our college were actively participated in the Literacy Survey conducted by Kerala Literacy Mission at Thiruvananthapuram. Our volunteers conducted survey mainly in Kariavattom, Palayam and Nettayam on 11th July 2018. The NSS volunteers have the legacy of leading role in making our state fully literate. Even though we are claiming 100% literacy the reality is something different. We have to work a lot for the achievement that we expected.

7. SELF- DEFENCE TRAINING PROGRAMME

There are so many incidents of women who face sexual violence or attack by a stranger. The world is changing and become more unpredictable. Due to upward crime graph against women, self defense training is essential. It will improve self confidence along with healthy and fit lifestyle. It will also help to handle dangerous and emergency situations. In this context a Self Defense Training Programme was organized in association with Mathrukam for girls on 25th September in the College Seminar Hall. Seventy five volunteers were trained through the programme.