



Two Best Practices - 2022-23 Evidence of Success



GOVERNMENT COLLEGE NEDUMANGAD

THIRUVANANTHAPURAM, KERALA- 695541

Under Government of Kerala

Accredited by NAAC with 'A' Grade

Best Practice-1

Darppanam (The Mirror): An Anti-drug initiative

Objectives of the Practice

The programme Darppanam (The Mirror) aimed at creating awareness, preventing drug abuse, and promoting a healthy, drug-free lifestyle among the people, especially the youth. The initiative works in close contact with the Vimukthi Mission of Excise department, Government of Kerala. Vimukthi is an anti-narcotics campaign launched by the Government of Kerala to create awareness among the people. The major objectives are:

- 1.To spread awareness to ensure a drug free campus.
- 2.To engage the students in anti-drug activities and educating them about the ill-effects of drugs.
- 3.To create a supportive environment that empowers individuals to make informed, healthy choices and resist the influence of drugs.
- 4.To motivate students to become volunteers of anti-drug activities in their life.
5. To foster a culture that values health, well-being, and resilience against the challenges posed by drugs.

Context

The people who persistently abuse substances often experience an array of problems, including academic difficulties, health-related problems and poor peer relationships. Mental health problems such as depression, developmental lags, withdrawal, and other psychosocial dysfunctions frequently are linked to the drug abuse among students. Teenagers who experiment with drugs and other substances put their health and safety at risk. It is very important to prevent students' drug abuse by talking to them about the consequences of using drugs and the importance of making healthy choices. Prevention methods may focus on the individuals and their surroundings.

The Practice

To work towards the goal of 'No to drugs' rallies, awareness classes, debates and street plays were organized to create such an awareness among the students.

Evidence of Success

- 1.The Project was very well appreciated.

2. N.S.S. Unit's Vimukthi project has been selected as one of the best Vimukthi projects of Kerala University.

3. The students presented a street play titled "Kathunna Kanal vazhikal" in connection with the Anti-drug campaign which got First prize in the Street Play competition organised by Government College, Malayinkeezhu.

Problems Encountered and Resources Required

Although preventing and treating drug abuse are critically important in ensuring the health and well being of the youth, the attempt to accomplish both is unlikely to accomplish completely by the anti-drug campaign. The campaign must have been focused on primary prevention which means preventing drug abuse before it starts. Reducing demand is the key to primary prevention. But drugs are easily available in the society. It is a challenge which we faced. New drugs are intermittently developed and introduced into the drug use scene. Family focused prevention efforts have a greater impact than efforts made by the college authority. Still attempts have been made to encourage action on the part of other people who influence the lives of youth.

Report

1.NSS organized awareness class on 27 June 2022 in conjunction with International Day Against Drug Abuse and Illicit Trafficking. College Principal Dr. VS Joy inaugurated the event. Civil Excise Officer Mr.Rajesh Kumar was the Resource person. He also conducted the classes in the light of his experience from the places where he had worked.



2.ANTI-DRUG AWARENESS IN CONNECTION WITH YOGA DAY

A yoga class and anti-drug lecture were conducted in connection with the Yoga Day. College Principal Dr.Joy VS inaugurated the program.Mr. Rahul Karthik managed the yoga classes. Officials of Nedumangad Excise Office participated in the program. The officials from excise department talked about the evil effects of using alcohol and drugs.



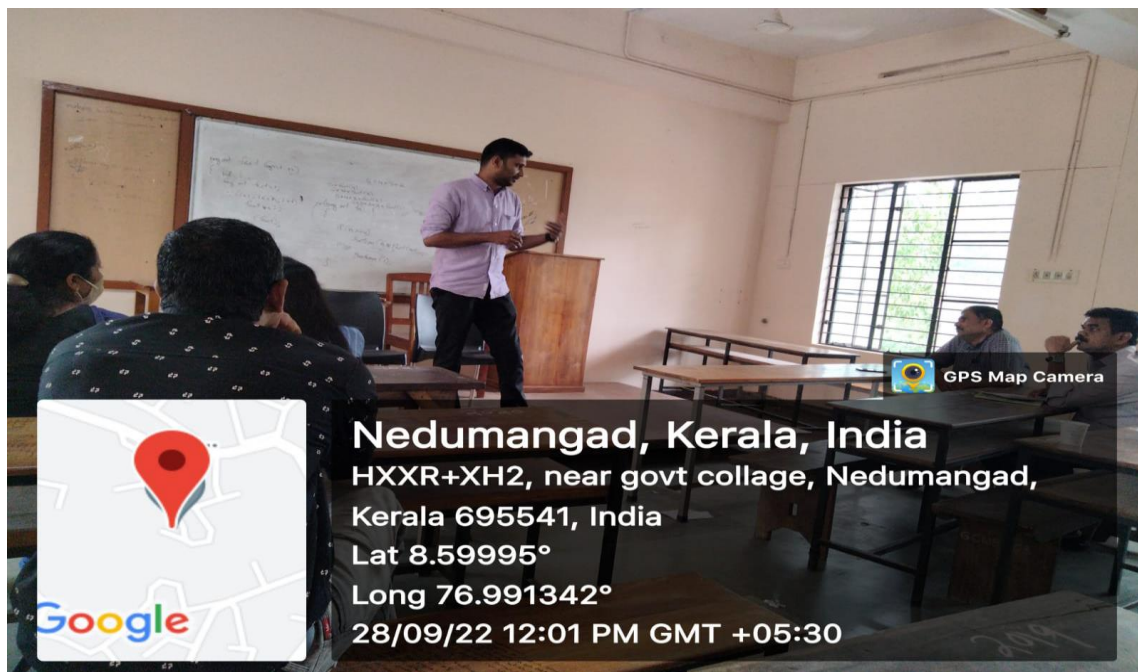
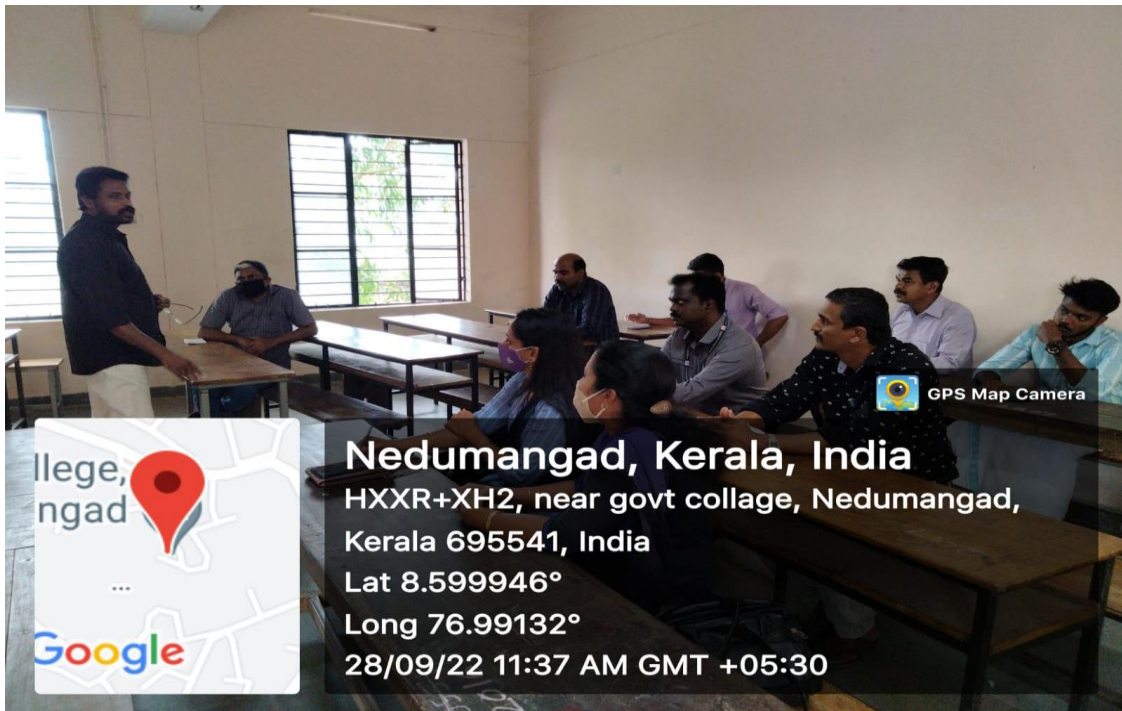
3. CHIEF MINISTER'S ANTI-DRUG SPEECH AND ANTI-DRUG RALLY.

On 06/10/2022 at 10 AM in the College Seminar Hall the Chief Minister's anti-drug lecture was telecasted live. College Principal Dr. Alex L inaugurated the program. Nedumangad Excise Department Officer Saji Kumar participated in the said meeting. NSS program officer Sri.Aneesh.R said welcome for the program. and Anti-Narcotics Cell Coordinator Dr. Rajesh Kumar P.S expressed vote of thanks. Then there was an anti-drug rally by college students to Nedumangad area. All these programs had active participation of college students. The Chief Minister's anti-drug message was also conveyed to children through WhatsApp.



4.A MEETING WAS HELD IN CONNECTION WITH THE MINISTER'S VISIT TO THE COLLEGE

On 25/10/2022 Hon'ble Minister of Food Adv.GR Anil Nedumangad held a consultation meeting as part of his visit to the college to deliver anti-drug message and organize anti-drug activities. College Principal, Nedumangad Excise Circle Inspector, Anti-Narcotics Cell Coordinator and NSS Program Officer participated.



5. ANTI-DRUG AWARENESS CLASS AND ANTI-DRUG RALLY

Under the leadership of Kerala University National Service Scheme, NSS unit of Nedumangad Government College organized Anti-drug message rally and awareness class on 10/10/2022 in association with Anti-drug cell as part of liberation project.

The anti-drug rally started from Nedumangad college courtyard raising anti-drug slogan was very impressive.

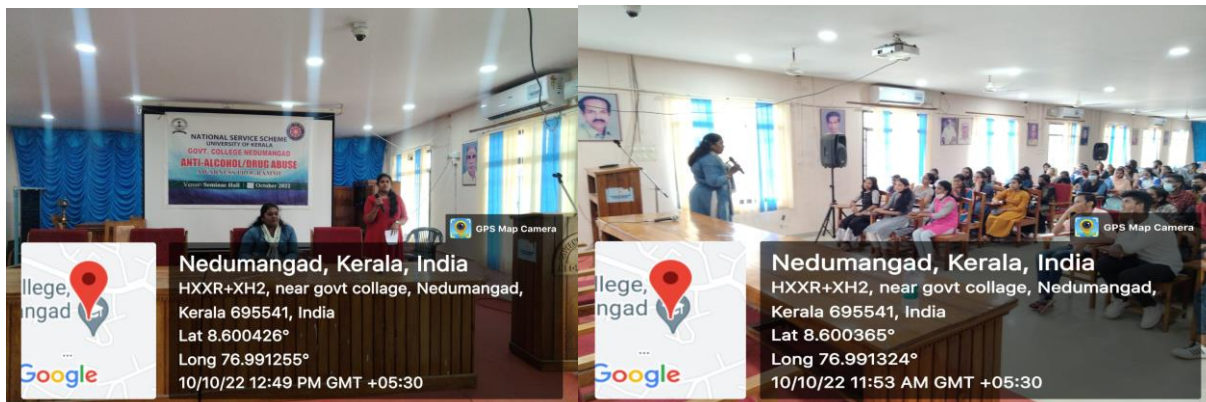
Neyyattinkara Excise Circle Inspector AP Shahjahan performed the flag off ceremony of the rally in the presence of Nedumangad Excise Inspector Sajith.

Assistant Excise Commissioner Mr. Jayarajan spoke about the necessity of defence against drug addiction.

The awareness class held at Nedumangad College Seminar Hall was inaugurated by the College Principal Dr. Alex.L and .NSS Volunteer Athulya welcomed the event presided over by Mr. Aneesh.R, NSS Programme Officer.

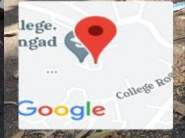
Nedumangad Excise Woman Preventive Officer Sumita.AS took the awareness class.

NSS Volunteers S. Neeraj, Akhil, Sachin, Program Officer Dr. Lakshmi, Anti-Drug Cell Coordinator Dr. Rajesh Kumar PS, Gauri, Fatima Sabiha, Anupama, Muhammad Aslam and others led the way.





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 695541, India
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 Long 76.991526°
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 Kerala 695541, India
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നെടുമങ്ങാട് ഗവ കോളജിൽ ലഹരി വിരുദ്ധ സന്ദേശ റാലി

നെടുമങ്ങാട് കേരള സർവകലാശാല നാഷണൽ സർവീസ് സ്കീമിന്റെ നേതൃത്വത്തിൽ 'വിമുക്തി' പദ്ധതിയുടെ ഭാഗമായി നെടുമങ്ങാട് ഗവ കോളജിലെ എൻ.എസ്.എസ് യൂണിറ്റ് ലഹരി വിരുദ്ധ സന്ദേശ റാലിയും ബോധവൽക്കരണ ക്ലാസും സംഘടിപ്പിച്ചു.

ലഹരി വിരുദ്ധ മുദ്രാവാക്യം ഉയർത്തിക്കൊള്ളേണ്ടതിൽ നിന്നും ആരംഭിച്ച ലഹരി വിരുദ്ധ സന്ദേശ റാലി ഏറെ ശ്രദ്ധേയമായി. നെയ്യാറ്റിൻകര എക്സൈസ് സർക്കിൾ ഇൻസ്പെക്ടർ എ.പി. ഷാജഹാൻ, നെടുമങ്ങാട് എക്സൈസ് ഇൻസ്പെക്ടർ സജിത്ത് എന്നിവർ റാലിയുടെ ഏറ് ഓഫ് കർമ്മ നിർവഹിച്ചു.

അസിസ്റ്റന്റ് എക്സൈസ് കമ്മീഷണർ ജയരാജൻ, പ്രിൻസിപ്പൽ ഡോ. എൽ.അലക്സ്, എൻ എസ്എസ് പ്രോഗ്രാം ഓഫീസർ ആർ.അനീഷ്, എക്സൈസ് വുമൻ പ്രിവൻഡീവ് ഓഫീസർ എ.എസ്. സുഖിത എന്നിവർ പ്രസംഗിച്ചു. എൻ.എസ്.എസ് വോളന്റിയർ മാരായ അതുല്യ എസ്.നിഷ്, അഖിലൻ, സച്ചിൻ, പ്രോഗ്രാം ഓഫീസർ ഡോ ലക്ഷ്മി, ഗൗരി, ഫാത്തിമ, സാബിറാ, അനൂപമ, മുഹമ്മദ് അസം എന്നിവർ നേതൃത്വം നൽകി.

നെടുമങ്ങാട് ഗവ കോളജിൽ 'വിമുക്തി'യുടെ ഭാഗമായി നടന്ന ലഹരി വിരുദ്ധ സന്ദേശ റാലി നെയ്യാറ്റിൻകര എക്സൈസ് സർക്കിൾ ഇൻസ്പെക്ടർ എ.പി.ഷാജഹാൻ ഏറ് ഓഫ് ചെയ്യുന്നു

ലഹരിവിരുദ്ധ സന്ദേശ റാലിയും ബോധവൽക്കരണവും

നെടുമങ്ങാട്: കേരള സർവകലാശാല നാഷണൽ സർവീസ് സ്കീമിന്റെ നേതൃത്വത്തിൽ വിമുക്തി പദ്ധതിയുടെ ഭാഗമായി നെടുമങ്ങാട് ഗവ. കോളജിലെ എൻ.എസ്.എസ് യൂണിറ്റ് ലഹരിവിരുദ്ധ സന്ദേശ റാലിയും ബോധവൽക്കരണ ക്ലാസും സംഘടിപ്പിച്ചു. ലഹരിവിരുദ്ധ സന്ദേശ റാലി എക്സൈസ് ഇൻസ്പെക്ടർ സജിത്തിന്റെ സാന്നിധ്യത്തിൽ നെയ്യാറ്റിൻകര സർക്കിൾ ഇൻസ്പെക്ടർ എ.പി. ഷാജഹാൻ ഏറ് ഓഫ് ചെയ്തു. ബോധവൽക്കരണ ക്ലാസ് കോളജ് പ്രിൻസിപ്പൽ ഡോ. അലക്സ് എൽ ഉദ്ഘാടനം ചെയ്തു. എൻ.എസ്.എസ് പ്രോഗ്രാം ഓഫീസർ ആർ. അനീഷ് അധ്യക്ഷതവഹിച്ചു.

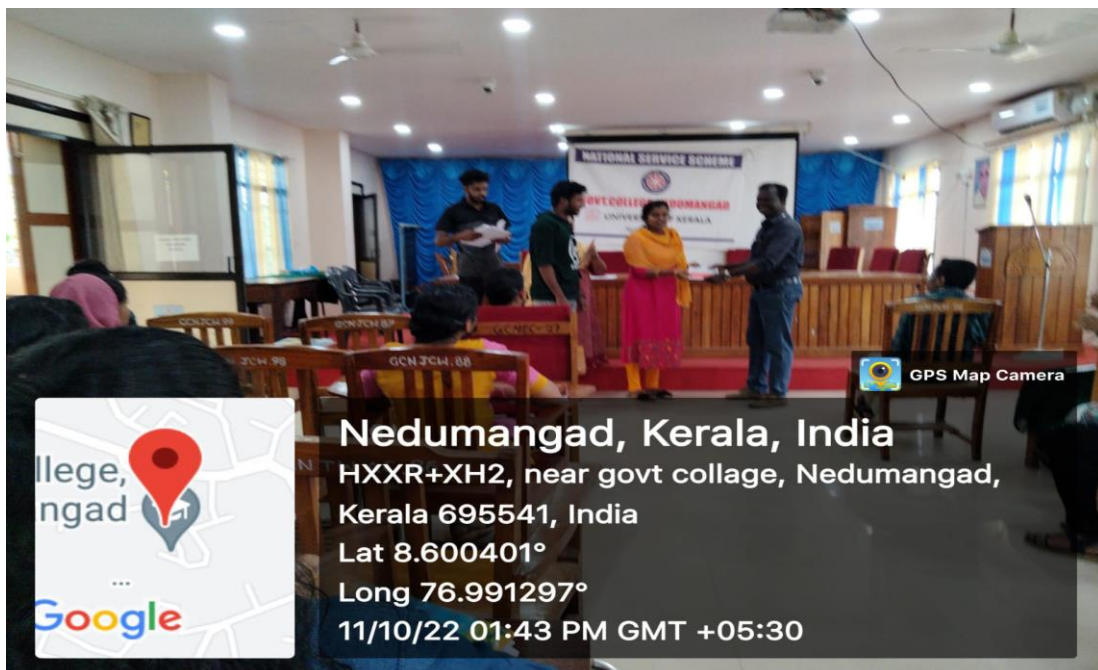
നെടുമങ്ങാട്: സംസ്ഥാന സർക്കാരിന്റെ യോദ്ധാവ് പദ്ധതിയുടെ ഭാഗമായി വയോജന കുട്ടായുയായ പച്ചത്തൂത്തുത്തിന്റെ ഒരു വർഷം നീളുന്ന ലഹരിവിരുദ്ധ കാമ്പയിന് തുടക്കമായി. ബോധവൽക്കരണ റാലി, കുടുംബയോഗം, ചിത്രരചന മത്സരം, ഉല്ലാസ യാത്രകൾ, സിനിമാ പ്രദർശനം തുടങ്ങിയ പരിപാടികൾ കോർത്തിണക്കിയ കാമ്പയിൻ രജനി സേതു ഉദ്ഘാടനം ചെയ്തു. തുരുത്ത പ്രസിഡന്റ് വേലുകുട്ടി നായർ അധ്യക്ഷനായി. വയോജനങ്ങൾക്കുള്ള പോഷകാഹാര കിറ്റ് തുരുത്ത കോളോഡിനേറ്റർ നന്ദിയോട് സതീശൻ വിതരണം ചെയ്തു. കെ.ശ്രീധരൻ, പി.കെ. കൃഷ്ണൻ കുട്ടി തുടങ്ങിയവർ സംസാരിച്ചു.



നെടുമങ്ങാട് ഗവ. കോളജ് എൻ.എസ്.എസ് യൂണിറ്റ് സംഘടിപ്പിച്ച ലഹരിവിരുദ്ധ സന്ദേശ റാലി എക്സൈസ് സർക്കിൾ ഇൻസ്പെക്ടർ എ.പി. ഷാജഹാൻ ഏറ് ഓഫ് ചെയ്യുന്നു

6. QUIZ COMPETITION

The unit level anti-drug awareness quiz competition organized by National Service Scheme, Excise Department and Vimukti Mission was organized on October 11, 2022 at 1 pm at Seminar Hall. College level winners can compete for district level and district level winners can compete for state level. Archana V (1st year BA Malayalam), Ahalya (1st year BA Malayalam) and Sabiha (1st year B.Com) bagged first, second and third positions respectively



7. SCREEN PLAY WRITING COMPETITION

Screen play writing competition organized on 03/11/2022 as part of Vimukti. The topic is ANTI-ALCOHOL/DRUG ABUSE. In the screenwriting competition held under the auspices of NSS as part of Vimukti Gopika M S (Third BA Malayalam), Soja SJ (2nd Year BA History), Atulya SA (3rd year B.A Malayalam) and Shyam Kumar (3rd year B.Com) bagged first, second and third positions respectively.



8. ANTI-DRUG CAMPAIGN - MINISTER ADV.G R ANIL INUGURATED

Kerala State Excise Department, Excise Circle Office, Nedumangad and Govt. College Nedumangad under the joint leadership of Nedumangad Constituency Anti-drug campaign inauguration was held on October 31, 2022 at Govt. College Auditorium, Nedumangad. Hon. Minister of Food and Civil Supplies Adv.GR Anil inaugurated the event. Mrs. C S Sreeja (Hon. Chairperson, Nedumangad Municipality) presided. Dr. L. Alex, Principal of the College welcomed the guests. Mr. S. Ravindran (Hon. Vice Chairman, Nedumangad Municipality), Smt. S. Ajitha (Hon. Councillor, Chair Person Health Standing Committee, Nedumangad City Council), Mrs.P. Vasantakumari (Hon. Chair Person, Education Standing Committee, Nedumangad Municipal Corporation), Mr. P Harikeshan Nair (Hon. Chairman, Public Works Standing Committee, Nedumangad Municipal Corporation), Mr. B Satheesan (Hon. Chairman, Welfare Affairs Standing Committee, Nedumangad Municipal Corporation), Mrs.S.Sindhu (Hon.Chairperson, Development Affairs Standing Committee, Netumangad Municipality), Dr.Rajeshkumar PS (Hon. Anti-Narcotics Club Coordinator, Govt.College, Netumangad), Mr.Anish R (Hon.N.S. (S. Program Officer, Government College, Nedumangad) extended their greetings. Mr. Shiji H (Hon. PTA President, Government College, Nedumangad) proposed vote of thanks. Kerala Excise Department, Thiruvananthapuram district presented an anti-drug awareness play (Padi vare Kakarute). Nedumangad Govt. College under the auspices of NSS unit, NSS volunteers presented anti-drug awareness drama and dance sculpture.





9. A DRAMA PRESENTED BY THE NSS UNIT IN CONNECTION WITH THE ANTI-DRUG CAMPAIGN.



10. POSTER MAKING COMPETITION

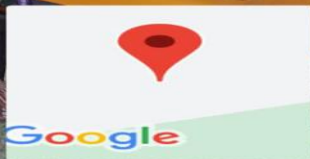
A Poster Making Competition was organized under the auspices of NSS as part of Vimukti. The topic is ANTI-ALCOHOL/DRUG ABUSE.



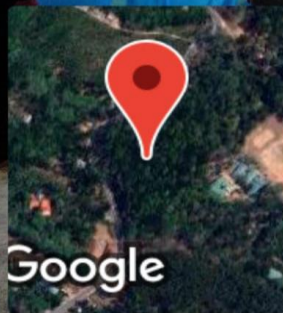
11. ANTI - DRUG DRAMA AT POTTAMAVU TRIBAL VILLAGE

On 15/11/2022 in collaboration with Kathir Project, NSS Anti-Drug Drama was presented at Kulathupuzha, Pottamavu.





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12. INTER COLLEGIATE DRAMA COMPETITION

In the street play competition organized by Malayinkeesh Government College, the street play "Kathunna Thanal vazhikal" of Nedumangad Government College NSS Unit won the first place and got Rs.10000 and a trophy, competing against 17 colleges under the Kerala University.





Best Practice 2

Kathir: A mission towards creating knowledge hub in Pottamavu, a tribal village in Thiruvananthapuram

Objectives of the Practice

The college organised a book collection and donation programme in order to set up a library in Pottamavu, a tribal village in Thiruvananthapuram. *Kathir* is an initiative of the Kerala State Forest Development Agency which was established in the state as a public consortium in collaboration with various educational institutions. Through this project, we expect to improve reading habits among the tribal communities in Pottamavu.

- To strengthen the education system of the marginalized population.
- To establish libraries in tribal areas and to give a wide world of reading through it.

Context

Millions of students in India cannot afford the books they wish to read. Bringing the world of books to many underprivileged children hailing from the tribal community, libraries are being established by the general public, universities, various educational institutions and 640 forest protection committees in Kerala. The aim of this Kathir project is to bring books to the common people of the society and expose them to the vast world of knowledge.

Practice

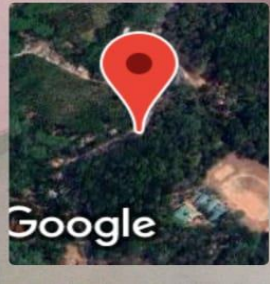
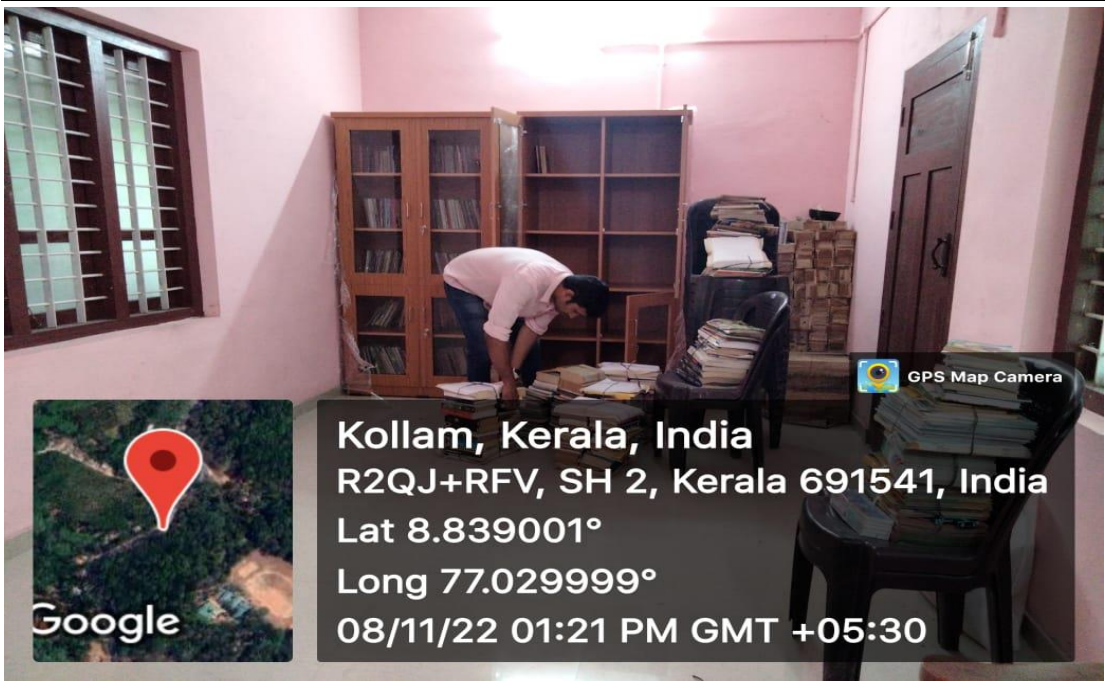
Pottamavu is the sixth Library under the Kathir project implemented by the State Forest Development Committee with the aim of empowering the tribal groups. Government College Nedumangad NSS unit and IQAC in association with Forest department conducted a book collection Programme named as Kathir Project. It is setting up of libraries in tribal areas in Thiruvananthapuram. The book collection campaign was started in February 2022 and ended in November 2022. The campaign's aim was to collect new and used books that the project could use in its programming to improve the reading habit of tribal people in Pottamavu. The students, teachers, staff and even parents donated 2000 books to the Kathir project through the campaign. On 08/11/2022 a good library was established with more than 2000 books for the tribal people residing at Pottamavu tribal village, Madathara, Thiruvananthapuram. The library was inaugurated on 15/11/2022.

Evidence of success

Our commitment to creating a new educational space where tribal children can learn, grow and explore the world is truly appreciated. Received the words of appreciation from the Forest department for the good work done by the students of the college. The project helps tribal children become more resourceful and imaginative, and improves their educational growth.



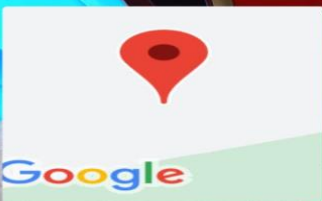
പോളോമാവ് ആദിവാസി ഊരിൽ വനാശ്രിതർക്കായി സ്ഥാപിച്ച ഗ്രന്ഥശാലയുടെ ഉദ്ഘാടനം 😊



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