

#### **NATIONAL SERVICE SCHEME, UNIT NO:226**

**BLOOD DONATION CAMP** 

**Date: 12-10-2021** 

**Venue: KMEA ENGINEERING COLLEGE** 

**Beneficiaries: Students & Public** 

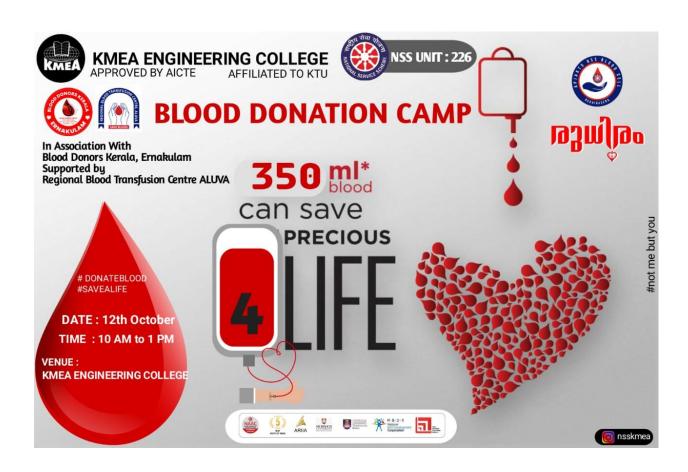
Outcome: About 51 people donated their blood.

**Highlights:** 

### മനസ്സ് നന്നാവട്ടെ

ഭൂമിയ്ക്ക് മേലെയുള്ള എല്ലാത്തിനം കൃത്വിമത്വം കണ്ടുപിടിച്ച മനുഷ്യരാശിക്ക് രക്തത്തിന് പകരം രക്തമല്ലാതെ മറ്റൊന്നും കണ്ടെത്താൻ കഴിഞ്ഞിട്ടില്ല. ഒരു ജീവൻ നിലനിർത്തുന്നതിൽ രക്തം വഹിക്കുന്ന പങ്ക് വളരെ വലുതാണ്. ഈ കോവിഡ് സാഹചര്യത്തിൽ ഒരു രക്തദാന ക്യാമ്പ് നടത്തുന്നതിലൂടെ രക്തദാതാക്കളെ കണ്ടെത്തുക എന്നതോടൊപ്പം സന്നദ്ധ രക്തദാനത്തിന്റെ പ്രാധാന്യം സമൂഹത്തിലേക്ക് എത്തിക്കുക എന്ന ഉദേശത്തോടെ നാഷണൽ സർവീസ് സ്കീം 226 യൂണിറ്റും കെ.ടി.യു.എൻ.എസ്സ്. എസ്സ്. ബ്ലഡ് സെൽ രുധിരസേനയും സംയുക്തമായി സംഘടിപ്പിച്ച ' രുധിരം ബ്ലഡ് ഡൊണേഷൻ ക്യാമ്പ് ' 12- 10 -2021 ന്

വിജയകരമായി പൂർത്തീകരിച്ചു. രാവിലെ 10 മണി മുതൽ ഉച്ചക്ക് 1 മണി വരെ നീണ്ടു നിന്ന പരിപാടിയിൽ 53 പേര് പങ്കെടുത്തു 53 യൂണിറ്റ് ബ്ലഡ് ശേഖരിച്ചു ആലുവ ബ്ലഡ് ബാങ്കിൽ ഏല്പിക്കുകയും ചെയ്തു.



















AWARENESS SESSION ON: MUCORMYCOSIS (BLACK FUNGAL INFECTION)

**Date**: 24-May-2021

**Venue: KMEA Engineering College** 

**Beneficiaries: Students and Public** 

**Outcome**:

**Highlights:** 

The KMEA NSS UNIT 226 organized an enlightening session on "Mucormycosis" by Dr. Danish Salim academic director and head of the emergency department at PRS Hospital on 24 May 2021 at 8 pm. It was an astonishing session that erased all the doubts related to Black Fungus.

The emerging disease named black fungus. It points out the idea about the source, right medication, and clear all the wrong assumptions about the black fungal infection.

YouTube link: https://youtu.be/cV6OzeSUIKU

**Coordinators:** 

Akila MS

**Pranav** 

**Omar** 





# MUCORMYCOSIS [ black fungal infection ]



Academic Director and head of emergency department at PRS Hospital, Kerala





24 MAY, Mon 8 PM





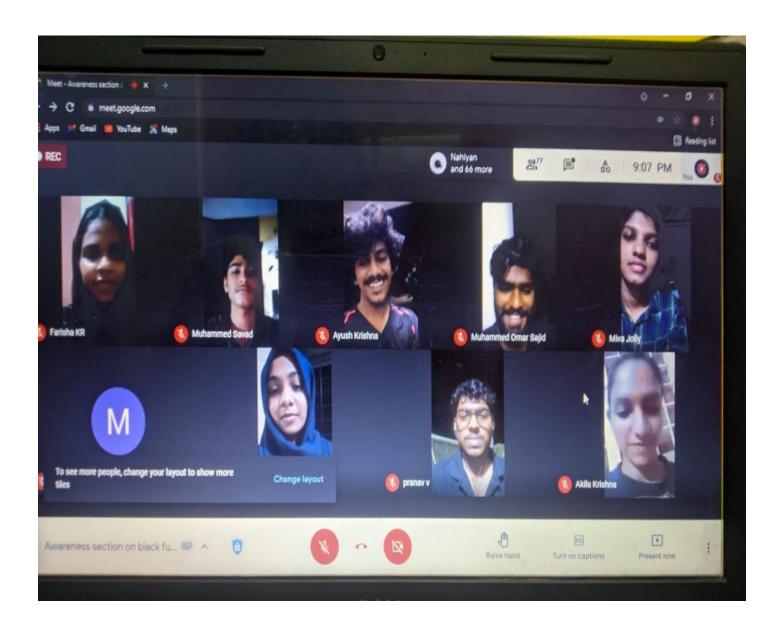


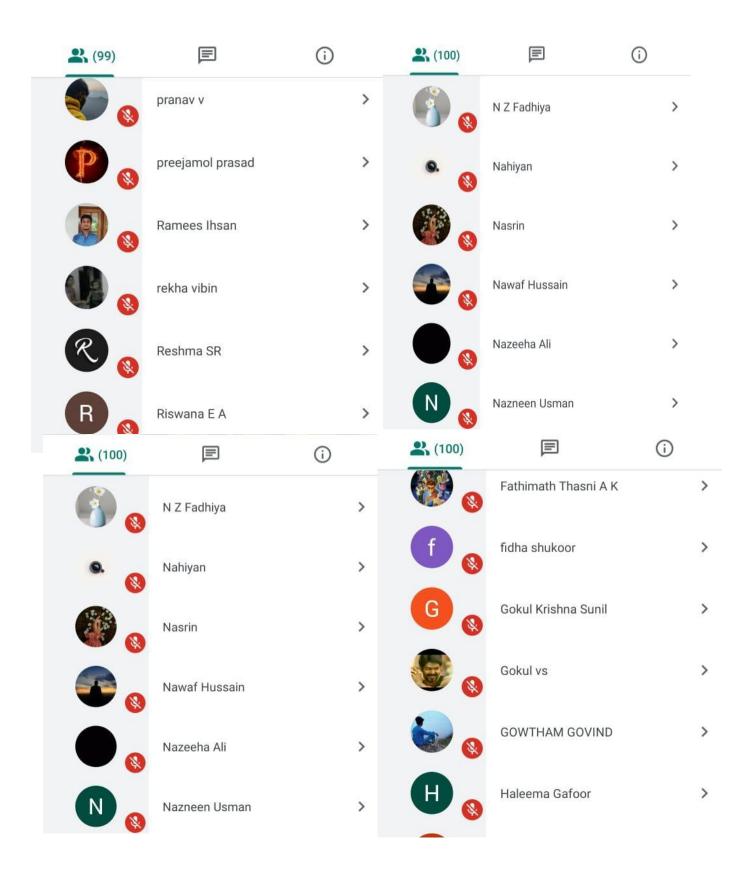


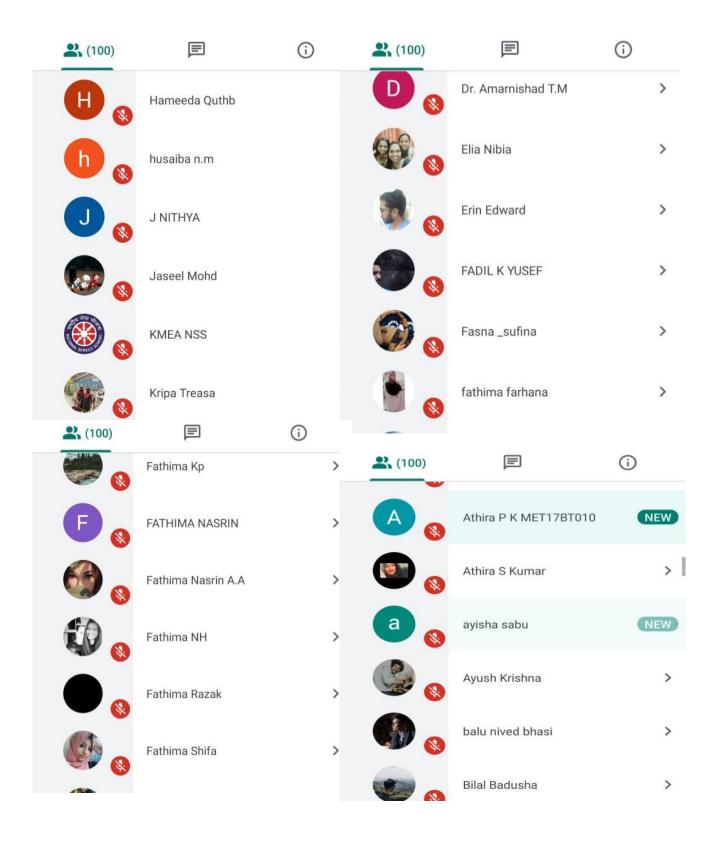


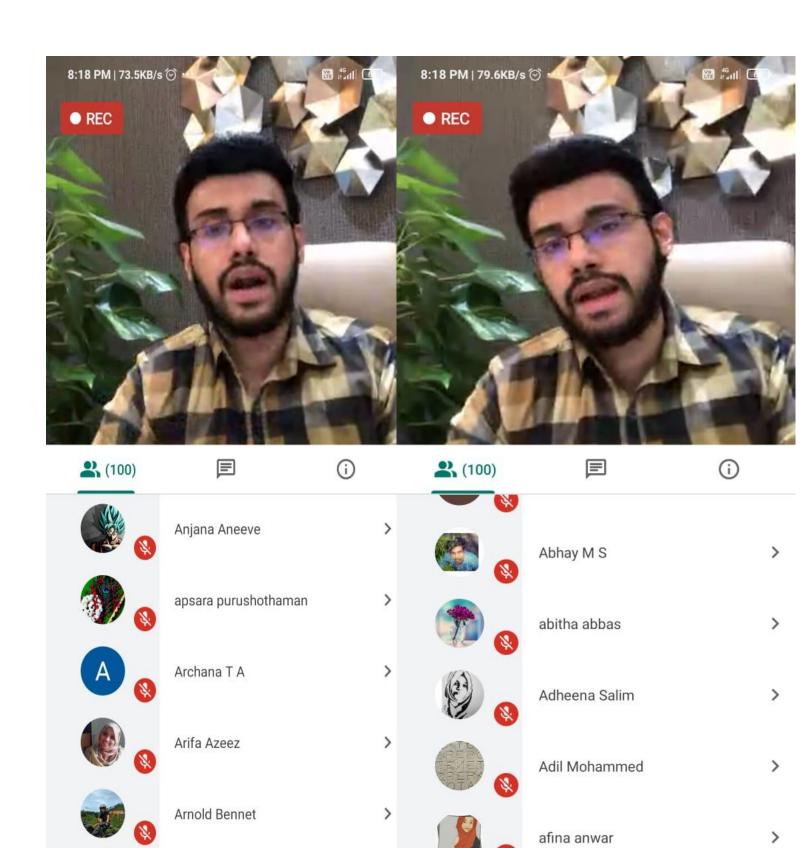


#### **Photo Session:**





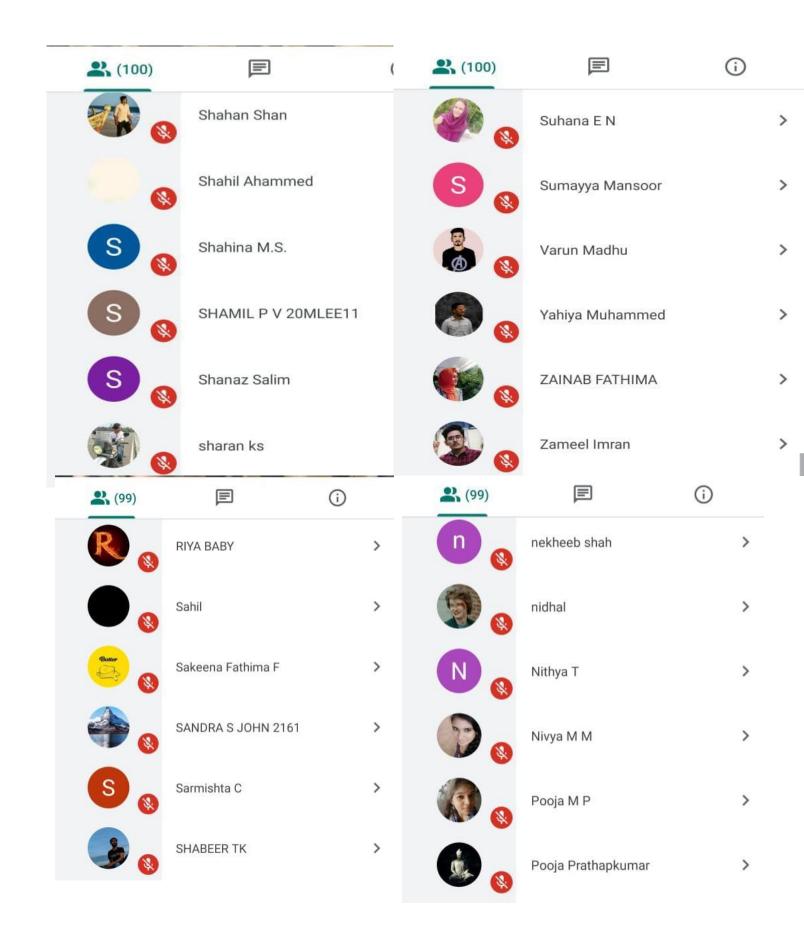


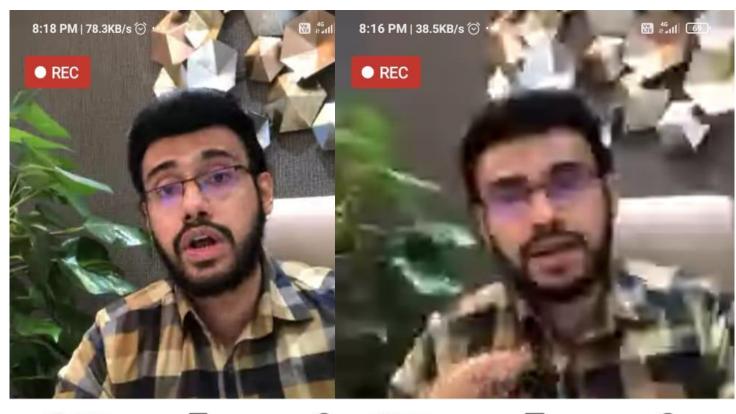


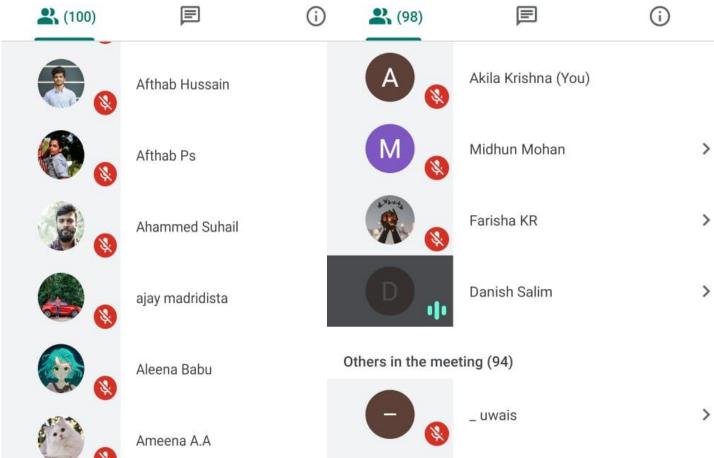
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Afroos Shahana

Asheer Ak









#### **NATIONAL SERVICE SCHEME, UNIT NO:226**

**HIGH SCHOOL CLEANING** 

**Date**: 09-10-2021

**Venue: Govt HSS(KUNJATTUKARA)** 

**Beneficieries:** students and public

**Outcome:** 

**Highlights:** 

KMEA Engineering College NSS unit 226 along with the help of Govt HSS(KUNJATTUKARA), conducted cleaning activities on 9th October 2021 in order to reopen the school after the covid-19 pandemic. Cleaning activity was successfully done at of Govt HSS(KUNJATTUKARA) due to the combined work of volunteers and other members.



















# KMEA Engineering College NSS UNIT 226



ഈ അതിജീവനകാലത്ത് നിങ്ങൾക്കൊരു കരുതൽ സ്പർശമായി ഞങ്ങളുണ്ട്



(Covid 19 Non-Hospital Management Help desk)

ഈ കോവിഡ് കാലത്ത് നിങ്ങൾ പട്ടിണിയിൽ ആണോ? എങ്കിൽ നിങ്ങൾക്ക് ആവശ്യമായ ഭക്ഷണം എത്തിക്കുവാൻ ഞങ്ങളുണ്ട്

കോവിഡ് കാലത്ത് മാനസിക സംഘർഷത്തിൽ ആണോ നിങ്ങൾ? കരുതലായി കാവലായി ഞങ്ങളുണ്ട്

ഞങ്ങളുടെ സേവനങ്ങൾ അറിയുന്നതിനായി ബന്ധപെടുക.

AYUSH: 98956 39966 ASWIN: 79944 90309 DIVYA: 62825 12866 SHERFINA: 90746 75388 FASNA: 96339 28269

O nsskmea









# COVID 19 HELP DESK

**TEAM 1: HOSPITAL MANAGEMENT** 



ശാരീരിക അകലം, സാൂഹിക ഒത്മം ഒന്നിച്ച് ഒറ്റക്കെട്ടായി ജാഗ്രതയോടെ പ്രതിരോധിക്കാം

# ഞങ്ങളുടെ സേവനങ്ങൾ

- ഡോക്ടർ കൺസൾട്ടേഷൻ
  - ഓക്സിജൻ സിലിണ്ടർ
    - കോവിഡ് വാക്ലിൻ അവബോധം
      - കിടക്ക
    - ജന്നൽ വാർഡുകൾ
  - നയ്ക്കിംഗ് സേവനം
- വെന്റിലേറ്റർ

# **Contact:**

OMAR: 7994108745 PRANAV: 9633862669 MUBARIS: 9526975617 MARIYATH: 9946040243 FARHANA: 7034507293 FARZANA: 9995400637





# KMEA ENGINEERING COLLEGE UNIT NO: 226



<u> छत्त्रवृ</u>

കോവിഡ് ഹോമാരിയുടെ ഈ വേളയിൽ മാനസിക സമ്മർദ്ദം അനുഭവിക്കുന്നവരാണോ നിങ്ങൾ ? ഈ 'ഒറ്റപ്പെടൽ' നിങ്ങളെ ശ്വാസം മുട്ടിക്കുന്നുണ്ടോ ? നിങ്ങളുടെ ഉത്കണ്ണയും വിഷാദവും മാറ്റിയെടുക്കാൻ ഞങ്ങൾ ഉണ്ട് കൂടെ....

# സേവനങ്ങൾ

L നിങ്ങളുടെ ആത്തവിശ്വാസം വീണ്ടെടുക്കാനും മാന്സിക പിരിമുക്കം കായ്കാനം സഹായിക്കന്ന

2. വാർത്തകൾ ഭയപ്പെടുത്തുമ്പോൾ ഉത്കണം നിയന്ത്രികാരള്ള വഴികൾ

<u> 3.വിഷമഘട്ടങ്ങളിൽ വൈകാരിക് പിത്ര</u>ണ

4. എങ്ങനെ സുരക്ഷിതരായിരിക്കാം , എങ്ങനെ <mark>പരിശോധന നടത്താം എന്തെല്ലാം</mark> സഹായം ഇടങ്ങിയ ആരോഗ്യ നിർദേശങ്ങൾ

# CONTACT

Savad - 81298 90457 Murshid - 99467 39437 Akila - 75589 57064 Baasil - 99619 02717 Where there is Rural Wellbeing there is Universal Prosperity













കോവിഡ് ഹെല്പ് ലൈൻ

## കൈതുണ

(TEAM 1: HOSPITAL MANAGEMENT)

ഡോക്ടർ കൺസൾട്ടേഷൻ, ഓക്സിജൻ സിലിണ്ടർ, വെന്റിലേറ്റർ, കിടക്ക, നഴ്സിംഗ് സേവനം.

7994108745

# കൂട്ടിനുണ്ട്

(TEAM 2: NON HOSPITAL MANAGEMENT)

ഭക്ഷണത്തിന്റെയും മറ്റു വീട്ടു സാധനങ്ങളുടെ ലഭ്യത.

9895639966

# കരുതൽ

(TEAM 3: FAMILY SUPPORT TEAM)

കോവിഡ് പോസിറ്റീവ് ആയൽ എന്ത് ചെയും എന്നുള്ള കാര്യയത്തിൽ സംശയം ഉണ്ടോ?

9745489594

## ഔഷധി

(TEAM 4: MEDICAL SUPPLIES SERVICE TEAM)

ഫാർമസി, ഡോക്ടർ കോൺസൽട്ടേഷൻ, ഓക്സിജൻ സാന്ദ്രതയുടെ ലഭൃത, സാനിറ്റൈസേഷൻ

8590589633

### ഒറ്റയ്ക്കല്ല ഒപ്പമുണ്ട്

(TEAM 5: PSYCHO SOCIAL SUPPORT TEAM)

നിങ്ങളുടെ മാനസിക സമർദ്ദത്തിൽ നിന്ന് പിടിച്ചുയർത്തി നിങ്ങൾക്ക് മാനസിക പിന്തുണ നൽകാൻ

8129890457

**PRINCIPAL** 

Dr. Amar Nishad T.M.

VICE PRINCIPAL

Dr. Rekha Lakshmanan

FACULTY COORDINATOR
Midhun Mohan

STUDENT COORDINATORS Omar Sajid (79941 08745) Pooja Lakshmi (7736541407)



In-Association with MGNCRE-SAP MINISTRY OF EDUCATION GOVT. OF INDIA





#### **:226 NSS UNIT**

# KMEA ENGINEERING COLLEGE

## **MGNCRE - Community Engagement Services Proforma**

Name of the Coord Email:	inator: Phone No.:
Date:12/06/2021	Nature of Services rendered – Location – No. of Students – No. of Beneficiaries
	1.
	2.
Hospital	3
Management Team	4
	5
	6
	1.
	2
Non Hospital	3
Management Team	4
	5
	6
	Nature of Services Rendered: Connect call to a Nursing Home     Location : Thrissur     No of students :1     No of Beneficiaries :1
Family Support	2
Team	3
	4
	5
	6



	Nature of Services Rende     Location     No of students     No of Beneficiaries	red: Connect call to the Medical Centre : Malappuram :1 :1
	2	
Medical Essentials Team	3	
	4	
	5	
	6	
	Nature of Services Rende     Location     No of students     No of Beneficiaries	red: COVID information and support to a patient of age 40 : Ernakulam :1 :1
Psychosocial Support Team	2. Nature of Services Rende Location No of students No of Beneficiaries	red: COVID information and Support : Malapuram :1 :1
	3. Nature of Services Rende Location No of students No of Beneficiaries	red: Family support : Malapuram :1 :1
	4	
	5	
	6	
	1	
	2	
Any other Services	3	
	4	
	5	



unders universal Prospertry	
	6

Date:13/06/2021	Nature of Services rendered – Location – No. of Students – No. of Beneficiaries
	2
Hospital Management	3
Team	5
	1
	2
Non Hospital Management Team	4
	5
	6



Family Support Team	1.
	2
	3
	4
	5
	6
	1
	2
	3
Medical Essentials Team	4
	5
	6
	1 Nature of Services Rendered: COVID information and Support
	Location : Ernakulam
	No of students :1 No of Beneficiaries :1
	NO OF Bettericiaries
	2
Psychosocial Support Team	3
	4
	5
	6
	1
	2
Any other Services	3
Services	4
	5



unde is universal rivopenty	
	6

Date:14/06/2021	Nature of Services rendered – Location – No. of Students – No. of Beneficiaries
	1
	2
Hospital	3
Management Team	4
	5
	6
	1.Nature of Services Rendered: Food Supply
	Location : Thrissur
Non Hospital	No of students :1
Management Team	No of Beneficiaries :1
	2



	3
	4
	5
	6
	1
	2
	3
Family Support Team	4
	5
	6
	1
	2
	3
Medical Essentials Team	4
LSSEITHAIS TEATH	
	5
	6
	1
	2
Psychosocial	3
Support Team	4
	5
	6
	1
Any other Services	2
	3



	4
	5
	6

Date:15/06/2021	Nature of Services rendered – Location – No. of Students – No. of Beneficiaries	
Hospital Management Team	Nature of Services Rendered: Covid Vaccination Support     Location : Idukki     No of students :1     No of Beneficiaries :1	
	2 Nature of Services Rendered: Doctor Consultation Location : Ernakulam, Aluva No of students :1 No of Beneficiaries :1	
	3 4	
	5 6	



	1. Nature of Services Rend	ered: Food Supply	
	Location	: Thrissur	
	No of students	:1	
	No of Beneficiaries	:1	
	No or Beneficiaries	.1	
	2		
	2		
Non Hospital	<u> </u>		
Management	3		
Team			
	4		
	5		
	6		
	1 Nature of Services Rend	ered: connect call to NGO	
	Location	:Aluva	
	No of students	:1	
	No of Beneficiaries	:1	
		·-	
	2		
Family Support			
Team	3		_
	3		
	<u> </u>		
	4		
	5		
	6		
	1		
	2		
	3		
Medical Essentials Team			
	4		
	5		
	3		
	6		
	6		
	1		
Psychosocial			
Support Team	2		
25,577,6411			
	3		



	4
	5
	6
	1
	2
	3
Any other	
Services	4
	5
	6

Date:16/06/2021	Nature of Services rendered – Location – No. of Students – No. of Beneficiaries	
	1.Nature of Services Rendered: Food Supply	
Hospital	Location	: Thrissur
Management Team	No of students	:1
	No of Beneficiaries	:1



	2	
	3	
	4	
	5	
	6	
Non Hospital Management Team		Thrissur 1
		-
	2	
	3	
	4	
	5	
	6	
Family Support Team		
	2	
	3	
	4	
	5	
	6	
Medical Essentials Team	1	
	2	
	3	
	4	



	5
	6
Psychosocial Support Team	1
	2
	3
	4
	5
	6
Any other Services	1
	2
	3
	4
	5
	6



Date:17/06/2020	Nature of Services rendered – Location – No. of Students – No. of Beneficiaries
Hospital Management Team	1
	2
	3
	4
	5
	6
	1 Nature of Services Rendered: Food Supply Location : Thrissur
	No of students :1
	No of Beneficiaries :1
	12
	2
Non Hospital	
Management Team	3
	4
	5
	6
Family Support Team	1 Nature of Services Rendered: connect call to caretaker
	Location : Aluva
	No of students :1
	No of Beneficiaries :1
	2
	3
	4
	5
	6



	Nature of Services rendered Location     No of students     No of Beneficiaries      Nature of Services rendered Location     No of students     No of Beneficiaries	: Ernakulam, Pallikara :1 :1
	3 Nature of Services rendered Location No of students No of Beneficiaries	l: medicine information :Ernakulam, Peringala :1 :1
Medical Essentials Team	4 Nature of Services rendered Location No of students No of Beneficiaries	: medicine information :Ernakulam, Peringala :1 :1
	5 Nature of Services rendered Location No of students No of Beneficiaries	l: medicine information :Ernakulam, Ambalapady :1 :1
	6 Nature of Services rendered Location No of students No of Beneficiaries	: medicine information :IRUNNILAMKODE : :1
	2	
Psychosocial Support	3	
Team	4	
	5	



	6
	1
Any other Services	2
	3
	4
	5
	6

Photos/AV Files:

Date:18/06/2020	Nature of Services rendered – Location – No. of Students – No. of Beneficiaries
Hospital	2
Management Team	4



	5
	6
	1 Nature of Services Rendered: Food Supply Location : Thrissur No of students :1 No of Beneficiaries :1
Non Hospital Management Team	3
	4
	6
	1 Nature of Services Rendered: connect call to Nursing Home
	Location : Elamakkara No of students :1 No of Beneficiaries :1
Family Support	2
Team	4
	5
	6
	1 Nature of Services rendered: medicine information  Location: Anjangadi  No of students: 1  No of Beneficiaries: 1
Medical Essentials Team	2
	3
	4



	5
	6
	1
	2
Psychosocial	3
Support Team	4
	5
	6
	1
Any other Services	2
	3
	4
	5
	6

Photos/AV Files:



Date:19/06/2020	Nature of Services rendered – Location – No. of Students – No. of Beneficiaries	
	1 Nature of Services Rendered: Covid Vaccination Support	
	Location	: Cherthala
	No of students	:1
	No of Beneficiaries	:1
	NO OF BEHEIICIANES	.1
		red: Covid Vaccination Support
	Location	: cherthala
	No of students	:1
	No of Beneficiaries	:1
		red: Covid Vaccination Support
Hospital	Location	: Kanjoor
Management Team	No of students	:1
	No of Beneficiaries	:1
	4 Nature of Services Rende	red: Covid Vaccination Support
	Location	: Pattimattom
	No of students	:1
	No of Beneficiaries	:1
	5	
	6	
	1 Nature of Services Rendered: Food Supply	
	Location	: Thrissur
	No of students	:1
	No of Beneficiaries	:1
		<del>-</del>
Non Hospital	2	
Management Team	3	
	4	
	5	
	6	
	1	



Family Support Team	2	
	3	
	4	
	5	
	6	
	Nature of Services rendered     Location     No of students     No of Beneficiaries	ed :Vaccine Registration :Irunnilamkode : 1 :1
	2 Nature of Services rendere	ad :Vaccino Registration
	Location	:Irunnilamkode
	No of students	: 1
	No of Beneficiaries	:1
	No or Beneficialities	.1
	3 Nature of Services rendere	ed :Vaccine Registration
Medical Essentials	Location	:Irunnilamkode
Team	No of students	:1
	No of Beneficiaries	:1
	4 Nature of Services rendered	
	Location	:cherpu
	No of students	:1
	No of Beneficiaries	:1
	5	
	6	
	1	
Psychosocial Support Team	2	



	3
	4
	5
	6
Any other Services	1
	2
	3
	4
	5
	6

Photos/AV Files:

Date:20/06/2020	Nature of Services rendered – Location – No. of Students – No. of Beneficiaries
	1 Nature of Services Rendered: Covid Vaccination Information



	Location	: Pathalam	
	No of students	:1	
	No of Beneficiaries	:1	
		ered: Covid Vaccination Information	
	Location	: kodungallor	
	No of students	:1	
	No of Beneficiaries	:1	
	3 Nature of Services Rende	ered: Covid Vaccination Information	
	Location	: Eloor	
Hospital	No of students	:1	
Management Team	No of Beneficiaries		
	Tro or Berrenoidines		
		ered: Covid Vaccination Information	
	Location	:Ernakulam	
	No of students	:1	
	No of Beneficiaries	:1	
	5		
	6		
	1 Nature of Services Rende	ered: Food Supply	
	Location	: Thrissur	
	No of students	:1	
	No of Beneficiaries	:1	
	2		
Non Hospital	2		
Management Team	3		
Wanagement ream			
	4		
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Family Support Team			
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	5
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Medical Essentials	4
Team	4
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Psychosocial Support	
Team	4
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Any other Services	
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Photos/AV Files:



Date:21/06/2020	Nature of Services rendered – Location – No. of Students – No. of Beneficiaries	
Hospital Management Team	1 Nature of Services Rendered: Covid Vaccination Information  Location : Aluva  No of students :1  No of Beneficiaries :1  2	
	<ul><li>4</li><li>5</li><li>6</li></ul>	
Non Hospital Management Team	1 Nature of Services Rendered: Food Supply Location : Thrissur No of students :1 No of Beneficiaries :1  2  3  4  5	



Family Support Team	
	2
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Medical Essentials Team	4
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	6
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	2
Psychosocial	3
Psychosocial Support Team	4
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	1
Any other Services	2
	3
	4
	5
	6



Date:	Nature of Services rendered – Location – No. of Students – No. of Beneficiaries
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Hospital	3
Management Team	4
	5
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Non Hospital	3
Management Team	4
	5
	6
Family Support Team	1



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Medical Essentials Team	4
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Psychosocial Support	3
Team	4
	5
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	1
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	3
Any other Services	4
	5
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Date:	Nature of Services rendered – Location – No. of Students – No. of Beneficiaries
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Hospital Management	3
Team	4
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	1
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Non Hospital	3
Non Hospital Management Team	4
	5
	6
Family Support Team	1



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Medical Essentials Team	4
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Psychosocial Support	3
Team	4
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Any other Services	4
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Date:	Nature of Services rendered – Location – No. of Students – No. of Beneficiaries
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Hospital	3
Management Team	4
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Non Hospital	3
Management Team	4
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Family Support Team	1



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Medical Essentials Team	4
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Psychosocial Support	3
Team	4
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Any other Services	4
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Date:	Nature of Services rendered – Location – No. of Students – No. of Beneficiaries
Hospital Management Team	1
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Non Hospital Management Team	2
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	6
	1



Family Support Team	2
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Medical	3
Essentials Team	4
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	2
Psychosocial	3
Support Team	4
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Any other	1
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Services	4
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Date:	Nature of Services rendered – Location – No. of Students – No. of Beneficiaries
Hospital Management Team	1
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Non Hospital Management Team	2
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Family Support Team	2
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Medical	3
Essentials Team	4
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Psychosocial	3
Support Team	4
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Any other	1
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Services	4
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Date:	Nature of Services rendered – Location – No. of Students – No. of Beneficiaries
Hospital Management Team	1
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Non Hospital Management Team	2
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Family Support Team	
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Medical	3
Essentials Team	4
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Psychosocial	3
Support Team	4
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Any other Services	1
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Date:	Nature of Services rendered – Location – No. of Students – No. of Beneficiaries
Hospital Management Team	1
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Non Hospital Management Team	2
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Family Support Team	
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Medical	3
Essentials Team	4
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Psychosocial	3
Support Team	4
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Any other Services	1
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Date:	Nature of Services rendered – Location – No. of Students – No. of Beneficiaries
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Non Hospital Management Team	1
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Family Support Team	
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Medical	3
Essentials Team	4
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Psychosocial	3
Support Team	4
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Any other Services	1
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Date:	Nature of Services rendered – Location – No. of Students – No. of Beneficiaries
Hospital Management Team	1
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Non Hospital Management Team	1
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Family Support Team	
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Medical	3
Essentials Team	4
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Psychosocial	3
Support Team	4
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Any other Services	1
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Date:	Nature of Services rendered – Location – No. of Students – No. of Beneficiaries
Hospital Management Team	1
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Non Hospital Management Team	1
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Family Support Team	
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Medical	3
Essentials Team	4
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Psychosocial	3
Support Team	4
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Any other Services	1
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#### **KMEA Engineering College**

#### Pain and Palliative - To give for good

The Pain and Palliative care club of KMEA Engineering college conducted a fund-raising campaign to help the people during the pandemic. The initiative was mainly focused to help those who were struggling to make their ends meet. The initiative was co-ordinated by Afrah K.P (President of Pain and Palliative club) and Adil Mohammed T I. Funds were raised from the students and faculties of KMEA Engineering college, which was collected via Google pay application of Pain and Palliative Vice secretary, Nadha Nesrin. The Pain and Palliative club of KMEA Engineering college is honored to have initiated this fund-raising campaign and is proud to have helped the people during the pandemic.

#### **POSTER**





#### PAIN & PALLIATIVE KMEA CALLS UPON ALL THE KIND HEARTS

## TO GIVE FOR GOOD

## A FUNDRAISING INITIATIVE TO HELP THOSE IN NEED

SEND YOUR GENEROUS CONTRIBUTIONS VIA GOOGLE PAY
APPLICATION



+91 8590796703 (NADHA NASRIN)

**CO-ORDINATED BY:** 

ADIL MUHAMMED T.I. +91 96569 95473 AFRAH K.P. +91 99461 51203

# KMEA Engineering College Pain and Palliative – 'PES Master'

Pain and Palliative care club of KMEA Engineering College conducted an online football game-PES, for all the students at KMEA. The aim of the event was to relieve the stress for the students who attended online classes during the pandemic. COVID had really struck a great impact in their daily norms, students were facing many difficulties without any social interactions.

Video Games are engaging and enjoyable, which reduces stress. Moreover, games present a challenge and reward for overcoming it, which leads to a feeling of competence. Due to the pandemic situation and to help students overcome their stress, Pain and Palliative care club choose to conduct an online gaming competition. The event was conducted on 12<sup>th</sup>,13<sup>th</sup> and 14<sup>th</sup> June 2021 at 12:00 am. The event was coordinated by Adil Muhammed T.I and Althaf KR. The event was a great success, as it helped the students who had trouble fitting in and making friends. It helped them to connect in a positive way.

### Report on International Webinar conducted by Women Forum on January 30<sup>th</sup> 2021

As a part of KMEA Engineering College women's forum activities, an international webinar was held on the following topics:

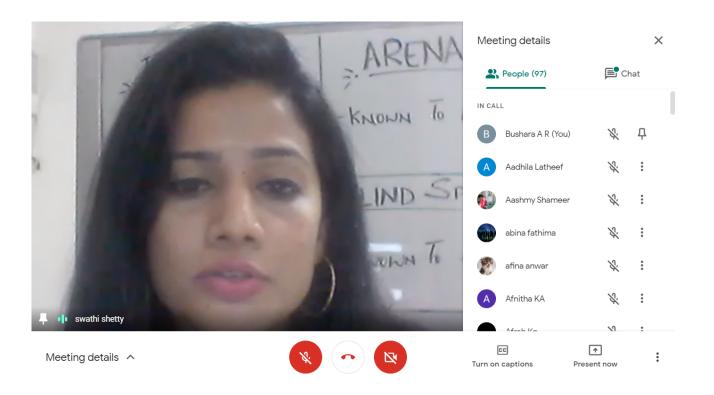
Session I- The Johari Window: How to build self-awareness and achieve success.

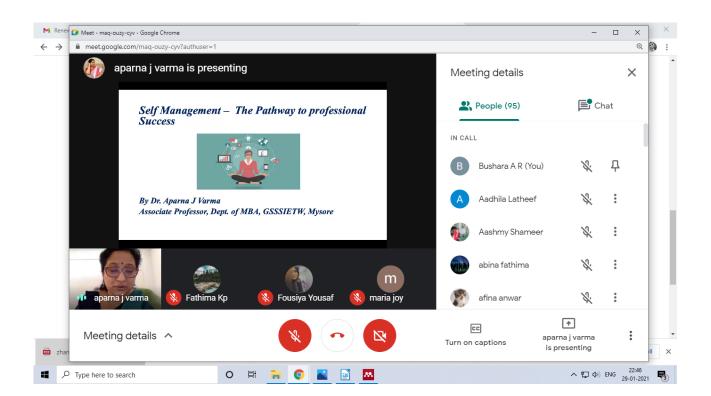
Session 2-Self Management-The path way to success

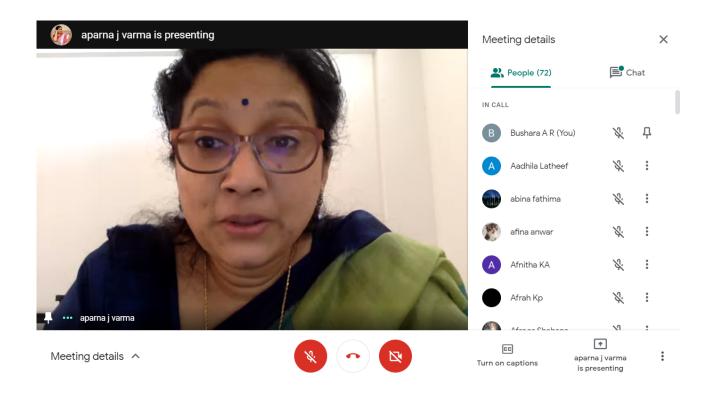
The webinar took place on Saturday 30<sup>th</sup> January between 10.00 AM to 11.30 AM. In this online session, the student coordinators, Fousiya presided over the session, Aadhila P A delivered the welcome speech, and Fathima K P delivered the vote of thanks. The first session was handled by Swathy Shetty, Support service Manager at Birla World School, Oman. She introduced the concept known as "Johari Window", which is very useful in building self-awareness among students. She did an activity with the help of two students and explained the concept, its usage and significance. The second session was handled by Dr.Aparna J Varma, Associate Professor, Department of MBA, GSSSIETW, Mysore and she spoke about self-management. She touched on five areas where the students should focus on for good self-management. These areas were time management, career management, relationship management, stress management and money management. The webinar ended at 11.30AM and the entire session proved very useful to students.

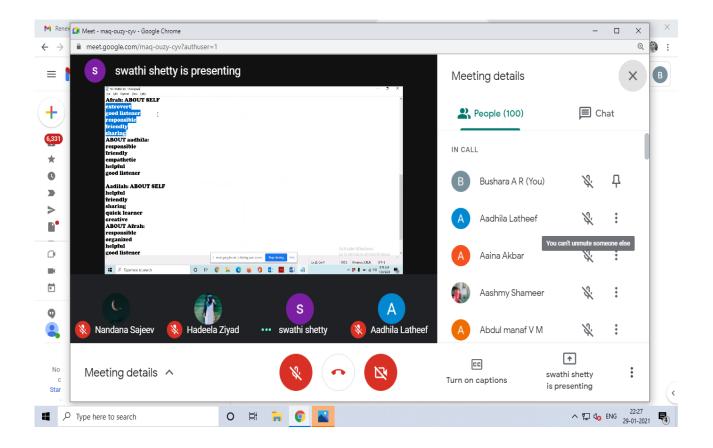
# WEBINAR ON "HOW NOT TO BE STRESSED"

The women's forum club of KMEA engineering college conducted a webinar on" How not to be stressed " a stress free session for professionals on 23rd July 2021, 2.00pm-3.00pm in Google Meet. An approximate of 90 attended the webinar mostly faculties both inside and outside KMEA engineering college, coordinated by women's forum members along with staff coordinators Ms. Bushara and Ms. Sunitha K. Afrah K.P student coordinator of women's forum started webinar with a brief introduction of the chief guest Habeeba Hussain T. K, RCI registered Clinical Psychologist and welcomed the participants. The program was adorned by Habeeba Hussain T. K, who taught us necessity of recognizing stress symptoms, stress that is unchecked can contribute to many health issues both physically n mentally .It was an interactive session were faculties share their doubts and questions related to stress and how to over come it. Later on the webinar ended with a vote of thanks delivered by Aadhila P. A member of women's forum. The webinar was conducted and received with utmost earnestness and warmth.









# WEBINAR ON "A GUIDE TO BE AN ETHICALLY EMPOWERED WOMAN OF TOMORROW"

The women's forum club of KMEA engineering college conducted a webinar on" A guide to be an ethically empowered woman of tomorrow" on 24th April 2021, 10.00am-11.00am in Google Meet for all female students. An approximate of 90 students attended the webinar coordinated by women's forum members along with staff coordinators Ms. Bushara and Ms. Sunitha Rani. Afrah K.P student coordinator of women's forum started webinar with a brief introduction of the chief guest Dr. Reena Sebastian and welcomed the participants. The program was adorned by Dr. Reena Sebastian, who kindled the students hearts about the necessity of empowering the women in today's society and how to be an ethically empowered woman in present and future. With her help, the meaning of whole society and the need for empowerment in woman was sowed deep inside us. She empathized the point of empathy, honesty, helping mentality, education and reminds us how family is an integral part of our lives. She also inspired us by sharing her journey towards the success, her experience and hardships while attaining her goal. She taught us that women's empowerment equips and allows women to make life-determining decisions through the different problems in society and they may have the opportunity to redefine gender roles or other such roles, which in turn may allow them more freedom to pursue desired goals by giving us the example of Kalpana Chawla, Mary Com and her own life. Later on the

webinar ended with a vote of thanks delivered by Aadhila P. A member of women's forum. The webinar was conducted and recieved with utmost earnestness and warmth that the heat and necessity of the whole idea of being an ethically empowered woman is still alive in the students.