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ಸಂತ ಅಲೋಶಿಯಸ್ ಕಾಲೇಜು (ಸ್ವಾಯತ್ತ)
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ST ALOYSIUS COLLEGE (AUTONOMOUS)
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Re-accredited by NAAC with 'A++' Grade – CGPA 3.67/4 (Cycle IV)
Ranked 80 in College Category – 2023 under NIRF, Ministry of Education, Government of India
Recognised as Centre for Research Capacity Building under UGC-STRIDE Scheme
Recognised under the DBT-BUILDER Scheme, Govt. of India
College with 'STAR STATUS' conferred by DBT, Govt. of India
Recognised by UGC as 'College with Potential for Excellence'

Report of Extension and Outreach Activities Academic year 2023-2024

Name of the activity: Manna Program
Collaborating agency: NSS and Snehalaya
Date of the activity: 9th June 2023 to 12th June 2023

Write-up about the programme: NSS volunteers lent a helping hand in serving food for the patients and their family in Wenlock Hospital, the food was provided by Snehalaya. NSS volunteers participated in this program for 4 days during their lunch are the visited the hospital for the same.



Name of the activity: International Yoga Day
Collaborating agency: NSS
Date of the activity: 21st June 2023

Write-up about the programme: On the occasion of International Yoga Day NSS volunteers participated in a yoga session organised by the college. 15 volunteers were present and they actively took part in the same. We were educated about Yoga by the representatives of Delampadi yoga Pratistara.



Name of the activity: Hands on Training Krishi Vigyan Kendra

Collaborating agency: NSS and Krishi Vigyan Kendra, Fisheries College, Mangalore

Date of the activity: 16th July 2023

Write-up about the programme: NSS volunteers of our college participated in the 95th foundation day of ICAR at Krishi Vigyan Kendra, Fisheries College, Mangalore. Volunteers were taught various agriculture techniques, various animal husbandry, aquarium fishes and plants information. This is an initial workshop for upcoming agriculture related works Mr Alwyn D'Souza NSS program officer and 24 NSS

volunteers benefited from this workshop.



Name of the activity: Hands-on training in Natural farming - KRISHI VIGYANA KENDRA
Collaborating agency: NSS and Krishi Vigyan Kendra, Fisheries College, Mangalore
Date of the activity: 1st, 2nd, 5th August 2023

Write-up about the programme: KRISHI VIGYANA KENDRA, Mangaluru organised Awareness cum hands-on training in Natural farming for NSS Volunteers . 27 NSS Volunteers from St Aloysius College (Autonomous), Mangaluru took part in this programme. Dr. T J Ramesh senior scientist and Director of KVK,
Dr Ravindra Gowda Patil, scientist (Fisheries) at KVK,

Mr Harish Shenoy, Scientist (Agronomy) at KVK, Dr Kedarnath, Scientist (Plant Protection) at KVK, Dr Nagarathna, NSS Program Coordinator, Mangalore University, Mr. Alwyn Dsouza and Mrs Carrel S.

Pereira, NSS Programme Officers of St Aloysius College (Autonomous), Mangaluru were present for the programme . The programme was organised with the main emphasis on paddy cultivation. On this occasion information on scientific cultivation of paddy was given by the scientist at KVK. This was followed by practical demonstration of seedling uprooting in nursery followed by transplanting of seedlings in the main filed by NSS volunteers.





Name of the activity: 77th Independence Day

Collaborating agency: NSS, Eco Warriors and the Centre for Environmental Concern, St Aloysius College (Autonomous), Mangaluru

Date of the activity: 15th August 2023

Write up about the programme: The 77th Independence Day, a significant plantation drive took place, organized by Eco Warriors and the Centre for Environmental Concern, St Aloysius College (Autonomous), Mangaluru. The event saw enthusiastic participation from various groups, including *Eco Warriors, AICUF association, and the Green Hearts faculty group*. Together, they planted a total of *77 saplings* on the campus, symbolizing the unity and growth of the nation.



Name of the activity: Blood donation camp

Collaborating agency: NSS and Kasturba Medical College, Mangaluru

Date of the activity: 18th August 2023

Write up about the programme: A blood donation camp was organized by the National Service Scheme of St. Aloysius College, in collaboration with Kasturba Medical College, Jyothi, Mangaluru. The event was graced by the presence of Dr. Ranjitha Rao, MD in Pathology, Associate Professor, and Blood Bank Officer from Kasturba Medical College, Mangalore. Alongside her, Dr. Dennis Fernandes, Director of the Arrupe block of St. Aloysius College, presided over the program. Dr. Rao explained the importance, need and effects of donating blood to the donors and volunteers. Dr. Dennis Fernandes congratulated the donors and volunteers and appreciated the organisers for organising such a meaningful camp. Their presence added vigor and inspiration to the event. The staff from Kasturba Medical College, Jyothi, Mangaluru actively facilitated the camp's procedures. The NSS program officers and volunteers of St. Aloysius College were the pillars behind the seamless organization, ensuring every donor felt comfortable and informed.

The camp concluded successfully with the collection of 74 units of blood.

National Service Scheme (NSS), in its unwavering commitment to promoting national integration, love, affection, and communal harmony, observed the Sadhbhavana Diwas today. The highlight of the day was the taking of the Sadhbhavana Pledge, signifying unity in diversity.



Name of the activity: Sadhbhavana Diwas
Collaborating agency: NSS
Date of the activity: 20th August 2023

Write up about the programme: NSS Units of our College commemorated Sadhbavana Diwas by cleaning the play ground of Chinnara Thangudhama a Transit Home of girl children at Bejai Kapikad. 58 volunteers and 2 mentors were present. Dr Nagarathna K NSS Coordinator of Mangalore University visited the spot.

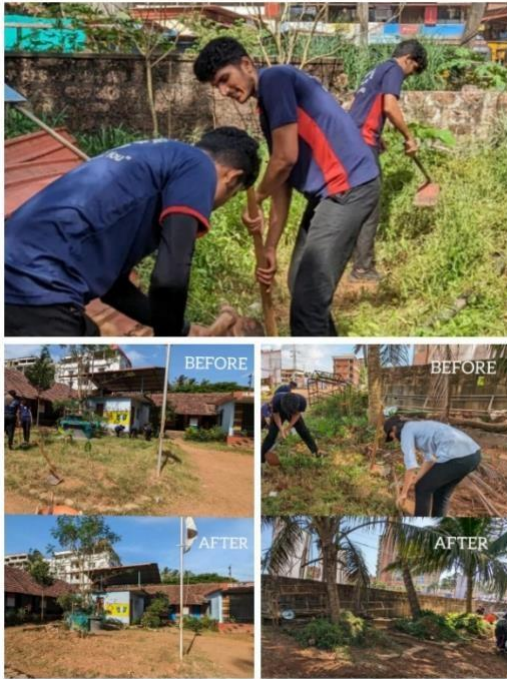


Name of the activity: Kuthar School Cleaning

Collaborating agency: NSS

Date of the activity: 2nd September 2023

Write up about the programme: A one day cleaning program was organised on 2nd September 2023 in Kuthar Government School. It was a half day program. We carried the equipment from the NSS room and loaded it in the pickup and all the volunteers left for the school at 1p.m. We reach the premises and right after the attendance, groups were formed and each group is allotted with responsibility on different parts of the school. Refreshments were provided by the school after the completion of the work. We clicked a group picture and departed home.



Name of the activity: Literacy day in school

Collaborating agency: NSS

Date of the activity: 8th September 2023

Write up about the programme: On occasion of Literacy Day, NSS organised a teaching program filled with fun activities for the students of kuthar government school on 8th September 2023. The NSS volunteers came to college at 10:00 a.m. in order to prepare the charts and other material required for the teaching. We reached the school at around 1:30 p.m. The NSS volunteers where divided into 6 groups to teach the students of 2nd to 7th grade. All the volunteers thought knowledgeable and enjoyable topics and conducted fun games which the childrens enjoyed and learn from. The activities ended at 3:30 p.m. and we departed home after clicking the group picture.



Name of the activity: Tannirbavi beach cleaning

Collaborating agency: NSS, Decathlon, Bharath Mall, Mangaluru in association with Mangalore Surf Club

Date of the activity: 16th September 2023

Write up about the programme: A Beach Clean Up on the occasion of World Clean Up Day was organised by Decathlon, Bharath Mall, Mangaluru in association with Mangalore Surf Club which was held on 16th September at Mangalore Surf Club – Club House, Thannirbhavi beach NSS volunteers took part in this activity.



Name of the activity: Bengre beach cleaning

Collaborating agency: NSS, Plastics For Change India Foundation, and Rotaract Club Mangalore City

Date of the activity: 24th September 2023

Write up about the programme: Rotaract Club Mangalore City and National Service Scheme (NSS) units of the college in collaboration with Plastics For Change India Foundation organized a beach clean-up program on 24th September, 2023 at Kasaba Bengre Beach Mangaluru.



Name of the activity: Animal Care Trust

Collaborating agency: NSS

Date of the activity: 30th September 2023

Write up about the programme: National Service Scheme (NSS) organized a visit to The Animal Care Trust which is located in Shaktinagar on 30th September. The NSS volunteers helped in gardening and cleaning the animal cages , after the work the NSS secretaries with the NSS officer Ms Carrel donated the blankets which weighted 21.5 kg and newspapers which weighted 16.85 kg collected by the staff and students St Aloysius College to The Animal Care Trust during the visit.



Name of the activity: Bamboo cultivation awareness program

Collaborating agency: NSS, SD Farm

Solutions, Mangaluru, the Department of Forest, Government of Karnataka, and MUSAplanet Gene Tech.

Date of the activity: 30th September 2023

Write up about the programme: The Bamboo Cultivation Awareness Session on September 30, 2023, at Sahodaya Hall was put together by the National Service Scheme, Department of Commerce, CEC of the college, along with SD Farm Solutions, Mangaluru, the Department of Forest, Government of Karnataka, and MUSAplanet Gene Tech.

Mr. Rajesh Baliga, Deputy Range Officer, Mangaluru Range, kicked off the event, sharing bamboo saplings. Rev Dr. Praveen Martees SJ, the college principal, highlighted the college's commitment to sustainability. Dr. M. Murulidaar Rao, CEO of MUSA Planet Gene Tech, shared valuable insights on bamboo breeds and cultivation. The diverse audience, including farmers, NSS volunteers, and Eco Warriors, actively engaged in discussions, showing commitment to sustainable practices. The workshop at Sahodaya Hall marked a milestone in promoting bamboo cultivation awareness, sharing practical knowledge and distributing saplings. The success of the event is thanks to the teamwork of organizers, speakers, and participants, all dedicated to environmental stewardship.



Name of the activity: St. Antony Ashram visit and assistance

Collaborating agency: NSS

Date of the activity: 19th October 2023

Write up about the programme: On the 19th of October 2023, the NSS Units of our college carried out a valuable service at St. Antony Ashram in Jeppu. This commendable effort was made possible by the participation of 61 dedicated volunteers and the guidance of two diligent staff members, Mr. Alwyn and Ms. Binning.

The collective involvement of these 61 volunteers showcased their commitment to community service, and their contributions undoubtedly left a positive impact on the Ashram and its residents.



Name of the activity: Annual special camp

Collaborating agency: NSS

Date of the activity: 28th December 2023 to 2nd January 2024

Write up about the programme: Annual special camp of NSS St Aloysius College Mangalore was held in Government PU College Maninalkur from 28 December to 2nd Jan.

Camp began with inauguration ceremony, it was done by Mr Sharda G Bangera, Presided by Dr Narayan Bhat, Director St Aloysius College Mangaluru and Miss Shalini Mechandale, Principle Government PU College Maninalkur, Mrs Poorappa Poojary Kodamaje, Vice President PU College Maninalkur, Mrs Ramakrishna Mayya Treasurer college Betterment committee, Mrs Prakash Baliga President Rotary club Bantwala ,Mrs GM Mohammad Farooq member Gram Panchayat Maninalkur and Miss Leelavathi Dasappa Poojary was present here and symbolically inaugurated the program by lighting the lamp.

The schedule of the camp was planned as such morning 5:00 a.m. wake up 6:00 to 6:15 flag hoisting was done by following chief guest , after flag hoist warm up exercise and then from 8 to 12 shramadhan was done.

8:30 to 9:30 we had our breakfast, 12 to 1 was the bath time, 1 to 2 was our lunch break, 2 to 2:30 was the time allotted for rest.

From 2:30 to 3:30 educational session was conducted and 6 to 8:15 cultural program took place, chief guest for cultural program is as follows from 29th December till the last cultural program, Mr Raghuram Nayak member college Betterment committee, Mr

Poorappa Poojary Kadamaje Vice President PU College maninalkur GM Mohammad Farooq, Mr Daranendra Jain, Mr Sampath Shetty, Mr Dayanand Shettigar, Mr Raghuram Mayya, Mr Kadamani Malkuru, Mr Sarapadi Ashok Shetty ,Mr Sudarshan Baja.

The last day of camp was ended by Shibira Jyoti and Validictory ceremony.
65 Volunteers took part

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Date:



Name of the activity: National Youth Day

Collaborating agency: NSS, Mangalore City Corporation, Yuvanika foundation, Department of skill development, NCC HQ Mangalore

Date of the activity: 13th January 2024

Write up about the programme: On 13th of January 2024 in association with Mangalore City Corporation, Yuvanika foundation, Department of skill development, NCC HQ Mangalore and NSS organised National youth day on behalf of vivekanandha jayanti which was held at Urwa store, Ambedkar bhavana.

Mr Vedhavyas kamath, Dakshina vidhana sabha member inaugurated the ceremony by lighting the lamp and he enlightened and encouraged youth to follow the path of vivekanandha by his inspirational word.

Mr Sudheer Shetty kannur, Mayor, Mangalore City Corporation. Addressed the students by sharing knowledge and guided youth in order to achieve goals.

Savitha Ermal, Division officer, NSS Department School of education, guided students regarding education system of Karnataka to reach the desired goals .

Bharath, raghuveera sootarpete yuvanik foundation, Professor M Jaykishen Bhat, Principal of Karvali institute Udupi, Dr Nagarathna KV NSS coordinator of mangalore University were part of this program

Report:

Date:



Name of the activity: Republic Day Parade Camp 2024

Collaborating agency: NSS

Date of the activity: 26th January 2024

Write up about the programme: The secretary *Ms Aakanksha Y Suvarna who is a II BSC MCs volunteers led the NSS Contingent at Republic Day Parade at New Delhi as left commander of the Troop on 26th January 2024 . She also performed in front of The Prime Minister of India Shri Narendra Modi and The President of India Shri Draupadi Murmu *in* the Lok Kalyan Marg and Rashtrapati Bhavan.



Name of the activity: Volunteering for DKMS × BMST foundation India

Collaborating agency: NSS and NGO (DKMS × BMST)

Date of the activity: 16th to 18th February 2024

Write up about the programme: From February 16th to 18th, 2024, volunteers participated in a campaign organized by DKMS × BMST

aimed at collecting stem cells from loose cheek tissues. The campaign took place at Thanneer bavi beach fest where volunteers engaged with beachgoers, explaining the purpose of the campaign and encouraging them to participate in the donation process.

1. Engaging with Beachgoers: Volunteers actively approached beach visitors, engaging them in conversations about the importance of stem cell donation. They explained the procedure, benefits, and impact of their contribution, aiming to raise awareness and encourage participation.

2. Persuasion and Convincing: Volunteers utilized persuasive communication techniques to convince individuals to participate in the donation process. They addressed concerns, provided information, and emphasized the potential to save lives through their contribution.

3. Lunch Service: As a gesture of appreciation, the NGO (DKMS × BMST) provided lunch for the volunteers, allowing them to recharge and socialize during the campaign.

4. Refreshments for Achieving Goals: NGO staff members recognized the efforts of volunteers by providing refreshments as they achieved set goals, fostering motivation and a sense of accomplishment among the team.

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Name of the activity: National Integration Camp

Collaborating agency: NSS

Date of the activity: 26th February 2024

Write up about the programme: The following NSS volunteers represented Mangalore University at the National Integration Camp (NIC) held at Rani Chenamma University, Belagavi, from 20 to 26 February 2024.



Name of the activity: Farm visit in kanivoor puttur

Collaborating agency: NSS

Date of the activity: 29th February 2024

Write up about the programme: The volunteers reached the destination around 10, they were served with juice and breakfast by Vitalla sir who was the owner of that farm. Sir gave us the brief information about how rubber was produced and also showed us the demonstration of how rubber sheets were prepared, then they told us the uses of arecanut and how it is grown and maintained, they even taught us how to climb coconut tree using different equipments. The volunteers interacted with sir and gained new information.

Later at 1 am we had lunch after that we played few games. We conclude our work at 3, it was really good experience and we gained new information about plantation.



Name of the activity: Pulse Polio Drop

Collaborating agency: NSS and Bunder PHC

Date of the activity: 3rd March 2024

Write up about the programme: On 3rd march 2024 NSS had taken part in a pulse polio drop giving at forum mall and city centre mall by bunder PHC. On 2nd march we were given the brief information about polio and how polio drops are given to children by doctor of PHC. 12 volunteers were divided into four batches and duties are given accordingly. The first batch began the polio drive from 10:00am to 12:30pm and second batch from 1:00pm to 4:30pm. The polio drop giving drive went on very well and We got positive responses from the parents .

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Name of the activity: Golden Jubilee
Collaborating agency: NSS
Date of the activity: 23rd March 2024

Write up about the programme: St. Aloysius Deemed-to-be University celebrated the Golden Jubilee of the National Service Scheme (NSS) with esteemed guests and dignitaries. The event honored past NSS officers and alumni for their contributions to community service and leadership. Keynote speeches highlighted NSS's



achievements over fifty years and emphasized the importance of serving society. Cultural performances by NSS volunteers and an alumni interaction session added to the event's significance. 92 Volunteers took part.

Name of the activity: Footwear Segregation

Collaborating agency: NSS

Date of the activity: 29th March 2024

Write up about the programme: A footwear collection drive was organized at St. Aloysius College, involving students who worked collaboratively with the support of teachers. The initiative aimed to gather footwear donations for a charitable cause. The primary objective of the footwear Segregation drive was to gather donations of new or gently used footwear from students, staff, and the broader community to support individuals in need. The

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footwear collection drive was executed successfully on 29/3/24. Students and staff actively participated in donating footwear, contributing to the success of the initiative. Teachers played a crucial role in supervising and guiding students throughout the process. The footwear collection drive at St. Aloysius College was a commendable initiative that showcased the collective effort and generosity of students and staff. The donated footwear will make a meaningful difference in the lives of individuals in need, reflecting the college's commitment to social responsibility and community engagement. 15 Volunteers took part



Name of the activity: Aids Awareness Program
Collaborating agency: NSS and Red Ribbon Club
Date of the activity: 1st April 2024

Write up about the programme: On March 1, 2024 a guest talk on Aids Awareness was organised in collaboration with Red Ribbon Club. Dr. Madhura KI was the chief guest of the session. She addressed on Aids - causes and prevention. The session winded up with NSS Anthem.



Name of the activity: Footwear Segregation
Collaborating agency: NSS
Date of the activity: 6th April 2024

Write up about the programme: A footwear collection drive was organized at St. Aloysius College, involving students who worked collaboratively with the support of teachers. The initiative aimed to gather footwear donations for a charitable cause. The primary objective of the footwear Segregation drive was to gather donations of new or gently used footwear from students, staff, and the broader community to support individuals in need. The footwear collection drive was executed successfully on 6/4/24. Students and staff actively participated in donating footwear, contributing to the success of the initiative. Teachers played a crucial role in

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supervising and guiding students throughout the process. The footwear collection drive at St. Aloysius College was a commendable initiative that showcased the collective effort and generosity of students and staff. The donated footwear will make a meaningful difference in the lives of individuals in need, reflecting the college's commitment to social responsibility and community engagement.



Name of the activity: Sai nikethana sevashram

Collaborating agency: NSS

Date of the activity: 7th April 2024

Write up about the programme: The students vacated St. Aloysius College, Mangalore, around 8:30 am and arrived at Sai Nikethana Sevashram in Manjeshwara around 9:10 am. After a light breakfast, everyone participated in a shramadhan (service). They took a break for lunch and then had a session about the history of Sai Nikethana Sevashram. In the afternoon, cultural programs including music and dance entertained us. There were 26 volunteers and 2 program officers present. Later, 3 volunteers and 1 officer provided feedback about the day's shramadhan and the Sai Nikethana Sevashram through the media. They left Sai Nikethana Sevashram, Manjeshwara, at 3:30 pm and safely arrived in Mangalore at 4:20 pm.



Name of the activity: Farm Visit

Collaborating agency: NSS

Date of the activity: 7th April 2024

Write up about the programme: On 7/4 /2024 the NSS volunteers went to a farm visit near Shayadhri college Adyar.

At first they were introduced to Ravi Sir on the field and he is the one of the famous tree climber and trainer . He showed his certificates of achievement and later the owner of the farm took the volunteers on a tour of his farm, he had one chicken farm and a coconut farm there was more then 500 tree and Ravi sir thought us how to climb the coconut tree.

It was one of the most useful and helpful information to learn about farming.



Name of the activity: Bharatha ashram

Collaborating agency: NSS

Date of the activity: 14th April 2024

Write up about the programme: The NSS students reached the ashram in the morning around 9.00 am. Then the care taker of the ashram addressed the gathering followed the knowledge of the history of ashram. Then the works were distributed among girls and boys, girls had to collect all the coconuts and coconut leaves and boys had some land digging work. As it was afternoon they had lunch in the ashram at 12.30 later few volunteers cleaned the dining hall and a small interaction with ashram people was held. They came back around 1.30 pm.



Name of the activity: Snehalaya Psycho-Social Rehabilitation Centre

Collaborating agency: NSS

Date of the activity: 14th April 2024

Write up about the programme: On 14/04/2024, 38 volunteers from St. Aloysius Deemed to be University, Mangaluru's NSS unit visited Snehalaya Psycho-Social Rehabilitation Centre as part of their community service initiative. Led by NSS program officer Ms. Carrel Pereira, the volunteers actively participated in gardening and cleaning activities to maintain the center's premises.

Additionally, they interacted with the inmates, fostering a sense of companionship and understanding. During their visit, the volunteers received a comprehensive briefing on the institution's history, operations, and objectives. They learned about the various programs and services offered by the center to support individuals in their journey towards social and psychological rehabilitation. Through meaningful conversations with the inmates, the volunteers gained insight into the challenges faced by marginalized communities and the importance of empathy and support. The visit not only provided practical assistance to Snehalaya but also left a positive impact on the volunteers, inspiring them to continue their efforts in community service. Overall, it was a fulfilling experience that strengthened the bond between the university and the rehabilitation center, fostering a culture of social responsibility and compassion.



Name of the activity: Celebration of International Yoga Day

Collaborating agency: NCC Army Wing, Decathlon

Date of the activity: 21st June, 2023

Write up about the programme: The Cadets of St. Aloysius Coy participated in a celebration of the International Yoga Day on 21st June, 2023 in collaboration with Decathlon.



Name of the activity: Commemoration of the Kargil War

Collaborating agency: NCC Army Wing

Date of the activity: 26/7/2023

Write up about the programme: A team of 30 cadets from the Army Wing of St. Aloysius College took part in the commemoration of the Kargil War that was fought between India and Pakistan in 1999 along with their counterparts from the Naval and Air Wing.



Name of the activity: Street play to raise awareness on social issues

Collaborating agency: NCC Army Wing

Date of the activity: 8/8/2023

Write up about the programme: A team of 10 cadets took part in performing a street play to raise awareness about various issues in our society. The play was conducted collaboratively by the NCC Army, Navy and Air Wings of St. Aloysius College.



Name of the activity: Clean-up Drive
Collaborating agency: NCC Army Wing
Date of the activity: 8/8/2023

Write up about the programme: The cadets of St. Aloysius College NCC Army Wing conducted a clean-up drive in and around the premises of the college.



Name of the activity Independence Day Celebration
Collaborating agency: NCC Army Wing
Date of the activity: 15/8/2023

Write up about the programme: The NCC cadets of St. Aloysius College led the celebration of the 77th Independence Day of India in the presence of Fr. Praveen Martis SJ who the Principal of St. Aloysius College along with staff and students of the college. The Cadets also took an oath as common citizens of India to strive for the betterment of our motherland.



Name of the activity Raising awareness about G20 with Puneet Sagar Abhiyan

Collaborating agency: NCC Army Wing

Date of the activity: 10/9/2023

Write up about the programme: The Cadets of St. Aloysius College NCC Army Wing took part in the Puneet Sagar Abhiyan organized by 18 Kar Bn NCC Mangalore at Tannirbhavi Beach on 10th September, 2023 to raise awareness on the 2023 G20 New Delhi summit which was the first G20 summit to be held in India. The Cadets also spoke to people in their surroundings and educated them about the G20 and its importance.



Name of the activity: International Coastal Clean-up Day

Collaborating agency: NCC Army Wing

Date of the activity: 16/9/2023

Write up about the programme: The cadets of St. Aloysius College NCC Army Wing participated in the celebration of International Coastal Clean-up Day 2023 that was organized by HQ no. 3 Coast Guard District (Karnataka) of the Indian Coast Guard. The Cadets made an active effort to help clean up the coast in accordance with the objective of the day.



Name of the activity: Swachhata Hi Seva – Railway Clean-up Drive

Collaborating agency: NCC Army Wing

Date of the activity: 1/10/2023

Write up about the programme: A team of 40 NCC cadets from St. Aloysius College took part in a Clean-up Drive on 1st October, 2023 at the Mangalore Central Railway Station. Cadets also took an oath as common citizens to strive to keep the country clean.



Name of the activity: Isckon Temple Service
Collaborating agency: NCC Army Wing
Date of the activity: 15/10/2023

Write up about the programme: The Cadets of St. Aloysius College NCC Army Wing took part in a volunteer service to help maintain the premises of Isckon Temple, PVS, Mangalore on 15th October, 2023.



Name of the activity: Clean India Green India Initiative

Collaborating agency: NCC Army Wing

Date of the activity: 15/10/2023

Write up about the programme: The Cadets of St. Aloysius College NCC Army Wing conducted a 'Clean India Green India' awareness program in the premises of St. Aloysius College to raise awareness on cleanliness and the importance of taking care of the plants in our environment.



Name of the activity: Statue Cleaning Program

Collaborating agency: NCC Army Wing

Date of the activity: 15/10/2023

Write up about the programme: The Cadets of St. Aloysius College NCC Army Wing took part in a statue cleaning program where they helped in the cleaning and maintenance of prominent statues across Mangalore.



Name of the activity: Run for Unity
Collaborating agency: NCC Army Wing

Date of the activity: 31/10/2023

Write up about the programme: The Cadets of St. Aloysius College NCC Army Wing took part in the Run for Unity organized by the Indian Coast Guard on 31st October, 2023 at Panambur Beach.



Name of the activity: Drug-free Mangalore Walkathon

Collaborating agency: NCC Army Wing

Date of the activity: 1/11/2023

Write up about the programme: The Cadets of St. Aloysius Coy took part in the Drug-free Mangalore Walkathon organized by the Police Commissioner of Mangalore for Karnataka Rajyotsava on 1st November, 2023.



Name of the activity: Seminar on Plastic-free Earth

Collaborating agency: NCC Army Wing

Date of the activity: 3/11/2023

Write up about the programme: The Cadets of St. Aloysius Coy took part in a seminar on the Plastic and its harmful effects on the earth along with their counterparts from the Naval and Air Wings on 3rd November, 2023. The resource person for the seminar was Mr. Glavin Rodrigues, a lecturer from the Dept. of Zoology in St. Aloysius College.



Name of the activity: Remembering the Taj attacks

Collaborating agency: NCC Army Wing

Date of the activity: 26/11/2023

Write up about the programme: The Cadets of St. Aloysius College on 26th November, 2023 paid their respects to the martyrs who lost their life in the 26/11 terrorist attacks in Mumbai in 2008.



Name of the activity: International Day of Millets
Collaborating agency: NCC Army Wing
Date of the activity: 9/12/2023

Write up about the programme: The Cadets of St. Aloysius College along with their Naval and Air counterparts came together to celebrate the International Day of Millets with creative and healthy recipes including millets.



Name of the activity: Interactive session with Lt. Col. Laishram Tony Singh
Collaborating agency: NCC Army Wing
Date of the activity: 13/1/2024

Write up about the programme: The Cadets of St. Aloysius College on 13th January, 2024 took part in an interactive session with Lt. Col. Laishram Tony Singh, an alumni of St. Aloysius College who is currently serving in the high ranks of the Indian Army.



Name of the activity: Blood Donation drive

Collaborating agency: NCC Army Wing

Date of the activity: 24/1/2024

Write up about the programme: St. Aloysius (Deemed to be University) NCC Army wing organised a Blood donation drive in the Sahodaya Hall of St. Aloysius (Deemed to be University) on 24th January, 2024 for the students as well as the staff of the institution.



Name of the
Talk by Major Samar Pal Singh Toor

activity:

Collaborating agency: NCC Army Wing

Date of the activity: 5/2/2024

Write up about the programme: The Cadets of St. Aloysius College on 5th February, 2024 took part in a talk given by Major Samar Pal Singh Toor, a veteran of the Indian Army who has served in South Sudan on a UN Peacekeeping Mission during the outbreak of a civil war.



GPS Map Camera



Mangaluru, Karnataka, India

VRCW+XF9, Light House Hill Rd, Hampankatta, Mangaluru, Karnataka 575003, India

Lat 12.872427°

Long 74.84617°

05/02/24 09:11 AM GMT +05:30

Name of the activity: Lt. Kaup Shridhar Shenoy felicitation

Collaborating agency: NCC Army Wing

Date of the activity: 26/2/2024

Write up about the programme: The Cadets of St. Aloysius College on 26th February, 2024 took part in the felicitation program held for Lt. Kaup Shridhar Shenoy in the presence of AO 18 KAR BN NCC Mangalore Lt. Col. Gracian Sequeira.

Lt. Shenoy also gave a talk titled 'DEFENCE LIFE: ROUTES TO PATRIOTISM' and motivated the Cadets to join the Armed Forces.



Mangaluru, Karnataka, India
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Name of the activity: Cleanliness drive in Adyar Hills

Collaborating agency: NCC Army Wing

Date of the activity: 24/3/2024

Write up about the programme: A team of 20 cadets of St. Aloysius (Deemed to be University) NCC Army Wing organised a cleanliness drive in Adyar Hills on 24th March 2024.



Name of the activity: Yoga Day
Collaborating agency: NCC Navy Wing
Date of the activity: 21/06/2023

Write up about the programme: Cadets participated in yoga exercises to promote physical and mental well-being.

Name of the activity: International Plastic Bag Free Day
Collaborating agency: NCC Navy Wing
Date of the activity: 08/07/2023

Write up about the programme: Campaign aimed at raising awareness about environmental conservation.

Name of the activity: Blood Donation Camp
Collaborating agency: NCC Navy Wing
Date of the activity: 14/08/2023

Write up about the programme: Cadets donated blood at the Wenlock District Hospital, contributing to the noble cause of saving lives.

Name of the activity: Exhibition on Indian Naval Ships
Collaborating agency: NCC Navy Wing
Date of the activity: 23/09/2023

Write up about the programme: Cadets showcased Indian Naval ships during a college exhibition.

Name of the activity: Unity Run

Collaborating agency: NCC Navy Wing

Date of the activity: 31/10/2023

Write up about the programme: Participation in a 10km runs at Panambur Beach to celebrate Unity Day.

Name of the activity: Orphan Visit

Collaborating agency: NCC Navy Wing

Date of the activity: 19/11/2023

Write up about the programme: Cadets visited an old age home, contributing essential items, performing cultural activities, and cleaning the surroundings.

Name of the activity: Indian Navy Day Talk

Collaborating agency: NCC Navy Wing

Date of the activity: 04/12/2023

Write up about the programme: A session highlighting the achievements of the Indian Navy was conducted at NCC Subunit.

Name of the activity: Indian Navy Day Talk

Collaborating agency: NCC Navy Wing

Date of the activity: 04/12/2023

Write up about the programme: A session highlighting the achievements of the Indian Navy was conducted at NCC Subunit.

Name of the activity: Cooking without Fire and Guest Talk

Collaborating agency: NCC Navy Wing

Date of the activity: 09/12/2023

Write up about the programme: Event focused on spreading awareness about the importance of millets on the occasion of international year of millets.

Name of the activity: Anti-Drug Campaign

Collaborating agency: NCC Navy Wing

Date of the activity: 06/01/2024

Write up about the programme: Cadets organized a campaign to raise awareness about the dangers of drug abuse.

Name of the activity: Talk on Kargil War

Collaborating agency: NCC Air Wing

Date of the activity: 26/07/2023

Write up about the programme: On the occasion of Kargil Vijay Diwas NCC wings organised a guest talk on the Topic “THE STORY OF KARGIL WAR” by Dr Denis Fernandes, Associate Professor,

Department of History, Director of Arrupe Block, St Aloysius (Deemed to be University) Mangaluru on 26/07/2023 at 4:15p.m. in Sanidhya.

Name of the activity: Swatch Bharath

Collaborating agency: NCC Air Wing

Date of the activity: 15 /08/2023

Write up about the programme: Organised a cleanliness drive around the college entrance and Tagore Park Mangaluru on the occasion of Independence Day 15 /08/2023.

Name of the activity: Talk on Plastic Awareness

Collaborating agency: NCC Air Wing

Date of the activity: 09/09/2023

Write up about the programme: Organised guest talk in association with NCC wings on "Awareness About Plastic and its Effects" by Mr Glavin Thomas Rodrigues on 09/09/2023.

Name of the activity: Beach cleaning

Collaborating agency: NCC Air Wing

Date of the activity: 17/09/2023

Write up about the programme: Organised a beach cleaning drive on 17/09/2023 between 7a.m. to 10a.m. at Thaneerbhavi, Mangaluru. 55 cadets along with the ANO Fg Offr Dr Alwyn Misquith participated in the cleanliness drive.

Name of the activity: Unity Run

Collaborating agency: NCC Air Wing

Date of the activity: 31/10/2023

Write up about the programme: 15 Cadets of NCC Air Wing participated in “ RUN FOR UNITY “ a 10km marathon at 6:30a.m. from Panamboor beach organized by Indian coast guard, Mangalore on 31/10/2023.

Name of the activity: Tree Plantation Drive

Collaborating agency: NCC Air Wing

Date of the activity: 24/11/2023

Write up about the programme: To create an awareness regarding climate change and its adverse effects organised a Tree Plantation drive. All the cadet participated in this event and planted sapling at their home on 24/11/2023.

Name of the activity: Interactive session with Lt. Kaup Shridhar Shenoy

Collaborating agency: NCC Air Wing

Date of the activity: 9/12/2023

Write up about the programme: Participated in an Interactive session with Lt. Kaup Shridhar Shenoy who passed out from NDA and IMA, was commissioned into the Armed Forces as an officer on 9th December 2023, an Alumni of St Aloysius.

Name of the activity: Interactive session with Lt Col Laishram tony Singh
Collaborating agency: NCC Air Wing
Date of the activity: 13/1/2024

Write up about the programme: On the occasion of National youth day organised an interactive session with Lt Col Laishram tony Singh at St Aloysius (Deemed to be University), Mangaluru at 8:30a.m. in Sanidhya Auditorium on 13/01/2024.

Name of the activity: Blood donation camp
Collaborating agency: NCC Air Wing
Date of the activity: 24/01/2024

Write up about the programme: Organised a blood donations camp at St Aloysius (Deemed to be University) Mangaluru on 24/01/2024 in collaboration with Regional Blood Transfusion Centre, District Wenlock hospital, Mangaluru. 160 donors showed interest in donating blood. A total of 141 units of blood were collected.

Name of the activity: Interactive session with Major Samar Toor
Collaborating agency: NCC Air Wing
Date of the activity: 5/2/2024

Write up about the programme: Participated in an interactive session with Major Samar Toor, a war veteran on 5th February 2024 in Eric Mathias hall of St Aloysius (Deemed to be University), Mangaluru.

Name of the activity: Independence Day celebration
Collaborating agency: Youth Red Cross
Date of the activity: 15.8.2023

Write up about the programme: St. Aloysius College (Autonomous) Mangaluru celebrated the 77th Independence Day on August 15 with immense enthusiasm and a strong sense of patriotism. The event achieved remarkable success, with students, educators, and esteemed guests in attendance. The program featured Dr. Vishanz Pinto, the head of the History Department, as the chief guest, whose inspiring presence added a distinguished touch to the occasion. The festivities commenced with an impressive NCC march, demonstrating the students' discipline and unity. Following this, the national flag was solemnly and symbolically raised by both the chief guest and the principal, emphasizing the significance of freedom and unity. The assembly reverberated with patriotic fervour as students and teachers gathered to pay their respects to the nation's struggles and accomplishments. The campus exuded a sense of togetherness and pride, and this unity was further emphasized as attendees shared sweets, symbolizing the collective joy of the occasion.



Name of the activity: International Coastal Cleanup Day

Collaborating agency: Youth Red Cross

Date of the activity: 16.9.2023

Write up about the programme: The International Coastal Cleanup (ICC) conducted Beach Cleaning at Panambur. Volunteers from St Aloysius College (Autonomous) Youth Red Cross participated in beach cleaning in collaboration with the Mangalore Coast Guard on **September 16 2023**.

The program was conducted by Mangalore Coastguards the aim was to conduct awareness among the schools and general public to keep marine environment clean and unpolluted.

The theme of the program was "**Cleaner Beaches and Cleaner Sea**"

Following Events were conducted and best performer was awarded.

1. Skit Performance
2. Best Sand Art with theme Clean Beach and Cleaner Sea
3. Kite design and Kite flying competition with suitable kite /design
4. Tree plantation along Panambur beach.



Name of the activity: Visit to Jeevadaan and Sneha Sadan

Collaborating agency: Youth Red Cross

Date of the activity: 17.9.2023

Write up about the programme: Youth Red Cross volunteers of St. Aloysius College actively participated in Sahaya on Sunday, September 17, 2023. The association president Mr. M A Nadaf was present with the secretaries to grace the occasion.

Volunteers had very good interaction at Jeevadaan and Sneha Sadan with the children. The volunteers were very much inspired with the life of children who lived happily in the orphanage. There was also a long interaction, sharing and activities with everyone. There were some games which were conducted under the leadership of one of the volunteers. Children were very happy with the active participation of volunteers and with gifts that were bought for them. There was also a short talk given by the director of Sneha Sadan on the life of children and their difficulties. He also shared the different aspects of their life and difficulties they face as they grow in their age. Along with the talk many volunteers asked questions regarding the children and their future endeavours and many of the volunteers gave positive vibration and supportive responses to the talk.

Overall the five hours of Sahaya was very much helpful for the volunteers and for their future which they are going to build. All were very happy and we took a group photo for our memory.



Name of the activity: Shramadan on Gandhi Jayanthi

Collaborating agency: Youth Red Cross, Youth Red Cross Mangaluru university, Mangaluru, in association with Wenlock District hospital and Indian Youth Red Cross

Date of the activity: 2.10.2023

Write up about the programme: Youth Red Cross Mangaluru university, Mangaluru, in association with Wenlock District hospital and Indian youth red cross celebrated Gandhi Jayanthi on October 2 with immense enthusiasm and a strong sense of patriotism. The event achieved remarkable success, with students, educators, and esteemed guests in attendance.

The program featured Dr Gayathri, the head of the Youth Red Cross, Mangaluru University, The main agenda was to create awareness about waste management, a small training session was conducted to all students who were present from different colleges. Shramadhana was done by all students present; students worked in groups and cleaned the hospital premises.



Name of the activity: NATIONAL YOUTH DAY

Collaborating agency: Youth Red Cross

Date of the activity: 12.1.2024

Write up about the programme: '162nd Jayanthi of Swamy Vivekananda'

Youth Red Cross volunteers of St Aloysius College (Autonomous) Mangaluru, participated in National youth day- 2024. Programme organised by Indian Red Cross society Mangaluru, on 12 January 2024, at Tannirbavi beach (Tree Park).



Name of the activity: World Cancer programme

Collaborating agency: Youth Red Cross

Date of the activity: 4.2.2024

Write up about the programme: On 4/2/2024 world cancer programme was organised. It was one of the compulsory activity for YRC units. This was a special programme targeted for cancer awareness for girls. The event was world cancer day 2024.

Jointly organised by youth red cross, Mangalore university, Indian red cross society, D.K branch Indian medical association, Mangalore branch government wenlock district hospital D K at Ravindra kala bhavana, university college Mangalore. Dr Anasuya Rai (principal, university college Mangalore) was the president followed by other chief guests.

5 female volunteers were sent by ST ALOYSIUS DEEMED TO BE UNIVERSITY.

Name of the activity: Visit to old age home

Collaborating agency: Youth Red Cross

Date of the activity: 16.3.2024

Write up about the programme: Youth Red Cross volunteers of St. Aloysius College actively participated in Sahaya on Saturday, March 16, 2024. The association president Dr. M A Nadaf and Ms. Kavitha were present with the secretaries to grace the occasion.

The volunteers of Youth Red Cross (1st years) have actively participated in their Sahaya activity. People of the old age home and as well as volunteers with their in charge teachers and secretary gave the full time and conducted many games for the old people. The response of the people and the volunteers who visited

for the first time, were very positive. The In charge of the old age home was happy with her performance and the activities conducted by the volunteer. Most of the volunteers went and met the old people sharing and asking about their life. At the end they had also opportunity to give and feed snacks to them.

Overall the five hours of Sahaya was very much helpful for the volunteers and for their future which they are going to build.

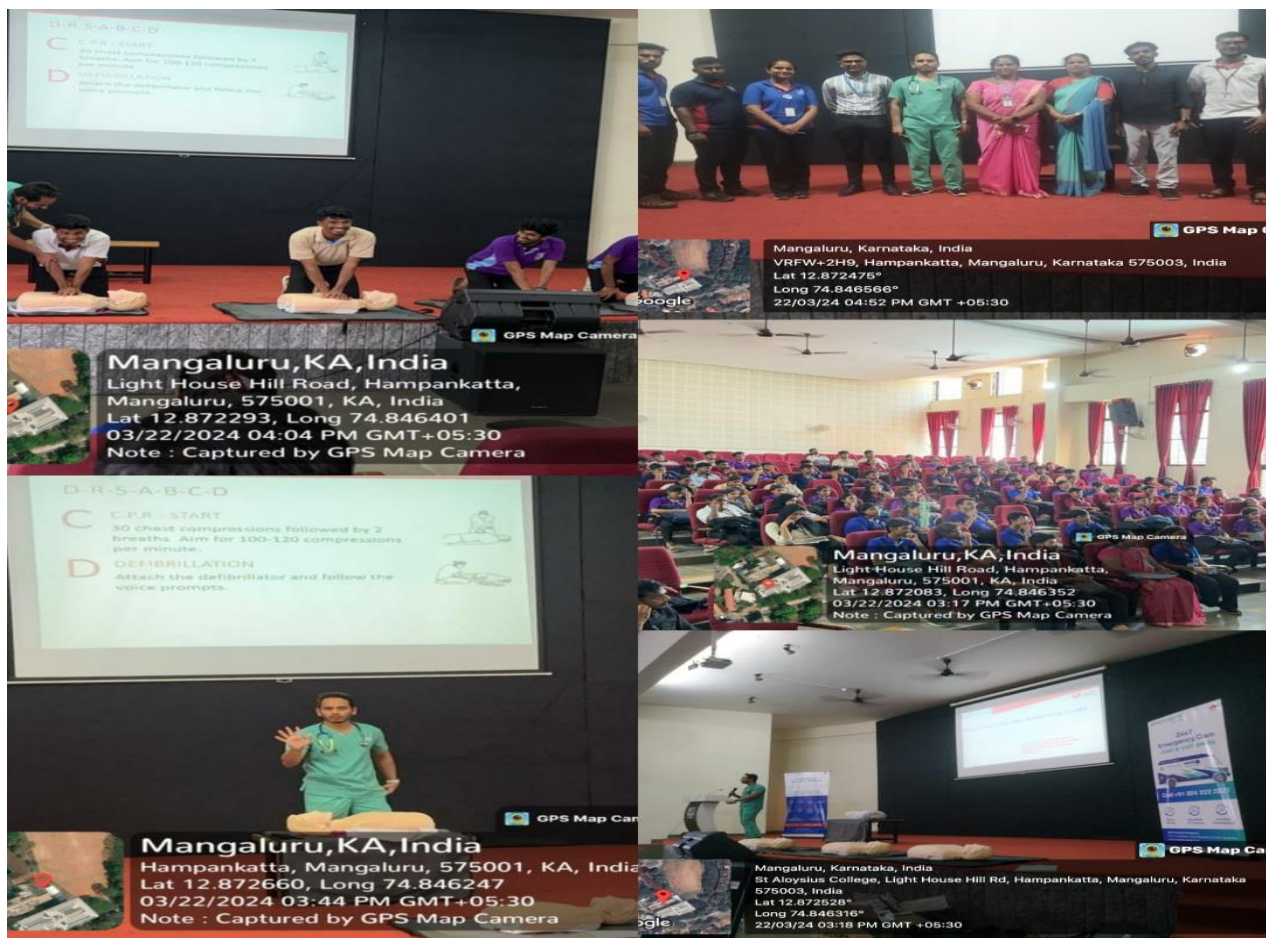


Name of the activity: First Aid Awareness Programme

Collaborating agency: Youth Red Cross and KMC Hospital, Mangaluru

Date of the activity: 22.3.2024

Write up about the programme: The Youth Red Cross Association of St Aloysius (Deemed-to-be-University) Mangaluru organized a First Aid Awareness Programme in collaboration with KMC Hospital, Mangaluru, on March 22, 2024, in Eric Mathais Hall from 3:00 pm to 4:30 pm. Two hundred students from the Youth Red Cross, NCC, and NSS associations participated in this program. Dr. Karthik R. Rao was the Chief Guest. He explained the critical importance of first aid knowledge in saving lives and preventing further harm in emergency situations through demonstrations. Dr. Charles V. Furtado, Director of the Admin Block, presided over the program. After the talk, the floor was open for discussion. The student coordinators Ms. Kruthi, Ms. Thanisha, and Mr. Ankesh. The staff Coordinator's Ms. Kavitha B. and Mr. Reji John were present.



Name of the activity: Visit to De Mercy Orphanage

Collaborating agency: Youth Red Cross and KMC Hospital, Mangaluru

Date of the activity: 13.4.2024

Write up about the programme: As a part of Sahaaya exposure activity the students of Youth Red Cross Association visited De Mercy Orphanage, Ullal on 13/04/2024. Under the guidance of Association present and secretary, YRC volunteers conducted many games and engaged themselves with the children in interaction. Volunteers also conducted intellectual activity which enhanced the intellectual pursuits of children. A total of 32 volunteers were present for Sahaya.



Name of the activity: Awareness on Snakes, Clean Drive & Study about Plants

Collaborating agency: Centre for Environmental Concern

Date of the activity: 3.3.2024

Write up about the programme: As a part of SAHAAYA exposure on 3rd March 2024, Centre for Environmental Concern organized Awareness on Snakes, Clean Drive & Study about Plants in collaboration with Government Forest Nursery, Shamboor

In order to create the awareness among students organized awareness on Snakes Mr Kiran Xavier Pinto was the resource person for the day. Later students were assigned for cleanup drive at Narahari Hills. Later students visited Government Forest Nursery Shamboor to study about plants and functions. Mr Preetham Deputy Forest officer explained about functions, role and responsibility of Government Nursery. Mr Shridhar Assistant Conservative Forest officer, Manglore orientated students about forest nursery and recruitment.

Around 40 students were guided by Ms Sowmya Bhat, Ms Stephil and Ms Kavya Along Ms K Gopika (CEC).



Name of the activity: Awareness on Substance abuse and road Safety

Collaborating agency: Centre for Environmental Concern

Date of the activity: 9.3.2024

Write up about the programme: Centre for Environment Concern On 9th March 2024, as a part of SAHAAYA activity Students visited Centre for Health and Development at Bajal. Ms Savitha Dsouza, Programme Manager oriented the about CHD activities and functions. Later evaluation process took place in CHD centre followed by awareness on substance abuse and provided awareness on road safety to the bus and auto drivers in Padil.

Students Learnt about:

- The proper etiquette of conducting surveys
- The harms in using tobacco and prevention techniques
- Importance of road safety measures

The delegation included 32 students from the Ecology Club, Nature Club, and Nutri Food Association, accompanied by three mentors, Mr. Sreejesh P C, Dr. Vaishali Rai, and Dr. Renita Maria D’Souza along with K Gopika (CEC).



Name of the activity: Campus Cleaning

Collaborating agency: Centre for Environmental Concern

Date of the activity: 16.3.2024

Write up about the programme: Centre for Environment Concern On 16th March 2024, as a part of SAHAAYA activity organised campus cleaning in SAU Campus. Around 32 students from the Ecology Club, Nature Club, and Nutri Food Association took part and accompanied by three mentors, Mr. Sreejesh P C, Dr. Vaishali Rai, and Dr. Renita Maria D'Souza.



Name of the activity: Visit and Survey at Centre for Health and Development

Collaborating agency: Centre for Environmental Concern

Date of the activity: 8.3.2024

Write up about the programme: On 8th March 2024, as a part of SAHAAYA activity Students visited Centre for Health and Development at Bajal. Ms Savitha Dsouza, Programme Manager oriented the about CHD activities and functions.

Students were guided for conducting the household survey on Food habits of Mangloreans. For the students and staff in the rural areas was a valuable experience. It was interesting to learn about the different food habits and lifestyles of the people there. Later evaluation process took place in CHD centre followed by awareness on substance abuse.

Students Learnt about:

- The proper etiquette of conducting surveys
- The harms in using tobacco and prevention techniques
- Awareness about substance abuse

Around 40 students took part and guided by Mr Royal Praveen Dsouza, Mr Roshan Premkumar Maben, Ms Reshma Praveen (BCA Dept.) along with Ms K Gopika (CEC).



Name of the activity: Visit to Punarjanma Deaddiction Centre & “Hejje” Footwear Segregation

Collaborating agency: Centre for Environmental Concern

Date of the activity: 10.3.2024

Write up about the programme: On 10th March 2024 as a part of SAHAAYA exposure, Centre for Environment Concern organised visit to Punarjanma Deaddiction Centre, Alvas, Moodbedri and “Hejje” Footwear Segregation in SAU campus.

The exposure organised was fruitful to gain knowledge about the situation of inmates and their family members. Counsellors took efforts to reach to our students, and in both languages, Kannada and Malayalam orientation was given. Inmates were cooperative, shared their situation in terms of, what made them to get into such habit. And what is their present status of health. “Hejje” footwear segregation in SAC campus, this activity gave students sense of awareness, as how footwear can create damage to the environment. How this could be avoided and recycling could be done. To suggest how to overcome with confusion, clear instructions could have been given to students.

Around 40 students involved and were guided by Dr Shakila Hegde, Ms Valina And Ms K Gopika.



Name of the activity: Plantation and Awareness on Snakes

Collaborating agency: Centre for Environmental Concern and NECF

Date of the activity: 13.8.2023

Write up about the programme: The SAHAAYA event, held on August 13, 2023, at Morarji Desai School in Didupe, was organized by the Centre for Environmental Concern in collaboration with NECF. The activity drew the participation of 30 enthusiastic students who engaged in planting a total of 800 saplings along with the school children within the premises. As part of the event, an informative session on snake awareness was conducted by the Snake Kiran (NECF volunteer). The students were guided by mentors Dr Zeena Mendonca, Mr Kiran Vati K and Ms Michelle Rodrigues, who provided their insights throughout the activity. This event not only empowered the students to make a positive impact on the environment through planting saplings but also heightened their understanding of snake ecology and conservation.



Name of the activity: Visit to Link De-Addiction

Collaborating agency: Centre for Environmental Concern

Date of the activity: 16.3.2024

Write up about the programme: As a part of SAHAYA exposure, on 16th March 2024 Centre for Environment Concern organized visit to de-addiction centre, for the first year degree students. Around 40 students from Astro club association visited Link rehab center, Bajal. Students were given the orientation, later students involved in interacting with the inmates and conducting recreational activities. Mentors Mr Harshith and Ms Rollin Preetha accompanied and guided the students.



Name of the activity: Visit to Govt. Forest Nursery, Padil

Collaborating agency: Centre for Environmental Concern

Date of the activity: 23.3.2024

Write up about the programme: On 23th March 2024 students Visited and worked in the Govt. forest nursery at Padil in collaboration with Forest Department. Mr. Sharath Shetty, Beat Forest Officer oriented on activities undertaken in forest nursery and process of recruitment. Around 40 students from different streams helped in weeding and soil filling . Mr Shawn Dsouza from physics department along Ms K Gopika Coordinator Centre for Environment Concern accompanied and guided the students.



Name of the activity: Visit to Govt. Forest Nursery, Padil

Collaborating agency: Centre for Environmental Concern

Date of the activity: 24.2.2024

Write up about the programme: On 24th Feb 2024 students Visited and worked in the Govt. forest nursery at Padil in collaboration with Forest Department. Mr. Sharath Shetty, Beat Forest Officer oriented on activities undertaken in forest nursery and process of recruitment. Around 26 students from different

streams helped in weeding. Ms Michelle Sonali Rodrigues from Zoology department along Ms K Gopika Coordinator Centre for Environment Concern accompanied and guided the students.

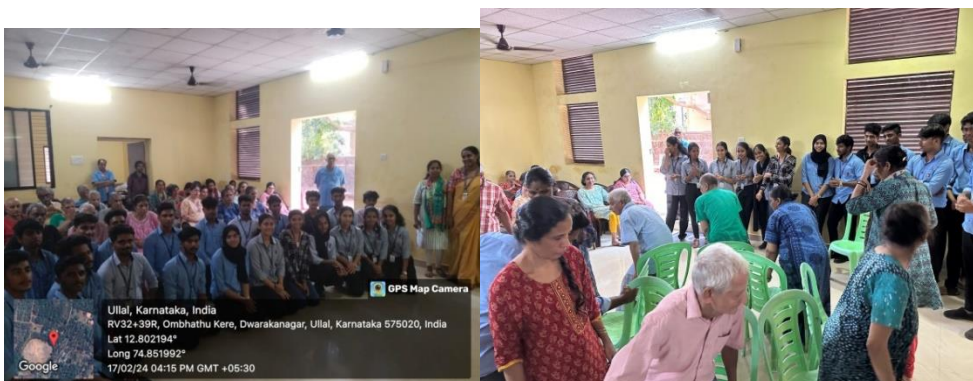


Name of the activity: Visit to Paschim Rehab Centre

Collaborating agency: Centre for Environmental Concern

Date of the activity: 17.2.2024

Write up about the programme: As a part of SAHAYA exposure, on 17th February 2024 Centre for Environment Concern organized visit to care & support centre, for the first year degree students. Around 26 Students from nature club association visited Paschim psycho-social rehab center, Someshwar. Students were active in interacting with the inmates and conducting recreational activities. Ms Savia Dsouza from Zoology department along Ms K Gopika Coordinator Centre for Environment Concern accompanied and guided.



Name of the activity: Watering the Plants at Kantavara Base Camp

Collaborating agency: Centre for Extension services and IT Club

Date of the activity: 18.2.2024

Write up about the programme: On 18th February 2024, as a part of SAHAAYA exposure students from IT visited base camp Kantavara, Moodbedri. The participants actively engaged in the primary activity of the day - "Watering of Plants." The initiative involved the diligent transfer of water over a 2-kilometer stretch, with students forming an efficient chain to extract water from a well.

Post-lunch, an impactful awareness program unfolded, shedding light on the vital role such activities play in environmental conservation. The participants gained insights into the broader ecological implications of their efforts, fostering a deeper appreciation for their role in sustainability. A constructive feedback session allowed students to share their unique experiences and offer valuable suggestions for the enhancement of future initiatives. The day's educational component was enriched with a rubber plantation tour, providing participants with a first-hand understanding of sustainable practices and the lifecycle of rubber production. Coordinators took a reflective pause, contemplating the ecological significance of planting saplings and posing thoughtful questions about the relationship between saplings and mature trees.

Around 40 students under the presence of IT Club Presidents, Ms. Renita Menezes, Ms. Rashmi Amin, and Ms. Reema K Jalihal, was instrumental in guiding and motivating the participants throughout the event.



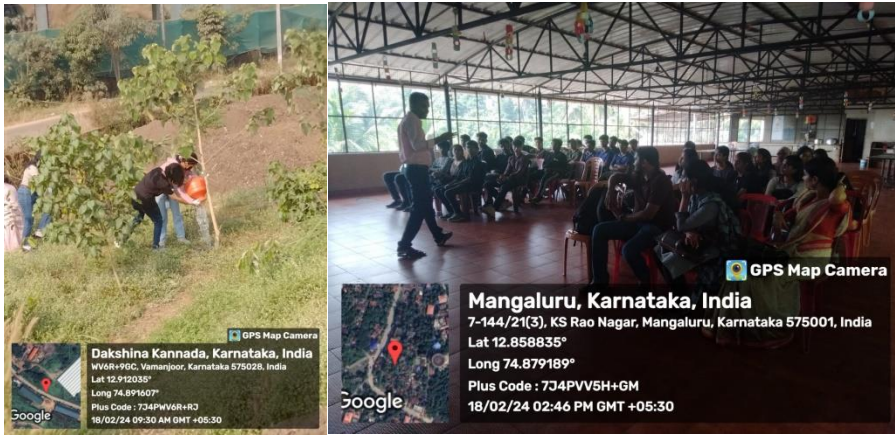
Name of the activity: Watering the Plants and Visiting the Link De-Addiction Centre

Collaborating agency: Centre for Extension services and Bioscience and Nutri Food Association

Date of the activity: 18.2.2024

Write up about the programme: On February 18 2024, as a part of SAHAAYA exposure students from Bioscience and Nutri Food Association engaged in watering the plants at KPT and the Pacchanady dumping yard area under the direction of Mr. Jeeth Milan Roche. St Aloysius' students planted seedlings at Pacchanady and KPT during the monsoon. Students in the current first year of continuation assumed the duty of looking after them over the summer. More than 350 saplings were given water.

Students visited the Link De Addiction recovery and counselling centre in the afternoon. Students engage in one-on-one interactions, conducted recreational activities, and attended orientation regarding substance abuse. About forty students participated actively.



Name of the activity: Watering the Plants and Awareness on Environment Conservation

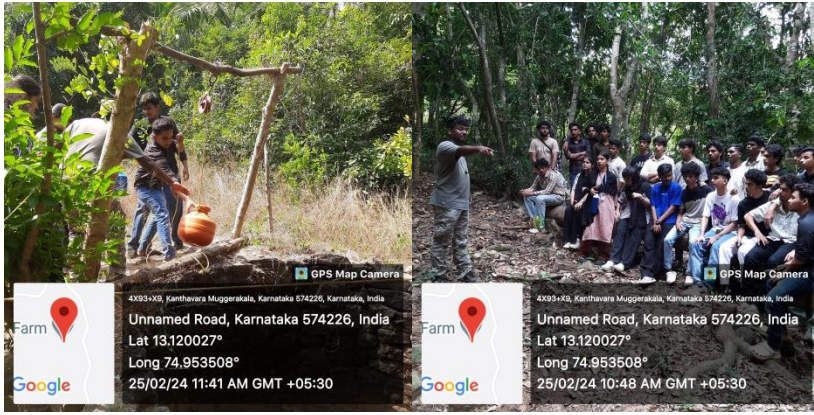
Collaborating agency: Centre for Environment concern

Date of the activity: 25.2.2024

Write up about the programme: Centre for Environment concern organised SAHAAYA activity on Sunday, 25th Feb 2024 for students of quiz association at Deccan Farm, Kanthavara The day at Kanthavara Base Camp.

The session started with a comprehensive awareness session on India forest conditions. The awareness segment served as a strong foundation for the later activities, fostering a deeper understanding of environmental issues. The protest against land encroachment was a powerful expression of environmental advocacy, bringing students together for a common cause. The protests allowed students to voice their concerns and contribute to the collective effort against the pressing issue of land encroachment. Following the protest, engaging in the practical aspect of environmental conservation, students actively watered plants to nurture the local ecosystem. The hands-on experience of caring for plants added a tangible and rewarding element to their conservation efforts. The field visit provided an opportunity to witness first-hand the diverse flora and fauna, enhancing our connection with the environment.

Exploring the surroundings contributed to a deeper appreciation of the delicate balance within the ecosystem. The day was well-structured, seamlessly transitioning from educational sessions to hands-on activities. The commitment to environmental causes was evident throughout the day, fostering a sense of unity among participants. The blend of awareness-building, activism, and practical conservation efforts created a holistic and impactful experience. Around 41 students participated in the sahaya activity. DrCaroleena, Ms Achala and Ms Nisha had accompanied the students.



Name of the activity: River Bank Clean up and Check dam making

Collaborating agency: Centre for Environment concern

Date of the activity: 25.2.2024

Write up about the programme: As a part of SAHAAYA exposure Centre for Environment Concern organised river clean up and check dam making at karkala on 25th Feb 2024. Project was an incredibly rewarding experience. It allowed students to not only contribute to environmental protection, but also build valuable teamwork skills and connect with nature in a meaningful way. Students learnt important of Teamwork and collaboration. Students learnt the importance of clean water and responsible resource management by picking the debris from the Suvarna River.

From Ecology club association around 39 students actively enagaged themselves and Mr Kiran Vati K, Ms Archana and Ms Divya along with Ms k Gopika Guided the students throughout the exposure.



Name of the activity: Bagging and Manuring the Saplings

Collaborating agency: Centre for Environment concern

Date of the activity: 25.2.2024

The significance of protecting the environment was explained to the students, who also performed a demonstration of filling bags with soil. Later, the organisers brought the students to the location and stressed the value of preserving trees. Students filled plastic bags with soil and helped move them to the planting area. Approximately 1500 bags packed with soil were used to plant saplings.

Reflecting on the experience, it was truly an eye-opener for students, providing valuable insights into the importance of caring for nature. Despite the duration, students remained energetic, engaging in conversations. Around 15 students took part. Ms. Vidyarani H. and Ms. Albi Thomas, Department of B.Voc, along with Ms. K. Gopika, Coordinator of the Centre for Environment Concern, accompanied and guided the students.

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Collaborating agency: Centre for Environment concern

Write up about the programme: As a part of the SAHAAYA activity on September 3, 2023, the Centre for Environment Concern organized a visit and study about the importance of green manuring in organic farming and hands-on experience at Anjali Farm, Bantwal. Mr Akash told the students that green manuring can be a very effective practice of ploughing or turning into the soil under the composition of fresh green plant tissue for the purpose of improving the fertility status and physical and biological condition of the soil. Later, students visited the farm and gained working experience. Around 60 students actively participated and guided by Mr Ashok M Prasad, Mr Praveen N, Ms Vanaja A, Rollin Preetha Vaz and Mr Sagar Shetty .



Name of the activity: Clean Drive

Collaborating agency: Centre for Environment concern

Date of the activity: 3.9.2023

Write up about the programme: Centre for Environment Concern organised beach up at Thannirbavi On 17th September 2023. This drive started by picking up plastic waste, glass bottles etc., at Tannirbhavi Beach. Large number of plastic materials and wastage were collected by the volunteers, thus making the beach area clean and neat. The volunteers created awareness about proper disposal of plastic waste to the shop keepers and the residents of the area. This drive was held to create a sense of responsibility and consciousness among the volunteers and public on appropriate disposal of waste and its effects on our ecosystem.

Around 22 students took part and Ms Savia Dsouza accompanied.



Name of the activity: Campus cleaning and book making

Collaborating agency: Centre for Environmental concern and Bio-Science, Ecology and Nature club

Date of the activity: 2.9.2023

Write up about the programme: On 2nd September 2023 students from Bio-Science, Ecology and Nature club participated in campus cleaning as a part of SAHAAYA exposure organised by Centre for Environmental Concern (CEC). Students were oriented about importance of clean drive campaigns later

they divided in to 3 groups and cleaned entire campus. Some students cleaned the vermin compost area, removing plastics and impurities, promoting a cleaner environment.

Around 39 students were present and were accompanied by Dr Renita Maria Dsouza, Dr Vaishali and Dr Sana Shiekh.



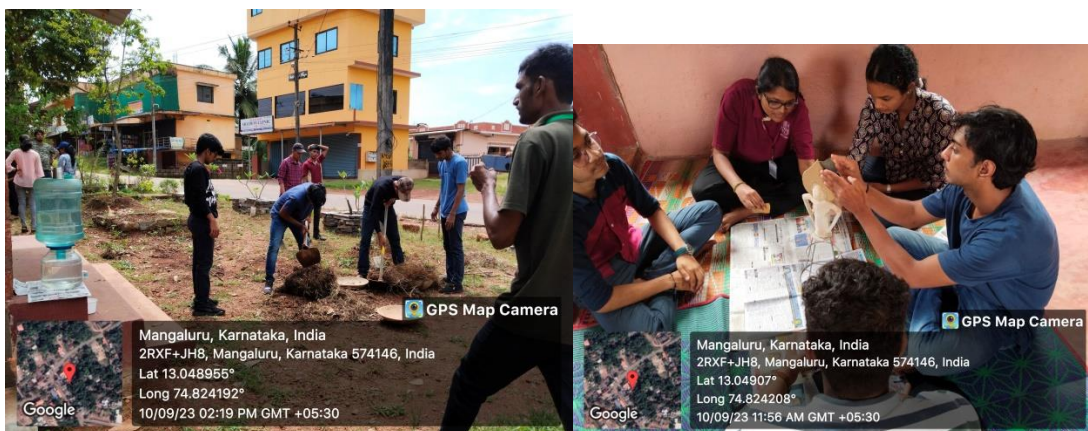
Name of the activity: Visit and Work at Paper Seed

Collaborating agency: Centre for Environmental concern

Date of the activity: 10.9.2023

Write up about the programme: Centre for Environmental Concern organised visit and work at paper seed village Pakshikere on 10th September 2023. A ‘paper seed village’, aimed at training women and youth in the making of eco-friendly toys, to eventually transforms the lives of poor families, will come up in Pakshikere, located about 22 km away from Mangaluru city.

Students were engaged in planting, mulching the plants and making toys under the guidance of Mr Nithin Vaz, Founder of Paper Seed. Around 39 students actively took part. Mentors Dr Bharathi, Ms Sowmya Bhat Ms Himani accompanied them.



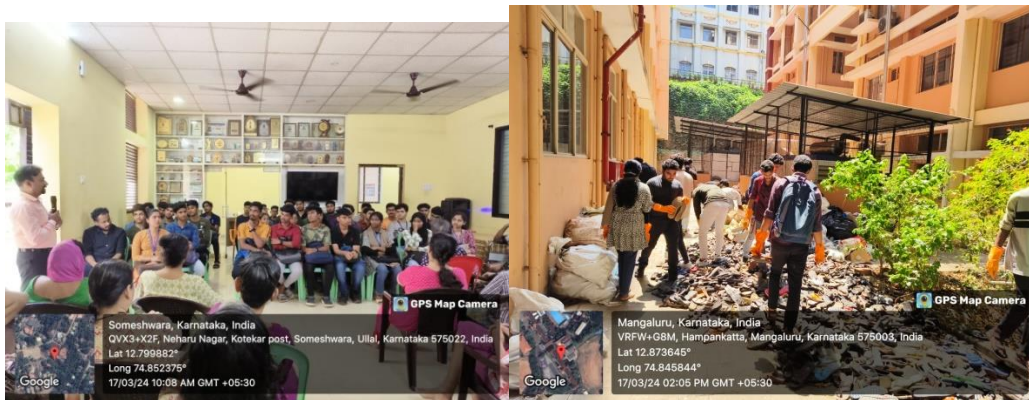
Name of the activity: Visit to Paschim Rehab Centre and Footwear segregation

Collaborating agency: Centre for Environmental concern

Date of the activity: 17.3.2024

Write up about the programme: As a part of SAHAYA exposure, on 17th March 2024 Centre for Environment alConcern organized visit to care & support centre, for the first year degree students. Around 40 Students from nature club association visited Paschim psycho-social rehab center, Someshwar. Students were active in interacting with the inmates, helped in day to day activities and conducting recreational activities.

Afternoon students were involed in “Hejje” footwear segregation in SAU campus. Mentors Ms Sherly Andrade and Ms Divyashree accompanied and guided the students.



Name of the activity: PLACARD MAKING AND WALKATHON

Collaborating agency: Centre for Environmental concern and Heritage Club

Date of the activity: 9.9.2023 and 10.9.2023

Write up about the programme: CENTRE FOR ENVIRONMENT CONCERN (CEC) Organized a Sahaaya Exposure for the Students of Heritage Club Students participated in the Poster Making and Walkathon on the occasion of World Suicide Prevention Day organized by Suicide Lifeline on September 9 2023 and September10 2023(Saturday and Sunday). The Walkathon was held from Town Hall to Loyala Hall.

Name of the activity: Plantation, clean-up & awareness on Shola forest at Kantavara Reserve Forest, Moodbidri

Collaborating agency: Centre for Environmental concern and Vana Charitable Trust

Date of the activity: 10.9.2023

Write up about the programme: On 10th September 2023 Centre for Environment Concern in collaboration with Vana Charitable trust organised Plantation, clean-up & awareness on Shola forest at Kantavara Reserve Forest, Moodbedri. Students were planted nearly 150 saplings under the guidance of Mr

Jeeth Roche Milan, Environmentalist from Mangaluru. Later students were taken to the transact walk in the forest. Around 48 students took part and Mentors Mr Harshith B, Mr Vinay D R , Mr Shawn Ajay Dsouza along with Ms K Gopika Coordinator, CEC guided the students.



Name of the activity: Plantation, clean-up & awareness on Shola forest at Kantavara Reserve Forest, Moodbidri

Collaborating agency: Centre for Environmental concern and Vana Charitable Trust

Date of the activity: 24.9.2023

Write up about the programme: On 24th September 2023 Centre for Environment Concern in collaboration with Vana Charitable trust organised Plantation, clean-up & awareness on Shola forest at Kantavara Reserve Forest, Moodbedri. Students were planted nearly 150 saplings under the guidance of Mr Jeeth Roche Milan, Environmentalist from Mangaluru. Later students were taken to the transact walk in the forest. Around 48 students took part and Mentors Mr Harshith B, Mr Vinay D R , Mr Shawn Ajay Dsouza guided the students.



Name of the activity: SAHAYA Intellectual Activity –Hang On

Collaborating agency: Centre for Extension Services

Date of the activity: 18.10.2023

Write up about the programme: In a world of unlimited entertainment options, the age old 'Live Theatre' still finds itself relevant and ever evolving with exceptional storytelling and remarkable acting that leaves the audience utter entranced. From the skilful play with lights to the smart utilisation of props, it's always the stage presence of the actors that leave the audience wondering about the imaginative prowess of the human mind.

This enchanting world of live theatre unfolded its magic yet again in the LF Rasquinha Hall of St Aloysius College (Autonomous), Mangaluru when the multilingual play 'Hang On ', designed and directed by the talented director Mr Clanwin Fernandis was performed successfully for the seventh time. The play has a very interesting plot focussing on the complexities of human relationships, art, passion and the enduring idea of hope. From a lasting memory of a magnificent tree in a small village prompting the imagination of an artist to the trials and tribulations of the ever-expectant success in professional life, the protagonist played by Mr Claren Serrao struggles to balance the wheels of life. A potent mix of emotions with the underlying humour shining bright, the characters bring to life the long-discussed dilemma of a scintillating career over uncompromising passion.

A simple designed set against a black background allowing the maestro Christerpher D'Souza Neenasam work his magic with lights, complemented the easiness of the flow of emotions on stage. With the events of life forcing the artist to contemplate suicide more than once, the play strongly dialogues about the role society plays in making or breaking the creative self of an individual which is to be nurtured and protected until it finds its wings to soar high in the skies of multifaceted success.

The masterful play with the carefully crafted lyrics and rustic folk music by the creative musicians of Ranga Adhyayana Kendra adds great flavour to the already rich understanding of the well planned and executed narrative. The great William Shakespeare once said, "As in a theatre, the eyes of men, after a well graced actor leaves the stage, are idly bent on him that enters next." The director's expertise in efficiently balancing the nuances of his character's presence along with their relevance with the broader themes of the script is a treat to watch. The efforts at using symbolism and foreshadowing along with the perfect pacing of the production, adds depth to the complexity of the play encaptivating the imagination of the audience and reminding them about the profound potential of storytelling.

On the whole, the play leaves the audience a lot to ponder after the curtain falls. The witty dialogues combined with the dramatic momentousness of the events of life can be considered a triumph of storytelling and a true testament to the power of live theatre. The play explores its themes of hope, love, commitment, passion and endurance in way both relatable and evocative. The talented cast and skilled production team combined, serve a moving, thought provoking and a delightful theatrical experience of the highest level that justifies Constantine Stanislavski's words, "The theatre infests the audience with noble ecstasy".



Name of the activity: Visit To Pilikula Heritage Village And Work At Botanical Park Vamanjoor

Collaborating agency: CENTRE FOR SOCIAL CONCERN

Date of the activity: 3.9.2023

Write up about the programme: CENTRE FOR SOCIAL CONCERN organized a SAHAAYA ACTIVITY on 3rd September 2023 at Pilikula botanical garden and Arboretum. Students reached the Botanical Park at around 9:00AM later the Students were Divided into Three Teams and were Assigned Four different locations like Plant Nursery where the Students had to Clean the Place where the Plants were placed .The next group had to clean the Surroundings of Ghuttu mane and the Other Group of students were Given the work of Picking the Aracanuts from the Aracanut Field and this was Guided by the Forest Officials.

Post Lunch the Students Gathered in Ghuttu Mane for the Visit Followed by the Cultural Program by the Students. A total of 110 students from Tulu koota Association, Dramatics Association and Sahodaya Association participated in the Exposure. Students were guided by Mr Claren Serrao – Coordinator (CSC) along with Dr vishwanath badikana, Dr mahalinga Bhat, Dr Ravindra swamy, Dr dinesh Nayak, Ms Suchithra, Ms Vinaya durga, Ms Akshitha Amin.



Name of the activity: SAC CAMPUS CLEANING AND AL-VANA CLEANING

Collaborating agency: CENTRE FOR SOCIAL CONCERN

Date of the activity: 13.8.2023

Write up about the programme: As a part of Sahaaya CSC Organized campus cleaning and AL –VANA cleaning on 13th August 2023.from 8:30am -3:30pm.The students of Hindi sangha, Wikipedi Association and Kannada sangha and also the absentees of previous exposure took part in the activity. Students were engaged in removing the Micro plastic wastes from Al – Vana, Mary Grotto and other places in the campus. They were also involved in clearing the stones and rocks from Al – Vana. Altogether 52 Students were guided by MR Arjun Mascarenhas (CEC) and MR Claren serraio (CSC Coordinator) along with the Mentors Mr Santhosh Notagar , Ms Joan O’Brien and Dr Prabhukumara.



Name of the activity: VISIT TO ST JOSEPHS PRASHANTH NIVAS JEPPU, MANGALURU

Collaborating agency: CENTRE FOR SOCIAL CONCERN

Date of the activity: 15.8.2023

Write up about the programme: CENTRE FOR SOCIAL CONCERN ORGANIZED A SAHAAYA ACTIVITY on 15.08.2023 at Prashanth Nivas, Jeppu for the students of Al-Lure Association. Sr. Sylvia welcomed all of the faculty members and students who had assembled, and under the direction of Sr. Vida, we split up and went to see each inmate, where we began conversing. The inmates of the organisation were taken to cultural performance.They also participated in cleaning duties. Along with the students, residents of the organisation showed their talents by singing, dancing, etc. Students were also happy and engaged in entertaining the inhabitants of the organisation. Around 45 Students were guided by their mentors Dr Manual Tauro, Dr Zeena Dsouza, Ms Daphney Sequeira.



Name of the activity: Visit To Snehalaya Psycho Social Rehabilitation Centre, Manjeshwar.

Collaborating agency: CENTRE FOR SOCIAL CONCERN

Date of the activity: 15.8.2023

Write up about the programme: CENTRE FOR SOCIAL CONCERN ORGANIZED A SAHAAYA ACTIVITY on 15.08.2023 at Snehalaya Psycho Social Rehabilitation Centre, Manjeshwar for the students of Al-Lure Association. Ms Savitha welcomed all of the faculty members and students who had assembled, and under the direction of the staff of Snehalaya we split up and went to see each inmate, where we began conversing. The inmates of the organisation were taken to cultural performance. They were also involved in the Cleaning Activity in the Arecanut Plantation. Students were also happy and engaged in entertaining the inhabitants of the organisation. Around 53 Students were guided by Mr Claren Serrao (CSC) along with the mentors Ms Sanjana D, Ms Joyce, Ms Swathi, Ms Vinita.



Name of the activity: VISIT TO RIYA FOUNDATION KULSHEKAR AND SAC CAMPUS CLEANING

Collaborating agency: CENTRE FOR SOCIAL CONCERN

Date of the activity: 20.8.2023

Write up about the programme: Centre for Social Concern Organised a Sahaaya Activity On 20th August. The students reached the college campus at 8:30 am. The Students Practiced for cultural to perform at Riya foundation Kulshekar. At 10 am Students reached Riya foundation Kulsekhar. Then all Students were welcomed by the inmates there so actively and happily. Students conducted lots of games and sang rhyme songs along with the inmates. Later they even performed dance and sang to entertain the Inmates. A total of 1910 rs was collected and donated in the name of college. Then the Students boarded bus at 1 pm back to college. Students gathered back at 2 30 pm in the college campus for the Campus cleaning. Students cleaned the outside area of gate number 2 and gate number 4. After 3:45pm Students Vacted the College Campus. Around 15 students were guided by ms aparna.

12 Students were present for the Exposure and the students were Guided by MS Aparna



Name of the activity: AWARENESS SESSION AND CAMPUS CLEANING PROGRAMME

Collaborating agency: CENTRE FOR SOCIAL CONCERN

Date of the activity: 5.8.2023

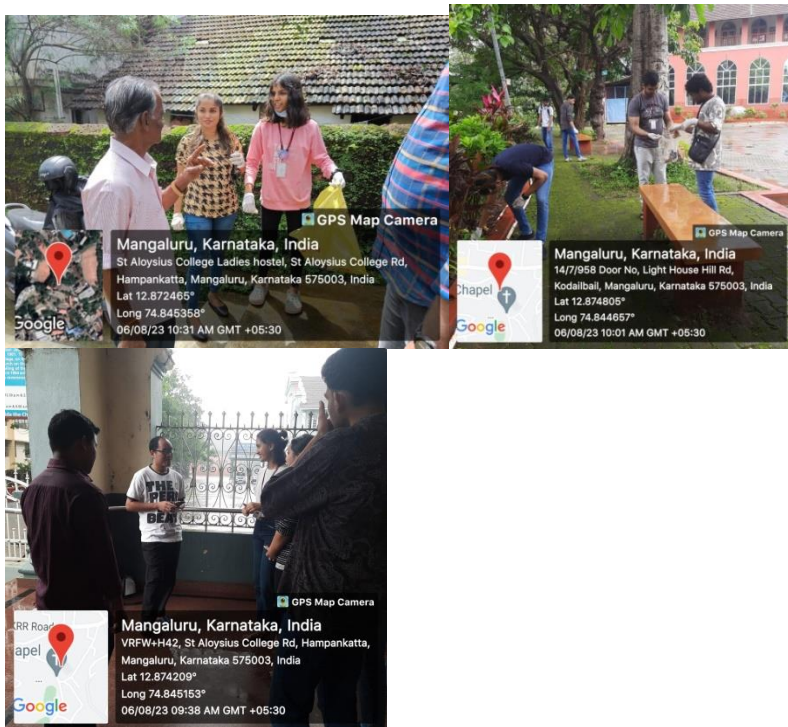
Write up about the programme: As a part of SAHAAYA CSC had organized an impactful awareness session on Larvae Source Reduction and Dengue Malaria Awareness for the students of Commerce Association.

The awareness session commenced at the Eric Mathias Hall on August 5th, 2023. Ms. Manjula B, a distinguished entomologist, delivered a comprehensive talk on Larvae Source Reduction and Dengue

Malaria Awareness. She emphasized the importance of identifying and eradicating mosquito breeding grounds to control dengue and malaria transmission. The session covered informative topics, including the life cycle of mosquitoes, common breeding areas, and effective prevention measures. Mr. Pradeep Kumar, the District Health Inspecting Officer, followed with a discussion on the significance of community involvement in disease prevention and the role of health authorities in promoting public health.

Building upon the knowledge gained during the awareness session, the Commerce Association collaborated with the CSC for a campus cleaning initiative on August 6th, 2023. The event aimed to translate theoretical knowledge into practical action by identifying and eliminating potential larvae breeding sites within the campus premises. Students were divided into groups and assigned specific areas for cleaning and larvae source detection.

A group of 52 students actively took part in the exposure. Ms Deshel Fernandes, Ms Sharol SAVitha, Ms Rishal, Ms Nisha Poojary, Dr Shobha accompanied their students. Ms Philomena Fernandes – CSC Coordinator was also present.



Name of the activity: VISIT TO SNEHA SADAN AND JEEVADAAN, GURUPURA

Collaborating agency: CENTRE FOR SOCIAL CONCERN

Date of the activity: 28.9.2023

Write up about the programme: As a part of Sahaaya Exposure Konkani Sangha visited Sneha sadan and Jeevadhan HIV rehabilitation centres on 28/9/2023 in association with centre for social concern. Students gathered near college chapel at 8am for the preparation of sahaaya activity.

Sr.Bincy superior from Jeevadhan welcomed the Students and Ms.Daina Counsellor introduced the Institute and working style with inmates. 10:30 to 12:15 Aloysians conducted games as well as performed cultural

activities. After the lunch, we all reached to Sneha sadan at 1:30pm. Bro.Madhu welcomed and introduce institute. 2pm to 3:30pm students performed entertainment program and also games to inmates. At 4.00 P.M. Students left the Institution. 93 Students were Present for the Exposure and were guided by Mentors Mrs.Flora Castelino, Ms.Roicy Braggs, Ms.Divya Dipthi, Mrs.Shyla Pinto, Mr.Manual Souza, Mrs.Shakila Hegde.



Name of the activity: VISIT TO A RESIDENTIAL SCHOOL BEJAI, KAPIKAD

Collaborating agency: CENTRE FOR SOCIAL CONCERN

Date of the activity: 2.10.2023

Write up about the programme: Centre for Social Concern Organised a Sahaaya Exposure for Management Association on 02 -10- 2023, at Chinnara Thangudhama, Kapikad Bejai.. The students were actively involved in Shramadana by volunteering to clean the surroundings by removing the unwanted plants.

Post Lunch, the students interacted with the residents of Chinnara Thangudhama and presented the Cultural Program, and conducted various games. This opportunity embraced social skills and created an awareness of keeping the surroundings clean, which will result in betterment of the society. Around 47 Students Participated in the Exposure And were guided by Dr Arati Shanbhag, Mr Chethan Shettigar, Ms Claret Pereira, and Ms Binni Chan.



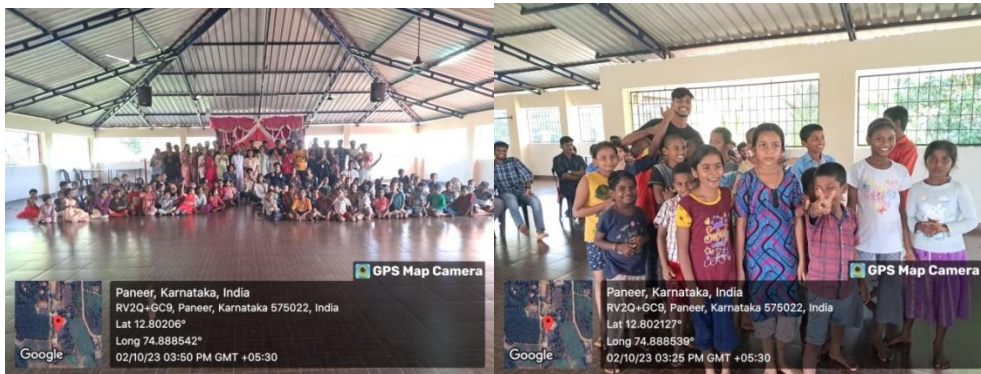
Name of the activity: VISIT TO 'DE MERCEDE' ORPHANAGE, PANEER

Collaborating agency: CENTRE FOR SOCIAL CONCERN

Date of the activity: 2.10.2023

Write up about the programme: Centre for Social Concern (CSC) organised a Sahaaya Exposure for Management Association on 02/10/2023 at De Mercedes Children's home, Paneer.. As per the schedule the students started cleaning the campus of Paneer by removing the plastic waste and were involved in cleaning the garden till afternoon.

Post lunch the students interacted with the children and showcased their Talent through cultural programme. Around 38 students were involved in the Exposure and were guided by Ms Ann Varghese and Ms Maina D'Souza.



Name of the activity: KESARD ONJI DINA

Collaborating agency: CENTRE FOR SOCIAL CONCERN

Date of the activity: 15.8.2023

Write up about the programme: KESARD ONJI DINA” took place on the 15th of August 2023 at 10am. The Farming activity was carried out in a field owned by Sri Umesh Shetty located at Mudipu, Bolyar. This activity was collaboration between Rotaract club of St Aloysius College and Rotaract Club of Mangalore City, on the occasion of Independence Day. The activity began with the flag hoisting ceremony. It was then followed by various games like volleyball, race, and tug of war. The fun activities took place the whole morning.

In the afternoon the Rotractors transplanted the paddy saplings in the field with the assistance and guidance by the farmers. It was a good experience and also a lot of fun. The day was concluded by lowering the National Flag. Around 77 students were guided by Mr Arjun Prakash and Mr Avinash.



Name of the activity: VISIT TO CARE AND SUPPORT CENTRE

Collaborating agency: CENTRE FOR SOCIAL CONCERN

Date of the activity: 10.3.2024

Write up about the programme: On 10th March 2024, Al-Lure Association participated in a Sahaya exposure program at Sri Sai Seva Prathistanam (Regd), Daigoli, Manjeshwara Taluk. The day began with an orientation session by the founder. A video presentation showcased the organization's work, and students interacted with the inmates. After lunch, students actively participated in manual labor, assisting in shifting cement, roof tiles, and filling sand. Students presented cultural programs. Feedback on the exposure was given by two student representatives and two staff members before departure. This experience provided valuable insight into community service and engagement. Around 50 students were present for the exposure and were accompanied by Ms Joyce Mascarenhas, Ms Vinita Lobo, and Ms Sanjana D.



Name of the activity: VISIT TO CARE AND SUPPORT CENTRE

Collaborating agency: CENTRE FOR SOCIAL CONCERN

Date of the activity: 10.3.2024

Write up about the programme: As part of Sahaya, an exposure visit to Snehalaya Psycho Social Rehabilitation Centre in Manjeshwara was successfully conducted on March 10, 2024. The participants were actively involved in meaningful work, specifically focusing on cleaning plastic waste from the

roadside. Additionally, an interaction session with the inmates was organized, followed by a cultural program, contributing to a day that was both meaningful and enriching for all participants. Three mentors, Dr. Manuel Tauro, Dr. Zeena D'Souza, and Mr. Shimil P V, accompanied a group of 48 students.



Name of the activity: VISIT TO CARE AND SUPPORT CENTRE

Collaborating agency: CENTRE FOR SOCIAL CONCERN

Date of the activity: 8.2.2024

Write up about the programme: As a part of Sahaya activity, the students of Konkani Sangha visited Seon Ashram, Gandibagilu, Belthangady on 8th February, 2024 under the guidance of Ms Flora Castelino, Ms Sarita Crasta, Ms Severine Pinto, Ms Alita D'sa and Ms Rishel Noronha.



Name of the activity: VISIT TO CARE AND SUPPORT CENTRE

Collaborating agency: CENTRE FOR SOCIAL CONCERN

Date of the activity: 18.2.2024

Write up about the programme: On February 18, 2024, students from the Rotaract Club visited Snehalaya Psycho social Rehabilitation Centre and Old Age Home in Manjeshwar, Kerala, as part of a Sahaaya exposure organized by the Centre for Social Concern (CSC). The day commenced with an orientation session led by a psychotherapist, followed by an inspiring speech from the center's founder, Br. Joseph Crasta. Students engaged in meaningful interactions with the residents, participated in cleaning and gardening tasks, and organized cultural activities to entertain the inmates.

The visit concluded with students sharing their feedback during the evaluation session, highlighting the positive impact of their visit on both themselves and the residents of the center. Around 54 Students were present for the exposure and were guided by Mr. Arjun Prakash, Ms. Mariyam Busthana, and Ms. Dipti Padhi.



Name of the activity: VISIT TO CARE AND SUPPORT CENTRE

Collaborating agency: CENTRE FOR SOCIAL CONCERN

Date of the activity: 18.2.2024

Write up about the programme: CENTRE FOR SOCIAL CONCERN Organized a Sahaaya Activity on 18/02/2024 to St Antony Ashram, Jeppu for the students of Rotaract Association. Fr. Avinash welcomed all of the faculty members and students who had assembled, and gave a brief introduction about the institution and assigned the works. Works were divided into three groups: - Arecanut peeling, Laundry cloth segregation and Hall cleaning. Afternoon the students visited the old age homes and their farm house and later all inmates of the organization were present in the hall for cultural performance. Along with the students, residents of the organization showed off their talents by singing, dancing, etc. Students were also

happy and engaged in entertaining the inmates of the organization. Around 45 students were present and were guided by their mentors Ms Daphney Marita Sequeira, Mr Samuel Shalom peters and Ms Sahasra Rao.



Name of the activity: VISIT TO CARE AND SUPPORT CENTRE

Collaborating agency: CENTRE FOR SOCIAL CONCERN

Date of the activity: 3.3.2024

Write up about the programme: As a Part of Sahaya Exposure the Students of Commerce Association and Human Rights visited St. Antony's Home for the Poor at Jeppu on 3rd March 2024. Around 90 Students took Part in Cultural Programme and also interacted with the inmates of St.Antony Ashrama.Students were guided by Mr. Claren CSC coordinator, Dr. Shobha, Ms. Vanaja, Dr. Joyce, Ms Deshel, Ms Rishal and Mr. Deepak accompanied the students.



Name of the activity: VISIT TO CARE AND SUPPORT CENTRE

Collaborating agency: CENTRE FOR SOCIAL CONCERN

Date of the activity: 17.3.2024

Write up about the programme: As part of Sahaya, an exposure visit to Bharath Sevashram in kanyana was successfully conducted on March 17th 2024 for the students of Hindi Sangha. The participants enthusiastically interacted with the elders, children, and every resident of the ashram, creating a strong bond within the community. Furthermore, a dialogue session with the incarcerated individuals was facilitated, followed by a cultural showcase, culminating in a day that was profoundly impactful and rewarding for everyone involved. Ms Shyla Charlette D'Souza, Ms Lilu Kumari Rajak, and Dr Govind Thapa Chetry accompanied a group of 53 students.



Name of the activity: VISIT TO CARE AND SUPPORT CENTRE

Collaborating agency: CENTRE FOR SOCIAL CONCERN

Date of the activity: 29.3.2024

Write up about the programme: As a part of Sahaaya exposure activity the students of Wikipedia Association, Kannada Association & Potentia Association visited Snehalaya, Psycho Socio Rehabilitation centre, Manjeshwar, on 29/03/2024. Mr Clint Joseph, HOD of clinical department, Snehalaya briefed about the history of the rehabilitation centre and guided the students to different sections of centre for interaction with the inmates. Students also engaged themselves in works like cleaning & gardening. A total of 48 students were guided by Mr Santhosh Notagar, Mr Chethan Shettigar, Ms Vinaya Durga and Mr Prabhukumara.



Name of the activity: VISIT TO CARE AND SUPPORT CENTRE

Collaborating agency: CENTRE FOR SOCIAL CONCERN

Date of the activity: 25.2.2024

Write up about the programme: CENTRE FOR SOCIAL CONCERN organised sahaaya activity on 25.02.2024 at Seon Asharam, Ujire for the students of Management and Potentia association. 108 students attended and cultural programmes were conducted for the inmates. Ms Ann Varghese, Ms Maina D'Souza, Ms Preema Tauro, Ms Sahana S and Ms Ashitha Pinto and Ms Shreya accompanied the students to the exposure.



Name of the activity: KESARD ONJI DINA

Collaborating agency: CENTRE FOR SOCIAL CONCERN

Date of the activity: 10.3.2024

Write up about the programme: As a part of Sahaya activity, Tulukoota association students visited Mulur, Gurupura on 10/03/2024. Students actively engaged in farm-related tasks like- cleaning, preparation of crop land, learning about traditional culture and farming, and also interacted with farmers. 88 mentees under the guidance of Dr Jayaprakash gowda, Dr Ravindra Swami, Mrs Suchithra, Mrs Akshitha Amin, Mrs Anisha A Kulal, Dr Vishwanath Badikana and Dr Mahalinga Bhat were present for the exposure.

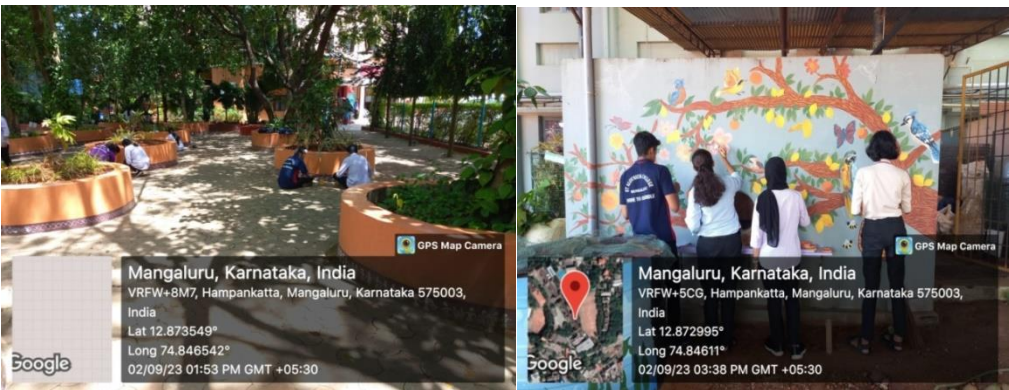


Name of the activity: AL KHEMA DHAMA AND KATTE PAINTING – SAC CAMPUS

Collaborating agency: CENTRE FOR CULTURAL CONCERN (CCC1)

Date of the activity: 2.9.2023

Write up about the programme: CENTRE FOR CULTURAL CONCERN (CCC1) ORGANISED A SAHAAYA ACTIVITY on 02.09.2023 at Al-Kshema Dhama and Mother Theresa Peace Park for the students of Al-Fine Arts Association. 38 students were engaged in wall painting, bottle painting and katte painting. Students were guided by Mr Claren Serrao (CSC) and Mr Arjun Mascarenhas (CEC). Mentors Ms Saritha Crasta, Ms Rakshitha and Dr Rachael Natasha were present.



Name of the activity: VISIT TO 'DE MERCEDE' ORPHANAGE, PANEER

Collaborating agency: CENTRE FOR CULTURAL CONCERN (CCC1)

Date of the activity: 6.8.2023

Write up about the programme: On 6th August 2023(Sunday) the students of Dance Association assembled at 8:30 A.M. near Maffie Block where the attendance was taken and some instructions were given regarding the exposure. The Group left the college at 8:45 A.M. and reached the Orphanage at 9:30 A.M. The students introduced themselves and as planned in the schedule the students started with the recreational activities and as a part of cultural the students came up with dance and action songs and also conducted some games for the children. Post Lunch the students cleaned the school campus. With this the exposure planned for the day was completed successfully. Around 48 Students were present for the Exposure and were guided by MS Sahana , MS priya , MS Shwetha , MS Sahana S along with MR Claren Serra Coordinator – CSC.



Name of the activity: PLACARD MAKING AND WALKATHON

Collaborating agency: CENTRE FOR CULTURAL CONCERN (CCC1)

Date of the activity: September 9 and 10, 2023

Write up about the programme: CENTRE FOR CULTURAL CONCERN (CCC 1) Organized a Sahaaya Exposure for the Students of Heritage Club Students participated in the Poster Making and Walkathon on the occasion of World Suicide Prevention Day organized by Suicide Lifeline on September 9 and 10 (Saturday and Sunday). The Walkathon was held from Town Hall to Loyala Hall. Around 14 students were guided by K Likhith Shenoy from Department of Journalism.



Name of the activity: AL KSHEMA DHAMA PAINTING

Collaborating agency: CENTRE FOR CULTURAL CONCERN (CCC1)

Date of the activity: 12.8.2023

Write up about the programme: As a part of Sahaaya CCC1 had organized wall painting and tyre painting activity On 12th August 2023(saturday) for the students of AL Fine Arts Association assembled at 1:15 pm near the Admin Block where the attendance was taken and some instructions were given regarding the exposure. The Group Moved to Al Kshema Dhama and were divided into further 6-7 groups so that the activity can be completed smoothly. Some were assigned for wall painting and some for tyre painting. All the students actively took part in completing the assigned work and came up with beautiful and creative paintings. The exposure was completed successfully. MS Vidya Kumari, MS Rakshitha K, MS Saritha, MS Jyothi, MS Rachel along with MR Arjun Mascarenhas (CEC - Coordinator) MR Claren Serrao (CSC – Coordinator) Guided the students during the Exposure.



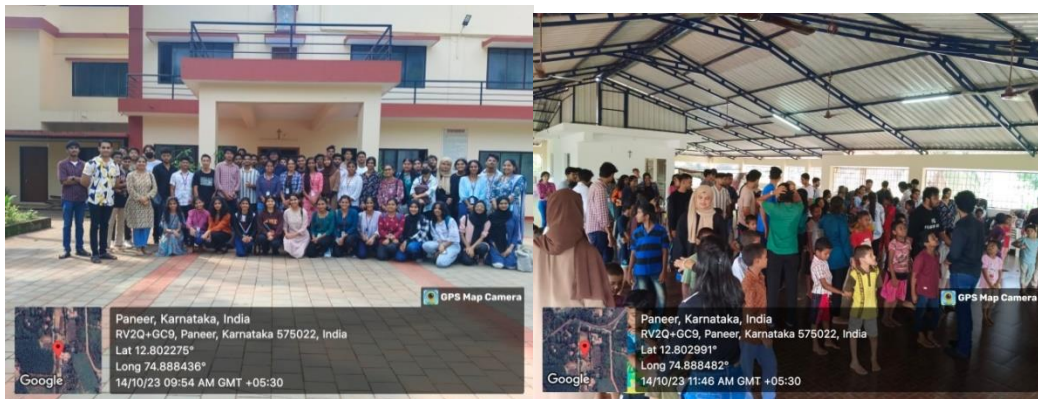
Name of the activity: VISIT TO 'DE MERCEDE' ORPHANAGE, PANEER

Collaborating agency: CENTRE FOR CULTURAL CONCERN (CCC1)

Date of the activity: 14.10.2023

Write up about the programme: CENTRE FOR SOCIAL CONCERN Organised a Sahaaya social outreach programme was arranged for the members of Forum the speakers club of St Aloysius College (autonomus) on 14th October 2023 To 'DE MERCEDE' Orphanage, Deralakatte.

Students gathered in the college campus at 8.30 am for their activities for the day. Practice for Action songs, preparation for games were done. Once students reached the orphanag, they were greeted by the inmates. Inmates comprise of 102 students who studying in a local school Our mentees indulged themselves in cleaning work at the garden of orphanage till noon . After that recreational activities like action songs, Housie Housie, Queen of Sheeba were conducted. Around 55 students were guided by Dr Mona Mendonca, Manoj fernandes and Hencil Clita.

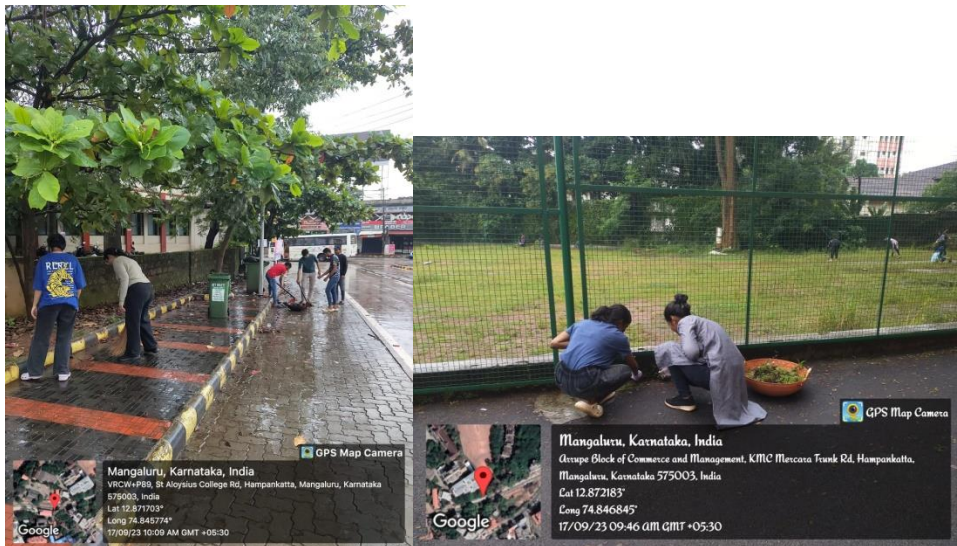


Name of the activity: SAC CAMPUS CLEANING

Collaborating agency: CENTRE FOR SOCIAL CONCERN

Date of the activity: 17.9.2023

Write up about the programme: CENTRE FOR SOCIAL CONCERN Organised a Sahaaya Exposure for the students of AI Madhyam Association, Speaker's club and Dramatics association of St Aloysius College (Autonomous) on 17th September 2023. Students were actively participated in this campus cleaning activity and also were very enthusiastic to do the work hand in hand. The students cleaned the Entrance of the campus near the gate no.2 and continued till the gate no 4 and also they were involved in cleaning the Centenary ground and also the mary grotto near St.Aloysius High School. Around 39 Students were present for the Exposure and were guided by Ms Ashwini and Ms Sweedal along with Claren Serrao – Coordinator CSC.



Name of the activity: VISIT TO ST. ANTHONY POOR HOME, JEPPI

Collaborating agency: CENTRE FOR CULTURAL CONCERN

Date of the activity: 20.8.2023

Write up about the programme: CENTRE FOR CULTURAL CONCERN ORGANISED A SAHAAYA ACTIVITY on 20.08.2023 at St Anthony poor Home jeppu for the students of AI-care & CLC Association. Orientation was given by FR. Avinash Director - St. Anthony Poor Home Jeppu. Later the Students were Divided into groups and were sent to different houses of inmates and the students had interaction with them. Students gave cultural programme to the residents of the organisation. They were also involved in cleaning activity. Around 63 Students were guided by Mr Claren Serrao (CSC) along with Dr.Laveena , Ms. Valina, Mr. Biddappa, Ms.daya, ,Ms Dipti Padhi and Mr.Jim George.

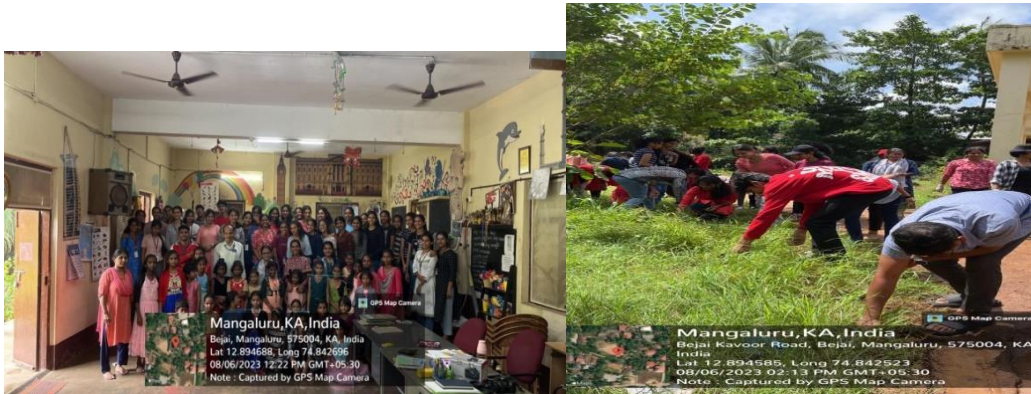


Name of the activity: VISIT TO RESIDENTIAL GOVERNMENT SCHOOL BEJAI, KAPIKAD

Collaborating agency: CENTRE FOR CULTURAL CONCERN

Date of the activity: 6.8.2023

Write up about the programme: On 6th August 2023(Sunday) the students of Dance Association assembled at 8:30 am near the Maffie Block where the attendance was taken and some instructions were given regarding the exposure. The Group left the college at 8:45 am and reached the school at 9am. Firstiy, The students introduced themselves and as planned in the schedule the students started with Recreational Activities . At around 10:00 am our college students started interacting with the children, helping them in studies and finally our students ended with the action song. Post Lunch the students cleaned the school campus. After the completion of the work few students shared their experiences and what they learnt from this Sahaaya exposure. 44 Students Participated in the Exposure and were guided by MS Tinu , MS Amritha , DR Aruna Kalkur , DR Kishore.



Name of the activity: VISIT TO ST. JOSEPHS PRASHANTH NIVAS JEPPU, MANGALURU

Collaborating agency: CENTRE FOR CULTURAL CONCERN

Date of the activity: 2.10.2023

Write up about the programme: CENTRE FOR CULTURAL CONCERN Organised a Sahaaya Exposure On October 2nd 2023 for Heritage Club .The students gave visit to old age home (St Joseph Prashanth Nivas Anadhalaya) in jeppu. Dedicated students actively participated in cultural, interaction and cleaning tasks. As part of the visit, students showed their talents to entertain the old people. The students interacted with them and after a small break they actively involved in all the cleaning activity. Around 37 Students Participated in the Exposure and were guided by Ms Rashmi ,Ms Meghana, Ms Lilu Kumari Rajak, Dr. Govind Thapa Chetry.



Name of the activity: AWARENESS SESSION AND CAMPUS CLEANING PROGRAMME

Collaborating agency: CENTRE FOR CULTURAL CONCERN

Date of the activity: 05.08.2023 & 06.08.2024

Write up about the programme: As a part of SAHAAYA CCC1 had organized an impactful awareness session on Larvae Source Reduction and Dengue Malaria Awareness for the students of Music Association.

The awareness session commenced at the Eric Mathias Hall on August 5th, 2023. Ms. Manjula B, a distinguished entomologist, delivered a comprehensive talk on Larvae Source Reduction and Dengue Malaria Awareness. She emphasized the importance of identifying and eradicating mosquito breeding grounds to control dengue and malaria transmission. The session covered informative topics, including the life cycle of mosquitoes, common breeding areas, and effective prevention measures. Mr. Pradeep Kumar, the District Health Inspecting Officer, followed with a discussion on the significance of community involvement in disease prevention and the role of health authorities in promoting public health.

Building upon the knowledge gained during the awareness session, the Music Association collaborated with the CCC1 for a campus cleaning initiative on August 6th, 2023. The event aimed to translate theoretical knowledge into practical action by identifying and eliminating potential larvae breeding sites within the campus premises. Students were divided into groups and assigned specific areas for cleaning and larvae source detection.

A group of 47 students actively took part in the exposure. Ms Anushree Bhar, Dr Smitha Shetty, Ms Stephi and Ms Divyashree accompanied their students.



Name of the activity: Waste management and environment protection

Collaborating agency: CENTRE FOR CULTURAL CONCERN

Date of the activity: 17.02.2024 to 03.03.2024

Write up about the programme: CENTRE FOR CULTURAL CONCERN (CCC1) ORGANISED SAHAAYA ACTIVITY from 17.02.2024 to 03.03.2024 at Alvana for the students of Al-Fine Arts association. With their active participation in the events, the students gained a great deal of knowledge on how to manage waste and protect the environment in a creative and innovative way. With their own inventiveness, the students painted every glass bottle, giving them a stunning appearance. They took great pleasure in every task they completed. Overall, they gained knowledge about how to carefully and creatively care for the environment. 55 students were engaged in bottle painting and pot cleaning. Students were guided by Ms Megha.D, Ms Vidya Kumari, Ms Savitha Dsouza, Ms Rakshitha along with Mr Claren Serrao (CSC) and Mr Arjun Mascarenhas (CEC).



Name of the activity: VISIT TO CARE AND SUPPORT CENTRE

Collaborating agency: CENTRE FOR CULTURAL CONCERN

Date of the activity: 18.02.2024

Write up about the programme: The first-year students of the Music Association of St. Aloysius (Deemed to be University) visited DE MERCEDE Orphanage, Paneer, Mangaluru on February 18th 2024 from 8:00AM to 12:30PM as a part of the Sahaaya Exposure.

The orphanage welcomed the students with open arms as they dove into a morning filled with purpose and connection. The children, aged 4 to 12, were grouped according to their classes, creating an interactive and engaging atmosphere. The core of the visit was centered around a variety of activities designed to enrich the lives of these young souls. The morning unfolded with basic teaching sessions encompassing English and Kannada alphabets, words and action songs. The students, acting as mentors, infused the study sessions with enthusiasm, making learning an enjoyable experience for the children. In the spirit of community and compassion, the Music Association's visit to DE MERCEDE Orphanage stands as a testament to the power of education, music and human connection.

Under the guidance of association presidents, Dr. Smitha D K and Dr. Bharathi R, a dedicated group of 32 students orchestrated a symphony of compassion and learning.



Name of the activity: CAMPUS CLEANING AND FOOTWEAR SEGREGATION “HEJJE

Collaborating agency: CENTRE FOR SOCIAL CONCERN

Date of the activity: 09.03.2024 & 16.03.2024

Write up about the programme: As part of Sahaya Exposure, on 9th and 16th March 2024 the students of World Youth Parliament and Human Rights Association Participated in 'Hejje' the footwear segregation activity inside the SAU campus. This initiative aims to promote sustainability and community engagement by collecting, segregating, and donating used shoes to those in need. In line with this objective, a group of students volunteered to participate in a shoe segregation activity. Students collaborated effectively, demonstrating the importance of teamwork in achieving common goals..

Around twenty-three students participated in the Programme and these students were under the guidance of Mr Jim George, Ms Priya George and Mr Claren Sarrao.



Name of the activity: VISIT TO CARE AND SUPPORT CENTRE

Collaborating agency: CENTRE FOR CULTURAL CONCERN

Date of the activity: 25.02.2024

Write up about the programme: CENTRE FOR CULTURAL CONCERN ORGANISED SAHAAYA ACTIVITY on 25.02.2024 at St Antony Poor Home, Jeppu for the students of Dance Association. 80 students attended and cultural programmes were conducted for the inmates. Ms Sandhya, Ms Shilpa, Ms Roicy, Ms Himani, Ms Sahana accompanied the students to the exposure.



Name of the activity: VISIT TO CARE AND SUPPORT CENTRE

Collaborating agency: CENTRE FOR CULTURAL CONCERN

Date of the activity: 17.03.2024

Write up about the programme: As part of the Sahaya activity, CENTRE FOR CULTURAL CONCERN organised a Visit to the students of AL-CARE Association to Sri Sai Nikethan Sevashrama in Daigoli, Manjeshwara on March 17th, 2024. The group included 44 students and were accompanied by Mr. Biddappa.M.A and Mr Prajath Hegde.

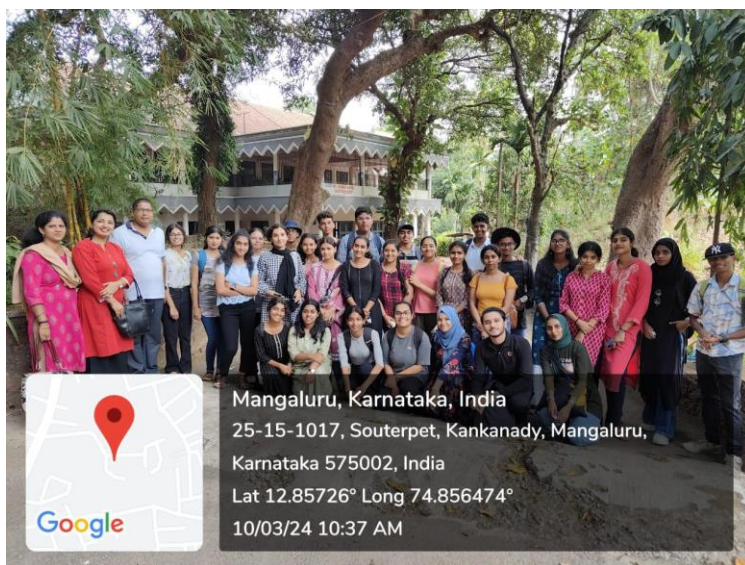


Name of the activity: VISIT TO CARE AND SUPPORT CENTRE

Collaborating agency: CENTRE FOR CULTURAL CONCERN

Date of the activity: 10.03.2024

Write up about the programme: As a part of Sahaya activity, the students of Forum- The speakers club and Al-Madhyam visited St Antony's Poor Home Jeppu, Mangalore on 10th March, 2024. The activity began with a brief introduction by Fr Avinash the assistant in charge of the Institution, followed by interaction with the inmates. The students were also taken around to get glimpses of the place and understand the services provided by the orphanage for the poor, sick, and destitute. Later the students were distributed into two groups where one group assisted in folding the clothes and the others engaged themselves in peeling the arecanut. Under the guidance of Dr Mona Mendonca, Dr Ashwini and Mr Avinash. 30 students participated in the activity.



Name of the activity: VISIT TO CARE AND SUPPORT CENTRE

Collaborating agency: CENTRE FOR CULTURAL CONCERN

Date of the activity: 14.04.2024

Write up about the programme: As a part of Sahaaya Exposure programme, mentees of Heritage Club and Al-Madhyam Association visited St Antony Ashram (Poor Home) Jeppu , on April 14th 2024. At first, students were briefed about the Ashram by Fr. Avinash and then were taken to Visit the Wards understanding the functioning and nature of Ashram. Later, the students were split into teams where they were assigned tasks of segregating and folding clothes, shifting firewood and arecanut dehusking. Around 50 students were present and were guided by Mr Abdul Rasheed A P K, Mr Kishore Chandra, Mr Harshith S Kottary and Mr K. Likhith Shenoy.



REPORT OF THE RURAL IMMERSION PROGRAMME HELD IN MUNDGOD AND HUNGAL FOR THE PG STUDENTS

St Aloysius College (Autonomous) aims at the integral formation of its students helping them to become **men and women for and with others**. The Postgraduate first year 382 students, were given an opportunity to live with the rural people in the villages of Mundgod and Hangal for 5 days. The Rural exposure Programme was planned with the objectives of:

- Providing a living experience of rural people in general and Dalit/ tribal life in particular
- Making students understand the rural social system and community living
- Helping students to be aware of the rural social problems and approaches adopted to solve them.
- Realizing the rich culture of rural India.
- Exchange of knowledge and skills between rural people and college students.

Nature of Rural Immersion Programme consisted of:

- Prior to the visit to the villages at Mundgod and Hangal (North Karnataka) 2 hours of Orientation was given by concerned block Directors, PG Dean and Dean of Extension Services. These sessions highlighted the purpose of the Rural Immersion Programme, emphasizing the significance of active participation and maintaining discipline. The orientation also provided an overview of the project and outlined the data collection process.
- Upon reaching the villages, students received another orientation by the Director of Loyala Vikas Kendre (LVK) by Fr Anil in Mundgod and by Fr Jerry, the Director of LVK in Hangal.. This session aimed to acquaint the students with the local culture, customs, and challenges faced by the community. It played a crucial role in fostering a deeper understanding of the village dynamics and enhancing the students' ability to integrate easily into the community
- To facilitate a more immersive experience, students were accommodated in village houses. Groups were carefully formed to ensure collaboration. This strategic grouping allowed students to match each other's strengths and perspectives while conducting the assigned projects.
- The students had an experience of living and sharing the life with the villagers. During their stay, students actively engaged with the villagers, conducting projects that focused on various themes and topics. The data collected provided valuable insights into the socio-economic, cultural, and environmental aspects of rural life. The projects were designed to encourage students to apply their academic knowledge to real-world situations and foster a sense of responsibility towards the communities they interacted with.

- On the last day of the Rural Immersion Programme, an Evaluation was conducted in both the LVK centres, and the following questions were asked to reflect upon and to give their feedback :
 1. What are the happiest moments/most memorable experiences of the village stay?
 2. What are your sad experiences or unhappy moments in your village stay?
 3. What is the most touching experience?
 4. What are your key learnings from the experience?
 5. What are the key findings during your stay in the village?
 6. Do you recommend this exposure to your juniors?

Villages (Mundgod and Hangal) and dates of visit:

Group 1: 30th November to 4th December 2023

- 90 Students belonging to Post graduate courses of Bio Chemistry, Bio technology, Journalism & Mass Communication and Mathematics were distributed 2-3 each in each of the houses of the 17 villages of Hangal : Hirekanagi, Gotagodi, Gotagodi Plat, Handihala, Aregoppa, Bidarakoppa, Chikkari Hosalli (Hirekanagi Grama Panchayth), Aladakatti, Hunasikatti, Inam Dyamanakoppa, Ramapura (Aladakatti Grama panchayath), Savasagi, Malligar (Savasagi GP), Yalavatti, Devara Hospete, Badamgatii, Basapura (Yalavatti GP)
- 92 Students belonging to Post graduate courses of MSW, Physics, Economics, MCom Finance & Analytics, were distributed 2-3 each in each of the houses of the 8 villages of Mundgod : Kyasinkere, Nysarghi, Chavaddalli, Kalakeri, Kavalghi, Ugginakeri, Agaddi, Thumbarghi.

Group 2: 7th December to 11th December 2023

- 99 Students belonging to Post graduate courses of Food Science, Nutrition & Dietetics, MCom General, and MA English were distributed 2-3 each in each of the houses of the 9 villages of Hangal : Hosa Sammasaghi, Halle Sammasaghi, Inam Niralaghi, Shirgod, Hanumankost, Hiroor, Navikiri, Halleghejjehalli, Laxminoor
- 101 Students belonging to Post graduate courses of Chemistry, Analytical Chemistry, Food Science & Technology and Corporate Psychology were distributed 2-3 each in each of the houses of the 10 villages of Mundgod: Nandigatta, Chigalli, Jogeshwara halla, Salgaov, Chavaddalli, maragaddi, Bharat mill, Chittagheri, Mallaghi, Koddambi



In **conclusion**, the Rural Immersion Programme proved to be a transformative experience for the 382 first year PG students. This Programme provided an insight and experience to the students about how life in rural settings is. It also gave an opportunity to students to get connected with people from different background and to learn things they would not learn in a closed room with books and a lecturer dictating the lesson. It offered them a unique opportunity to apply classroom learning in a practical setting, enriching their academic understanding. The program not only instilled a sense of social responsibility and cultural sensitivity but also highlighted the college's commitment to holistic education and community engagement.

RADIO SARANG – COMMUNITY RADIO

International Yoga Day

In celebration of International Yoga Day, Radio Sarang collaborated with the Ministry of Ayush and CEMCA to host a series of yoga programs from May 30 to June 21, 2023. This initiative included posters, jingles, and informative talks by yoga experts, with daily sessions lasting about 20 minutes and repeat broadcasts in the evening. A live call-in program was held on June 21. The station effectively engaged listeners through various channels, including broadcast, narrowcast, social media, and word of mouth, reaching around 1,000 listeners who tuned into 90 percent of the yoga programs, while at least 10,000 individuals listened to at least one session.

Programs Conducted for International Yoga Day:

Individual and group interactions about yoga with the community

Practical demonstrations of various yoga asanas

Narrowcast on the importance of yoga

Broadcasts and jingles

Project Title – Har Ghar Tiranga and Meri Mati Mera Desh

Start date: 10/08/2023

End date: 24/08/2023

The Ministry of Culture of the Indian Government launched a media campaign titled "Har Ghar Tiranga and Meri Mati Mera Desh," in which Radio Sarang actively participated. Our campaign, "Meri Mati Mera Desh," resonated with audiences of all ages, highlighting family veterans who shared their stories, enriching the experience for our listeners.

On August 15, 2023, the CRS organized an event at Nandini Mahila Mandala in Kunjathabail to celebrate Independence Day while promoting environmental awareness through plant sampling. The event featured discussions on the significance of independence and activities that emphasized environmental stewardship. With around 50 participants, the gathering fostered community spirit and a shared sense of purpose. Overall, the event successfully combined national pride with a commitment to sustainability. The CRS looks forward to organizing more such initiatives to strengthen community bonds and promote environmental consciousness.

Project Title – 'Say No to Violence'

On September 1st 2022, Radio Sarang had embarked on a significant project titled 'Say No to Violence,' in collaboration with NGO SMART and supported by USAID & MOMENTUM. This initiative aimed to raise awareness about the pervasive issue of violence against women. Continuing until 30th June 2023, Radio Sarang, the sole community radio in South India to receive this honor, played a pivotal role in reaching out to women in Dakshina Kannada. Through informative broadcasts, the station educated listeners on identifying signs of domestic violence and provided guidance on seeking help and accessing remedies. Through the broadcast and its extension activities, more than 12,000 people benefited from this program.





Flagship programmes

1. Hallo Wenlock

Radio Sarang continued with its flagship broadcast programmes. The weekly interaction with a doctor in Collaboration with District Wenlock hospital called 'Hallo Wenlock' completed 190 episodes. Every week listeners interact with the concerned doctor on various health issues. During this period, over 50 doctors visited Radio Sarang and participated in Phone-In Programs.



2. Kala Sarang

"Kala Sarang," a fortnightly series launched in 2023, features presentations by literature and cultural practitioners, accompanied by bi-weekly dialogues with Bhaskar Rai Kukkuvali. A special segment of the program showcases interviews with distinguished artists, retired chancellors, literaturists, educationists, and theatre designers.



RADIO SARANG 107.8FM MANGALURU

ಕಲಾ ಸಾರಂಗ್

ಸಾಹಿತ್ಯ - ಸಾಂಸ್ಕೃತಿಕ ರಂಗದ ಸಾಧಕರೊಂದಿಗೆ ಸಂವಾದ

ಯಕ್ಷಾಂಗನೆ

ಯಕ್ಷಗಾನದ ಸ್ತ್ರೀ ವೇಷಧಾರಿ

ಎಂ. ಕೆ ರಮೇಶ್ ಆಚಾರ್ಯ

ಅವರೊಂದಿಗೆ ಸಂವಾದ



ಡಾ. ಭಾಸ್ಕರ್ ರೈ ಕುಕ್ಕುವಳ್ಳಿ
ನಿರೂಪಕರು

ಮಾರ್ಚ್ 23, ಶನಿವಾರ ಮಧ್ಯಾಹ್ನ 03 ಗಂಟೆಗೆ
ಮರುಪ್ರಸಾರ ಭಾನುವಾರ ಬೆಳಿಗ್ಗೆ 09 ಗಂಟೆಗೆ

3. Sutta Mutta

Sutta Mutta' is a bi-weekly series that commenced in 2022 and has now successfully aired 50 episodes. This series highlights individuals or organizations making unique and significant contributions to society. With a dedicated focus on showcasing talent and exemplary service, the program has garnered a substantial and loyal listenership.



RADIO SARANG 107.8 FM MANGALURU

ಬೆಡಿ ಮರ್ದಾದ
ಸಾಯಿಬೆರ್

ಅಬ್ದುಲ್ ಹಮೀದ್



ಸುತ್ತ ಮುತ್ತ

ವಿಶೇಷ ಕಾರ್ಯಕ್ರಮ

ಡಿಸೆಂಬರ್ 16 ಶನಿವಾರ ಸಂಜೆ 4 ಗಂಟೆಗೆ
ಮರುಪ್ರಸಾರ ಭಾನುವಾರ ಬೆಳಿಗ್ಗೆ 10 ಗಂಟೆಗೆ

Guests Participated in Radio Sarang Events

Sarang welcomed several distinguished guests, including notable figures such as Mr. U T Khadar, the esteemed Speaker of the Karnataka Legislative Assembly and Member of the Legislative Assembly representing Mangalore, and Capt. Brijesh Chauta, who elected as a Member of Parliament of Lok Sabha, an Ex-serviceman from the Indian Army who also serves as the chairman of the Mangalore Kambala Committee. Additionally, the studio hosted Sunil Siddhi, a renowned Actor and Drama Artist, among other prominent personalities, for both live and recorded programs.

On Independence Day, Radio Sarang aired special programs from 6 AM to 10 PM, offering uninterrupted coverage for 16 hours. Similarly, on November 1st for Kannada Rajyotsava, the station provided continuous programming from 6 AM to 10 PM, including a live broadcast from Nehru Maidan of Mangaluru.

More than 150 renowned guests participate in Radio Sarang's programs annually. Government officials are actively involved in Radio Sarang's programs. We have conducted awareness drives on dengue and malaria, broadcasting numerous related programs.

Students from Athena College of Nursing and Fr. Muller College of Nursing actively participated in and presented awareness programs on various health issues.



Radio Sarang Exposure Visit

Radio Sarang actively participated in the Regional Community Radio Sammelan, held at Anna University, Chennai, on February 13 and 14, 2024, organized by the Ministry of Information and Broadcasting. Additionally, they participated in a national-level competition organized by the Ministry of Information and Broadcasting.

Radio Sarang is actively participating in the Community Radio Association, Karnataka Chapter 1.

As part of our study tour, Radio Sarang visited two community radio stations: Janadhwani 90.8 FM in Saragur, HD Kote Taluk, and Radio Neythal in Alappuzha, Kerala. During this tour, the Radio Sarang team learned how these community radios work with their communities, provide solutions to local issues, and educate listeners through their programs.

Radio Sarang on Social Media

In addition to broadcasting programs, Radio Sarang also uploads its audio and video content on social media platforms such as Facebook, Instagram, YouTube, and podcast mediums. The Radio Sarang Facebook page has organically gained over 17,000 followers, and its videos have reached lakhs of views.

