



Criterion 3: Research, Innovations and Extension

3.4.3 Number of extension and outreached Programs conducted by the institution through NSS/ NCC/ Red Cross/ YRC etc., (including the programs such as Swachh Bharat, AIDS awareness, Gender issues etc. and/or those organized in collaboration with industry, community and NGOs during the last five years

SKIP A MEAL

CAMPUS

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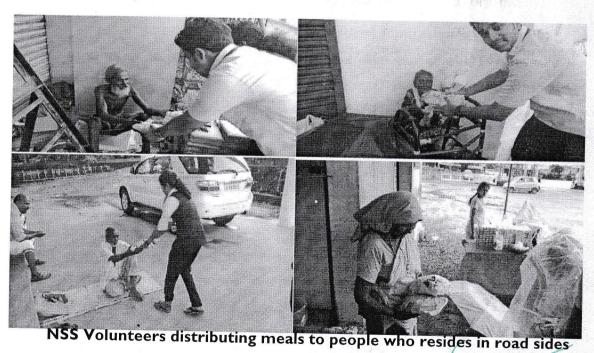
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REPORT ON SKIP A MEAL

NSS volunteers of Saintgits college of Applied Science had organised a programme called "Skip a Meal" on 17th October 2017, where they served one-time meal to the homeless people who have been staying in the road sides. 17th October is celebrated as the National Poverty Day throughout the world. On this day, our volunteers prepared food from home for about 50 people. There were vegetarian and non-vegetarian meals which consist of rice, veg & non-veg curries. It also included snacks such as spring rolls, cutlets, bread, fruits etc. The volunteers say they feel honoured and blessed for being able to serve in this way. They also understand the value of giving and of reaching out to those in need. They got an opportunity to acknowledge the effort and struggle of people living in poverty.



Submitted By,

Lr. David Joseph

NSS Program Officer



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PARTICIPANT'S LIST - SKIP A MEAL

S/N	Name of the Volunteers	Male/ Female	Class
- [ACHSAH BABU	F	TI
2	AJAY T J	M	ВІ
3	AJITH SAJI	M	SIA
4	AKSHAY LAL	M	BI
5	ALMA MARIAM THOMAS	F	TI
6	ANNA ACHU KURIAN	F	TI
7	ANEENA MARIA ABRHAM	F	SIA
8	ANU VARGHESE	F	SIA
9	ASWATHY S KUMAR	F.7	ВІ
10	AUGUSTIN P	Mala	ΕI
11	BILAL PATHAN	M	TI
12	CHIPPY ANN JACOB	F	SIA
13	DENNIS VARGHESE	M	TI
14	FINNY VARGHESE	M	SIA
15	GOKUL KRISHNA	M di	*CI
16	GREESHMA K S	F	CI
17	JAYSON TOM JOSE	M	TI
18	JEEVAN SHIBU	M	ВІ
19	JERLIN JOSE	M	SIA
20	JESLIN JOSEPH	М	TI
21	JILU P JOSEPH	F	· CI
22 -	JINNY SUSAN JOSEPH	F	TI.
23	JOB M REJI	M	SIA
24	JOEL E JOHN	. M	BI
25	JOEL MATHEW JOHN SHIS CO	M	Εŀ
26	1/6/ == \/	E E	ÇI



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27	KARTHIK P NAIR	M	ВІ
28	KEVIN YOHAN JOHN	M	SIB
29	MEBIN K THOMAS	M	CI
30	MEREESA SARA SAJI	F	TI
31	NAVEENA ANN BIJU	F	TI
32	NEHA SAIRA KURUVILA	F	TI
33	NIRANJAN RAJAN	M	EI •
34	NOWFAL KAMARUDDIN	M M	TI
35	PRILBY BIJU	М	SIB
36	RESHMA MARIAM	<u>_</u>	SIB
30	ZAHCHARIAH	F	
37	RESHMA RAJESH	F	CI
38	RIA SUNNY	F	TI -
39	RIBIN ROY PAUL	М	SIB
40	RICHIE JACOBS TOM	M	ВІ
41	RIZWAN JALAL	M	CI
42	SANDEEP N S	M	TI
43	SANGEETHA M SAJAN	F	EI
44	SARAH JOY	F	SIB
45	SEENU V S	F	CI
46	SHAWN VILAVINAL SAJI	М	TI
47	SUDEEV R	М	BI
48	THANUJ V RAJ	М	TI
49	TINKLE TONY ABRAHAM	F	SIB
50	VIKNESH	М	El



